



Elder News

Governor's Office of Elderly Affairs (GOEA)

Winter 2024

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From the Director's Chair

The Louisiana Legislature held a Third Extraordinary Session in November, specifically to address certain revenue and finance issues, including sales and income taxes. The original proposal in House Bill 10 was to repeal the sales tax exemption currently given to the parish Councils on Aging. The version of HB10 sent to the Governor for his signature on November 25, 2024 retains the exemption contained in La. R.S. 47:305.66, so it is expected that the COAs will continue to be exempt from sales tax.

GOEA is finishing up the process of adding the new positions we received this last budget year. We are already seeing some results from the ability to deliver more attention to the needs of the seniors of Louisiana, and we are very excited about the future.

The work continues to develop changes in our Policies & Procedures to comply with the new provisions of the Older Americans Act. GOEA staff will present more details at our 2025 Subgrantee Conference, set for April 1-3, 2025 at the Crowne Plaza Hotel here in Baton Rouge. We gathered many ideas from the 2023 training about what is most important to the field and are working to develop an agenda that will be interesting and helpful to all. We look forward to hosting all of you!

GOEA staff attended and presented at the Louisiana Aging Network Association ("LANA") conference in Lake Charles, and the Louisiana Association of Council on Aging Directors ("LACOADA") conference in Bossier City in October. We appreciate and enjoy the opportunity to network with the field and share ideas on how to best serve the senior citizens of Louisiana.

Merry Christmas,
Amanda Smith, Executive Director



Upcoming Event



Mark Your Calendars!

We are excited to announce that our 2025 Subgrantee Conference will take place on April 1-3, 2025, at the Crowne Plaza Hotel in Baton Rouge, Louisiana.

Conference details:

- Dates: April 1-3, 2025
- Location: Crowne Plaza Hotel, Baton Rouge, LA
- Cost: \$100 per attendee

Hotel Reservations:

A special room rate of \$119 has been arranged for conference attendees. To make a reservation:

Click on the link to reserve your room: [Governor's Office of Elderly Affairs](#)

Call the hotel directly: 225-925-2244

Please note:

- The group code for online reservations is OEA if needed.
- Unused rooms in the block will be released on Sunday, March 2, 2025.

Reservations received after the cut-off date will be accepted on a space-available basis at the hotel's discretion.

Registration:

GOEA will begin the registration process in January 2025. Stay tuned for more details!

We look forward to seeing you in Baton Rouge!

Winter Weather Preparedness

Winter Weather Safety Tips

- Never leave space heaters unattended.
 - Keep heaters 3-ft from flammable material.
 - Place on a flat, solid surface.
 - Plug heaters directly into the wall.
 - Check smoke alarm batteries.
- Charge all electronics.
- Stock up on water and non-perishable food.
- Watch out for slippery surfaces when walking and driving.



Remember the 4 P's

- **Pipes:** Wrap exposed faucets and pipes; keep water trickling.
- **Pets:** Bring pets inside and provide blankets for warmth.
- **People:** Check on elderly people and children.
- **Plants:** Bring plants in containers into the house; cover sensitive outdoor plants with sheets.

Cold Weather Life Safety

- **Frostbite:** signs and symptoms include numbness and tingling, a gray, blue, purple, brown, red, or ashy, appearance, hard or waxy skin, clumsiness due to joint and muscle stiffness, blisters upon rewarming.
 - Rewarm skin, which may peel and hurt like a sunburn.
 - Contact a healthcare provider for direction and, if frostbite is deep, go to an emergency room.
- **Hypothermia:** signs and symptoms include shivering or fumbling hands, exhaustion or drowsiness, confusion or memory loss, slurred speech, bright red, cold skin or very low energy in infants
 - Protect victim against wind, drafts, and further heat loss with, dry clothes and blankets
 - Move to warm, dry shelter
 - In a warm setting, remove wet clothes, hats, gloves, shoes and socks.
 - Begin rewarming the person with extra clothing and warm blanks.
 - Have the person drink warm, non-caffeine, nonalcoholic drinks. Do not give fluids to an unconscious person.
 - If the hypothermic person is unconscious call TUPD or 911. If the person has no pulse or signs of breathing, begin CPR and/or ventilations.



Deepest Regret

It is with great sadness we announce the passing of one of our own. Ms. Jamie Bonnette – Elderly Protective Services Specialist – Alexandria area passed away on September 27, 2024. Jamie was a member of our team since November 2018. She will be truly missed.



