



# SENIOR SERVICES

Effingham County



209 S. Merchant  
Effingham, IL 62401

# Sunset Times

## August 2026

To join the Sunset Times email list please email: [supervisor@eccoa.org](mailto:supervisor@eccoa.org)  
or check out our website at [www.eccoa.org](http://www.eccoa.org)



## Effingham County Fair



The 2026 Effingham County Fair takes place in **Altamont, Illinois**, from **Saturday, August 1<sup>st</sup> through Saturday, August 8<sup>th</sup>, 2026.**

The week features daily livestock shows, carnival rides, and a premier grandstand entertainment lineup, headlined by a country concert by Jo Dee Messina on Friday, August 7th.

The main grandstand and special event daily schedule features:

- **Saturday, August 1:** Pro Pulling League Champions Tour
- **Sunday, August 2:** Fair Parade (Afternoon) & Talent Show; Jr. Miss & Little Mister Pageants
- **Monday, August 3:** Truck, Tractor, and Garden Tractor Pull
- **Tuesday, August 4:** Queen Pageant and Little Miss
- **Wednesday, August 5:** Pro Pulling League Western Series
- **Thursday, August 6:** Rodeo
- **Friday, August 7:** Jo Dee Messina Concert with Cole Goodwin  
(Music starts at 7:30 PM, gates open at 6:00 PM)
- **Saturday, August 8:** Demolition Derby (starts at 6:30 PM)



**Additionally, daily harness horse racing takes place at noon Sunday through Friday.**

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 Care Program

*“... Helping older people live independently”*



**Established in 1979 by Public Act 81-202**, the Illinois Department on Aging's Community Care Program **helps older adults who might otherwise need nursing home care** to remain in their homes by providing in-home and community-based services.

The Community Care Program aims to **assist older adults in maintaining their independence and providing cost-effective alternatives to nursing home placement**. These services include comprehensive care coordination, adult day services, in-home services, emergency home response services, and automated medication dispenser service.

The Community Care Program is available to any person who requests services and meets all current eligibility requirements.

**How Do I Access Services?** Community Care Program services are coordinated on a community level by local organizations called Care Coordination Units (CCUs) that are part of our Aging Network.



### **Who Is Eligible?**

- 60 years old or older
- Either U.S. citizens or eligible non-citizens within the specific categories
- Residents of Illinois
- Have non-exempt assets of \$17,500 or less (Your home, car, or personal furnishings are classified as exempt assets.)
- Have an assessed need for long-term care (to be at risk for nursing facility placement as measured by the Determination of Need (DON) assessment)
- Apply for and, if eligible, enroll in Medicaid

## **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.



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, August 13<sup>th</sup>, 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.

**Featured Speaker: Becky Doiron, Manager of Education and Outreach for  
the Alzheimer's Association, Greater Illinois Chapter**



**Alzheimer's Association, Greater Illinois Chapter  
320 E Walnut St.  
Carbondale, IL 62901  
618-985-2664**



**Becky is a graduate of Southern Illinois University with a degree in Therapeutic Recreation and previously served as the Director of Activities at a local memory care unit. Her deep personal connection to Alzheimer's; inspired by her grandmother's diagnosis over 10 years ago; drives her passion for spreading awareness and educating the community on this relentless disease. She will share strategies for improving quality of life, followed by a dedicated question-and-answer period.**

**Lunch will be complimentary and provided courtesy of:**



**\*\*Reservations are required and must be made by noon on Monday, August 10<sup>th</sup> 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.**



**Get Paid to Make a Difference in Your Community!**

**Part-time Meals on Wheels Site Supervisor in Teutopolis**

(\$16/hr. at 12.5 hours/wk.)

**Full-time Driver/Dispatcher for C.I.P.T in Effingham**

(\$18.53/hr. at 40 hours/wk.)

**Full Time Driver for C.I.P.T in Effingham**

(\$17.53/hr. at 40 hours/wk.)



**Home every night**

**Paid training**

**Plus benefits**

**Accepting Applications at**

**1805 S. Banker St., Effingham, IL. 62401**

**Mon.-Fri. From 8:30am-4:30pm**

**Call Sarah Martinez (Talent Acquisition) at 217-247-7141**

**Apply by visiting [www.cefseoc.org/employment](http://www.cefseoc.org/employment)**



**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, August 27<sup>th</sup>**  
**at 1:00 pm**  
for our monthly birthday party!

