



Elder News

Governor's Office of Elderly Affairs (GOEA)

Winter 2022

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From the Director's Chair...

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The holiday season is upon us. This is a season that many of us consider one of the most joyful times of the year but for many older adults, the holiday season is anything but merry. When family and friends gather, it may remind them of those who are missing. Probably they have experienced the loss of a spouse, child, relative, close friend or family member. The holidays can be a painful reminder that all is not as it once was. Social isolation can become more intense during the holiday season, and studies have shown that loneliness can be harmful to our health, especially among older adults. Studies have proven that the most important gift we can give the older adults in our lives—is time. Spend the time! What better way to accomplish this than by storytelling. Storytelling is a great conversation starter. Author Joan Didion wrote that, “We tell ourselves stories in order to live.” Believe it or not, storytelling is the oldest art form. It is a fundamental part of human nature. All it takes is asking questions and listening. Let’s see the hands of those who are interested in genealogy. In the words of Maya Angelou “If you don't know where you've come from, you don't know where you're going.” Start with the older adult in your life. Your challenge, if you so choose to accept, this holiday season is to listen to and record for future generations the memories the older person in your life has to share. Those memories will become a treasured part of yours to keep.

A report from the National Academies of Sciences, Engineering, and Medicine (NASEM) points out that nearly one-fourth of adults aged 65 and older are considered socially isolated. Social isolation was associated with about a 50% increased risk of dementia and other serious medical conditions. People generally are social by nature, and high-quality social relationships can help them live longer, healthier lives. Community programs and services at the Councils on Aging, Senior Centers and Area Agencies on Aging in Louisiana are great resources for the older adults in your life. Some of the Councils on Aging (COA) and the Area Agencies on Aging (AAA) in Louisiana shared events and activities below that were scheduled this holiday season for the older adults in their particular parish.

- **Jeff Davis Council on Aging** hosted a Christmas meal complete with a raffle and door prizes to all senior citizens of Jefferson Davis Parish age 60 and over **December 2, 2022** beginning at 8 a.m. at the Jennings Fairground Multi-Purpose Building.

From the Director's Chair Continued...

- **Lafourche Council on Aging, Inc.** worked with the Assessor's Office to give little gift baskets to those who were affected by Hurricane Ida. The City of Thibodaux is celebrating their Thanksgiving and Christmas social for seniors on **December 8, 2022** with bingo, dancing and a catered meal.
- **East Baton Rouge COA** joined with Mayor Darnell Waites of the City of Baker, in collaboration with the USDA, Baker Chamber of Commerce, Baker Police Department, Baker Fire Department, Army National Guard Youth Challenge Program, Area Churches, and Food Pantries came together to feed our neighbors! We hosted a Holiday Food Giveaway on Saturday, **December 10, 2022**, at the new EBRCOA Administration Building - 965 N. 18th Street, Baton Rouge, LA which started at 8:00 AM. This event was open to all seniors, including the Suburb of Gracie ("The Lakes") community. The food boxes were limited to one box per person while supplies last. For more information about activities, call the East Baton Rouge Council on Aging at (225) 923-8000 or email info@ebrcoa.org.
- **St. Martin Council on Aging, Inc.** hosted its Annual Christmas Luncheon on Tuesday, **December 13, 2022**, at the Cade Community Center, 1688 Smede Highway, St. Martinville. The event, sponsored by the St. Martin Parish Sheriff Department, began at 9:00 a.m.
- **Ascension Council on Aging** is having their Gonzales Senior Center Christmas party Friday, **December 16, 2022**. There will be a Christmas sweater contest, a gift exchange and a visit from Santa. There will also be gingerbread houses to decorate, hot chocolate and a variety of Christmas cookies to eat. They will also play a variety of reindeer games and singing Christmas carols.
The Woodmen of the World donated \$2000 to do something special for the regular Donaldsonville seniors. The COA will purchase \$25 gift cards and have a catered meal with music and dancing on December 16, 2022. Both events begin at 9:30 a.m.
- **Avoyelles Council on Aging** is hosting a Winter Wonderland for all the seniors of Avoyelles Parish. They will have Santa, Christmas Lunch, Health Vendors, games and much more. This event will be **December 16, 2022** from 9 am to 3 pm.
- **Sabine Council on Aging** has two activities scheduled. (1) Annual bingo event will be at the local VFW, 1738 San Antonio Ave, Many, LA. It is for all seniors in the parish. This event is **December 16, 2022**, from 10 a.m. -12 noon. (2) Bingo sponsored and funded by Chesapeake Energy. It includes a catered lunch and bingo prizes. It will be at Sabine COA Toledo Town, 29275 Hwy 191, Many, LA, on **December 20, 2022** from 10 a.m. -1 p.m.

The holiday season brings thoughts of joy and gratitude, and there is no better time to express our thanks and sincere appreciation for your amazing hard work, creativity, and dedication to the older adults of the great state of Louisiana.



