



# SENIOR SERVICES

Effingham County



209 S. Merchant  
Effingham, IL 62401

# Sunset Times



# November 2025

To join the Sunset Times email list please email: [chardiek@eccoa.org](mailto:chardiek@eccoa.org)  
or check out our webpage at [www.eccoa.org](http://www.eccoa.org)



HSHS  
St. Anthony's  
Memorial Hospital



SENIOR  
SERVICES  
Effingham County

## *St. Anthony's Savvy Senior Program & Luncheon*

on Thursday, November 20, 2025, at 11 a.m. featuring  
Holly Simons MSN, RN, Medsurg-BC with  
HSHS St. Anthony's Outpatient IV Therapy Team.

- Holly Simons will discuss medications and treatments which are offered by HSHS as well as the IV Therapy department and set up, and how to be referred for treatment.



**\*\*Reservations are required and must be made by noon on Monday, November 17<sup>th</sup>  
by calling the center at 217-347-5569\*\***

**In Observance of Veterans Day & Thanksgiving Day,  
Senior Services will be closed on Tuesday, November 11<sup>th</sup>,**



**Thursday, November 27<sup>th</sup>  
& Friday, November 28<sup>th</sup>**



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

# Tending to Our Grieving Hearts:

## Professional Self-Care in Long-Term Care Communities

When: Tuesday, November 4, 2025 from 2 pm-4 pm

Where: Senior Services-Senior Center/ECCOA  
209 S. Merchant St., Effingham

What: Statewide Virtual Watch Party

Who: Contact Lisa Light at 217-347-5216 for more  
information and to register – 2 CEU's for \$25

*\*Light refreshments will be provided\**

*Working in long-term care involves building meaningful relationships with residents, witnessing their decline, and often saying goodbye, all while supporting one another.*

*During this training, participants will reflect on their personal experiences with grief, understand how it can manifest in the workplace, and explore practical strategies to support themselves and their teams. We will create a supportive environment to discuss how to care for our grieving hearts as we continue to show compassion for others.*



**Don't forget to "FALL BACK"**  
**(turn your clocks back an hour) &**  
**change your smoke detector battery on**  
**the night of Saturday, November 1<sup>st</sup>!**



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:

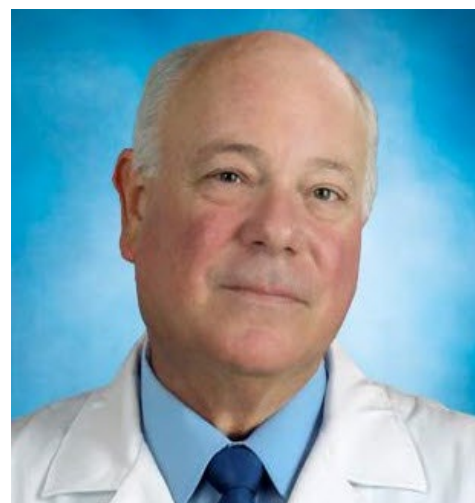
**Thursday, November 13th, 2025, in the  
Senior Services Activity Center from 11:00 am until 1:00 pm.**

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 are required and must be made by noon on  
Monday, November 10<sup>th</sup> 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.**



**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. Each 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.





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!**



# 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".

**MEDICARE OPEN ENROLLMENT | OCT. 15-DEC. 7**

**FIND THE RIGHT  
MEDICARE PLAN  
FOR YOU.**



**TIPS to help you compare plans:**

- **Add your prescription drugs** and local pharmacies to get better estimates of your prescription drug costs.
- See if **your preferred doctors are in-network** for the plans you're considering.
- Double check **that your specific prescription drugs are covered by the plan** before you enroll in it. In 2026, your out-of-pocket costs for covered drugs are capped at \$2,100. The cap only applies to drugs covered by your plan, so it's important to make sure your drugs are covered.



