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or check out our website at www.eccoa.org

A huge thank you to our corporate sponsors for making Older Americans Month a huge success!



DIETERICH BANK
Live for Today.
Bank for Tomorrow.



HSB
St. Anthony's
Memorial Hospital



Senior Services Activity Center will be CLOSED on Wednesday, June 11th, 2025-for a Private Training & Senior Services of Effingham County will be CLOSED on Wednesday, June 25th, 2025-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 and trips 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 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 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, June 12th, 2025, in the Senior Services Activity Center from 11:00 a.m. until 1:00 p.m.**

**This month we are excited to present
Dr. Yaniv Cozacov, MD. FACS**

Dr. Cozacov is the chief of surgery at Horizon Health. He is also Adjunct Clinical Assistant Professor of Surgery at Indiana University School of Medicine.

Dr. Cozacov joined Horizon Health in July 2018. He performs a variety of surgeries, including bariatric surgery, laparoscopic hernia repair, bowel surgery, gallbladder removal, and hemorrhoid surgery. Others include treatment for gastroesophageal reflux disease (GERD)/heart burn, cyst and skin lesion removal, port and feeding tube placement, and breast procedures.



**Lunch will be complimentary and
provided courtesy of: Odd Fellow-
Rebekah Home**



**HORIZON
HEALTH**

****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.**



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!

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 & RIDE WITH US



Find us on
facebook.

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.cafsecc.org/CPT/CPT.htm>



STANFIELD CHIROPRACTIC

Please join us for cake &
ice cream on

**Thursday, June 26th 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
Stanfield Chiropractic!

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



SHIP

(Senior Health Insurance Program)

Senior Services staff are 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".

Older Americans Month was a huge success!!



**Benny &
the Amigos**



**Super Bingo
Prizes**



**Ombudsman
Community
Education
Luncheon**



Thursday, July 17th, 2025, at 11:00 am!!

HSBS St. Anthony's Savvy Senior returns with an informational program featuring

Dr. Zane Qureshi, Podiatrist





June 2025 MENU

Friends Food Fellowship

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 Salisbury Steak Whipped Potatoes Peas Mandarin Oranges Oatmeal Cookie	3 Sub Sandwich on Hoagie Bun Lettuce & Tomato Broccoli/Cauliflower Salad Cantaloupe	4 Fried Chicken Potato Salad Carrots Hot Apple Crisp Biscuit	5 Swedish Meatballs Mashed Potatoes Corn Apricots Whole Grain Roll	6 BBQ Pulled Pork on Whole Grain Bun Au Gratin Potatoes 4 Bean Salad Baked Apples
9 Sweet & Sour Chicken w/Pineapple over Rice Steamed Broccoli Jell-O w/Fruit Cocktail	10 Grilled Pork Tenderloin on Whole Grain Bun Roasted Red Potatoes Green Beans Watermelon	11 Grilled Chicken Breast Broccoli Rice & Cheese Carrots Strawberries Whole Grain Bread	12 Taco Salad w/tortilla chips Meat & Refried Beans Lettuce, Tomato, Onions Shredded Cheese Salsa Apple	13 Pork Chop Au Gratin Potatoes BBQ Baked Beans Fresh Fruit Texas Sheet Cake
16 BBQ Baked Chicken Baked Potato Broccoli w/cheese Chilled Peaches Peanut Butter Cookie	17 Bratwurst on Bun Sauerkraut Grilled Potatoes Blushing Pears	18 Meatloaf Scalloped Potatoes Butter Beans Melon Medley Whole Grain Bread	19 Pork Roast Baked Sweet Potatoes Brussels Sprouts Apple Sauce Whole Grain Roll	20 Fried Chicken Potato Salad Baked Beans Corn Watermelon
23 Turkey & Dressing Mashed Potatoes Mixed Vegetables Strawberries Whole Grain Roll	24 Hamburger on Bun Romaine Lettuce, Tomato, Onion, Pickles Potato Salad Pineapple	25 Chef Salad Turkey, Ham, Egg Lettuce, Tomato, Cucumber, Carrots, Shredded Cheese Salad Dressing Mandarin Orange Cake Club Crackers Banana	26 Sloppy Joes on Bun Au Gratin Potatoes Calico Baked Beans Cantaloupe	27 Oven Baked Chicken Parsley Potatoes Green Beans Whole Grain Bread Watermelon
30 Ham Hash Brown Casserole Succotash 5 Cup Salad Whole Grain Roll			FINAL	Milk, Bread, and Margarine are served with every meal. Substitutes will only be made in emergencies.

CALL THE DAY BEFORE TO RESERVE A MEAL

Suggested Donation \$4.75/Meal

Effingham 217-347-2851 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



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



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!**

**Come join us every
Friday at 1:00 p.m.
for an afternoon of
Bingo with friends!**



June 2025 Activity Center Calendar

June 2025 Activity Center Calendar					
Monday	Tuesday	Wednesday	Thursday	Friday	
2 1:00 Cards & Mahjong 	3 10:00 Line Dancing 	4 1:00 Knit/Crochet/Socialize 1:00 Games 1:00 SHIP 	5 1:00 Games 	6 12:30 Mahjong 1:00 BINGO Sponsor: 	
9 1:00 Cards & Mahjong 	10 10:00 Line Dancing 	11 The Senior Activity Center is CLOSED for a Private Event 	12 11:00 Dine with a Doc featuring Dr. Yaniv Cozacov  	13 12:30 Mahjong 1:00 BINGO Sponsor: 	
16 1:00 Cards & Mahjong 	17 10:00 Line Dancing 	18 1:00 Games 1:00 Knit/Crochet/Socialize 1:00 SHIP 	19 1:00 Games 	20 12:30 Mahjong 1:00 BINGO Sponsor: 	
23 1:00 Cards & Mahjong 	24 10:00 Line Dancing 	25 Sorry we are CLOSED for Staff Training & Development 	26 2:00 Birthday Party Provided by Stanfield Chiropractic with cake & ice cream 	27 12:30 Mahjong 1:00 BINGO Sponsor: 	
30-Jun 1:00 Cards & Mahjong 	1-Jul 10:00 Line Dancing 	2-Jul 1:00 Games 1:00 Knit/Crochet/Socialize 1:00 SHIP 	3-Jul 1:00 Games 	4-Jul Sorry we are Closed for the 4th of July 	