



# Sunset Times

## MAY 2024

To join the Sunset Times email list please email [lhartigan@seniorservices-eccoa.org](mailto:lhartigan@seniorservices-eccoa.org) or check out our website at [www.eccoa.org](http://www.eccoa.org)

### May is Older Americans Month!

### Step up to the plate for your health!

#### SCHEDULE OF EVENTS:

-  **Thursday, May 2<sup>nd</sup>:** **8:30 to 11:30 am Senior Center Health & Information Fair**
-  **Thursday, May 9<sup>th</sup>:** **11:00 am Dine With A Doc**  
**12:30 pm Super Bingo**
-  **Thursday, May 16<sup>th</sup>:** **11:00 am St. Anthony's Savvy Senior Luncheon**
-  **Wednesday, May 22<sup>nd</sup>:** **11:00 am Ombudsman's Luncheon & Presentation**  
**12:00 pm Music by Marty & Heather**
-  **Thursday, May 30<sup>th</sup>:** **1:00 pm Stanfield Bingo**  
**2:00 pm Monthly Birthday Party**



A special thank you to our corporate sponsors:



**DIETERICH BANK**  
*Live for Today. Bank for Tomorrow.*



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



**Senior Services of Effingham will be CLOSED on Monday, May 27<sup>th</sup> in observance of Memorial Day.**



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 1-800-283-4070 after hours and on weekends  
[www.seniorservices-eccoa.org](http://www.seniorservices-eccoa.org)



***You're Invited.....***

***Luncheon – Presentation – Music***

Please join us in the Senior Services Activity Center at 11:00 am on Wednesday, May 22nd for a luncheon and presentation followed by a terrific musical performance from **Marty & Heather!**

The event is sponsored by Senior Services Ombudsman Program where valuable information regarding Long-Term Care and Resident's Rights will be presented and discussed.

Please RSVP to 217-347-5569 as seating will be limited.

**What is an Ombudsman?**

A Long-Term Care Ombudsman is an advocate who seeks to resolve complaints on behalf of residents who receive long-term care services. The 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.

Ombudsman services are confidential and free, so if you have a concern, complaint, or question, please call Lisa Light-Regional Ombudsman, at 217-347-5216 or 1-800-283-4070.



***Rules of the Road Class***

This class will be offered at the Senior Center on **Friday, June 7th, 2024, at 9:30 am**  
(The next class will be Friday, August 2nd, 2024)





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, May 9<sup>th</sup>, 2024, 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 **Leah Teichmiller, PA-C Neurology**



Lunch will be complimentary and provided courtesy of: **Sarah Bush Lincoln**



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

**In Honor Of Older American's Month, we present.**



**Thursday, May 9th immediately following Dine With A Doc Program  
Bigger Prizes – Lots of Fun – More Games!**



## 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.



### **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.

Please join us in the Senior Activity Center  
on **Thursday, May 16<sup>th</sup>, 2024, at 11:00 am**  
**Featuring:** HSHS St. Anthony's Hospital Happenings



*present*

## **St. Anthony's Savvy Senior Program and Luncheon Series**

HSHS St. Anthony's Memorial Hospital's **Angela Kelly, Executive Director of Operations and Interim Chief Nursing Officer**, will share the latest on hospital events and services available to you. Angela will also be joined by other colleagues:

- **Physical Therapist Jessica Mottashed** will share about specialized equipment, therapies and support offered by HSHS St. Anthony's Physical Rehabilitation and Wellness to help improve life and activity for those with Parkinson's disease.
- **Registered Dietitian and Educator Adrienne Jarrell** with HSHS Medical Group Diabetes and Endocrinology will share about signs that you may need to get checked for diabetes, as well as educational and support group information for those living with diabetes.

They will also have a fun **B I N G O** activity to celebrate Older Americans Month!  
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\*\*\***





