

SENIOR SERVICES
Effingham County



209 S. Merchant
Effingham, IL 62401

Sunset Times
May 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
“Champion Your Health”



SCHEDULE OF EVENTS:

-  **Thursday, May 7th: 8:30 am to 11:30 am - Senior Center Health & Information Fair**
-  **Thursday, May 14th: 11:00 am - Dine With A Doc
12:30 pm - Super Bingo**
-  **Thursday, May 21st: 11:00 am - HSHS St. Anthony’s Savvy Senior Presentation & Luncheon**
-  **Wednesday, May 27th: 1:00 pm - Monthly Birthday Party**
-  **Thursday, May 28th: 11:00 am - “Fraud Fighters” Presentation & Luncheon with Dieterich Bank**

A special thank you to our corporate sponsors:



Senior Services of Effingham will be CLOSED
on Monday, May 25th, 2026
in observance of Memorial 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





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, May 14th, 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:
Dr. Anthony Poulos, MD with
HSHS Medical Group**



Dr. Andrew Poulos chose family medicine because of the wide spectrum of care he can provide to the community. Dr. Poulos prioritizes attentive listening to build trusting relationships with his patients. He values collaborating closely with each individual to development of personalized care plan based on best practices to achieve the best possible health outcomes.

Lunch will be complimentary and provided courtesy of:



****Reservations are required and must be made by noon on Monday, May 11th by
contacting the center at 217-347-5569****

In Honor Of Older American's Month, we present...



**Thursday, May 14th immediately following Dine With A Doc Program
Bigger Prizes – Lots of Fun – More Games!**



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.**





DIETERICH
BANK *Live for Today.
Bank for Tomorrow.*

FRAUD FIGHTERS

PROTECT YOURSELF FROM SCAMS

*Presented by Dieterich Bank,
Effingham Police Department, and Taylor Law Offices*

**Thursday, May 28th
12:00 PM - 1:00 PM**

**Senior Services Activity Center
209 S. Merchant St, Effingham, IL**

**Reservations are requested and must be
made by 12 PM on May 22nd by contacting
the Senior Center at (217) 347-5569.**

Limited to 60 people



*Seniors are invited to attend and bring
a trusted financial advocate.*

**Member
FDIC**



Presents:

**St. Anthony's Savvy Senior Program & Luncheon on
Thursday, May 21st, 2026, at 11:00 a.m. featuring
HSHS St. Anthony's Physical Rehabilitation and Wellness Team**

Aqua Therapy: Gentle Exercise in Water

Presented by: Jennifer Fallert, PTA, ATRIC

Move Safely, Strengthen Muscles, Improve Balance

Water makes exercise easier, safer, and less painful. Aqua therapy is ideal for older adults who want to stay active without straining joints or muscles.

You May Benefit From Aqua Therapy If You:

- Have arthritis or joint pain
- Feel unsteady or at risk of falling
- Are recovering from surgery or injury
- Have weak muscles or want to improve strength
- Experience chronic pain that makes land exercise difficult

Why Aqua Therapy Works

- Buoyancy: Supports your body so you can move with less pain and risk
- Resistance: Water naturally strengthens muscles without weights
- Balance & Stability: Practice safely in a supportive environment
- Gentle Stretching: Water helps improve flexibility

Take the First Step

If moving on land is painful or challenging, aqua therapy may be the solution you need. Safe. Gentle. Effective.

The Benefits

- Reduce pain and stiffness
- Improve strength, endurance, and flexibility
- Boost balance and confidence
- Exercise safely and comfortably



Vestibular Therapy: Feeling Dizzy or Unsteady?

Presented by: Erica Magelitz, PT, Vestibular Physical Therapist

You May Benefit from Vestibular Therapy If You:

- Feel like the room is spinning when you roll in bed or look up
- Feel unsteady or off-balance when walking
- Get dizzy when bending down or turning quickly
- Have had a fall or feel like you might fall
- Feel lightheaded or foggy, especially with movement
- Avoid certain movements because you're afraid of getting dizzy



What Could Be Causing It?

