

# *Elder News*

## Governor's Office of Elderly Affairs "Serving Seniors Successfully"

**Summer 2015**

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### **National Immunization Awareness Month: Vaccinations Can Keep Us Healthy**

**August** is **National Immunization Awareness Month**. Every year thousands of adults in the U.S. suffer serious health problems, are hospitalized, and even die from diseases that could be prevented by vaccines.

We all need shots (also called vaccinations or immunizations) to help protect us from serious diseases. Shots can prevent serious diseases like the flu. It's important to know which shots you need and when to get them. Older adults and those with chronic health conditions such as lung disease (asthma or COPD), heart disease, and diabetes are at higher risk of complications from pneumococcal bacteria, influenza, and other vaccine-preventable diseases.

Visit [Vaccines.gov](http://Vaccines.gov) to find out which vaccines you may need at different times of life.



# Falls Free®

*National Council on Aging*

**September 23, 2015** is the 8<sup>th</sup> annual **Falls Prevention Awareness Day**. This is the first day of fall for 2015. The event seeks to raise awareness about how to prevent fall-related injuries among older adults. Every 29 minutes, an older adult dies from a fall; every 14 seconds an older adult is treated in an emergency room for a fall-related injury. The death rate from falls among older adults increased by 55% from 2000 to 2007. By 2020, the annual direct and indirect cost of fall injuries is expected to reach \$59.6 billion including a Medicare cost of more than \$32 billion.

Myths about falls in older adults:

**Myth 1: Falling happens to other people, not to me**

1 in 3 older adults fall every year in the U.S.

**Myth 2: Falling is something normal that happens as you get older**

Falling is not normal part of aging. Strength and balance exercises, medication management and having vision checked can help to prevent falls.

**Myth 3: If I'm not very active, I won't fall**

Being active helps one stay independent. This helps keep your strength and range of motion in balance.

These are just a few myths about falls. The 2015 Falls Prevention Awareness theme is "Take a Stand to Prevent Falls". For tools and activities and more information about Falls Prevention, visit [www.NCOA.org](http://www.NCOA.org).

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October is National Long-Term Care Residents' Rights Month, a time to acknowledge the contributions and sacrifices many long-term care (LTC) residents have made to better our community and to call attention to the rights of residents in long-term care facilities. This year's theme – *CARE Matters*, was selected to call attention to the fact that residents of LTC facilities deserve quality care. Residents of LTC facilities have experienced many important historical, political events. It is important that they are given the opportunity to continue to participate in the political process and that voting is made accessible to them.

By listening to residents' voices, we honor their lives and experiences as well as treat them with dignity and respect; staff and residents can enjoy relationships that enhance their day-to-day lives; and the long-term care facility can operate more effectively in its daily activities when based on and developed with consumer involvement. Many people care about residents - family members, citizen advocates, long-term care ombudsmen, facility staff and others. This care can be truly individualized and focused on each person's needs and preferences.

During Residents' Rights Month, we recognize Louisiana's long-term care ombudsman program staff and volunteers, who work daily to promote residents' rights, assist residents with complaints and provide information to those who need to find a long-term care facility.

As we celebrate Residents' Rights, we encourage community members to visit residents they know in a long-term care facility, volunteer in a facility, or inquire about becoming a volunteer long-term care ombudsman. Your assistance and attention helps to ensure that the voices of long-term care residents do not go unheard and demonstrates to residents that they have not been forgotten.

For more information you may contact Karen Price, State Long Term Care Ombudsman, 866-632-0922 or by email at [kfprice@goea.la.gov](mailto:kfprice@goea.la.gov)



**Are you getting those annoying sales telephone calls or those calls with pre-recorded messages pitching a product or a service? If so, you are a target for a scam. Auto-dialers are being used for scammers to call thousands of people each minute to try to get someone to fall for their scam. These scammers do not check the Do Not Call listing but call anyway. If you get one of these calls, do not press buttons to speak to someone to be taken off their list. This will just add your number to more unwanted scam calls. Hang up and report this call to the Federal Trade Commission at [www.donotcall.gov](http://www.donotcall.gov).**

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If your agency has ever received donations of Assistive Technology (AT) or Durable Medical Equipment (DME) and you are just not sure what to do with it, Louisiana Assistive Technology Access Network (LATAN) may be able to assist. LATAN is a not for profit organization that helps connect individuals with disabilities and older persons to AT

equipment that may enable independence in employment, school and community living. LATAN supports and operates the AT Marketplace for AT equipment. The AT Marketplace is a FREE database of available, used AT (Classified Ads) products. The purpose of the AT Marketplace is to connect people in need of AT devices and equipment with individuals who may have, but no longer need the AT product. The AT device would be at a lower cost than purchasing new or donated by the previous owner.

For more information about LATAN and the AT Marketplace, contact Ms. Jamie Landry Karam at LATAN at [jkaram@latan.org](mailto:jkaram@latan.org) or by telephone at 225-925-9500 or toll free at 800-270-6185. You may visit the LATAN website at [www.latan.org](http://www.latan.org).

