



**SENIOR SERVICES**  
Effingham County

209 S. Merchant  
Effingham, IL 62401

# Sunset Times

**August 2023**

To join the Sunset Times email list please email  
[lhartigan@eccoa.org](mailto:lhartigan@eccoa.org)  
or check out our webpage at [www.eccoa.org](http://www.eccoa.org)



## Effingham County Fair



- Jul 29<sup>th</sup>** Pro Pulling League Champions League 6:30 p.m.
- Jul 30<sup>th</sup>** Jeffers Memorial Stakes Harness Racing 1:00 p.m.  
Jr. Miss Pageant & "Little Misses" 8:00 p.m.
- Jul 31<sup>st</sup>** Big Ten Harness Racing 1:00 pm  
ITPA Truck, Tractor and Garden Tractor Pull 6:30 p.m.
- Aug 1<sup>st</sup>** Big Ten Harness Racing 1:00 p.m.  
Carnival Opens-Wristband Night 6:00 p.m.  
Miss Effingham County Fair Queen & "Little Miss Pageant" 7:00 p.m.
- Aug 2<sup>nd</sup>** Pro Pulling Champion Seed Western Series 7:00 p.m.
- Aug 3<sup>rd</sup>** Rodeo 7:30 p.m.
- Aug 4<sup>th</sup>** Chris Janson with Dakota Danielle 7:30 p.m.
- Aug 5<sup>th</sup>** Demolition Derby 6:30 p.m.



**We will be closed**

**Monday, September 4th, 2023, for Labor 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

[www.eccoa.org](http://www.eccoa.org)



# 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, Adult Day Services, Emergency Home Response Service, Home Delivered Meals, Respite Care for the Caregiver, and in some areas of the state, 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 stay connected 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 or 1-833-442-5569. Call Today.... We can assess your needs and help keep you at home.



Join us Thursday August 10<sup>th</sup> at 11:00 a.m.  
for our Luau Luncheon Sponsored by Aperion Care

**\*\*Please call 217-347-5569 to hold your spot!\*\***





Please join us for cake & ice cream on  
**Thursday, August 31<sup>st</sup> at 1:00 p.m.**  
for our monthly birthday party!

We will celebrate those who have a birthday in August 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.

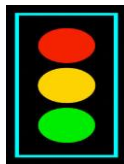



**ILLINOIS TELECOMMUNICATIONS ACCESS CORPORATION**

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!

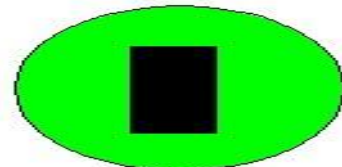
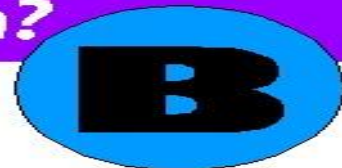
## Rules of the Road Class



This class will be offered at the Senior Center on  
Friday, September 1st, 2023, at 9:30 am.  
(The next class will be Friday, November 3rd, 2023)



## How Do You Spell Fun?



# BINGO!

You are invited to play  
BINGO with us every  
Friday at 1:00 p.m. in  
the Activity Center.  
Come and join us for  
some FUN!

### 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.

# Breakfast in a Briefcase

## What is Long-Term Care (LTC) and Who Needs it?

Long-term care (LTC) is a range of services and supports you may need to meet your personal care needs. At some point in our lives, about 60% of us will need assistance; come listen and learn about what you need to know about Long-Term Care. Light breakfast will be served.



**Sponsored by:** Hilltop Nursing and Rehabilitation  
**Featuring:** Christina Bailey, Administrator & Jalen Carrillo, Director of Business Development  
**When:** Wednesday August 23, 2023  
**Where:** Senior Services of Effingham Co. Activity Center  
**Time:** 8:30 a.m.  
**Call:** 217-347-5569 to sign up today!

**Do you crochet or knit?  
Come join us on  
Wednesday afternoons  
at 1:00 p.m. to knit or  
crochet and socialize  
with friends!**



**Come line dance with  
us on Tuesday  
mornings at  
10:00 a.m. for  
Beginner or  
Advanced dancers!**





Dog Days of Summer Party was a great time with some Dog Trivia, a hot dog bar and cupcakes! A Big Thank you to Evergreen Nursing and Rehabilitation for sponsoring this event!



## 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 confidential concern, complaint, or question regarding long-term care, please call Lisa Light, Regional Ombudsman, 217-347-5216 or 1-800-283-4070.



**Join us for a presentation on Fraud and Identity Theft Sponsored by: Midland States Bank on Friday, August 25<sup>th</sup>, 2023, at 9:00 a.m. in the Senior Services Activity Center. Please RSVP (217) 347-5569 to reserve your spot. Light refreshments will be provided.**