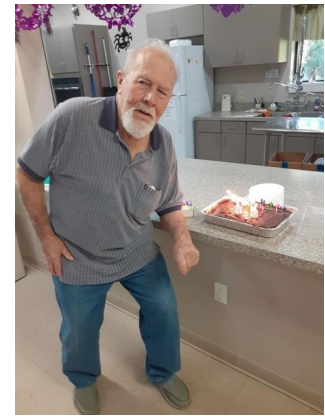
In the Spotlight

Sabine Council on Aging: Congratulations to Mr. Mack and Mrs. Helen, they met at one of our many events at the Toledo site and soon a relationship blossomed and that relationship blossomed into wedded bliss. The two became one on August 30, 2024.

Love at the Council!!



Happy 83rd birthday to Mr. Jay Gauthier!



November's annual trip to Little Eva Plantation!



Seniors enjoying the annual Pre-Thanksgiving luncheon at the Life Church in Many!



New Orleans Council on Aging: On September 30th, the New Orleans Council on Aging (NOCOA) staff hosted a “Meet and Greet” for the staff of Elderly Protective Services (EPS), Region 1. The purpose of the meeting was for everyone to meet in person and learn more about the services provided by each group. Christina St. Cyr, EPS Supervisor, Region 1, gave an overview on the types of cases EPS investigates. Members of the NOCOA social services department gave an overview of the various programs including outreach, information and assistance and the National Family Caregiver Support Program. NOCOA Aging and Disability Resource Center and SenioRx staff also provided presentations on Medicare Open enrollment and various prescription assistance programs to assist individuals without insurance and those who fall into the Medicare doughnut hole. The groups are planning to meet again to brainstorm solutions on issues impacting older adults in the region. We had a great time meeting and learning about the services offered by EPS.

Capital Area Agency on Aging: On October 17th Capital hosted their 50th Anniversary Celebration and Senior Health Fair at REV Center in Gonzales. They had over 700 seniors attend the event. Four of the agency’s previous executive directors attended the event including Sandra Adams who started the agency in 1974.

Cameron Council on Aging: will be providing a Christmas Meal in a Bag for seniors who do not have family for the holidays on December 18-20. This year we decided to make it a "community affair". The COA received a grant from Sempra LNG and Entergy to purchase the paper goods and deserts. The Sheriff’s department had a food drive for the canned goods included in the meal. The Sheriff’s department also received a new cook trailer to prepare roasted chickens for each bag. We added a little special present for each meal delivered. The Tax Assessor and his office decided to help with the deliveries. The Police Jury workers and jurors pitched in to help deliver as well as some of the volunteer firefighters and several board members. With everyone's contribution we are able to deliver 200 meals to those in need! We love it when a plan comes together!



Iberville Council on Aging: The seniors of Iberville Parish Council on Aging took a train ride in July. They boarded the train in New Orleans and got off in Jackson, Mississippi. They really enjoyed themselves.



Lafourche Council on Aging:

Happy Halloween from the Lockport Seniors!



Art Class At Cut Off Senior Center!



Jefferson Davis Council on Aging: We recently partnered with our newly elected Sheriff and had our Annual Fall Fest Gumbo. The flyer, as well as a few photos are below. We also have the FoodNet Food Drive and our Annual Christmas Party coming up in December.

JEFFERSON DAVIS COUNCIL ON AGING
PRESENTS
THE ANNUAL FALL FEST GUMBO
SPONSORED BY SHERIFF KYLE MIERS
FRIDAY, OCTOBER 18TH
DOORS OPEN AT 8AM
SERVING BEGINS AT 10:30 AM
AT THE
WELSH COMMUNITY CENTER
101 PALMER ST WELSH, LA

OPEN TO ALL SENIOR CITIZENS OF JEFF DAVIS PARISH AGES 60 & OVER
 PLEASE REMEMBER NO CHILDREN ALLOWED
 WE ARE ACCEPTING DONATIONS
 FOR BINGO AND RAFFLE ITEMS
 FOR INFORMATION CALL 337-824-5504



KLFY 10 NEWS **LADA**

FoodNet
A NETWORK OF LUTHERAN CHARITIES OF ALABAMA

FOOD for FAMILIES
FOOD DRIVE

TUESDAY, DECEMBER 10

Jennings
Jefferson Davis Council on Aging
7AM - 5PM

JEFF DAVIS COUNCIL ON AGING
ANNUAL CHRISTMAS PARTY
SPONSORED BY ENTERGY

OPEN TO ALL SENIOR CITIZENS OF JEFFERSON DAVIS PARISH AGES 60 & OVER
 (PLEASE BE REMINDED NO CHILDREN ARE ALLOWED TO ATTEND)

