



Sunset Times

September 2025

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HSHS
St. Anthony's
Memorial Hospital



SENIOR
SERVICES
Effingham County

Presents:

St. Anthony's Savvy Senior Program & Luncheon on Thursday, September 18th, 2025, at 11:00 a.m. featuring

HSHS St. Anthony's Rehabilitation and Wellness Therapy Team

This program focuses on a variety of rehabilitation and wellness topics as we are
joined by therapists from HSHS St. Anthony's Therapy Team:

- **Leah Passalacqua-Physical Therapist**, will discuss the importance of how to properly strengthen and relax the pelvic floor muscles through techniques such as guided exercises, manual therapy, and biofeedback. Pelvic floor therapy is a specialized physical therapy that focuses on the muscles, nerves, and movement of the pelvic floor, which supports your bladder, bowel & reproductive organs.
- **Nicole Probst- Occupational Therapist**, will discuss lymphedema and what treatments are available at St. Anthony's Rehabilitation and Wellness. Lymphedema is a condition characterized by swelling in the body, particularly in the arms or legs, due to buildup of lymph fluid.



******Please call to make your reservation today: 217-347-5569******

Senior Services will be CLOSED:

Monday, September 1st, 2025, in observance of Labor Day

Wednesday, September 10th, 2025, 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





**SENIOR
SERVICES**
Effingham County



Get Your Flu Shot!

Come to our Senior Activity Center on
Thursday, September 18th between 9:30 am – 10:45 am
to receive your flu shot from the
Effingham County Health Department

And stay for the HSHS Savvy Senior Program & Luncheon
which begins at 11:00 am
(Please call 217-347-5569 to register for your meal)

Then enjoy an afternoon of live music from
Benny & the Amigos at 12:15 pm



**SENIOR
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Please join us for cupcakes & ice cream
On Thursday, September 25th at 1:00 pm
for our monthly birthday party.



We will celebrate those who have a birthday in September
with cupcakes 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.*



Happy Birthday!





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 11th, 2025
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:

Dr. Andrew Poulos

Dr. Andrew Poulos chose family medicine because of the wide spectrum of care he can provide to the community. Dr. Poulos prioritizes attentive listening to build trusting relationships with his patients. He values collaborating closely with each individual to develop a personalized care plan based on best practices to achieve the best possible health outcomes.

Poulos enjoys offering his skills to the youth by providing sports physical exams at local schools. He also likes sports, movies, traveling and spending time with his family.

Lunch will be complimentary and provided courtesy of:



****Reservations are required and can be made by contacting the center at 217-347-5569****

Medicare Minute



Staying on top of your blood pressure!



Sit less, move more. Shoot for at least 30 minutes of **moderate exercise** each day. Exercises like chair stands and seated calf raises can be effective at lowering blood pressure.



Set goals with your doctor to manage your blood pressure. Your **yearly wellness visit** is a good time for your doctor to check your blood pressure and, if needed, help come up with a plan to lower it.



Eat a heart-healthy diet. Load up on veggies, fruits, whole grains, and lean proteins, like poultry, seafood, beans and nuts. Cut down on salt, saturated fat, and alcohol.



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, 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, 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 call 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 offer to a professionally staffed support center

EHRS is a Community Care Program core service provided to improve the independence and safety of participants in their own homes and help reduce the need for nursing home care. For more information on Emergency Home Response Services in our community, contact Effingham Senior Services at 217-347-5569.



EHRS offers a 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.



Are you interested in getting out of the house to socialize?

Come to the Senior Activity Center on Wednesday afternoons at 1:00 pm to share knitting and crocheting ideas, instruct and assist, or just spend quality time with their friends over a cup of coffee. We would love to have you join in on the fun and learning! So, call all of your friends and come visit us!

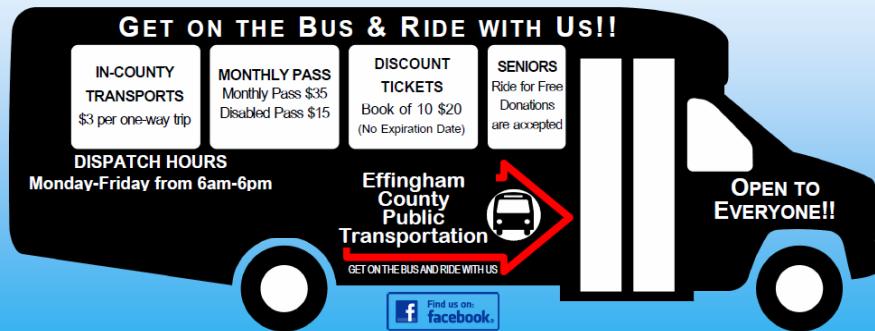


Having Trouble Finding a Ride?

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

Call to Schedule Your Ride Today!

1-855-755-2478



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.cefseoc.org/CITIC/PT.htm>

Make your appointment for the **Benefit Access Program** (formerly Circuit Breaker) to see if you qualify for the license sticker discount!
217-347-5569



Do the Boot Scootin' Boogie!

Join the Line Dancers every Tuesday morning in the Activity Center at 10:00 am. Whether you are a beginner or an advanced dancer, come join the fun and learn a new step or two.



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!



