

Elder News

Governor's Office of Elderly Affairs

"Serving Seniors Successfully"

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Flu "Influenza" Vaccination: Should I or Shouldn't I?

As we get older, our immune system typically weakens and generally makes it more difficult for our bodies to fight disease. The Flu (influenza) can cause worsening of chronic conditions and may be fatal. Annually, 6 out of 10 hospital stays relative to the flu occur in older persons 65 or older. As "Flu" season approaches, we need to educate our staff and seniors on the benefits of the Flu (Influenza) Vaccination. For more information about flu vaccination options, go to www.ncoa.org/flu.

Medicare and You!

Open Enrollment for Medicare Benefits and Benefit Changes will begin October 15 and end December 7, 2013. This is the time Medicare eligible individuals are encouraged to review their current health and prescription drug coverage to ensure that their plan is the most beneficial plan for them. If the individual wants to change their plan, this is the time to make the changes without penalty fees. If the individual is pleased with their current plan, coverage will continue without change. To assist Medicare eligible seniors with plan reviews and enrollment, you may contact the SenioRx/Aging and Disability Resource Center (ADRC) in your region (www.louisianaanswers.com and click on "Contact ADRC" tab) or you may contact the Louisiana Department of Insurance/SHIIP at 1-800-259-5300.

November is National Caregivers Awareness Month!

A caregiver is more than just a parent or guardian. A caregiver is someone who provides the primary means of care and support for children with special needs, adults with disabilities or an elder who can not care for themselves. In Louisiana, caregivers provide more than 600 million hours of care in a year. To better coordinate resources for caregivers, the disabled and elderly, GOEA has partnered with the Louisiana Lifespan Respite Coalition to assist caregivers in locating valuable by utilizing the GOEA website, www.LouisianaAnswers.com. At www.Louisianaanswers.com, families can find a continuum of services to help the caregiver plan.

MIPPA Louisiana

Louisiana has recently received the 3rd MIPPA grant since the Medicare Improvements for Patients and Provider's Act (MIPPA) Act was passed in 2008. There were 3 priority components for the current grant:

Priority 1-SHIP

Priority 2-AAA

Priority 3-ADRC

Funds have been allocated and contracts have been awarded. Responsibilities for this grant are as follows:

Priority 1: Media, Publications, Public Service Announcements

Priority 2: LIS/MSP Enrollment Assistance, Host of Outreach and Education Events and Participation at Community Events

Priority 3: New Partnership Development, Medicare Part D Enrollments, Education on Medicare Wellness and Preventative Care, Training and assistance with LIS/MSP Enrollments

If your agency did not contract for unit cost reimbursement for this grant, your agency may still participate in the efforts to educate and assist our seniors with their Medicare and Medicare program benefits. For more information about MIPPA, please contact Michelle Guillory at 225-342-7122.

Black Licorice and People over age 40

by Anita Thibodeaux, LDN, RD



The Food and Drug Administration (FDA) recommends moderation in eating licorice if you are over age 40, have high blood pressure and or heart disease. A rare reaction could be caused by consuming a large quantity of licorice. The reaction could decrease the potassium levels, cause an abnormal heart beat, increase blood pressure, cause heart failure or you could become lethargic. If any of these symptoms begin, it is advised to stop eating licorice and seek medication attention if your reaction is more than just lethargic.

State Long Term Care (LTC) Ombudsmen Program

The **State LTC Ombudsmen**, Ms. Cynthia Hadnott hosted the Louisiana Ombudsman Fall Training on October 16-17, 2013. There were 23 Ombudsmen present from across the state. Service awards were given to 7 Ombudsmen for their service to the State of Louisiana with years of service ranging from 5 years of service to 25 years of service. We would like to Thank all who have given their time and service the elder in our state.

A Spotlight on our Aging Network



The **Ascension Council on Aging** received goods from the Bonnie Pearce Troop Leader of Daisy Troop 10844. Items collected were non-perishable items needed for Hurricane Preparedness. A special "thank you" to the Daisies for their acts of kindness.

The **Avoyelles Council on Aging** hosted the 2013 Senior Health and Fun Day in October and also held the 2013 Fall Senior Dance on October 17, 2013 at the Cottonport Senior Center. The agency has a plethora of events scheduled for the month of November including Driving Class on November 6, 2013 at the Marksville Senior Center. For more information, call the Avoyelles Council on Aging at 318-253-9771.

