

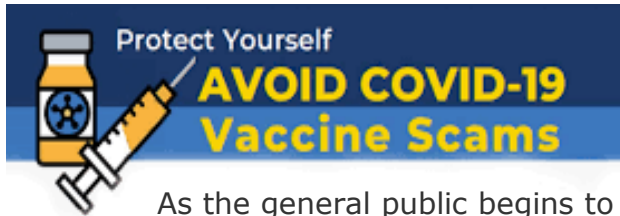


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 or check out our webpage at
 www.seniorservices-eccoa.org

Sunset Times

May 2021

Due to the increased risk of COVID-19, Senior Services of Effingham County office and activity center are closed to the public until further notice. If you need assistance, please call 217-347-5569 or toll free 1-800-283-4070.



Attorney General Kwame Raoul today urged residents throughout Illinois to be on alert for scams related to the distribution of the COVID-19 vaccine.


As the general public begins to receive doses of the vaccines manufactured by Pfizer and Moderna, Raoul's office is cautioning people to be alert for scams and theft of personally-identifiable information.

Raoul encourages people to take steps to protect their health and information:

- **Do not buy any kind of COVID-19 vaccine or treatment on the internet** or from an online pharmacy. You should not have to pay any amount of money out of pocket in order to receive the vaccine. Everyone eventually will be able to receive the vaccine, even if they do not have health insurance.
- **Ignore online, phone, and text offers** for the COVID-19 vaccine.
- **Hang up on any calls**, including robocalls, which direct you to take immediate action or provide personally-identifiable information, such as your Social Security number or bank account number. Health workers conducting contact tracing will ask you to confirm your name and address, but will not request your Social Security number or financial information. Contact your local health department if you receive a contact tracing call and are unsure it is legitimate.
- **Report solicitations** from telemarketers, text messages and social media platforms, as well as door-to-door visits. You can file a consumer complaint with the [Illinois Attorney General's office](#).
- **Delete emails and texts** that promise or offer access to COVID-19 treatments, and do not click on any links contained in such emails as they may place malware on your devices.

Resources available to report scams and receive help:

- ✓ FBI's Internet Crime Complaint Center
www.ic3.gov
- ✓ Illinois Attorney General Senior Fraud Helpline
1-800-243-5377
- ✓ Illinois Elder Abuse 1-866-800-1409
- ✓ AARP Fraud Watch 1-877-908-3360
- ✓ **Your local City & County Police Departments-Effingham County Sheriff's Office: (217) 342-2101**
- ✓ **Contact your local bank to inquire on your "stimulus" check**
- ✓ **ftc.gov/coronavirus**



As a precaution to the Coronavirus, Dine With A Doc programs in Effingham & all surrounding areas will be cancelled until further notice in the best interest of protecting our seniors. Thank you for understanding. Please feel free to pass this information along.

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-eccoa.org



Community Care Program

"... Helping older people live independently"



Did you know that ECCOA Senior Services 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 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, 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. Call Today.... We can assess your needs and keep you at home.



Happy Mother's Day, May 9th!



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. This service is now available for cell phones too.

Long Term Care Ombudsman Resident.....Advocate

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. If you have a concern, complaint or question regarding long-term care please call our Regional Long Term Care Ombudsman, Terri Simpson at 217-347-5569 today! All calls are confidential.



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)342-4390 or via the web at <http://www.eccoa.org/CPT/CPT.htm>



**LET'S ROLL
UP OUR
SLEEVES.**



COVID-19 vaccine: It's our turn to roll up our sleeves and get vaccinated!

It's hard to imagine a time when we didn't know COVID-19 existed. Now when people say "virus," we know what they mean. The impact of COVID-19 on our lives, our activities, and our freedom has affected us all. The responsibility is ours, as a community, to help stop this virus. Now we have a new, safe, and effective tool to help us do that—COVID-19 vaccines.

It takes everyone.

We all need to step up to beat COVID-19. We ask you to join us in protecting yourself, your family and friends, and our community by getting vaccinated.

