

SENIOR SERVICES Effingham County



209 S. Merchant
Effingham, IL 62401

Sunset Times

JULY 2026

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or check out our website at www.eccoa.org



HSHS
St. Anthony's
Memorial Hospital



Presents:

St. Anthony's Savvy Senior Program & Luncheon on Thursday, July 16th, 2026, at 11:00 a.m. featuring "Cardiac Rehabilitation"

Audrey Dhom is a Cardiac Rehabilitation RN at HSHS St. Anthony's Memorial Hospital. She has been the lead Cardiac Rehab nurse for almost 7 years and holds a true passion for Cardiac Rehab.

Audrey plays a vital role in helping patients recover and improve their heart health as a Cardiac Rehab RN. Through her dedication, compassion, and clinical expertise, she provides education, encouragement, and personalized support throughout each patient's recovery journey. Her commitment to patient care helps individuals build confidence, adopt healthier lifestyles, and achieve better outcomes, making a lasting difference in the lives of those she serves.



What Is Cardiac Rehabilitation?

Cardiac rehabilitation (cardiac rehab) is a medically supervised program designed to help people recover from heart-related conditions such as a heart attack, heart surgery, heart failure, or other cardiovascular diseases. The program combines exercise training, heart-healthy education, and counseling to improve physical fitness and overall well-being.

Benefits of Cardiac Rehabilitation for Adults

Cardiac rehab helps people regain strength, improve endurance, and safely return to daily activities. It can reduce the risk of future heart problems, lower hospital readmissions, improve blood pressure and cholesterol levels, and enhance quality of life. In addition to physical benefits, cardiac rehab provides emotional support and education that can increase confidence, reduce stress, and encourage healthy lifestyle habits for long-term heart health.

****Reservations are required and must be made by noon on Monday, July 13th by contacting the Senior Activity Center at 217-347-5569****



Senior Services of Effingham County will be CLOSED on Friday, July 3rd, 2026 in observance of Independence 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 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
- ✓ Are 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



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, July 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 **Stephanie Jackson APRN**. Ms. Jackson will be speaking on Sublocade, Opioids, and Home Visits



Stephanie Jackson, MSN-FNP, is a board-certified family nurse practitioner (APRN) with extensive experience caring for patients across the lifespan. Since beginning her nursing career in 2009, Jackson has developed expertise in emergency medicine, oncology and community health.



Jackson advanced to nurse practitioner after recognizing her passion for providing more comprehensive care. She received her Master of Science in Nursing from Bradley University in Peoria, Illinois, and an Associate of Arts (AA) and Associate Degree in Nursing (ADN) from Minnesota State Community and Technical College in Fergus Falls, Minnesota. A passionate advocate for healthcare access, Jackson previously founded the Cancer Community of Central Illinois and has represented patient needs on Capitol Hill through the Community Oncology Alliance.

Lunch will be complimentary and provided courtesy of: HSHS St. Anthony

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



Staying Safe in Hot Weather



Watch for these signs of hyperthermia:



Dizziness



Muscle cramps



Swelling in your ankles and feet



Nausea and weakness



Rapid pulse



Tips to prevent hot-weather illness:



Drink liquids



Limit caffeine and alcohol



Wear light-colored, loose fitting clothes



If it's too hot, try exercising indoors

Learn more about staying safe in hot weather at www.nia.nih.gov/hot-weather-safety.



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, July 30th** at **1:00 pm** for our monthly birthday party!

We will celebrate those who have a birthday in July 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.

Medicare Fraud



Medicare fraud and abuse can happen anywhere. It's important that you protect your Medicare card, number, and other personal information, and check your Medicare claims regularly.

Some examples of Medicare fraud include:

- A provider that bills Medicare for services or supplies they never gave you, like charging you for a visit you never had, or a back brace you never got.
- A provider that charges Medicare twice for a service or item that you only got once.
- A person who steals your Medicare Number or card and uses it to submit fraudulent claims in your name.
- A company that offers you a Medicare drug plan that Medicare hasn't approved.
- A person comes to your house or calls you, offering to sign you up for Hospice care if you give them your Medicare number.

To help spot and prevent Medicare fraud and abuse:


- Compare the dates and services on your calendar with the Medicare statements you get to make sure you got each service listed and that all the details are correct.
- Protect your personal information and become familiar with how Medicare uses it.
- Know what a Medicare health or drug plan can and can't do before you join. If you join a Medicare health or drug plan, the plan will let you know how it will use your personal information.
- Learn more about Medicare and recent scams.

