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*Sunset Times*  
 November 2020

**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.**



## 16<sup>th</sup> Annual Community Thanksgiving Dinner



The Effingham County FISH Organization is sponsoring the 16th Annual Free Effingham County Thanksgiving Day Dinner on Thursday, November 26, 2020. Due to the coronavirus, there will be NO CONGREGATE MEAL. All meals will be delivered or available for curbside pickup. Meal delivery will take place between 10:00 am and 12:00 noon. Curbside pickup will be available at Cornerstone Christian Church, 3600 South Banker, Effingham, Illinois between 12:00 noon and 1:00 pm.

This event is free and open to all Effingham County Residents and their families, however donations are always greatly appreciated.

To reserve Home Delivered Meals and Curbside Pickup, please call the Senior Services - Senior Center at 217-347-5569 by noon on November 23, 2020. Residents receiving delivered meals will need to have a cooler or space available for the volunteers to put the meals. There will be no face to face contact.

Volunteers are also needed to package and deliver all meals. Because of social distancing, we are going to have 3 shifts: 9:00 am to 10:00 am; 10:30 am to 11:30 am and 12:00 noon to 1:00 pm. Each shift will be limited to no more than 40 people. We will have masks and gloves available. To volunteer, please call Susan Elke at 217-868-5913.



**In observance of Veterans Day, and Thanksgiving Day, Senior Services will be closed on Wednesday, November 11th, and Thursday, November 26th and Friday, November 27th, 2020 For emergencies call 1-800-283-4070.**



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](http://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.



As a precaution to the Coronavirus, Dine With A Doc programs in Effingham & all surrounding areas will be cancelled thru the remainder of the 2020 calendar year in the best interest of protecting our seniors. Thank you for understanding.  
Please feel free to pass this information along.

## 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!!**

<b>IN-COUNTY TRANSPORTS</b> \$3 per one-way trip	<b>MONTHLY PASS</b> Monthly Pass: \$35 Disabled Pass: \$15	<b>DISCOUNT TICKETS</b> Book of 10 \$20 (No Expiration Date)	<b>SENIORS</b> 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)347-4990 or via the web at <http://www.effco.org/CPPT/CPPT.asp>



# Willowbrook

ALZHEIMER AND DEMENTIA CARE RESIDENCES



*We want to introduce you to an innovative and compassionate way of providing specialized care for Alzheimer's and other dementia related care services*

## Willowbrook Memory Support Residences *Specialized Dementia Care*

At Willowbrook, we know that person's affected by Alzheimer's and other dementia related illnesses have specific needs that must be met. We strive to work in partnership with residents, families, physicians, and staff to provide quality care that produces great moments throughout the day. Our houses are designed to provide 24 hour license care and support for our residents while promoting dignity and independence in a safe, secure environment. Each day we promote well-being by providing each resident with purpose

### OUR RESIDENTS RECEIVE THE BEST OF OUR ALL-INCLUSIVE SERVICES

- Residences with Small Populations
- Medication Management by Licensed Nurses
- Housekeeping/Laundry
- Assistance with Activities in Daily Living
- Three Home Cooked Meals a Day
- Private Suites and Private Baths
- Experienced Management and Staff Trained in Dementia care
- 24 Hour Nursing Care Services

Savoy, IL ~ 217-600-7705

Effingham, IL ~ 217-342-3239

Marshall, IL ~ 217-293-1246

Vandalia, IL ~ 618-431-2125

[www.willowbrookliving.net](http://www.willowbrookliving.net)

Friends  
Food  
Fellowship



Friends  
Food  
Fellowship

## November 2020 MENU

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 Chicken Bacon Pasta Green Beans Ranch Carrots Apple Juice Cup Breadstick	3 Beef Tips w/gravy Mashed Potatoes Lima Beans Mango Chunks Whole Grain Bread	4 Baked Chicken Breast Seasoned Diced Potatoes Cauliflower Cherry Crisp Whole Grain Bread	5 Ham Sandwich w/lettuce Leaf Cottage Cheese Green Peppers & Tomatoes Diced Peaches	6 Tuna Noodle Casserole w/peas & Carrots Broccoli Butter Beans Mixed Fruit Whole Grain Crackers
9 Turkeyburger on Bun Seasoned Potato Wedges Baked Beans Pineapple Tidbits	10 Beef Stew w/peas, carrots, Onions Cottage Cheese Slaw Orange Cornbread	11  Closed Veterans' Day	12 Spaghetti & Meatballs Broccoli Butter Beans Diced Peaches Breadsticks	13 Baked Cheese Omelet Hash Browns Spinach Apple Slices Apple Cinnamon Muffin
16 Polish Sausage w/cheese on Bun Cabbage Carrots Strawberries w/cool whip	17 Baked Ranch Chicken Breast Brussel Sprouts Baked Potato Mixed Fruit Whole Grain Bread	18 Tomato Soup Tuna Salad Sandwich w/Whole Grain Bread 3-Bean Salad Mandarin Oranges	19 BBQ Rib Patty on Bun Crinkle Cut Fries Corn Pineapple Tidbits	20 Fish Strips Scalloped Potatoes Stewed Tomatoes Apricots Whole Grain Bread
23 Meatloaf Mashed Potatoes & Gravy Spinach Spiced Pears Whole Grain Bread	24 Baked Pork Chop Rice Pilaf/peas & Carrots Pinto Beans Mango Chunks Graham Crackers	25 Roast Turkey w/stuffing & Gravy Mashed Potatoes & Gravy Lima Beans Pumpkin Dessert w/topping Roll	26  Closed Thanksgiving Day	27  Closed Thanksgiving Holiday
30 Ham & Beans w/onions Cabbage Mixed Veggies Cranberry Juice Cup Conbread				<b>Final</b>

**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**