SENIOR SERVICES
Effingham County

209 S. Merchant
Effingham, IL 62401

Sunset Times

December 2026

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

"CHRISTMAS IS NOT A TIME
NOR A SEASON,
BUT A STATE OF MIND.

TO CHERISH PEACE AND GOODWILL,
TO BE PLENTEOUS IN MERCY,
IS TO HAVE THE REAL SPIRIT OF CHRISTMAS."
~CALVIN COOLIDGE

Sending you warm thoughts and best wishes for a
Merry Christmas and Happy New Year!
ECCOA Board of Directors & Senior Services Staff

Senior Services will be CLOSED:
Wednesday, December 9th for Staff Development & Training.
Thursday, December 24th & Friday, December 25th, for Christmas.
Thursday, December 31st & Friday, January 1st, for the New Year Holiday.

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



Scammers are extra busy this time of year. They may pretend to be from Medicare or an insurance company to try to steal your personal information — or even enroll you in a plan without your knowledge.

Remember, legitimate agents and brokers who represent Medicare plans need your permission before contacting you. **If you get an unsolicited call, just hang up.** Uninvited emails or texts? You can ignore those, too.

If you suspect Medicare fraud, report it immediately to Medicare at **1-800-MEDICARE or visit Medicare.gov/fraud.** And as always, **never give your Medicare Number, Social Security number, or financial information to anyone you don't know.**



SENIOR SERVICES Effingham County

VILLAS OF HOLLY BROOK EFFINGHAM

Please join us for cake & ice cream on Thursday, December 17th at 1:00 p.m. for our monthly birthday party!

We will celebrate those who have a birthday in December 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.

Senior Education Ministries

Dine with a Doc™

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, December 10th, 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.

Topic: Recurrent Nose Bleeds and Nasal Drainage: What can you do?

Sandra Ettema, MD, PhD: ENT, EAR, NOSE & THROAT, OTOLARYNGOLOGY



- Voice Disorders and Disorders of the Larynx (Voice Box)
- Swallowing Disorders (difficulties swallowing/Dysphagia)
- Airway/Breathing Disorders
- Other general ENT disorders - tonsillitis/tonsillectomy, adenoidectomy, otitis media/ear tubes, sleep apnea, laryngopharyngeal reflux, sialorrhea (excessive drooling), chronic cough

Board Certification: American Board of Otolaryngology, Head and Neck Surgery

Loring Barr, APRN: ENT, EAR, NOSE & THROAT, OTOLARYNGOLOGY



Certification:

- American Academy of Nurse Practitioners
- Certified Family Nurse Practitioner

Education:

- Master of Science in Nursing - University of Illinois College at Chicago, Chicago, IL
- Bachelor of Science in Nursing - University of Illinois College at Chicago, Chicago, IL

Lunch will be complimentary and provided courtesy of: Sarah Bush Lincoln, Trusted Compassionate Care

****Reservations are required and must be made by noon on Monday, December 7th by contacting the center at 217-347-5569****

Senior Services, Division of ECCOA, Ombudsman Program

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.**

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!

Join us for BINGO every Friday afternoon at 1:00 p.m.

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".



Line Dancing

Join us in the Activity Center every Tuesday morning at 10:00 am. Whether you are a beginner or an advanced dancer. Come join in the fun & learn a new step or two!

Community Care Program

.. Helping older people live independently"

The State of Illinois created the Illinois Community Care Program (CCP) for seniors who are at risk of being prematurely placed in a Medicaid-funded nursing home. This program seeks to support the elderly in remaining at home or in the home of caregivers. Thereby they can avoid costly state-funded nursing home care. CCP achieves this goal by paying for a variety of services, supports, and technologies that enable independent living or ease the workload on family caregivers. For example, adult day care and personal care in-home are covered. This allows family members who care for an elderly loved one at home to work during normal business hours.

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. As you prepare to retire or if you become disabled, our staff members 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 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. 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 regarding the CCP call **217-347-5569**. Call today!

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.

