

# Elder News

Governor's Office of Elderly Affairs

"Serving Seniors Successfully"

Spring 2013

Volume 10, Issue 2



Page 1:	Unleash the Power of Age
Page 2:	Preparing for Flooding Disaster H-Isaac Grant LEADER's Conference
Page 3:	Elder Law Boot Camp Portion Control
Pages 4:-8	Around the LA Aging Network
Pages 9	A Spotlight on our Aging Network
Page 10	Fund Raising Events



## MAY is Older American's Month!

Older American's Month was established in 1963 and only 17 million living American's had reached their 65th birthdays. Many lived in poverty and had few programs to help them meet their needs. President John F. Kennedy designated May as "Senior Citizens Month". President Jimmy Carter in 1980 changed the title from "Senior Citizen's Month" to "Older American's Month". In Louisiana, Older American's Month is celebrated with picnics, health fairs, fish fry events, crawfish boils and senior dances. Join us in celebrating Older American's Month. Check out the "Around the Aging Network" section for local celebrations.

The Administration for Community Living (ACL) has hosted a "Unleash the Power in your Community" Challenge. The Administration on Aging, an agency of the ACL invites organizations to celebrate the achievements of older Americans by nominating a leader who is using his/her talents and expertise to make a positive impact in his/her community or beyond. Nominations are due by April 22, 2013. For Nominee Eligibility Requirements, go to [www.olderamericansmonth.acl.gov/challenge](http://www.olderamericansmonth.acl.gov/challenge).



Spring weather patterns can increase the risk of flooding. Flooding can impact the services to be provided as well as the social, financial and well being of our senior community. If an agency is flooded, the impact on the community and the seniors we serve can be devastating to our seniors and the services they receive. Be prepared and have a plan in case of flooding. For more information, go to [www.floodsmart.gov](http://www.floodsmart.gov).

---

**The Louisiana Disaster H-Isaac Grant period has closed.** The \$100,000 grant was able to assist seniors in Capital Area Agency on Aging Region, Jefferson Parish, Plaquemines Parish, Saint James Parish, Saint John Parish, Saint Tammany Parish and Terrebonne Parish. The clients in these areas were provided Material Aid (Appliances), Home repairs, Information & Assistance and Chore Services to get back into their homes after Hurricane Isaac. The next Hurricane Season begins Jun 1 and now is the time to help seniors prepare.

---

**The Louisiana Enhancing Aging with Dignity Through Empowerment and Respect (LEADER)'s 4th Annual LEADER Summit** was held in Marksville, Louisiana on March 13-14, 2013. The mission of the summit is to transform the culture of aging through education and advocacy by challenging society to promote the dignity and value of aging individuals and persons who care for them. The conference offered professional Continuous Education Units (CEU) in over 40 educational sessions and was attended by over 300 individuals. If you would like more information about the next LEADER Summit, go to [www.LaLEADER.org](http://www.LaLEADER.org).

---



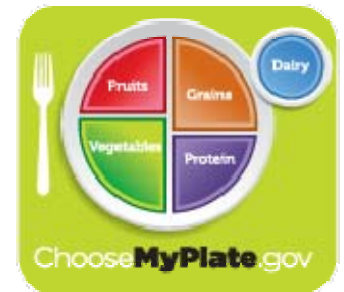
From Top Left: Gabriella Sliwinska, Phill Edwards, LaWanda Gibson, Betty Raglin, Ronda M. Gabb  
Bottom Left: Greg Landry, Jane Arieux Thomas and Mark Judson

The **Southwest Louisiana Elder Law Boot Camp** was held on Thursday, March 7, 2013 at the Lake Charles Civic Center in Lake Charles, LA. 189 Seniors attended the Boot Camp. Attendees received information about Community Property, Social Security, Grandparent's Rights, Reverse Mortgages, VA Benefits, Successions, LA Medicaid, Living Wills and Powers of Attorney. Presentations were given by Mark Judson, Phill Edwards, Jane Arieux Thomas, Ronda Gabb, Greg Landry and Betty Raglin. This was the 3rd Elder Law Boot Camp and was in collaboration with the Calcasieu Council on Aging.

