

SENIOR SERVICES

Effingham County



209 S. Merchant
Effingham, IL 62401

Sunset Times



2026

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



217-347-5216

1-800-283-4070

Join us at the Table



National Consumer Voice for
Quality Long-Term Care



**Residents' Rights Month is celebrated each October,
and we want to celebrate with you!**

This year's Residents' Rights Month theme, **Join Us at the Table**, highlights the central role that food, mealtime, and community play in residents' daily lives. Food is essential to residents' health, providing the nutrition and dietary requirements they rely on. But its significance extends beyond that. Food is comfort, culture, identity, and connection – a daily experience that shapes dignity and quality of life.

You have the right to contact your ombudsman at any time. The program offers confidential help with your questions, concerns, or complaints regarding the care you are receiving in your home.

**Senior Services will be closed:
Monday, October 12th, 2026, 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 Care Program

"...helping older people live independently"



Call Senior Services today for an assessment: 217-347-5569

Established in 1979 by Public Act 81-202, the Illinois Department on Aging's Community Care Program **helps older adults who might otherwise need nursing home care** to remain in their homes by providing in-home and community-based services.

The Community Care Program aims to **assist older adults in maintaining their independence and providing cost-effective alternatives to nursing home placement**. These services include comprehensive care coordination, adult day services, in-home services, emergency home response services, and automated medication dispenser service.

The Community Care Program is available to any person who requests services and meets all current eligibility requirements.

How Do I Access Services? Community Care Program services are coordinated on a community level by local organizations called Care Coordination Units (CCUs) that are part of our Aging Network.

Who Is Eligible?

- 60 years old or older
- Either U.S. citizens or eligible non-citizens within the specific categories
- Residents of Illinois
- Have non-exempt assets of \$17,500 or less (Your home, car, or personal furnishings are classified as exempt assets.)
- Have an assessed need for long-term care (to be at risk for nursing facility placement as measured by the Determination of Need (DON) assessment)
- Apply for and, if eligible, enroll in Medicaid



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 8th, 2026, 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:

Rachel Dunkel, PT – Sarah Bush Lincoln Health System



Rachel Dunkel, PT, is a physical therapist with Sarah Bush Lincoln Health System who helps patients improve mobility, regain function, and work toward greater independence and quality of life.

Physical therapy can play an important role in recovery following an injury or illness and in helping individuals manage physical limitations. Treatment may include specialized exercises, hands-on techniques, and individualized rehabilitation programs designed around each patient's specific needs and goals. Sarah Bush Lincoln's therapy team includes physical and occupational therapists and speech-language pathologists working together to help patients restore physical, cognitive, and functional abilities. Through individualized care and rehabilitation, the team strives to help patients achieve the highest level of independence and function possible.

Lunch will be complimentary and provided courtesy of: The Glenwood-Assisted Living



****Reservations for Dine with a Doc are required and must be made by noon on Monday, October 5^h 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**



Medicare Annual Enrollment is HERE!

October 15th through December 7th, 2026: The Medicare Annual Enrollment Period Is a Scammer's Favorite Time of Year

With the Medicare Annual Enrollment Period (AEP) in full swing, scammers are gearing up to prey on unsuspecting Medicare beneficiaries. Medicare health and drug plans can make changes each year—things like cost, coverage, and what providers and pharmacies are in their networks.

For 2027 coverage, Annual Enrollment will run from **October 15, 2026 through December 7, 2026**. This is when all people with Medicare can change their Medicare health plans and prescription drug coverage for the following year to better meet their needs.

We would like to help protect seniors from falling for AEP scams!

- ✓ There are no Medicare sales representatives. If someone contacts you suggesting they are from Medicare, it is a scam call.
- ✓ If someone calls you and suggests it is mandatory, that is false. Enrolling in a Medicare Part D or Medicare Advantage Plan is voluntary. But please note; there is a penalty for not enrolling when you are eligible, and this is something you should discuss with a trained and certified SHIP Counselor who is available at any of the 5 sites listed below.
- ✓ Do not give out any information over the phone to someone you do not know.

It is very important to compare the plans offered during the AEP. SHIP counselors are an unbiased third party, who can help you by putting you in a plan that works for you! If you need help during annual enrollment and live in Effingham County you can contact any of the local SHIP sites listed below to schedule an appointment and have your questions answered. Your local pharmacy is also a great resource to meet with in order to discuss your options.

Catholic Charities of Effingham

1502 E. Fayette
Teutopolis, IL 62467
(217) 857-1458

CEFS

1805 S. Banker
Effingham, IL 62401
(217) 342-2193

Senior Services of Effingham Co.

209 S. Merchant St.
Effingham, IL 62401
(217) 347-5569

Heartland Human Services

1200 N. 4th St.
Effingham, IL 62401
(217) 347-7179



Opportunities for Access

309 Professional Park Ave, Suite 1
Effingham, IL 62401
(217) 342-5521

Reporting Medicare Fraud & Abuse

Medicare fraud and abuse can happen anywhere. It's important that you protect your Medicare card, number, and other personal information, and check your Medicare claims regularly. What are some examples of Medicare fraud?

To help spot and prevent Medicare fraud and abuse:

- Compare the dates and services on your calendar with the Medicare statements you get to make sure you got each service listed and that all the details are correct.
- Protect your personal information and become familiar with [how Medicare uses it](#).
- Know [what a Medicare health or drug plan can and can't do](#) before you join. If you join a Medicare health or drug plan, the plan will let you know how it will use your personal information.
- Learn more about Medicare and [recent scams](#).

