



Elder News

Governor's Office of Elderly Affairs (GOEA)

Summer 2026

Volume 26 - Issue 2

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From the Director's Chair...

At the closing of the 2026 Regular Legislative Session, House Bill 1 was signed by the Speaker of the House and the President of the Senate, and sent to Governor Landry for executive approval. GOEA's budget remained intact, and the dementia-specific funding for the ADRCs was increased by \$400,000. We anxiously await the opportunity to serve the seniors of Louisiana even better.



During May, we celebrated Older Americans Month, and the theme of "Champion Your Health." This emphasized prevention, wellness, and personal responsibility in aging. Elder Abuse Awareness Month is recognized each June to increase awareness of the often-hidden problem of neglect and abuse of seniors. It is important to shine a light on the potential signs of neglect and abuse, and share methods of reporting and contributing to the solution of the problem.

It's hurricane season, and it is important for all citizens to have a plan in case of a disaster. This plan should be specific to the needs of each individual, particularly those with specific medical needs or disabilities. You can read more about this on the Governor's Office of Homeland Security and Emergency Preparedness ("GOHSEP") planning website: <https://getagameplan.org/> .

Amanda Smith, Executive Director

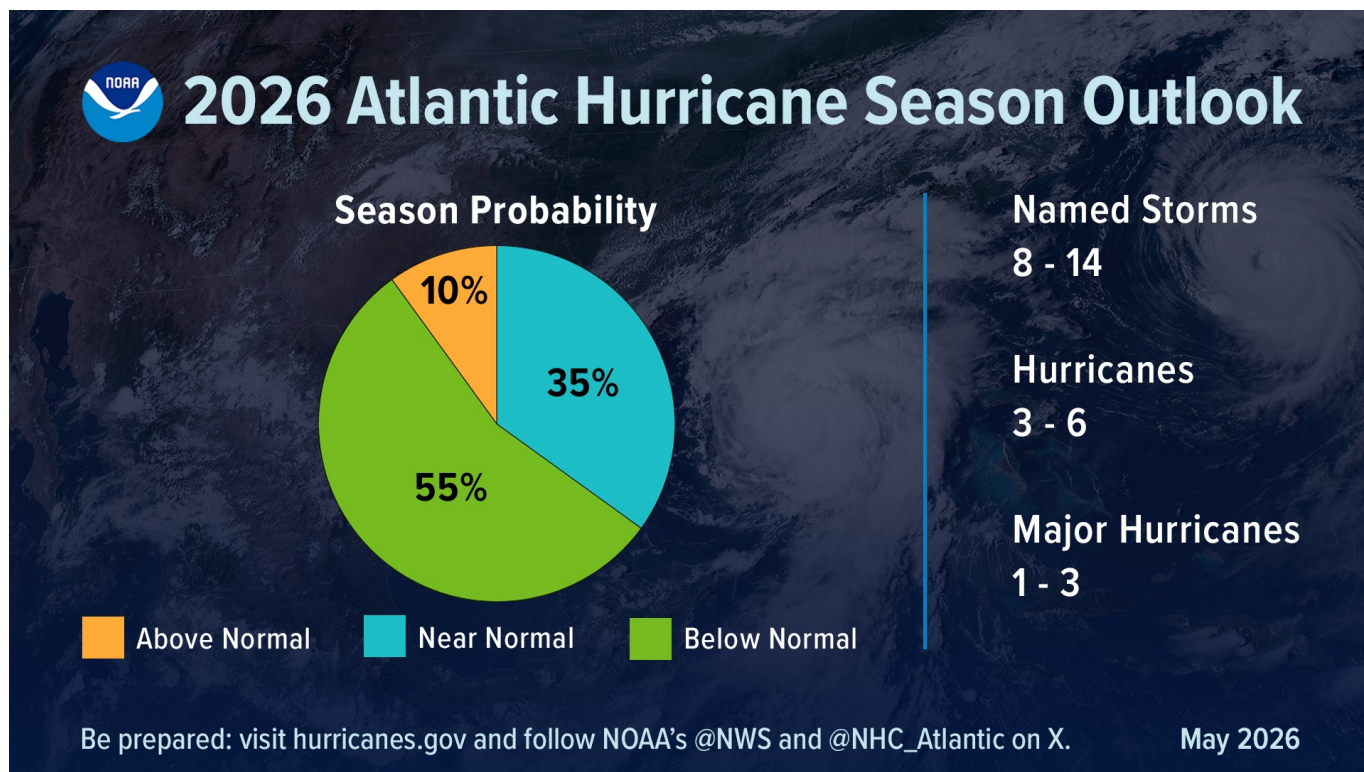
NOAA's Hurricane Season Outlook

The Atlantic season is expected to be below-normal due to competing factors. El Niño is expected to develop and intensify during the hurricane season, while ocean temperatures in the Atlantic are expected to be slightly warmer than normal and trade winds are likely weaker than average. El Niño conditions tend to support less tropical storms and hurricanes, while warmer ocean temperatures and low winds support a more active year.