"COVID-19 vaccination is one of the strongest tools we can use to fight this pandemic together," says Linda Hubbartt, Senior Services of Effingham County Director.

Getting vaccinated adds an important layer of protection for you, your family, and loved ones. Here are some things you should know about the COVID-19 vaccine:

- All COVID-19 vaccines currently available in the United States are very effective at preventing the disease.
- The most common side effects are pain in the arm where you got the shot, feeling tired, headache, body aches, chills, and fever.
- Stopping a pandemic requires using all the tools we have available—wearing masks, staying at least 6 feet apart from people who don't live with you, avoiding crowds and poorly ventilated spaces, washing your hands frequently, and **getting vaccinated**.

We want everyone in our community to be safe and get back to hugging our families and friends and shaking hands with our neighbors.

We all play a part in this effort, and you are key. Please sign up to get your COVID-19 vaccination at the Effingham County Health Department.

If you have questions about vaccination clinics in Effingham County, please contact the Effingham County Health Department at 217-342-9237 or visit their website, www.effcohealth.org.

If you have questions about the COVID-19 vaccine, visit CDC's FAQs web page: <https://www.cdc.gov/coronavirus/2019-ncov/vaccines/faq.html>.

Friends
Food
Fellowship



Friends
Food
Fellowship

MAY MENU

Suggested Donation: Congregate \$3.00 or Home Delivered \$3.25

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 Swiss Steak Au Gratin Potatoes Spinach Vanilla Pudding Whole Grain Bread	4 Ham N Beans Beets Cole Slaw Mandarin Oranges Cornbread	5 Turkey Sweet Potatoes Green Beans Peaches Whole Grain Roll	6 Vegetable Beef Soup Crackers ½ Cheese Salad Sandwich 3 Bean Salad Strawberries w/Bananas	7 Chicken Breast w/sauce Garlic Mashed Potatoes Asparagus Tropical Fruit Cotton Pickin Good Cake
10 Chicken Salad with fruit on Croissant Broccoli Cauliflower Salad Strawberries Angel Food Cake Mother's Day Menu	11 Polish Sausage Sauerkraut Mashed Potatoes Pumpkin Mousse Whole Grain Bread	12 Salisbury Steak Baked Potato Peas Mandarin Oranges Whole Grain Bread	13 Italian Beef on Hoagie Bun German Potato Salad California Blend Chilled Peaches	14 Baked Ham Sweet Potatoes Green Beans Fruit Cocktail Black Bean Brownie
17 Chili Crackers ½ Peanut butter Sandwich Cole Slaw Apricots	18 Fried Chicken Mashed Potatoes Mixed Vegetables Strawberries w/bananas Whole Grain Roll	19 Beef Pepper Steak Over Rice Stewed Tomatoes Warm Peach Crisp	20 Pork Roast Roasted Potatoes Lima Beans Mandarin Oranges Oatmeal Cookie	21 Chicken N Noodles Peas Tossed Salad w/tomatoes Warm Spiced Apples Whole Grain Bread
24 Biscuits & Gravy Sausage Patty Hash Brown Casserole Banana Orange Juice	25 Spaghetti w/Meat Sauce Tossed Salad w/tomatoes Pudding Garlic Bread Stick	26 Roast Beef Mashed Potatoes Butter Beans Apricots Peanut butter Cookie	27 Chicken Pot Pie Creamy Cole Slaw Apricots Biscuit Birthday Cake	28 Fish On Bun Brocoli Rice Casserole Baked Beans Mandarin Oranges w/bananas
31 Closed Memorial Day				FINAL

Milk, Bread and Margarine are served with every meal! Substitutes will only be made in emergencies!

CALL THE DAY BEFORE TO RESERVE A MEAL

Effingham 217/347-2851; Dieterich 217/925-5461; Altamont 618/483-6912; Beecher City 618/487-5401

Flora 618/662-6741

Vandalia 618/283-1040 Ramsey 618/237-0251

Pana 217/562-5611 Taylorville 217/287-7268 Kincaid 217/237-4328

FINAL