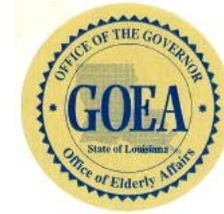


Elder News



Governor's Office of Elderly Affairs
Serving Seniors Successfully

Spring 2012

The month of May is celebrated nationwide as Older American's Month in honor of our older persons for all of their contributions to their families, communities, state and country. The Administration on Aging has set aside the theme "Never Too Old To Play" for Older American's Month 2012. To read President Obama's proclamation about Older American's Month, visit <http://www.whitehouse.gov/the-press-office/2012/05/01/presidential-proclamation-older-americans-month-2012>.



Across the state of Louisiana, many agencies will be hosting Older American's Month Activities.

Ascension Council on Aging: Hosting an Outdoor Picnic on May 17, 2012. For more information, call 225-473-3789

Allen Council on Aging: Health and Resource Fair on May 4, 2012.

Beauregard Council on Aging: Hosting a field trip on May 15, 2012 to the local lake for fun, fishing and a picnic. For more information call 337-463-6578.

Bienville Council on Aging: Celebrating with cake and ice-cream at all meal sites. For more information call 318-263-8936.

Bossier Council on Aging: Hosting a fish Fry on May 25, 2012. For more information call 318-741-8302.

Caddo Council on Aging: Hosting a reception to honor the seniors on May 14, 2012. For more information call 318-676-7900.

Calcasieu Council on Aging: Hosting a BINGO and Health Fair on May 21, 2012. For more information call 337-474-2583.

Caldwell Council on Aging: Hosting activities the entire month of May 2012. Examples of activities are as follows: Gardening, Walk-a-thon, Nutrition Week and many others. For more information call 318-649-2584.

Cameron Council on Aging: Hosting "Senior Day", a Health Fair and Senior Olympics. For more information call 337-598-5158.

DeSoto Council on Aging: Hosting month long celebrations to honor Older American's Month. Some examples are as follows: Senior Breakfast, Public Education, Sock Hop, Popcorn and Movie, Mid-Day Madness Bingo and many more. For more information call 318-872-3700.

Evangeline Council on Aging: Hosted a Senior Day on May 6, 2012.

Iberia Council on Aging: Hosted "Never too old to Play" on May 9, 2012.

Jefferson Davis Council on Aging: Hosting a Crawfish Boil for Seniors. For more information call 337-824-5504.

Lafayette Council on Aging: Hosting a Senior Breakfast and Hot Dogs for Seniors on May 15, 2012. For more information call 337-262-5990.

Lafourche Council on Aging: Hosting the Annual Senior Prom on May 19, 2012.

LaSalle Council on Aging: Hosting a month long celebration for Older American's Month and a special reception on May 18, 2012. For more information call 318-992-4708.

Lincoln Council on Aging: Hosted a Health Fair on May 11, 2012.

Natchitoches Council on Aging: Hosting an Older American's Celebration on May 24, 2012. For more information call 318-357-3250.

New Orleans Council on Aging: Hosted the May Celebration on May 11, 2012.

Saint Charles Council on Aging: Hosting a fitness challenge in conjunction with Senior Olympics on May 25, 2012. For more information call 985-783-6683.

Saint John Council on Aging: Hosting a Health Fair and Crawfish Boil. For more information call 985-479-0272.

Saint Landry Council on Aging: Hosting a luncheon for the elderly to celebrate Older American's Month. For more information call 337-942-1938.

Saint Mary Council on Aging: Hosting month long activities to celebrate Older American's Month. Examples of activities are as follows: Prize Bingo, Ice-Cream Party, Luncheon and guest speakers. For more information call 337-972-1938.

Tensas Council on Aging: Hosting a Fish Fry on May 25, 2012. For more information call 318-766-3770.

Terrebonne Council on Aging: Hosting the "Big Wheels Delivery Meals" This is a special time when local officials will deliver meals to the homebound seniors. For more information, call 985-868-8411.

Union Council on Aging: Hosting a Fish Fry. For more information call 318-368-2205.

Vernon Council on Aging: Hosted a Health Fair on May 14, 2012.

Webster Council on Aging: Hosting a Hamburger Supper on May 18, 2012. For more information call 318-371-3056.

West Carroll Council on Aging: Hosting numerous activities such as: Fun Day at the Cotton Museum, Mother's Day Breakfast, Health Fair and BINGO. For more information call 318-428-4217.

If the local Council on Aging is not listed above, please contact the agency directly for Older American's Month activities.