THURSDAY DECEMBER 12TH
AT THE JENNINGS FAIRGROUNDS
MULTI-PURPOSE BUILDING
DOORS OPEN AT 7AM UNTIL NOON
MEAL SERVED AT 10:30AM
THERE WILL BE A RAFFLE & DOOR PRIZES
1ST COME, 1ST SERVED
SEATING IS LIMITED

FOR MORE INFORMATION CALL
 JDCOA 337-824-5504

East Baton Rouge Council on Aging: On Wednesday, November 20, 2024, the East Baton Rouge Council on Aging hosted its Annual All Senior Center Thanksgiving Dinner at each of its 18 senior activity centers and 4 nutritional feeding sites across the parish.

With hearts full of gratitude, our staff, board of directors, community partners, and volunteers fed 3,000 seniors! It was a heartwarming day! The senior members of each activity center planned and executed unique Thanksgiving programs to celebrate the holiday and express deep feelings of thankfulness with their peers.

The EBRCOA's Nutritional Services Department prepared a delicious full-course menu consisting of chicken & sausage gumbo, smoked turkey, sweet potato casserole, southern green beans, cornbread dressing with gravy, cranberry sauce, and pecan pie. Seniors thoroughly enjoyed themselves until both their hearts and bellies were full!

The EBRCOA would like to thank our board of directors, advisory board, staff, and volunteers for giving their time and dedication to serving our seniors during the Thanksgiving Dinner! It is our mission to serve, not just today but every day! No senior should go hungry or feel isolated, especially during the holiday season.

We look forward to hosting this event again next year and hope that everyone's holiday is filled with gratitude and lots of Lotus Love!



Ascension Council on Aging: Winter Wellness Message- As winter sets in and the temperature begins to drop, you may be inclined to stay at home. It is important that you continue to get regular exercise, maintain a healthy diet and socialize with others. This plays a vital role in physical health, as well as your mental and emotional well-being.

Studies show that regular physical activity can prevent disease, maintain muscle, help prevent falls, improve cardiovascular health, enhance bone density and decrease memory loss. A diet rich in nutrients will support your immunity, increase your energy and help to maintain your weight. Social engagement has cognitive benefits, plus it can help with loneliness and depression.

Whether you've followed an exercise program your whole life or you're just realizing that you need to start one, we welcome you to join us for class. There are several options on the schedule and we are confident that you will find something that you love. On top of that you'll make some new friends.

You are not limited by your fitness level or your age, so don't let that hold you back. We are constantly inspired by members like Ms. Betty Villemarette, who at 93 years old drives herself to the Wellness Center for class a couple of times per week. She is truly amazing!

The ACOA Wellness Center is open to all senior adults residing in Ascension Parish who are at least sixty years of age. There are no fees associated with membership. You are welcome to stop by anytime to tour the facility and see what we have to offer. We are located at, 526 S. Irma Blvd. Gonzales, LA 70737.



Governor's Office of Elderly Affairs:

Home and Community Based Services Group Assessments!



GOEA Breast Cancer Survivors!



GOEA Staff participated in the 2024 Alzheimer's Walk!



Alzheimer's SERVICES 2024 WALK TO REMEMBER

Tangipahoa Voluntary Council on Aging: Tangipahoa crowned the 2024 Parish Fair Senior King and Queen at a special ceremony held in their honor at the fairgrounds. Senator Bill Wheat and parish officials assisted with the program. This year's King is Mr. Jewel Byrd and his Queen is Ms. Elvira Byrd, of Ponchatoula. Kings and Queens from the past were also honored with seniors from the five centers in attendance.



The Louisiana Executive Board on Aging

The next scheduled quarterly LEBA meeting will be held on

February 19, 2024 @ 11:00AM

The Board members are listed below:

Johnny Berthelot

Huey Beverly

Terry Courville

Leslie Keen—Chairwoman

Ann Keene

Worlita Jackson



Willie Lewis

Donald Mallet

Heather Prejean

Charles “Buddy” Pugh

Ricco Thomas

Blanche Wilks

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

Mia Taylor ~ Elderly Protective Services

Keiopee Williams ~ Elderly Protective Services

Kierra Richardson ~ Elderly Protective Services

Jaleesa Jett-Douglas ~ Elderly Protective Services

Neka Kendrick ~ Elderly Protective Services

Krystal Dauphine ~ Elderly Protective Services

Richard Turner ~ Elderly Protective Services

Crystal White ~ Elderly Protective Services

Donna Harris ~ Elderly Protective Services



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