



SENIOR SERVICES
Effingham County



209 S. Merchant
Effingham, IL 62401

Sunset Times

March 2025

To join the Sunset Times email list please email

lhartigan@eccoa.org

or check out our website at www.eccoa.org



HSBS
St. Anthony's
Memorial Hospital



Presents:

St. Anthony's Savvy Senior Program & Luncheon on Thursday, March 20th, 2025, at 11:00 am featuring Amy Gates, Respiratory Therapist

- **Amy has been a Respiratory Therapist for over 20 years.**
- **Obtained her Bachelors degree in Respiratory therapy**
- **Achieved her MBA with a major in Hospital Administration**
- **Became a COPD educator and COPD discharge planner**
- **Loves to share information with people to help make their lives better**



*****Please call to make your reservation today: 217-347-5569*****



Senior Services will be CLOSED:
Wednesday, March 5th, 2025, for
Staff Development & Training



Senior Services of Effingham County is a division of Effingham City/County Committee on Aging (ECCOA) and is open to the public, and many activities are designed for people of all ages.

Operating hours are Monday through Friday – 8:00 am to 4:00 pm

Closed for lunch daily from 11:30 am to 12:00 pm

Phone: 217-347-5569 or toll free 1-833-442-5569 after hours and on weekends

www.eccoa.org



Community Partner

Community Care Program

"... Helping older people live independently"

Did you know that ECCOA Senior Services is contracted with the Illinois Department on Aging to provide the Community Care Program for 9 counties within the State of Illinois? The counties we serve are Effingham, Clay, Fayette, Jefferson, Marion, Jasper, Crawford, Richland, and Lawrence. All of our offices are your direct linkage to all the information you need regarding community-based services that can give you many added benefits that enhance your quality of life. As you prepare to retire or if you become disabled, the staff members in our offices will assist you with the services that will allow you to remain in your own home, and keep you out of a nursing home, as long as nursing home placement is not necessary for you. We will send out staff to your home at no cost to discuss your needs and goals, and to help you choose what services might be right for you. Services include In-Home Service, Emergency Home Response Service, Home Delivered Meals, Respite Care for the Caregiver, and in some areas of the state, Adult Day Services and Senior Companion. If you qualify for services, the staff member will work with you to determine your needs, set up services that are appropriate for you and keep in touch with you to make sure the services continue to meet your needs. For additional information or to make a referral for someone you feel could benefit from the program call 217-347-5569. We can assess your needs and keep you at home.



Emergency Home Response Service: (EHRS)

EHRS is a Community Care Program core service provided to improve the independence and safety of clients in their own homes and help reduce the need for nursing home care.



Emergency Home Response Service (EHRS) is a 24-hour emergency communication link to assistance outside the home for older adults with documented health and safety needs and mobility limitations. This service is provided by a two-way voice communication system consisting of a base unit and an activation device worn by the participant that will automatically link the older adult to a professionally trained staffed support center. For more information on Emergency Home Response Services in your community, contact Senior Services at 217-347-5569.

EHRS offers 24-hours-a-day help at the touch of a button, installation at no cost to the client, free adaptive activation devices, and a list of first responders chosen by the client. To receive this service, an older adult must qualify for the Community Care Program.



Dine with a Doc® is a **FREE** program that welcomes the local senior public to hear an educational topic while enjoying a complimentary lunch. The next Dine with a Doc® lunch is scheduled for:

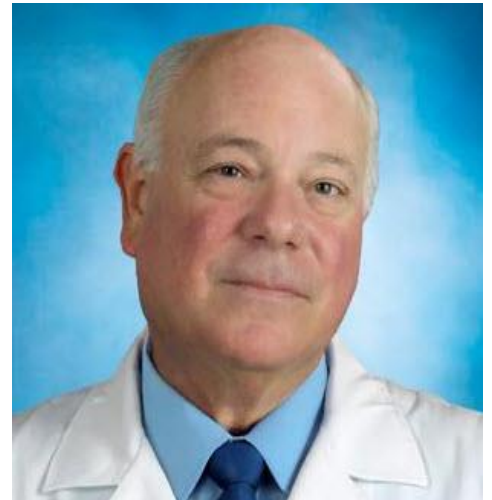
Thursday, March 13th, 2025, in the Senior Services Activity Center from 11:00 am until 1:00 pm.

Each presenter has graciously donated their time in an effort to listen, hear, and answer your questions while sharing a meal with you. Various community businesses also participate by donating door prizes or providing a complimentary lunch for you to enjoy and learn about ways they may help you as well.