---

### **Portion Control by Anita Thibodeaux, LDN, RD**

Portion Control is the key to obtaining and maintaining a desirable weight. The three methods of eating the correct amount of food are: Measuring the food, using the fist as identification of a portion size and finally the "Healthy Plate" or "My Plate". USDA produced "My Plate" which may be used as a method of measuring the food by filling the plate according to what is eaten. Approximately, one third of the plate is filled with Vegetables, another third is filled with Grains, one sixth of the plate is allowed for the protein source and the final sixth is for fruit. To obtain more information about "My Plate", go to the USDA website at <http://www.choosemyplate.gov/food-groups/>.



## **Around the Louisiana Aging Network...**

Were you aware that we have over 80 individuals receiving Nutrition Services (Congregate and Home Delivered Meals) from our aging network and are over 100 years of age? The eldest is 109 and resides in Bossier Parish. The next eldest is also 109 by 2 months and resides in De Soto Parish. **WOW!** Please join us in Older American's Month in honoring all of our seniors but especially our Centenarians. Official Certificates have been requested for centenarians who have been confirmed by the agencies and will be sent out prior to May 1st for the Older American's Month Celebrations.

---

### **What's Happening for Older American's Month in our Aging Network?**

**The Allen Council on Aging** will host a parish Health and Resource Fair on May 10, 2013 from 9:00—1:00pm. For more information call the Allen Council on Aging at 318-335-3195.

**The Ascension Council on Aging** will host a picnic at the Donaldsonville Senior Center on May 9, 2013 from 9:00-2:00. Activities include Games, DJ, Snowballs, Popcorn and BBQ. For more information please call Ascension Council on Aging at 225-473-3789.

**The Assumption Council on Aging** will host the Assumption COA Annual Picnic at Lake End Park on May 3, 2013. For more information please call the Assumption Council on Aging at 985-369-7961.

**The Beauregard Council on Aging** will host a field trip and Fishing Trip. For more information call the Beauregard Council on Aging at 337-463-6578.

**The Bienville Council on Aging** will host a Celebratory Meal and Public Education Session by the LSU Agriculture Center. For more information please call the Bienville Council on Aging at 318-263-8936.

**The Bossier Council on Aging** will be hosting events beginning on April 25, 2013 with "Stepping into Spring" which is a senior style show and Ending on May 24, 2013 with a Fish Fry. For more information, please call the Bossier Council on Aging at 318-741-8302.

**The Caddo Council on Aging** will be making a video of the 100+ and posting on the agency Facebook page.

**The Cameron Council on Aging** will host a Senior Citizen's Day on May 10, 2013. For more information, call the Cameron Council on Aging at 337-598-5158.

**The Claiborne Council on Aging** will host a Breakfast and Music event. For more information, call the Claiborne Council on Aging at 318-927-6922.

**The De Soto Council on Aging** will host a series of Open House events starting May 1 and ending with an Older American's Day Celebration on May 9, 2013. For more information about the Open House events and the Older American's Day, call De Soto Council on Aging at 318-872-3700.

**The East Carroll Council on Aging** will host a "Day on the Lake" on May 16, 2013. For more information, please call the East Carroll Council on Aging at 318-559-2774.

**The Evangeline Council on Aging** will host the Annual Senior Day on May 23, 2013. The event will begin at 10:00. For more information, please call the Evangeline Council on Aging at 337-363-5161.

**The Franklin Council on Aging** will host a Senior Olympic Fun Day on May 9, 2013 and a Catfish Lunch at Brown's Landing Seafood Restaurant. For more information about these events, contact the Franklin Council on Aging at 318-435-7579.

**The Jackson Council on Aging** will host a Fish Fry Dinner on May 16, 2013. For more information contact the Jackson Council on Aging at 318-259-8962.

**The Jefferson Davis Council on Aging** will host the Annual Crawfish Boil at Lake Arthur Community Center on May 17, 2013. For more information, contact the Jefferson Davis Council on Aging at 337-824-5504.

**The Lafourche Council on Aging** will host a Senior Prom on May 18, 2013 at the American Legion Home in Lockport. For more information, contact Lafourche Council on aging at 985-532-0457.

**The LaSalle Council on Aging** will host a Senior's Day on May 15, 2013. For more information, contact the LaSalle Council on Aging at 318-992-4708.

The **Madison Council on Aging** will host a Senior Olympic Fun Day on May 9, 2013. For more information, contact the Madison Council on Aging at 318-574-3666.

The **Morehouse Council on Aging** will host a Senior Day and Cook Book Potluck Meal. For more information, contact the Morehouse Council on Aging at 318-283-0845.

