

Elder News

Governor's Office of Elderly Affairs (GOEA)

Fall 2024

Volume 24 - Issue 3

From the Director's Chair

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GOEA is currently in the process of adding new positions to staff. We will be adding a new auditor in Accounting & Finance, and adding several new supervisory positions and investigators for Elderly Protective Services. We are very pleased that our agency will be able to assist and protect the seniors of our state on a broader basis, due to this increase in manpower.

Our office continues to work on upcoming changes to our Policies & Procedures due to the federal changes to the Older Americans Act. As we move forward, we will have communications with the field regarding the new provisions and how they apply to each entity.

GOEA's Compliance and Planning division was selected to present at the 2024 USAging Conference in Tampa, Florida in July. Cheri Crain, Compliance and Planning Manager and Kayla Doyle, Disaster Program Manager, partnered with our Administration for Community Living (ACL) Regional Administrator, Derek Lee. They presented on "Whole-state Disaster Preparation for a Culturally and Geographically Diverse Older Population". The Compliance and Planning division also presented this information at the Louisiana Aging Network Association (LANA) Conference in Lake Charles, Louisiana in September. We also had Maritza Torres, a member of the Elderly Protective Services division, present an overview of Elderly Protective Services, and the importance of investigating elder neglect and abuse at the LANA Conference.

Our federal partner of ACL, is planning a visit to our office. These visits have been curtailed the past few years, and we are looking forward to hosting Derek Lee, our Regional Administrator. Derek will be visiting with our different divisions about a variety of topics, and offering us advice and assistance where needed.

Do not forget to stay vigilant during hurricane season! 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, particular 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: <u>https://getagameplan.org/</u>

Get A Game Plan App

The LA Get A Game Plan App is the official emergency preparedness mobile app provided by the Louisiana Governor's Office of Homeland Security and Emergency Preparedness (GOHSEP).



This app allows Louisiana residents to access emergency information on the go and get prepared prior to an emergency happening. Users can prepare customized emergency plans, review the Louisiana Emergency Preparedness Guide, and get up-to-date information about evacuations. The app even allows you to notify family and friends that you are safe in the event of an emergency.

Real-time notifications are sent directly to the device from GOHSEP to provide the most up-to-the-minute information for residents.

MIPPA Louisiana

Medicare Open Enrollment Begins: October 15-December 7

If your agency has not participated in grant activities, your agency may still participate in the efforts to educate and assist our seniors with their Medicare program benefits.

For more information about MIPPA, please email Jessica Ross at: <u>Jessica.Ross@la.gov</u>





New Orleans Council on Aging: The Pontchartrain Park Community Center Healthy for Life class was held on July 17th, they partnered with the American Heart Association to teach four classes on healthy eating and nutrition. The last class was taught by a Chef who provided a food demonstration.





Franklin Council on Aging: Would like to wish Mr. Boatner Holder a very happy 90th birthday!



Richland Voluntary Council on Aging: Their participants were the recipients of a rare treat on Tuesday, July 30, 2024. Wayne Smart, a former member of the Liberty Boys performed for the crowd by singing a medley of golden oldies from the 50's, 60's and 70's. Smart sang for about an hour and also threw in some jokes during his performance. A good time was had by all!



Claiborne Council on Aging: Wants to let folks know about their Geri-Fit Program. Executive Director Suzan Bryant said, we began this program in February 2024, not knowing the impact it would have on our senior population. We did not know how many might be interested but proceeded with advertising in the local paper, on our website and our Facebook page. People began calling and registering and we were so pleased with the numbers that signed up. It has been such a success. We run two groups, both Monday, Wednesday and Friday's. One is at 10 a.m. the other at 2 p.m. We had 57 people who participated in July with a total of 362 units for the month. This program has also caused an increase in our congregate meals as it has brought new people to our Senior Center.

But the best news is the outcome of all this exercise. People are reporting that they are stronger, are walking better, have more flexibility and balance. The clients are reporting that their doctors are noticing improvements in them and wanting to know what they have been doing.

