



SENIOR SERVICES
Effingham County



209 S. Merchant
Effingham, IL 62401

Sunset Times

March 2026

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



Presents:

St. Anthony's Savvy Senior Program & Luncheon on Thursday, March 19th, 2026, at 11:00 am featuring "Wound Care Services"

Chelsea Kinkelaar and Tory Buhnerkempe from HSHS St. Anthony's Memorial Hospital's Wound Healing Center will be presenting: **Wound Care Awareness**

They'll share helpful insights on prevention, treatment, and best practices in wound management.

They'll also have a fun round of Wound **BINGO**

So come ready to learn, participate, & bring your questions!



****Reservations are required and must be made by noon on Monday, March 16th by calling the center at 217-347-5569****



Senior Services will be CLOSED:
Wednesday, March 11th, 2026, 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



Community Partner



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.



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 12th, 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:

Amanda Stroud, APRN
and
Lauren Lustig, APRN



Amanda and Lauren are with the HSHS Medical Group and will be providing a joint presentation on simple tools to prevent falls.

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



****Reservations are required and must be made by noon on Monday, March 9th
by calling 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.**





**Sunday,
March 8th, 2026
At 2:00 am**

DAYLIGHT SAVING TIME

SOME INTERESTING FACTS

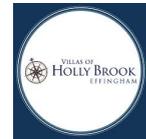
- It's Daylight Saving Time not "savings" time.
- Ben Franklin did not invent it. Though in 1774 he did suggest getting people up earlier as a way to save money on candles.
- First implemented in 1909 during WWI as a way to save energy for war production. It was also referred to as "war time".
- Hawaii and Arizona (except for the Navajo Nation) do not observe it.
- It's used in over 70 countries around the world though dates and times vary.



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, March 26th
at 1:00 pm**
for our monthly birthday party!

We will celebrate those who have a birthday in March 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.



Living a heart healthy lifestyle can help keep your blood pressure, cholesterol, and blood sugar levels normal — and lower your risk for heart disease and heart attack. If you're not sure you're at risk, now's a good time to talk with your doctor.

Tips to show your heart some love:

- ♥ **Stay active.** If possible, aim for 150 minutes of movement each week. Walking is a great start! Check with your doctor about which activities are right for you.
- ♥ **Get enough sleep.** Aim for 7–9 hours a night. A good night's rest can help reduce the risk of heart disease.
- ♥ **Eat a heart-healthy diet.** Choose lots of vegetables, fruits, lean proteins, and whole grains — and try to limit salt.
- ♥ **Don't smoke.** If you smoke, it's never too late to quit.



present

St. Anthony's Savvy Senior Program and Luncheon Series

Senior Services of Effingham County-Activity Center
209 South Merchant Street, Effingham

Upcoming Schedule:

- ❖ Thursday, May 21st, 2026
- ❖ Thursday, July 16th, 2026
- ❖ Thursday, September 17th, 2026
- ❖ Thursday, November 19th, 2026



MARCH 2026 MENU

Friends Food Fellowship

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 Swiss Steak Au Gratin Potatoes Spinach Vanilla Pudding Whole Grain Bread	3 Ham & Beans Beets Cole Slaw Mandarin Oranges Corn Bread	4 Turkey Sweet Potatoes Green Beans Peaches Whole Grain Roll	5 Ball Park Frank w/bun Baked Potato Baked Beans Strawberries w/bananas	6 CLOSED FOR STAFF TRAINING
9 BBQ Riblet Au Grain Potatoes Gourmet Carrots Applesauce Whole Grain Bun	10 Polish Sausage Sauerkraut Mashed Potatoes Pumpkin Mousse Whole Grain Bread	11 Italian Beef on Hoagie Bun Parsley Potatoes California Blend Veggies Chilled Peaches	12 Lasagna Tossed Salad w/tomatoes Broccoli Warm Apple Crisp Garlic Bread Stick	13 Herbed Baked Chicken Baby Baker Potatoes Green Beans Apricots Black Bean Brownie
16 Pork Roast Roasted Rosemary Potatoes Asparagus Mandarin Oranges Oatmeal Raisin Cookie	17 Fried Chicken Mashed Potatoes Mixed Vegetables Strawberries w/bananas Whole Grain Roll	18 Beef Pepper Steak Over Rice Stewed Tomatoes Warm Peach Crisp	19 Chili Crackers ½ Peanut Butter Sandwich Cole Slaw w/Ramen Noodles Apricots	20 Tuna Noodle Casserole Peas Tossed Salad w/tomatoes Warm Spiced Apples Whole Grain Bread
23 Biscuits & Gravy Sausage Patty Hash Brown Casserole Banana (fc) Orange Juice	24 Roast Beef Mashed Potatoes Green Beans Apricots Peanut Butter Cookie	25 Ham & Au gratin Potato Casserole Carrots Peas Jell-O w/ Fruit Cocktail Whole Grain Roll	26 Spaghetti w/ Meat Sauce Tossed Salad w/tomatoes 3 Bean Salad Strawberries Garlic Bread Stick	27 Salmon Croquette Creamy Potatoes Broccoli Pineapple Chunks Whole Grain Bread
30 Meatloaf Baked Potato Succotash Blushing Pears Whole Grain Roll	31 Chicken & Noodles Tossed Salad w/tomatoes California Blend Cherry Crisp		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

Litchfield 217-324-3032 Hillsboro 217-532-3662 Morrisonville 217-994-6748

*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.



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!!

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

OPEN TO EVERYONE!!

GET ON THE BUS AND RIDE WITH US

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)342-4900 or via the web at <http://www.csfssc.org/CPT/CPPT.htm>



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”.

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!

March 2026 Activity Center Calendar

Monday	Tuesday	Wednesday	Thursday	Friday
<p>2 1:00 Cards & Mahjong</p> 	<p>3 10:00 Line Dancing</p> 	<p>4 1:00 Games 1:00 Knit/Crochet/Socialize 1:00 SHIP</p> 	<p>5 1:00 Games</p> 	<p>6 1:00 Bingo Sponsor:</p> 
<p>9 1:00 Cards & Mahjong</p> 	<p>10 10:00 Line Dancing</p> 	<p>11</p> 	<p>12 11:00 Dine With A Doc</p>  <p>Featuring: Amanda Stroud-APRN And Lauren Lustig-APRN</p> 	<p>13 1:00 Bingo Sponsor:</p> 
<p>16 1:00 Cards & Mahjong</p> 	<p>17 10:00 Line Dancing</p> 	<p>18 1:00 Games 1:00 Knit/Crochet/Socialize</p> 	<p>19 11:00 - SAVVY Senior Lunch</p> <p>Sponsor: HSHS Medical Group</p> <p>featuring: Wound Care Awareness with Chelsea Kinkelaar & Tory Buhnerkempe</p> 	<p>20 1:00 Bingo Sponsor:</p> 
<p>23 1:00 Cards & Mahjong</p> 	<p>24 10:00 Line Dancing</p> 	<p>25 1:00 Games 1:00 Knit/Crochet/Socialize 1:00 SHIP</p> 	<p>26 1:00 Birthday Party with cake & ice cream</p> <p>Provided by: The Villas of Holly Brook</p> 	<p>27 1:00 Bingo Sponsor:</p> 
<p>30 1:00 Cards & Mahjong</p> 	<p>31 10:00 Line Dancing</p> 	<p>Remember: Sunday, March 8th</p>  <p><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>		