



To join the Sunset Times email list please email  
abushue@seniorservices-eccoa.org  
or check out our webpage at  
www.seniorservices-eccoa.org

*Sunset Times*  
November 2022



In observance of Veterans Day & Thanksgiving Day,  
Senior Services will be closed on  
Friday, November 11<sup>th</sup>,  
Thursday, November 24<sup>th</sup> &  
Friday, November 25<sup>th</sup>, 2022.



### **OIG WARNING: Offers to Increase Your Social Security Benefit Are From Criminals**



That unexpected offer from the Social Security Administration (SSA) to activate a benefit increase is from a criminal and not the real SSA. Do not share personal or financial information. Do not click on links or respond.

Report suspected scams to **oig.ssa.gov/report**.



Criminals continue to impersonate SSA and other government agencies in an attempt to obtain personal information, money, or download malware onto phones.

Recent reports indicate that criminals are trying to trick people into sharing personal and financial information over the phone or through deceptive text and email messages that lure recipients to a fake Social Security website. Criminals falsely advise recipients to apply to receive Social Security benefits or extra money, such as a cost-of-living adjustment (COLA), or to set up an online account. The message may also provide fake contact information for SSA.

### **HOW A GOVERNMENT IMPOSTER SCAM WORKS**

Recognizing the signs of a scam can help you avoid falling victim to one. These scams primarily use telephone to contact you, but scammers may also use email, text message, social media, or U.S. mail. Scammers **pretend** to be from an agency or organization you know to gain your trust. Scammers say there is a **problem or a prize**. Scammers **pressure** you to act immediately. Scammers tell you to **pay** in a specific way.



### **TIPS TO PROTECT YOURSELF**

1. **Do not take immediate action.** If you receive a communication that causes a strong emotional response, take a deep breath. Hang up or ignore the message. Talk to someone you trust.
2. **Do not transfer your money! Do not buy that gift card!** Never pay someone who insists that you pay with a gift card, prepaid debit card, Internet currency or cryptocurrency, wire transfer, money transfer, or by mailing cash. Scammers use these forms of payment because they are hard to trace.
3. **Be skeptical.** Do not believe scammers who "transfer" your call to a government official or law enforcement officer, or who feed you a number as proof. Scammers can create fake numbers and identities. Do not trust your caller ID.
4. **Be cautious** of any contact claiming to be from a government agency or law enforcement, telling you about a problem you don't recognize or an unsolicited offer. Do not provide your personal information, even if the caller has some of your information.
5. **Do not click on links or attachments.** Block unwanted calls and text messages.



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 1-800-283-4070 after hours and on weekends

[www.seniorservices-eccoa.org](http://www.seniorservices-eccoa.org)





## Community Care Program

*".... 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, Adult Day Services, 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, 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. This service is now available for cell phones too.

## Rules of the Road Class

This class will be offered at the Senior Center on Friday, November 4<sup>th</sup>, 2022 at 9:30 am.

(The next class will be Friday, January 6<sup>th</sup>, 2023).



## Having Trouble Finding a Ride?

Let **ECPT** take you where you need to go!

Call to Schedule Your Ride Today!

**1-855-755-2478**

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!!

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.cefec.org/CITY/CPT.htm>



INAUGURAL MEETING

*Effingham County*

# HEALTH COMMITTEE

Thursday,  
November 17

at

**Senior Services of Effingham County**

209 South Merchant St.

11 a.m. - Noon

**LUNCH INCLUDED**

**Everyone Welcome  
Though Numbers  
Limited to First 50!**

Call Senior Center to reserve your spot.  
(217) 347-5569

*DISCUSS COMMUNITY  
HEALTH METRICS  
GIVE FEEDBACK*





# 18<sup>th</sup> Annual Community Thanksgiving Dinner



The Effingham County FISH Organization is sponsoring the 18<sup>th</sup> Annual Free Effingham County Thanksgiving Day Dinner on Thursday, November 24, 2022. Again this year, there will be NO CONGREGATE MEAL. All meals will be delivered or available for curbside pickup. Meal delivery will take place between 10:00 am and 12:00 noon. Curbside pickup will be available at Cornerstone Christian Church, 3600 South Banker, Effingham, Illinois between 11:00 am and 12 noon.

This event is free and open to all Effingham County Residents and their families, however, donations are always greatly appreciated and may be sent to: FISH, P.O. Box 473, Effingham.

To reserve Home Delivered Meals and Curbside Pickup, please call the Senior Services of Effingham County at 217-347-5569 by noon on November 21, 2022.

Volunteers are needed to help package and deliver meals. We will start cutting pies and packaging meals at 9:00 am. To volunteer, please call Susan Elke at 217-868-5913.

