



Sunset Times

hello JULY 2025

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, July 17th at 11:00 am featuring Dr. Zane Qureshi, Podiatrist



HSHS Medical Group welcomes Zane Qureshi, DPM, ABPM, to its team at HSHS Medical Group Foot and Ankle Specialists in Effingham. Dr. Qureshi is seeing patients at 900 W. Temple Ave., Bldg. B, Suite 2200, in Effingham. Dr. Qureshi is a board-certified podiatrist who specializes in diabetic foot care, wound management, orthotic therapy and sports medicine. He is committed to enhancing his patients' quality of life through individualized treatment plans and innovative technologies that streamline care and improve the patient experience.



He offers a broad range of services such as diabetic foot education, advanced wound care therapies, custom orthotics and treatment for heel pain, arthritis and tendonitis. His clinical expertise includes minimally invasive procedures, limb salvage, and rearfoot and forefoot reconstruction.

Dr. Qureshi earned his Doctor of Podiatric Medicine from Rosalind Franklin University of Medicine and Science in North Chicago. He completed his foot and ankle surgical residency at Inspira Health Network in New Jersey. He holds a Bachelor of Arts in psychology from the University of Illinois at Chicago.

Sign up 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:

Friday, July 4th for Independence 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





***You're invited on
Thursday, July 17th at 12:00 p.m.
after
St. Anthony's Savvy Senior Luncheon
for an afternoon of music with
Benny & the Amigos!***



Community Care Program



"... Helping older people live independently"

Did you know that ECCOA Senior Services is contracted with the Illinois Department 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.



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, July 10th, 2025, 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:

Dr. James C. Graham, DPM is a podiatry specialist in Effingham, IL and has over 35 years of experience in the medical field. He graduated from Dr. William M. Scholl College of Podiatric Medicine in 1988. He is affiliated with HSHS St. Anthony's Memorial Hospital.



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



****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.**



Please join us for cake & ice cream on Thursday, July 31st at 1:00 p.m. for our monthly birthday party!

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

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



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!

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.



Come to the Senior Center and celebrate the
Dog Days of Summer with
Homewood Grill Ice Cream with Patty Hood
from Sarah Bush Lincoln on
Wednesday, July 23rd at 1:00 p.m.
This fun and yummy event is open to all Seniors
60 and above.
Bring your friends and come join in the fun!



 **Sarah Bush
Lincoln**
Trusted Compassionate Care



****Registration is required! Please don't forget to call 217-347-5569 to register! ****



**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!***





July 2025 MENU

Friends Food Fellowship

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Sites will be closed July 11th. You will receive 2 meals on July 10th. FINAL	1 Turkey Burger on Bun Glazed Carrots Green Beans Fruit Cocktail	2 Beef N Noodles Brussels Sprouts Corn Apricots	3 Pork Burger on Whole Grain Bun Cole Slaw Pickled Beets Melon Medley	4 Closed for Holiday
7 Pork Chops Roasted Red Potatoes Green Beans Peaches Whole Grain Roll	8 Grilled Chicken Salad w/Romaine Lettuce Tomatoes and Cheese Mandarin Oranges Bread Stick Graham Cracker	9 Cooks Choice	10 Ball Park Frank on Bun Macaroni & Cheese California Blend Cole Slaw Banana	11 Ham Salad Macaroni Salad Pears Potato Chips Bun
14 Salisbury Steak Whipped Potatoes Peas Mandarin Oranges Oatmeal Cookie	15 Sub Sandwich on Hoagie Bun Lettuce & Tomato Broccoli/Cauliflower Salad Cantaloupe	16 Fried Chicken Potato Salad Carrots Hot Apple Crisp Biscuit	17 Swedish Meatballs Mashed Potatoes Corn Apricots Whole Grain Roll	18 BBQ Pulled Pork on Whole Grain Bun Au Gratin Potatoes 4 Bean Salad Baked Apples
21 Sweet & Sour Chicken w/Pineapple over Rice Steamed Broccoli Jell-O w/Fruit Cocktail	22 Grilled Pork Tenderloin on Whole Grain Bun Roasted Red Potatoes Green Beans Watermelon	23 Grilled Chicken Breast Broccoli Rice & Cheese Carrots Strawberries Whole Grain Bread	24 Taco Salad w/tortilla chips Meat & Refried Beans Lettuce, Tomato, Onions Shredded Cheese Salsa Apple	25 Egg, Sausage Breakfast Casserole Hash Browns Hot Herbed Tomatoes Cantaloupe Cinnamon Roll
28 Bratwurst on Bun Sauerkraut Grilled Potatoes Blushing Pears	29 Meatloaf Scalloped Potatoes Butter Beans Melon Medley Whole Grain Bread	30 BBQ Baked Chicken Baked Potato Broccoli w/cheese Chilled Peaches Peanut Butter Cookie	31 Chicken Salad Sandwich On Wheat Bread Potato Salad Lettuce Leaf w/tomato Watermelon	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 217-347-2851 Dieterich 217-994-0461 Altamont 217-994-6561

Beecher City 217-994-0661 Flora 217-994-3191 Vandalia 618-283-1040

Ramsey 217-994-6189 Pana 217-562-5611 Taylorville 217-287-7268

Kincaid 217-237-4328 Teutopolis 217-994-3334



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



BINGO!!

Come join us every
Friday
for an afternoon of
Bingo
starting at 1:00 p.m.



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) 342-4990 or via the web at <http://www.csecc.org/CIFTC/PT.htm>



SHIP

(Senior Health Insurance Program)

Senior Services staff are available to assist Medicare beneficiaries and their caregivers with insurance counseling. Please call (217) 347-5569 to make an appointment.





























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July 2025 Activity Center Calendar



Monday		Tuesday		Wednesday		Thursday	Friday
1	1:00 Cards & Mahjong 	10:00 Line Dancing 	2	1:00 Games 1:00 Knit/Crochet/Socialize 1:00 SHIP 	3	1:00 Games 	4 Sorry we are CLOSED for the 4th of July 
7	1:00 Cards & Mahjong 	10:00 Line Dancing 	9	1:00 Games 1:00 Knit/Crochet/Socialize 1:00 SHIP 	10	11:00 Dine with a Doc featuring Dr. James Graham, DPM  Sarah Bush Lincoln Therapist Compensation Care	11 1:00 BINGO Sponsor:  EVERGREEN ALZHEIMER HEALTHCARE FACILITY 10000 10th Avenue 
14	1:00 Cards & Mahjong 	10:00 Line Dancing 	16	1:00 Games 1:00 Knit/Crochet/Socialize 1:00 SHIP 	17	11:00 SAVVY SENIOR LUNCH Sponsored by HSHS featuring Dr. Zane Oureshi, DPM, ABPM 12:00 Benny & the Amigos	18 1:00 BINGO Sponsor:  PING PONG CLOCK 
21	1:00 Cards & Mahjong 	10:00 Line Dancing 	23	1:00 Ice Cream Social sponsored by Sarah Bush Lincoln  Sarah Bush Lincoln Therapist Compensation Care	24	1:00 Games 	25 1:00 BINGO Sponsor:  LAKELAND REHABILITATION & THERAPY CARE CENTER A UNITED HEALTHCARE PARTNERSHIP 
28	1:00 Cards & Mahjong 	10:00 Line Dancing 	30	1:00 Games 1:00 Knit/Crochet/Socialize 1:00 SHIP	31	1:00 Birthday Party with cake & ice cream Provided by The Villas of Holly Brook 	1-Aug 1:00 BINGO Sponsor:  brookstone ESTATES ASSISTED LIVING 