We are so excited about this program and just wanted to share how great it is. It is an approved licensed program that is appropriate for Health Promotion and Disease Prevention. **Cameron Council on Aging:** Clients visited the Veranda in Lake Charles on September 12th to listen to Cajun Music and have fellowship! Clients also have the opportunity to participate in a monthly craft class. The classes are held at the Grand Lake Senior Center and the Grand Lake Elderly Apartments from 10am to 12noon. Various crafts are done. In August participants made patriotic wreaths. Please call 337-905-6000 for more information.

Sabine Council on Aging: Would like to wish Ms. Lucille Dewitt a very happy birthday! She turns 97 years old on October 5th! She is pictured on the right.



Senior Day that's held every year in September!







Seniors attending Tamale Fiesta held in Zwolle, La last October!









Annual Halloween party held at our Converse site!









Terrebonne Council on Aging: Has monthly social events. Socials typically include a band or DJ for clients to dance, they play BINGO, and sometimes they have a guest speaker or Wellness Event. In October they will have their Health Fair. This event is open to all clients and parish residents ages 60 and older.

July's Social Event!



2024 USAing Conference Resources and Information





AGING

KINSHIP MATTERS TO

INTRODUCTION TO KINSHIP FAMILIES & GRANDFAMILIES

Kinship families, also known as grandfamilies, are families in which grandparents, other relatives, or close family friends are raising children whose parents are unable to do so. Your organization or agency likely already serves kinship/grandfamilies, yet may not provide tailored services specifically for them.







of grandparent caregivers are age 55 or older



For every 1 child being raised by kin in foster care, there are 18 children being raised by kin outside of foster care

Being part of a kinship family benefits both kin caregivers and the children in their care. Compared to children living in foster care with non-relatives, children with relatives experience greater safety, stability, and well-being. Kin caregivers report feelings of satisfaction, pride, and meaning in their role. However, these caregivers also face an array of challenges. They may lose their peer group; feel socially isolated; and/or experience guilt, deep concern, and/or grief related to their own adult child or relative who cannot parent. These emotional challenges are compounded by the stress of needing to meet the child's basic needs, including their education and health care, all without the automatic legal authority that parents have.

GRANDFAMILIES & KINSHIP

Grandfamilies and kinship families form out of love and necessity when grandparents, other relatives, or friends take on the responsibility of raising children whose parents are unable to do so. Research shows that children are more likely to thrive in kinship/grandfamilies than in non-kin foster families.

However, many kinship/grandfamilies lack the support they need. Too often, systems and policies are aimed at parents and do not consider or respond to the strengths and needs of kinship/grandfamilies.

The Grandfamilies & Kinship Support Network (Network) is the first-ever national technical assistance center for those who serve grandfamilies and kinship families. The Network exists, free of charge, to help government agencies and nonprofits in states, tribes, and territories to collaborate and work across jurisdictional and systemic boundaries—all to improve supports and services for these families.



HOW THE NETWORK OPERATES

A five-year cooperative agreement with the U.S. Department of Health and Human Services' Administration for Community Living provides Generations United with funding to operate the Network. In collaboration with a management committee of two kin caregivers and five partner organizations - Child Trends, the National Caucus and Center on Black Aging, the National Indian Child Welfare Association, USAging, and ZERO TO THREE – and a steering committee of other experts from around the country, Network staff members help you improve services and supports for kinship/grandfamilies.

WHO THE NETWORK SUPPORTS

The Network is creating lasting change for families around the country by connecting and supporting:

- Policy and program staff at state, tribal, and territorial government agencies for aging/elders/seniors, child welfare, disability, education, housing, nutrition, Medicaid and Medicare, and Temporary Assistance for Needy Families (TANF); and
- Staff of community- and faithbased organizations, small and large, that support or want to support kinship/grandfamilies.

WHO THE NETWORK IMPACTS

While the Network is not designed to help individual kinship/grandfamilies with their specific cases, they are at the core of our work, guiding and informing it. By focusing on organizations and providers that directly serve the families, the Network can help guide systemic reforms to support kinship/grandfamilies now and into the future.

WHAT THE NETWORK CAN DO FOR YOU

You will learn from a nationwide network of your peers and access seamless support and resources from renowned experts.

