

**SENIOR SERVICES**  
**Effingham County**



209 S. Merchant  
Effingham, IL 62401

# Sunset Times

## April 2024

To join the Sunset Times email list please email

[lhartigan@eccoa.org](mailto:lhartigan@eccoa.org)

or check out our website at [www.eccoa.org](http://www.eccoa.org)



*Step up to the plate for your health!*  
come to the



**2024**

## *Senior Health & Information Fair*



**Date: Thursday, May 2<sup>nd</sup>**

**Time: 8:30-11:30 am**

**Place: Effingham Senior Center  
209 S. Merchant Street**



**CLOSING EARLY**

**Senior Services will be Closing at 11:30 am  
Monday April 8<sup>TH</sup>, 2024 for the Solar Eclipse**

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 Partner



## **Community Care Program**

***Helping older people live independently”***



**Did you know that ECCOA Senior Services is contracted with the Illinois Dept 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, April 11<sup>th</sup>, 2024, 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 **Rodney Wildman, RPSGT**

**Lunch will be complimentary and provided courtesy of:  
Effingham Rehabilitation &  
Health Care Center**



**\*\*Reservations for Dine with a Doc are required and can be made 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.**





### 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, April 25<sup>th</sup> at 2:00 pm** for our monthly birthday party!

We will celebrate those who have a birthday in April with cake and ice cream provided by Aperion Care.

You are welcome to stay afterwards and play cards, games, or just socialize with your friends.



## 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!



### *Rules of the Road Class*

This class will be offered at the Senior Center on **Friday, April 5th, 2024, at 9:30 am** (The next class will be Friday, June 7th, 2024)





**aperion** care<sup>®</sup>

**Lunch & Learn:**



**Dementia Facts with  
Gretchen Pace, Director of Memory Care  
& Activity Support**

**Sponsored by Aperion Care on  
Wednesday, April 24<sup>th</sup>, 2024,  
at 11:00 am.**

**\*Please call to make your reservation today: 217-347-5569\***



**HSBS  
St. Anthony's  
Memorial Hospital**



*present*

**St. Anthony's Savvy Senior Program  
and Luncheon Series**

Senior Services of Effingham County-Activity Center  
209 South Merchant Street, Effingham

**Upcoming Topic Schedule:**

**Hospital Happenings** – Thursday, May 16<sup>th</sup>, 2024

**Cardiovascular Health** – Thursday, July 18<sup>th</sup>, 2024

**Women's Wellness and Cancer Services** –Thursday, September 19<sup>th</sup>, 2024

**Rehabilitation and Wellness** – Thursday, November 21<sup>st</sup>, 2024

**\*\*Call 217-347-5569** for more information or to make your reservations  
for each program (no later than two days before each date).\*\*



## April 2024 MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 Swiss Steak Au Gratin Potatoes Spinach Vanilla Pudding Whole Grain Bread	2 Ham & Beans Beets Cole Slaw Mandarin Oranges Corn Bread	3 Turkey Sweet Potatoes Green Beans Peaches Whole Grain Roll	4 Ball Park Frank w/bun Baked Potato Baked Beans Strawberries w/bananas	5 Lemon Pepper Tilapia Garlic Mashed Potatoes Peas Tropical Fruit Cotton Pickin' Good Cake
8 <b>Site Close</b> <b>Solar Eclipse</b> Cold meal will be provided per request on 4/5 for this date. Call site by 4/1 to request meal for this date.	9 Smothered Grilled Chicken Breast Broccoli Carrots Jell-O w/pears Garlic Bread	10 Sloppy Joes on Bun Potato Wedges Calico Beans Pineapple	11 Old Fashioned Beef Stew Cottage Cheese Cole Slaw Cinnamon Applesauce Corn Muffin	12 Baked Ham Hash Brown Casserole Peas Banana Whole Grain Roll
15 Polish Sausage Sauerkraut Mashed Potatoes Pumpkin Mousse Whole Grain Bread	16 Lasagna Tossed Salad w/tomatoes Broccoli Warm Apple Crisp Garlic Bread Stick	17 BBQ Riblet Au Grain Potatoes Gourmet Carrots Applesauce Whole Grain Bun	18 Italian Beef on Hoagie Bun Parsley Potatoes California Blend Veggies Chilled Peaches	19 Herbed Baked Chicken Baby Baker Potatoes Green Beans Apricots Black Bean Brownie
22 Chili Crackers ½ Peanut Butter Sandwich Asian Slaw Apricots	23 Fried Chicken Mashed Potatoes Mixed Vegetables Strawberries w/bananas Whole Grain Roll	24 Beef Pepper Steak Over Rice Stewed Tomatoes Warm Peach Crisp	25 Pork Roast Roasted Rosemary Potatoes Asparagus Mandarin Oranges Oatmeal Raisin Cookie	26 Baked Turkey Crunch Peas Tossed Salad w/tomatoes Warm Spiced Apples Whole Grain Bread
29 Ham & Au gratin Potato Casserole Carrots Peas Jell-O w/ Fruit Cocktail Whole Grain Roll	30 Spaghetti w/ Meat Sauce Tossed Salad w/tomatoes 3 Bean Salad Strawberries Garlic Bread Stick		<b>FINAL</b>	<b>Milk, Bread, and Margarine are served with every meal. Substitutes will only be made in emergencies.</b>

