

# Elder News

Governor's Office of Elderly Affairs  
"Serving Seniors Successfully"  
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## Get a Game Plan in case of a disaster or emergency.



Do you have a game plan for your pet? If you own a pet, you should have a plan in place for yourself and your pet. If you must evacuate your home, it is best if you can take your pet(s) with you. If you have to leave your pet behind, make sure you have a plan to ensure their care.

**Before:** Contact your local animal shelter, humane society, veterinarian or emergency management office for information on caring for pets in an emergency. Find out if there will be any pet shelters set-up to take pets in an emergency. Your veterinarian may accept your pet in an emergency. If you have to leave your pet at home, set up a safe location in your house where you could leave your pet in an emergency. If you take your pet with you, you may need to consider the following:

- Pet carrier large enough for your pet to stand and turn around
- Identification tag (name, address and phone number)
- Copy of pet's medical records (shots, medications, etc)
- Extra food, litter, water dispenser and medication
- Extra leash and collar

**During:** If you are still at home during an emergency/disaster, bring your pet inside. If you have to evacuate and are around other pets unfamiliar to your pets, keep them separated.

**After:** In the first few days after a disaster/emergency, leash your pets when they go outside and keep close contact with what is familiar to your pets. Be aware of downed power lines and dangerous animals such as snakes and predators (hawks, owls, etc).

The Louisiana Department of Agriculture and Forestry is the lead agency charged with the evacuation and sheltering of household pets during a declared disaster in Louisiana. For more information about Household Pet Emergency Planning, call 225-923-4888 or visit the web site at

<http://www.ldaf.state.la.us/portal/Offices/AnimalHealthandFoodSafety/VeterinaryHealthDivision/AnimalEvacuationInformation/tabid/223/Default.aspx>

**Reminder: Public evacuation shelters will only accept service animals but pet shelters may be located nearby.**



## PUBLIC SERVICE ANNOUNCEMENT

### FOR IMMEDIATE RELEASE

**Contact:** Jamie Landry Karam  
LATAN (Louisiana Assistive Technology Access Network)  
225-925-9500 or 1-800-270-6185 V/TTY  
[jkaram@latan.org](mailto:jkaram@latan.org)

### VOLUNTEERS AND DONATIONS NEEDED FOR EMERGENCIES

Hurricane season is here again! Since Hurricanes Katrina and Rita in 2005, members of Louisiana's **Emergency Management Disability and Aging Coalition** have worked tirelessly on many emergency management-related issues, procedures, and guidelines.

The coalition is making great progress in these areas, but needs your help to do even more! Volunteer manpower is desperately needed to assist with the collection and distribution of assistive technology devices before and after disasters. Financial donations are also desperately needed to cover the costs of purchasing or refurbishing critically needed devices that enable Louisiana residents with disabilities or limitations due to aging maintain their safety and independence.

Make donations online at [www.latan.org](http://www.latan.org) or send checks to LATAN at 3042 Old Forge Drive, Suite D, Baton Rouge, LA 70808. \*Please identify your donation to be used for emergency management purposes. Thank you!

To volunteer or for more information, contact Jamie Landry Karam at the contact information above or Jeanne Abadie at 504-522-2337, ext. 130 or [jabadie@advocacyla.org](mailto:jabadie@advocacyla.org)

The logo for the National Home & Community Based Services Conference (HCBS) features a stylized white figure inside a green circle, with the text "HCBS" in large white letters and "NATIONAL HOME & COMMUNITY BASED SERVICES CONFERENCE" in smaller white letters below it.

NASUAD Meeting: September 7-8, 2013  
Pre-Conference Intensives: September 9, 2013  
HCBS Conference: September 10-12, 2013  
Hyatt Regency Crystal City  
Arlington, VA



## National Older Worker's Week:

America is witnessing a dramatic growth in the number of citizens 55 or older, a trend that will continue through the 21st century. As the population ages, older Americans will play an increasingly important role in our economy and America's leadership in the world marketplace. **National Employ Older Workers Week** recognizes the vital role of older workers in the workforce.

By 2014, 41% of Americans 55 or older will be employed, making up over 21% of the U.S. labor force. The Committee on Economic Development indicates that employers rate older workers high on characteristics such as judgment, commitment to quality, attendance, and punctuality. **National Employ Older Workers Week** aims to increase awareness of this labor segment and develop innovative strategies to tap it.

**National Employ Older Workers Week** also showcases the Senior Community Service Employment Program (SCSEP), which provides on-the-job skills training to individuals 55 or older with limited financial resources. Since its inception, SCSEP has helped over one million older Americans enter the workforce.

**National Employ Older Workers Week** will be held September 22-28, 2013. For more information about Older Workers visit the website: [www.doleta.gov/seniors/html\\_docs/natemploldwkr](http://www.doleta.gov/seniors/html_docs/natemploldwkr) or call 1-877-889-5627.

