



**CEFS Economic Opportunity Corporation**

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For more information about our Agency and Programs, scan this code with your smartphone or visit [www.cefseoc.org](http://www.cefseoc.org)



C.E.F.S. Economic Opportunity Corporation does not discriminate in admission to programs or treatment of employment in programs or activities in compliance with the Illinois Human Rights Act; the U.S. Civil Rights Act; Section 504 of the Rehabilitation Act; the Age Discrimination Act; the Age Discrimination in Employment Act; and the U.S. and Illinois Constitutions. If you feel you have been discriminated against, you have a right to file a complaint with the Illinois Department of Aging, for information, call 1-800-252-8966 (voice and TDD), or the Civil Rights Coordinator, Illinois Department on Aging, 421 East Capitol Avenue, Springfield, IL 61702, Telephone (217) 785-3357.

# AGENCY SERVICES GUIDE



## 2023

**CEFS Economic Opportunity Corporation**

Helping People. Changing Lives.

## CEFS Economic Opportunity Corporation

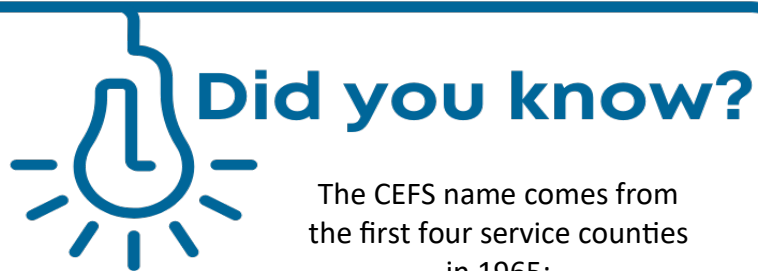
CEFS Economic Opportunity Corporation is a not-for-profit 501 (c)(3) Community Action Agency serving economically and socially disadvantaged persons in the seven rural Illinois counties of Clay, Effingham, Fayette, Shelby, Moultrie, Montgomery, and Christian.

CEFS is responsible for the development, implementation and evaluation of social service programs designed to meet the needs of the people in the area it serves.

### CEFS Mission Statement

*Provide opportunities for people in our communities through education and support to achieve and maintain stability.*

**All services through CEFS are dependent on eligibility and funding.**



### Did you know?

The CEFS name comes from the first four service counties in 1965:

*Clay, Effingham, Fayette, and Shelby*

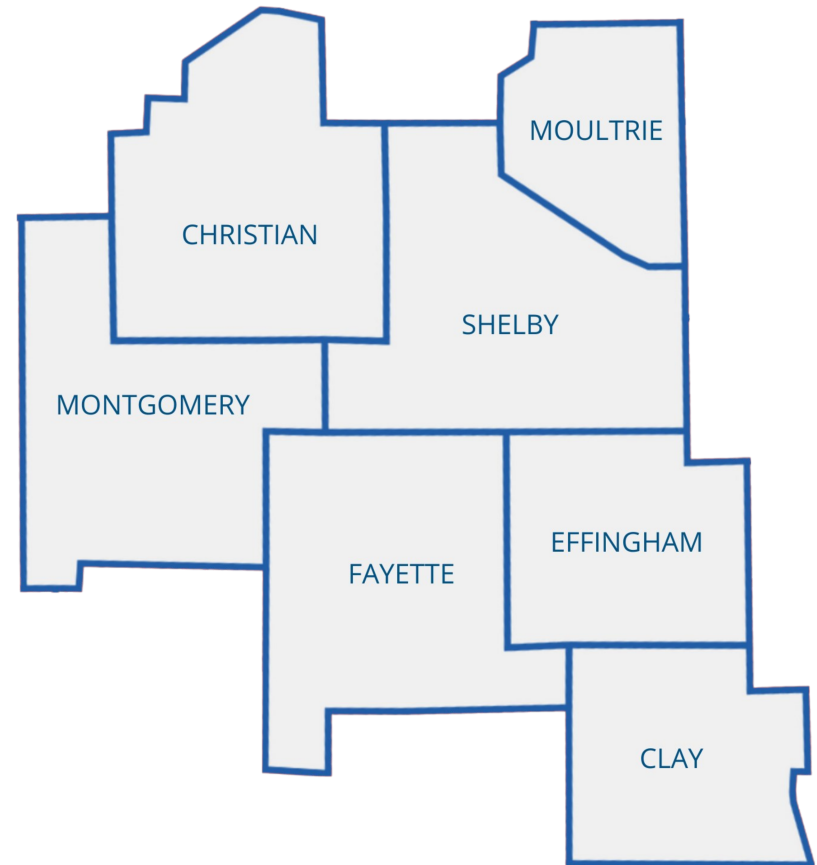
Montgomery, Moultrie, and Christian Counties were added in 1967.