# 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!!**

<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!!**

GET ON THE BUS AND RIDE WITH US

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



## Reminder:

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





**August 2023 MENU**  
**Suggested Donation \$4.00/Meal**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1 Turkey & Dressing Mashed Potatoes Mixed Vegetables Strawberries Whole Grain Roll	2 Sloppy Joe on Bun Au Gratin Potatoes Calico Baked Beans Cantaloupe	3 Oven Fried Chicken Parsley Potatoes Green Beans Whole Grain Bread Watermelon	4 Hamburger on Bun Romaine Lettuce, Tomato, Onion, Pickles Potato Salad Pea Salad Banana
7 Pork Burger Cole Slaw Pickled Beets Whole Grain Bun Apricots	8 Chicken Salad Sandwich Asian Cole Slaw Waldorf Salad Strawberries	9 Ham Hash Brown Casserole Succotash 5 Cup Salad	10 Beef n Noodles Brussels Sprouts Corn Melon Medley	11 Turkey Burger Glazed Carrots Green Beans Banana Pudding
14 Pork Chops Roasted Red Potatoes Green Beans Peaches Whole Grain Roll	15 Grilled Chicken Salad w/Romaine & Tomatoes & Cheese Mandarin Oranges Bread Stick Graham Cracker	16 Ball Park Frank w/bun Macaroni & Cheese California Blend Strawberries	17 Spaghetti w/meat sauce Carrots & Peas Tossed Salad w/tomatoes Baked Apples Garlic Bread	18 Fish on Bun Cauliflower w/cheese Baked Beans Cantaloupe
21 Salisbury Steak Whipped Potatoes Peas Mandarin Oranges Oatmeal Cookies	22 Fried Chicken Potato Salad Green Beans Hot Apple Crisp Biscuit	23 Sub Sandwich On Hoagie Bun Lettuce & Tomato Broccoli/Cauliflower Salad Apricots	24 BBQ Pulled Pork Au Gratin Potatoes 4 Bean Salad Baked Apples Whole Grain Bun	25 Swedish Meatballs Mashed Potatoes Succotash Cantaloupe Whole Grain Roll
28 Sweet n Sour Chicken w/pineapple over rice Steamed Broccoli Jell-O w/fruit cocktail	29 Taco Salad w/tortilla chips n Salsa Meat & Refried Beans Lettuce, Onions Tomato, Shredded Cheese Fresh Apple	30 Grilled Chicken Breast Broccoli Rice & Cheese Carrots Strawberries	31 Egg Sausage Breakfast Casserole Hash Browns Hot Herbed Tomatoes Cantaloupe Cinnamon Roll	<b>FINAL</b>

**Milk, Bread and Margarine are served with every meal! Substitutes will only be made in emergencies!**

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

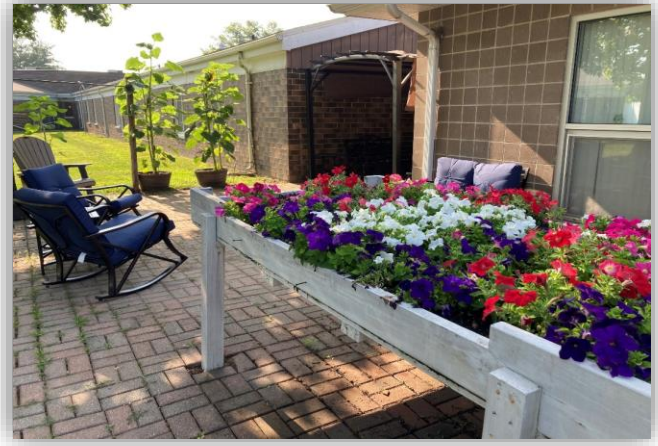
**Effingham 217/347-2851; Dieterich 217/925-5461; Altamont 618/483-6912; Beecher City 618/487-5401**

**Flora 618/662-6741**

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

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





**Evergreen Nursing & Rehabilitation Center** is a 120-bed skilled nursing facility, certified by Medicare and Medicaid. We are a member of the Illinois Healthcare Association.

Our nursing and rehabilitation services benefit patients who may no longer need treatment in a hospital setting but require continued medical intervention or rehabilitation on a short-term basis, before returning home.

Long term care is also available for those who are suffering from a prolonged acute illness or chronic disease, or for those who simply can no longer live alone at home.

Our professional staff members — from our caregiving team to our friendly support staff — provide a compassionate and supportive environment for healing and recovery.

























**EVERGREEN**  
A HELIA HEALTHCARE FACILITY  
*bringing you home*





# Activity Center Calendar August 2023



Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>**Please remember to call 217-347-5569 to sign up for our Events!**</b></p>	<p>10:00 Line Dancing</p> 	<p>1:00 Games 1:00 Knit/Crochet/Socialize 1:00 SHIP</p>	<p>1:00 Games</p> 	<p>1:00 BINGO Sponsor:</p> 
<p>1:00 Cards &amp; Mahjong</p> 	<p>10:00 Line Dancing</p> 	<p>1:00 Games 1:00 Knit/Crochet/Socialize 1:00 SHIP</p> 	<p>11:00 Luau Luncheon Sponsored by Aperion Care</p> 	<p>1:00 BINGO Sponsor:</p> 
<p>1:00 Cards &amp; Mahjong</p> 	<p>10:00 Line Dancing</p> 	<p>1:00 Games 1:00 Knit/Crochet/Socialize 1:00 SHIP</p> 	<p>1:00 Games</p> 	<p>1:00 BINGO Sponsor:</p> 
<p>1:00 Cards &amp; Mahjong</p> 	<p>10:00 Line Dancing</p> 	<p>8:30 Breakfast in a Briefcase: Long Term Care with Christina Bailey &amp; Jalen Carrillo Sponsored by Hilltop 1:00 Knit/Crochet/Socialize 1:00 SHIP</p>	<p>1:00 Games</p> 	<p>9:00 Senior Scams &amp; Fraud</p>  <p>1:00 BINGO Sponsor</p> 
<p>1:00 Cards &amp; Mahjong</p> 	<p>10:00 Line Dancing</p> 	<p>1:00 Games 1:00 Knit/Crochet/Socialize 1:00 SHIP</p> 	<p>1:00 Birthday Party with cake &amp; ice cream Provided by Aperion Care!</p> 	<p>1:00 BINGO Sponsor:</p> 