



Elder News

Governor’s Office of Elderly Affairs (GOEA)

Spring 2022

Volume 22 - Issue 1

Age my way!



INSIDE THIS ISSUE:

Older Americans Month	2
Announcements	3
The Louisiana Executive Board on Aging	4
Spotlight on the Aging Network	5-7
Welcome New Staff	8

During this quarter the aging network will celebrate Older American Month. This is a national observance held in the month of May each year. Governor John Bel Edwards has proclaimed May 2022 as Older American Month (OAM) in the State of Louisiana. The theme this year is “Age My Way.” Just as every person is unique, so too is how they age and how they choose to do it – and there is no “right” way. That’s why the theme for Older Americans Month (OAM) 2022 is “Age My Way.” The focus is on aging in place – how older adults can plan to stay in their homes and live independently in their communities for as long as possible. The 2022 theme is an opportunity for all of us to explore the many ways older adults can remain in and be involved with their communities.

While “Age My Way” will look different for each person, here are common things everyone can consider:

- **Planning:** Think about what you will need and want in the future from home and community-based services to community activities that interest you.
- **Engagement:** Remain involved and contribute to your community through work, volunteer, and/or civic participation opportunities.
- **Access:** Make home improvements and modifications, use assistive technologies, and customize supports to help you better age in place.
- **Connection:** Maintain social activities and relationships to combat social isolation and stay connected to your community.

Older American's Month Continued...

Please reach out to the local Council on Aging (COA) if you would like to be a part of any of these activities. There is a COA in each of the 64 parishes.

This year, the Governor's Office of Elderly Affairs, is excited to celebrate OAM with our partners in the aging community. Follow along throughout the month of May 2022, to find resources on aging in place from your local Council on Aging, Area Agency on Aging, Senior Center and Aging and Disability Resource Center. For more information, visit the official [OAM website](#), follow ACL on [Twitter](#) and [Facebook](#), and join the conversation using #OlderAmericansMonth.





Announcements

Dr. Chaunda Mitchell named Deputy Chief of Staff in the Governor's Office

Gov. John Bel Edwards named Dr. Chaunda Mitchell as his new Deputy Chief of Staff for Programs and Planning within the Office of the Governor.

In this new role, Dr. Mitchell will oversee constituent services, community outreach, faith-based initiatives, disability affairs, elderly affairs, the office of drug policy, the office of women's policy, the Louisiana Children's Cabinet and other program areas within the Governor's Office. Dr. Mitchell replaces Dr. Adren Wilson.



Dr. Adren Wilson to Lead *My Brother's Keeper Alliance* for The Obama Foundation

The Governor's Office of Elderly Affairs says farewell to Deputy Chief of Staff Dr. Adren Wilson, featured to his left is Executive Director Shirley Merrick and featured to his right is Dr. Chaunda Mitchell.



Dr. Adren Wilson has led the Office of Programs and Planning within the Office of the Governor since 2018. Dr. Wilson will become the new executive director of My Brother's Keeper Alliance (MBKA) – the Obama Foundation beginning in March 2022.

Congratulations

The Louisiana Executive Board on Aging

The next scheduled quarterly LEBA meeting will be held on

June 15, 2022 @ 11am

The Board members are listed below:

Johnny Berthelot

Huey Beverly

Terry Courville

Leslie Keen—Chairman

Ann Keene

Gerard Landry

Willie Lewis



Donald Mallet

Heather Prejean

Charles “Buddy” Pugh

Ricco Thomas

Emily Tilley

Blanche Wilks

Worlita Jackson

Are You Prepared for Hurricane Season?

Hurricane season runs from June 1st to November 30th, however, these storms can develop before or after the season. Hurricanes are dangerous and can cause major damage from storm surge, wind damage, rip currents and flooding. They can happen along any U.S. coast or in any territory in the Atlantic or Pacific oceans. Louisiana is particularly vulnerable. Storm surge historically is the leading cause of hurricane-related deaths in the United States. Make preparations and stay informed. For tips on getting prepared you can visit:

<https://getagameplan.org/> or <https://www.ready.gov/>

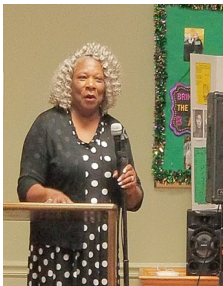


Ascension Council on Aging (ACOA):

Recently opened its new Wellness Center. The ACOA Wellness Center offers a cardio equipment room with treadmills, recumbent bikes, and elliptical machines. They have a large group exercise room for fitness classes, such as Zumba Gold, Zumba Gold Toning, Line Dancing, and Chair Dancing. They offer strength-training classes, such as Circuit and Seated Boxing and stretching classes, such as Seated Yoga, PiYo, Seated PiYo and Tai Chi. Each month, they have a “wellness focus” that education and workshops are planned around. They seek out experts, such as physical therapists, nurses, and other licensed professionals to help equip seniors to age with strength and vigor. They are excited about all they have to offer the seniors of Ascension Parish. ACOA strives to help the seniors LIVE LONG AND STRONG! - That’s their moto!



Black History Month Celebration



Mardi Gras Celebration



Franklin Council on Aging:

Is wishing Ms. Lillie Cotton a very happy birthday they celebrated her 107th birthday!



Valentine's Day at Franklin Senior Center



Valentine's Day at Wisner Meal Site



Patriotic Day at Crowville Meal Site



Lafourche Council on Aging:

Would like to announce that Senior Centers are open! Drive by meals are available for those who do not want to dine in the center. The Golden Meadow Senior Center will only be “drive by” meals due to facility damages. The Cut Off Senior Center does not have drive by meals; seniors will have their meal in person at this location.

New Orleans Council on Aging:

Executive Director Mr. Howard Rodgers was crowned King of the Mercy Endeavors Senior Center Mardi Gras Ball. Mercy Endeavors Senior Center is located at 457 Jackson Avenue, New Orleans, LA 70130. The center provides services to over 100 seniors in New Orleans, some of the daily activities include; exercise, bingo, arts and crafts, and outings.



Richland Council on Aging:

Senior couples of Richland Council on Aging on Valentine's Day.



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

Trina Banks ~ Elderly Protective Services
Lynda Parsons ~ Elderly Protective Services
Camille Rodgers ~ Accounting and Finance

Welcome Back Captain Raymon Perkins!

Captain Perkins has been on military deployment since April 2020. He was deployed in 2020 for COVID relief and later deployed overseas in the spring of 2021. Captain Perkins currently serves as the Elderly Protective Services Quality Control Program Monitor. Thank you for your service.



Governor's Office of Elderly Affairs

602 North 5th Street , Suite 435

Baton Rouge, Louisiana 70802

Phone: (225) 342-7100

Fax: (225) 342-7133

Website: www.goea.louisiana.gov