## Community Action Promise

*Community action changes people's lives, embodies the spirit of hope, improves communities, and makes America a better place to live. We care about the entire community, and we are dedicated to helping people help themselves and each other.*

### CEFS Service Area

CEFS Economic Opportunity Corporation provides services and support to seven Central Illinois counties stretching across 4,213 square miles and with a population of over 167,700.



## Volunteer Opportunities

All of the CEFS Programs can benefit from volunteers!  
If you would like to be a volunteer with CEFS, you can scan this code with your smartphone to be taken to our Volunteer Sign-Up or visit [www.cefseoc.org/volunteer](http://www.cefseoc.org/volunteer) to get started.



## Donations and Memorials

If you would like to make a donation to CEFS or any of the CEFS Programs, you can scan this code with your smartphone to be taken to our Donate page or visit [www.cefseoc.org/donate](http://www.cefseoc.org/donate)



Memorials for loved ones can also be made to any of the CEFS Programs. Memorials are a great way to ensure the continuation of the CEFS Programming and Services. For more information, please contact our office at (217) 342-2193.

## Table of Contents

### Education

Head Start (Children ages 0-5, pregnant women)	8-9
WIOA (Teens and adults).....	10-11
Literacy .....	7

Emergency Services .....	5-6
--------------------------	-----

### Employment & Training

Outreach .....	5
WIOA (Teens and adults) .....	10-11

### Housing

Emergency .....	5
Weatherization .....	16-17

### Nutrition

Food Pantries .....	6
Meals on Wheels .....	18-19

Outreach Programs .....	5-7
-------------------------	-----

Senior Services .....	18-21
-----------------------	-------

Transportation—CIPT .....	12-13
---------------------------	-------

Utility Assistance—LIHEAP .....	14-15
---------------------------------	-------

Volunteer & Donations .....	22
-----------------------------	----

## CEFS Outreach Offices

To access services, please contact your county's Outreach Office listed below. Counties with food pantries have an \* next to the county name.

### All Outreach Office hours are:

**Monday-Friday  
8:30 am to 4:30 pm**

(Arrangements for appointments outside these  
Hours can be made upon request.)

#### **Christian County Outreach**

220 W Franklin  
Taylorville, IL 62568  
(217) 824-4712

#### **Effingham County Outreach**

1010 W Jefferson  
Effingham, IL 62401  
(217) 347-7514

#### **Montgomery County Outreach\***

8353 Route 127  
Taylor Springs, IL 62089  
(217) 532-5971

#### **Clay County Outreach**

835 West North  
Flora, IL 62839  
(618) 662-4024

#### **Fayette County Outreach\***

517 W Gallatin  
Vandalia, IL 62471  
(618) 283-2631

#### **Moultrie County Outreach\***

114 E Harrison  
Sullivan, IL 61951  
(217) 728-7721

#### **Shelby County Outreach**

515 N Cedar  
Shelbyville, IL 62565  
(217) 774-4541

## CEFS Senior Programs Senior Health Insurance Program (SHIP)

The Senior Health Insurance Program is a free statewide health insurance counseling service for Medicare beneficiaries and their caregivers.

**SHIP is not associated with any insurance company.  
SHIP counselors do not sell or solicit any type of insurance.**

SHIP counselors are trained to educate consumers, answer questions, and assist with enrollment for

- Medicare
- Medicare supplements
- Enrolling in Medicare part D
- Securing financial assistance

SHIP works closely with the Illinois Department on Aging to provide counseling services to the aging population and aligns with the Department's mission to help older individuals maintain their health and independence while remaining in their homes and communities.



More information can be found at  
[www.cefseoc.org/seniorservices](http://www.cefseoc.org/seniorservices)

## CEFS Senior Programs

### Retired Seniors and Volunteers Program (RSVP)

The AmeriCorps Seniors RSVP connects Americans aged 55 and over with volunteer service opportunities that meet their personal interests and make a difference in their communities. Their knowledge, skills, and life experience are of immeasurable value to the organizations and people they touch.

#### What are the requirements to register with RSVP?

- The volunteer must be 55 years of age or older.
- There is no special education or skill required, just a sincere desire to be of useful service to the community and a commitment to serve neighbors and friends.
- Each volunteer will complete an enrollment record which includes an agency background check.
- Each volunteer is asked to complete an enrollment record.
- Volunteers choose how and where they want to serve.



