SENIOR SERVICES
Effingham County

209 S. Merchant
Effingham, IL62401

Sunset Times

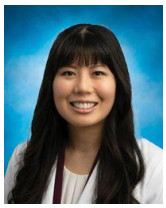
November 2026

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

HSHS Medical Group & Senior Services Effingham County

St. Anthony's Savvy Senior Program and Luncheon

Thursday, November 19, 2026 @ 11:00 am
proudly introduces HSHS' new general surgeons.



Dr. Wendy Z. Lim, MD went to medical school in her home state of North Dakota and then completed residency in Springfield, IL. She is now a general surgeon with HSHS St. Anthony's Hospital with a special interest in breast cancer and care. Her goals are to provide compassionate care and actively involve patients in the decision making of their care. Outside of work, she enjoys running and re-exploring old hobbies of playing musical instruments and reading (non-medical books).



Dr. Sarah C. Coe Policicchio, MD is a general surgeon who recently completed her general Surgery residency at McLaren Health Care near Detroit, Michigan. She grew up in Springfield, Illinois and attended medical school at the University of Illinois in Peoria. Her professional interests include breast, thyroid, hernia, and acute care surgeries. She is passionate about providing high-quality, compassionate surgical care while building strong relationships with her patients and the community. She is excited to return to central Illinois with her husband and daughter to put down roots and become an active part of her new community.

*****Reservations are required and must be made by noon on Monday, November 16th by calling the Center at 217-347-5569.*****

In Observance of Veterans Day & Thanksgiving, Senior Services will be closed on:



Wednesday, November 11th
Thursday, November 26th
& Friday, November 27th



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

United Way Community Partner

Fun Thanksgiving Traditions



The Surprising History of the "Wishbone"

Did you know that our tradition of snapping the Thanksgiving wishbone dates back over 2,000 years?

The custom began with the ancient Etruscans, who believed birds had divine powers. They would save the wishbone (or *furcula*), stroke it while making a wish, and keep it for good luck. The Romans later adopted the practice, but because chickens were scarce, two people would split the bone so both could try their luck—inventing the "snap" we know today! The British brought the tradition to America, where it became a Thanksgiving staple.

Gratitude Jar: A Simple Tradition to Try This Year
If you are looking to refresh your holiday routine, consider starting a "Gratitude Jar" this Thanksgiving.

The concept is simple: place an empty jar, slips of paper, and a few pens near your entryway or on the dining table. As family and friends arrive, invite them to write down one thing they are grateful for and drop it in the jar. Before dessert, pass the jar around and have everyone take turns reading the notes aloud. It is a wonderful, heartwarming way to refocus on the true meaning of the holiday and create lasting memories.



Why Do We Watch Football on Thanksgiving?
For millions of families, Thanksgiving isn't just about turkey—it's about football.

This tradition actually started long before the NFL even existed. The very first Thanksgiving football games were played by college teams in the late 19th century. In **1934**, the Detroit Lions played their inaugural Thanksgiving Day game against the Chicago Bears to boost ticket sales. The game sold out, became a massive radio hit, and solidified football as a permanent holiday tradition. Today, it remains a favorite way for families to gather and relax post-feast.





Don't forget to "FALL BACK" (turn your clocks back an hour) & change your smoke detector battery on Sunday at 2 am on November 1st!

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 12th, 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:



Adrienne Jarrell, MS, RD, CDES

HSHS Medical Group Diabetes and Endocrinology - Effingham
500 North Maple Street, Suite 200, Effingham, IL 62401
Phone: 217-391-5454

Education

- Graduate School: Eastern Illinois University, , 1993

Board Certifications

- Certified Diabetes Educator: National Certification Board for Diabetes Educators, 1996
- Registered Dietician (RD): Commission on Dietetic Registration, 1994

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

Reservations are required and must be made by noon on Monday, November 9th 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.**

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. 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.

Midland Area Agency on Aging
Established 1973

MEDICARE OPEN ENROLLMENT EVENT

Thursday, November 5, 2026
1:30 pm to 3:30 pm
First Baptist Church
213 W. Fayette Ave., Effingham, IL

Sponsored by:
Midland Area
Agency on Aging

Meet with a SHIP Counselor to look at 2027 prescription drug plans.

- **NO FEES FOR SERVICES**
- **NO APPOINTMENT NECESSARY**
- **BRING MEDICARE CARD, PHOTO ID, LIST OF MEDS WITH DOSAGES AND MEDICARE.GOV ACCOUNT INFO**

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".



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.

