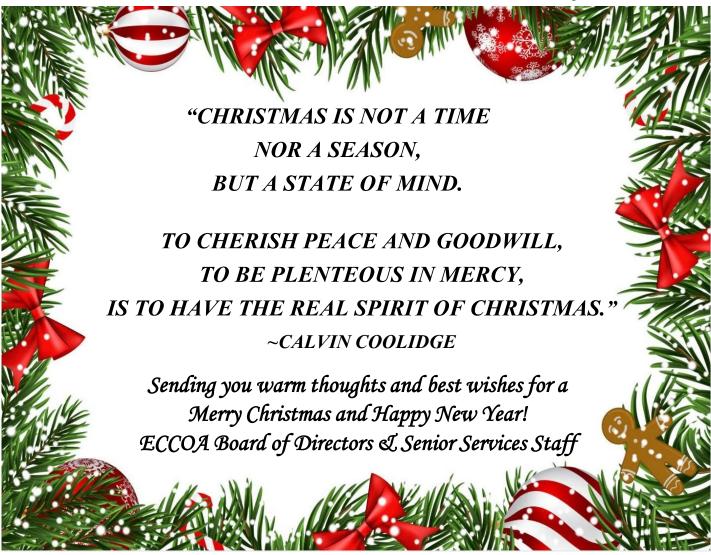




To join the Sunset Times email list please email chardiek@eccoa.org

or check out our website at www.eccoa.org



Senior Services will be CLOSED:

Thursday, December 4th for Staff Development & Training.
Wednesday, December 24th & Thursday, December 25th, for Christmas.
Wednesday, December 31st & Thursday, 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

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

Please join us for cake & ice cream on Thursday, December 18th 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.



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 11th, 2025, 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:

Dr. Charles Kind, DPM & Dr. Lauren Kind, DPM

Sarah Bush Lincoln is excited to have two podiatrists as part of their medical staff. They are seeing patients of all ages at SBL Orthopedics, Sports Medicine and Podiatry in Mattoon and at SBL Bonutti Clinic in Effingham. They are excited to provide surgical and non-surgical treatment options for many foot and ankle issues.

Lunch will be complimentary and provided courtesy of:

SENIOR SERVICES



Reservations are required and must be made by noon on Monday, December 8th 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 (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!



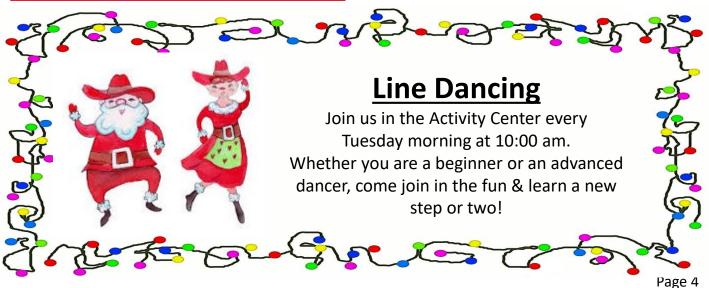
SHIP

(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".





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.

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December 2025 MENU

Friends Food Fellowship

CEFS Senior Services				renowship
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 Roast Beef	2 Chili	3 Italian Chicken	4 Mac n Cheese	5 Oven Baked
Mashed Potatoes	Crackers	Breast	w/ham	Chicken
Green Beans	Cottage Cheese	Steamed Broccoli	Broccoli	Whipped Potatoes
Mixed Fruit	Asian Cole Slaw	Corn	Tossed Salad	Mixed Vegetables
Whole Grain Roll	Chilled Pears	Oranges W/Bananas	w/tomatoes	Pineapple
	Corn Bread	Roll	Salad Dressing	Roll
			Warm Peach Crisp	
			Whole Grain Bread	
8 Fish Sandwich on	9 Country Fried Steak	10 Pork Chop	11 Spaghetti w/meat	12 Turkey
Bun	Mashed Potatoes &	Baked Potato	sauce	Sweet Potatoes
Au Gratin Potatoes	Gravy	Green Beans	Tossed Salad	Peas
Baked Beans	California Blend	Tropical Fruit	w/tomatoes	Banana
Apricots	Strawberries		Salad Dressing	Whole Grain Roll
	w/bananas		Corn	
	Whole Grain Bread		Hot Cherry Crisp	
15 Beef Stroganoff	16 Ham & Beans	17 Seasoned Beef	18 Pork Cutlet	19 BBQ Chicken
over Noodles	Cole Slaw	Pattie	Mashed Potatoes	Breast
Gourmet Carrots	Beets	Whipped Potatoes	Broccoli &	Rice Pilaf
Green Beans	Peaches	Black Eyed Peas	Cauliflower	Peas & Carrots
Orange	Corn Bread	Apple Crisp	Apricots	Stewed Tomatoes
Whole Grain Roll			Biscuit	Cinnamon
				Applesauce
22 Grilled Chicken	23 Ham	24	25	26 Fried Chicken
Tenderloin	Mashed Potatoes &	Closed for Christmas	Closed for Christmas	Mashed Potatoes
Cheesy Rice	Gravy	holiday		Corn
w/broccoli	Gourmet Carrots		Merry	Strawberries &
Green Beans	Creamy Cole Slaw		Merry Christmas	Bananas
Fruit Cocktail	Roll		Ollisalias	Whole Grain Roll
Whole Grain Bread	Cherry Delight			
29 Chicken & Noodles	30 Lasagna	31		2% Milk, Bread,
Peas	Tossed Salad	Closed for		and Margarine are
Glazed Carrots	w/tomatoes	New Year's holiday		served with every
Chilled Pineapple	Salad Dressing	N/1/1/2		meal. Substitutes
Whole Grain Bread	Spiced Apples	Hoppy		will only be made
	Black Bean Brownie	New		in emergencies.
	Garlic Bread Stick	year		
		Mall Int.	FINAL	
	ı	ı	I .	ı