This month we are excited to present:

Dr. Thomas Ambrose,

As a highly skilled orthopedist with more than 20 years of expertise in chronic musculoskeletal disorders, Dr. Ambrose believes in personally advocating for his patients. He takes a personal approach to assisting patients' progress and recovering functional abilities. His expertise includes knee replacement, arthritis, hip replacement, joint pain and other general orthopedic areas.



Lunch will be complimentary and provided courtesy of: **HSHS Medical Group**



****Reservations for Dine with a Doc are required and can be made by contacting the center at 217-347-5569****



Long-Term Care Ombudsman

Illinois Long-Term Care Ombudsman Program strives to protect and promote the rights and quality of life for those who reside in long-term care facilities. If you have a concern, complaint, or question regarding long-term care, please call **Lisa Light, Regional Ombudsman, at 217-347-5216 or 1-800-283-4070.**



Tax Prep

with AARP volunteers

Mondays

- Feb 3
- Feb 10
- Feb 17
- Feb 24
- Mar 24

Thursdays

- Mar 6
- Mar 13
- Mar 20
- Apr 3



Registration Required

The library will start scheduling appts on Tuesday, January 21st.



Rules of the Road Class

This class will be offered at the Senior Center on
Friday, May 2nd, 2025, at 9:30 am
(The next class will be Friday, August 1st, 2025)



ILLINOIS TELECOMMUNICATIONS ACCESS CORPORATION

Illinois Telecommunications Access Corporation (ITAC) has several amplified phones for selection for those family members with hearing problems. This is a FREE program REQUIRED and GOVERNED by Illinois Law. There are no fees and no hidden costs. Call Senior Services at 217-347-5569 for an appointment to test which phone is best for your needs.

You'll be surprised at what you have missed by not being able to hear!



STANFIELD CHIROPRACTIC

Please join us for cake & ice cream on
Thursday, March 27th
at 1:00 pm
for our monthly birthday party!

We will celebrate those who have a birthday in March with cake and ice cream provided by Stanfield Chiropractic.

You are welcome to stay afterwards and play cards, games, or just socialize with your friends.

Benny & the Amigos

Join us Thursday March 20th, 2025, after HSHS's Savvy Senior Luncheon for a Special Treat!

Benny & the Amigos are going to perform in the Senior Activity Center!

Stick around after lunch and enjoy some great music with friends!



present

St. Anthony's Savvy Senior Program and Luncheon Series

Senior Services of Effingham County-Activity Center
209 South Merchant Street, Effingham

Upcoming Schedule:

- Thursday, May 15th, 2025
- Thursday, July 17th, 2025
- Thursday, September 18th, 2025
- Thursday, November 20th, 2025

****Call 217-347-5569 for more information or to make your reservations for each program (no later than two days before each date).****

*Mark your
calendar!*

Friends
Food
Fellowship



Friends
Food
Fellowship

March 2025 MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 Meatloaf Baked Potato Succotash Blushing Pears Whole Grain Roll	4 Chicken & Noodles Tossed Salad w/tomatoes California Blend Cherry Crisp	5 Broccoli Cheese Soup Crackers ½ Turkey Sandwich on Whole Grain Bread Slaw Fruit Cocktail	6 Oven Baked Chicken Sweet Potatoes Peas Strawberries Angel Food Cake	7 Fish on Bun Broccoli Rice Casserole Baked Beans Orange
10 Ham & Au gratin Potato Casserole Carrots Lima Beans Jell-O w/ Fruit Cocktail Whole Grain Roll	11 Spaghetti w/ Meat Sauce Green Beans 3 Bean Salad Warm Peach Crisp Garlic Bread Stick	12 Biscuits & Gravy Sausage Patty Hash Brown Casserole Banana Orange Juice	13 Roast Beef Mashed Potatoes California Blend Apricots Peanut Butter Cookie	14 Salmon Patty Creamy Potatoes Peas Pineapple Chunks Whole Grain Bread
17 Corned Beef 'N Cabbage Parsley Red Potatoes Boiled Carrots Potato Bread Pistachio Pudding	18 Baked Turkey Crunch Peas Tossed Salad w/tomatoes Warm Spiced Apples Whole Grain Bread	19 Chili Crackers ½ Peanut Butter Sandwich Cole Slaw Apricots	20 Pork Roast Roasted Rosemary Potatoes Asparagus Mandarin Oranges Oatmeal Raisin Cookie	21 Tuna Noodle Casserole Broccoli Stewed Tomatoes Peaches
24 Herbed Baked Chicken Baby Baker Potatoes Green Beans Strawberries Black Bean Brownie	25 BBQ Riblet Au Grain Potatoes Gourmet Carrots Applesauce Whole Grain Bun	26 Polish Sausage Sauerkraut Mashed Potatoes Pumpkin Mousse Whole Grain Bread	27 Lasagna Tossed Salad w/tomatoes Broccoli Warm Apple Crisp Garlic Bread Stick	28 Lemon Pepper Tilapia Garlic Mashed Potatoes Honey Glazed Carrots (Tropical Fruit Cotton Pickin' Good Cake
31 Fried Chicken Mashed Potatoes Mixed Vegetables Strawberries w/bananas Whole Grain Roll	FINAL			Milk, Bread, and Margarine are served with every meal. Substitutes will only be made in emergencies.

