



Elder News

Governor's Office of Elderly Affairs (GOEA)

Fall 2023

Volume 23 - Issue 3

INSIDE THIS ISSUE:

Director's Message Continued	2
Emergency Preparedness	3-4
Five Myths About Aging	5
Spotlight on the Aging Network	6-10
Staff Announcements	11

Message from the Executive Director – Medicare Open Enrollment – October 15, 2023 – December 17, 2023

The Medicare Open Enrollment Period is from October 15 through December 7 each year. Medicare is health insurance for people 65 or older. You may be eligible to get Medicare earlier if you have a disability, End-Stage Renal Disease (ESRD), or ALS (also called Lou Gehrig's disease). During the Open Enrollment period, Medicare beneficiaries can make changes to their existing plans such as switching from Original Medicare to a Medicare Advantage Plan or vice versa, switching from one Medicare Advantage Plan to another, and/or making changes regarding Medicare Part D Prescription Drug Plans. This can be quite a daunting task but there is FREE help available. I want to introduce to some and remind some of you that there is free help available through SHIIP Counselors. The Senior Health Insurance Information Program (SHIIP), under the umbrella of the Louisiana Department of Insurance, helps Medicare beneficiaries better understand their Medicare coverage options and benefits. SHIIP counselors provide accurate, objective information; they help seniors understand their options, so that better-informed decisions can be made relating to healthcare and Medicare via telephone or face-to-face interactive sessions.

Executive Director's Message Continued...

The Senior Health Insurance Information Program has partnered with agencies across the state to offer you free Medicare help in your area.

To find out how to be a SHIIP partner, please call 1-800-259-5300 or follow this link - <http://ldi.la.gov/onlineservices/shiipmap/>.

When I followed the link I identified trained SHIIP Counselors on staff at these locations in the aging network:

Service Area	Agency Name	Phone #s
Northwest	Caddo Council on Aging	(318) 676-7900/ (800) 256-3023
Northeast	CENLA Area Agency on Aging	(318)484-2260/ (800)454-9573
Southwest	Calcasieu Council on Aging	(337)474-2583/ (800)223-5872
Acadiana	CAJUN Area Agency on Aging	(337)572-8940/ (800)280-0908
Capital	Capital Area Agency on Aging	(225)287-7418/ (800)280-0908
Southeast	New Orleans Council on Aging	(504)827-7843/ (888)922-8522
	Jefferson Council on Aging	(504)207-4680/ (800)635-1437
	Lafourche Council on Aging	(985)532-0457
	Terrebonne Council on Aging	(985)858-5135/ (800)353-3265

All SHIIP Counselors have been trained in Medicare and Medicaid benefits, eligibility and claims, as well as Medicare Supplement, Medicare Advantage, Medicare Part D and Long-term Care. All SHIIP counselors provide their skills to assure clients of completely unbiased assistance. They are not connected or affiliated with any insurance company. I encourage you to use these connections as well as passing this information on to anyone attempting the navigate Open Enrollment.





A disaster or emergency that can directly affect your daily life can happen at any time, sometimes without warning. Thankfully, there are things you can do to be prepared, respond safely and help speed your recovery. These tips from the Red Cross can help you know what to do before, during and after a disaster or emergency.

How to Prepare Before a Disaster Occurs

Gather the information that will help you prepare for disasters and emergencies:

Get Informed

- **Identify Likely Disasters:** Know the [types of disasters that could happen in your community](#).
- **Learn about Community Response Plans:** Find out about local plans for emergency alerts, evacuation and shelter resources.
- **Sign up for alerts and warnings** to receive information during an emergency.
- **Get Trained:** Learn [first aid, CPR](#) and the specific [actions that can save your life for each type of disaster](#) that is likely in your area.

Assess Your Needs

- **Understand how your medical, physical and cognitive needs** may affect your ability to respond to a disaster or emergency. For more information on kit considerations by ability, go to ready.gov/disability.
- **Think About How You Would Respond:** Consider needs you may have if the power went out, you had to stay home for two weeks or more, or if you had to evacuate your home or community.
- **Talk about the help you may need** and who could assist you.

Build Your Support Network

- **Identify Helpers:** Include family, friends, neighbors, caregivers and care providers to build your network of people who may be able to assist you or that you can assist.
- **Meet with your helpers** to assess your needs and plan together.
- **Plan how you'll communicate with helpers.**

Practical Steps to Take Now to be Prepared for Disaster

Review, practice and refresh your plan, supplies and important documents (now and every six months):

Develop Your Plan

- **Plan to Stay or Go:** Plan to stay home for at least two weeks or evacuate.
- **Help to Evacuate:** If you need help evacuating, plan who will help you. Find out if there are local registries and sign up.
- **Power Needs:** If you require power to operate medical devices or keep medicines cold, make a back-up plan.
- **Fire Safety:** Identify two ways out of every room to escape a home fire and plan for the help you may need.
- **Property or Renter's Insurance:** Make sure you have a policy that meets your property and disaster coverage needs. To learn how to mitigate risks in your home by hazard, download [this resource](#) produced by Save the Children and the International Federation of Red Cross and Red Crescent Societies.

Create a Communication Plan

- **Make an emergency contact list** and plan how you'll reach your support group and important emergency contacts when communications may be disrupted.
- Download and print an [Emergency Contact Card](#) here.

