

SENIOR SERVICES Effingham County



209 S. Merchant
Effingham, IL 62401

Sunset Times April 2026

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

During Older Americans Month - May 2026 Senior Services of Effingham County is ready to help you.....



“Champion Your Health”



How can individuals take charge of their health at every age?

- 🏆 Stay up to date on preventive care and screenings.
- 🏆 Build and maintain social connections that support emotional well-being.
- 🏆 Choose nutritious, minimally processed foods.
- 🏆 Incorporate regular physical activity to maintain strength and mobility.
- 🏆 Practice daily habits that support mental health and resilience.

Mark your calendars for all the special events during May!

- ❖ **Thursday, May 7:** Senior Center Health & Information Fair
- ❖ **Thursday, May 14:** Dine With A Doc followed by Super Bingo
- ❖ **Thursday, May 21:** HSHS St. Anthony's Savvy Senior Luncheon
- ❖ **Wednesday, May 27:** Monthly Birthday Celebration
- ❖ **Thursday, May 28:** Unique “Senior Fraud Forum” Luncheon
Presented by: Dieterich Bank

Happy Easter

Senior Services of Effingham County
will be closed in observance of
Good Friday on Friday, April 3rd, 2026



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





Do you know an older adult who is alone for significant parts of the day or night with no regular caregiver?



What is Emergency Home Response Service?

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 staffed support center.

Who needs this service?

Older adults who could benefit from this service might experience some of the following:

- unsteadiness, dizziness, weakness and history of falling,
- limited mobility (i.e., a cane, walker or wheelchair),
- history of cardiac or respiratory crises at home,
- Illnesses that typically result in sudden health changes: diabetes, seizures, hypoglycemia, etc.
- large number of medications and side effects that produce indicators on this list, or
- circulatory or other problems that may result in falls.



This is a Community Care Program (CCP) service

The purpose of providing EHRS is to improve the independence and safety of participants in their own homes and help reduce the need for nursing home care.

**“When I fell and broke my hip, I was scared to be home alone.
My emergency button makes me feel safe again.”**

What are the benefits of the EHRS?

- Worry-free 24-hours-a-day help at the touch of a button
- Installation at no cost to the participant
- Free adaptive activation devices
- A list of first responders chosen by the participant
- Free to eligible older adults

Who is eligible for the CCP Program?

An older adult must qualify for the CCP program to receive EHRS.

You are eligible for CCP service if you:

- are sixty (60) years of age or older,
- are an Illinois Resident,
- are a U.S. citizen or legal alien,
- are determined to be physically in need of service (meaning at least moderately impaired),
- meet the financial asset requirements (explained by a care coordinator during an in-home visit),
- obtain a signed Physician's Statement agreeing that CCP services are necessary and appropriate, and
- are willing to cooperate with a care coordinator.



For additional information or to make a referral for someone you feel could benefit from the CCP Program call Effingham County Senior Services at: 217-347-5569.



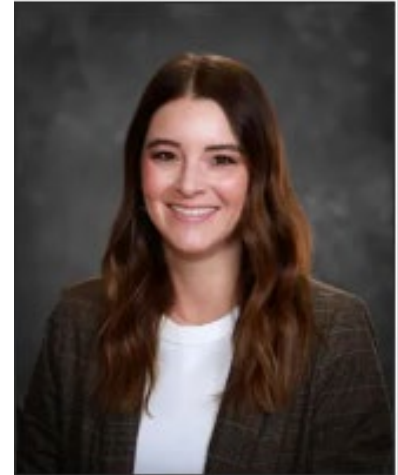
Dine with a Doc® is a **FREE** program that welcomes the local senior public to hear an educational topic while enjoying a complimentary lunch. The next Dine with a Doc® lunch is scheduled for:

**Thursday, April 9th, 2026, 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:
Jaclyn Jansen, Au.D.**

Jaclyn is an Audiologist and is a dynamic speaker and will be providing some great advice on hearing loss, testing, options, and what works best for those starting to experience some trouble hearing. She is passionate about her patients and well regarded in the area.



Lunch will be complimentary and provided courtesy of:



****Reservations are required and must be made by noon on Monday, April 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.**



What do Social Security benefits have to do with getting Medicare?

