

**SENIOR SERVICES**  
Effingham County



209 S. Merchant  
Effingham, IL 62401

# Sunset Times



**2024**

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)

**St. Anthony's Savvy Senior Program & Luncheon on:**

**Thursday, July 18, 2024, at 11 a.m.**

Featuring **Sheri Barnett, Nurse Practitioner with Prairie Cardiovascular, and Jackie Bohnhoff, Cardiology Nurse at HSHS St. Anthony's Memorial Hospital**



The program will focus on cardiovascular health as Sheri Barnett, Nurse Practitioner with Prairie Cardiovascular in Effingham, shares about hypertension – what it is, how it develops and how to help control it.

She is joined by Jackie Bohnhoff, a cardiology nurse at HSHS St. Anthony's Memorial Hospital, who will be sharing about congestive heart failure.



Call today to sign up to attend this informational program and luncheon. Free blood pressure screenings will be offered prior to the presentation.

\*\*\*Please call to make your reservation today: 217-347-5569\*\*\*

**Senior Services will be CLOSED:**

**Thursday, July 4<sup>th</sup> for Independence Day & Activity Center will be closed Friday, July 5<sup>th</sup>**



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



## 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.



## 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.**



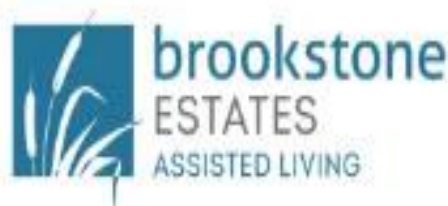
Dine with a Doc® is a **FREE** program that welcomes the local senior public to hear an educational topic while enjoying a complimentary lunch. The next Dine with a Doc® lunch is scheduled for **Thursday, July 11th, 2024, in the Senior Services Activity Center from 11:00 a.m. until 1:00 p.m.**

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. Linda Ruholl, RN, PhD who will be presenting:  
"History Matters!-Seven lessons from Local Medicine"**

Lunch will be complimentary and provided courtesy of: **Brookstone Estates**



**\*\*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.**



Please join us for cake & ice cream on Thursday, July 25<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, 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!



Join us Wednesday, July 31<sup>st</sup> at 2:00 p.m. for an



**Ice Cream Social & Presentation on:**

- Online Banking Navigation
- Elder Financial Abuse & Scams
- Understanding Financial Powers of Attorney and Payable On Death

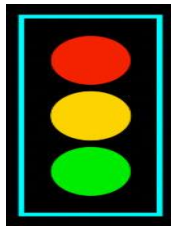
**Sponsored by Dietrich Bank**

**\*Please call 217-347-5569 to make your reservation\***



# 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!



## *Rules of the Road Class*

This class will be offered at the Senior Center on  
Friday, August 2, 2024, at 9:30 am.  
(The next class will be Friday, October 4th, 2024)



**Come join us on  
Wednesday  
afternoons at  
1:00 p.m. to knit,  
crochet, or bring  
your own crafts  
to socialize and  
make new  
friends!**


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

Friends  
Food  
Fellowship



Friends  
Food  
Fellowship

## July 2024 MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 Oven Baked Chicken Parsley Potatoes Peas Whole Grain Bread Pineapple	2 Chef Salad Turkey, Ham, Egg Lettuce, Tomato, Cucumber ,Carrots, Shredded Cheese Salad Dressing Mandarin Orange Cake Club Crackers Banana	3 Hamburger on Bun Romaine Lettuce, Tomato, Onion, Pickles Potato salad 3 Bean Salad Watermelon	4 	5 Turkey & Dressing Mashed Potatoes Mixed Vegetables Strawberries Whole Grain Roll
8 Ham Hash Brown Casserole Succotash 5 Cup Salad Whole Grain Roll	9 Turkey Burger on Bun Glazed Carrots Green Beans Fruit Cocktail	10 Beef N Noodles Brussels Sprouts Corn Apricots	11 Chicken Salad on Wheat Bread Asian Cole Slaw Waldorf Salad Potato Salad	12 Pork Roast Baked Sweet Potatoes Brussels Sprouts Apple Sauce Whole Grain Roll
15 Sweet & Sour Chicken w/Pineapple over Rice Steamed Broccoli Jell-O w/Fruit Cocktail	16 Taco Salad w/tortilla chips Meat & Refried Beans Lettuce, Tomato, Onions Shredded Cheese Salsa Apple	17 Grilled Pork Tenderloin on Whole Grain Bun Roasted Red Potatoes Green Beans Cantaloupe	18 Egg, Sausage Breakfast Casserole Hash Browns Hot Herbed Tomatoes Orange Juice Cinnamon Roll	19 Grilled Chicken Breast Broccoli Rice & Cheese Carrots Strawberries Whole Grain Bread
22 Bratwurst on Bun Sauerkraut Grilled Potatoes Blushing Pears	23 Meatloaf Scalloped Potatoes Butter Beans Melon Medley Whole Grain Bread	24 Pork Roast Baked Sweet Potatoes Brussels Sprouts Apple Sauce Whole Grain Roll	25 Tuna Salad Sandwich On Wheat Bread Potato Salad Lettuce Leaf w/tomato Watermelon	26 BBQ Baked Chicken Baked Potato Broccoli w/cheese Chilled Peaches Peanut Butter Cookie
29 Ball Park Frank on Bun Macaroni & Cheese California Blend Cole Slaw Banana	30 Spaghetti w/meat sauce Carrots & Peas Tossed Salad w/tomatoes Salad Dressing Baked Apples Garlic Bread	31 Fish on Bun Cauliflower w/cheese Baked Beans Cantaloupe		<b>Milk, Bread, and Margarine are served with every meal. Substitutes will only be made in emergencies. FINAL</b>