The **New Orleans Council on Aging** will host Senior Fest 2013 at the UNO Human Performance Center on May 10, 2013. For more information, contact New Orleans Council on Aging at 504-821-4121.

The **Richland Council on Aging** will host a "Day at the Lake" on May 3, 2013 and Senior Play Day on May 9, 2013. For more information about these events, contact the Richland Council on Aging at 318-728-2646.

The **Tangipahoa Council on Aging** will host a Picnic and Walk for Seniors on May 17, 2013. For more information, contact the Tangipahoa Council on Aging at 985-748-7486.

The **Tensas Council on Aging** will host a Fish Fry Dinner on May 24, 2013. For more information contact the Tensas Council on Aging at 318-766-3770.

The **Union Council on Aging** will host a Fish Fry Dinner on May 16, 2013. For more information, contact the Union Council on Aging at 318-868-2205.



The **Vernon Council on Aging** will host a Health Fair and Older American's Month Celebration. For more information, contact the Vernon Council on Aging at 337-239-4361.

The **West Carroll Council on Aging** will host a series of events for Older American's Month. Mother's Day Special will be held on May 10, 2013, Hot Fudge and Ice Cream on May 13, 2013, POKENO on May 24, 2013 and ending with Memorial Day Lunch on May 29, 2013. For more information about these events, contact the West Carroll Council on Aging at 318-428-4217.

The **West Feliciana Council on Aging** will host a picnic on May 24, 2013 at Parker's Park in Saint Francisville. For more information, contact the West Feliciana Council on Aging at 225-635-6719.

The **West Ouachita Senior Center** will be hosting an Older American's Month Celebration at the Senior Center on May 9, 2013. For more information, please contact the WOSC at 318-324-1280.

**Capital AAA** will be hosting 4 Evidence Based Wellness Workshops. For locations, times and additional information, contact Capital AAA at 225-922-2525.

**CENLA** will host a Picnic at Indian Creek Recreation Area on May 1, 2013. For more information, contact CENLA at 318-484-2260.

The **Rapides Senior Citizen's Centers, Inc (RSCC)** will be hosting a Sun Day at Indian Creek on May 1, 2013, Central District Senior Olympic Games May 14-29, 2013 and National Health and Fitness Day on May 29th. For more information contact RSCC at 318-487-1561.



## A Spotlight on our Aging Network



The Beauregard Council on Aging hosted an Easter Party on Thursday, April 28, 2013. The participants held an Easter Bonnet competition which was enjoyed by all.

**Congratulations!** Capital Area Agency on Aging has been approved by Centers for Medicare and Medicaid Services (CMS) to participate in the Community Based Care Transition Program. In partnership with high-readmission hospitals, Capital AAA will target at-risk Medicare beneficiaries in five SE LA Parishes to receive coaching and supplemental supports and services in an effort to avoid preventable hospital readmissions.

The East Carroll Council on Aging Crowned King Harvey Howington and Queen Peggy Howington at the 2013 East Carroll Council on Aging Fat Tuesday, Mardi Gras Celebration. The event included a parade and King's Cake.



The Jefferson Davis Council on Aging hosted a Senior Citizen Health Fair on March 26, 2013 at the Jennings Conference Center and has started Belly Dancing Classes. For more information about the Belly Dancing Classes, call the JDCOA at 337-824-5504.



## Fund Raising Events

The Cameron Council on Aging held "Cruzing with the Seniors" on March 9, 2013. The Seniors enjoyed riding the bikes and in vintage cars. The agency successfully raised over \$5000 in this event and fun was had by all.



The East Baton Rouge Council on Aging is hosting a \$20 Raffle for a chance to **WIN** a 2013 Chevy Camaro Coupe. This raffle is to supplement the nutrition program at the Council on Aging. For information about the raffle, visit [www.ebrcoaraffle.com](http://www.ebrcoaraffle.com) or call 225-923-8000.

The Tangipahoa Council on Aging held fundraising events in March 2013. The events were a Bowl-A-Thon, Silent Auction and Walk for Seniors. Thanks to the Board of Directors, Mr. Craig Price (graphic artist) and participants for making these events successful. These events helped raise funds to supplement the agency services. For more information about the events, contact the TCOA at 985-748-7617.

*State of Louisiana*  
Office of the Governor  
Governor's Office of Elderly Affairs  
Post Office Box 61  
Baton Rouge, Louisiana 70821  
(225) 342-7100  
<http://www.goea.louisiana.gov/>