

SENIOR SERVICES Effingham County



209 S. Merchant
Effingham, IL 62401

Sunset Times May 2025

To join the Sunset Times email list please email

lhartigan@seniorservices-ecco.org

or check out our website at www.ecco.org

May is Older Americans Month! Flip the Script on Aging!



SCHEDULE OF EVENTS:



Thursday, May 1st:

**8:30 am to 11:30 am -
Senior Center Health & Information Fair**



Thursday, May 8th:

**11:00 am - Dine With A Doc
12:30 pm - Super Bingo**



Thursday, May 15th:

**11:00 am - HSHS St. Anthony's
Savvy Senior Luncheon**



Thursday, May 22nd:

**11:00 am - Ombudsman's Luncheon &
Presentation with a Luau Party
11:30 am - Benny & the Amigos**



Thursday, May 29th:

1:00 pm - Monthly Birthday Party

A special thank you to our corporate sponsors:



**DIETERICH
BANK** Live for Today.
Bank for Tomorrow.



**HSHS
St. Anthony's
Memorial Hospital**

**Senior Services of Effingham will be CLOSED
on Monday, May 26th
in observance of Memorial 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 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 1-800-283-4070 after hours and on weekends

www.seniorservices-ecco.org





You're Invited.....

Luncheon – Presentation – Music

Please join us in the Senior Services Activity Center at 11:00 am on Thursday, May 22nd for a luncheon and presentation followed by **Benny & the Amigos** by Special Request! The event is sponsored by Senior Services Ombudsman Program where valuable information regarding Long-Term Care and Resident's Rights will be presented and discussed.

Please RSVP to 217-347-5569 as seating will be limited.



What is an Ombudsman?

A Long-Term Care Ombudsman is an advocate who seeks to resolve complaints on behalf of residents who receive long-term care services. 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.

Ombudsman services are confidential and free, so, if you have a concern, complaint, or question, please call Lisa Light-Regional Ombudsman, at 217-347-5216 or 1-800-283-4070.



ANNOUNCEMENT:

RULES OF THE ROAD class will no longer be offered at the Senior Center, Sorry for the inconvenience.

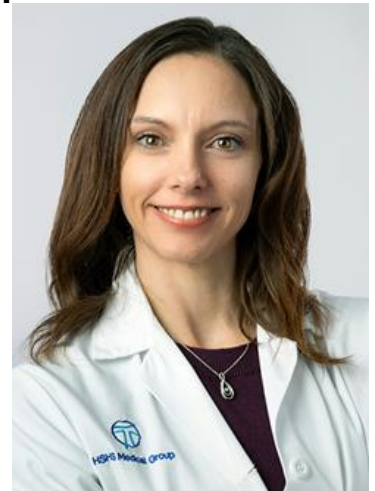


Dine with a Doc® is a **FREE** program that welcomes the local senior public to hear an educational topic while enjoying a complimentary lunch. The next Dine with a Doc® lunch is scheduled for **Thursday, May 8th, 2025, in the Senior Services Activity Center from 11:00 am until 1:00 pm.**

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 please to welcome Chancie Warren, PMHNP from HSHS Medical Group Family & Internal Medicine – Effingham. Warren is now accepting patients at the facility located at 900 W. Temple Ave., Building B, Suite 1500.

Warren enjoys the opportunity to connect with patients and support them through life's challenges. As a psychiatric mental health nurse practitioner, Warren can assess, diagnose and treat mental health conditions to provide quality care for all.



Come and learn about ways to improve your quality of life. A question and answer period will follow her presentation.

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



****Reservations for Dine with a Doc are required and can be made by contacting the center at 217-347-5569, must call before Monday of the week of Luncheon****

In Honor Of Older American's Month, we present..



**Thursday, May 8th immediately following Dine With A Doc Program
Bigger Prizes – Lots of Fun – More Games!**



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.

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.



present

St. Anthony's Savvy Senior Program and Luncheon Series

Free blood pressure
screenings will be
offered prior to the
presentation!



Wound care Bingo will
be played after the
presentation!

**Please join us in the Senior Activity Center
on Thursday, May 15th, 2025, at 11:00 am
Featuring: HSHS St. Anthony's - Dr. Jeff Brummer**

Dr. Brummer is the medical director of HSHS St. Anthony's Wound Healing Center and has been since its opening in 2010. Dr. Brummer has led the Center's team in achieving outstanding healing rates for 15 consecutive years.

Dr. Brummer graduated from the Des Moines University College of Osteopathic Medicine in 2002.



Chronic wounds affect nearly seven million Americans, diminishing their quality of life and unfortunately their life expectancy. Specialized wound care, like the award-winning care provided at the Wound Healing Center, has proven to increase healing rates and significantly lower the risk of amputation. It is critical to understand not only disease risk factors that can lead to the development of chronic wounds, but also the urgency and importance of seeking specialized treatment right away. The Wound Healing Center offers comprehensive wound care and leading-edge treatments, including hyperbaric oxygen therapy, negative pressure wound therapy, bio-engineered skin substitutes, biological and biosynthetic dressings, and growth factor therapies.