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**The Louisiana Medicare Improvements for Patients and Providers Act (MIPPA) grant for 2014 (Year 1) will end on September 29, 2015. Funding for MIPPA 2015 will be announced by Administration for Community Living (ACL) before October 1, 2015 for year 2. Louisiana has provided 1937 units of Enrollment Assistance for the Low Income Subsidy Program (LIS), 1905 units of Enrollment Assistance for Medicare Savings Plan (MSP), 2747 units of Counseling for Medicare Part D, 1466 units of Enrollment/De-Enrollment for Medicare Part D, 1870 units of Follow-up on the enrollment assistance clients and the Louisiana SenioRx/Aging and Disability Resource Centers (ADRC) have developed 115 community partnerships. In addition to enrollment assistance, providers have hosted educational events to educate Medicare eligible individuals on the Medicare wellness and preventative services. Activities are still being submitted for year 1 of the MIPPA 2014 Grant.**

Open enrollment for Medicare begins October 15, 2015 and will close December 7, 2015. During Open enrollment, it is important for each Medicare recipient to review their Medicare plans and make sure the plan is working for him. For more information regarding Medicare Open Enrollment, visit [www.louisianaanswers.com](http://www.louisianaanswers.com) or call your regional SenioRx/ADRC.



### **Central District Athletes Bring Home National Medals**

Most people would think that once a person reaches a certain age, they should rest on their laurels and not continue to push themselves farther. However, not everyone thinks that way! Over 250 seniors for sure didn't think that way when they competed for Gold, Silver and Bronze in the Central District Senior Olympic Games this year nor did the 850+ seniors that competed at the 2014 Louisiana Senior Olympic Games in hopes of qualifying for the National Senior Games which were held in Minneapolis/St. Paul, Minnesota in July 2015.

The Louisiana athletes brought home 77 total medals from the 2015 National Senior Games: 18 Gold, 24 Silver and 35 Bronze. And the CDSOG was well represented. Lloyd Whitman won his first NSGA medal, a Silver **medal for the Triple Jump and he placed 7<sup>th</sup> in the Long Jump.** Sidney "Mac" Bankston drove and putted her way to a Silver medal in Women's Golf and her golfing buddy and constant competitor, Sandra Garlington placed 8<sup>th</sup>. The Dry Prong Village News, Dry Prong being where Whitman and Garlington reside, had this to say about their star athletes and hometown heroes: "Dry Prong has some nationally known athletes of recent fame. Sandra Morgan Garlington and Lloyd Whitman qualified to represent Louisiana in the Senior Olympics in Minnesota. Sandra played golf along with Mac Bankston and Lloyd Whitman did some races and jumps. Bro. Lloyd was honored to carry the Louisiana flag into the stadium during opening ceremonies. He placed 7th in one jump and won the silver medal in another. Congratulations!"



Sidney “Mac” Bankston had this to say about her experience, “This was my first time to experience NSGA, I really enjoyed meeting and competing with the ladies around my age and from around the US. Sandra Garlington encouraged me, she told me that I would be able to do well. She pushed me to qualify on the district and state level so I would be able to compete on the National Level. It was essential to do well to qualify for NSGA. There were over 150 golfers and Sandra and I were the only women from Louisiana. There were 8 other women in the 80-84 age group that were in my flight. And one of the ladies had won the Gold twice, she was quite a competitor, I was just thrilled to play so well and win the Silver medal. When I got home, it was amazing to learn that there were articles and briefs in the Covington paper and the TownTalk. My son said he was so proud. Overall it was an amazing experience. And I am looking forward to Birmingham in 2017.”

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The **Southeast Louisiana Elder Law Boot Camp** was held on Thursday, July 15, 2015 at the Warren Harang, Jr Municipal Auditorium in Thibodaux, Louisiana beginning at 9:00am until 1:30pm. It was hosted by the Lafourche, Saint Charles, Saint James and Saint John Councils on Aging. One hundred and seventy-seven seniors attended the program. Betty Raglin, J.D. explained Powers of Attorney and related documents; Maria Alvarez described Social Security & Spousal Benefits; Linda Melancon, J.D. presented on Veterans Aid & Attendance Pension; Salyria Gumms, J.D. and Krystal Talghani, J.D. warned about Senior Scams; and Lisa Pinho, J.D. outlined the crime of Financial Exploitation. Other attorneys who participated in the program were Jane Arieux Thomas, moderator on behalf of the Governor’s Office of Elderly Affairs; Marilyn Pepper, Carrie Paillet, and Jonathan Rhodes.



Pictured: Front row: K. Talghani, M. Pepper, L. Pinho, J. Thomas and G. Bertrand Back Row: S Gumms, B. Raglin, L. Melancon, M. Alvarez and C. Paillet

The **Caddo Council on Aging** hosts the “Tech Talk” every Friday at 10:00 am at the Randle T. Moore Center in Shreveport, LA. These “Tech Talk” sessions are to help older persons with technology (Facebook, Google, E-mail, WIFI, etc). Coffee is served at 9:30 for those that come early. For more information about activities and services provided by the Caddo Council on Aging, call 318-676-7900 or visit their web page at [www.caddocouncilonaging.org](http://www.caddocouncilonaging.org).



