

SENIOR SERVICES
Effingham County



209 S. Merchant
Effingham, IL 62401

Sunset Times

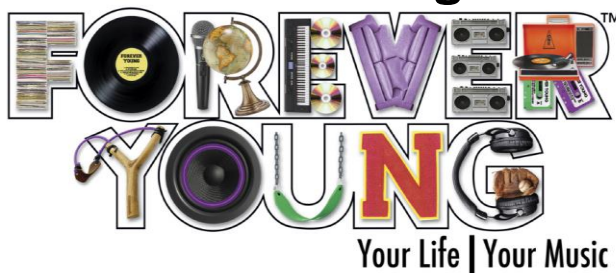
February 2024

To join the Sunset Times email list please email

lhartigan@eccoa.org

or check out our website at www.eccoa.org

Join us Thursday, February 22nd, 2024, at 11:00 am for a presentation & luncheon sponsored by our Senior Services Ombudsman Program followed by an afternoon of music, friends & FUN with Forever Young!!



5 Best Friends + The Greatest Hits Of All Time = 1 Unforgettable Night



****Please RSVP to reserve your seat at 217-347-5569****



**In observance of President's Day,
we will be CLOSED
Monday, February 19th, 2024**



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, February 8th, 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 **Marsha Griffin**
Community Outreach Liaison

Lunch will be complimentary and provided courtesy of: Sarah Bush Lincoln



****Reservations for Dine with a Doc are required and can be made by contacting the center at 217-347-5569****



Long-Term Care Ombudsman

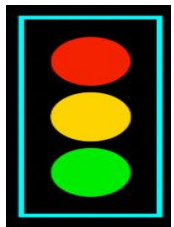
Illinois Long-Term Care Ombudsman Program strives to protect and promote the rights and quality of life for those who reside in long-term care facilities. If you have a concern, complaint, or question regarding long-term care, please call **Lisa Light, Regional Ombudsman, at 217-347-5216 or 1-800-283-4070.**





Rules of the Road Class

is class will be offered at the Senior Center on
Friday, February 2, 2024, at 9:30 am
The next class will be Friday, April 5th, 2024)



BINGO!!!

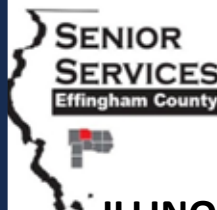
You are invited to play BINGO
with us every Friday at 1:00 pm
in the Activity Center.
Come and join us for some FUN!



Please join us for cake &
ice cream on
Thursday, February 29th
at 1:00 pm
for our monthly birthday party!

We will celebrate those who
have a birthday in February
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!



Thursday, March 21st, 2024 at 11:00 am!!



HSHS St. Anthony's Savvy Senior returns as our Senior Activity Center welcomes.....
Dr. Jeff Brummer from the HSHS Wound Center!



present

St. Anthony's Savvy Senior Program and Luncheon Series

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

Topic Schedule:

Hospital Happenings – Thursday, May 16, 2024

Cardiovascular Health – Thursday, July 18, 2024

Women's Wellness and Cancer Services –Thursday, September 19, 2024

Rehabilitation and Wellness – Thursday, November 21, 2024

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

Friends
Food
Fellowship



Friends
Food
Fellowship

February 2024 MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Milk, Bread, and Margarine are served with every meal. Substitutes will only be made in emergencies.	Please call ahead if you need a fish substitute on Fridays.		1 Baked Turkey Crunch Peas Tossed Salad w/tomatoes Warm Spiced Apples Whole Grain Bread	2 Fried Chicken Mashed Potatoes Mixed Vegetables Strawberries w/bananas Whole Grain Roll
5 Biscuits & Gravy Sausage Patty Hash Brown Casserole Banana Orange Juice	6 Beef Pepper Steak Over Rice Stewed Tomatoes Warm Peach Crisp	7 Ham & Au gratin Potato Casserole Carrots Peas Jell-O w/ Fruit Cocktail Whole Grain Roll	8 Roast Beef Mashed Potatoes Green Beans Apricots Peanut Butter Cookie	9 Turkey Burger Creamy Potatoes Broccoli Pineapple Chunks Whole Grain Bread
12 Meatloaf Baked Potato Succotash Peaches Whole Grain Roll	13 Chicken & Noodles Tossed Salad w/tomatoes California Blend Cherry Crisp	14 Spaghetti & Meatballs Green Beans w/almonds Corn Bread Stick Strawberry Jell-O Cake	15 Oven Baked Chicken Sweet Potatoes Brussel Sprouts Strawberries Angel Food Cake	16 Fish on Bun Broccoli Rice Casserole Baked Beans Orange
19 President's Day Closed	20 Sloppy Joes on Bun Potato Wedges Calico Beans Pineapple	21 Old Fashioned Beef Stew Cottage Cheese Cole Slaw Cinnamon Applesauce Corn Muffin	22 Baked Ham Hash Brown Casserole Asparagus Banana Whole Grain Roll	23 Tater Tot Casserole Green Beans Stewed Tomatoes Peaches
26 Swiss Steak Au Gratin Potatoes Spinach Vanilla Pudding Whole Grain Bread	27 Ham & Beans Beets Cole Slaw Mandarin Oranges Corn Bread	28 Turkey Sweet Potatoes Green Beans Peaches Whole Grain Roll	29 Ball Park Frank w/bun Baked Potato Baked Beans Strawberries w/bananas	FINAL

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 618-662-6741

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

Pana 217-562-5611 Taylorville 217-324-4263 Kincaid 217-237-4328



SHIP



(Senior Health Insurance Program)

Senior Services staff is available to assist Medicare beneficiaries and their caregivers with insurance counseling.

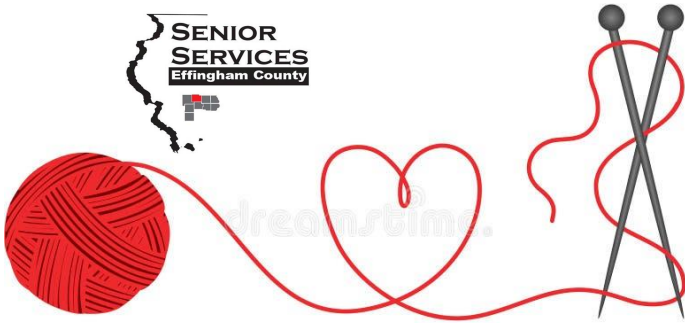
Please call (217)347-5569 to make an appointment.

“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 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!!



Come join us to Knit or Crochet on Wednesday afternoons at 1:00 pm

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!!

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



GET ON THE BUS AND RIDE WITH US



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.cefsecc.org/CIPT/CIPT.htm>

February 2024 Activity Center Calendar



Monday	Tuesday	Wednesday	Thursday	Friday
<p>217-347-5569 to **Reserve your spot for our special events!**</p>	<h1>FEBRUARY</h1>			
<p>3 12:00 Cards & Mahjong</p>	<p>6 10:00 Line Dancing</p>	<p>7 1:00 Games 1:00 Knit/Crochet/Socialize 1:00 SHIP</p>	<p>1 1:00 Games</p>	<p>2 9:30 Rules of the Road 1:00 BINGO Sponsor: brookstone ESTATES ASSISTED LIVING</p>
<p>12 12:00 Cards & Mahjong</p>	<p>13 10:00 Line Dancing</p>	<p>14 1:00 Games 1:00 Knit/Crochet/Socialize 1:00 SHIP</p>	<p>15 1:00 Games</p>	<p>16 1:00 BINGO Sponsor: The Glenwood ASSISTED LIVING of EFFINGHAM</p>
<p>19 Sorry We're CLOSED Closed for President's Day HAPPY PRESIDENTS DAY</p>	<p>20 10:00 Line Dancing</p>	<p>21 1:00 Games 1:00 Knit/Crochet/Socialize 1:00 SHIP</p>	<p>22 11:00 Ombudman's Lunch 12:00 Forever Young Concert</p>	<p>23 1:00 BINGO Sponsor: LAKELAND REHABILITATION & HEALTH CARE CENTER</p>
<p>26 12:00 Cards & Mahjong</p>	<p>27 10:00 Line Dancing</p>	<p>28 1:00 Games 1:00 Knit/Crochet/Socialize 1:00 SHIP</p>	<p>29 1:00 Birthday Party with cake & ice cream Provided by Aperion!</p>	<p>1-Mar 1:00 BINGO Sponsor: brookstone ESTATES ASSISTED LIVING</p>