# November 2025 MENU

**Friends  
Food  
Fellowship**

| MONDAY                                                                                            | TUESDAY                                                                                                                     | WEDNESDAY                                                                                                                                   | THURSDAY                                                                                                                       | FRIDAY                                                                                                                    |
|---------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------|
| 3 Beef Stroganoff<br>over Noodles<br>Gourmet Carrots<br>Green Beans<br>Orange<br>Whole Grain Roll | 4 Ham<br>Hash Brown<br>Casserole<br>Brussels Sprouts<br>Chilled Peaches<br>Whole Grain Roll                                 | 5 Seasoned Beef<br>Pattie<br>Whipped Potatoes<br>Black Eyed Peas<br>Apple Cake w/Cream<br>Cheese Icing                                      | 6 Pork Cutlet<br>Mashed Potatoes<br>Broccoli &<br>Cauliflower<br>Apricots<br>Biscuit                                           | 7 BBQ Chicken<br>Breast<br>Rice Pilaf<br>Peas & Carrots<br>Stewed Tomatoes<br>Cinnamon<br>Applesauce                      |
| 10 Ham & Beans<br>Cole Slaw<br>Beets<br>Peaches<br>Corn Bread                                     | 11<br><br>Closed in observance<br>of Veterans Day                                                                           | 12 Turkey<br>Mashed Potatoes<br>Brussels Sprouts<br>Whole Grain Roll<br>Pumpkin Mousse                                                      | 13 Grilled Chicken<br>Tenderloin<br>Cheesy Rice<br>w/broccoli<br>Hot Stewed<br>Tomatoes<br>Fruit Cocktail<br>Whole Grain Bread | 14 Taco Soup<br>w/shredded Cheese<br>Corn Chips<br>Tossed Salad<br>Salad Dressing<br>Whole Grain Bread<br>Apricots        |
| 17 Biscuits & Gravy<br>Sausage Patties<br>Hash Rounds<br>Fresh Orange<br>Apple Juice              | 18 Fried Chicken<br>Mashed Potatoes<br>Green Beans<br>Strawberries &<br>Bananas<br>Whole Grain Roll                         | 19 Loaded Baked<br>Potato Soup w/bacon<br>& Cheese Slice<br>Crackers<br>Broccoli Cauliflower<br>Salad<br>Chilled Apricots<br>Oatmeal Cookie | 20 Lasagna<br>Tossed Salad<br>w/tomatoes<br>Salad Dressing<br>Spiced Apples<br>Black Bean Brownie<br>Garlic Bread Stick        | 21 Chicken &<br>Noodles<br>Peas<br>Glazed Carrots<br>Chilled Pineapple<br>Whole Grain Bread                               |
| 24 Meatloaf<br>Whipped Potatoes<br>Brussels Sprouts<br>Mandarin Oranges<br>Peanut Butter Cookie   | 25 Broccoli Cheese<br>Soup<br>Crackers<br>½ Turkey Sandwich<br>on<br>Whole Grain Bread<br>Green Pea Salad<br>Blushing Pears | 26 Turkey &<br>Dressing<br>Sweet Potatoes<br>Green Bean<br>Casserole<br>Cranberry Salad<br>Roll<br>Pumpkin Pie<br>w/topping                 | 27 Closed<br>Thanksgiving Day<br><br>      | 28<br><br>Closed<br>Thanksgiving Holiday                                                                                  |
|                                                                                                   |                                                                                                                             |                                                                                                                                             |                                                                                                                                | 2% Milk, Bread,<br>and Margarine<br>are served with<br>every meal.<br>Substitutes will<br>only be made in<br>emergencies. |

**FINAL**

**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**



## 21<sup>st</sup> ANNUAL THANKSGIVING DAY DINNER

Thursday, November 27th, 2025



**FISH will offer a congregate meal (serving starts at 12:30 pm) at  
CORNERSTONE CHRISTIAN CHURCH - 3600 S. BANKER ST.**

**Meal delivery (after 10 am) & curbside pickup from  
11:00 am-12:00 noon at the church.**

**You may start to reserve meals on Nov. 1, 2025, through Nov. 24, 2025  
for the congregate, home-delivered & curbside pickup meals.**

**Please call 217-343-7342 by November 24, 2025**

**\*\*Volunteers are needed to help package & deliver meal. We will start  
cutting pies & packaging meals at 9:00am.\*\***