## *"Designing with Donna"*

*Sign up to paint and create this fun and festive Snowman canvas!*

*Come join the fun at Senior Services Senior Center on*

*Wednesday, November 16<sup>th</sup> at 1:00 pm*

*Space will be limited to the first 10 people to sign up.*

*Cost is \$25 per person and includes all supplies  
(payment is due on the day of the class and upon arrival)*



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 10<sup>th</sup> in the Activity Center at 11:00 AM.**

Each doctor has graciously donated this time in effort to listen, hear, and answer your medical questions while sharing a meal with you. Various community businesses also participate by donating door prizes or providing complimentary lunch for you to enjoy and learn about ways they may help you as well.

**This month we are excited to present: Dr. Radhika Annam, MD**

**Lunch will be complimentary and provided  
courtesy of: HSHS Medical Group**

\*\*\*Reservations for Dine with A Doc® are required and can be made by contacting the center at 217-347-5569, seating will be limited to 50 individuals.



**HSHS Medical Group**



# Long Term Care Ombudsman Resident.... Advocate

As an individual living in a long-term care facility, you retain the same rights as every citizen of Illinois and of the United States. The 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. This month, in **part 5** of our Ombudsman spotlight, we are highlighting regulations and providing clarity on specific rights granted to residents living in long-term care facilities.

## Your rights to stay in your facility

- ▶ **You have the right to keep living in your facility.**
- ▶ **You must be given written notice if your facility wants you to move from the facility. The reasons for asking you to leave must only be for the following reasons:**
  - you are a danger to yourself or others;
  - your needs cannot be met by the facility;
  - your health has improved and you no longer need the services of a long-term care facility;
  - you have not paid your bill after reasonable notice;
  - your facility closes.
- ▶ **The notice must:**
  - tell you why your facility wants you to move;
  - tell you how to appeal the decision to the **Illinois Department of public Health**,
  - provide a stamped and addressed envelope for you to mail your appeal in; and
  - be received 30 days prior to the day they want you to move from a Medicare or Medicaid certified facility
  - be received 21 days prior to the day they want you to move from a State licensed facility.
- ▶ **You have the right to appeal to the Illinois Department of Public Health** and if you choose to appeal:
  - a Department of Public Health Hearing officer will travel to your facility to hear why you believe you should stay in the facility and why the facility believes you should move, and
  - usually your facility cannot make you leave until the appeal is decided by the Department of Public Health.
  - If you do not appeal the decision, you are agreeing to the transfer or discharge.
- ▶ **Before your facility can transfer or discharge you**, it must prepare you no be sure that your discharge is safe and appropriate.
- ▶ **You cannot be forced to leave your facility** because you are applying for Medicaid or you are on Medicaid and a Medicaid bed is available. It is important to ask the facility how many Medical beds it has available.
- ▶ **You have the right to ask the Long-Term Care Ombudsman** for help in appealing the transfer or discharge. **Call 1-800-252-8966** (voice and TTY).
- ▶ **If you have a developmental disability or mental illness**, you may ask **Equip for Equality, Inc.** for help in appealing your facility's forcing you to move. **Call 1-800-537-2632** (voice and TTY).
- ▶ **You must be allowed to return to your facility** after you are hospitalized as long as you still need that level of care. **If you get Medicaid and are hospitalized for ten or fewer days**, your facility must let you return when you leave the hospital even if the facility has given you a written discharge notice. If you are hospitalized **for more than ten days**, your facility must let you return if it has a bed available and you still need that level of care. If your facility is full, you must be allowed to have the first available bed, if you still need that level of care.
- ▶ **You have the right to be told in advance and in writing if your room is being changed** (Medicare or Medicaid certified facilities only)
- ▶ **You have the right to choose your roommate** when practicable.
- ▶ **You have the right to receive notice**, including the reason for the change before your room or roommate is the facility is changed.



If you have a concern, complaint or question regarding long-term care, or any of the residents rights listed above, please call our Regional Long Term Care Ombudsman, Shae Ashley, at 217-347-5216 today!

**All Ombudsman services and calls are confidential and free.**

**Ombudsman .... Someone who CARES!**





**Thank you  
Aperion Care!**  
For helping us  
celebrate  
Ron Kesterson's  
Birthday in  
September.



Please join us for cupcakes & ice cream  
provided by Aperion Care  
Wednesday, November 23<sup>rd</sup> at 1:00 pm  
for our monthly birthday party! We will  
celebrate those who have a birthday in  
November.



### *Line Dancing*

Join the line dancers every  
Tuesday Morning at 10:00 am  
in our Activity Center. Come  
and join in the fun and learn a  
new step or two!!!



Don't forget to "FALL BACK" (turn your clocks back an hour) & change  
your smoke detector battery on the night of Saturday, November 5th!