Gather Your Supplies

- **Get Basic Emergency Supplies:** Use a checklist to prepare what you'll need in your home, car or when you evacuate.
Use our checklist of [emergency kit supplies](#).
- **Manage Medical and Personal Needs:** Keep at least 30 days of medications and extra assistive items such as a cane or eyeglasses. Plan for your food needs if you follow a special diet.
- **Get batteries** to back-up power dependent devices.

Prepare Key Documents

- **Locate Important Documents:** Use a checklist to collect and copy documents including identifications, financial, legal and medical papers you'll need to help you recover.
- Download FEMA's [Financial Planning Guide](#) here.
- **Keep an Up-to-Date List of Medical Information:** conditions, allergies, medications, prescription records, doctors and insurance cards.

Five Myths About Aging

Myth 1

The older you get, the less sleep you need.

We might wish this were the case, but older adults still need 7 to 9 hours of sleep each night. Adequate sleep can help reduce your risk of falls, improve your overall mental well-being, and help reduce your risk for certain health conditions.



Myth 2

Depression is normal in older adults.

Although depression is a common mood disorder, it is not a normal part of aging. Talk with your doctor if you begin showing signs of depression, such as irritability or decreased energy.



Myth 3

Older adults can't learn new things.

Not true! Older adults can still learn new things, create new memories, and improve their performance on a variety of skills.



Myth 4

Memory problems always mean Alzheimer's disease.

Not all memory problems are a sign of Alzheimer's disease. Talk with your doctor to determine whether the memory changes you're noticing are normal or whether they may be a sign of something more serious.



Myth 5

Older adults do not need to exercise.

Older adults have a lot to gain by being active — and a lot to lose by sitting too much. Exercise and physical activity can help manage some chronic conditions, improve mental and physical health, and maintain independence as you age.



Visit www.nia.nih.gov/health/10-myths-about-aging for more information about aging and older adults.





Pointe Coupee Council on Aging: It's movie day every Friday at the Innis Meal Site!



Lafayette Council on Aging: Carencro Senior Center "Lady In Red"



How would you like to take a free art class and finish a project like this one? That's what happens when you partake in the fellowship at Carencro Senior Center Art Class. Pictured is just a sample of the work produced by such a talented group of Seniors. Nothing is impossible for this TEAM. If you can think it, you can paint it!! The ladies come together once weekly to work on various items. This one is titled "Lady in Red" and will be displayed in the home of Ms. Linda Domingue.

Pictured with the beautiful finished photo is left to right, Annette Marks, Dorothy Prejean, PHOTO, back row, Linda Domingue, Alice Noel, Sandra Duhon, front row, Patricia Rogers, and Grace Guidry.



Terrebonne Council on Aging:

Chauvin Senior Centers September Social!



Schriever Senior Centers August Birthday Celebrants and their Birthday Party!



Ms. Margaret Ellender celebrating her 101st Birthday at the Montegut Center!



Annual Fourth of July Party!



Shady Acres Senior Center!



Jefferson Council on Aging: Hosted their 10th annual Senior Moments Gala on Saturday, August 19, 2023. There were live and silent auctions as well as great food and entertainment. The theme was A Midsummer Night's Dream. Some of the items that were donated for the event included an autographed football by the New Orleans Saints, beautiful artwork, and many gift cards, and baskets.



Ms. Mary Hebert Celebrated her 100th birthday at the Marrero/Harvey Senior Center. She, her mother, and twin sister have been a member of the center since 1983. She has 4 children, 11 grandchildren, 22 great grandchildren, and 1 great-great-grandchild. She is grateful for the senior center and all the members who keep her young and busy.



Lafitte Senior Center had their Luau birthday celebration where they hunted for treasure, played games, had a special visit from our State Representative Timothy P. Kerner, and danced the day away. They also had an art class that the members participated in. They love doing arts, crafts, and jewelry.



Evangeline Council on Aging: Will be holding its Annual Meeting with Senior Day to follow on September 28, 2023.



E.C.O.A.'s Annual Meeting

September 28, 2023

10am to 11am

North Side Civic Center

Board Member Elections

Senior Day

11am to 2pm @ North Side Civic Center

All Seniors 60 yrs. and older invited!

Must purchase ticket to participate in Senior Day.

Call 337-766-0060 for more information.

Governor's Office of Elderly Affairs: World Elder Abuse Awareness Day! GOEA wears purple to show support and increase awareness about elder abuse!



Richland Council on Aging: Would like to wish Ms. Jeanette Logan a very happy birthday, she is turning 87 years old on October 4th!



The Louisiana Executive Board on Aging

The next scheduled quarterly LEBA meeting will be held on

December 06, 2023 @ 11am

The Board members are listed below:

Johnny Berthelot

Huey Beverly

Terry Courville

Leslie Keen—Chairwoman

Ann Keene

Gerard Landry

Worlita Jackson



Willie Lewis

Donald Mallet

Heather Prejean

Charles "Buddy" Pugh

Ricco Thomas

Blanche Wilks



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

Lauren Gautier ~ Compliance & Planning Program Monitor

Evelyn Edwards ~ Title V Worker

DeKeesha Levine ~ Elderly Protective Services

Nancy Bess ~ Elderly Protective Services

Tradon Williams ~ Elderly Protective Services

DeeShonda Bazille-Georgetown ~ Elderly Protective Services



Please join us in congratulating Mrs. Michelle Guillory on her retirement! She has devoted 33 years to state service and she will be greatly missed.

We also have Mr. Gene Hinton retiring after 29.5 years of state service and he too will be greatly missed.

Thank you both for your committed service and dedication!

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