“Although El Niño’s impact in the Atlantic Basin can often suppress hurricane development, there is still uncertainty in how each season will unfold,” said NOAA’s National Weather Service Director Ken Graham. “That is why it’s essential to review your hurricane preparedness plan now. It only takes one storm to make for a very bad season.”

NOAA’s outlook is for overall seasonal activity based on large-scale weather and climate patterns. It does not indicate where or when any storms may affect land as that is determined by short-term and variable weather patterns. The outlook is not a landfall forecast.

“Preparing now for hurricane season — and not waiting for a storm to threaten — is essential for staying ahead of any storm. Visit [weather.gov/safety](https://www.weather.gov/safety) and [Ready.gov](https://www.ready.gov) for important preparedness information,” added Graham.



In the
Spotlight

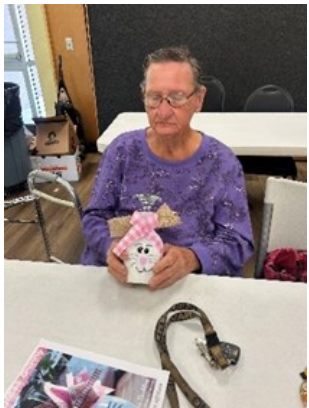
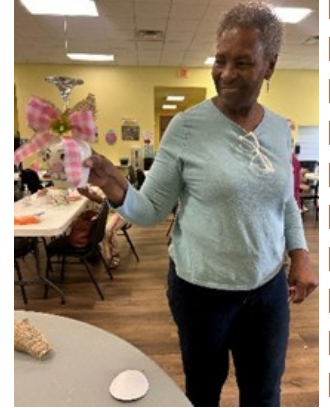
Red River Council on Aging: Executive Director, Liz Cannon is retiring after 46 years of service to the aging network! Thank you for your commitment and dedication to the seniors of Louisiana!



Claiborne Council on Aging: Executive Director, Suzan Bryant retired on May 1, 2026, after 9 years of service. Thank you for your commitment and dedication to the aging network!



St. John Council on Aging: Celebrated Easter with crafts. They also celebrated their seniors all throughout the month of May. Activities included decorating aprons, attending Jazz Fest, and celebrating Mother's Day with Oh so Pretty Hats!



Vernon Council on Aging:

Cinco de Mayo
Celebration!



American Steel MC
Poker Run, money was
donated to VCOA!



Happy Birthday Mr.
Gabe Maldonado!



St. Charles Council on Aging: Would like to wish Ms. Olivia Lockett, Ms. Desiree Hymel, and Ms. Deborah Ward a very happy birthday! They are pictured below from left to right.



Mother's Day Brunch at the Luling Center!



Vermilion Council on Aging: Hosted a wonderful Mother's Day Brunch & Bingo celebration that brought together mothers, grandmothers, seniors, and community members for a memorable morning of food, fellowship, creativity, and fun.