## *Happy Thanksgiving Day!!*

*For each new morning with its light,  
For rest and shelter of the night,  
For health and food,  
for love and friends,  
For everything Thy goodness sends.  
For flowers that bloom about our feet;  
For tender grass, so fresh, so sweet;  
For song of bird, and hum of bee;  
For all things fair we hear or see,  
Father in heaven, we thank Thee!*

*~ Ralph Waldo Emerson*

Friends  
Food  
Fellowship



Friends  
Food  
Fellowship

## November 2022 MENU

Suggested Donation \$4.00/Meal

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1 Country Fried Steak Mashed Potatoes n Gravy Green Beans Apricots Whole Grain Bread	2 Spaghetti w/meat sauce Tossed Salad w/tomatoes Corn Hot Cherry Crisp Garlic Bread Stick	3  Cooks Choice	4 Fish Sandwich on Bun Au Gratin Potatoes Baked Beans Strawberries w/bananas
7 Pork Cutlet Mashed Potatoes Broccoli & Cauliflower Apricots Whole Grain Bread	8 Ham Hash Brown Casserole Brussels Sprouts Chilled Peaches Whole Grain Roll	9 Seasoned Beef Pattie Whipped Potatoes Black Eyed Peas Apple Cake w/cream cheese Icing Pineapple	10 Beef Stroganoff over Noodles Gourmet Carrots Green Beans Cinnamon Applesauce Whole Grain Bread	11  Closed Veterans Day
14 Pulled Pork Roasted Red Potatoes Green Beans Jello w/fruit Bun	15 Ham & Beans Cole Slaw Pickled Beet Salad Peaches Cornbread	16 Lasagna Tossed Salad w/tomatoes Spiced Apples Black Bean Brownie Garlic Bread Stick	17 Grilled Chicken Tenderloin Cheesy Rice Steamed Broccoli Hot Stewed Tomatoes Fruit Cocktail	18 Taco Soup w/shredded cheese Corn chips Tossed Salad w/dressing Apricots Whole Grain Bread
21 Biscuits N Gravy Sausage Patties Hash Round Fresh Orange Tomato Juice (8oz)	22 Fried Chicken Mashed Potatoes Green Beans Strawberries & Bananas Whole Grain Roll	23 <b>Turkey Sweet Potatoes Green Bean Casserole Cranberry Salad Pumpkin Pie w/topping</b>	24  Closed Thanksgiving Day	25  Closed Thanksgiving Holiday
28 Sloppy Joes on Bun Scalloped Potatoes Calico Baked Beans Apricots	29 Meatloaf Whipped Potatoes California Blend Mandarin Oranges Peanut Butter Cookie	30 Chicken Pot Pie w/crust Creamy Cole Slaw Apricots Angel Food Cake		<b>FINAL</b>

Milk, Bread and Margarine are served with every meal! Substitutes will only be made in emergencies!

























**CALL THE DAY BEFORE TO RESERVE A MEAL**

**Effingham 217/347-2851; Dieterich 217/925-5461; Altamont 618/483-6912; Beecher City 618/487-5401**

**Flora 618/662-6741**

**Vandalia 618/283-1040 Ramsey 618/237-0251**

**Pana 217/562-5611 Taylorville 217/287-7268 Kincaid 217/237-4328**

Activity Center Calendar November 2022				
Monday	Tuesday	Wednesday	Thursday	Friday
<b>1</b> 9:00 SHIP 10:00 Line Dancing 	<b>2</b> 1:00 Games 	<b>3</b> 12:30 SHIP 	<b>4</b> 9:30 Rules of the Road 1:00 Bingo 	<b>5</b> 9:00 SHIP 10:00 Line Dancing 
<b>7</b> 9:30 Knitting/Crochet/Socialize 1:00 Cards & Mahjong 	<b>8</b> 9:00 SHIP 10:00 Line Dancing 	<b>9</b> 1:00 Games 	<b>10</b> 11:00 Dine With A Doc 	<b>11</b> In honor of Veteran's Day 
<b>14</b> 9:30 Knitting/Crochet/Socialize 1:00 Cards & Mahjong 	<b>15</b> 9:00 SHIP 10:00 Line Dancing 	<b>16</b> 1:00 Designing With Donna 	<b>17</b> 11:00 Effingham County Health Committee Luncheon 	<b>18</b> 1:00 Bingo 
<b>21</b> 9:30 Knitting/Crochet/Socialize 1:00 Cards & Mahjong 	<b>22</b> 9:00 SHIP 10:00 Line Dancing 	<b>23</b> 1:00 Games 1:00 Birthday Party with cake & ice cream Provided by Aperion 	<b>24</b> For Thanksgiving! 	<b>25</b> For Thanksgiving! 
<b>28</b> 9:30 Knitting/Crochet/Socialize 1:00 Cards & Mahjong 	<b>29</b> 9:00 SHIP 10:00 Line Dancing 	<b>30</b> 1:00 Games 	<b>1-Nov</b> 1:00 Bingo 	<b>2-Nov</b> 1:00 Bingo 