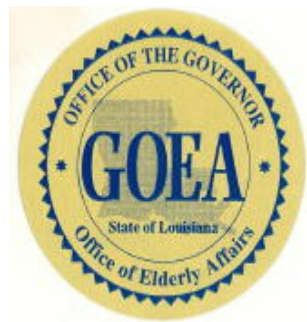


# Elder News

## Governor's Office of Elderly Affairs "Serving Seniors Successfully" Spring 2014 Volume 11, Issue 2



Page 1: Older American's Month/SSA Update  
Page 2: Tax Holiday/MIPPA  
Page 3: EMDAC, Congratulations  
Page 4: Spotlight on Aging Network

The nation celebrates Older Americans Month to recognize older Americans for their contributions and provide them with information to help them stay healthy and active. This year, we are focusing on injury prevention with the theme **Safe Today. Healthy Tomorrow.**



Older adults are at a much higher risk of unintentional injury and even death than the rest of the population. Unintentional injuries to this population result in at least 6 million medically treated injuries and more than 30,000 deaths every year. With a focus on safety during Older Americans Month, the Administration for Community Living plans to use this opportunity to raise awareness about this critical issue. By taking control of their safety, older Americans can live longer, healthier lives. Some Safety Tips to remain Safe Today. Healthy Tomorrow:

- Exercise Regularly
- Have your vision checked regularly
- Know what medications you take and how the medications interact with other prescribed medications, food, alcohol and other medical conditions you may have
- Ask if your prescribed medication may alter your balance
- Use a medication schedule box (pill box) to make sure you take what is prescribed and when prescribed



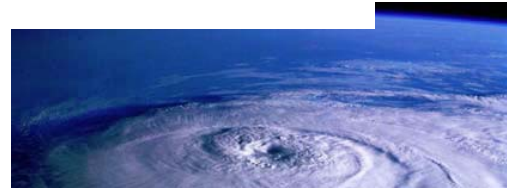
Hurricane Season is once again upon us. The National Weather Center has been introduced to social media thru Facebook and Twitter.

To receive alerts from the National Hurricane Center for Facebook goto <http://www.facebook.com/NWSNHC>

To receive alerts from the National Hurricane Center for Twitter go to [https://twitter.com/NHC\\_Atlantic](https://twitter.com/NHC_Atlantic)

## **The Louisiana Tax Holiday for Storm Supplies Saturday-Sunday**

**May 24-25, 2014**



**The Louisiana State Sales Tax Holiday will be held this weekend for residents to purchase flashlights, batteries, portable generators and other emergency supplies. This holiday will exempt the state 4 percent state sales tax. This Sales Tax Holiday gives Louisiana residents an opportunity to prepare for storm season which will begin June 1. For additional information regarding exemptions and limits, visit the Louisiana Department of Revenue's web site at [www.revenue.louisiana.gov/hurricaneprep](http://www.revenue.louisiana.gov/hurricaneprep)**

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## **Senior Day at the Louisiana State Capital**



On May 7, 2014, Senior Citizens from across the state gathered at the Louisiana State Capital to tour the capital and to learn the legislative process. Many thanks to the Council on Aging staff who provided transportation and served as tour guides for the seniors at the capital.

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## **Louisiana MIPPA Grant**

The Louisiana MIPPA Grant 2013 will be coming to an end for the current grant period on June 30, 2014. The participating agencies have outreached and educated Medicare eligible seniors about the Wellness and Disease Prevention services offered thru Medicare, the Low Income Subsidy Program (LIS), Medicare Part D Program and Medicare Savings Program (MSP). Thru these efforts, many seniors will be able to benefit from receiving help on their prescription medications, receive preventative care services, save money on deductibles, co-pays and premiums. Continued efforts to facilitate the MIPPA Grant activities will continue to increase the number of seniors who can be helped thru the Aging Network's efforts.

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## Louisiana **EMDAC** at work

The Emergency Management Disability and Aging Coalition (EMDAC) received special recognition for the coalition's efforts in addressing the needs of the disabled and aging during times of an emergency or disaster at the Port of New Orleans Symposium in December 2013. Thru continued efforts of the EMDAC, a tabletop discussion was held at the American Red Cross on March 18, 2014. The Purpose of the tabletop discussion was to

- Provide participants with an opportunity to evaluate current concepts, plans and capabilities for a response to an incident or emergency
- To focus on local emergency responder command and control coordination, critical decisions and notifications
- Educate participants on roles and responsibilities during an emergency
- Broaden the understanding amongst local emergency managers on planning for citizens with access and functional needs.

Participants at the tabletop discussion were representative from both the aging and disabled community with emergency managers involved in the exercise. Additional tabletop exercises are being planned regionally.

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**Congratulations!** Ms. Anita Thibodeaux received the Louisiana Dietetic Association Award for being a 50 Year Member. This award was presented to Ms. Thibodeaux at the Louisiana Dietetic Association Food and Nutrition Conference held in April 2014 at the Renaissance Hotel in Baton Rouge.



The **Webster Council on Aging** is in their new building and hosted the Grand Opening on Sunday, May 4, 2014. Joining in the celebration (pictured right) are Mr. Mike.