CALL THE DAY BEFORE TO RESERVE A MEAL Suggested Donation \$4.75/Meal

Effingham 217-347-2851 Dieterich 217-994-0461 Altamont 217-994-6561

Beecher City 217-994-0661 Flora 217-994-3191 Vandalia 618-283-1040

Ramsey 217-994-6189 Pana 217-562-5611 Taylorville 217-287-7268

Kincaid 217-237-4328 Teutopolis 217-994-3334

Effingham County FISH Human Services Annual Christmas Day Dinner Thursday, December 25TH, 2025

FISH will offer a Congregate Meal (Serving at 12:30 p.m.)

at The Effingham Event Center

1501 W. Fayette, Effingham

Meal delivery (after 10:00 a.m.) and Curbside Pickup (11:00 a.m.-12:00 p.m.) Effingham Event Center (former KC Hall)

Beginning Monday, December 1st through Monday, December 22nd

PLEASE CALL 217-343-7342 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 the 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
l p.m.



Reminder:

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



375 3681

sticker!

	December 20	2025 Activity Center Calendar	nter Calendar	
Monday	Tuesday	Wednesday	Thursday	Friday
I 1:00 Cards & Mahjong	2 10:00 Line Dancing	3 1:00 Games	GIOSED	5 1:00 Bingo Sponsor:
4		1:00 Knit/Crochet/Socialize	CLOSED TODAY FOR STAFF	See See
	1:00 SHIP	1:00 SHIP Indicators and the control of the control	DEVELOPMENT	ESTATES ASSISTED LIVING
8 1:00 Cards & Mahjong	9 10:00 Line Dancing	100 Games	11 11:00 Dine With A Doc	12 1:00 Bingo Sponsor:
	食飲食飲食食	1:00 Knit/Crochet/Socialize	Featuring: Dr. Charles Kind &	© N 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0
	Line Dancing		Dr. Lauren Kind Sarah Bush Lincoln	EVERGREEN A HELA HEALTHCARE SACULTY bringing you home
15 1:00 Cards & Mahjong	16 10:00 Line Dancing	17 1:00 Games	18 1:00 Birthday Party	19 1:00 Bingo Sponsor:
	(e)	1:00 Knit/Crochet/Socialize	with cake & ice cream Provided by:	
W S			The Villas of Holly Brook SENIOR SERVICES	Glemocod Glemocod
14 - 14 1	ATT.		Effections County	
22 1:00 Cards & Mahjong	23 10:00 Line Dancing	24 South	25 SOCTY We're CLOSED	26 1:00 Bingo Sponsor:
<	AL SELECT OF		* A CLOSED FOR * **	
	Senior Adult Line Dancing Class	Christmas Eve	参 型WEWISHYOUA で - お外 Merry 以な・な * Christmas! *	LAKELAND REHABILITATION & HEALTH CARE CENTER
29 1:00 Cards & Mahjong	30 10:00 Line Dancing	31 Sorto mun Sorto SED	Please remember to call 217-347-5	Please remember to call 217-347-5569 to sion up for our special events.
		We Will Be Closed For New Year's Eve	Deadline is Monday at noon	onday at noon
	Ž,	New Year's	on the week of the event!	of the event!