

**SENIOR  
SERVICES**  
Effingham County



209 S. Merchant  
Effingham, IL 62401

*Sunset Times*

**APRIL 2025**

To join the Sunset Times email list please email

[lhartigan@eccoa.org](mailto:lhartigan@eccoa.org)

or check out our website at [www.eccoa.org](http://www.eccoa.org)

save  
the  
date

*Flip the Script on Aging*

come to the

**2025**

*Senior Health &  
Information Fair*



Blood  
pressure  
checks

**Date: Thursday, May 1<sup>st</sup>**

**Time: 8:30-11:30 am**

**Place: Effingham Senior Center**

**209 S. Merchant Street**

Brunch  
Bar

**Senior Services will be Closed:**

**Friday, April 18<sup>th</sup> for Good Friday Holiday**



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



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, April 10<sup>th</sup>, 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.

**Come and learn about ways to improve your quality of life. A question and answer period will follow THEIR presentation 'FOOD SAFETY FOR OLDER ADULTS' .**

This month we are excited to present:  
**Tracy Dennis, MS, RDN, LDN and  
Adrienne Jarrell, MS, RD, CDE**



Lunch will be complimentary and provided courtesy of:



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

**Must call before Monday of the week of Luncheon\*\***



## 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.







### 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, April 24<sup>th</sup>** at **1:00 pm** for our monthly birthday party!

We will celebrate those who have a birthday in April 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.



## 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!



### Rules of the Road Class

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





FLIP THE SCRIPT ON AGING: MAY 2025



Join us in May as we celebrate  
Older Americans Month!!  
Special Dates to put on your calendar!



- Thursday, May 1<sup>st</sup>: 28<sup>th</sup> Annual Senior Health & Information Fair
- Thursday, May 8<sup>th</sup>: Dine with the Doc with Super Bingo!
- Thursday, May 15<sup>th</sup>: HSHS's Savvy Senior Luncheon-Wound Care
- Thursday, May 22<sup>nd</sup>: The Ombudsman's Lunch & Learn Luau!  
By Special Request Benny & the Amigos!



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 15<sup>th</sup>, 2025 - Wound Care
- Thursday, July 17<sup>th</sup>, 2025
- Thursday, September 18<sup>th</sup>, 2025
- Thursday, November 20<sup>th</sup>, 2025

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



# April 2025 MENU

## Friends Food Fellowship

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1 Chili Crackers ½ Peanut Butter Sandwich Cole Slaw Apricots	2 Beef Pepper Steak Over Rice Stewed Tomatoes Warm Peach Crisp	3 Pork Roast Roasted Rosemary Potatoes Asparagus Mandarin Oranges Oatmeal Raisin Cookie	4 Turkey & Dressing Peas Tossed Salad w/tomatoes Warm Spiced Apples Whole Grain Bread
7 Biscuits & Gravy Sausage Patty Hash Brown Casserole Banana Orange Juice	8 Spaghetti w/ Meat Sauce Tossed Salad w/tomatoes 3 Bean Salad Strawberries Garlic Bread Stick	9 Ham & Au gratin Potato Casserole Carrots Peas Jell-O w/ Fruit Cocktail Whole Grain Roll	10 Roast Beef Mashed Potatoes Green Beans Apricots Peanut Butter Cookie	11 Salmon Burger Creamy Potatoes Broccoli Pineapple Chunks Whole Grain Bread
14 Meatloaf Baked Potato Succotash Blushing Pears Whole Grain Roll	15 Chicken & Noodles Tossed Salad w/tomatoes California Blend Cherry Crisp	16 Broccoli Cheese Soup Crackers ½ Turkey Sandwich on Whole Grain Bread Apple Cabbage Slaw Fruit Cocktail	17 Oven Baked Chicken Sweet Potatoes Peas Strawberries Angel Food Cake	18  Closed in Observance of Good Friday
21 Smothered Grilled Chicken Breast Broccoli Carrots Jell-O w/pears Garlic Bread	22 Sloppy Joes on Bun Potato Wedges Calico Beans Pineapple	23 Old Fashioned Beef Stew Cottage Cheese Cole Slaw Cinnamon Applesauce Corn Muffin	24 Baked Ham Hash Brown Casserole Peas Banana Whole Grain Roll	25 Tater Tot Casserole Green Beans Stewed Tomatoes Peaches
28 Swiss Steak Au Gratin Potatoes Spinach Vanilla Pudding Whole Grain Bread	29 Ham & Beans Beets Cole Slaw Mandarin Oranges Corn Bread	30 Ball Park Frank w/bun Baked Potato Baked Beans Strawberries w/bananas	<b>FINAL</b>	<b>Milk, Bread, and Margarine are served with every meal. Substitutes will only be made in emergencies.</b>