If you suspect fraud call 1-800-MEDICARE (1-800-633-4227) or [Report Medicare Fraud online](#).

If you have a Medicare Advantage Plan or Medicare drug plan you can also call the Investigations Medicare Drug Integrity Contractor (I-MEDIC) at 1-877-7SAFERX (1-877-772-3379).

Don't:

- Give your Medicare card, Medicare Number, Social Security card, or Social Security Number to anyone except your doctor or people you know should have it (like insurers acting on your behalf or people who work with Medicare, like your State Health Insurance Assistance Program (SHIP))
- Accept offers of money or gifts for free medical care.
- Allow anyone, except your doctor or other Medicare providers, to review your medical records or recommend services.
- Join a Medicare health or drug plan over the phone, unless you called and asked for help.



October 2026 MENU

Friends Food Fellowship

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2% Milk, Bread, and Margarine are served with every meal. Substitutes will only be made in emergencies.			1 Ham & Beans Cole Slaw Beets Peaches Corn Bread	2 Ball Park Frank on Bun Roasted Red Potatoes Green Beans Jell-O w/Fruit
5 Biscuits & Gravy Sausage Patties Hash Rounds Fresh Orange Apple Juice	6 Fried Chicken Mashed Potatoes Green Beans Chilled Apricots Whole Grain Roll	7 Loaded Baked Potato Soup w/bacon & Cheese Slice, Crackers Broccoli Cauliflower Salad Strawberries & Bananas Oatmeal Cookie	8 Lasagna Tossed Salad W/tomatoes Salad Dressing Spiced Apples Black Bean Brownie Garlic Bread Stick	9 Chicken & Noodles Peas Glazed Carrots Chilled Pineapple Whole Grain Bread
12 CLOSED In Observance of Columbus Day	13 Broccoli Cheese Soup Crackers ½ Turkey Sandwich on Whole Grain Bread Green Pea Salad Blushing Pears	14 Meatloaf Whipped Potatoes Brussels Sprouts Mandarin Oranges Peanut Butter Cookie	15 Chicken Pot Pie w/crust Creamy Cole Slaw Apricots Angel Food Cake	16 Sloppy Joes on Bun Scalloped Potatoes Calico Baked Beans Strawberries
19 Chili Crackers Cottage Cheese Asian Cole Slaw Chilled Pears Corn Bread	20 Mac n Cheese W/ham Broccoli Tossed Salad w/tomatoes Salad Dressing Warm Peach Crisp Whole Grain Bread	21 Italian Chicken Breast Steamed Broccoli Corn Mandarin Oranges Roll	22 Roast Beef Mashed Potatoes Green Beans Mixed Fruit Whole Grain Roll	23 Oven Baked Chicken Whipped Potatoes Mixed Vegetables Pineapple Roll
26 Fish Sandwich on Bun Au Gratin Potatoes Baked Beans Apricots	27 Country Fried Steak, Mashed Potatoes & Gravy California Blend Strawberries w/bananas Whole Grain Bread	28 Pork Chop Baked Potato Green Beans Tropical Fruit	29 Spaghetti w/meat sauce Tossed Salad w/tomatoes Salad Dressing Corn Hot Cherry Crisp	30 Turkey Sweet Potatoes Peas Banana Whole Grain Roll

CALL THE DAY BEFORE TO RESERVE A MEAL

Suggested Donation \$4.75/Meal

Effingham 217-994-0614 Dieterich 217-994-0461 Altamont 217-994-6561

Beecher City 217-994-0661 Flora 217-994-3191 Vandalia 217-994-0109

Ramsey 217-994-6189 Pana 217-994-1602 Taylorville 217-994-1849

Kincaid 217-994-2023 Teutopolis 217-994-3334



Please join us for
cake & ice cream on

Thursday, October 29th at 1:00 pm
for our monthly
birthday party!

**We will celebrate those who have
a birthday in October
with ice cream provided by
Villas of Holly Brook.**

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

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

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) 342-4990 or via the web at <http://www.cebsec.org/CPT/CPFT.htm>



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!



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



October 2026 Activity Center Calendar

Monday	Tuesday	Wednesday	Thursday	Friday
5 1:00 Cards & Mahjong 	6 10:00 Line Dancing 	7 1:00 Games 1:00 Knit/Crochet/Socialize 	8 11:00 Dine With A Doc Featuring: Rachel Dunkel P.T. Sarah Bush Lincoln	9 1:00 Bingo Sponsor:  EVERGREEN ASSISTED LIVING
12 sorry we're CLOSED In Observation of Columbus Day	13 10:00 Line Dancing 	14 1:00 Games 1:00 Knit/Crochet/Socialize 	15 1:00 Games 	16 1:00 Bingo Sponsor: 
19 1:00 Cards & Mahjong 	20 10:00 Line Dancing 	21 1:00 Games 1:00 Knit/Crochet/Socialize  SHIP by appointment: 8:30 AM - 1:00 PM	22 1:00 Games GAME TIME! 	23 1:00 Bingo Sponsor: 
26 1:00 Cards & Mahjong 	27 10:00 Line Dancing 	28 1:00 Games 1:00 Knit/Crochet/Socialize  SHIP by appointment: 8:30 AM - 1:00 PM	29 1:00 Birthday Party with cake & ice cream Provided by: The Villas of Holly Brook 	30 1:00 Bingo Sponsor: 

Please remember to call 217-347-5569 to sign up for our special events.

Deadline is Monday at noon on the week of the event!