



To join the Sunset Times email list please email
lhartigan@eccoa.org
or check out our webpage at www.eccoa.org

Celebrate Father's Day with Homewood Grill Ice Cream! Thursday, June 15th at 1 pm

Come to the Senior Center and celebrate Father's Day with
Homewood Grill Ice Cream with Patty Hood
from Sarah Bush Lincoln on June 15 at 1:00pm.
This fun and yummy event is open to all Seniors 60 and above.
Bring your friends and come join in the fun!

****Registration is required! Please don't forget to call 217-347-5569 to register! ****



Senior Services will be **closed** on
Wednesday, June 28th
For Staff development & training



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



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.

CCP allows both Medicaid eligible and non-Medicaid eligible persons to receive the services they need to remain living in the community. On average, slightly more than 50% of program participants are enrolled via Medicaid.

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. 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 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!

Now more than ever, we are called on to make a difference...

Become a Long Term Care Ombudsman Volunteer!



The Long-Term Care Ombudsman Program helps residents assert their civil and human rights. The Ombudsman Program seeks volunteers to visit long term care facilities in their communities to empower and help residents resolve complaints. Complaints can range from cold food or a missing sweater, to more serious issues such as the residents' right to decline medical treatment or abuse. Volunteers must complete a training course established by the Office of State Long Term Care Ombudsman and attend on-going in-service training.

Volunteer Ombudsmen increase residents' awareness of the program and how to use it. They increase community awareness and contribute various skills such as bilingual assistance and sign language. Residents better acquaint themselves with and trust volunteer ombudsmen who are frequent visitors to the facility. Ombudsmen volunteers must have skills in communication, problem solving, empathy and good judgment. If you are interested in volunteering, contact the

Regional Ombudsman, Lisa Light at 217-347-5216 today for more details. All training materials are provided, free of charge... mileage reimbursement, hotel costs, as well as meals are provided when attending trainings.

You can make a difference, one person at a time!

Emergency Home Response Service (EHRS):

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 staffed support center.

EHRS is Community Care Program core service provided to improve the independence and safety of participants in their own homes and help reduce the need for nursing home care. For more information on Emergency Home Response Services in our community, contact Effingham 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.





May was an exciting month of celebrating Older Americans Month!

SUPER BINGO



The Price is Right



Mother's Day Tea



Ombudsman's Luncheon



A special thank you to our corporate sponsors:



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, Sept 1st, 2023)





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 June 8, 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 Dr. Dean Page, Plastic Surgeon



HSHS Medical Group



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
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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!!

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)942-4990 or via the web at <http://www.ceboc.org/CPT/CPT.htm>



June 2023 MENU
Suggested Donation \$4.00/Meal

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
FINAL			1 Fried Chicken Potato Salad Green Beans Hot Apple Crisp Biscuit	2 Swedish Meatballs Mashed Potatoes Succotash Apricots Whole Grain Roll
5 Sweet & Sour Chicken w/pineapple Over Steamed Rice Steamed Broccoli Jello w/fruit cocktail	6 Grilled Pork Tenderloin Roasted Red Potatoes Lima Beans Watermelon Whole Grain Bun	7 Taco Salad w/tortilla chips Meat & Refried Beans Lettuce, Tomato, Onions, Shredded Cheese Apple	8 Egg, Sausage & Spinach Casserole Hash Browns Hot Herbed Tomatoes Orange Juice Cinnamon Roll	9 Chicken Strips Broccoli Rice & Cheese Carrots Strawberries w/bananas Whole Grain Bread
12 Bratwurst Grilled Peppers & Onions Blushing Pears Hot Dog Bun	13 Meatloaf Scalloped Potatoes Butter Beans Melon Medley Whole Grain Bread	14 Grilled Chicken Breast Baked Potato Broccoli w/cheese Chilled Peaches Peanut butter Cookie	15 Pork Roast Baked Sweet Potatoes Brussel Sprouts Applesauce Whole Grain Roll	16 Tuna Salad Sandwich Tomato/Cucumber Medley Black Bean & Corn Salad Watermelon
19 BBQ Chicken Parsley Potatoes Green Beans Whole Grain Bread Banana	20 Hamburger Lettuce, Tomato, Onion, Pickles Potato Salad Kidney Bean Salad Watermelon Hamburger Bun	21 Chef Salad Turkey, Ham, Egg Lettuce, Tomato, Cucumber, Carrots, Shredded cheese Mandarin Orange Cake Club Crackers	22 Turkey & Dressing Mashed Potatoes Mixed Vegetables Strawberries Whole Grain Roll	23 Sloppy Joes Au Gratin Potatoes Calcio Beans Cantaloupe Hamburger Bun
26 Chicken Salad Tomato Medley Waldorf Salad Strawberries & Bananas Croissant	27 Ham Hash Brown Casserole Succotash 5 Cup Salad Whole Grain Roll	28 Stuffed Green Peppers Glazed Carrots Green Beans Banana Pudding w/sliced Bananas	29 Pork Burger 4 Bean Salad Cold Stewed Tomatoes Melon Medley Hamburger Bun	30 Beef Tips w/mushroom gravy Over Noodles Brussel Sprouts Corn Apricots

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

BENEFIT ACCESS PROGRAM

APPLY at 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.

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

To see if you qualify for a reduced license sticker!

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.

Please join us for cake & ice cream on **Thursday, June 29th at 1:00 p.m.** for our monthly birthday party!

We will celebrate those who have a birthday in June 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.






















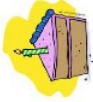

ILLINOIS TELECOMMUNICATIONS ACCESS CORPORATION

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!

Activity Center Calendar June 2023



Monday	Tuesday	Wednesday	Thursday	Friday
<p>5</p> <p>1:00 Cards & Mahjong</p> 	<p>6</p> <p>10:00 Line Dancing</p> 	<p>Please remember to call 217-347-5569 to sign up for our special events.</p> <p>Thank you!</p>	<p>1</p> <p>1:00 Games</p>	<p>2</p> <p>1:00 BINGO Sponsor:</p>  
<p>12</p> <p>1:00 Cards & Mahjong</p> 	<p>13</p> <p>10:00 Line Dancing</p> 	<p>14</p> <p>1:00 Games</p> <p>1:00 Knit/Crochet/Socialize</p> <p>1:00 SHIP</p> 	<p>15</p> <p>1:00 Father's Day Ice Cream Social Sponsored by:</p>  	<p>16</p> <p>1:00 BINGO Sponsor:</p> 
<p>19</p> <p>1:00 Cards & Mahjong</p> 	<p>20</p> <p>10:00 Line Dancing</p> 	<p>21</p> <p>1:00 Games</p> <p>1:00 Knit/Crochet/Socialize</p> <p>1:00 SHIP</p>	<p>22</p> <p>1:00 Games</p> 	<p>23</p> <p>1:00 BINGO Sponsor:</p>  
<p>26</p> <p>1:00 Cards & Mahjong</p> 	<p>27</p> <p>10:00 Line Dancing</p> 	<p>28</p> <p>Office Closed for Staff Training and Development</p> 	<p>29</p> <p>1:00 Birthday Party with cake & ice cream Provided by Aperion Care!</p>  	<p>30</p> <p>1:00 BINGO Sponsor:</p> 