Network participants' knowledge-sharing is documented and disseminated to increase everyone's collective capacity to serve. The Network offers:



Individual Assistance

We respond to individual <u>requests for help</u> from staff at government agencies and nonprofit organizations.





Learning Communities and Information Dissemination

We host webinars and facilitate topical learning communities.



Targeted, Specialized Support

Our Bridging Systems for Kinship Families initiative is helping three jurisdictions optimize their collaborative approaches and improve their services. Solutions will be replicable for others.



A Centralized Hub

Our accessible website, <u>www.GKSNetwork.org</u>, hosts an array of practical, original resources to help you serve the families, including information on replicable exemplary kinship/grandfamily programs.





For more information, visit www.GKSNetwork.org.

A project of Generations United.



Because we're stronger together*

The Network is supported by the Administration for Community Living (ACL), U.S. Department of Health and Human Services (HHS) as part of a technical assistance award totaling \$9,950,000 with 95 percentage funded by ACL/HHS and \$523,684 and 5 percentage funded by non-government sources. The contents are those of the authors and do not necessarily represent the official views of, nor an endorsement, by ACL/HHS, or the U.S. Government.



Delightfully Delicious Nutrition

The Chef2Home team of award-winning chefs and registered distitlans creates restaurant-inspired meals that nourish and fortify people managing chronic conditions, have been recently discharged from the hospital/SNF, or who are frail, elderly, or disabled.

Over 15 million healthcare and senior meals delivered last year! Serving:

- Medicare Advantage
- Medicaid Plans
- HCBS Programs
- OAA/Aging Network



offers chef-made meals that are great tasting, medically tailored, and delivered from our kitchen to your clients' homes.

Chef2Home's fresh frozen meals are loaded with optimal vitamins, minerals, and nutrients. Because our meals taste great, your clients are more likely to stick with their meal plan and reach targeted outcomes. **Benefits Include:**

Over 40 Meals Available Chef Inspired and Dietitian Approved Cost-Effective and Convenient Home Delivery

Chef2Home by Metz provides meals for our homebound and congregate dining clients. Our clients have been incredibly pleased with the selection and taste of the meals. Chef2Home has been very responsive to our needs, and I look forward to continuing this partnership in the years to come.

— David Huckabee, Executive Director,
 Columbia County Senior Services, Lake City, FL

Contact Us to Learn More Today!





info@chef2home.com | (855) 277-6454



Chef2Home has home-delivered **15 MILLION+ Medically-Tailored** meals to help manage chronic conditions

Large Study Confirms Benefits of Medically-Tailored Meals

A new study¹ conducted by a large healthcare system in Southern California focused on patients released from 15 hospitals in the system from 2021 through 2022. Participants included:

4,032 older adults hospitalized for heart failure

7,944 older adults hospitalized with non-heart failure-related illness

Following hospital discharge, both groups of patients received four weeks of home-delivered meals. Those hospitalized for heart failure received two meals each day, and patients with non-heart failure related conditions received three meals a day.





THE RESULTS ARE POWERFUL: Patients receiving up to four weeks of homedelivered meals reduced rehospitalizations and death 30 days after hospital release.

This data was compared to that of two other patient groups (2019 and 2021-2022) who received no supplemental meals following hospital release. The study results are similar to another clinical trial where 10 weeks of medically-tailored meals were home-delivered to adults with heart failure, diabetes or chronic kidney disease.

