

SENIOR SERVICES Effingham County



209 S. Merchant
Effingham, IL 62401

Sunset Times

September

2026

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



HSB
St. Anthony's
Memorial Hospital

&



SENIOR
SERVICES
Effingham County

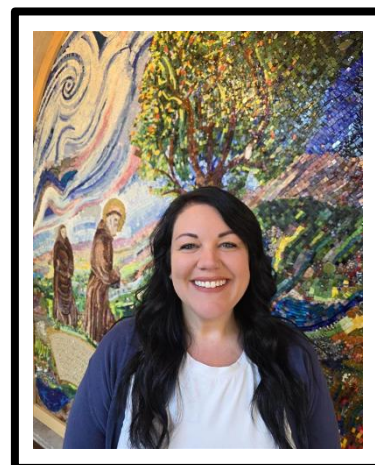
Presents:

St. Anthony's Savvy Senior Program & Luncheon on Thursday, September 17th, 2026, at 11:00 a.m. featuring

Tylar Hill, BSN, RN, CIC is an Infection Preventionist with more than 15 years of nursing experience. For the past five years, Tylar has specialized in infection prevention within the hospital setting, focusing on reducing healthcare-associated infections, improving patient safety, and promoting evidence-based infection prevention practices. She is passionate about health education and enjoys sharing practical infection prevention strategies that people can use in their everyday lives.

Summary:

Join Tylar for an informative, engaging, and occasionally surprising discussion on practical ways to prevent infections and stay healthy. This presentation will explore how common infections spread and share simple, effective strategies to reduce illness risk, especially during the upcoming flu and respiratory illness season.



Topics will include proper handwashing and hand hygiene practices, prevention of respiratory illnesses, cleaning and disinfecting high-touch surfaces, recognizing signs and symptoms of infection, and knowing when it's best to stay home to protect others. Using a blend of evidence-based information, interesting statistics, real-world examples, pictures, and a little humor along the way, Tylar makes infection prevention both educational and easy to understand. Participants will leave with practical tips they can use every day to protect themselves, their families, and their community from infectious diseases.



**Senior Services of Effingham County will be CLOSED on
Monday, September 7th, 2026 in observance of Labor Day &
Wednesday, September 23rd for Staff Development.**

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”

Did you know that Senior Services of Effingham County - ECCOA 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 may include In-Home Service, Emergency Home Response Service, Home Delivered Meals, Respite Care for the Caregiver, and in some areas of the state, Senior Companion.

If you qualify for services, our 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 contact **Senior Services of Effingham County at 217-347-5569.**



Call Today.... 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 10th, 2026, 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: **Katie O'Halloran: APRN, FNP**

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

Board Certification:

- Certified Family Nurse Practitioner
- American Academy of Nurse Practitioners

Certification:

- Illinois Advanced Practice Nurse License
- Illinois Advanced Practice Nurse Control Substance License
- Illinois Registered Nurse License
- DEA License

Education:

- Bachelor of Science in Nursing, Chamberlain College of Nursing, Addison, IL
- Master of Science in Nursing/Family Nurse Practitioner, Saint Xavier University, Chicago, IL



**Sarah Bush
Lincoln**

****Reservations are required and must be made by noon on Monday, September 7th
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.**



Aging Well

Common aging issues include high blood pressure, arthritis, heart disease, memory loss, and fall risks. Solutions involve regular physical activity, balanced low-salt diets, routine medical screenings, home safety modifications, and staying socially active to manage chronic conditions and preserve independence.

Physical Health Problems and Solutions

- **High Blood Pressure & Heart Disease:** Reduce salt and bad fats in meals; walk or do light cardio daily; monitor blood pressure regularly with a home device.
- **Arthritis & Joint Pain:** Do low-impact exercises like swimming or stretching five times a week; maintain a healthy weight to lower joint stress.
- **Falls & Mobility Loss:** Clear rugs and add grab bars in bathrooms; use assistive walking tools; build leg strength with simple sit-to-stand exercises.

Cognitive and Mental Health

- **Memory Decline & Dementia:** Keep the brain active with puzzles and reading; follow heart-healthy diets; maintain regular medical reviews.
- **Depression & Loneliness:** Stay in touch with family and friends; join community senior groups; talk to a doctor about counseling or therapy.

Daily Living and Preventive Care

- **Medication Overload:** Keep an updated list of all drugs; review prescriptions with your doctor or pharmacist to avoid bad side effects.
- **Routine Checkups:** Visit the National Institute on Aging guidelines for recommended vaccines, cancer screenings, and wellness checks.



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, September 24th
at 1:00 pm
for our monthly birthday party!

We will celebrate those who
have a birthday in September
with cake and ice cream
provided by
The Villas of Holly Brook.

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

Medicare Fraud



Prevent, Detect, Report!

Prevent

The most effective way to stop Medicare fraud from happening is to prevent it in the first place. Steps to prevent Medicare fraud:

- Don't answer unknown calls. Wait for a message and call the person back.
- Stay up to date on the latest scams from the SMP through social media, the national fraud schemes pages, or local events.
- Download the SMP mobile app, SMP Medicare Tracker.

Detect

For situations you can't prevent, learning how to detect potential fraud, errors, and abuse is very important. Steps to detect Medicare fraud:

- Learn How to Read Your Medicare Summary Notice (MSN) to spot red flags.
- Create a Medicare.gov account to review claims quicker. MSNs are mailed every 180 days or at least twice a year.
- Request and use a My Health Care Tracker from the SMP and track what happens at appointments to then compare with what is billed on the MSNs and/or Explanation of Benefits (EOBs).