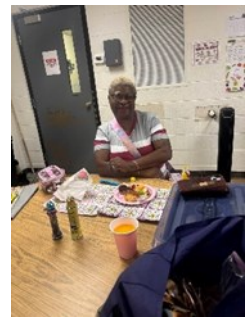
Guests enjoyed a delicious brunch featuring pork breakfast sausage, hot biscuits from Champagne's, a fresh fruit spread and fruit tray, and refreshing orange juice. Following brunch, attendees enjoyed a lively morning of bingo, laughter, conversation, and art-making activities specially designed for moms and families to enjoy together.

The event reflected VCOA's continued commitment to providing meaningful opportunities for seniors and families to connect and celebrate within the Vermilion Parish community.

"This celebration honored the mothers and grandmothers who have contributed so much to their families and our community," VCOA leadership shared. "It was a joyful morning filled with fellowship, creativity, and appreciation."

Vermilion Council on Aging, Inc. continues to serve as a vibrant community resource through programs, activities, nutrition services, and expanding transportation initiatives that support seniors throughout Vermilion Parish.

For more information about VCOA programs and services, visit:
Vermilion Council on Aging Website vermilioncoa.org



Tangipahoa Council on Aging: A student of the Beta Phi Zeta chapter of Northshore Technical Community College contacted the Executive Director of the Tangipahoa Council on Aging, Ms. Debi Fleming, to do a project at the Hammond Senior Center and asked her for ideas. Ms. Debi had an idea to create a Council on Aging Story/Recipe book, to preserve the lives and stories of our older population. The student took the idea and ran with it. They had several participants of the Hammond Center volunteer to tell their story about a favorite food and provide the recipe. They expect many more volumes will follow. With the blessing of the students and advisors of the project, they plan to print and sell the books as a fundraiser.

Mail-Order Cheetos
By: Nate Dawson



"One of my favorite snacks that my mom used to make was her homemade cheetos. When I was away at college, she would prepare a big batch and send me a box filled with them. She would ship the cheetos from Hammond to Baton Rouge. Despite the long trip, my mom's cheetos always arrived tasting fresh and delicious."

Recipe:

Snack Attack! Homemade Crispy "Cheetos"



INGREDIENTS:
1 cup cornmeal (finely grind)
1/2 cup all-purpose flour
1/4 cup cornstarch
1/2 teaspoon baking powder
1 cup cheddar cheese (finely shredded)
1/2 teaspoon salt
1/2 teaspoon garlic powder
1/2 teaspoon onion powder
1/2 teaspoon cajun seasoning
1/2 cup water (add more if needed)
Vegetable oil (for frying)

DIRECTIONS:
To make the dough, mix ingredients in a bowl. Add water gradually until you get a thick, pipeable dough. Adjust amount of water, if needed. Transfer the dough into a piping bag with a round tip or use a zip-lock bag and cut the corner. Pipe out irregular "Cheeto" shapes onto a pan lined with parchment paper.

Heat oil in a deep pan to 350 degrees. Carefully remove the shaped dough from the pan and drop into the oil. Fry to golden perfection. Remove and drain on paper towels. Repeat this process in small batches. TIP: Double fry for extra crunch!

While still warm, toss the fried pieces in a bowl with the cheddar cheese powder, paprika, and salt.

CHEESE COATING:
1 cup cheddar cheese powder
1/2 teaspoon paprika
1/2 teaspoon salt

Momma's Sweet Treat
By: Margaret Williams



"With eight children to feed, four boys and four girls, dessert was never something bought in town. For something sweet, my mother would cook wild blackberries and make the most delicious blackberry dumplings. My mom would use as many wild ingredients as possible, so we would pick the wild blackberries from bushes that grew along the highway. My mother would then cook down the berries in a big stock pot and drop dumpling dough into the bubbling fruit mixture. It's very similar to chicken and dumplings, but sweet and fruity!"