Chef2Home Medically-Tailored Meals Support Patient Health and Outcomes

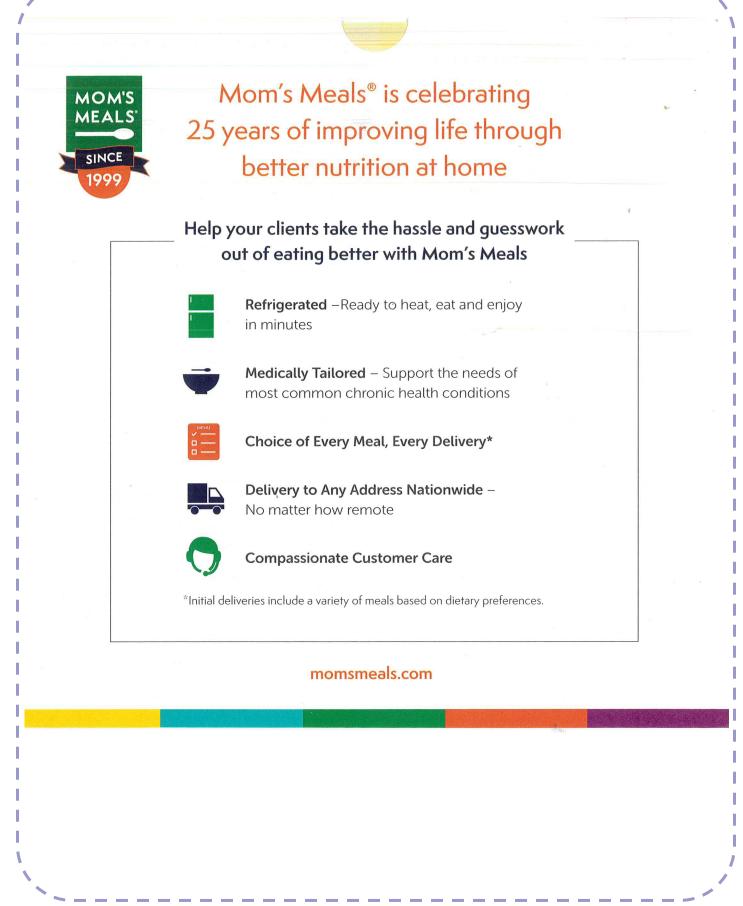
Chef2Home by Metz has used decades of proven food management experience to revolutionize home-delivered medically-tailored meals to help manage chronic conditions and provide aid in recovery following medical procedures. Chef2Home's medically-tailored meals meet 1/3 of Recommended Daily Intake and address:

- General wellness support
 Diabetes friendly cuisine
- Heart healthy focus
- Renal Friendly options
- Puree menu solutions
- Vegetarian options
 - an options Low sodium

Curated by a Registered Dietitian Nutritionist and accomplished chefs, our medicallytailored meals use fresh, locally sourced ingredients and strike the perfect balance between nutrition and flavor. Quick-freezing technology locks in nutrients, delivering a healthier impact from an ideal balance of protein, fiber, vitamins and minerals. The 2018 Chronic Care Act allows Medicare Advantage plans to have greater flexibility in offering supplemental benefits, such as meals and services, to help improve the lives of recipients with certain chronic conditions.

Contact Chef2Home to learn more about how our medically-tailored meals can support your senior population: (p) **855-277-6454** (e) **info@chef2home.com** (w) **chef2home.com**

JAMA Health Forum – Health Policy, Health Care Reform, Health Affairs | JAMA Health Forum | JAMA Network





LOOKING FOR Delicious FROZEN MEALS?

EMAIL: INFO@GGMEALS.COM Follow Us on... Facebook F Linkedin in

- Industry Leaders in Senior Feeding, We offer 2, 5, 7 & 10 total meal Acute Healthcare, Corrections, Military Feeding, Business & Industry and Education.
- USDA-approved production facility.

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Dzen

- OAA menu standards developed by registered dietitians.
- Enhancing life thru great nutrition.

MORE INFO?

GoldenGourmetMeals.com

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- solution packs based on your needs.
- We offer individual meals in 20 packs.
- Our team has created meals to exceed the tastes and regional preferences.
- High quality, well balanced meals focused on our consumer's well being and health.



Traditions Meals MADE SIMPLE

Traditions delivers customization and flexibility to Senior Nutrition and Community Meal Service providers.

Traditions can **BENEFIT** Your Program



Registered dietitian-designed meals that taste good and comply with program guidelines

Reduction of food waste and cost savings





Meal flexibility i.e., 2-pack meal options to supplement weekends

Comprehensive meal selection with nutritional analysis





Traditions makes meal planning, preparation and service simple by delivering tasty, nutritious meals to you.





Our registered dietitians plan your menu to meet your guidelines.



