



**SENIOR
SERVICES**
Effingham County



209 S. Merchant
Effingham, IL 62401

Sunset
Times **January** 2026

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kmontgomery@ecco.org

or check out our website at www.ecco.org



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

&

**SENIOR
SERVICES**
Effingham County



St. Anthony's Savvy Senior Program & Luncheon on Thursday, January 15th, 2026 at 11:00 a.m. featuring:

Karla Marshall, CIL Market Supervisor of Mission Integration and Spiritual Care, has over 13 years of hospital/community experience assisting patients/families with the Power of Attorney for Healthcare-POAH process. Her presentation will be covering POAH, answering questions, reassuring fears, and simplifying the understanding process.

"No one can predict when a serious illness or accident might occur.

When it does, we may need someone else to speak or make healthcare decisions for us.

*If we plan now, we can increase the chances that the medical treatment
you get will be the treatment you want."*

In Illinois, we can choose someone to be our "healthcare agent." Our agent is the person we trust to make healthcare decisions for us if we are unable or do not want to make them ourselves. These decisions should be based on your personal values and wishes. Completed POAH forms allow us to choose our decision maker, our preferred treatment, along with any limitations.

****Reservations are required and must be made by noon on
Monday, January 12th by contacting the center at 217-347-5569****

Senior Services will be CLOSED:

Thursday, January 1st, in observance of New Year's Holiday

Monday, January 19th in observance of Martin Luther King, Jr. Day 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 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 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 can 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.

Hello,

Medicare.gov

From my experience, both as a physician and a patient, **taking care of your mind** is just as important as taking care of your body. It can help us handle stress, stay healthier, and even boost energy. – Dr. Oz.

Take time for self-care to help strengthen your mental well-being:

Stay Healthy with **Dr. Oz**



Practice mindful movements. Exercise like yoga doesn't just boost your mood, it can also improve your memory and help you think more clearly. TIP: Use a chair for more support.



Stay connected. Social bonds are essential for well-being. Reach out to friends or family for emotional support. If you're feeling lonely or isolated, consider volunteering to build connections in your community.



Meditate. Quieting your mind can help you feel calmer and more focused. Find a quiet place, take deep breaths, and check in with different parts of your body.



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**.





SENIOR EDUCATION MINISTRIES



Dine with
a Doc®

Dine with a Doc

Will return on

Thursday, February 12th, 2026,
at 11:00 a.m.
featuring

HSHS Medical Group

Mark your
calendar



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

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



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)342-4990 or via the web at <http://www.cefseoc.org/CPT/CPT.htm>



SENIOR
SERVICES
Effingham County
Please join us for
cake & ice cream on
Thursday, January 29th at
1:00 p.m.
for our monthly birthday
party!

We will celebrate those who
have a birthday in January
with cake and ice cream
provided by
Villas of Holly Brook.

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

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



Holiday Scams and Social Isolation



The holiday season tends to bring more with it than just autumn leaves and pretty lights! For us here in Illinois, the weather gets colder and our social activities slowdown, which brings along some challenges. The combination of shorter days, weather limitations, health concerns, and holiday blues weigh heavily on many of us and our loved ones. These risk factors are important to be aware of as they can increase one's risk for social isolation and loneliness.

Unfortunately, social isolation and loneliness affect older adults by increasing their risk of becoming victims of fraud and scams. When you are isolated or experiencing feelings of loneliness, scammers may try to take advantage of that vulnerability. Luckily, knowledge is power! You can help protect yourself and your loved ones by being aware of the different types of scams and how they work.

Some Medicare related scams that may be more common during the holiday season are:

1. Phone scams or social media scams where an insurance agent offers you some type of incentive or gift for signing up with a specific Medicare plan.
2. COVID-19 testing scams where scammers may try to get your Medicare number for over-the-counter COVID-19 test kits. Medicare and healthcare providers will never call to offer you free COVID-19 tests. Additionally, only buy FDA-approved test kits from legitimate pharmacies or providers when purchasing both in-person and online.
3. Phishing scams that seem to be from a legitimate business, healthcare provider, or a person you may know. We encourage beneficiaries to save official email addresses and phone contacts from their plan provider, pharmacy, healthcare network, and loved ones to help recognize legitimate contacts. But even then, be extremely cautious when clicking links and don't click any suspicious attachments or links through email, texts or social media.
4. Scammers may also leverage the holiday season by promoting discounted tests or durable medical equipment as part of a "generous" holiday promotion. Be sure to report to us if someone contacts you regarding any tests or durable medical equipment that is not medically necessary.

Other ways you can help prevent these malicious scams are by not sharing your Medicare number with anyone who is not your healthcare provider and by never sharing personal information over the phone.