**AmeriCorps**

#### RSVP Service Ideas

- Making quilts for preschool classrooms, lap robes, afghans, and wheel chair/walker caddies for elderly residents
- Visiting and assisting residents in nursing homes
- Visiting or calling seniors wanting to remain living independently
- Serving and delivering meals for senior nutrition programs
- Assisting at local food pantries and food drives
- Assisting at local thrift stores
- Providing transportation to seniors for medical appointments
- Writing pen pal letters to area school children

More information can be found at  
[www.cefseoc.org/seniorservices](http://www.cefseoc.org/seniorservices)

## CEFS Outreach

### Homeless, Rental Services, and Community Services Block Grant

All people experiencing homelessness should be referred to CEFS regardless if another agency is assisting them.

#### Services available:

- Emergency Hotel Vouchers— For people who have no where to stay, a hotel voucher can be provided. This program will require participation in case management and permanent housing search.
- Supportive Services—Supportive services can include clothing, household goods, life skills, mental health counseling, substance abuse treatment, health care and dental assistance, and transportation.
- Housing Assistance—Outreach offers rental and utility assistance to prevent people from becoming homeless or to assist those who are homeless obtain a safe and affordable place to live.
- Rental Housing Support Program provides rent assistance for low-income households. The rent subsidies are based on income and those receiving a subsidy cannot be receiving any other rental assistance.
- Disaster Relief—Meet immediate needs (food, shelter, clothing, or assistance with obtaining ID or birth certificate) after a family experiences a natural disaster (tornado, flood, earthquake) or a housefire.
- Employment Training Assistance—Assistance for low-income individuals to obtain training or education that will lead to a degree, certification, or skill to increase employability. This program will assist with tuition, book, and program required tools and clothing.

## CEFS Outreach Homeless, Rental Services, and Community Services Block Grant

- Transportation Assistance—Transportation assistance including bus passes, auto repairs and gas vouchers for employment, healthcare, and school.
- Food Pantry—Food pantries are available at the Fayette, Montgomery, and Moultrie County Outreach offices. Households may receive a food box one time per month or on emergency basis.
- Youth Activity Scholarships—Through the CSBG program, scholarships are given out to families who have school-aged children wanting to participate in a camp, class, or extra-curricular activities. The household must meet income guidelines. Applications are made available in February of each year.

### Seasonal Program Services

- VITA—Tax preparation and filing assistance for low-income households. This service is usually available February through April.
- CSBG Scholarship—Annual income-based scholarship provided through the Community Services Block Grant (CSBG). Applications are posted on the CEFS website, Facebook, and available in each Outreach office. Applications are also sent out to schools and news releases are made.

More information can be found at  
[www.cefseoc.org/outreach](http://www.cefseoc.org/outreach)

## CEFS Senior Programs Meals on Wheels

Please call your local Meals on Wheels site to reserve a meal.

**Meals should be reserved a day in advance.**

<b>Effingham</b> (217) 347-2851	<b>Dieterich</b> (217) 925-5461	<b>Altamont</b> (618) 483-6912
<b>Beecher City</b> (618) 487-5401	<b>Flora</b> (618) 662-6741	<b>Vandalia</b> (618) 283-1040
<b>Ramsey</b> (618) 237-0251	<b>Pana</b> (217) 562-5611	<b>Taylorville</b> (217) 287-7268
<b>Kincaid</b> (217) 237-4328	<b>Litchfield</b> (217) 324-3032	<b>Hillsboro</b> (217) 532-3662
<b>Morrisonville</b> (217) 526-3621	<b>Suggested donation of \$4.00/meal</b>	



More information and monthly menus can be found at  
[www.cefseoc.org/seniorservices](http://www.cefseoc.org/seniorservices)

## CEFS Senior Programs Meals on Wheels

CEFS Meals on Wheels provides congregate and home-delivered meals to seniors in the five-county region of Christian, Clay, Effingham, Fayette, and Montgomery.

Meals on Wheels is available for anyone age 60 and older to participate and provides the following for participating seniors:

- Enhanced quality of life by through meals, fellowship with other seniors, and connections to other needed services in their community.
- Improved nutritional status—the fresh meals we serve contains 1/3 of the recommended nutrients for older adults.
- Daily check-in—Meal delivery volunteers are able to do a daily check-in and say “hello” on those unable to attend a congregate site.