Heat meals in an oven or microwave, according to instructions.



Medically-tailored or specialty meal options available

Monthly nutrition education







SAMPLE MEAL SELECTIONS

from customer favorites

CHICKEN NOODLE CASSEROLE

Three Seasons Vegetable Blend and Bean Blend

V THREE LAYER SPINACH LASAGNA

Autumn Blend and Butternut Squash

SPAGHETTI & MEATBALLS

Whole Kernel Corn and Broccoli Florets

BREADED FISH & COCONUT CURRY RICE

Three Seasons Blend and Broccoli Florets

🔕 MACARONI & CHEESE

Bean Blend and Stewed Tomatoes

🔕 🗘 SALISBURY STEAK

Red Skin Potatoes and Mixed Vegetables

FRIED EGG PATTIES Asparagus and Sweet Potatoes

Nearly **80** meal options to choose from!

SPECIAL DIETS

Special diets to meet consumer lifestyles:

Vegetarian



GF Gluten Free

🎐 Renal

🗋 Low-sodium



Senior nutrition home-delivered and congregate meals

Weekend patient meals

daycare centers

Adult



Contact us to discuss how Traditions can meet all your program's needs

growth@triocommunitymeals.com or call 844.773.0370

www.traditionsi.com

Do you have a member that needs companionship?

> We offer a companion pet for members that are at risk of social isolation.

Benefits

- Real-feel heartbeat and coat
- Pet the soft, lifelike fur coat and feel the pets calming heartbeat
- Responsive head and tail movements-with built-in sensors, pet responds to your motion, voice and touch
- Barback technology When you talk to your loveable companion, your pet responds back
- Help your members become more active and avoid loneliness with these cute interactive companion pets.





www.qmedichealth.com

Visit our website for more information and engaging videos! Brooke Miller, 515-777-9662 | bmiller@qmedichealth.com

G-Medic[™]



Did you know... QMedic offers free value-added services to support members

We understand that sometimes emergency response service alone is not enough to keep members living safely in their homes and communities. We try to bridge that gap by offering a range of free value added services to support our members



Free Companion Pets come with our PERS for those that are experiencing Social Isolation.

Value Added Free Add-On Services

Medication Reminding Phone Calls

- Available by phone call, text message or email
- Customizable messaging based on member's need
- Can be recorded in the voice of a loved one

Complementary Lockboxes

- Allows first responders fast and safe access into member's residence
- Sent preconfigured to the code of the member's choice

BLINK by QMedic

 Hands-free voice activated app that allows members to call for help without physically pressing a button.



Scan this QR code to see a video about the app!



Health plan members are at the heart of everything we do at Tivity Health.

As a supplemental benefit provider, we have a responsibility to be good stewards of taxpayer dollars and deliver measurable health outcomes. SilverSneakers, our utilization-based program, achieves both by lowering healthcare costs, improving members' lives, and increasing member satisfaction – *everyday*.

Key Partner in Navigating Change



Supporting Older Adult Health and Wellness:

For more than 30 years, SilverSneakers has supported older adult health and wellness with a consistent and successful business model designed to help health plan partners deliver on their obligations to their members, shareholders, and CMS.



Health Equity and SDOH:

Our teams consistently survey Medicare recipients on health equity and social determinants of health to track consumer choices, trends, and market intelligence, while also working continuously with community-based organizations on SDOH and other issues related to access and health equity.



Advocacy:

Tivity Health and SilverSneakers have a long history of advocating for federal policies and regulations that support older adults. To support this effort, Tivity Health leads a Healthy Aging Coalition composed of multiple stakeholders to share best practices and to advocate on key issues.

Engagement-based Business Model



Focus on Engagement and Utilization:

The foundation of SilverSneakers' business model is engagement and utilization – getting members to use their benefits to regularly **engage in physical activity** to improve their health.

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Transparent and Robust Reporting:

As an ongoing priority, we support our health plan partners by reporting comprehensive SilverSneakers member utilization data to **comply with CMS guidelines**.