- Sometimes dizziness is caused by your inner ear, which helps control balance.
- Small changes—like tiny crystals being out of place—can make you feel like you're spinning.

What is Vestibular Therapy?

Vestibular therapy is a specialized type of physical therapy that:

- Helps reduce dizziness
- Improves balance and stability
- Reduces your risk of falling

Your therapist will guide you through simple movements and exercises to help your body reset and feel steady again.

Don't Wait

If dizziness is affecting your daily life or confidence, it's worth getting checked. You don't have to live with it.

****Reservations are required and must be made by noon on Monday, May 18th by contacting the center at 217-347-5569****



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.



Do YOUR part....

Protect yourself from identity theft and scams!

2026 Top Scams

Latest scams in 2026 heavily feature AI-powered deepfakes for voice cloning, fake toll road/parking violation texts containing malicious QR codes, and "pig butchering" crypto investment fraud. Criminals also target users via fake Amazon account warnings and "wrong number" texts that lead to financial grooming. Protect yourself by verifying unexpected requests and avoiding urgent payment demands.

Top 2026 Scam Trends

- **Toll Road/Parking Phishing:** Fake SMS messages claim you have an unpaid toll, often including pictures of fake court documents and a link to pay via a QR code.
- **AI Voice Cloning & Deepfakes:** Scammers use AI to mimic the voice of a family member or trusted official, creating a false sense of urgency for money.
- **"Pig Butchering" (Crypto/Investment) Scams:** Long-term grooming where scammers build trust, often starting with a "wrong number" text, before convincing victims to invest in fake crypto platforms.
- **Social Media/Counterfeit Stamp Sales:** Scammers sell counterfeit postage stamps at steep discounts on social media; legitimate stamps are rarely discounted.
- **Windows Run Command Scam:** A pop-up scam that directs users to press "Windows + R" and enter a command to download malware.
- **Government/Tech Support Impersonation:** Impersonating agencies like the FTC or IRS to demand payment for "blocked" accounts or fake tax debts.
- **Digital Telephone Switchover Scams:** Exploiting the transition from analog to digital phone lines to trick people into revealing bank details.

How to Protect Yourself

- **Pause and Think:** Scammers create a sense of panic to make you act without thinking.
- **Verify Independently:** If a message claims to be from a company or government agency, contact them directly via their official website, not through the link in the message.
- **Avoid QR Codes:** Do not scan QR codes in unexpected messages or on signs that look tampered with.

Do Not Pay with Crypto/Gift Cards: Unusual payment methods are a massive red flag

Resources available to report scams and receive help:

- | | | | |
|---|--|--|--------------------------------------|
| ✓ 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

Understanding Medicare Advantage & Medicare Drug Plan Enrollment Periods

You can only join, switch, or drop a Medicare Advantage Plan (Part C) or Medicare drug plan (Part D) during certain times, called enrollment periods.

You need **both** Medicare Part A (Hospital Insurance) and Part B (Medical Insurance) to join a Medicare Advantage Plan (with or without drug coverage). You need either Part A **or** Part B to join a stand-alone Medicare drug plan.

Visit [Medicare.gov/basics/get-started-with-Medicare](https://www.Medicare.gov/basics/get-started-with-Medicare) for information about signing up for Medicare Part A and Part B.

When can I sign up?

There are specific times when you can join a Medicare Advantage Plan or a Medicare drug plan, or make changes to your existing Medicare coverage:

- During your Initial Enrollment Period (when you first become eligible for Medicare, or when you turn 65.
- During certain yearly enrollment periods.
- Under certain circumstances if you qualify for a Special Enrollment Period.

[Medicare.gov](https://www.Medicare.gov)



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
Wednesday, May 27th
at 1:00 pm
for our monthly birthday party!

We will celebrate those who have a birthday in May 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.