Recipe:

Sweet & Fruity, Blackberry Dumplings



INGREDIENTS:
4 cups wild or fresh blackberries
1 to 1 1/2 cups sugar
2 cups water
2 cups all-purpose flour
1/2 teaspoon salt
1/4 cup of lard (substitute with cold butter, if you prefer)
1/2 cup water, use as needed (additional water for dumpling dough)

In a bowl, mix the flour and salt. Add the lard (or cold butter) until a very crumbly dough forms. Then, slowly add water until the dough is soft, formed, and not sticky, similar to biscuit dough. Pinch off small pieces of dough or drop spoonfuls of dough directly into the berry mixture. Cover the pot and let the dumplings cook for an additional 10-15 minutes, not stirring too much. When ready, serve your blackberry dumplings in bowls and enjoy with homemade whip cream.

PREP:
Wash blackberries

TIP:
Add blueberries or raspberries to the blackberry mixture to create a fruity, mixed berry compote if you like!

INSTRUCTIONS:
In a large stock pot, combine your blackberries, sugar, and 2 cups of water. Bring to a simmer over medium heat and cook until the berries are soft and the mixture thickens slightly.



Goulash: A Family Classic
By: Mary Dobson



"Goulash was considered an American classic in our family. My family and I were from New York, but our Goulash was made with a cajun flair, influenced by French Acadian roots. Our Goulash included homegrown vegetables like green beans and corn. We hand-picked the vegetables from our garden and everyone in the family would gather together to help make it. The next day, my son would eat left-over Goulash sandwiches. The leftovers were always a family favorite."

Recipe:

Garden Harvest Goulash

INGREDIENTS:
1 lb ground beef
1 onion, diced
1 green pepper, diced
2 cloves of garlic, minced
1/2 box of elbow macaroni
1 can tomato soup
1 can cream of mushroom soup
3/4 oz of milk
Basil (fresh or dried)
Tony's Cajun Seasoning (adjust to preference)

Add tomato soup, cream of mushroom soup, and 1/4 oz of milk to meat mixture. Stir in cooked macaroni. Mix and combine everything together. Simmer for about 35 minutes, stirring occasionally. Add Tony's Cajun seasoning to taste, then garnish with fresh or dried basil.

PREP:
Wash and chop vegetables. Boil and cook 1/2 box of elbow macaroni.

TIP: Serve with vegetables such as green beans or corn on the side.

DIRECTIONS:
In a large skillet or pot, brown the ground meat. Add your chopped onion, green pepper, and minced garlic. Cook until vegetables are tender.



Jefferson Davis Council on Aging: Celebrated Mr. George Griffith's 100th Birthday at the Senior Center! He made 100 on April 6th and was surprised with a cake, and a gift from our staff and other participants.



They also just held their Annual Older Americans Month Crawfish Boil sponsored by District Attorney Lauren Heinen, and it was a HUGE success! Representative Skip Broussard attended, and newly appointed USDA State Director Troy Romero.



OLDER AMERICANS MONTH
EMBRACE YOUR HEALTH. MAY 2024

LAUREN HEINEN
DISTRICT ATTORNEY

JEFF DAVIS COUNCIL ON AGING
IS HOSTING A CRAWFISH BOIL
in honor of
"OLDER AMERICANS MONTH"
SPONSORED BY
DA Lauren Heinen

LAKE ARTHUR COMMUNITY CENTER

FRIDAY, MAY 8TH
07:00AM - NOON

THIS EVENT IS FOR THE SENIOR CITIZENS
OF JEFF DAVIS PARISH AGE 60 & OVER
FIRST COME, FIRST SERVED.
SEATING IS LIMITED

NO CRAWFISH WILL BE
SERVED AFTER 11:30AM

PLEASE REMEMBER
NO CHILDREN ARE ALLOWED AT THIS EVENT

THERE WILL BE A
RAFFLE
AS WELL AS
DOOR PRIZES

FOR MORE INFO
337-824-5504

East Baton Rouge Council on Aging: Senior Skip 5.0 Sets the Stage for Something Even Bigger! There's a certain kind of magic that happens when 3,500 seniors come together with one shared purpose, to connect, celebrate, and simply enjoy life. That magic was undeniable at Senior Skip 5.0.