**CALL THE DAY BEFORE TO RESERVE A MEAL**

**Suggested Donation \$4.25/Meal**

Effingham 217-347-2851; Dieterich 217-925-5461; Altamont 618-483-6912; Beecher City 618-487-5401

Flora 217-994-3191

Vandalia 618-283-1040 Ramsey 618-237-0251

Pana 217-562-5611 Taylorville 217-287-7268 Kincaid 217-237-4328

SENIOR SERVICES  
Effingham County



## Line Dancing!!

Join the line dancers every Tuesday Morning at 10:00 am in our Activity Center. Come and join in the fun and learn a new step or two!!

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# 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”.

SENIOR SERVICES  
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## 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!!!

## 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!!

<b>IN-COUNTY TRANSPORTS</b> \$3 per one-way trip	<b>MONTHLY PASS</b> Monthly Pass \$35 Disabled Pass \$15	<b>DISCOUNT TICKETS</b> Book of 10 \$20 (No Expiration Date)	<b>SENIORS</b> 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














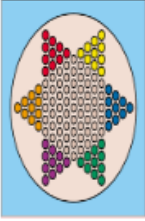











OPEN TO EVERYONE!!



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)342-4890 or via the web at <http://www.cebsec.org/CEPT/CEPT.htm>

# April 2024 Activity Center Calendar

Monday	Tuesday	Wednesday	Thursday	Friday
<p>1 12:00 Cards &amp; Mahjong</p> 	<p>2 10:00 Line Dancing</p> 	<p>3 1:00 Games 1:00 Knit/Crochet/Socialize 1:00 SHIP</p> 	<p>4 1:00 Games</p> 	<p>5 9:30 Rules of the Road 1:00 BINGO Sponsor:</p> 
<p>8 Senior Services will be Closing at 11:30 am for the Solar Eclipse</p> 	<p>9 10:00 Line Dancing</p> 	<p>10 1:00 Games 1:00 Knit/Crochet/Socialize 1:00 SHIP</p> 	<p>11 11:00 Dine with a Doc featuring Rodney Wildman, RPSGT</p> 	<p>12 1:00 BINGO Sponsor:</p> 
<p>15 12:00 Cards &amp; Mahjong</p> 	<p>16 10:00 Line Dancing</p> 	<p>17 1:00 Games 1:00 Knit/Crochet/Socialize 1:00 SHIP</p> 	<p>18 1:00 Games</p> 	<p>19 1:00 BINGO Sponsor:</p> 
<p>22 12:00 Cards &amp; Mahjong</p> 	<p>23 10:00 Line Dancing</p> 	<p>24 11:00 Lunch &amp; Learn Dementia Facts Sponsored by Aperion</p> 	<p>25 1:00 Stanfield Bingo</p> <p><b>STANFIELD CHIROPRACTIC</b></p> <p>2:00 Birthday Party cake &amp; ice cream Provided by Aperion</p>	<p>26 1:00 BINGO Sponsor:</p> 
<p>29 12:00 Cards &amp; Mahjong</p> 	<p>30 10:00 Line Dancing</p> 	<p>1-May 1:00 Games 1:00 Knit/Crochet/Socialize 1:00 SHIP</p> 	<p>2-May 8:30-11:30 Senior Health &amp; Information Fair</p> 	<p>3-May 1:00 BINGO Sponsor:</p> 