

Elder News

Governor's Office of Elderly Affairs
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Reminder!

Beginning **March 1, 2013** all federal benefits will be paid electronically. If you or your clients have not switched from paper payments (checks) to electronic payments, the time to do so is now. For more information about electronic payments (direct deposit), go to www.godirect.org.

Social Security Changes!

Social Security Administration has a new program called "**My Social Security**". This is a new way for individuals to access data regarding their personal social security benefits, balances, quarters earned, etc. Access is not limited to individuals receiving a Social Security Benefits Check. For more information regarding "My Social Security", go to [The United States Social Security Administration](http://www.ssa.gov).

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Hurricane Isaac Disaster Update:

Louisiana was awarded \$100,000 in disaster funds from the Administration on Aging (AOA). The Disaster grant will be used to provide supportive services above and beyond other resources to areas of the State of Louisiana declared by FEMA as Individual Assistance parishes. Contracts have been awarded to Capital Area Agency on Aging, Jefferson Council on Aging, Plaquemines Council on Aging, Saint James AAA, Saint John Council on Aging, Saint Tammany Council on Aging and Terrebonne Council on Aging. There will be no administrative costs associated with the disaster grants and services will be paid by GOEA at a unit cost reimbursement. Contract period for the disaster grant is from September 15, 2012-January 31, 2013.

2013 Older Americans Month Theme Announced by Administration on Aging (AOA)

Every year since 1963, May has been a month to appreciate and celebrate the vitality and aspirations of older adults and their contributions to our communities. The theme for Older Americans Month 2013, *Unleash the Power of Age*, has never been more fitting. Older Americans are productive, active, and influential members of society, sharing essential talents, wisdom, and life experience with their families, friends, and neighbors. This year, think about what your organization can do to help *Unleash the Power of Age*. Giving our elders opportunities to volunteer their time to support those who are less fortunate, to teach others the skills they've honed over the years, or to become involved in civic matters are just a few ways you can *Unleash the Power of Age*. Help our older Americans stay positive, active, and looking forward.

Did you know? The **Veterans Administration** is now host to a suicide hotline to keep Veterans, Veteran Family Members and Troops alive. The hotline is an intervention measure in a search for solutions to the epidemic of military suicides. Statistics reflect that suicide is not limited to Iraq and Afghanistan War Veterans.

For more information about the Veterans Crisis Line, go to WWW.VA.GOV or call 1-800-273-8255.



The 2013 Aging in America Conference is scheduled for March 12-16, 2013 in Chicago. Registration is now open. For more information go to <http://www.asaging.org/aia>



The Grandparents Raising Grandchildren Information Center of LA, Peoples Health and LSU hosted to a toy drive on December 18, 2012.

Grandparents from local support groups were able to choose toys for their children. Door prizes were also given away and Peoples Health provided a toddler's bike as a grand prize.

Save the date:

February 8, 2013 , Grandparent's Raising Grandchildren Conference in Lake Charles

May 3, 2013, 15th Annual GPRG Conference at the Holiday Inn South in Baton Rouge

For more information about **Grandparents Raising Grandchildren Information Center of LA** or the conferences, call 225-357-1565.

What is Vitamin A by Anita Thibodeaux, LDN,RD

Vitamin A is a combination of substances that are necessary for the prevention of night blindness, healthy teeth, skin, skeletal, soft tissue and mucous membranes. These fat soluble substances are derived from either retinol and/or carotenes. Retinol is available in cod oil, butter, liver, eggs, cheese and milk. Carotenes are the orange colored vegetables and fruit. Good sources of carotenes are carrots, cantaloupe and sweet potatoes. Vitamin A can also be found in dark leafy greens, green peppers and orange juice.

Around the Louisiana Aging Network...

HAPPY 40th Anniversary Ascension Council on Aging!



On Friday October 12, 2012 **Ascension Council on Aging** celebrated its 40th Anniversary. During the celebration, Mr.



John Northcutt presented ACOA Executive Director,

Darlene Schexnayder, with a thank you card signed by all of the senior clients from the Donaldsonville and Gonzales Senior centers (as shown above). It was definitely a very pleasant and unexpected heart-felt surprise.

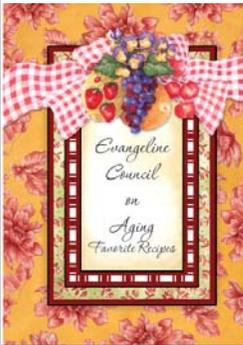


BOOT CAMP!

There will be a **Southwest Louisiana Elder Law Boot Camp** held on March 7, 2013 from 9:00-1:30 at the Lake Charles Civic Center Exhibition Hall. The **Calcasieu Council on Aging** will host the meal. For reservations, call 337-474-2583. RSVP deadline is March 5, 2013.



CALLING THE COOKS to the KITCHEN!



The **Evangeline Council on Aging** has collected favorite recipes from clients, staff, board members and friends of the Evangeline Council on Aging. These cookbooks are selling for \$15 each. For more information about the cookbooks call 318-363-5161

LET US CELEBRATE AND BE THANKFUL!



In November, The **New Orleans Council on Aging** along with Councilwoman Cynthia Hedge-Morrel and ZULU Social Aid and Pleasure Club hosted a Veteran's Day Commemoration and Thanksgiving Celebration.



Christmas at Union Council on Aging

The **Union Council on Aging** hosted the Annual Christmas Lunch in December where the staff prepared the meal for the seniors. This annual event had 72 seniors participate in the festivities. Mrs. Merle Finley played Christmas Carols while the staff and seniors enjoyed a wonderful time of fellowship and social activities.

COMMUNITY SUPPORT ADVOCATE (CSA)

GOEA in partnership with CENLA hosted the first **Community Support Advocate Training Conference** on January 10, 2013 in Pineville, LA. The following topics were discussed:

Debt Collection by Ms. Odette Williamson, National Consumer Law Center

Identity Theft by Ms. Lisa Schifferle, the Federal Trade Commission

Louisiana Resources by Ms. Lisha Landry, Office of the Attorney General

Elder Abuse & Financial Exploitation by Mr. Donald Akers, The 16th JDC of Louisiana

Legal Service for Senior Victims of Fraud by Mr. Walter McClatchey, Acadiana Legal Services Corp and Mr. Jeremy Nusloch, Southeast Legal Services

CENLA Area Agency on Aging is the pilot project for collaboration between the trained Community Support Advocates and Legal Services. For more information please contact Ms. Jane Thomas by e-mail at JaneAthomas@msn.com.



Jane Thomas, Lisha Landry,
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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.