May 2026 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 Cook's Choice
4 Oven Baked Chicken Sweet Potatoes Peas Strawberries Angel Food Cake	5 Cinco de Mayo Taco Salad w/lettuce, tomatoes, cheese & sour cream Mexican Rice Refried Beans Lime Jell-O with Pears	6 Biscuits & Gravy Sausage Patty Hash Brown Casserole Banana Orange Juice	7 Meatloaf Baked Potato Succotash Blushing Pears Whole Grain Roll	8 Fish on Bun Broccoli Rice Casserole Baked Beans Orange
11 Smothered Grilled Chicken Breast Broccoli Carrots Jell-O w/pears Garlic Bread	12 Sloppy Joes on Bun Potato Wedges Calico Beans Pineapple	13 Baked Ham Hash Brown Casserole Peas Banana Whole Grain Roll	14 Old Fashioned Beef Stew Cottage Cheese Cole Slaw Cinnamon Applesauce Corn Muffin	15 Tater Tot Casserole Green Beans Stewed Tomatoes Peaches
18 Swiss Steak Au Gratin Potatoes Spinach Banana Pudding Whole Grain Bread	19 Ham & Beans Beets Cole Slaw Mandarin Oranges Corn Bread	20 Turkey Sweet Potatoes Green Beans Strawberries w/bananas Whole Grain Roll	21 Ball Park Frank w/bun Baked Potato Baked Beans Peaches	22 Apricot Glazed Pork Loin Twice Baked Potato Casserole Gourmet Carrots Tropical Fruit Cotton Pickin' Good Cake
25 Closed for Memorial Day	26 Polish Sausage Sauerkraut Mashed Potatoes Pumpkin Mousse Whole Grain Bread	27 BBQ Riblet Au Grain Potatoes Gourmet Carrots Applesauce Whole Grain Bun	28 Italian Beef on Hoagie Bun Parsley Potatoes California Blend Veggies Chilled Peaches	29 Herbed Baked Chicken Baby Baker Potatoes Green Beans Apricots Black Bean Brownie

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)342-4990 or via the web at <http://www.celsec.org/C/PT/CP/PT.htm>

May 2026 Activity Center Calendar

Monday	Tuesday	Wednesday	Thursday	Friday
<p><i>Please remember to call 217-347-5569 to sign up for our special events.</i></p> <p>Deadline is Monday at noon on the week of the event!</p>	<p>10:00 Line Dancing</p>  <p>SHP by appointment: 9 - 11</p>	<p>1:00 Games</p> <p>1:00 Knit/Crochet/Socialize</p> <p>SHP by appointment: 1 - 3</p> 	<p>OLDER AMERICANS MONTH</p> <p>CHAMPION YOUR HEALTH: MAY 2026</p> 	<p>1:00 Bingo Sponsor:</p>  <p>brookstone ESTATES of Illinois ASSISTED LIVING 6-66</p>
<p>1:00 Cards & Mahjong</p> 	<p>10:00 Line Dancing</p>  <p>SHP by appointment: 9 - 11</p>	<p>1:00 Games</p> <p>1:00 Knit/Crochet/Socialize</p> <p>SHP by appointment: 1 - 3</p> 	<p>11:00 Dibs With A Doc</p>  <p>Featuring: Dr. Andrew F. Paulos</p> <p>13:30: Super BINGO sponsored by Senior Activity Center</p>	<p>1:00 Bingo Sponsor:</p> 
<p>1:00 Cards & Mahjong</p> 	<p>10:00 Line Dancing</p>  <p>SHP by appointment: 9 - 11</p>	<p>1:00 Games</p> <p>1:00 Knit/Crochet/Socialize</p> <p>SHP by appointment: 1 - 3</p> 	<p>11:00 SAVVY Senior</p> <p>Featuring: Erica Mageliza, PT & Jennifer Fallert, PTA, ATRIC</p> 	<p>1:00 Bingo Sponsor:</p> 
<p>Sorry-We're CLOSED</p> <p>In observance of Memorial Day</p>	<p>10:00 Line Dancing</p>  <p>SHP by appointment: 9 - 12</p>	<p>1:00 Birthday Party with cake & ice cream</p> <p>Provided by: The Villers of Holly Brook</p>  <p>SHP by appointment: 1 - 3</p>	<p>12-1: Lunch and Learn</p> <p>Dieterich Bank Presents Fraud Fighters</p>  <p>DIETERICH BANK Bank of the Midwest</p>	<p>1:00 Bingo Sponsor</p> 