Participants are encouraged to contribute as they are able, but no one will be denied a meal on the inability to donate.



**MORE THAN JUST A MEAL.**

## CEFS Adult Literacy Program

The mission statement of **CEFS Adult Literacy Program** is to *utilize volunteers and other resources to help adults in our service area meet their literacy goals and to promote education as the key to personal, economic, and social stability.*

The CEFS Adult Literacy Programs provides **free** individual tutoring to adults 17 or older who are not enrolled in a traditional high school. We customize all lessons according to the needs of each learner:

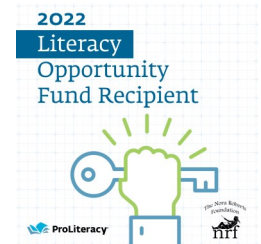
- Reading
- English as a new language
- Life Skills (filling out job applications, counting money, telling time, basic technology, more)
- Math



We welcome new learners. We never charge for our services. We welcome volunteer tutors, who must complete a 12-hour preservice training and pass a background check.

### CEFS Adult Learning Center

1010 W Jefferson  
Effingham, IL  
(217) 347-7033 ext. 102  
swilson2@cefseoc.org



This project was made possible by a grant awarded by the Illinois State Library (ISL), a division of the Office of Secretary of State, using funds designated for literacy.

More information can be found at  
[www.cefseoc.org/literacy](http://www.cefseoc.org/literacy)

## CEFS Head Start 0-5 Program



Serving children and families in Christian, Clay, Effingham, Fayette, Montgomery, Moultrie, and Shelby Counties.

The CEFS Head Start 0-5 Program is a federally funded program that offers center-based (half and full-day classroom sessions) services to preschool children and home-based services to pregnant women, infants and toddlers.

### Who is eligible for Head Start Services?

- Families who earn at or less than 100% of the federal poverty guidelines are income eligible to receive services. Families may also qualify under a categorical eligibility category (receipt of TANF funds and/or SNAP benefits, supplemental security funds, or homelessness as per the McKinney-Vento Act).
- Up to 45% of the program’s enrollment can be from higher income families or families experiencing emergency situations. Head Start is required to provide services to children with disabilities who make up 10% of the total enrollment.

### How to apply:

Applications for enrollment into the CEFS Head Start 0-5 Program are accepted throughout the calendar year.

For more information  
Call toll free (866) 442-1900  
Or text (217) 663-7822

Applications can also be started online at [www.cefseoc.org/headstart](http://www.cefseoc.org/headstart) or scan this code with your smartphone.



## CEFS IHWAP

### Illinois Home Weatherization Assistance Program

Please contact your local CEFS Outreach Office to get your name on the Weatherization list.

Christian County Outreach	(217) 824-4712
Clay County Outreach	(618) 662-4024
Effingham County Outreach	(217) 347-7514
Fayette County Outreach	(618) 283-2631
Montgomery County Outreach	(217) 532-5971
Moultrie County Outreach	(217) 728-7721
Shelby County Outreach	(217) 774-4541



More information can be found at [www.cefseoc.org/weatherization](http://www.cefseoc.org/weatherization)



## CEFS IHWAP

### Illinois Home Weatherization Assistance Program

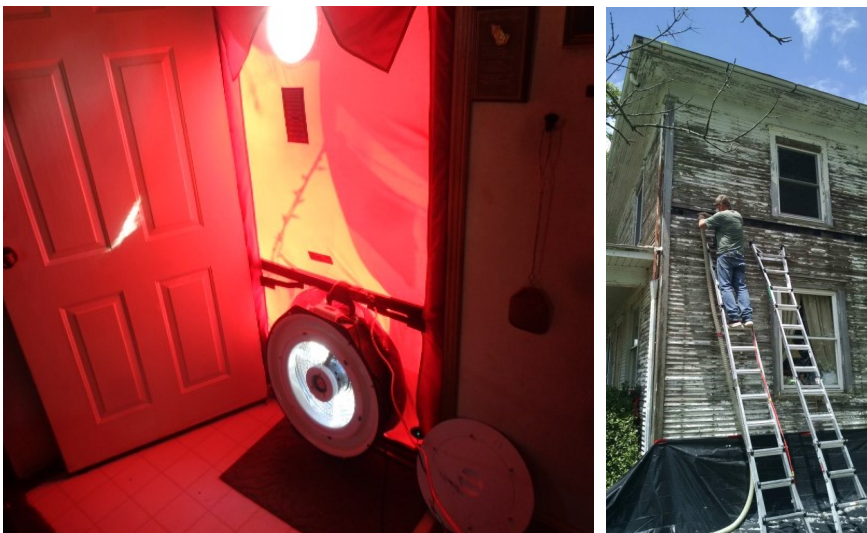
The Illinois Home Weatherization Assistance Program (IHWAP) is designed to help low-income residents save energy and money while increasing the comfort of their homes.