CALL THE DAY BEFORE TO RESERVE A MEAL

Suggested Donation \$4.25/Meal

Effingham 217-347-2851; Dieterich 217-925-5461; Altamont 618-483-6912; Beecher City 618-487-5401

Flora 217-994-3191 Vandalia 618-283-1040 Ramsey 618-237-0251

Pana 217-562-5611 Taylorville 217-287-7268 Kincaid 217-237-4328



Line Dancing!!

Join the line dancers every Tuesday Morning at 10:00 am in our Activity Center. Come and join in the fun and learn a new step or two!!

Having Trouble Finding a Ride?

Let **ECPT** take you where you need to go!

Call to Schedule Your Ride Today!

1-855-755-2478

GET ON THE BUS & RIDE WITH US!!

IN-COUNTY TRANSPORTS \$3 per one-way trip	MONTHLY PASS Monthly Pass \$35 Disabled Pass \$15	DISCOUNT TICKETS Book of 10 \$20 (No Expiration Date)	SENIORS Ride for Free Donations are accepted
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DISPATCH HOURS
Monday-Friday from 6am-6pm
TRANSPORTATION HOURS
Monday-Saturday from 6am-8pm

Effingham County Public Transportation

OPEN TO EVERYONE!!

GET ON THE BUS AND RIDE WITH US

Find us on Facebook

Effingham County operates its programs and services without regard to race, color, and national origin in accordance with Title VI of the 1964 Civil Rights Act. To find out more about our nondiscrimination obligations or to file a complaint, please contact us at (217)342-4990 or via the web at <http://www.cdfssc.org/CPT/CP7.htm>



SHIP



(Senior Health Insurance Program)



















Senior Services staff is available to assist Medicare beneficiaries and their caregivers with insurance counseling. Please call (217)347-5569 to make an appointment.

“This publication has been created or produced by Senior Services of Effingham County with financial assistance, in whole or in part, through a grant from the Centers for Medicare & Medicaid Services, the Federal Medicare agency”.

BINGO!!!

You are invited to play BINGO with us every Friday at 1:00 pm in the Activity Center. Come and join us for some FUN!

March 2025 Activity Center Calendar

Monday	Tuesday	Wednesday	Thursday	Friday
<p>3 12:00 Cards & Mahjong</p> 	<p>4 10:00 Line Dancing</p> 	<p>5 CLOSED for Staff Development & Training</p> 	<p>6 1:00 Games</p> 	<p>7 12:00 Mahjong 9:30 Rules of the Road</p>  <p>1:00 BINGO Sponsor:</p> 
<p>10 12:00 Cards & Mahjong</p> 	<p>11 10:00 Line Dancing</p> 	<p>12 1:00 Games 1:00 Knit/Crochet/Socialize 1:00 SHIP</p>	<p>13 11:00 Dine with a Doc featuring Dr. Thomas Ambrose</p> 	<p>14 12:00 Mahjong 1:00 BINGO Sponsor</p>  <p>B I N G O</p>
<p>17 12:00 Cards & Mahjong</p> 	<p>18 10:00 Line Dancing</p> 	<p>19 1:00 Games 1:00 Knit/Crochet/Socialize 1:00 SHIP</p> 	<p>20 11:00 SAVVY SENIOR LUNCH Sponsored by HSHS featuring Amy Gates</p> 	<p>21 12:00 Mahjong 1:00 BINGO Sponsor:</p> 
<p>24 12:00 Cards & Mahjong</p> 	<p>25 10:00 Line Dancing</p> 	<p>26 1:00 Games 1:00 Knit/Crochet/Socialize 1:00 SHIP</p>	<p>27 1:00 Birthday Party with cake & ice cream</p>  <p>Provided by STANFIELD CHIROPRACTIC</p>	<p>28 12:00 Mahjong 1:00 BINGO Sponsor:</p> 
<p>31 12:00 Cards & Mahjong</p> 	<p>1-Apr 10:00 Line Dancing</p> 	<p>2-Apr 1:00 Games 1:00 Knit/Crochet/Socialize 1:00 SHIP</p> 	<p>3-Apr 1:00 Games</p> 	<p>4-Apr 12:00 Mahjong 1:00 BINGO Sponsor:</p> 