

**SENIOR
SERVICES**
Effingham County



209 S. Merchant
Effingham, IL 62401

Sunset Times

SEPTEMBER 2024

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



St. Anthony's Savvy Senior Program & Luncheon on:
Thursday, September 19TH, 2024, at 11:00 a.m.

Featuring:

Dr. Ruben Boyajian

Medical Director of HSHS St. Anthony's Women's
Wellness and Cancer Care Services and

Ashley Davis, Registered Nurse

HSHS St. Anthony's Women's Wellness Center



This program will focus on breast health.
They will share about mammography guidelines,
breast health (men can get breast cancer too) and
services offered at the Women's Wellness Center.



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 will be closed:

Monday September 2nd, 2024, for Labor Day &

Wednesday September 25th, 2024, 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 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 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.



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, September 12th, 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:

**Paula Enstrom, RN,
Diabetic Educator with Sarah
Bush Lincoln**



Lunch will be complimentary and provided courtesy of:

**Hilltop Skilled Nursing &
Rehabilitation**



****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.**



Why should I take a Rules of the Road Class?

The Rules of the Road Review Course is designed to give drivers – especially senior citizens – the knowledge and confidence needed to renew or obtain a driver’s license. The Review Course combines an explanation of the driving exam with a practice written exam. The questions and information in the Rules of the Road Review Course are provided only to help you measure your knowledge of driving skills and Illinois traffic laws. Participants will not be graded on their answers on the practice exam.

This class will be offered at the Senior Center on Friday, October 4th, 2024, at 9:30 a.m.

**Join us for an
afternoon of FUN!
Stanfield Chiropractic
Bingo on
Thursday,
September 26th
at 1:00 p.m.**

**Stay afterward for our
monthly Birthday
party!**

**STANFIELD
CHIROPRACTIC**



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”.

**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!**

BINGO!

**You are invited to play BINGO
with us every Friday at
1:00 p.m. in the Activity
Center. Come and join us for
some FUN!**




Friends
Food
Fellowship



Friends
Food
Fellowship

September 2024 MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	3 Turkey Burger on Bun Glazed Carrots Green Beans Fruit Cocktail	4 Beef N Noodles Brussels Sprouts Corn Apricots	5 Ham Hash Brown Casserole Succotash 5 Cup Salad Whole Grain Roll	6 Pork Burger on Whole Grain Bun Cole Slaw Pickled Beets Melon Medley
9 Grilled Pork Tenderloin on Whole Grain Bun Roasted Red Potatoes Green Beans Apple	10 Sweet & Sour Chicken w/Pineapple over Rice Steamed Broccoli Jell-O w/Fruit Cocktail	11 Taco Salad w/tortilla chips Meat & Refried Beans Lettuce, Tomato, Onions Shredded Cheese Salsa Watermelon	12 Grilled Chicken Breast Broccoli Rice & Cheese Carrots Strawberries Whole Grain Bread	13 Egg, Sausage Breakfast Casserole Hash Browns Hot Herbed Tomatoes Cantaloupe Cinnamon Roll
16 Pork Chops Roasted Red Potatoes Green Beans Peaches Whole Grain Roll	17 Spaghetti w/meat sauce Carrots & Peas Tossed Salad w/tomatoes Salad Dressing Baked Apples Garlic Bread	18 Fish on Bun Cauliflower w/cheese Baked Beans Cantaloupe	19 Ball Park Frank on Bun Macaroni & Cheese California Blend Cole Slaw Banana	20 Grilled Chicken Salad w/Romaine Lettuce, Tomatoes and Cheese Mandarin Oranges Bread Stick Graham Cracker
23 Oven Baked Chicken Parsley Potatoes Peas Whole Grain Bread Strawberries	24 Hamburger on Bun Romaine Lettuce, Tomato, Onion, Pickles Potato salad 3 Bean Salad Pineapple	25 Turkey & Dressing Mashed Potatoes Mixed Vegetables Watermelon Whole Grain Roll	26 Sloppy Joes on Bun Au Gratin Potatoes Calico Baked Beans Cantaloupe	27 Chef Salad Turkey, Ham, Egg Lettuce, Tomato, Cucumber Carrots, Shredded Cheese Salad Dressing Mandarin Orange Cake Club Crackers Pineapple
30 Fried Chicken Potato Salad Carrots Hot Apple Crisp Biscuit				Milk, Bread, and Margarine are served with every meal. Substitutes will only be made in emergencies.

FINAL

CALL THE DAY BEFORE NOON 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



Please join us for
 cake & ice cream on
 Thursday, September 26th
 at 2:00 p.m. for our monthly
 birthday party!

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



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!



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)342-4090 or via the web at <http://www.cetsec.org/CPT/CPT.htm>



September 2024 Activity Center Calendar

Monday	Tuesday	Wednesday	Thursday	Friday
<p>2</p> <p>SENIOR SERVICES WILL BE CLOSED FOR THE LABOR DAY HOLIDAY</p> 	<p>3</p> <p>10:00 Line Dancing</p> 	<p>4</p> <p>1:00 Games 1:00 Knit/Crochet/Socialize 1:00 SHIP</p> 	<p>5</p> <p>1:00 Games</p> 	<p>6</p> <p>12:30 Mahjong 1:00 BINGO Sponsor:</p>  
<p>9</p> <p>12:00 Cards & Mahjong</p> 	<p>10</p> <p>10:00 Line Dancing</p> 	<p>11</p> <p>1:00 Games 1:00 Knit/Crochet/Socialize 1:00 SHIP</p> 	<p>12</p> <p>11:00 Dine with a Doc</p>  	<p>13</p> <p>12:30 Mahjong 1:00 BINGO Sponsor:</p>  
<p>16</p> <p>12:00 Cards & Mahjong</p> 	<p>17</p> <p>10:00 Line Dancing</p> 	<p>18</p> <p>1:00 Games 1:00 Knit/Crochet/Socialize 1:00 SHIP</p> 	<p>19</p> <p>11:00 SAVVY SENIOR LUNCH Sponsored by HSHS A Women's Wellness Presentation</p>  	<p>20</p> <p>12:30 Mahjong 1:00 BINGO Sponsor:</p>  
<p>23</p> <p>12:00 Cards & Mahjong</p> 	<p>24</p> <p>10:00 Line Dancing</p> 	<p>25</p> <p>SENIOR SERVICES WILL BE CLOSED FOR STAFF DEVELOPMENT & TRAINING</p> 	<p>26</p> <p>1:00 Stanfield Bingo STANFIELD CHIROPRACTIC 2:00 Birthday Party with cake & ice cream Provided by Aperion</p> 	<p>27</p> <p>12:30 Mahjong 1:00 BINGO Sponsor:</p>  
<p>30</p> <p>12:00 Cards & Mahjong</p> 	<p>1-Oct</p> <p>10:00 Line Dancing</p> 	<p>2-Oct</p> <p>1:00 Games 1:00 Knit/Crochet/Socialize 1:00 SHIP</p> 	<p>3-Oct</p> <p>1:00 Games</p> 	<p>4-Oct</p> <p>9:30 Rules of the Road</p>  <p>12:30 Mahjong 1:00 BINGO Sponsor:</p>  