Friends  
Food  
Fellowship



Friends  
Food  
Fellowship

## May 2024 MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>Milk, Bread, and Margarine are served with every meal. Substitutes will only be made in emergencies.</p> <p><b>FINAL</b></p>		<p>1 Roast Beef Mashed Potatoes Green Beans Apricots Peanut Butter Cookie</p>	<p>2 Biscuits &amp; Gravy Sausage Patty Hash Brown Casserole Banana Orange Juice</p>	<p>3 Turkey Burger Potato Wedges Broccoli Pineapple Chunks Whole Grain Bread</p>
<p>6 Fish on Bun Broccoli Rice Casserole Baked Beans Orange</p>	<p>7 Chicken &amp; Noodles Tossed Salad w/tomatoes California Blend Cherry Crisp</p>	<p>8 Meatloaf Baked Potato Succotash Blushing Pears Whole Grain Roll</p>	<p>9 Broccoli Cheese Soup Crackers ½ Turkey Sandwich on Whole Grain Bread Slaw Fruit Cocktail</p>	<p>10 Chicken Salad w/fruit on Croissant Broccoli Cauliflower Salad Strawberries Angel Food Cake</p>
<p>13 Swiss Steak Au Gratin Potatoes Spinach Vanilla Pudding Whole Grain Bread</p>	<p>14 Turkey Sweet Potatoes Green Beans Peaches Whole Grain Roll</p>	<p>15 Smothered Grilled Chicken Breast Broccoli Carrots Jell-O w/pears Garlic Bread</p>	<p>16 Ball Park Frank w/bun Baked Potato Baked Beans Strawberries w/bananas</p>	<p>17 Lemon Pepper Tilapia Garlic Mashed Potatoes Honey Glazed Carrots Tropical Fruit Cotton Pickin' Good Cake</p>
<p>20 Polish Sausage Sauerkraut Mashed Potatoes Pumpkin Mousse Whole Grain Bread</p>	<p>21 Lasagna Tossed Salad w/tomatoes Broccoli Warm Apple Crisp Garlic Bread Stick</p>	<p>22 BBQ Riblet Au Gratin Potatoes Mixed Vegetables Applesauce Whole Grain Bun</p>	<p>23 Italian Beef on Hoagie Bun Parsley Potatoes California Blend Veggies Chilled Peaches</p>	<p>24 Herbed Baked Chicken Baby Baker Potatoes Green Beans Apricots Black Bean Brownie</p>
<p>27</p> <p><b>CLOSED FOR MEMORIAL DAY</b></p> 	<p>28 Pork Roast Roasted Rosemary Potatoes Asparagus Mandarin Oranges Oatmeal Raisin Cookie</p>	<p>29 Fried Chicken Mashed Potatoes w/gravy Gourmet Carrots Angel Food Cake with strawberries Whole Grain Roll</p>	<p>30 Beef Pepper Steak Over Rice Stewed Tomatoes Warm Peach Crisp</p>	<p>31 Baked Turkey Crunch Peas Tossed Salad w/tomatoes Warm Spiced Apples Whole Grain Bread</p>

**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



# 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!!**

<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
---	--	--	---

**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)342-4880 or via the web at <http://www.celssc.org/CPTIC/PFT.htm>



## 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!





















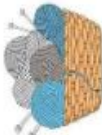



Please join us for cake & ice cream on **Thursday, May 30th at 2:00 pm** for our monthly birthday party!

We will celebrate those who have a birthday in March 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.

# May 2024 Activity Center Calendar

Monday	Tuesday	Wednesday	Thursday	Friday
<p>6</p> <p>12:00 Cards &amp; Mahjong</p> 	<p>7</p> <p>10:00 Line Dancing</p> 	<p>1</p> <p>1:00 Games</p> <p>1:00 Knit/Crochet/Socialize</p> <p>1:00 SHIP</p> 	<p>2</p> <p>8:30-11:30 Senior Activity Center Health &amp; Information Fair</p>  <p>OLDER AMERICANS MONTH POWERED BY CONNECTION MAY 2024</p>	<p>3</p> <p>1:00 BINGO Sponsor:</p>  
<p>13</p> <p>12:00 Cards &amp; Mahjong</p> 	<p>14</p> <p>10:00 Line Dancing</p> 	<p>15</p> <p>1:00 Games</p> <p>1:00 Knit/Crochet/Socialize</p> <p>1:00 SHIP</p> 	<p>16</p> <p>11:00 Dine with a Doc</p>  <p>12:30 Super Bingo</p> 	<p>17</p> <p>1:00 BINGO Sponsor:</p> 
<p>20</p> <p>12:00 Cards &amp; Mahjong</p> 	<p>21</p> <p>10:00 Line Dancing</p> 	<p>22</p> <p>11:00 Ombudsman Luncheon &amp; Presentation</p> <p>12:00 Music by Marty &amp; Heather</p> 	<p>23</p> <p>1:00 Games</p> 	<p>24</p> <p>1:00 BINGO Sponsor:</p>  
<p>27</p> <p>Sorry we're closed for Memorial Day</p> 	<p>28</p> <p>10:00 Line Dancing</p> 	<p>29</p> <p>1:00 Games</p> <p>1:00 Knit/Crochet/Socialize</p> <p>1:00 SHIP</p> 	<p>30</p> <p>1:00 Stanfield Bingo</p> <p><b>STANFIELD CHIROPRACTIC</b></p> <p>2:00 Birthday Party with cake &amp; ice cream</p> <p>Provided by Apeaperion</p> 	<p>31</p> <p>1:00 BINGO Sponsor:</p> 