Good Stewards of Taxpayer Dollars



Utilization-Based Programs:

Programs that are utilization-based and proven to reduce healthcare costs are exactly what is needed in the current landscape to ensure that taxpayer dollars are *deployed responsibly* and that health plans are meeting the needs and preferences of their members.

Proven Outcomes



High Member Satisfaction and Reduced Healthcare Costs:

In a comprehensive study conducted by Avalere Health, total average *healthcare expenses were significantly reduced by 16% for SilverSneakers participants* compared to non-participating Medicare Advantage members.





Scan to learn more about the Healthy Aging Coalition and how SilverSneakers responsibly impacts members' health while driving down costs and delivering measurable health outcomes.





Program Award Recipient

Aging Innovations & Achievement Award

My Caregiver Compass**

Comprehensive support, training, and resources for unpaid caregivers

This award-winning program supports unpaid caregivers who are caring for loved ones with neurocognitive disorders, particularly those in their later years. The program sends daily supportive care messages to caregivers to help them navigate their caregiving journey while also providing real-time access to resources including training videos, respite care, navigating Medicare, and one-on-one interactions with a case manager.

Program Objective

Address the unique challenges caregivers face by providing comprehensive interactive support, training, and resources to enhance the well-being of both caregivers and care recipients.

Program Impact on Caregivers







Program Impact on Persons Cared For





Program Benefits

Tailored Support:

Caregivers receive daily personalized messages based on their needs, such as stress, depression, or physical assistance.

Training Resources:

Self-paced videos cover stress management, caregiver basics, Alzheimer's and dementia, fall prevention, and personal care.

Holistic Approach:

The program supports caregivers emotionally, mentally, and physically with empathy, coping strategies, and real-time access to resources.

Real-Time Access:

Participants get immediate access to training, support resources, Medicare assistance, respite care options, stressrelief methods, and tailored help.

AAA Program Participants:

Sourcewise mysourcewise.com

· 0

his program is a powerful tool for unpaid caregivers helping them manage caregiving responsibilities, and for their loved ones to thrive at home. It's a game-changer for the estimated 177,000 family caregivers in Santa Clara County, CA, and we're excited to make this program available to support area agencies on aging, health plans, and others."

- Aneliza Del Pinal, Sourcewise CEO

GoMo Health offers innovative solutions that transcend industry boundaries, revolutionizing how organizations engage and support their stakeholders.

With a focus on behaviorally based digital care management programs, and personalized, data-driven approaches, GoMo Health empowers businesses across various sectors to enhance customer experiences, increase engagement, improve outcomes, and drive growth.

Utilizing leading-edge technology and principles from behavioral science, GoMo Health provides customized solutions tailored to the specific requirements of the population. Whether in healthcare, pharmaceuticals, education, or beyond, our platform seamlessly integrates with existing systems to produce evidence-based outcomes.



Scan QR code for a personalized demo



Key Features

Personalized Engagement: GoMo Health leverages data analytics and AI to create customized interactions that resonate personally with each program participant.

Behavioral Insights: Through sophisticated algorithms and BehavioralRx* predictive modeling, GoMo Health uncovers insights into stakeholder behavior. By understanding motivations, barriers, and triggers, businesses can optimize strategies to influence decisionmaking and drive positive actions- and outcomes.

Scalable Solutions: Whether serving a small group or a large audience, GoMo Health solutions are designed to scale seamlessly to meet evolving needs. Our flexible platform accommodates organizations of all sizes, providing costeffective solutions that deliver maximum impact.

Continuous Improvement: GoMo Health is committed to ongoing optimization and refinement of solutions, leveraging real-time feedback and performance data to drive continuous improvement.

GET IN TOUCH

1 (848) 467-4560

gomohealth.com 🖂 info@gomohealth.com



Looking to support your local aging population?



Start by supporting their caregivers.

Caregivers are a critical member of the care team. They can impact health outcomes and influence care decisions. With Trualta, your caregivers can be more competent and confident in the care they provide.





Discover the platform that delivers.

- ✓ Skills-based Caregiver Education in English & Spanish
- ✓ Online Community & Support
- Personalized Outreach & Caregiver Activation
- ✓ Caregiver Communication & Reporting
- ✓ Online AAA Experience on any device

Decrease Burnout

Connect caregivers with online support groups, webinars, and discussions to reduce stress, anxiety, and isolation.