Hosted by the East Baton Rouge Council on Aging at the Raising Cane's River Center, this year's *Denim & Music* themed celebration struck a chord that is still resonating across the community. Not because of any single moment, but because of what it represents, momentum.

Senior Skip Day has always been about breaking social isolation. This year proved that mission is not only working, it is thriving. The overwhelming turnout signals something powerful. Seniors are not just showing up, they are showing out, ready to engage, to build relationships, and to claim spaces that celebrate their vitality.

What makes Senior Skip 5.0 such a defining success is not just the scale, it is the shift. There is a growing energy around this event, a sense that it has become more than a date on the calendar. It is now a movement that continues to expand its reach and deepen its impact with every passing year.

And if this year is any indication, the future of Senior Skip Day is bright, bold, and impossible to ignore.

The East Baton Rouge Council on Aging is not just hosting events. It is cultivating connection at a level that is both intentional and transformative. Senior Skip 5.0 has set a new standard, and the anticipation for what comes next is already building.



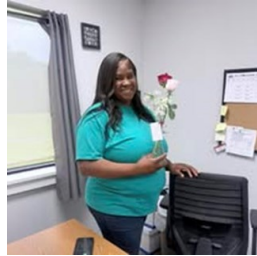
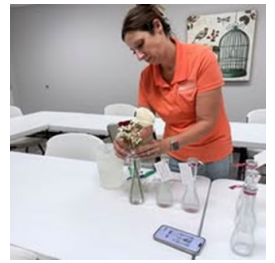
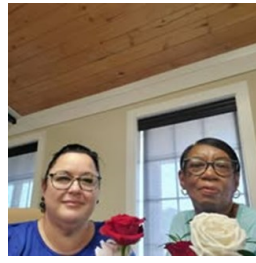
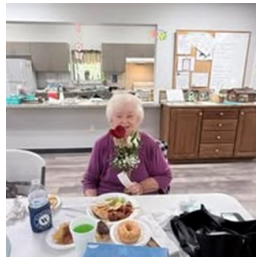
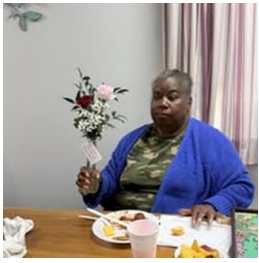
Lafourche Council on Aging: Pictured below are seniors doing arts and crafts, playing games, and celebrating birthdays at the Lockport Senior Center!



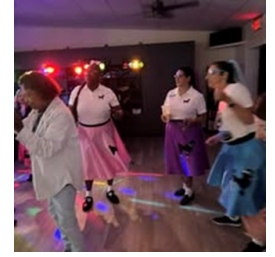
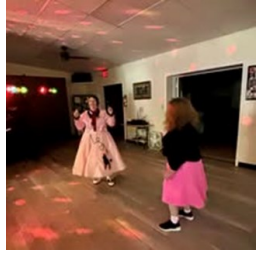
Cameron Council on Aging: Hosted Sr. Citizens Day on June 3, 2026 in conjunction with Older Americans Month in May. The event was held at T-Boys Restaurant in Grand Lake. One hundred and twenty elderly residents attended. Ten other service providers were on hand to deliver information on scams, new laws coming into effect and to hand out information regarding their services. Forty seven persons 90 and above were honored at the event. One person was honored for reaching the age of 100 and two were honored for being over 100. All participants received a gift card sponsored by the vendors for \$25. Everyone enjoyed their day!



Sabine Council on Aging: Celebrated all mothers (clients and staff) for Mother's Day. Nutrition Coordinator Ms. Kelli, made these beautiful arrangements.