Report

If you find something concerning on an MSN or accidentally gave out your Medicare information, report it! Don't hide it and don't be ashamed. Scammers are really good at what they do and the SMP is here to help.

Steps to report Medicare fraud:

- Fill out this online form to be connected to your local SMP.
- Call 1-877-808-2468 to be connected to your local SMP.
- Use the SMP Medicare Tracker app's report fraud button which works just like the online form.

Visit Medicare.gov



September 2026 MENU

Friends Food Fellowship

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
FINAL	1 Grilled Pork Tenderloin on Whole Grain Bun Roasted Red Potatoes Green Beans Watermelon	2 Grilled Chicken Breast Broccoli Rice & Cheese, Carrots Strawberries Whole Grain Bread	3 Taco Salad W/tortilla chips Meat & Refried Beans, Lettuce, Tomato, Onions Shredded Cheese Salsa Apple	4 Egg, Sausage Breakfast Casserole Hash Browns Hot Herbed Tomatoes Cantaloupe
7 LABOR DAY NO MEALS SERVED TODAY	8 Meatloaf Scalloped Potatoes Butter Beans Whole Grain Bread Chilled Peaches	9 BBQ Baked Chicken, Baked Potato Broccoli w/cheese Peanut Butter Cookie Melon Medley	10 Chicken Salad Sandwich On Wheat Bread, Potato Salad Lettuce Leaf w/tomato Watermelon	11 Pork Roast Baked Sweet Potatoes Brussels Sprouts Apple Sauce Whole Grain Roll
14 Oven Baked Chicken , Parsley Potatoes, Green Beans, Whole Grain Bread, Pineapple	15 Hamburger on Bun Romaine Lettuce, Tomato, Onion, Pickles Potato Salad, Pea Salad Watermelon	16 Chef Salad Turkey, Ham, Egg Lettuce, Tomato, Cucumber Carrots, Shredded Cheese, Salad Dressing Mandarin Orange Cake Club Crackers, Banana	17 Turkey & Dressing Mashed Potatoes Mixed Vegetables Strawberries Whole Grain Roll	18 Sloppy Joes on Bun Au Gratin Potatoes Calico Baked Beans Cantaloupe
21 Chicken Salad on Wheat Bread Asian Cole Slaw Waldorf Salad Strawberries	22 Ham, Hash Brown Casserole, Succotash 5 Cup Salad Whole Grain Roll	23 Turkey Burger on Bun, Glazed Carrots Green Beans Fruit Cocktail	24 Beef N Noodles Brussels Sprouts Corn , Apricots	25 Pork Burger on Whole Grain Bun Cole Slaw, Pickled Beets, Melon Medley
28 Pork Chops Roasted Red Potatoes Green Beans Peaches Whole Grain Roll	29 Spaghetti w/meatsauce, Carrots & Peas, Tossed Salad w/tomatoes Salad Dressing, Baked Apples, Garlic Bread	30 Grilled Chicken Salad w/Romaine Lettuce Tomatoes and Cheese Mandarin Oranges, Bread Stick Graham Cracker		2% 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 \$4.75/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

*Items on this menu may include or have been prepared in a facility where major food allergens such as milk, eggs, fish, crustacean shellfish, tree nuts, wheat, peanuts, soybeans, or sesame are present. For further information about allergens, please contact a Meals on Wheels staff member.



BINGO!!!

**You are invited
to play BINGO
with us every
Friday at
1:00 pm in the
Activity Center.**

**Come and join us
for some FUN!**



Crocheting & Knitting

**Join the ladies every
Wednesday afternoon
at 1:00 pm in the
Activity Center
No previous experience
is needed!**

Come & join the Fun!!!



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!!

**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

DISPATCH HOURS

Monday-Friday from 6am-6pm

TRANSPORTATION HOURS

Monday-Saturday from 6am 8pm

**Effingham
County
Public
Transportation**



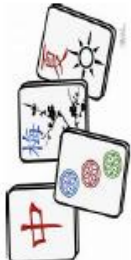
GET ON THE BUS AND RIDE WITH US



**OPEN TO
EVERYONE!!**

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)342-4391 or via the web at <http://www.cesec.org/CPT/ECPT.htm>

September 2026 Activity Center Calendar

Monday	Tuesday	Wednesday	Thursday	Friday
 HELLO September	1 10:00 Line Dancing 	2 1:00 Games 1:00 Knit/Crochet/Socialize SHIP by appointment: 9 - 11 	3 1:00 Games 	4 1:00 Bingo Sponsor:  
7  In observance of Labor Day	8 10:00 Line Dancing 	9 1:00 Games 1:00 Knit/Crochet/Socialize SHIP by appointment: 9 - 11 	10 11:00 Dine With A Doc Katie O'Halloran, Cardiology APRN, FNP 	11 1:00 Bingo Sponsor:  
14 1:00 Cards & Mahjong 	15 10:00 Line Dancing 	16 1:00 Games 1:00 Knit/Crochet/Socialize SHIP by appointment: 9 - 11 	17 11:00 SAVVY Senior Lunch Featuring: Tylar Hill, BSN, RN, CIC Infection Preventionist 	18 1:00 Bingo Sponsor:  
21 1:00 Cards & Mahjong 	22 10:00 Line Dancing 	23  Closed for staff development.	24 1:00 Birthday Party with cake & ice cream provided by: The Villas of Holly Brook 	25 1:00 Bingo Sponsor:  
28 1:00 Cards & Mahjong 	29 10:00 Line Dancing 	30 1:00 Games 1:00 Knit/Crochet/Socialize SHIP by appointment: 9 - 11 	 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.	