

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
or check out our webpage at www.eccoa.org



SENIOR SERVICES
DIVISION OF ECCOA
OMBUDSMAN PROGRAM



SENIOR SERVICES
Effingham County

Join us for an
Ombudsman's Luncheon & Presentation on
Thursday, October 17th, 2024 at 11:00 a.m.
Musical performance by Heather & Marty
Pumpkin painting after luncheon.
Dress up in a costume and we will have a
contest for best dressed!

****Please call 217-347-5569 to reserve your seat for an afternoon of Friends, Music, & most of all FUN****

Senior Services will be closed:
Monday, October 14th, 2024, for Columbus 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 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

"... 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, October 10th, 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. M. Saad Malik MD, with Sarah Bush Lincoln**

Lunch will be complimentary and provided courtesy of: **Effingham Rehabilitation & Health Care Center**



****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.**





**ATTENTION:
Rules of the Road
class has been
rescheduled for
Friday,
October 11th
at 9:30 a. m.**



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****

Starts October 15th till December 7th

Medicare Enrollment Periods



**Initial
Enrollment
Period**

3 months before
your 65th birthday
and 3 months after

Enroll in Part A,
Part B, Part D,
and Medicare
Supplement or
Medicare
Advantage Plan
for the first time



**Annual
Enrollment
Period**

Oct. 15 -
December 7

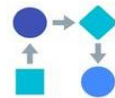
Change drop, or
enroll in
Medicare
Advantage plan
and Part D plan



**Open
Enrollment
Period**

January 1 -
March 31

Change or drop
an existing
Medicare
Advantage plan



**General
Enrollment
Period**

January 1 -
March 31

Enroll in Part A
or Part B if you
missed your IEP



**Special
Enrollment
Period**

lasts for up to 8
months

After employment
coverage ends -
you can enroll in
Part A and Part B,
then in Medigap +
Part D or Medicare
Advantage

**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!**



**Join the ladies on Mondays & Fridays at
12:30 p.m. for an afternoon of Mahjong!
Beginner or haven't played in years?
The ladies will teach you or refresh your memory!**



Thursday, November 21st, 2024, at 11:00 am!!




**HSHS St. Anthony's Savvy Senior returns with an
informational program regarding
Physical Therapy!**

Friends
Food
Fellowship



Friends
Food
Fellowship

October 2024 MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
FINAL	1 Ham & Beans Cole Slaw Beets Peaches Corn Bread	2 Jumbo Ball Park Frank on Bun Roasted Red Potatoes Green Beans Jell-O w/Fruit	3 Turkey Mashed Potatoes Brussels Sprouts Whole Grain Roll Pumpkin Mousse	4 Grilled Chicken Tenderloin Cheesy Rice w/broccoli Hot Stewed Tomatoes Fruit Cocktail Whole Grain Bread
7 Biscuits & Gravy Sausage Patties Hash Rounds Fresh Orange Apple Juice	8 Loaded Baked Potato Soup w/bacon & Cheese Slice Crackers Broccoli Cauliflower Salad Chilled Apricots Oatmeal Cookie	9 Chicken Pot Pie w/crust Creamy Cole Slaw Strawberries Angel Food Cake	10 Lasagna Green Beans Spiced Apples Black Bean Brownie Garlic Bread Stick	11 Chicken & Noodles Peas Glazed Carrots Chilled Pineapple Whole Grain Bread
14 	15 Meatloaf Whipped Potatoes Brussels Sprouts Mandarin Oranges Peanut Butter Cookie	16 Broccoli Cheese Soup Crackers ½ Turkey Sandwich on Whole Grain Bread Green Pea Salad Blushing Pears	17 Fried Chicken Parsley Potatoes Green Beans Strawberries & Bananas Whole Grain Roll	18 Mississippi Pork Roast Glazed Sweet Potatoes Cooked Cabbage Waldorf Salad Hogie Bun
21 Italian Chicken Breast Steamed Broccoli Corn Chilled Pears Roll	22 Chili Crackers Cottage Cheese Asian Cole Slaw Oranges and Bananas Corn Bread	23 Mac n Cheese w/ham Broccoli Tossed Salad w/tomatoes Salad Dressing Warm Peach Crisp Whole Grain Bread	24 Roast Beef Mashed Potatoes Green Beans Mixed Fruit Whole Grain Roll	25 Oven Baked Chicken Whipped Potatoes Mixed Vegetables Pineapple Roll
28 Fish Sandwich on Bun Au Gratin Potatoes Baked Beans Apricots	29 Country Fried Steak Mashed Potatoes & Gravy California Blend Strawberries w/bananas Whole Grain Bread	30 Pork Chop Baked Potato Green Beans Tropical Fruit	31 Spaghetti w/meat sauce Tossed Salad w/tomatoes Salad Dressing Corn Hot Cherry Crisp	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 \$4.25/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