**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**



SENIOR SERVICES  
Effingham County



## 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!!

SENIOR SERVICES  
Effingham County



## Crocheting & Knitting

Join the ladies every Wednesday afternoon at 1:00 pm in the Activity Center. No previous experience is needed! Come & join the Fun!!!



# 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”.

## 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!!**

<b>IN-COUNTY TRANSPORTS</b> \$3 per one-way trip	<b>MONTHLY PASS</b> Monthly Pass \$35 Disabled Pass \$15	<b>DISCOUNT TICKETS</b> Book of 10 \$20 (No Expiration Date)	<b>SENIORS</b> 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)342-4890 or via the web at <http://www.cebsoc.org/CPT/CPT7.htm>

# April 2025 Activity Center Calendar

Monday	Tuesday	Wednesday	Thursday	Friday
<p>1</p> <p>Please RSVP No Later than 3 days prior to our Events by calling 217-347-5569</p>	<p>10:00 Line Dancing</p> 	<p>2</p> <p>1:00 Games 1:00 Knit/Crochet/Socialize 1:00 SHIP</p> 	<p>3</p> <p>1:00 Games</p> 	<p>4 12:00 Mahjong</p> <p>1:00 BINGO Sponsor:</p>  
<p>7</p> <p>12:00 Cards &amp; Mahjong</p> 	<p>8</p> <p>10:00 Line Dancing</p> 	<p>9</p> <p>1:00 Games 1:00 Knit/Crochet/Socialize 1:00 SHIP</p> 	<p>10</p> <p>11:00 Dine with a Doc featuring Tracy Dennis, MS, RDN, LDN Adrienne Jarrell, MS, RD, CDE</p> 	<p>11 12:00 Mahjong</p> <p>1:00 BINGO Sponsor</p>  
<p>14</p> <p>12:00 Cards &amp; Mahjong</p> 	<p>15</p> <p>10:00 Line Dancing</p> 	<p>16</p> <p>1:00 Games 1:00 Knit/Crochet/Socialize 1:00 SHIP</p> 	<p>17</p> <p>1:00 Games</p> 	<p>18</p> <p>CLOSED FOR GOOD FRIDAY HOLIDAY</p> 
<p>21</p> <p>12:00 Cards &amp; Mahjong</p> 	<p>22</p> <p>10:00 Line Dancing</p> 	<p>23</p> <p>1:00 Games 1:00 Knit/Crochet/Socialize 1:00 SHIP</p> 	<p>24</p> <p>1:00 Birthday Party with cake &amp; ice cream Provided by STANFIELD CHIROPRACTIC</p> 	<p>25 12:00 Mahjong</p> <p>1:00 BINGO Sponsor:</p>  
<p>28</p> <p>12:00 Cards &amp; Mahjong</p> 	<p>29</p> <p>10:00 Line Dancing</p> 	<p>30</p> <p>1:00 Games 1:00 Knit/Crochet/Socialize 1:00 SHIP</p> 	<p>1-May</p> <p>8:30-11:30 28th Annual Senior Health Fair &amp; Information Expo</p> 	<p>2-May 12:00 Mahjong</p> <p>9:30 Rules of the Road</p>  <p>1:00 BINGO Sponsor:</p> 