The Louisiana Executive Board on Aging

The next scheduled quarterly LEBA meeting will be held on

January 25, 2023

The Board members are listed below:

Johnny Berthelot

Huey Beverly

Terry Courville

Worlita Jackson

Leslie Keen—Chairwoman

Ann Keene

Gerard Landry



Willie Lewis

Donald Mallet

Heather Prejean

Charles “Buddy” Pugh

Ricco Thomas

Emily Tilley

Blanche Wilks

Be Prepared for Winter Storms

Winter storms can bring extreme cold, freezing rain, snow, ice, and high winds.

Be prepared for winter weather at home, at work and in your car. Create an emergency supply kit for your car. The kit should include jumper cables, sand, a flashlight, warm clothes, blankets, bottled water and non-perishable snacks.

Keep a full tank of gas to avoid being stranded.

For more information on preparing for winter weather visit:

<https://www.ready.gov/winter-weather>





Pointe Coupee Council on Aging:

Innis Meal Site Go's Pink for a Day for Breast Cancer Awareness!



Governor's Office of Elderly Affairs:

Our Title V employee Ms. Cathy celebrated being 6 years and 9 months breast cancer free!



Allen Council on Aging:

RoyOMartin representatives met with Ms. Patricia (Pat) Jones, Executive Director of Allen Council on Aging, to formally present a donation.



Lafourche Council on Aging:

Ms. Mabel Panvelle will be 102 on December 29th!



Ms. Thelma Henson will be 95 on January 15th!

Golden Meadow Senior
Center Thanksgiving Party!

Cut off Senior
Center arts and
crafts!

V H Boudreaux Center
Party for November
birthdays!

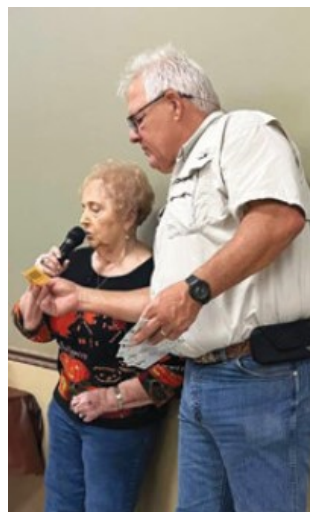


Jefferson Davis Council on Aging:

The Annual Fall Fest Gumbo at the Welsh Community Center was sponsored by Jefferson Davis Parish Sheriff, Ivy Woods.



Sheriff Ivy Woods awards
a raffle winner.



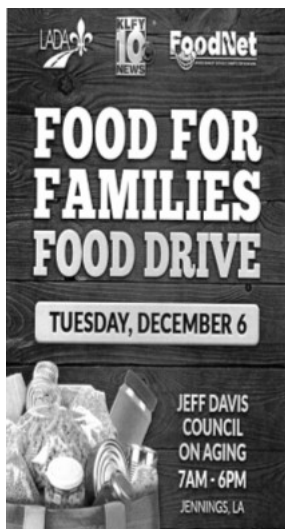
Council on Aging
Director Helen
Langley helps Woods
call the winning
numbers.



Reverend Susil
Fernando
blessing the
food.



Fall Prevention Class sponsored
by Centerwell Home Health and
ClearSky Rehabilitation was held
on October 20th.



"Trash & Treasure Bingo"

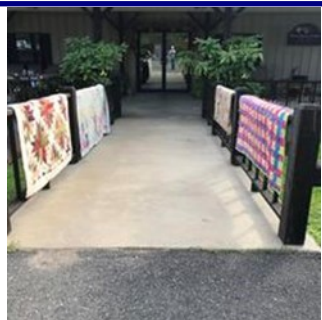


Christmas Celebration!



Sabine Council on Aging:

Seniors show off their talent with a quilt show.



Sock Hop Day!



Pictures from Senior Day!



Senior Picnic!

Bingo at the Converse Meal Site.



Senior Craft Day



Senior Paint Day



West Feliciana Council on Aging:

On December 3, 2022, seniors attended a musical program “Sounds of the Season”. The music was provided by bass baritone-singer Ivan Griffin. The program was opened by a local, Calandria Allen.



Deepest Regret

It is with great sadness we announce the passing of one of our own. Ms. Robin A. Smith – Elderly Protective Services Regional Supervisor – Alexandria area passed away on November 4, 2022. Robin was a team member at GOEA for over 15 years. A proclamation issued by Governor Edwards was presented to the family in recognition of Robin’s years of service to the older adults of Louisiana. She was a most excellent employee and will truly be missed.





An advertisement for the Law Library of Louisiana. It features a smartphone displaying a legal document, a gavel, and a book. The text reads: "LEGAL INFORMATION IS IN YOUR HANDS. Get free legal information, resources, and referrals online from the Law Library of Louisiana." Below this, there are four sections: "FIND A LAWYER" (Get referrals to free and low-cost attorneys and legal information, in-person and online.), "CREATE FORMS" (Find court-approved and other sample legal forms for family and other common legal matters.), "LEARN ABOUT LAW" (Read about your legal issue, including suggestions for print and electronic materials, ...and much more!), and "CHECK IT OUT AT LASC.LIBGUIDES.COM/SRL". There is also a QR code labeled "SCAN ME" and the Law Library of Louisiana logo.

Join us in welcoming our new team members!

Asante' Shepherd ~ Elderly Protective Services

Camille Page ~ Elderly Protective Services

Pamela Cole ~ Elderly Protective Services



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