

SENIOR SERVICES Effingham County



209 S. Merchant
Effingham, IL 62401

Sunset Times



2025

To join the Sunset Times email list please email

lhartigan@eccoa.org

or check out our webpage at www.eccoa.org



July 26th- Pro Pulling League Champions Tour 6:00 p.m.

**July 27th- Talent Show 6:30 p.m. & Jr. Miss Pageant and
"Little Mister" 7:30 p.m.**

July 28th- ITPA Truck, Tractor, and Garden Tractor Pull 6:30 p.m.

**July 29th- Miss Effingham County Fair Queen Pageant and
"Little Miss" Pageant 7:00 p.m.**

July 30th- Pro Pulling League Champion Seed Western Series

July 31st- Rodeo 7:30 p.m.

August 1st- Dylan Scott Concert with Jake & Mikayla 7:30 p.m.

August 2nd- Demolition Derby 6:30 p.m.

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

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.



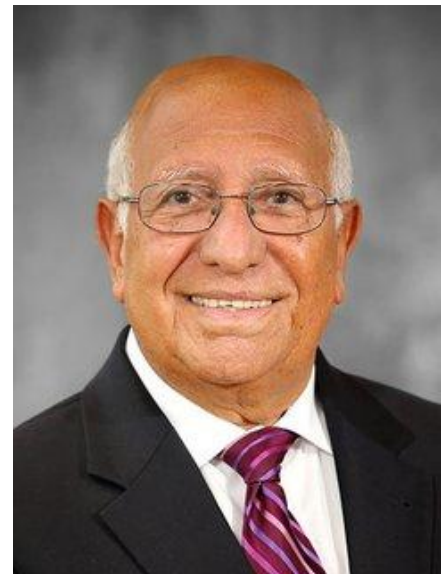
Dine with a Doc® is a **FREE** program that welcomes the local senior public to hear an educational topic while enjoying a complimentary lunch. The next Dine with a Doc® lunch is scheduled for **Thursday, August 14th, 2025, located in the Senior Services Activity Center from 11:00 a.m. until 1:00 p.m.**

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:

Nash H. Naam, MD, FACS with Sarah Bush Lincoln

Dr. Naam was named a top reviewer for the CORR journal in 2021 and 2023. The distinction recognizes his thoroughness and contribution to the journal's review process, which enhances manuscripts and makes them more relevant to practicing hand surgeons. He also served as president of the American Association for Hand Surgery, presiding over their 50th annual meeting



Lunch will be complimentary and provided courtesy of:
Brookstone Estates Assisted Living



****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.**



Thursday, September 18th, 2025,
at 11:00 am!!



HSHS St. Anthony's Savvy Senior
returns with an informational
program regarding their
Therapy Department!

WEATHER AUTHORITY
SYMPTOMS OF HEAT ILLNESS

HEAT EXHAUSTION

HEAT STROKE

Faint or dizzy

Throbbing headache

Excessive sweating

No sweating

Nausea or vomiting

Nausea or vomiting



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”.



**Come join us on
Wednesday
afternoons at
1:00 p.m. to knit,
crochet, or bring
your own crafts
to socialize and
make new
friends!**



Line Dancing!!!

***Join the line dancers
every Tuesday morning
at 10:00 a.m.***

***in our
Activity Center.***

***Come join
in the fun & learn
a new step or two!***



BINGO!