We will celebrate those who  
have a birthday in August 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.



## Senior Medicare Patrol (SMP)

**SMP Mission:** Senior Medicare Patrols (SMPs) empower and assist Medicare beneficiaries, their families, and caregivers to prevent, detect, and report health care fraud, errors, and abuse through outreach, counseling, and education. SMPs are grant-funded projects of the federal U.S. Department of Health and Human Services (HHS), U.S. Administration for Community Living (ACL). Their work is in three main areas:

**Conduct Outreach and Education:** SMPs give presentations to groups, exhibit at events, and work one-on-one with Medicare beneficiaries to prevent, detect, and report potential Medicare fraud.

**Engage Volunteers:** The SMP program is a volunteer-based program. Protecting older persons' health, finances, and medical identity while saving precious Medicare dollars is a cause that attracts civic-minded people to volunteer for the SMP program.

**Receive Beneficiary Complaints:** When Medicare beneficiaries, caregivers, and family members bring their complaints to the SMP, the SMP makes a determination about whether or not fraud, errors, or abuse is suspected. When fraud or abuse is suspected, they make referrals to the appropriate state and federal agencies for further investigation.

**REPORT SUSPECTED FRAUD:** Toll Free: 877-808-2468



# August 2026 MENU

## Friends Food Fellowship

| MONDAY                                                                                    | TUESDAY                                                                                                      | WEDNESDAY                                                                                                                                                      | THURSDAY                                                                                      | FRIDAY                                                                                                              |
|-------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------|
| 3 Oven Baked Chicken<br>Parsley Potatoes<br>Green Beans<br>Whole Grain Bread<br>Pineapple | 4 Hamburger on Bun<br>Romaine Lettuce,<br>Tomato, Onion,<br>Pickles, Potato Salad<br>Pea Salad<br>Watermelon | 5 Chef Salad<br>Turkey, Ham, Egg<br>Lettuce, Tomato,<br>Cucumber, Carrots,<br>Shredded Cheese<br>Salad Dressing<br>Mandarin OrangeCake,<br>Banana ClubCrackers | 6 Turkey & Dressing<br>Mashed Potatoes<br>Mixed Vegetables<br>Strawberries<br>Whole_GrainRoll | 7 Sloppy Joes on Bun<br>Au Gratin Potatoes<br>Calico Baked Beans<br>Cantaloupe                                      |
| 10 Chicken Salad on Wheat Bread<br>Asian Cole Slaw<br>Waldorf Salad<br>Strawberries       | 11 Ham<br>Hash Brown Casserole<br>Succotash<br>5 Cup salad<br>Whole Grain Roll                               | 12 Turkey Burger on Bun<br>Glazed Carrots<br>Green_Beans<br>Fruit_Cocktail                                                                                     | 13 Beef N Noodles<br>Brussels Sprouts<br>Corn<br>Apricots                                     | 14 Pork Burger on Whole_GrainBun<br>Cole_Slaw<br>Pickled_Beets<br>Melon_Medley                                      |
| 17 Ball Park Frank on Bun<br>Macaroni & Cheese<br>California Blend<br>ColeSlaw<br>Banana  | 18 Pork Chops<br>Roasted Red Potatoes<br>Green Beans<br>Peaches<br>Whole Grain Roll                          | 19 Grilled Chicken Salad w/Lettuce,<br>Tomatoes and Cheese,<br>3 Bean Salad<br>Ranch Dressing<br>Mandarin_Oranges<br>Club Crackers<br>Oatmeal_Cookie           | 20 Fish on Bun<br>Cauliflower w/cheese<br>Baked Beans<br>Cantaloupe                           | 21 Spaghetti w/meat sauce Carrots&Peas<br>Tossed Salad w/tomatoes<br>Salad Dressing<br>Baked Apples<br>Garlic_Bread |
| 24 Salisbury Steak<br>Whipped Potatoes ,Peas, Mandarin Oranges,<br>OatmealCookie          | 25 Sub Sandwich On_Hoagie_Bun<br>Lettuce_&Tomato<br>Broccoli/Cauliflower Salad<br>Cantaloupe                 | 26 Fried Chicken<br>Potato_Salad<br>Carrots<br>HotAppleCrisp<br>Biscuit                                                                                        | 27 Swedish Meatballs<br>Mashed Potatoes ,<br>Corn Apricots<br>Whole Grain Roll                | 28 BBQ Pulled Pork On_WholeGrainBun<br>AuGratin_Potatoes<br>4_Bean_Salad<br>Baked Apples                            |
| 31 Sweet & Sour Chicken/Pineapple over Rice, Steamed Broccoli<br>Jell-O w/Fruit Cocktail  |                                                                                                              |                                                                                                                                                                |                                                                                               | <b>2% Milk, Bread, and Margarine are served with every meal. Substitutes will only be made in emergencies.</b>      |

