

SENIOR SERVICES

Effingham County



209 S. Merchant
Effingham, IL 62401

Sunset Times



2025

To join the Sunset Times email list please email: chardiek@eccoa.org
or check out our webpage at www.eccoa.org

SENIOR SERVICES

DIVISION OF ECCOA
OMBUDSMAN PROGRAM



Calling all Witches

SENIOR SERVICES

Effingham County



Join us for an

Ombudsman Luncheon & Presentation on Thursday, October 23rd, 2025, at 11:00 am



Musical performance by Benny & the Amigos

Dress up as a witch or a warlock and we will have prizes for the best dressed!



****Reservations are required and must be made by
noon on Friday, October 10th by calling the center at 217-347-5569****

Senior Services will be closed: Monday, October 13th, 2025, for Columbus Day



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"



Established in 1979 by Public Act 81-202, the Illinois Department on Aging Community Care Program helps senior citizens, who might otherwise need nursing home care, to remain in their own homes by providing in-home and community-based services.

This program is aimed at helping seniors maintain their independence and providing cost effective alternatives to nursing home placement. The Community Care Program provides services to any person who applies for the program and meets all current eligibility requirements.

Who is eligible?

People who...

- Are 60 years old or older
- A Medicaid recipient or Medicaid eligible
- Are U.S. citizens or legal aliens
- Are residents of Illinois
- Have non-exempt assets of \$17,500 or less (Non-exempt assets do not include home, car, or personal furnishings)
- Have an assessed need for long term care (scoring 29 points or higher on the "Determination Of Need" evaluation)



NOTE: Although the level of income does not affect eligibility for the program, an income is established for each client to determine the client's ability to contribute to the cost of care.

Call Senior Services today for an assessment: 217-347-5569

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, October 9th, 2025, 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 **Dr. Kevin Hsu with HSHS St. Anthony's Hospital** who is a board-qualified podiatrist who specializes in the medical and surgical treatment of the foot and ankle. His clinical interests include general podiatry, wound care, diabetic limb salvage, sports medicine, and trauma. With a strong emphasis on patient education and shared decision-making, Dr. Hsu works closely with patients to ensure they feel informed and empowered throughout their care journey.

Dr. Hsu earned his Doctor of Podiatric Medicine from the Dr. William M. Scholl College of Podiatric Medicine in Chicago. He completed a three-year residency in podiatric medicine and surgery with added credentials in reconstructive rearfoot and ankle surgery (PMSR/RRA) at St. Mary's and Elizabeth Medical Center in Chicago. As chief resident, he led clinical scheduling, mentored co-residents, and co-managed patient care across multiple specialties while gaining extensive surgical experience.



Lunch will be complimentary and provided courtesy of:



HSHS Medical Group

****Reservations for Dine with a Doc are required and must be made by noon on Monday, October 6th 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**



Medicare Annual Enrollment is HERE!

The Medicare Annual Enrollment Period Is a Scammer's Favorite Time of Year

With the Medicare Annual Enrollment Period (AEP) in full swing, scammers are gearing up to prey on unsuspecting Medicare beneficiaries. Medicare health and drug plans can make changes each year—things like cost, coverage, and what providers and pharmacies are in their networks.

For 2026 coverage, Annual Enrollment will run from October 15, 2025 through December 7, 2025. This is when all people with Medicare can change their Medicare health plans and prescription drug coverage for the following year to better meet their needs.

We would like to help protect seniors from falling for AEP scams!

- ✓ There are no Medicare sales representatives. If someone contacts you suggesting they are from Medicare, it is a scam call.
- ✓ If someone calls you and suggests it is mandatory, that is false. Enrolling in a Medicare Part D or Medicare Advantage Plan is voluntary. But please note; there is a penalty for not enrolling when you are eligible, and this is something you should discuss with a trained and certified SHIP Counselor who is available at any of the 5 sites listed below.
- ✓ Do not give out any information over the phone to someone you do not know.

It is very important to compare the plans offered during the AEP. SHIP counselors are an unbiased third party, who can help you by putting you in a plan that works for you! If you need help during annual enrollment and live in Effingham County you can contact any of the local SHIP sites listed below to schedule an appointment and have your questions answered. Your local pharmacy is also a great resource to meet with in order to discuss your options.

Senior Services of Effingham County

209 S. Merchant St.
Effingham, IL 62401
(217) 347-5569

Catholic Charities of Effingham

1502 E. Fayette
Teutopolis, IL 62467
(217) 857-1458

CEFS

1805 S. Banker
Effingham, IL 62401
(217) 342-2193

Heartland Human Services

1200 N. 4th St.
Effingham, IL 62401
(217) 347-7179



Opportunities for Access

309 Professional Park Ave, Suite 1
Effingham, IL 62401
(217) 342-5521



How Healthy is your HEART?



Come to the Senior Services Activity Center on Thursday, October 2nd for complimentary blood pressure and blood glucose checks and education.

Local Registered Nurse, Becky Sharp will be available from 9-11 am and 1-3 pm in the Activity Center to perform these checks and educate you on your heart health!



**Join the ladies on Mondays & Fridays at 1:00 p.m.
for an afternoon of Mahjong!
Beginner or haven't played in years?
The ladies will teach you or refresh your memory!**



Thursday, November 20th, 2025, at 11:00 am!

