

SENIOR SERVICES Effingham County



209 S. Merchant
Effingham, IL 62401

Sunset Times June 2026

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

A huge thank you to our corporate sponsors for making Older Americans Month a huge success!



DIETERICH BANK
Live for Today.
Bank for Tomorrow.



HSHS St. Anthony's Memorial Hospital

**Senior Services Activity Center will be CLOSED on
Thursday, June 18th, 2026 for staff
development & training.**

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 Care Program

"... Helping older people live independently"



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, June 11th, 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. Jonathan Frohning, PT, DPT, MBA**



**1302 Avenue of Mid-America, Suite 4
Effingham, IL 62401
(217) 606-3004**



Jon received his bachelor's degree in athletic training, followed by his Doctor of Physical Therapy (DPT) from the University of Evansville. Upon graduation, he furthered his education by completing an Orthopedic Residency through Evidence In Motion and is also an Orthopedic Certified Specialist (OCS). He then earned a Master of Business Administration from Western Governors University.

Lunch will be complimentary and provided courtesy of:  ProRehab

****Reservations are required and must be made by noon on Monday, June 8th 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.**





You're Invited

Luncheon - Presentation - Music

Please join us in the Senior Services Activity Center at 11:00 am on Thursday, June 25th for a luncheon and presentation followed by live music and dancing!

The event is sponsored by Senior Services Ombudsman Program where valuable information regarding Long-Term Care and Resident's Rights will be presented and discussed.

Please RSVP to 217-347-5569 by noon on Monday, June 22 as seating will be limited.



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, June 24th at 1:00 pm** for our monthly birthday party!

We will celebrate those who have a birthday in June 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.

Celebrating Older Americans Month

FUN



BINGO



LINE DANCE Addict

BIRTHDAY PARTY

FRAUD FIGHTERS





June 2026 MENU

Friends Food Fellowship

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 Salisbury Steak Whipped Potatoes Peas Mandarin Oranges Oatmeal Cookie	2 Sub Sandwich on Hoagie Bun Lettuce & Tomato Broccoli/Cauliflower Salad Cantaloupe	3 Fried Chicken Potato Salad Carrots Hot Apple Crisp Biscuit	4 Swedish Meatballs Mashed Potatoes Corn Apricots Whole Grain Roll	5 BBQ Pulled Pork on Whole Grain Bun Au Gratin Potatoes 4 Bean Salad Baked Apples
8 Sweet & Sour Chicken w/Pineapple over Rice Steamed Broccoli Jell-O w/Fruit Cocktail	9 Grilled Pork Tenderloin on Whole Grain Bun Roasted Red Potatoes Green Beans Watermelon	10 Grilled Chicken Breast Broccoli Rice & Cheese Carrots Strawberries Whole Grain Bread	11 Taco Salad w/tortilla chips Meat & Refried Beans, Lettuce, Tomato, Onions Shredded Cheese Salsa Apple	12 Egg, Sausage Breakfast Casserole Hash Browns Hot Herbed Tomatoes Cantaloupe Cinnamon Roll
15 Bratwurst on Bun Sauerkraut Grilled Potatoes Blushing Pears	16 Meatloaf Scalloped Potatoes Butter Beans Melon Medley Whole Grain Bread	17 BBQ Baked Chicken Baked Potato Broccoli w/cheese Chilled Peaches Peanut Butter Cookie	18 Chicken Salad Sandwich On Wheat Bread Potato Salad Lettuce Leaf w/tomato Watermelon	19 Pork Roast Baked Sweet Potatoes Brussels Sprouts Apple Sauce Whole Grain Roll
22 Oven Baked Chicken Parsley Potatoes Green Beans Whole Grain Bread Watermelon	23 Hamburger on Bun Romaine Lettuce, Tomato, Onion, Pickles Potato Salad Pea Salad Cantaloupe	24 Chef Salad Turkey, Ham, Egg Lettuce, Tomato, Cucumber, Carrots, Shredded Cheese Salad Dressing Pineapple Club Crackers	25 Turkey & Dressing Mashed Potatoes Mixed Vegetables Strawberries Whole Grain Roll	26 Sloppy Joes on Bun Au Gratin Potatoes Calico Baked Beans Banana
29 Chicken Salad on Wheat Bread Asian Cole Slaw Waldorf Salad Strawberries	30 Ham Hash Brown Casserole Succotash 5 Cup Salad Whole Grain Roll			2% Milk, Bread, and Margarine are served with every meal. Substitutes will only be made in emergencies.

FINAL

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

GET ON THE BUS AND RIDE WITH US

OPEN TO EVERYONE!!

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>

June 2026 Activity Center Calendar

Monday	Tuesday	Wednesday	Thursday	Friday
<p>1 1:00 Cards and Mahjong</p> 	<p>2 10:00 Line Dancing Line Dancing SHIP by appointment: 9 - 11</p> 	<p>3 1:00 Games 1:00 Knit/Crochet/Socialize SHIP by appointment: 1 - 3</p> 	<p>4 1:00 Games</p> 	<p>5 1:00 Bingo Sponsor:</p> 
<p>8 1:00 Cards & Mahjong CARD GAMES</p> 	<p>9 10:00 Line Dancing SHIP by appointment: 9 - 11</p> 	<p>10 1:00 Games 1:00 Knit/Crochet/Socialize SHIP by appointment: 1 - 3</p> 	<p>11 11:00 Dine With A Doc Dine with a Doc Jonathan Frohning, PT, DPT, MBA ProRehab Get Back to Life. Faster.™</p> 	<p>12 1:00 Bingo Sponsor:</p> 
<p>15 1:00 Cards & Mahjong</p> 	<p>16 10:00 Line Dancing SHIP by appointment: 9 - 11</p> 	<p>17 1:00 Games 1:00 Knit/Crochet/Socialize SHIP by appointment: 1 - 3</p> 	<p>18 SENIOR CENTER CLOSED TODAY The Senior Services Activity Center will be closed for staff development.</p> 	<p>19 1:00 Bingo Sponsor:</p> 
<p>22 1:00 Cards & Mahjong</p> 	<p>23 10:00 Line Dancing SHIP by appointment: 9 - 11</p> 	<p>24 1:00 Birthday Party with cake & ice cream provided by: The Villas of Holly Brook SHIP by appointment: 1 - 3</p> 	<p>25 11:00 Ombudsman Lunch and Learn with Music Following SENIOR SERVICES</p> 	<p>26 1:00 Bingo Sponsor:</p> 
<p>29 1:00 Cards & Mahjong</p> 	<p>30 10:00 Line Dancing SHIP by appointment: 9 - 11</p> 		<p>Please remember to call 217-347-5569 to sign up for our special events.</p> <p>Deadline is Monday at noon on the week of the event.</p> 	