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Sunset Times

March 2023



Senior Services of Effingham County will be closed on **Wednesday, March 29, 2023** for staff development & training.

May the sun shine, all day long everything go right and nothing wrong. May those you love bring love back to you, and may all the wishes you wish come true!

HAPPY ST. PATRICK'S DAY!!!
MARCH 17, 2023



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, March 9, 2023 at the Center from 11:00 AM until 1:00 PM.

Each professional 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 complimentary lunch for you to enjoy and learn about ways they may help you as well.

This month we are excited to present Marsha Griffin, Community Outreach Liaison, by special request. Marsha will present on scams and fraud that are targeting senior citizens.

Lunch will be complimentary and provided courtesy of: Hilltop Skilled Nursing & Rehabilitation Center



Reservations for Dine with A Doc® are required and can be made by contacting the center at 217-347-5569. Seating will be limited, so call now!

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 and trips 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 1-800-232-1790
www.eccoa.org



Please note new
day & time

Interested in Knitting, Crocheting or
just Socializing?



Did you know that seniors who engaged in hand-focused craft activities such as knitting and crocheting have maintained their dexterity, mobility, as well as hand-eye coordination to a greater degree than those who don't. Join the ladies at 1:00 every Wednesday afternoon in the Center for ideas that are shared, instruction to assist you, and just the great company of numerous talented individuals who have a great time getting together and sharing their wisdom. No previous experience is needed!

Community Care Program

“....helping older people live independently”



Did you know that 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 assist you to live independently instead of premature nursing home placement , 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, goals, and provide you with choices for your care with services that might be right for you. Services include In-Home Caregiver Services, Adult Day Services, Emergency Home Response Service, Home Delivered Meals and in some areas of the state, Senior Companion. If you qualify for CCP services, the staff member will work with you to determine your needs and goals and assist you in setting up services that are appropriate for you and keep in touch with you to make sure the services continue to meet your needs.

For more info call 1-800-283-4070 or call 217-347-5569.

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.

U of I Extension Center Presents:



Join University of Illinois Extension
Horticulture Educator Mary M Fischer

Kokedama: The Art of Japanese Bonsai



Thursday, 01:00 P.M. March 16, 2023
Senior Services of Effingham County
209 S Merchant St, Effingham, IL 62401
Registration Required
217.347.5569



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
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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.cetsec.org/CPT/CPPT.htm>



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 cupcakes and ice cream on Thursday, March 30th at 1:00 p.m.  for our monthly birthday party. We will celebrate those who have a Birthday in March with cupcakes & ice cream provided by **Aperion Care**. You are welcome to stay afterwards and play cards, games, or just socialize with your friends!



**Happy
January
Birthdays!**



**Faye Pearson,
Richard Worman,
& Anne Bourgeois**

The leprechaun is an Irish fairy. He looks like a small, old man (about 2 feet tall), often dressed like a shoemaker with a cocked hat and a leather apron. According to legend, leprechauns are aloof, unfriendly, live alone, and pass their time making shoes. They also possess a hidden pot of gold!



Did You Know...

The Illinois Defensive Driving Course is now offered online! Just go to www.drivesafeonline.org



- 24/7 online access for flexible and convenient learning
- Interactive exercises for an engaging experience
- No course timers so you control the pace
- Smart bookmarking that picks up where you left off
- 100% mobile-friendly delivery
- Helpful live chat customer support
- Easy to complete exam with 99% passing rate on first attempt
- Only \$24.95 with NO hidden fees!



Rules of the Road Review Course will be held at the Activity Center on Friday, March 03, 2023 starting at 9:30AM.
(Next Rules of the Road Class is May 5, 2023)



Benefit Access Program (formerly Circuit Breaker)

Parts of the Department on Aging's Benefit Access Program, formerly known as the Circuit Breaker Program, allows for the Secretary of State's office to provide for a reduced-fee license plates aimed toward senior citizens and persons with disabilities with specific qualifications.

Apply on the Benefit Access Application if you meet the following requirements:

1. Age

- You must be 65 years or older by December 31 of the current year or 16-64 years of age and totally disabled before January 1 of this year.

2. Residency

- You must be a resident of Illinois at the time you file your application

3. Income Limit

Your total income must be less than:

- \$33,562 for a 1 person household
- \$44,533 for a 2 person household
- \$55,500 for a 3 person household

4. Expiration

Benefits are good for 2 years under the Benefit Access Program. The 2-year period starts at the time you are approved for benefits. You may file again up to 90 days before your benefits expire.

If you think you may qualify and need assistance in completing the Benefits Access application, please call the Senior Center @ 217-347-5569 to schedule an appointment.