The **Caldwell Council on Aging** hosted their Thursday night dinner and entertainment on July 23, 2015. The Caldwell Council on Aging hosts many events and forms of entertainment on a daily basis like quilting as pictured to the right. For more information about the services and activities at the **Caldwell Council on Aging**, call 318-649-2584.



Nancy Covington and Louise Reynolds from East Feliciana Parish accompanied by Brenda Gardner, **East Feliciana Council on Aging** Director recently attended the National Senior Olympic Games in Minnesota. The National Olympic Events are held every two years. Of 40 million Americans over the age of 50 only a few have shown intestinal fortitude to challenge

the difficulties of their chosen sport and finish among the best. Just to qualify you need to prove that you are one of the top athletes in your age category and sport.

Qualifying for the National Senior Olympics is a lengthy process. You must first participate at the District Level and place 1<sup>st</sup>, 2<sup>nd</sup> or 3<sup>rd</sup>. The winners from district events compete at the State Level and must place 1<sup>st</sup>, 2<sup>nd</sup> or 3<sup>rd</sup> in order to participate at the National Level.

Congratulations to Nancy Covington, winning the Silver Medal and Louise Reynolds winning a 4<sup>th</sup> Place Ribbon in Horseshoes this year, which is quite an achievement. Louise participated in Track & Field as well. She ran the 60

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Meter Race and High Jumped. These two ladies participated in the 80-84 year old age group which makes them a winner, by any stretch of your imagination.

What started with just a little more than 2,500 athletes 26 years ago has grown into a sprawling, two week celebration of over 13,000 athletes participating in 18 different sporting events.

Anyone interested in participating in the Senior Games, please contact the East Feliciana Council on Aging office located at 11102 Bank Street or call 683-9862.

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The **Rapides Council on Aging** delivered 50 electric fans to the Clifton Choctaw Tribe as part of their annual fan drive to provide fans to help seniors cope with high electric bills in the sweltering summer heat. The Rapides Council on Aging partnered with CLECO (Central Louisiana Electric Company) for the past 25 years to provide fans to seniors. This year the Rapides Council on Aging received 150 fans in the drive.



The **Saint Charles Council on Aging** partnered with their local 4-H, Boy Scouts and Girl Scouts to host a Fishing Rodeo on June 19, 2015. Fun was had by all with fishing, dancing and lunch.



The **Saint John Council on Aging** hosted their annual Luau on July 17, 2015 at the Edgard Senior Center. Fun and food was had by all participants. For more information about services and activities at the Saint John Council on Aging, please call 985-479-0272.

The logo for the Louisiana Aging Network Association (LANA) features the acronym "LANA" in a large, purple, serif font. Below it, the words "Louisiana Aging Network Association" are written in a smaller, red, serif font, stacked in three lines.

Congratulations we have had a great learning experience including a real close look at three of the Governor's candidates. Thank you to those who attended, a good crowd makes for a good meeting. Those of you who chose not to participate, I am sorry for your loss. The educational workshops were great. I learned a lot from each of the sessions I attended and wish I could have attended more. One important take away message I got from Dr. Gahan was that if we look at the segment of the population that has the least incidence of Alzheimer's are the more educated. He suggested that we encourage all to get the highest level of education possible and to never stop learning. Life long learning such as attending conferences and seminars that expand our knowledge base are great ways to ward of the onset of Alzheimer's. This is only one reason you shouldn't miss the learning opportunities offered by the associations.

Thank you to all who helped put on the conference and worked tirelessly to see that everything went well. It takes a village to raise a child and the entire group to make a successful meeting.

Congratulations to our new LANA officers, Lisa DeRouen - President, Darlene Schexnayder – Vice – President, Pat Jones – Secretary, and Becky Bergeron – Treasurer. I know they will carry the torch forward.

So in this last message as the president of LANA let me again congratulate those who took advantage of the opportunity offered and remember my favorite motto "If you are not growing you are dying" . *Mike Rome, President*

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Representative Charles “Bubba” Chaney was selected as Legislator of The Year by the **Louisiana Council on Aging Director’s Association**. Presented at the annual LACOADA Legislative Breakfast held during the recent Legislative Session, Mr. Chaney has been the standard bearer for the over 800,000 seniors of the

State of Louisiana. Serving on the Joint Budget Committee he was instrumental in maintaining the funding levels for the Councils on Aging throughout the state. This award is to recognize Representative Chaney for his dedication and hard work for our seniors.

Pictured above from Left to Right – Mike Rome, Director Madison, Representative Chaney, Evelyn Lebeau, East Carroll, Brenda Hagan, West Carroll; Becky Bergeron, Pointe Coupee, Legislative Chairman; Al Robichaux, Jefferson, LACOADA President.

The New LACOADA officers are: Al Robichaux, President, Lisa Derouen, Vice President, Becky Bergeron, Vice President, Evelyn LeBeau Secretary, & Debi Fleming LeBeau, Treasurer

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