

SENIOR SERVICES

Effingham County



209 S. Merchant
Effingham, IL 62401

Sunset Times

November 2024

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



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St. Anthony's Savvy Senior Program & Luncheon

on Thursday, November 21, 2024, at 11 a.m. featuring HSHS St. Anthony's Rehabilitation and Wellness Team. This next month's program focuses on a variety of rehabilitation and wellness topics as we are joined by three therapists from HSHS St. Anthony's Physical Rehabilitation and Wellness:

- **Jessica Mottashed** will talk about a new Korebalance machine to help those with balance issues, as well as how pelvic floor therapy can help you.
- **Nicole Probst** will discuss lymphedema and what treatments are available at St. Anthony's Rehabilitation and Wellness.
- **Samantha Probst** will share about their LSVT programs, which are effective, evidence-based programs for people in all stages of Parkinson's disease.



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 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



Community Partner

In Observance of Veterans Day & Thanksgiving Day,
Senior Services will be closed on Monday, November 11th,



Thursday, November 28th
Friday, November 29th



Sarah Bush Lincoln and Effingham City/County Committee on Aging (ECCOA) and Senior Services of Effingham are partnering with the Land of Lincoln Honor Flight to host a

Flightless Honor Flight

Specifically developed for Veterans who anticipate that they may not be physically able to withstand the rigors of an actual Honor Flight.

12:30 pm – Doors Open
1:00 pm – Event Begins
2:00 to 2:30 pm – Reception/Parade

Wednesday, November 6

Effingham Event Center, 1501 W Fayette Ave, Effingham

Veterans Eligible:

World War II (enlisted by 12/31/1946)
Korean War Era (enlisted 01/01/47-12/31/1957)
Vietnam War Era (enlisted 01/01/1958-05/07/1975)

This is your time to let us thank you for your service!

Reservation Required. * Seats are Limited.
Contact Senior Services at 217-347-5569 and ask for Linda to make a reservation.

Each veteran may be accompanied by one guardian, who may assist veterans through the adventure.

Top priority is given to veterans with a terminal or critical illness.



Don't forget to "FALL BACK"
(turn your clocks back an hour) &
change your smoke detector battery on
the night of Saturday, November 2nd!



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, November 14th, 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 **Effingham Animal Rescue Sanctuary**



Lunch will be complimentary and provided courtesy of: **The Villas of Holly Brook Effingham**



****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.**

“... 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.



Rules of the Road

This class will be offered
at the
Senior Center on
Friday, December 6th, at
9:30 a.m.
(Next class will be Friday,
February 7th, 2025)



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”.

****Make your appointment for Medicare Annual Enrollment
by calling 217-347-5569****

MEDICARE OPEN ENROLLMENT | OCT. 15-DEC. 7

Starting in 2025

Yearly out-of-pocket costs
CAPPED AT \$2,000
for prescription drugs covered
by Medicare



Friends
Food
Fellowship



Friends
Food
Fellowship

November 2024 MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Milk, Bread, and Margarine are served with every meal. Substitutes will only be made in emergencies.	FINAL			1 Ham Hash Brown Casserole Brussels Sprouts Chilled Peaches Whole Grain Roll
4 Salisbury Steak w/gravy Whipped Potatoes Black Eyed Peas Apple Cake w/Cream Cheese Icing	5 BBQ Chicken Breast Rice Pilaf Peas & Carrots Stewed Tomatoes Cinnamon Applesauce	6 Pork Cutlet Baked Potato Broccoli & Cauliflower Apricots Biscuit	7 Beef Stroganoff over Noodles Gourmet Carrots Green Bean Orange Whole Grain Roll	8 Jumbo Ball Park Frank on Bun Roasted Red Potatoes Green Beans Jell-O w/Fruit
11 	12 Ham & Beans Cole Slaw Beets Peaches Corn Bread	13 Fried Chicken Mashed Potatoes Green Beans Strawberries & Bananas Whole Grain Roll	14 Turkey Parsley Potatoes Brussels Sprouts Whole Grain Roll Pumpkin Mousse	15 Taco Soup w/shredded Cheese Cornchips Tossed Salad Salad Dressing Whole Grain Bread Apricots
18 Roast Beef Mashed Potatoes Green Beans Mixed Fruit Whole Grain Roll	19 Italian Chicken Breast California Blend Vegetables Corn Oranges W/Bananas Roll	20 Mac n Cheese w/ham Broccoli Tossed Salad w/tomatoes Salad Dressing Warm Peach Crisp Whole Grain Bread	21 Oven Baked Chicken Whipped Potatoes Mixed Vegetables Pineapple Roll	22 Chili Crackers Cottage Cheese Asian Cole Slaw Chilled Pears Corn Bread
25 Meatloaf Whipped Potatoes Brussels Sprouts Mandarin Oranges Peanut Butter Cookie	26 Broccoli Cheese Soup Crackers ½ Turkey Sandwich on Whole Grain Bread Green Pea Salad Blushing Pears	27 Turkey & Dressing Sweet Potatoes Green Bean Casserole Cranberry Salad Roll Pumpkin Pie w/topping	28 	29 

