



# Sunset Times

## July 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)

### Senior Services will be **Closed** on **Tuesday, July 4<sup>th</sup>** to celebrate the Fourth of July Holiday!



Join us to celebrate the **Dog Days of Summer Party** on **Wednesday, July 19<sup>th</sup> at 1:00 pm**  
 Sponsored by **Evergreen Nursing & Rehabilitation.**




**Please call 217-347-5569 to make your reservations**

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)



# 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 at 217-347-5216 or 1-800-283-4070.



## Community Care Program

“....helping older people live independently”

Did you know that 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 assist you to live independently instead of premature nursing home placement, 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 provide you with choices for your care with services that might be right for you. Services include In-Home Homemaker Services, Adult Day Services, Emergency Home Response Service, Home Delivered Meals and in some areas of the state, Senior Companion. If you qualify for CCP services, the staff member will work with you to determine your needs and goals and assist you in setting up services that are appropriate for you and keep in touch with you to make sure the services continue to meet your needs.

For more info call 1-800-283-4070 or call 217-347-5569





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 Dine with a Doc® lunch is scheduled for **Thursday, July 13, 2023, 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, **Tracy Haddock, Volunteer Services Director with Sarah Bush Lincoln**



**Lunch will be complimentary and Provided courtesy of:**  
Lakeland Rehabilitation &  
Health Care Center



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





# 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!!**

- 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**

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



State of Illinois  
Illinois Department on Aging



# BENEFIT ACCESS PROGRAM

APPLY at [www.illinois.gov/aging](http://www.illinois.gov/aging)



The Benefit Access Program offers two benefits for seniors and persons with disabilities:

- A LICENSE PLATE FEE DISCOUNT
- FREE RIDES ON FIXED-ROUTE TRANSIT SYSTEMS

Eligibility is determined by income, residency, age and/or disability utilizing an online application.

### QUALIFICATIONS:

#### Age Requirements:

- 65 years of age or older before January 1 of the current year; or
- You must become 65 years of age this year; or
- You must be 16 years of age or older before January 1 of the current year and qualify as disabled.

#### Residency Requirements:

- You must live in Illinois at the time you file your application.

#### Income Requirements:

Income limits are new for January 1, 2020 for License Plate discount and Ride Free Transit Card.

\*Total income last year must be:

	For Applications Submitted:	
	Before Jan. 1, 2020	On or After Jan. 1, 2020
Household containing one person	less than \$27,610	less than \$33,562
Household containing 2 persons	less than \$36,635	less than \$44,533
Household containing 3 or more persons	less than \$45,657	less than \$55,500

**NOTE:** \*You must include your spouse's income if married and living together on December 31 of last year. If your spouse died last year, you would file as single and claim only your income.

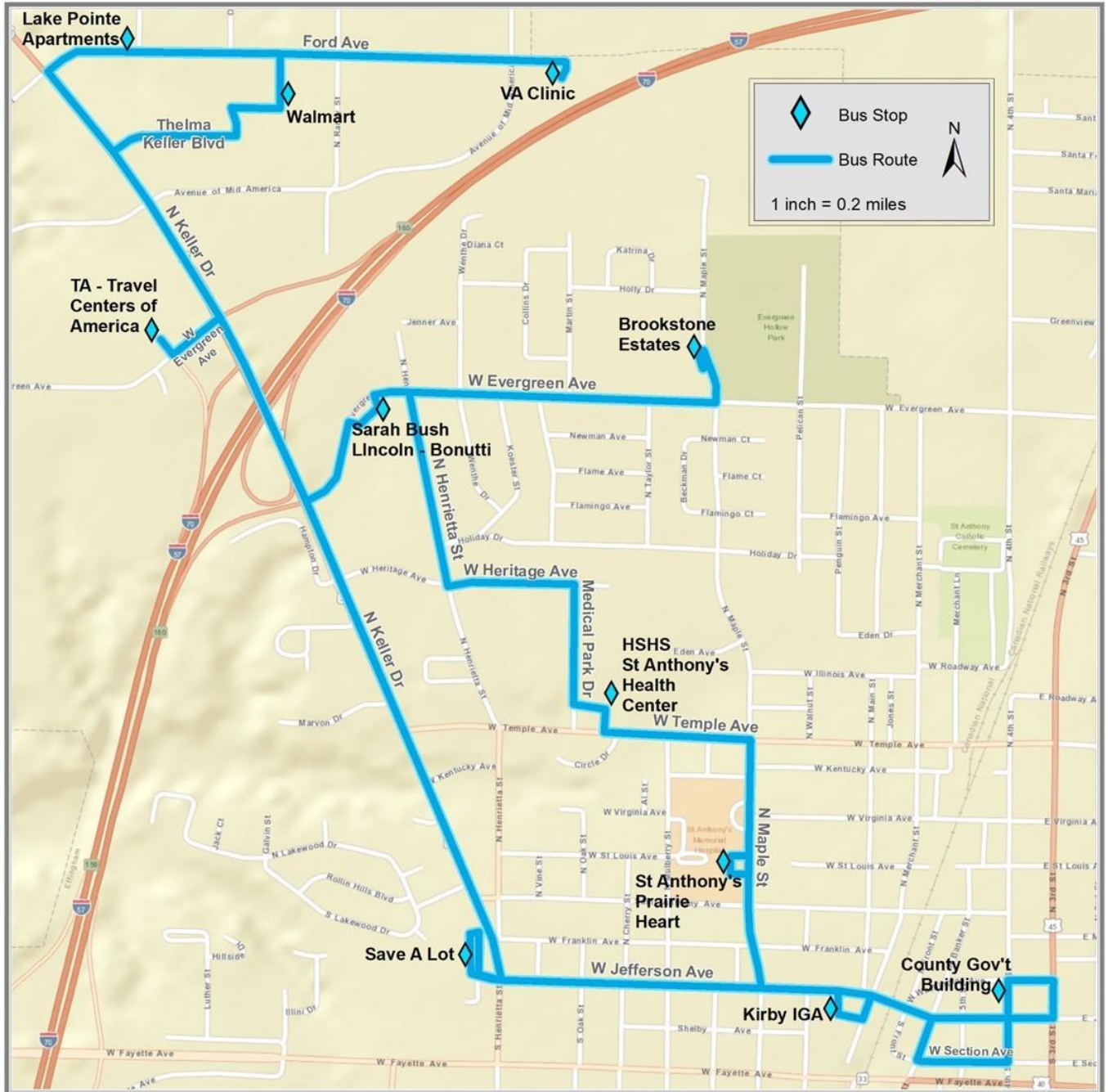
#### Disability Requirements:

To qualify as disabled, you must be at least 16 years of age prior to January 1 of the current year and be determined **totally and permanently disabled** (as defined by program requirements) prior to January 1 of the current year.

Make your appointment for Benefit Access Program today at: (217) 347-5569

To see if you qualify for a reduced license sticker!

# ETRAX



**ETrax Loop Rides Will Be FREE Of Charge JULY 5-31!!!  
Come Check It Out!**



# CEFS Effingham County Public Transportation



July 5<sup>th</sup> a new transportation experience is coming to Effingham

## What Is The ETrax Route And Stop Times?

### *Departure Times* *Minutes Past the Hour:*

HSHS St. Anthony's Health Center (Main Entrance) 900 W. Temple **0:00**

Brookstone Estates (East Side-Middle Door) 1101 N. Maple St. **0:05**

Sarah Bush Bonutti Clinic (Curbside at Entrance A) 1303 W. Evergreen Ave. **0:08**

TA Travel Center (Curb Area by Pump 1) 1702 W. Evergreen Ave. **0:12**

Walmart (Garden Center Entrance) 1204 Ave. of Mid America **0:17**

VA Clinic (Entrance Outside of Awning) 1101 Ford Ave. **0:20**

Lake Pointe Apartments (Entrance on Ford Ave.) 1700 Ford Ave. **0:23**

TA Travel Center (Curb Area by Pump 1) 1702 W. Evergreen Ave. **0:30**

Save-a-Lot (North of Entrance Doors) 101 N. Keller **0:35**

Kirby's IGA (Near Iron Horse Patio) 101 S. Merchant **0:39**

Effingham County Building Parking Lot (4th St. Parking Lot, Between Entrances)  
1011 N. 4th St, **0:43**

HSHS St. Anthony's Hospital (Prairie Heart Entrance) 503 N. Maple St. **0:48**

**Last hour of the route begins at 3:00 pm. First and last stop will be at HSHS St. Anthony's Health Center. If this is not your desired drop off spot please plan your stop(s) accordingly.**



## Rules of the Road Class

This class will be offered at the Senior Center on Friday, July 7th, 2023, at 9:30 am.

(The next class will be Friday, September 1st, 2023)



## 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.

# BINGO!

You are invited to play BINGO with us every Friday at 1:00pm in the Activity Center.

Come and join us for some FUN!