Before you turn 65:

- ✓ If you apply to start getting retirement benefits from Social Security (or the Railroad Retirement Board) at least 4 months before you turn 65, you'll automatically get Part A (Hospital Insurance) and Part B (Medical Insurance) when you turn 65.
- ✓ You'll still need to make important decisions about how you get your coverage, including adding drug coverage.

If you want to get Medicare when you turn 65 but aren't planning to take retirement benefits at that time, you'll need to sign up for Medicare.

After you turn 65:

- ✓ You'll have to contact Social Security when you're ready to sign up for Medicare.
- ✓ Depending on your work situation and if you have health coverage through your employer, you may want to wait to sign up for Medicare.



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!



Please join us for cake & ice cream on
Thursday, April 30th
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 The Villas of Holly Brook .

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

Do **YOUR** part....



Smart Senior Series
Be Informed. Be Empowered. Be Smart.

Protect yourself from identity theft and scams!

1. **Opt for electronic statements.** Thieves can steal bank account statements, bills and other documents from your home mailbox. Instead, choose electronic statements that get delivered via email or directly into your online banking account.
2. **Keep a shredder handy.** Shred all bills and financial documents to keep thieves from fishing them out of your trash.
3. **Stop entering sweepstakes.** You may be enticed by the vacation prize at the mall kiosk, but before you enter personal details on the form, ask, “What will they do with it?” Protect your personal information!
4. **Stop giving out your Social Security number.** Some businesses, such as banks, credit agencies and government agencies, legitimately need your Social Security number for reporting purposes. But that’s about it and always make sure you know who you’re sharing this information with—ask questions!
5. **Use a credit card whenever possible, not a debit card.** If you have a problem, you'll be covered if you use a credit card, but not as much for a debit card. But be sure that you can pay the credit card balance in full every month. Do not trade deeper debt for an incremental improvement in security.
6. **Add your name to the Do Not Call Registry.** Call the FTC toll-free at **888-382-1222** from the phone you want to register, or go to **donotcall.gov**
7. **Don’t answer calls from numbers you don’t recognize.** The best way to do this is to adjust the Do Not Disturb setting on your phone so that only calls from people on your contacts list will even ring. Everyone else will go straight to voicemail. If it’s important, they’ll leave a message.
8. **Be prepared to hang up.** If you do answer and hear a robocall, don’t say anything — just hang up. Do not respond to questions, especially those answered with a “yes,” as your response could be recorded and used by someone else to authorize fraudulent charges over the telephone.
9. **Watch what you share on social media.** Scammers can find a lot about you on social media. Don’t share your phone number, your home address, anything related to your work, payment information, relationship status, health information, birthday or social security number.
10. **Don’t reveal your location.** Posting photos in real time of your restaurant meal or hike reveals to the world you aren’t home — and won’t be for a while. Similarly, wait until the vacation is over before sharing your stories and images.

Resources available to report scams and receive help:

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|--|---|---|-------------------------------------|
| ✓FBI’s Internet Crime
Complaint Center
www.ic3.gov | ✓Illinois Attorney General
Senior Fraud Helpline
1-800-243-5377 | ✓Illinois Elder Abuse
1-866-800-1409 | ✓AARP Fraud Watch
1-877-908-3360 |
|--|---|---|-------------------------------------|

✓Your local City & County Police Departments-Effingham County Sheriff’s Office: (217) 342-2101