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





August 2025 MENU

Friends Food Fellowship

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2% Milk, Bread, and Margarine are served with every meal. Substitutes will only be made in emergencies.	FINAL			1 Pork Roast Baked Sweet Potatoes Brussels Sprouts Apple Sauce Whole Grain Roll
4 Oven Baked Chicken Parsley Potatoes Green beans Whole Grain Bread Strawberries	5 Hamburger on Bun Romaine Lettuce, Tomato, Onion, Pickles Potato Salad Pea Salad Cantaloupe	6 Chef Salad Turkey, Ham, Egg Lettuce, Tomato, Cucumber Carrots, Shredded Cheese Salad Dressing Mandarin Orange Cake Club Crackers Pineapple	7 Turkey & Dressing Mashed Potatoes Mixed Vegetables Watermelon Whole Grain Roll	8 Sloppy Joes on Bun Au Gratin Potatoes Calico Baked Beans Banana
11 Turkey Burger on Bun Glazed Carrots Green Beans Fruit Cocktail	12 Ham Hash Brown Casserole Succotash Cantaloupe Whole Grain Roll	13 Chicken Salad on Wheat Bread Asian Cole Slaw Waldorf Salad Strawberries	14 Beef N Noodles Brussels Sprouts Corn Watermelon	15 Pork Burger on Whole Grain Bun Cole Slaw Pickled Beets Apricots
18 Pork Chops Roasted Red Potatoes Green Beans Peaches Whole Grain Roll	19 Ball Park Frank on Bun Macaroni & Cheese California Blend Cantaloupe	20 Spaghetti w/meatsauce Carrots & Peas Tossed Salad w/tomatoes(fc) Salad Dressing Baked Apples Garlic Bread	21 Grilled Chicken Salad w/Romaine Lettuce Tomatoes and Cheese Watermelon Bread Stick Graham Cracker	22 Fish on Bun Cauliflower w/cheese Baked Beans Mandarin Oranges
25 Salisbury Steak Whipped Potatoes Peas Apricots Oatmeal Cookie	26 Sub Sandwich on Hoagie Bun Lettuce & Tomato Broccoli/Cauliflower Salad Cantaloupe	27 Fried Chicken Potato Salad Carrots Hot Apple Crisp Biscuit	28 Swedish Meatballs Mashed Potatoes Corn Watermelon Whole Grain Roll	29 BBQ Pulled Pork on Whole Grain Bun Au Gratin Potatoes 4 Bean Salad Baked Apples

CALL THE DAY BEFORE TO RESERVE A MEAL

Suggested Donation \$4.75/Meal

Effingham 217-347-2851 Dieterich 217-994-0461 Altamont 217-994-6561

Beecher City 217-994-0661 Flora 217-994-3191 Vandalia 618-283-1040

Ramsey 217-994-6189 Pana 217-562-5611 Taylorville 217-287-7268

Kincaid 217-237-4328 Teutopolis 217-994-3334



Please join us for cake & ice cream on

Thursday, August 28th

at 1:00 p.m. for our monthly birthday party!

We will celebrate those who have a birthday in August

With ice cream provided by Villas of Holly Brook

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

Having Trouble Finding a Ride?

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

Call to Schedule Your Ride Today!

1-855-755-2478

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
---	--	--	---

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.ceboc.org/CPT/CPT.htm>



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!



Reminder:
Make your appointment for Benefit Access Program today at (217) 347-5569 To see if you qualify for a reduced license sticker!



August 2025 Activity Center Calendar

Monday	Tuesday	Wednesday	Thursday	Friday
28-Jul 1:00 Cards & Mahjong 	29-Jul 10:00 Line Dancing 	30-Jul 1:00 Games 1:00 Knit/Crochet/Socialize 1:00 SHIP 	31-Jul 1:00 Games 	1 1:00 BINGO Sponsor:  
4 1:00 Cards & Mahjong 	5 10:00 Line Dancing 	6 1:00 Games 1:00 Knit/Crochet/Socialize 1:00 SHIP 	7 1:00 Games 	8 1:00 BINGO Sponsor:   
11 1:00 Cards & Mahjong 	12 10:00 Line Dancing 	13 1:00 Games 1:00 Knit/Crochet/Socialize 1:00 SHIP 	14 11:00 Dine with a Doc featuring Dr. Nash H. Naam, MD, FACS  	15 1:00 BINGO Sponsor:  
18 1:00 Cards & Mahjong 	19 10:00 Line Dancing 	20 1:00 Games 1:00 Knit/Crochet/Socialize 1:00 SHIP 	21 1:00 Games 	22 1:00 BINGO Sponsor:  
25 1:00 Cards & Mahjong 	26 10:00 Line Dancing 	27 1:00 Games 1:00 Knit/Crochet/Socialize 1:00 SHIP 	28 1:00 Birthday Party with cake & ice cream Provided by The Villas of Holly Brook 	29 1:00 BINGO Sponsor: 