**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 217-994-3191**

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

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



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



**CLIMATE CHANGE & EXTREME HEAT**



Extreme heat events, or heat waves, are a leading cause of EXTREME WEATHER-RELATED DEATHS in the United States and the number of heat-related deaths is rising!



**WHO'S AT RISK?**



Adults over 65, children under 4, people with existing medical problems such as heart disease, and people without access to air conditioning

**WHAT CAN YOU DO?**

**STAY COOL**

- Find an air-conditioned shelter
- Avoid direct sunlight
- Wear lightweight, light-colored clothing
- Take cool showers or baths
- Do not rely on a fan as your primary cooling device

**STAY HYDRATED**

- Drink more water than usual
- Don't wait until you're thirsty to drink more fluids
- Avoid alcohol or liquids containing high amounts of sugar
- Remind others to drink enough water

**STAY INFORMED**

- Check local news for extreme heat alerts and safety tips
- Learn the symptoms of heat illness

**LEARN MORE!**

Visit CDC's Environmental Public Health Tracking Network to learn more about climate change and extreme heat at

[www.cdc.gov/ephtracking](http://www.cdc.gov/ephtracking)



**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

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)342-4990 or via the web at <http://www.csecc.org/CIFTC/PT.htm>



**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.



















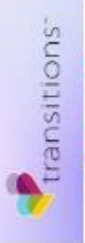















"This publication has been created or produced by Senior Services of Effingham County with financial assistance, in whole or in part, through a grant from the Centers for Medicare & Medicaid Services, the Federal Medicare agency".



# July 2024 Activity Center Calendar



Monday	Tuesday	Wednesday	Thursday	Friday
<b>1</b> 1:00 Cards & Mahjong 	<b>2</b> 10:00 Line Dancing 	<b>3</b> 1:00 Games 1:00 Knit/Crochet/Socialize 1:00 SHIP 	<b>4</b> Sorry we are CLOSED for the 4th of July  	<b>5</b> Activity Center is CLOSED for the 4th of July Holiday 
<b>8</b> 1:00 Cards & Mahjong 	<b>9</b> 10:00 Line Dancing 	<b>10</b> 1:00 Games 1:00 Knit/Crochet/Socialize 1:00 SHIP 	<b>11</b> 11:00 Dine with a Doc featuring Dr. Linda Ruholl, RN, PhD  	<b>12</b> 1:00 BINGO Sponsor:  
<b>15</b> 1:00 Cards & Mahjong 	<b>16</b> 10:00 Line Dancing 	<b>17</b> 1:00 Games 1:00 Knit/Crochet/Socialize 1:00 SHIP 	<b>18</b> 11:00 SAVVY SENIOR LUNCH Sponsored by HSHS A Cardiovascular Health Presentation  	<b>19</b> 1:00 BINGO Sponsor:  
<b>22</b> 1:00 Cards & Mahjong 	<b>23</b> 10:00 Line Dancing 	<b>24</b> 1:00 Games 1:00 Knit/Crochet/Socialize 1:00 SHIP 	<b>25</b> 1:00 Birthday Party with cake & ice cream Provided by Aperion Care 	<b>26</b> 1:00 BINGO Sponsor:  
<b>29</b> 1:00 Cards & Mahjong 	<b>30</b> 10:00 Line Dancing 	<b>31</b> 2:00 Ice Cream Social & Presentation sponsored by Dietrich Bank  	<b>1-Aug</b> 1:00 Games 	<b>2-Aug</b> 9:30 Rules of the Road  1:00 BINGO Sponsor: 