**HSHS St. Anthony's Savvy Senior returns
with an informational program regarding
IV Infusion Therapy!**





October 2025 MENU

**Friends
Food
Fellowship**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
FINAL		1 Grilled Chicken Tenderloin Cheesy Rice w/broccoli Hot Stewed Tomatoes Fruit Cocktail Whole Grain Bread	2 Ham & Beans Cole Slaw Beets Peaches Corn Bread	3 Turkey Mashed Potatoes Brussels Sprouts Whole Grain Roll Pumpkin Mousse
6 Biscuits & Gravy Sausage Patties Hash Rounds Fresh Orange Apple Juice	7 Fried Chicken Mashed Potatoes Green Beans Strawberries & Bananas Whole Grain Roll	8 Loaded Baked Potato Soup w/bacon & Cheese Slice Crackers Broccoli Cauliflower Salad Chilled Apricots Oatmeal Cookie	9 Lasagna Tossed Salad w/tomatoes Salad Dressing Spiced Apples Black Bean Brownie Garlic Bread Stick	10 Chicken & Noodles Peas Glazed Carrots Chilled Pineapple Whole Grain Bread
13 CLOSED In Observance of Columbus Day	14 Meatloaf Whipped Potatoes Brussels Sprouts Mandarin Oranges Peanut Butter Cookie	15 Chicken Pot Pie w/crust Creamy Cole Slaw Apricots Angel Food Cake	16 Sloppy Joes on Bun Scalloped Potatoes Calico Baked Beans Strawberries	17 Pork Roast Glazed Sweet Potatoes Cooked Cabbage Waldorf Salad Whole Grain Bread
20 Oven Baked Chicken Whipped Potatoes Mixed Vegetables Pineapple Roll	21 Chili Crackers Cottage Cheese Asian Cole Slaw Chilled Pears Corn Bread	22 Italian Chicken Breast Steamed Broccoli Corn Oranges W/Bananas Whole Grain Bread	23 Roast Beef Mashed Potatoes Green Beans Mixed Fruit Whole Grain Roll	24 Mac n Cheese w/ham Broccoli Tossed Salad w/tomatoes Salad Dressing Warm Peach Crisp
27 Fish Sandwich on Bun Au Gratin Potatoes Baked Beans Apricots	28 Country Fried Steak Mashed Potatoes & Gravy California Blend Strawberries w/bananas	29 Pork Chop Baked Potato Green Beans Tropical Fruit Whole Grain Bread	30 Spaghetti w/meat sauce Tossed Salad w/tomatoes Salad Dressing Corn Hot Cherry Crisp	2% 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 \$4.75/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, October 30th at 1:00 pm
for our monthly
birthday party!

**We will celebrate those who have
a birthday in October
with ice cream provided by
Villas of Holly Brook.**

**You are welcome to stay
afterwards and play cards,
games, and 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

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.csebec.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!



October 2025 Activity Center Calendar

Monday	Tuesday	Wednesday	Thursday	Friday															
<p>6</p> <p>1:00 Cards & Mahjong</p> <p></p>	<p>7</p> <p>10:00 Line Dancing</p> <p></p>	<p>1</p> <p>1:00 Games</p> <p>1:00 Knit/Crochet/Socialize</p> <p>1:00 SHIP</p> <p></p>	<p>2</p> <p>9:00-11:00 & 1:00-3:00</p> <p>Free Blood Pressure & Blood Glucose Checks with Education Event</p> <p></p>	<p>3</p> <p>1:00 Bingo Sponsor:</p> <p> brookstone ESTATES ASSISTED LIVING </p>	<p>13</p> <p> Sorry We're CLOSED</p> <p>In Observation of Columbus Day</p>	<p>14</p> <p>10:00 Line Dancing</p> <p></p>	<p>15</p> <p>1:00 Games</p> <p>1:00 Knit/Crochet/Socialize</p> <p></p>	<p>16</p> <p>1:00 Games</p> <p></p>	<p>17</p> <p>1:00 Bingo Sponsor:</p> <p> The Glenwood <small>assisted living of excellence</small> </p>	<p>20</p> <p>1:00 Cards & Mahjong</p> <p></p>	<p>21</p> <p>10:00 Line Dancing</p> <p>1:00 SHIP</p> <p> </p>	<p>22</p> <p>1:00 Games</p> <p>1:00 Knit/Crochet/Socialize</p> <p></p>	<p>23</p> <p>11:00 Ombudsman Program & Community Education & Luncheon</p> <p> SENIOR SERVICES  <i>Calling all Wonders</i></p>	<p>24</p> <p>1:00 Bingo Sponsor:</p> <p> LAKE LAND <small>REHABILITATION & HEALTH CARE CENTER</small> </p>	<p>27</p> <p>1:00 Cards & Mahjong</p> <p></p>	<p>28</p> <p>10:00 Line Dancing</p> <p>1:00 SHIP</p> <p> </p>	<p>29</p> <p>1:00 Games</p> <p>1:00 Knit/Crochet/Socialize</p> <p></p>	<p>30</p> <p>1:00 Birthday Party with cake & ice cream</p> <p>Provided by: The Villas of Holly Brook</p> <p> </p>	<p>31</p> <p>1:00 Bingo Sponsor:</p> <p> transitions™  <i>Happy Halloween!</i></p>
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