In honor of Older American Month, clients from all four sites enjoyed a Senior Prom and this year's theme was "Shake Rattle and Roll". According to the clients, this has been the best one yet! This year's Queen and King was Mr. Tom and Ms. Diane.



Ms. Mary and Mr. I.D. are our oldest clients at 99. Mr. I.D. celebrated his 100th birthday on June 25th!



Caldwell Council on Aging: Celebrated Older Americans Month on May 14th with a fun day of fishing and cruising the lake on the pontoon boat.



Rodeo Clown Rudy Burns giving away money and rodeo tickets @ Caldwell COA on Friday, May 22nd!



Caldwell COA honored all our mothers with breakfast and a rose for Mother's Day.

Seniors enjoyed an Easter egg hunt on April 22nd!



Assumption Council on Aging: During April and May, our seniors enjoyed a crawfish boil, Bayou-River District Senior Games, and a picnic. All throughout, they played games, won prizes, enjoyed great food, and most importantly, had FUN!



New Orleans Council on Aging: On Friday, May 15, 2026, the New Orleans Council on Aging hosted its annual Older Americans Month celebration, Senior Fest, at the University of New Orleans Lakefront Arena from 9:00a.m.-1:30p.m. Attendees enjoyed lunch, entertainment, door prizes, and an opportunity to speak with the 35 vendors from various organizations in the Greater New Orleans Area. McGruff the Crime Dog made a special appearance and Chef Kevin Belton provided a cooking demonstration and samples for attendees.

We added a tagline to the Administration of Community Living Older Americans Month theme of Champion Your Health to include “Seniors are the Soul of the City.” We wanted to recognize that those age 60 and over carry stories, music, flavors and sense of community that define the city's identity. Their wisdom and lifelong contributions have shaped generations, preserving New Orleans rich heritage.

This year event was attended by over 500 older adults from various senior centers, meal sites, community and church groups from around the city. Special recognition was given to those older adults age 90 and over. City Councilman At– Large, Matthew Willard provided a special gift to those age 100 and older in the agency’s network.

Six individuals received the Gay Rowe Fulton and George M. Gates, III Awards for their outstanding service and contributions in the field of aging. Based on comments from participants, a good time was had!!!!



Governor's Office of Elderly Affairs: GOEA staff celebrated employee appreciation all week long!

GOEA staff appreciation breakfast and lunch!



Sundae Funday!



T-Shirt Day!



Please join us in congratulating Ms. Trina Washington on her retirement! Thank you for your committed service and dedication!

Congratulations

— ON YOUR —
RETIREMENT!

Thank you for **30** years of dedicated state service.

Trina Washington

30
— YEARS —

OF DEDICATED SERVICE

Your commitment, hard work, and dedication
have made a lasting impact on our agency
and the citizens we serve.

♥
*We wish you all the best
as you begin this new chapter!*



**Governor's Office
of Elderly Affairs**

SERVE • EMPOWER • ENHANCE
*Improving the lives of older adults
across Louisiana.*



In Louisiana, June is
Elder Abuse Awareness Month

You don't have to prove abuse
to report it.

Anonymous calls accepted.
Free Hotline (833) 577-6532



The Louisiana Executive Board on Aging

The next scheduled quarterly LEBA meeting will be held on

October 14, 2026 @ 11:00AM

The Board members are listed below:

Leslie Keen—Chairwoman

Huey Beverly

Ann Keene

Donald Mallet

Heather Prejean



Charles “Buddy” Pugh

Rene Thibodeaux

Ricco Thomas

Blanche Wilks



***Join us in welcoming our new
team members!***

Bryauna Franklin ~ Elderly Protective Services

Cion Evans ~ Elderly Protective Services

Tanya Scott ~ Elderly Protective Services

Elijah Scott ~ Elderly Protective Services

Sanday LaMotte ~ Accounting & Finance

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