In order to detect Medicare fraud, always be sure to review all Medicare Summary Notices (MSN) or Explanation of Benefits (EOB) for any possible mistakes or fraudulent charges. A personal journal strictly for healthcare appointments can help document appointment details to then easily compare to MSNs and EOBS later.

The Illinois SMP is also here to offer assistance if you feel you or someone you know have been affected by any suspicious billing on your Medicare Summary Notice or any potential Medicare fraud, please call the Illinois SMP at AgeOptions at (800) 699-9043 or visit www.illinoissmp.org.



January 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.	FINAL		1 Closed for New Year's Day	2 BBQ Pork Chop Black Eyed Peas Cooked Cabbage Peaches Roll Chinese Almond Cookies
5 Broccoli Cheese Soup Crackers ½ Ham Sandwich on Whole Grain Bread Green Pea Salad Blushing Pears	6 Meatloaf Whipped Potatoes California Blend Vegetables Mandarin Oranges Peanut Butter Cookie	7 Chicken Parmesan over Noodles Creamy Cole Slaw Apricots Angel Food Cake	8 Sloppy Joes on Bun Scalloped Potatoes Calico Baked Beans Strawberries	9 Pork Roast Glazed Sweet Potatoes Cooked Cabbage Waldorf Salad Whole Grain Bread
12 Chili Crackers Cottage Cheese Asian Cole Slaw Chilled Pears Corn Bread	13 Mac n Cheese w/ham Broccoli Tossed Salad w/tomatoes Warm Peach Crisp Whole Grain Bread	14 Italian Chicken Breast Brussel Sprouts Corn Oranges W/Bananas Roll	15 Roast Beef Mashed Potatoes Green Beans Pineapple Whole Grain Roll	16 Oven Baked Chicken Whipped Potatoes Mixed Vegetables Mixed Fruit Roll
19 Closed for Martin Luther King Day	20 Country Fried Steak Mashed Potatoes & Gravy Green Beans Apricots Whole Grain Bread	21 Pork Chop Baked Potato California Blend Tropical Fruit	22 Spaghetti w/meat sauce Tossed Salad w/tomatoes Corn Hot Cherry Crisp	24 Turkey Sweet Potatoes Peas Banana
27 Beef Stroganoff over Noodles(g) Gourmet Carrots Green Beans Cinnamon Applesauce	28 Ham Hash Brown Casserole Brussels Sprouts Chilled Peaches Whole Grain Roll	29 Seasoned Beef Pattie Whipped Potatoes Black Eyed Peas Apple Cake w/Cream Cheese Icing	30 Pork Cutlet Mashed Potatoes Broccoli & Cauliflower Apricots Whole Grain Bread	31 BBQ Chicken Breast Rice Pilaf Peas & Carrots Stewed Tomatoes Orange

**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 618-283-1040

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

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



**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".



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.

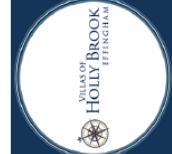
There are no fees and no hidden costs. Call Senior Services at 217-347-5569 for an appointment to test which phone is best for your needs.

You'll be surprised at what you have missed by not being able to hear!



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

January 2026 Activity Center Calendar

Monday	Tuesday	Wednesday	Thursday	Friday
<i>Please remember to call 217-347-5569 to sign up for our special events.</i>				
Deadline is Monday at noon on the week of the event!				
5 1:00 Cards & Mahjong 	6 10:00 Line Dancing 	7 1:00 Games 1:00 Knit/Crochet/Socialize 	8 1:00 Games 1:00 Games 	9 1:00 Bingo Sponsor:  brookstone ESTATES ASSISTED LIVING 
12 1:00 Cards & Mahjong 	13 10:00 Line Dancing 	14 1:00 Games 1:00 Knit/Crochet/Socialize 	15 11:00 - SAVVY Senior Luncheon Sponsored by: HSHS Medical Group Featuring: Karla Marshall, Outpatient CIL Market Supervisor Mission Integration & Spiritual Care  	16 1:00 Bingo Sponsor:   EVERGREEN A HELA HEALTHCARE FACILITY bringing you home
19 Sorry We're CLOSED In Observation of Martin Luther King Jr. Day	20 10:00 Line Dancing 	21 1:00 Games 1:00 Knit/Crochet/Socialize 	22 1:00 Games 1:00 Games 	23 1:00 Bingo Sponsor:   LAKE LAND REHABILITATION & HEALTH CARE CENTER
26 1:00 Cards & Mahjong 	27 10:00 Line Dancing 	28 1:00 Games 1:00 Knit/Crochet/Socialize 	29 1:00 Games 1:00 Games 	30 1:00 Birthday Party with cake & ice cream Provided by: The Villas of Holly Brook    