MEALS on WHEELS
CEFS Senior Services

November 2026 MENU

Friends Food Fellowship

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 Beef Stroganoff over Noodles Gourmet Carrots Green Beans Orange Whole Grain Roll	3 Ham Hash Brown Casserole Brussels Sprouts Chilled Peaches Whole Grain Roll	4 Seasoned Beef Pattie Whipped Potatoes Black Eyed Peas Apple Cake w/Cream Cheese Icing	5 Pork Cutlet Mashed Potatoes Broccoli & Cauliflower Apricots Biscuit	6 BBQ Chicken Breast Rice Pilaf Peas & Carrots Stewed Tomatoes Cinnamon Applesauce
9 Ham & Beans Cole Slaw Beets Peaches Corn Bread	10 Ball Park Frank on Bun Roasted Red Potatoes Green Beans Jell-O w/Fruit	11 **Closed In observance of Veterans Day**	12 Grilled Chicken Tenderloin Cheesy Rice w/broccoli Hot Stewed Tomatoes Fruit Cocktail Whole Grain Bread	13 Taco Soup w/shredded Cheese Cornchips Tossed Salad Salad Dressing Whole Grain Bread Apricots
16 Biscuits & Gravy Sausage Patties Hash Rounds Fresh Orange Apple Juice	17 Fried Chicken Mashed Potatoes Green Beans Strawberries & Bananas Whole Grain Roll	18 Loaded Baked Potato Soup w/bacon & Cheese Slice Crackers Broccoli Cauliflower Salad Chilled Apricots Oatmeal Cookie	19 Lasagna Tossed Salad w/tomatoes Salad Dressing Spiced Apples Black Bean Brownie Garlic Bread Stick	20 Chicken & Noodles Peas Glazed Carrots Chilled Pineapple Whole Grain Bread
23 Broccoli Cheese Soup & Crackers ½ Turkey Sandwich on Whole Grain Bread Green Pea Salad Blushing Pears	24 Meatloaf Whipped Potatoes Brussels Sprouts Mandarin Oranges Peanut Butter Cookie	25 Turkey & Dressing Sweet Potatoes Green Bean Casserole Cranberry Salad Roll Pumpkin Pie w/topping	26 **Closed Thanksgiving** 	27 **Closed Thanksgiving Holiday**
30 Mac n Cheese w/ham Broccoli Tossed Salad w/tomatoes Salad Dressing Warm Peach Crisp Whole Grain Bread				**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

EFFINGHAM COUNTY FISH HUMAN SERVICES
22nd ANNUAL THANKSGIVING DAY DINNER
Thursday, November 26th, 2026



Nov. 1, 2026, through Nov. 23, 2026

You may call **217-994-1350** to reserve a meal for the congregate, home-delivered & curbside pickup meals.

**Volunteers are needed to help package & deliver meals.

To volunteer, please call **217-994-1350.****

Meals are offered free to all Effingham County residents and their families

Free will donations are appreciated and may be given to the delivery driver, left in a donation bucket at the church, or sent to:

FISH
P.O. Box 473
Effingham, IL 62401

The congregate meal starts at 12:30 pm at
Cornerstone Church
3600 Banker Street
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 25th 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, 2026 Activity Center Calendar

Monday	Tuesday	Wednesday	Thursday	Friday
2 1:00 Cards and Mahjong 	*3* 10:00 Line Dancing 	*4* 1:00 Games 1:00 Knit/Crochet/Socialize 	*5* 1:00 Games  SHIP by appointment: 8:30 am - 10:00 am	*6* 1:00 Bingo Sponsor:  brookstone ESTATES ASSISTED LIVING
9 1:00 Cards & Mahjong 	*10* 10:00 Line Dancing 	*11* SENIOR CENTER CLOSED TODAY IN OBSERVANCE OF VETERANS DAY	*12* **11:00 Dine With A Doc**  Adrienne Jarrell, MS, RD, CDES HSHS Medical Group SHIP by appointment: 8:30 AM - 1:00 PM	*13* 1:00 Bingo Sponsor:  EVERGREEN
16 1:00 Cards & Mahjong 	*17* 10:00 Line Dancing 	*18* 1:00 Games 1:00 Knit/Crochet/Socialize  SHIP by appointment: 8:30 AM - 1:00 PM	*19* 11:00 SAVVY Senior Lunch Featuring New General Surgeons: Dr. Wendy Z. Lim, MD and Dr. Sarah C. Coe Policicchio, MD HSHS Medical Group	*20* 1:00 Bingo Sponsor: 
23 1:00 Cards & Mahjong 	*24* 10:00 Line Dancing  SHIP by appointment: 8:30 AM - 1:00 PM	*25* 1:00 **Birthday Party** with cake & ice cream provided by: The Villas of Holly Brook 	*26* SENIOR CENTER CLOSED TODAY FOR THANKSGIVING FESTIVITIES	*27* SENIOR CENTER CLOSED TODAY FOR THANKSGIVING FESTIVITIES
30 1:00 Cards & Mahjong 			*Please remember to call 217-347-5569 to sign up for our special events.* ***Deadline is Monday at noon on the week of the event.***	