Weatherization services include having an assessment performed by a weatherization professional. Depending on the circumstances and condition of the dwelling, some of the following weatherization work may be done:

- Insulate attics and walls
- Insulate foundation
- Seal cracks with caulk or foam
- Repair doors and windows
- Repair or replace heating system
- Repair floor

#### Who is Eligible?

Eligibility is determined by family size and household income in accordance with federal guidelines. Weatherization services are free to households that meet the eligibility guidelines.



## CEFS Head Start 0-5 Program

### Home-Based Program

#### (Pregnant Women, Infants and Toddlers)

- No entry or registration fees; no cost for services
- Weekly 90-minute home visits
- Monthly home visits for pregnant women
- Year-round program
- Parenting education and skills building
- School readiness activities; family engagement
- Bi-monthly family playgroups
- Health, nutrition, and social services
- Assistance with medical and dental appointments

### Center-Based Program

#### (Children ages 3-5)

- No entry or registration fees; no cost for services
- High-quality, fun-filled educational setting
- Classroom sessions 4 or 5 times a week during school year
- Small class size and high staff-child ratio
- Healthy meals and snacks
- Bus services or transportation assistance where accessible
- School readiness activities; family engagement
- Health, nutrition, and social services
- Assistance with medical and dental appointments

#### Mission Statement

*“Engaging children and families to build a strong foundation for future success through community partnerships, education and support.”*

## CEFS WIOA Program

### Workforce Innovation and Opportunity Act Programs

The Workforce Innovation and Opportunity Act (WIOA) provides services to the following counties: Clark, Clay, Coles, Crawford, Cumberland, Edgar, Effingham, Fayette, Jasper, Lawrence, Marion, Moultrie, and Richland. WIOA is designed to strengthen and improve our nation’s public workforce system and help get people—including those with significant barriers to employment—into high-quality careers and help employers hire and retain skilled workers.

#### Youth Program

The WIOA Youth Program provides employment and educational services to eligible out-of-school youth, ages 16 to 24, and low-income in-school youth, who face barriers to employment.



Youth Program services include:

- Vocational/classroom training
- Tuition assistance
- GED support
- Paid work experience
- Job search assistance
- Resume development
- Leadership skills
- Adult mentoring
- Job readiness training
- Financial literacy
- Supportive services such as transportation, child-care assistance, required tools, uniforms, etc.
- Follow-up services

WIOA Youth Program Application can be found by scanning this code with your smartphone.



## CEFS LIHEAP

### Low Income Home Energy Assistance Program

Please contact your local CEFS Outreach Office to apply for utility assistance.

Christian County Outreach	(217) 824-4712
Clay County Outreach	(618) 662-4024
Effingham County Outreach	(217) 347-7514
Fayette County Outreach	(618) 283-2631
Montgomery County Outreach	(217) 532-5971
Moultrie County Outreach	(217) 728-7721
Shelby County Outreach	(217) 774-4541



More information and income guidelines can be found at [www.cefseoc.org/liheap](http://www.cefseoc.org/liheap)

## CEFS LIHEAP

### Low Income Home Energy Assistance Program

The LIHEAP program is designed to help low-income households pay on their heating and electric bills. The program provides:

- One-time benefit to eligible households to help reduce energy costs
- Reconnection Assistance to help restore their service
- Furnace repair or replacement for homeowners

#### Percentage of Income Payment Plan (PIPP) (Ameren Customers ONLY)

- The PIPP program pays a share of a monthly budget bill.
- Customers must enroll in Ameren budget billing.
- Customers are required to pay fixed monthly budget billing.
- Intake staff will talk to customer about the energy assistance options.

#### Warm Neighbors/Cool Friends (WNCF)

- Ameren customers who have monthly incomes over the LIHEAP limit may qualify for Warm Neighbors/Cool Friends (WNCF). The WNCF program matches customer payments up to \$500 from September 1 to May 31, and up to \$200 from June 1 to August 31.

#### Energy Efficiency Education

- LIHEAP helps customers save money on their utility bills with energy efficiency education. This is done through community events and individual education.
- LIHEAP helps Ameren customers sign up for free energy kits and home audits.