April 2026 MENU

Friends Food Fellowship

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1 Broccoli Cheese Soup Crackers ½ Turkey Sandwich on Whole Grain Bread Apple Cabbage Slaw Fruit Cocktail	Ham Hash Brown Casserole Green Bean Casserole Layered Salad Roll Carrot Cake	3 Closed for Good Friday
6 Swiss Steak Au Gratin Potatoes Spinach Vanilla Pudding Whole Grain Bread	7 Ham & Beans Beets Cole Slaw Mandarin Oranges Corn Bread	8 Turkey Sweet Potatoes Green Beans Peaches Whole Grain Roll	9 Ball Park Frank w/bun Baked Potato Baked Beans Strawberries w/bananas	10 Lemon Pepper Tilapia Garlic Mashed Potatoes Honey Glazed Carrots Tropical Fruit Cotton Pickin' Good Cake
13 Smothered Grilled Chicken Breast Broccoli Carrots Jell-O w/pears Garlic Bread	14 Sloppy Joes on Bun Potato Wedges Calico Beans Pineapple	15 Old Fashioned Beef Stew Cottage Cheese Cole Slaw Cinnamon Applesauce Corn Muffin	16 Baked Ham Hash Brown Casserole Peas Banana Whole Grain Roll	17 Tater Tot Casserole Green Beans Stewed Tomatoes Peaches
20 BBQ Riblet Au Grain Potatoes Gourmet Carrots Applesauce Whole Grain Bun	21 Polish Sausage Sauerkraut Mashed Potatoes Pumpkin Mousse Whole Grain Bread	22 Lasagna Tossed Salad w/tomatoes Broccoli Warm Apple Crisp Garlic Bread Stick	23 Italian Beef on Hoagie Bun Parsley Potatoes California Blend Veggies Chilled Peaches	24 Herbed Baked Chicken Baby Baker Potatoes Green Beans Apricots Black Bean Brownie
27 Chili Crackers ½ Peanut Butter Sandwich Cole Slaw w/Ramen Noodles Apricots	28 Fried Chicken Mashed Potatoes Mixed Vegetables Strawberries w/bananas Whole Grain Roll	29 Beef Pepper Steak Over Rice Stewed Tomatoes Warm Peach Crisp	30 Pork Roast Roasted Rosemary Potatoes Asparagus Mandarin Oranges Oatmeal Raisin Cookie	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 217-994-0614 Dieterich 217-994-0461 Altamont 217-994-6561
Beecher City 217-994-0661 Flora 217-994-3191 Vandalia 217-994-0109
Ramsey 217-994-6189 Pana 217-994-1602 Taylorville 217-994-1849
Kincaid 217-994-2023 Teutopolis 217-994-3334

*Items on this menu may include or have been prepared in a facility where major food allergens such as milk, eggs, fish, crustacean shellfish, tree nuts, wheat, peanuts, soybeans, or sesame are present. For further information about allergens, please contact a Meals on Wheels staff member.



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!**



**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!

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








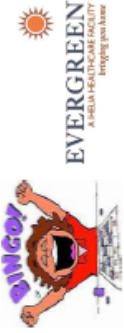









OPEN TO EVERYONE!!

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)342-4090 or via the web at <http://www.cetsec.org/CPT/CPT.htm>

April 2026 Activity Center Calendar

Monday	Tuesday	Wednesday	Thursday	Friday
<p>1:00 Cards & Mahjong</p> 	<p>10:00 Line Dancing</p> 	<p>1:00 Games 1:00 Knit/Crochet/Socialize 1:00 SHIP</p> 	<p>2 1:00 Games</p> 	<p>3 Sorry We're CLOSED In Observation of Good Friday</p>
<p>6 1:00 Cards & Mahjong</p> 	<p>7 10:00 Line Dancing</p> 	<p>8 1:00 Games 1:00 Knit/Crochet/Socialize</p> 	<p>9 11:00 Dine With A Doc</p>  <p>Featuring: Jaclyn Jansen, Au. D. Sarah Bush Lincoln</p>	<p>10 1:00 Bingo Sponsor:</p> 
<p>13 1:00 Cards & Mahjong</p> 	<p>14 SENIOR CENTER CLOSED TODAY The Senior Services Activity will be closed for a private training class.</p>	<p>15 SENIOR CENTER CLOSED TODAY The Senior Services Activity will be closed for a private training class.</p>	<p>16 1:00 Games</p> 	<p>17 1:00 Bingo Sponsor:</p> 
<p>20 1:00 Cards & Mahjong</p> 	<p>21 SENIOR CENTER CLOSED TODAY The Senior Services Activity will be closed for a private training class.</p>	<p>22 SENIOR CENTER CLOSED TODAY The Senior Services Activity will be closed for a private training class.</p>	<p>23 1:00 Games</p> 	<p>24 1:00 Bingo Sponsor:</p> 
<p>27 1:00 Cards & Mahjong</p> 	<p>28 10:00 Line Dancing</p> 	<p>29 1:00 Games 1:00 Knit/Crochet/Socialize 1:00 SHIP</p>  	<p>30 1:00 Birthday Party with cake & ice cream Provided by: The Villas of Holly Brook</p> 