MEALS on WHEELS
CEFS Senior Services

December 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 Chili Crackers Cottage Cheese Asian Cole Slaw Chilled Pears Corn Bread	2 Italian Chicken Breast Steamed Broccoli Corn Oranges W/Bananas Roll	3 Roast Beef Mashed Potatoes Green Beans Mixed Fruit Whole Grain Bread	4 Oven Baked Chicken Whipped Potatoes Mixed Vegetables Pineapple Roll
7 Fish Sandwich on Bun Au Gratin Potatoes Baked Beans Banana	8 Country Fried Steak Mashed Potatoes & Gravy Green Beans Apricots Whole Grain Bread	9 Pork Chop Baked Potato California Blend Tropical Fruit	10 Spaghetti w/meat sauce Tossed Salad w/tomatoes Corn Hot Apple Crisp	11 Turkey Sweet Potatoes Peas Peaches
14 Beef Stroganoff over Noodles Gourmet Carrots Green Beans Cinnamon Applesauce	15 Ham Hash Brown Casserole Brussels Sprouts Chilled Peaches Whole Grain Bread	16 Seasoned Beef Patty Whipped Potatoes Black Eyed Peas Apple Cake w/Cream Cheese Icing	17 Pork Cutlet Mashed Potatoes Broccoli & Cauliflower Apricots Whole Grain Bread	18 BBQ Chicken Breast Rice Pilaf Peas & Carrots Stewed Tomatoes Orange
21 Ham & Beans Cole Slaw Beets Peaches Corn Bread	22 Ball Park Frank on Bun Roasted Red Potatoes Green Beans Jell-O w/Fruit	23 Ham Mashed Potatoes & Gravy Gourmet Carrots Creamy Cole Slaw Roll Pineapple Upside Down Cake	24 **CLOSED** **Christmas Holiday**	25 
28 Biscuits & Gravy Sausage Patties Hash Rounds Fresh Orange Apple Juice	29 Fried Chicken Mashed Potatoes Green Beans Blushing Pears Roll	30 Loaded Baked Potato Soup w/bacon Crackers Slice of Cheese Broccoli Cauliflower Salad Chilled Apricots Oatmeal Cookie	31 **CLOSED** **New Year's Eve**	

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
Annual Christmas Day Dinner
Friday, December 25TH, 2026

FISH will offer a congregate meal (serving at 12:30 p.m.) at The Effingham Event Center 1501 W. Fayette, Effingham

Meal delivery begins at 10:00 a.m. and curbside pickup is from 11:30 a.m.-12:30 p.m. Effingham Event Center (former KC Hall)

Beginning Monday, December 1st through Monday, December 21st

PLEASE CALL 217-994-1350

to reserve a meal.

Meals are FREE to all Effingham County residents and their families, However, donations are greatly appreciated and may be:

- ✓ **Given to the delivery driver**
- ✓ **Left in a donation bucket at the Event Center, or**
- ✓ **Sent to: FISH P.O. BOX 473, EFFINGHAM, IL 62401**

Come join us to Knit or Crochet on Wednesday afternoons at 1 p.m.

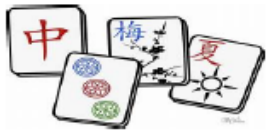


Reminder:

Make your appointment for Benefit Access Program today at (217) 347-5569 to see if you qualify for a reduced license sticker!



December, 2026 Activity Center Calendar

Monday	Tuesday	Wednesday	Thursday	Friday
	*1* 10:00 Line Dancing 	*2* 1:00 Games 1:00 Knit/Crochet/Socialize SHIP by appointment: 9 - 11 	*3* 1:00 Games 	*4* 1:00 Bingo Sponsor:  brookstone ESTATES of Effingham ASSISTED LIVING
7 1:00 Cards & Mahjong 	*8* 10:00 Line Dancing 	*9*  **Closed for staff development**	*10* **11:00 Dine With A Doc** Sarah Bush Lincoln **Featuring: Sandra Ettema, MD, PhD & Loring Barr, APRN** *Topic: Recurrent Nose Bleeds & Nasal Drainage: What can you do?* **Immediately following DWD** **12:00-Lions Club: Holiday BINGO Bonanza**	*11* 1:00 Bingo Sponsor:  EVERGREEN A HELIA HEALTHCARE FACILITY
14 1:00 Cards & Mahjong 	*15* 10:00 Line Dancing 	*16* 1:00 Games 1:00 Knit/Crochet/Socialize SHIP by appointment: 9 - 11 	*17* **1:00 Birthday Party with cake & ice cream provided by: The Villas of Holly Brook**  	*18* 1:00 Bingo Sponsor:  
21 1:00 Cards & Mahjong 	*22* 10:00 Line Dancing 	*23* 1:00 Games 1:00 Knit/Crochet/Socialize SHIP by appointment: 9 - 11 	*24* 	*25* 
28 1:00 Cards & Mahjong 	*29* 10:00 Line Dancing 	*30* 1:00 Games 1:00 Knit/Crochet/Socialize SHIP by appointment: 9 - 11 	*31* 	***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.***