Maximize Efficiency Empower your staff to help

family caregivers with an

education and support,

extending your reach.

online resource for

-

Tailored Resources

Provide your caregivers with a comprehensive experience by uploading your local resources and events.

See what our champions have to say.

"Trualta's content is very well-vetted across critical care competencies. The ease of use for the caregiver is critical. It's easy to explain the value to our clients."

Pam Curtis, CEO, Senior Resources of West Michigan

"It's invaluable that caregivers can access the content they need when they have a moment. Trualta really values the caregivers. Really, it does not take a lot of time from the staff."

Melissa Gualtieri, Director, Business Development, COAAA



activate.trualta.com/events

Schedule a demo today and support your caregivers!

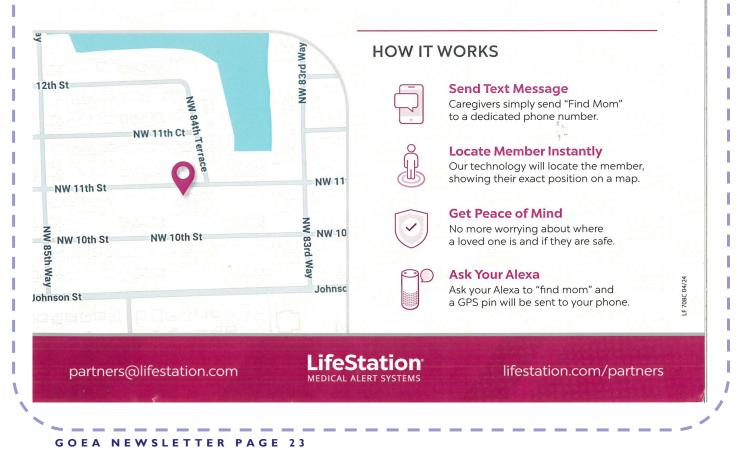
LifeStation[®] MEDICAL ALERT SYSTEMS

CAREGIVER SOLUTIONS SUPPORTING FAMILY OF MEMBERS

Drop a GPS pin for member location.

LifeStation's Find My Loved One technology allows family to keep track of their loved one's location. The location info can be shared privately through their cell phone or their Amazon Alexa.

As long as the mobile medical alert is being worn, the member's location can be shared on a map, providing peace of mind to loved ones and Care Managers alike.



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Hospice, Home Care





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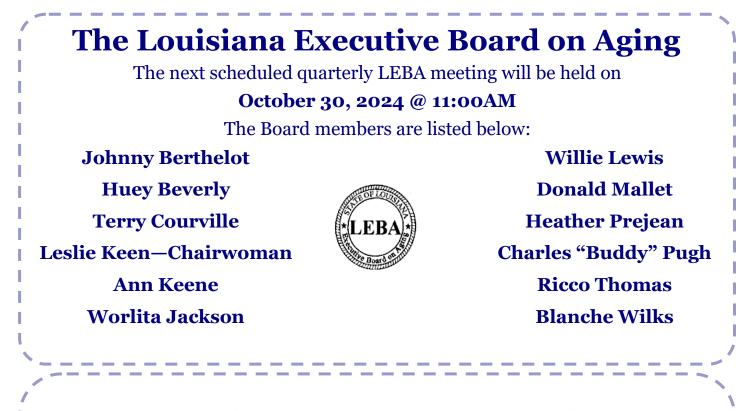
Community Veteran Outreach Projects

MYHELLO SOCIAL SUPPORT BY PHONE

MyHello

Health Plans - Member Engagement Home Care - Loneliness Intervention Home Health - Post-Discharge Support







Join us in welcoming our new team members!

Margaret Mcgarity ~ Workforce Mentor Aimee Lemmon ~ Elderly Protective Services

Governor's Office of Elderly Affairs

602 North 5th Street Suite 435 Baton Rouge, LA 70802 Phone: (225) 342-7100 Fax: (225) 342-7133 Website: www.goea.louisiana.gov