The U.S. Department of Health and Human Services and State of Illinois provides the funding for LIHEAP; funds are distributed through the Illinois Department of Commerce & Economic Opportunity (DCEO). The funding for WNCF is through the Energy Assistance Foundation.

## CEFS WIOA Program

### Workforce Innovation and Opportunity Act Programs

#### Adult Program

The Adult Worker Program provides training services and helps jobseekers achieve gainful employment and focuses on low-skilled and low-income workers.

#### Dislocated Worker Program

The Dislocated Worker program supports those individuals that have been affected by a layoff or business closing. The Dislocated Worker Program offers services to help eligible individuals who are 18 years of age and older find suitable re-employment.

The Adult and Dislocated Worker Programs services include:

#### General Services

- Job search assistance
- Resume and interview assistance
- Local job listings assistance
- Labor market information exploration
- Career planning and counseling
- Comprehensive assessment
- Career and academic testing
- Interview preparation
- Follow-up services

#### Training Services

- Vocational/classroom training
- Short-term training opportunities
- On-the-job training
- Registered apprenticeship opportunities
- Paid work experience
- Supportive services such as transportation, childcare assistance, required tools, uniforms, etc.

For more information can be found online at  
[www.cefseoc.org/wioa](http://www.cefseoc.org/wioa)  
or by calling 217-347-2101.

# CEFS Central Illinois Public Transit & Effingham County Public Transportation

*Serving Christian, Clay, Effingham, Fayette, Montgomery, Moultrie, and Shelby Counties*

CIPT/ECPT is a rural demand response public transportation system serving the transportation needs of our seven county service area. Transportation services are available to everyone. Services can be utilized for almost any transportation needs, including employment, medical, and business needs. ETrax is a regularly established transportation route in the City of Effingham that has pick up and drop off at specified locations and times.

<p><b>Service Hours</b></p> <p>Monday—Friday 6 am to 5 pm</p> <p><b>Effingham County ONLY</b></p> <p>Monday—Friday 6 am to 8 pm</p> <p><b><i>ETRAX</i></b> (City of Effingham)</p> <p>Monday—Friday 8 am to 4 pm</p>	<p><b>Dispatch Hours</b></p> <p>Monday—Friday 6 am to 6 pm</p> <p>To schedule a ride, call</p> <p><b>855-755-2478</b></p> <p>TTY 711 or 1-800-526-0844</p>
<p><i>Closures and limited routes on holidays.</i></p>	

### Helpful Rider Tips:

- Same day trip reservations are allowed but availability may be limited. We suggest at least 24 hour advanced request.
- All vehicles are wheelchair accessible and meet ADA guidelines.
- Service animals are permitted on all vehicles. Personal animals are permitted in an appropriate carrier.
- Please be advised that the bus may arrive 15 minutes prior to or after your scheduled pick up time. Please schedule accordingly to allow for this variation. (Does not apply to ETrax.)
- Drivers have a 5 minute wait time from arrival time before proceeding with route. (ETrax has zero wait time.)

# CEFS Central Illinois Public Transit & Effingham County Public Transportation

## Fares

*(Please have exact fare, driver cannot give cash back.)*

<p>In-County Rides ONLY</p>	<p>\$3.00 per one-way trip (Children 0-5 ride free with paying adult.)</p>
	<p>Seniors (60+) ride for a suggested donation</p>
	<p>Children 6-12, \$2.00 per one-way trip</p>
	<p>Monthly Pass (unlimited rides), \$35</p>
	<p>Disability Monthly Pass (unlimited rides), \$15</p>
	<p>Discount Book of 10 tickets, \$20 (no expiration)</p>
<p>Out of County Trips \$1.00 per mile</p>	
<p><b><i>ETRAX</i></b> (City of Effingham)</p>	<p>\$1.00 per boarding (no charge for transfers from demand response routes, ECPT monthly passes honored)</p>
<p><b>Medicaid payments accepted for medical transports.</b></p>	

**CENTRAL ILLINOIS  
PUBLIC TRANSIT**

**1-855-755-CIPT(2478)**



### CIPT Title VI Policy

CIPT 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 file a complaint, please visit us at [www.cefseoc.org/transportation-services](http://www.cefseoc.org/transportation-services)  
 Financial support comes from: Illinois Department of Transportation ~ AgeLinc (Area Agency on Aging for Lincolnland) ~ Midland Area on Aging ~ IDHS-Title XX.

More information and passenger handbooks can be found at  
[www.cefseoc.org/transportation](http://www.cefseoc.org/transportation)