Rome, Executive Director at Madison Council on Aging, Mrs. Dathene. Brown, Executive Director at Webster Council on Aging, Ms. Evelyn LeBeau, Executive Director at East Carroll Council on Aging and Ms. Karen Ryder, Deputy Secretary 2 at GOEA.

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## A **Spotlight** on our Aging Network



The **Ascension Council on Aging** hosted their Senior Prom on Sunday, April 9, 2014 at the Gonzales Senior Center with more than 100 seniors attending and dancing to the music of Route 61 Band. The Ascension Council on Aging will be hosting an Older American's Month Picnic at the Donaldsonville Senior Center on May 22, 2014. For more information about activities and events hosted by the Ascension Council on Aging, call 225-473-3789.

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The **Bossier Council on Aging** hosted the Louisiana Lagniappe Senior Style Show on April 15, 2014. The agency also participated in the Give For Good Day on May 6, 2014 to raise funds for the services provided by the Bossier Council on Aging. On May 23, 2014, the Bossier Council on Aging will host the Older American's Month Celebration with a Fish Fry and Health Fair. For more information about the Fish Fry and Health Fair, contact the Bossier Council on Aging at 318-741-8302.

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The **Caddo Council on Aging** partnered with The Community Foundation in May 2014 to raise funds for the Meals program in North Louisiana. Thru this partnership and the generous donations from the community, the agency will receive more than \$5000 in donations for the Caddo Council on Aging Meals Program.

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The **Caldwell Council on Aging** hosted a Fish Fry for to celebrate Older American's Month and Memorial Day. For more information about upcoming events at the Caldwell Council on Aging, please call the Caldwell Council on Aging at 318-649-2584.

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The **Cameron Council on Aging** hosted a Valentine/Mardi Gras Party at the Grand Lake Fireman's Center on February 14, 2014. Music, Food, Fun and Fellowship was had by all. For information on upcoming events, contact the Council on Aging at 337-905-6000.

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The **East Baton Rouge Council on Aging** hosted their annual Crawfish Boil on April 17, 2014 at the Florida Blvd. Senior center. The COA had music, food, games and entertainment. For upcoming events, contact the East Baton Rouge Council on Aging at 225-923-8000.

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The **East Feliciana Council on Aging** will be gearing up for an Ad Valorem Tax on the November 2014 Ballot. This will be a 1 Mill Ad Valorem Tax to help support the services that the agency provides to the seniors of East Feliciana parish. The East Feliciana COA will host their annual Fish Fry for Older American's Month on May 30, 2014. For more information about the Fish Fry and other services provided by the East Feliciana Council on Aging, call 225-683-9862.

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The **Lafayette Council on Aging** will host a Breakfast and Bingo on May 22, 2014 at the Beau Se Jour Meal Site. For more information about the Breakfast and Bingo, contact the Lafayette Council on Aging at 337-262-5990.

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The **Lafourche Council on Aging** hosted their Sixth (6) Annual Senior Prom on May 17, 2014 at the VFW Hall in Larose, Louisiana. The COA provided lunch, half and half raffle, music and lots of door prizes. Fun was had by all. For more information about upcoming events, contact the Lafourche Council on Aging at 985-532-0457.

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The **Livingston Council on Aging** hosted the Mayor's Prayer Breakfast at the Denham Springs Senior Center on May 1, 2014. They will be host to the Annual Meeting and celebrate the agency's 41st Anniversary on May 22, 2014 at the Denham Springs Senior Center. Future events include an Annual Health Fair on June 18th and an Annual Fun Day on July 16th. For more information about the Livingston Council on Aging and the events, activities and services, call 225-664-9343.

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The **New Orleans Council on Aging** partnered with the GiveNOLA.org to raise funds on May 6, 2014 for the services provided by the New Orleans Council on Aging. On May 9, 2014, the New Orleans Council on Aging celebrated Older American's Month at the 2014 Senior Fest. This



Senior Fest event was held at the UNO Lakefront Arena. Good food, live entertainment and a great time was had by all.

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The **Saint Charles Council on Aging** will host a Health Fair/Expo on May 30, 2014. Seniors will enjoy a special menu lunch, dancing, socialization and door prizes. For more information, call the Saint Charles Council on Aging at 985-783-6683.

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The **Saint Martin Council on Aging** hosted the Older American Appreciation Luncheon at the Saint Francis Parish Hall on May 15, 2014. The activities included BINGO, lunch and lots of prizes. For future events and activities, please contact the Saint Martin Council on Aging at 337-332-3063.

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The **Tangipahoa Voluntary Council on Aging** has raised over \$9000 in sponsorship for the Older American's Month Picnic and Walk for Seniors. Donations will be used to supplement services provided by the council on Aging. For more information about activities and services in the Tangipahoa parish, contact Ms. Debi Fleming at 985-748-7486.

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**A Special Congratulations to Ms. Carol Frain and Ms. Anita Thibodeaux on their retirement from the Governor's Office of Elderly Affairs. Ms. Frain is known from her years of services to GOEA and the LEBA board and Ms. Thibodeaux from serving in her role as the State Nutritionist. Best wishes to both of you in your new journeys.**

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