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



May 2025 MENU

Friends Food Fellowship

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Milk, Bread, and Margarine are served with every meal. Substitutes will only be made in emergencies. 5 Fried Chicken Mashed Potatoes Mixed Vegetables Mandarin Oranges Whole Grain Roll	FINAL 6 Broccoli Cheese Soup Crackers ½ Turkey Sandwich on Whole Grain Bread Apple Cabbage Slaw Fruit Cocktail	7 Polish Sausage Sauerkraut Mashed Potatoes Pumpkin Mousse Whole Grain Bread	1 Lasagna Tossed Salad w/tomatoes Broccoli Warm Apple Crisp Garlic Bread Stick	2 BBQ Riblet Au Grain Potatoes Gourmet Carrots Pears Whole Grain Bun
12 Roast Beef Mashed Potatoes Green Beans Apricots Peanut Butter Cookie	13 Spaghetti w/ Meat Sauce Tossed Salad w/tomatoes 3 Bean Salad Strawberries Garlic Bread Stick	14 Biscuits & Gravy Sausage Patty Hash Brown Casserole Banana Orange Juice	15 Ham & Au gratin Potato Casserole Carrots Peas Jell-O w/ Fruit Cocktail Whole Grain Roll	16 Lemon Pepper Tilapia Garlic Mashed Potatoes Honey Glazed Carrots Tropical Fruit Cotton Pickin' Good Cake
19 Beef Pepper Steak Over Rice Stewed Tomatoes Warm Peach Crisp	20 Chicken Bearnaise Peas Mashed Potatoes w/gravy Peaches Texas Sheet Cake	21 Baked Ham Hash Brown Casserole Green Beans Banana Whole Grain Roll	22 Oven Baked Chicken Sweet Potatoes Broccoli Strawberries Angel Food Cake	23 Fish on Bun Broccoli Rice Casserole Baked Beans Orange
26 Closed for Memorial Day	27 Sloppy Joes on Bun Potato Wedges Calico Beans Pineapple	28 Old Fashioned Beef Stew Cottage Cheese Cole Slaw Cinnamon Applesauce Corn Muffin	29 Smothered Grilled Chicken Breast Broccoli Carrots Jell-O w/pears Garlic Bread	30 Baked Turkey Crunch Peas Tossed Salad w/tomatoes Warm Spiced Apples Whole Grain Bread

CALL THE DAY BEFORE TO RESERVE A MEAL

Suggested Donation \$4.75/Meal

Effingham 217-347-2851 Dieterich 217-925-5461 Altamont 618-483-6912

Beecher City 618-487-5401 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



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

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)342-4880 or via the web at <http://www.cetfsc.org/CPT/CPFT.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!



STANFIELD CHIROPRACTIC

Please join us for cake & ice cream on
Thursday, May 29th
at 1:00 pm
for our monthly birthday party!

We will celebrate those who have a birthday in May with cake and ice cream provided by Stanfield Chiropractic.

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

May 2025 Activity Center Calendar

Monday	Tuesday	Wednesday	Thursday	Friday
 <p><i>Please remember to call 217-347-5569 for all of our special events! Thank you!</i></p>		 <p>HEALTH FAIR 8:30-11:30 Senior Activity Center Health & Information Fair</p>	 <p>1:00 BINGO Sponsor: brookstone ESTATES ASSISTED LIVING</p>	 <p>2 12:00 Mahjong 1:00 BINGO Sponsor: brookstone ESTATES ASSISTED LIVING</p>
<p>5</p> <p>12:00 Cards & Mahjong</p> 	<p>6</p> <p>10:00 Line Dancing</p> 	<p>7</p> <p>1:00 Games 1:00 Knit/Crochet/Socialize 1:00 SHIP</p> 	<p>8</p> <p>11:00 Dine with a Doc featuring Chancie Warren, NP 12:30 Super Bingo</p> 	<p>9 12:00 Mahjong 1:00 BINGO Sponsor: EVERGREEN A SENIOR HEALTH CARE COMMUNITY</p>  
<p>12</p> <p>12:00 Cards & Mahjong</p> 	<p>13</p> <p>10:00 Line Dancing</p> 	<p>14</p> <p>1:00 Games 1:00 Knit/Crochet/Socialize 1:00 SHIP</p> 	<p>15</p> <p>11:00 SAVVY SENIOR LUNCH Sponsored by HSHS Dr. Jeff Brummer</p> 	<p>16 12:00 Mahjong 1:00 BINGO Sponsor: The Village at Holly Brook BINGO</p> 
<p>19</p> <p>12:00 Cards & Mahjong</p> 	<p>20</p> <p>10:00 Line Dancing</p> 	<p>21</p> <p>1:00 Games 1:00 Knit/Crochet/Socialize 1:00 SHIP</p> 	<p>22</p> <p>11:00 Ombudsman Luncheon & Presentation 11:30 Benny & the Amigos</p>  	<p>23 12:00 Mahjong 1:00 BINGO Sponsor: LAKELAND REHABILITATION & HEALTH CARE CENTER</p>  
<p>26</p> <p>Sorry we're closed for Memorial Day</p> 	<p>27</p> <p>10:00 Line Dancing</p> 	<p>28</p> <p>1:00 Games 1:00 Knit/Crochet/Socialize 1:00 SHIP</p> 	<p>29</p> <p>2:00 Birthday Party with cake & ice cream Provided by Stanfield STANFIELD CHIROPRACTIC</p>	<p>30 12:00 Mahjong 12:30 SMP Presentation 1:00 BINGO Sponsor:</p>  