The **Jefferson Council on Aging** hosted a "Senior-Cise" featuring Richard Simmons at the Pontchartrain Center on November 11, 2013 from 8:00am -12:00pm. In addition to the "Senior-Cise with Richard Simmons, there were resource exhibits for the seniors. Pictured L-R are State Representative Ms. Julie Stokes, Mr. Al Robichaux (JCOA), Ms. Maria Cervini (JCOA), Mr. Richard Simmons, Parish President John Young and Parish Councilman Ben Zahn.



The **Ouachita Council on Aging** is hosting a blanket drive with partners to include, but not limited to Communities Acting to Benefit Louisiana's Elderly (C.A.B.L.E), Delta Community College and others. The blankets will be delivered by the Delta students. In addition to the blanket drive, the Ouachita Council on Aging has partnered with students of University of Louisiana-Monroe (ULM) to fill the food pantry and fill baskets of goodies for the homebound seniors of Ouachita Parish. The students will be delivering the baskets to the selected needy seniors this month. For more information about programs or partnership opportunities with the Ouachita Council on Aging, contact the Ouachita Council on Aging at 318-387-0535.



The **Richland Council on Aging** has been busy with Sweet Potato distribution from sweet potatoes donated by the Dawson Farms for the seniors, "Scaring Away Breast Cancer" to promote early detection of breast cancer through screenings and spreading the news of all the good work The Richland Council on Aging does for our seniors.



Congratulations to the **Saint Mary Council on Aging** for receiving a **\$2500** grant from AT&T. The Saint Mary Council on Aging also hosted their 40th Anniversary Annual Membership Meeting with guest speaker, Representative Joe Harrison. Ms. Joyce Louis was honored as employee of the year, Ms. Lisa Daigle was honored as performer of the year and the Heart Award was presented to Ms. Cathy Broussard. There will be an Older Worker Celebration in November. For more information, please contact the agency at 337-828-4100 ext 320.

The **Sabine Council on Aging** hosted their annual Senior Day at the Fair on September 26, 2013. There were over 300 people in attendance. Recognition was given to the Royal Court and crowning of King Needham Tidwell and Queen Louella Madiar with their court. Mr. George Boyens was recognized as Older Worker of the Year as seen in the picture.



The **Tangipahoa Volunteer Council on Aging** had a "Senior Citizens Day at the



Fair" with Parish President Gordon Burgess. Pictured is President Burgess with current queen, Ms. Zelma White and past queens along with Ms. Debi Fleming, Council on Aging Director.



The **Beauregard Council on Aging** hosted their annual Halloween celebration and a Quilt Show. The following exhibits won prizes.



1st Place



2nd Place



3rd Place

Congratulations on such fantastic quilting!

The **Louisiana Aging Network Association (LANA)** hosted their annual conference in Houma, Louisiana on September 25-26, 2013. The event hosted several training sessions which included budget training, SAM's, OAAS long Term care, personal safety, marketing, transportation and many more. LANA also recognized Council on Aging directors who had 10+ years of service, 20+ years of service, 30+ years of service and Mrs. Dathene Brown of Webster (who was SKYPED into the meeting) with 40+ years of service. As seen in the picture below, agency directors with 30+ years of service with Mrs. Brown viewed on the SKYPE monitor.



Above: C. Parquet, L. Cannon, B. Bergeron, H. Rodgers, H. Langley, B. Gardner, D. Landry and R. Molaison.

LANA Sessions

The **Louisiana Council on Aging Director's Association (LACOADA)** hosted a conference on October 29-30, 2013 at the Paragon Casino & Conference Center in Marksville, Louisiana. The conference hosted training sessions on Alzheimer's presented by Ms. Dana Territo, Oral Health in the Elderly presented by Dr. Greg Folse, Disasters in Louisiana presented by Michelle Guillory and Medicare Improvements for Patients and Providers Act (MIPPA) presented by Michelle Guillory.

GOEA is planning a "Spring Training" for the Councils on Aging and Area Agencies on Aging. The training date and location will be announced soon.

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