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



July 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.		1 Turkey Burger on Bun Glazed Carrots Green Beans Fruit Cocktail	2 Beef N Noodles Brussels Sprouts Corn Apricots	3 CLOSED for 4th of July holiday 
6 Pork Chops Roasted Red Potatoes Green Beans Peaches Whole Grain Roll	7 Spaghetti w/meat sauce Carrots & Peas Tossed Salad w/tomatoes Salad Dressing Baked Apples Garlic Bread	8 Grilled Chicken Salad w/Romaine Lettuce Tomatoes and Cheese Mandarin Oranges Bread Stick Graham Cracker	9 Ball Park Frank on Bun Macaroni & Cheese California Blend Cole Slay Cantaloupe	10 Fish on Bun Cauliflower w/cheese Baked Beans Banana
13 Salisbury Steak Whipped Potatoes Peas Mandarin Oranges Oatmeal Cookie	14 Sub Sandwich on Hoagie Bun Lettuce & Tomato Broccoli/Cauliflower Salad Cantaloupe	15 Fried Chicken Potato Salad Carrots Hot Apple Crisp Biscuit	16 Swedish Meatballs Mashed Potatoes Corn Apricots Whole Grain Roll	17 BBQ Pulled Pork on Whole Grain Bun Au Gratin Potatoes 4 Bean Salad Baked Apples
20 Sweet & Sour Chicken w/Pineapple over Rice Steamed Broccoli Jell-O w/Fruit Cocktail	21 Grilled Pork Tenderloin on Whole Grain Bun Roasted Red Potatoes Green Beans Watermelon	22 Grilled Chicken Breast Broccoli Rice & Cheese Carrots Strawberries Whole Grain Bread	23 Taco Salad w/tortilla chips Meat & Refried Beans & Salsa Lettuce, Tomato, Onions Shredded Cheese Apple	24 Egg, Sausage Breakfast Casserole Hash Browns Hot Herbed Tomatoes Cantaloupe Cinnamon Roll
27 Bratwurst on Bun Sauerkraut Grilled Potatoes Blushing Pears	28 Meatloaf Scalloped Potatoes Butter Beans Melon Medley Whole Grain Bread	29 BBQ Baked Chicken Baked Potato Broccoli w/cheese Chilled Peaches Peanut Butter Cookie	30 Chicken Salad Sandwich On Wheat Bread Potato Salad Lettuce Leaf w/tomato Watermelon	31 Pork Roast Baked Sweet Potatoes Brussels Sprouts Apple Sauce Whole Grain Roll

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















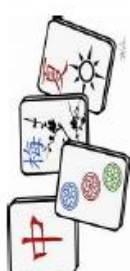




OPEN TO EVERYONE!!



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)342-4390 or via the web at <http://www.ceboc.org/CPT/ICPT.htm>

July 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>1:00 Games</p> <p>1:00 Knit/Crochet/Socialize</p> <p>SHIP by appointment: 9 - 11</p> 	<p>1:00 Games</p> <p>1:00 Knit/Crochet/Socialize</p> <p>SHIP by appointment: 9 - 11</p> 	<p>1:00 Games</p> 	<p>Sorry We're CLOSED In Observation of Independence Day</p>
<p>1:00 Cards & Mahjong</p> 	<p>10:00 Line Dancing</p> 	<p>1:00 Games</p> <p>1:00 Knit/Crochet/Socialize</p> <p>SHIP by appointment: 9 - 11</p> 	<p>11:00 Dine With A Doc</p>  <p>Stephanie Jackson APRN, Sublocade, Opioids, and Home Visits</p> 	<p>1:00 Bingo Sponsor:</p>  <p>EVERGREEN A LAKELAND HEALTH CARE FACILITY Activities you love</p>
<p>1:00 Cards & Mahjong</p> 	<p>10:00 Line Dancing</p> 	<p>1:00 Games</p> <p>1:00 Knit/Crochet/Socialize</p> <p>SHIP by appointment: 9 - 11</p> 	<p>11:00 SAVVY Senior Lunch And Learn Presents Audrey Dhom Cardiac Rehabilitation RN at HSHS</p> 	<p>1:00 Bingo Sponsor:</p>  <p>The Villas of Holly Brook</p>
<p>1:00 Cards & Mahjong</p> 	<p>10:00 Line Dancing</p> 	<p>1:00 Games</p> <p>1:00 Knit/Crochet/Socialize</p> <p>SHIP by appointment: 9 - 11</p> 	<p>1:00 Games</p> 	<p>1:00 Bingo Sponsor:</p>  <p>LAKELAND REHABILITATION & HEALTH CARE CENTER</p> 
<p>1:00 Cards & Mahjong</p> 	<p>10:00 Line Dancing</p> 	<p>1:00 Games</p> <p>1:00 Knit/Crochet/Socialize</p> <p>SHIP by appointment: 9 - 11</p> 	<p>1:00 Birthdays Party with cake & ice cream</p> <p>Provided by: The Villas of Holly Brook</p>  	<p>1:00 Bingo Sponsor:</p> 