Friends  
Food  
Fellowship



Friends  
Food  
Fellowship

## July 2023 MENU

Suggested Donation \$4.00/Meal

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 Pork Chops Roasted Red Potatoes Green Beans Peaches Whole Grain Roll	4  <b>July 4th Closed</b>	5 Spaghetti w/meat sauce Carrots & Peas Tossed Salad w/tomatoes Baked Apples Garlic Bread	6 Ball Park Frank w/bun Macaroni & Cheese California Blend Strawberries	7 Fish on Bun Cauliflower w/cheese Baked Beans Cantaloupe
10 Salisbury Steak Whipped Potatoes Peas Mandarin Oranges Oatmeal Cookies	11 Fried Chicken Potato Salad Green Beans Hot Apple Crisp Biscuit	12 Swedish Meatballs Mashed Potatoes Succotash Cantaloupe Whole Grain Roll	13 Sub Sandwich On Hoagie Bun Lettuce & Tomato Broccoli/Cauliflower Salad Apricots	14 BBQ Pulled Pork Au Gratin Potatoes 4 Bean Salad Baked Apples Whole Grain Bun
17 Sweet & Sour Chicken w/pineapple Over Steamed Rice Steamed Broccoli Jello w/fruit cocktail	18 Taco Salad w/tortilla chips Meat & Refried Beans Lettuce, Tomato, Onions, Shredded Cheese Apple	19 Egg, Sausage & Spinach Casserole Hash Browns Hot Herbed Tomatoes Orange Juice Cinnamon Roll	20 Chicken Strips Broccoli Rice & Cheese Carrots Strawberries w/bananas Whole Grain Bread	21 Grilled Pork Tenderloin Roasted Red Potatoes Lima Beans Watermelon Whole Grain Bun
24 Bratwurst Grilled Peppers & Onions Blushing Pears Hot Dog Bun	25 Meatloaf Scalloped Potatoes Butter Beans Melon Medley Whole Grain Bread	26 Pork Roast Baked Sweet Potatoes Brussel Sprouts Applesauce Whole Grain Roll	27 Grilled Chicken Breast Baked Potato Broccoli w/cheese Chilled Peaches Peanut butter Cookie	28 Tuna Salad Sandwich Tomato/Cucumber Medley Black Bean & Corn Salad Watermelon
31 Chef Salad Turkey, Ham, Egg Lettuce, Tomato, Cucumber, Carrots, Shredded cheese Mandarin Orange Cake Club Crackers				<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**





## 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!

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



**Come line dance with us on Tuesday mornings at 10:00am Beginner or Advanced**



Please join us for cake & ice cream on **Thursday, July 27<sup>th</sup> at 1:00 p.m.** for our monthly birthday party!

We will celebrate those who have a birthday in July 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.





# Activity Center July 2023



Monday	Tuesday	Wednesday	Thursday	Friday
<p>3</p> <p>1:00 Cards &amp; Mahjong</p> 	<p>4</p> <p>OFFICE CLOSED FOR THE 4TH OF JULY</p> 	<p>5</p> <p>1:00 Games</p> <p>1:00 Knit/Crochet/Socialize</p> <p>1:00 SHIP</p> 	<p>6</p> <p>1:00 Games</p> 	<p>7</p> <p>9:30 Rules of the Road</p> <p>1:00 BINGO Sponsor</p>   <p>brookstone ESTATES ASSISTED LIVING</p> 
<p>10</p> <p>1:00 Cards &amp; Mahjong</p> 	<p>11</p> <p>10:00 Line Dancing</p> 	<p>12</p> <p>1:00 Games</p> <p>1:00 Knit/Crochet/Socialize</p> <p>1:00 SHIP</p>	<p>13</p> <p>11:00 Dine With A Doc with Tracy Haddock</p>  	<p>14</p> <p>1:00 BINGO Sponsor:</p>  <p>EVERGREEN A HELIX HEALTHCARE FACILITY BRINGING NEW HOPE</p> 
<p>17</p> <p>1:00 Cards &amp; Mahjong</p> 	<p>18</p> <p>10:00 Line Dancing</p> 	<p>19</p> <p>1:00 Dog Days of Summer Party</p>  	<p>20</p> <p>1:00 Games</p> 	<p>21</p> <p>1:00 BINGO Sponsor:</p>  <p>THE GLENWOOD ASSISTED &amp; SUPPORTIVE LIVING</p>
<p>24</p> <p>1:00 Cards &amp; Mahjong</p> 	<p>25</p> <p>10:00 Line Dancing</p> 	<p>26</p> <p>1:00 Games</p> <p>1:00 Knit/Crochet/Socialize</p> <p>1:00 SHIP</p> 	<p>27</p> <p>1:00 Birthday Party with cake &amp; ice cream</p> <p>Provided by Aperion Care!</p>  	<p>28</p> <p>1:00 BINGO Sponsor:</p>  <p>LAKELAND REHABILITATION &amp; HEALTH CARE CENTER</p> 
<p>31</p> <p>1:00 Cards &amp; Mahjong</p> 	<p>1-Aug</p> <p>10:00 Line Dancing</p> 	<p>2-Aug</p> <p>1:00 Games</p> <p>1:00 Knit/Crochet/Socialize</p> <p>1:00 SHIP</p>	<p>3-Aug</p> <p>1:00 Games</p> 	<p>4-Aug</p> <p>1:00 BINGO Sponsor</p>  <p>brookstone ESTATES ASSISTED LIVING</p> 