September 2025 MENU

**Friends
Food
Fellowship**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 Closed in Observance of Labor Day	2 Grilled Pork Tenderloin on Whole Grain Bun Roasted Red Potatoes Green Beans Strawberries	3 Grilled Chicken Breast Broccoli Rice & Cheese Carrots Watermelon Whole Grain Bread	4 Taco Salad w/tortilla chips Meat & Refried Beans Lettuce, Tomato, Onions Shredded Cheese Apple	5 Sweet & Sour Chicken w/Pineapple over Rice Steamed Broccoli Jell-O w/Fruit Cocktail
6 Bratwurst Sauerkraut Grilled Potatoes Blushing Pears Hot Dog Bun	9 Meatloaf Scalloped Potatoes Butter Beans Melon Medley Whole Grain Bread	10 BBQ Baked Chicken Baked Potato Broccoli w/cheese Chilled Peaches Peanut Butter Cookie	11 Chicken Salad Sandwich Potato Salad Lettuce Leaf w/tomato Watermelon	12 Pork Roast Baked Sweet Potatoes Brussels Sprouts Apple Sauce Whole Grain Roll
15 Oven Baked Chicken Parsley Potatoes Green Beans Whole Grain Bread Strawberries	16 Hamburger on Bun Lettuce, Tomato, Onion, Pickles Potato Salad Pea Salad Banana	17 Chef Salad Turkey, Ham, Egg Lettuce, Tomato, Cucumber Carrots, Shredded Cheese Mandarin Orange Cake Club Crackers	18 Turkey & Dressing Mashed Potatoes Mixed Vegetables Watermelon Whole Grain Roll	19 Sloppy Joe on Bun Au Gratin Potatoes Calico Baked Beans Cantaloupe
22 Turkey Burger Glazed Carrots Green Beans Banana Pudding	23 Ham Hash Brown Casserole Succotash 5 Cup Salad Whole Grain Roll	24 Chicken Salad on Wheat Bread Asian Cole Slaw Waldorf Salad Strawberries	25 Pork Burger on Whole Grain Bun Cole Slaw Pickled Beets Melon Medley	26 Beef & Noodles Brussels Sprouts Corn Apricots
29 Pork Chops Roasted Red Potatoes Green Beans Peaches Whole Grain Roll	30 Spaghetti w/meat sauce Carrots & Peas Tossed Salad w/tomatoes Baked Apples Garlic Bread		FINAL	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

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 3 of our Ombudsman spotlight, we are highlighting more regulations and providing more clarity on specific rights granted to residents living in long-term care facilities.

Your rights to privacy and confidentiality

- **You have a right to privacy and confidentiality of your personal and medical records. Your medical and personal care are private.** Facility staff must respect your privacy when you are being examined or given care.
- **Facility staff must knock** before entering your room.
- **Your facility may not give information** about you or your care to unauthorized persons without your permission, unless you are being transferred to a hospital or to another health care facility.
- **You have the right to have private visits** at the hour of your choosing if it does not impose on the rights of other residents.
- **You may ask any visitor to leave** your personal living area at any time.
- **You have the right to make and receive phone calls** in private and to have access to the use of a telephone where calls can be made without being overheard.
- **Your facility must deliver and send your mail** promptly. Your facility may not open your mail without your permission.
- **If you are married**, you and your spouse have the right to share a room if both spouses agree to the arrangement.

Your rights regarding your money

- **You have the right to manage your own money.** The facility must not require you to let them manage your money or be your Social Security representative payee.
- **If you ask the facility to manage your money** it may only spend your money with your permission. **It must give you a current, itemized written statement** at least once every three months, and **it must put your money in a bank account** that earns interest for if:
 - a) Medicaid helps pay for your care at the facility and have over \$50 or
 - b) You do not receive Medicaid and have over \$100.
- **If your facility manages your money and you get Medicaid**, your facility must tell you if your savings come within \$200 of the amount Medicaid allows you to keep.
- **You May see your financial record** at any time.
















Your Personal property rights

- **You have the right to keep and wear your own clothing.**
- **You may keep and use your own property.**
- **You have the right to expect your facility to have a safe place** where you can keep small valuables which you can get to daily.
- **Your facility must try to keep your property from being lost or stolen.** If your property is missing, the facility must try to find it.

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, Lisa Light, at 217-347-5216 today!

Ombudsman.... Someone who CARES!

Activity Center Calendar September 2025

Monday	Tuesday	Wednesday	Thursday	Friday
1  Sorry We're CLOSED In Observation of Labor Day	2 10:00 Line Dancing 	3 1:00 Games 1:00 Knit/Crochet/Socialize 1:00 SHIP 	4 1:00 Games 	5 1:00 Bingo Sponsor:  brookstone ESTATES ASSISTED LIVING 
8 1:00 Cards & Mahjong 	9 10:00 Line Dancing 	10  SORRY WE'RE CLOSED Senior Activity Center & Office Closed for Staff Development & Training	11 11:00 Dine With A Doc  Featuring: Dr. Andrew Poulos	12 1:00 Bingo Sponsor:  EVERGREEN A HELIX HEALTHCARE FACILITY bringing you home 
15 1:00 Cards & Mahjong 	16 10:00 Line Dancing 	17 1:00 Games 1:00 Knit/Crochet/Socialize 1:00 SHIP 	18 9:30-10:45 Flu Clinic with ECHD 11:00 SAVVY Senior Lunch Sponsored by: HSHS Medical Group featuring their Therapy Dept.  	19 1:00 Bingo Sponsor: 
22 1:00 Cards & Mahjong 	23 10:00 Line Dancing 	24 8:00 am- 12:30 pm Senior Center Will Be Closed for a Private Meeting 1:00 Games 1:00 SHIP 1:00 Knit/Crochet/Socialize 	25 1:00 Birthday Party with cake & ice cream Provided by: The Villas of Holly Brook 	26 1:00 Bingo Sponsor:  LAKELAND REHABILITATION & HEALTH CARE CENTER 
29 1:00 Cards & Mahjong 	30 10:00 Line Dancing 	<p style="text-align: center;"> <i>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!</i> </p> 		