BE PREPARED FOR EMERGENCIES NOW! It is that time of year again and Hurricane Season is upon us. We must always be prepared for any form of disaster. What defines a disaster? A Disaster is defined as anytime operations or normal activities are interrupted due to uncontrollable circumstances. Each business and individual should always be ready for a disaster or emergency. The following steps are ways to be prepared:

- 1. Get a Kit**
- 2. Make a Plan (for your business and family)**
- 3. Be Informed**

To find information regarding **Emergency Preparedness** and how to **BE Prepared, Get a Kit** and **Get a Disaster Plan** to fit your needs, goto www.getagameplan.org. A plan will help to ensure that all individuals affected are prepared; all are safe and that services continue to the elders in your community. For additional information regarding Disaster Preparedness, goto: <http://www.ready.gov/publications>. Publications may be duplicated and distributed as needed.

Disaster Trivia:

1. Every person needs one gallon of this per day.
 - a. Gas
 - b. Water
 - c. Milk
 - d. Oil

2. Keep an extra pair of these in your supply kit to keep your feet dry.
 - a. Socks
 - b. Stockings
 - c. Shoes
 - d. Slippers

1. Correct Answer: b. Water 2. Correct Answer: c. Shoes

The **Louisiana Hurricane Prep Sales Tax Holiday** is May 26-27, 2012. To view the official press release, goto: www.LA.Gov.

Louisiana Grandparents Raising Grandchildren

The Louisiana Grandparents Raising Grandchildren (GPRG) has had another successful year. Since May 2011, GPRG has hosted 5 successful events at the following locations:

New Orleans:	September 20, 2011
Lafayette:	November 4, 2011
Farmerville:	December 2, 2011
Covington:	January 27, 2012
Baton Rouge:	April 27, 2012



Picture taken in Baton Rouge on April 27, 2012 with Approximately 350 in attendance.

At these events, Grandparents were able to obtain valuable resources, attend workshops and network with other Grandparents Raising Grandchildren. Some topics discussed are as follows:

Turning Bullies In to Buddies

Stewards of Children (Parts 1 and 2)

How to be Assertive and Manage Stress

Suicide Watch and Prevention

The Challenges of Parenting Today

Recreation Tips and Keeping Seniors Informed, Active and Independent

Grandparents' Role When Grandchildren are in State's Custody

Domestic Violence Between Grandparents and Grandchildren

For more information about Louisiana Grandparent's Raising Grandchildren, please visit www.lagrq.org or call 225-357-0608.

A Message From the GOEA State Nutritionist:

Nutrition vocabulary has increased in the past ten years using technical terms regarding nutrition recommendations. The word Antioxidant today is thought of as the **“Preventer of Illnesses”**. Antioxidants are vitamins:

A, C, E and minerals: Zinc and selenium. Adding more fruit and vegetables of any kind to your diet will improve your health, but some foods are higher in antioxidants than others. The three major antioxidant vitamins are Beta-Carotene (Vitamin A), Vitamin C, and Vitamin E. These are found in colorful fruits and vegetables, especially those with purple, blue, red, orange, and yellow hues. To get the biggest benefits of antioxidants, eat these foods raw or lightly steamed, don't overcook or boil.

Medicare Improvements for Patients and Providers Act of 2008 (MIPPA-Louisiana)

The MIPPA Louisiana Grant, which will end June 30, 2012 has helped many of our medicare eligible seniors with the enrollment process for Low Income Subsidy (LIS) Program which is commonly known as the “Extra Help” Program, and Medicare Savings Plan (MSP) Program. The LIS program is administered by the Social Security Administration and the MSP program is administered by the Louisiana Medicaid Program. The Governor's Office of Elderly Affairs (GOEA) contracted with the Area Agencies on Aging across the state to provide enrollment assistance into these programs and the Aging Disability Resources Centers (ADRC) to develop community partnerships for future assistance. Approximately 2000 seniors have received enrollment assistance across the state of Louisiana and the ADRC's have developed 150 community partnerships. For more information about MIPPA Louisiana or the Low Income Subsidy Program (LIS) and Medicare Savings Plan (MSP), you may contact the following:

Both Programs:

www.LouisianaAnswers.com (Aging and Disability Resource Centers)

Low Income Subsidy (Extra Help)

<http://www.socialsecurity.gov/prescriptionhelp/>

Medicare Savings Plan (MSP)

<http://new.dhh.louisiana.gov/index.cfm/page/236>

Congratulations to the Calcasieu Council on Aging who opened the agency's largest elderly housing facility, Whispering Hope Senior Living Complex. For more information about the Calcasieu Council on Aging's housing program, please call 337-474-2583.

Special Thanks to COAST (Saint Tammany Council on Aging) for hosting an Elder Law Boot Camp on April 20, 2012. There were approximately 127 present. The decorations were set with all attorneys in the camouflage t-shirt and khaki pants. COAST sponsored the meal and had staff available for registration.

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Elder News



This document was published to educate and update parish Councils on Aging, Area Agencies on Aging, and other organizations and individuals that serve Louisiana's elder population about current issues and news.