**CALL THE DAY BEFORE TO RESERVE A MEAL**  
**Suggested Donation \$4.75/Meal**

**Effingham 217-994-0614    Dieterich 217-994-0461    Altamont 217-994-6561**  
**Beecher City 217-994-0661    Flora 217-994-3191    Vandalia 217-994-0109**  
**Ramsey 217-994-6189    Pana 217-994-1602    Taylorville 217-994-1849**  
**Kincaid 217-994-2023    Teutopolis 217-994-3334**

\*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.



**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!**



## Crocheting & Knitting

**Join the ladies every**  
**Wednesday afternoon**  
**at 1:00 pm in the**  
**Activity Center**  
**No previous experience**  
**is needed!**

**Come & join the Fun!!!**



## 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!!

|                                                     |                                                                |                                                                    |                                                           |
|-----------------------------------------------------|----------------------------------------------------------------|--------------------------------------------------------------------|-----------------------------------------------------------|
| <b>IN-COUNTY TRANSPORTS</b><br>\$3 per one-way trip | <b>MONTHLY PASS</b><br>Monthly Pass \$35<br>Disabled Pass \$15 | <b>DISCOUNT TICKETS</b><br>Book of 10 \$20<br>(No Expiration Date) | <b>SENIORS</b><br>Ride for Free<br>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)342-4390 or via the web at <http://www.cetsec.org/CPT/ECPT.htm>



# August 2026 Activity Center Calendar

| Monday                                                                                                                     | Tuesday                                                                                                                 | Wednesday                                                                                                                                                                  | Thursday                                                                                                                                                                                                                                                   | Friday                                                                                                                |
|----------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------|
| <b>3</b><br>1:00 Cards and Mahjong<br>  | <b>4</b><br>10:00 Line Dancing<br>   | <b>5</b><br>1:00 Games<br>1:00 Knit/Crochet/Socialize SHIP by appointment: 9 - 11<br>    | <b>6</b><br>1:00 Games<br>                                                                                                                                                | <b>7</b><br>1:00 Bingo Sponsor:<br>   |
| <b>10</b><br>1:00 Cards & Mahjong<br>   | <b>11</b><br>10:00 Line Dancing<br>  | <b>12</b><br>1:00 Games<br>1:00 Knit/Crochet/Socialize SHIP by appointment: 9 - 11<br>   | <b>13</b><br>11:00 Dine With A Doc<br> Becky Doiron<br>About Alzheimers and Dementia<br> | <b>14</b><br>1:00 Bingo Sponsor:<br>  |
| <b>17</b><br>1:00 Cards & Mahjong<br>   | <b>18</b><br>10:00 Line Dancing<br>  | <b>19</b><br>1:00 Games<br>1:00 Knit/Crochet/Socialize SHIP by appointment: 9 - 11<br>   | <b>20</b><br>1:00 Games<br>                                                                                                                                               | <b>21</b><br>1:00 Bingo Sponsor:<br>  |
| <b>24</b><br>1:00 Cards & Mahjong<br>  | <b>25</b><br>10:00 Line Dancing<br> | <b>26</b><br>1:00 Games<br>1:00 Knit/Crochet/Socialize SHIP by appointment: 9 - 11<br> | <b>27</b><br>1:00 Birthday Party with cake & ice cream provided by:<br>The Villas of Holly Brook<br>                                                                    | <b>28</b><br>1:00 Bingo Sponsor:<br> |
| <b>31</b><br>1:00 Cards & Mahjong<br> |                                    | Please remember to call 217-347-5569 to sign up for our special events.<br><br><b>Deadline is Monday at noon on the week of the event.</b>                                 |                                                                                                                                                                                                                                                            |                                                                                                                       |
|                                                                                                                            |                                                                                                                         |                                                                                                                                                                            |                                                                                                                                                                                                                                                            |                                     |