Friends
Food
Fellowship



Friends
Food
Fellowship

March 2023 MENU
Suggested Donation \$4.00/Meal

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		Turkey Sweet Potatoes Green Beans Peaches Whole Grain Roll	2 Ball Park Frank w/bun Baked Potato Baked Beans Strawberries w/bananas	3 Lemon Pepper Tilapia Garlic Mashed Potatoes Honey Glazed Carrots Orange Cotton Pickin Good Cake
6 Polish Sausage Sauerkraut Mashed Potatoes Pumpkin Mousse Whole Grain Bread	7 Lasagna Tossed Salad w/tomatoes. Broccoli Warm Apple Crisp Garlic Bread Stick	8 RRQ Riblet Au Gratin Potatoes Gourmet Carrots Applesauce Whole Grain Bun	9 Italian beef on Hoagie Bun Parsley Potatoes California Blend Veggies Chilled Peaches	10 Herbed Baked Chicken Baby Baker Potatoes Green Beans Apricots Black Bean Brownie
13 Beef Pepper Steak Over Rice Stewed Tomatoes Warm Peach Crisp	14 Fried Chicken Mashed Potatoes Mixed Vegetables Strawberries w/bananas Whole Grain Roll	15 Chili ½ Peanut butter Sandwich Cole Slaw w/ramen Noodles Apricots	16 Pork Roast Roasted Rosemary Potatoes Asparagus Mandarin Oranges Oatmeal Cookie	17 Corned Beef n Cabbage Parsley Red Potatoes Boiled Carrots Potato Bread Pistachio Pudding
20 Biscuits n Gravy Sausage Patty Hash Brown Casserole Banana Orange Juice	21 Spaghetti w/meat sauce 3 Bean Salad Strawberries Garlic Bread Stick	22 Ham & Au gratin Potato Casserole Carrots Peas Jell-O w/fruit Cocktail Whole Grain Roll	23 Roast Beef Mashed Potatoes Green Beans Apricots Peanut butter Cookie	24 Tater Tot Casserole Green Beans Stewed Tomatoes Peaches
27 Oven Baked Chicken Sweet Potatoes Peas Strawberries Angel Food Cake	28 Meatloaf Baked Potato Succotash Blushing Pears Whole Grain Roll	29 Broccoli Cheese Soup 1/2Turkey Sandwich Whole Grain Bread Apple Cabbage Slaw Fruit Cocktail	30 Chicken & Noodles Tossed Salad w/tomatoes. California Blend Cherry Crisp	31 Fish on Bun Broccoli Rice Casserole Baked Beans Orange FINAL

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



Don't forget to "Spring Forward" (turn your clock up an hour) & change your smoke detector battery on the night of Saturday, March 11th!



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 confidential concern, complaint, or question regarding long-term care, please call **Lisa Light, Regional Ombudsman**, 217-347-5216 or 1-800-283-4070.



FREE "DROP-OFF" TAX PREPARATION

@ Catholic Charities-Effingham VITA
for families with income less than \$60,000.

Simply, fill out the interview sheet, and drop-off your tax Information on Monday, Wednesday, or Thursday from 9:00 am to 3:00 pm starting February 1 through March 31, 2023.

Please bring the following items:

A copy of last year's tax return, taxpayer's proof of identity, all forms, W-2, 1098, and 1099, info for other income, ID # for childcare provider, info for deductions and credit, proof of account for direct deposit of refund (e.g. voided check), social security cards and/or ITIN notices/cards for you, your spouse and dependents.

If you have questions or need further information, please call (217) 857-1458.



Charities Catholic
1502 E Fayette Ave
Teutopolis, IL 62467



Every March, we celebrate Colorectal Cancer Awareness Month. What is our color? BLUE! Why do we fight? What are we fighting for more of? Why should we keep fighting?

We fight for more time. More "good days." More life. More celebrations.

We fight for more [research](#). More [screening](#). More [treatment options](#).

More lives saved. More community. More answers. More people like YOU.



Activity Center Calendar March 2023



Monday	Tuesday	Wednesday	Thursday	Friday
<p>6</p> <p>1:00 Cards & Mahjong</p>	<p>7</p> <p>9:00 SHIP 10:00 Line Dancing</p>	<p>1</p> <p>1:00 42 Dominoes 1:00 Knit/Crochet/Socialize ↑ ↑ ↑ New day of the week & time!</p>	<p>2</p> <p>12:30 SHIP</p>	<p>3</p> <p>9:30 Rules of the Road 1:00 BINGO Sponsor: Brookstone Estates</p>
<p>13</p> <p>1:00 Cards & Mahjong</p>	<p>14</p> <p>9:00 SHIP 10:00 Line Dancing</p>	<p>8</p> <p>1:00 42 Dominoes 1:00 Knit/Crochet/Socialize</p>	<p>9</p> <p>11:00 Dine with a Doc 12:30 SHIP</p>	<p>10</p> <p>1:00 BINGO Sponsor: Evergreen Nursing & Rehab</p>
<p>20</p> <p>1:00 Cards & Mahjong</p>	<p>21</p> <p>9:00 SHIP 10:00 Line Dancing</p>	<p>15</p> <p>1:00 42 Dominoes 1:00 Knit/Crochet/Socialize</p>	<p>16</p> <p>12:30 SHIP 1:00 Kokedama By U of I Extension Center</p>	<p>17</p> <p>1:00 BINGO Sponsor: The Glenwood</p>
<p>27</p> <p>1:00 Cards & Mahjong</p>	<p>28</p> <p>9:00 SHIP 10:00 Line Dancing</p>	<p>22</p> <p>1:00 42 Dominoes 1:00 Knit/Crochet/Socialize</p>	<p>23</p> <p>12:30 SHIP</p>	<p>24</p> <p>1:00 BINGO Sponsor: Lakeland Rehabilitation & Health Care Center</p>
<p>34</p> <p>1:00 Cards & Mahjong</p>	<p>35</p> <p>9:00 SHIP 10:00 Line Dancing</p>	<p>29</p> <p>SO RRY MB TO CLOSED CLOSED For Staff Development & Training</p>	<p>30</p> <p>12:30 SHIP 1:00 Birthday Party with cake & ice cream provided by Aperion Care!</p>	<p>31</p> <p>1:00 BINGO Sponsor: U of I Extension</p>