**To volunteer, please call Susan Elke at 217-868-5913**

**MEALS ARE OFFERED FREE TO ALL EFFINGHAM COUNTY RESIDENTS  
AND THEIR FAMILIES**

**DONATIONS ARE ALWAYS GREATLY APPRECIATED AND CAN BE SENT  
TO FISH P.O. BOX 473, EFFINGHAM, IL 62401**



### Reminder:

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

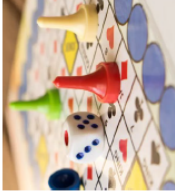


**Please join us for  
cake & ice cream on  
Wednesday, November 26<sup>th</sup> at  
1:00 pm for our monthly  
birthday party!**

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

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



| November 2025 Activity Center Calendar                                                                                                     |                                                                                                                                                                                                                                                                                                                                                                             |                                                                                                                                                                                                              |                                                                                                                                                                                                                                                                             |                                                                                                                                                                                                                 |
|--------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Monday                                                                                                                                     | Tuesday                                                                                                                                                                                                                                                                                                                                                                     | Wednesday                                                                                                                                                                                                    | Thursday                                                                                                                                                                                                                                                                    | Friday                                                                                                                                                                                                          |
| <div>3</div> <div>1:00 Cards &amp; Mahjong</div>        | <div>4</div> <div>10:00 Line Dancing<br/>2:00 pm- 4:00 pm</div> <div>State Illinois Pioneer Coalition<br/>Ombudsman Presentation "Tending to Our Grieving Hearts"</div>  <div>SENIOR SERVICES<br/>ILLINOIS PIONEER COALITION<br/>Leading the Way in Person-Centered Long-Term Care</div> | <div>5</div> <div>1:00 Games<br/>1:00 Knit/Crochet/Socialize</div>                                                         | <div>6</div> <div>1:00 Games</div>                                                                                                                                                         | <div>7</div> <div>1:00 Bingo Sponsor:</div>                                                                                     |
| <div>10</div> <div>1:00 Cards &amp; Mahjong</div>       | <div>11</div> <div>10:00 Line Dancing</div> <div>WE WILL BE CLOSED ON VETERANS DAY</div> <div>In Observation of Veterans Day</div>                                                                                                                                                       | <div>12</div> <div>1:00 Games<br/>1:00 Knit/Crochet/Socialize</div>                                                        | <div>13</div> <div>11:00 Dine With A Doc</div>  <div>Featuring: Dr. Thomas Ambrose</div> <div>HSHS Medical Group</div>                                                                     | <div>14</div> <div>1:00 Bingo Sponsor:</div>   |
| <div>17</div> <div>1:00 Cards &amp; Mahjong</div>       | <div>18</div> <div>10:00 Line Dancing</div>  <div>1:00 SHIP</div>                                                                                                                                     | <div>19</div> <div>1:00 Games<br/>1:00 Knit/Crochet/Socialize</div>                                                        | <div>20</div> <div>11:00 SAVVY Senior Lunch</div> <div>Sponsored by: HSHS Medical Group</div> <div>featuring: Outpatient IV Therapy with Holly Simons</div>  <div>HSHS Medical Group</div> | <div>21</div> <div>1:00 Bingo Sponsor:</div>   |
| <div>24</div> <div>1:00 Cards &amp; Mahjong</div>     | <div>25</div> <div>10:00 Line Dancing</div>  <div>1:00 SHIP</div>                                                                                                                                  | <div>26</div> <div>1:00 Birthday Party with cake &amp; ice cream</div> <div>Provided by: The Villas of Holly Brook</div>  | <div>27</div> <div>Sorry We're CLOSED</div> <div>For Thanksgiving!</div>                                                                                                                 | <div>28</div> <div>Sorry We're CLOSED</div> <div>For Thanksgiving!</div>                                                     |
| <div>Dec-1</div> <div>1:00 Cards &amp; Mahjong</div>  | <div>Dec-2</div> <div>10:00 Line Dancing</div>  <div>1:00 SHIP</div>                                                                                                                              | <div>Dec-3</div> <div>1:00 Games<br/>1:00 Knit/Crochet/Socialize</div>                                                   | <div>Please remember to call 217-347-5569 to sign up for our special events.</div> <div>Deadline is Monday at noon on the week of the event!</div>                                                                                                                          |                                                                                                                                                                                                                 |