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

20th ANNUAL THANKSGIVING DAY DINNER

THANKSGIVING DAY

Thursday, November 28th, 2024



**FISH WILL OFFER A CONGREGATE MEAL (SERVING STARTS AT 12:30) AT
CORNERSTONE CHRISTIAN CHURCH
MEAL DELIVERY (AFTER 10AM) AND CURBSIDE PICKUP
11:00AM-12:00 NOON AT THE CHURCH)**

**You may start to reserve meals on November 1, 2024, through
November 21, 2024, for the Congregate, Home Delivered & Curbside
Pickup Meals.**

Please call 217-821-4387 by November 21, 2024

****Volunteers are needed to help package & deliver meal. We will start
cutting pies & packaging meals at 9:00am.****

To volunteer, please call Susan Elke at 217-868-5913

**MEALS ARE TO ALL EFFINGHAM COUNTY RESIDENTS AND
THEIR FAMILIES**

**DONATIONS ARE ALWAYS GREATLY APPRECIATED AND CAN BE SENT
TO FISH P.O. BOX 473, EFFINGHAM, IL 62401**



Reminder:

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



**Please join us for
cake & ice cream on
Wednesday, November 27th
at 1:00 p.m. for our monthly
birthday party!**

**We will celebrate those who
have a birthday in November
with cake and ice cream
provided by Aperion Care.
You are welcome to stay
afterwards and play cards,
games, socialize with your
friends.**

November 2024 Activity Center Calendar



Monday

1

Tuesday

2

Wednesday

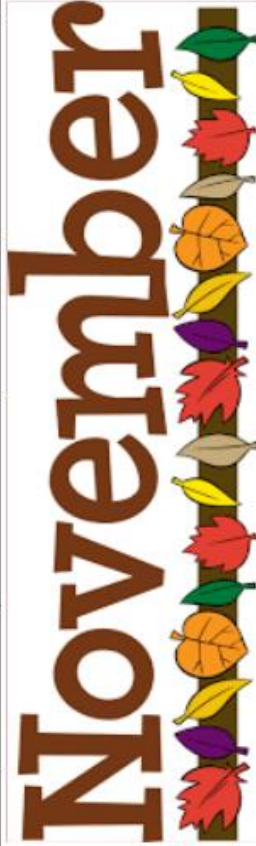
3

Thursday

4

Friday

5



****Please call
217-347-5569 to
Reserve your spot
for our special events!****

1:00 BINGO Sponsor:

4
12:00 Cards & Mahjong

5
10:00 Line Dancing

6
**1:00 Flightless Honor Flight
at the Effingham Event Center**

7
1:00 Games

8
1:00 BINGO Sponsor:

11
Closed for Veteran's Day

12
10:00 Line Dancing

13
1:00 Games
1:00 Knit/Crochet/Socialize
1:00 SHIP

14
11:00 Dine with a Doc

15
1:00 BINGO Sponsor:

18
12:00 Cards & Mahjong

19
10:00 Line Dancing

20
1:00 Games
1:00 Knit/Crochet/Socialize
1:00 SHIP

21
HSHS St. Anthony's Memorial Hospital
11:00 SAVVY SENIOR LUNCH
Sponsored by HSHS
a Presentation on
Rehabilitation & Wellness

22
1:00 BINGO Sponsor

25
12:00 Cards & Mahjong

26
10:00 Line Dancing

27
1:00 Knit/Crochet/Socialize
1:00 Birthday Party
1:00 SHIP

28
Closed for Thanksgiving

29
CLOSED for the holiday