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The **Franklin Council on Aging** will be taking nominations for "Outstanding Older Workers during the month of August. A reception will be held in their honor during the week of September 22-28, 2013. For more information, contact the Franklin Council on Aging at 318-435-7579.

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The **National Council on Aging (NCOA)** is offering a **FREE** Online Diabetes Workshop! Better Choices, Better Health Diabetes was developed by Stanford University and has proven to help people with diabetes: For more information about the FREE workshop, visit the website at [www.restartliving.org/diabetes.php](http://www.restartliving.org/diabetes.php)

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## What is Fiber? by Anita Thibodeaux, LDN, RD

There are two main forms of fiber: Soluble (which can be dissolved in water) and Insoluble (which cannot be dissolved in water). Dietary fibers will change the nature of the contents of the G.I. tract by helping other nutrients and chemicals to be absorbed. Fiber can shorten the transit time in the intestinal track to increase bulk and soften stools to ease defecation. If you increase fiber too rapidly, bloating and also intestinal gas production may occur. While increasing fiber in your diet, consume sufficient fluids to prevent constipation, bloating and/or gas. Fiber may be found in fruit, dark-green vegetables, orange vegetables, whole grains, cook dry beans and starchy foods.

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## A Spotlight on our Aging Network

The **Ascension Council on Aging** celebrated Older American's Month on May 16, 2013 with a picnic and a D.J. Festivities included line dancing, Snowballs, popcorn, outside games and much more.



**Capital Area Agency on Aging** hosted the CAAA Diabetes Self-Management Workshop from April 19, 2013 through May 24, 2013 in Pointe Coupee Parish. This workshop is a free 6-week program designed to assist the elderly in leading independent, meaningful and dignified lives in their homes and communities. For more information about future workshops, please contact Capital AAA at 225-922-2525. Partners for this workshop event were Capital AAA, Pointe Coupee Health Connections Program, Pointe Coupee Homebound Health & Hospice and the Pointe Coupee Council on Aging.

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**CENLA** was a first time sponsor for the Foster Grandparents Program Luncheon which was held on Thursday, June 27, 2013 at the Alexandria Convention Hall. CENLA uses volunteers 55 and older to tutor children in 22 schools within Rapides Parish. The Volunteers receive a stipend and mileage to help defray the expenses they incur.

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**The East Baton Rouge Council on Aging** partnered with the Saint George Fire District in June to collect fans for seniors. The COA also held a community meeting on June 25, 2013 in District 7 to discuss and educate the community on emergency preparedness. First Responders were on hand to answer questions on emergency preparedness, safety procedures and to provide communication tips in the event of an emergency.

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The **Jefferson Davis Council on Aging** hosted a Crawfish Boil in honor of "Older Americans Month" on May 17th at the Lake Arthur Community Center.

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**The New Orleans Council on Aging**

celebrated "Older Americans Month" on May 10, 2013 at the "Senior Fest 2013" The event took place at the UNO Lakefront Arena. The event hosts resources, dancing, music and a great time for all.



In celebration of **Older Americans Month** the **St. James Parish Government**

**Department of Human Resources** partnered with St. James Parish Hospital for the Senior Picnic and Health Fair on Thursday, May 30, 2013. Approximately 150 senior citizens attended the event.

St. James Parish President Timothy P. Roussel and Director of the Department of Human Resources Michelle Nailor-Octave personally honored four

senior citizens who celebrated their **100<sup>th</sup>** or **101<sup>st</sup> birthdays**. Mr. Raymond Paul of Vacherie and Ms. Annie Starlone of Hester are 100 years old. Both Ms. Una Dugas of Convent and Ms. Elia Ordoyne of Gramercy are 101 years old. Mr. Raymond was the only resident able to attend the event. With his family by his side in support ( as seen in the above photo) Mr. Raymond received a special certificate and a gift basket.



The **Sabine Council on Aging** had 13 seniors to participate in the Regional Senior Olympics bringing back to the parish 18 Gold Medals, 8 Silver Medals and 5 Bronze Medals.

Pictured from left to right: M. Loyd, B. Payne, W. Watkins, I. Bostaian, B. Jordan  
Back Row: S. Peters, K. Hataway and R. DuBose

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## Fund Raising Events

The **Grant Council on Aging** will host a raffle and the drawing will be on **July 3, 2013**. Funds from this event will go towards modernization of the Grant Council on Aging administrative offices.

There will also be a "Hot Dogs for Seniors" on **August 22, 2013** from 10:00am-1:00pm. For more information about either event, contact the council on aging at 318-627-5757.

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**The Jefferson Davis Council on Aging** will host a "Hot Dogs for Seniors" fundraising event. On July 16, 2013. entertainment will be provided from 10:00am to Noon. For more information, contact the Council on Aging at 337-824-5504

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