Look what's new with ITAC:

Clarity XLC8BT

- Amplifies incoming sound up to 50 dB
- Amplifies outgoing speech up to 15 dB
- Slow Speech Feature
- Answering Machine with slow playback
- Caller ID screen with Talking Caller ID
- Loud ringer with adjustable tones
- Super bright visual ringer
- Battery powered backup

Deluxe Captioning Tablet

- Pro11 Tablet w/software
- Pro11 Case
- Tablet Stand
- Includes all power supplies and cables
- Detailed setup instructions
- Tablet does not require internet or Wi-Fi



Make your appointment to try out the new equipment at 217-347-5569



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
Thursday, October 31st
at 1:00 p.m. for our monthly
birthday party!

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

October 2024 Activity Center Calendar



Monday		Tuesday		Wednesday		Thursday		Friday			
1	<p>Call 217-347-5569 For all our Special Events to reserve your seat</p>	2	<p>10:00 Line Dancing </p>	3	<p>1:00 Games 1:00 Knit/Crochet/Socialize 1:00 SHIP </p>	4	<p>12:30 Mahjong 1:00 BINGO Sponsor: </p>	5	<p>1:00 Games </p>		
7	<p>12:30 Cards & Mahjong </p>	8	<p>10:00 Line Dancing </p>	9	<p>1:00 Games 1:00 Knit/Crochet/Socialize 1:00 SHIP </p>	10	<p>11:00 Dine with a Doc featuring Dr. M. Saad Malik MD </p>	11	<p>9:30 Rules of the Road  12:30 Mahjong 1:00 BINGO Sponsor: </p>		
14	<p>SENIOR SERVICES WILL BE CLOSED for Columbus Day </p>	15	<p>10:00 Line Dancing </p>	16	<p>1:00 Games 1:00 Knit/Crochet/Socialize 1:00 SHIP </p>	17	<p>11:00 Ombudsmans Luncheon & Presentation Musical Guest Heather & Marty Pumpkin Painting Costume Contest </p>	18	<p>12:30 Mahjong 1:00 BINGO Sponsor: </p>	19	<p>1:00 Games </p>
21	<p>12:30 Cards & Mahjong </p>	22	<p>10:00 Line Dancing </p>	23	<p>1:00 Games 1:00 Knit/Crochet/Socialize 1:00 SHIP</p>	24	<p>1:00 Games </p>	25	<p>12:30 Mahjong 1:00 BINGO Sponsor: </p>	26	<p>1:00 Games </p>
28	<p>12:30 Cards & Mahjong </p>	29	<p>10:00 Line Dancing </p>	30	<p>1:00 Games 1:00 Knit/Crochet/Socialize 1:00 SHIP </p>	31	<p>Happy Halloween!! 1:00 Birthday Party with cake & ice cream Provided by Aperion </p>	1-Nov	<p>12:30 Mahjong 1:00 BINGO Sponsor: </p>	2	<p>1:00 Games </p>