



# Elder News

Governor’s Office of Elderly Affairs (GOEA)

Summer 2023

Volume 23 - Issue 2

## Directors Message ...



### Hot Weather Safety for Older Adults

The National Institute of Health indicates that “too much heat is not safe for anyone. It is even riskier if you are older or have health problems. It is important to be cautious and get relief quickly when you are overheated. Otherwise, you might start to feel sick or risk a heat-related illness that could cause serious health issues.”

Louisiana can experience extreme weather events, especially during the summer months. These events can be more dangerous for older adults than for younger people. Older people can have a tougher time dealing with heat and humidity.

It’s shown that hotter days can cause difficulty in the body’s ability to regulate its temperature which can be challenging for older adults who typically do not adjust as well as others to sudden temperature changes. Older adults are also more likely to have chronic medical conditions that affect the body’s response to temperature, and to take prescription medicines that alter the body’s ability to control temperature or sweat. I am asking that you pay attention to the chart on the next page from the Center for Disease Control on heat-related illnesses - what to do and what to look for. I implore you to check on the older people in your life during the summer months. The temperature inside or outside does not have to be high to put them at risk for a heat-related illness. If you find distress please follow through with the necessary aid.

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# HEAT-RELATED ILLNESSES

## WHAT TO LOOK FOR

## WHAT TO DO

### HEAT STROKE

- High body temperature (103°F or higher)
  - Hot, red, dry, or damp skin
  - Fast, strong pulse
  - Headache
  - Dizziness
  - Nausea
  - Confusion
  - Losing consciousness (passing out)
- Call 911 right away-heat stroke is a medical emergency
  - Move the person to a cooler place
  - Help lower the person's temperature with cool cloths or a cool bath
  - Do not give the person anything to drink

### HEAT EXHAUSTION

- Heavy sweating
  - Cold, pale, and clammy skin
  - Fast, weak pulse
  - Nausea or vomiting
  - Muscle cramps
  - Tiredness or weakness
  - Dizziness
  - Headache
  - Fainting (passing out)
- Move to a cool place
  - Loosen your clothes
  - Put cool, wet cloths on your body or take a cool bath
  - Sip water
- Get medical help right away if:**
- You are throwing up
  - Your symptoms get worse
  - Your symptoms last longer than 1 hour

### HEAT CRAMPS

- Heavy sweating during intense exercise
  - Muscle pain or spasms
- Stop physical activity and move to a cool place
  - Drink water or a sports drink
  - Wait for cramps to go away before you do any more physical activity
- Get medical help right away if:**
- Cramps last longer than 1 hour
  - You're on a low-sodium diet
  - You have heart problems

### SUNBURN

- Painful, red, and warm skin
  - Blisters on the skin
- Stay out of the sun until your sunburn heals
  - Put cool cloths on sunburned areas or take a cool bath
  - Put moisturizing lotion on sunburned areas
  - Do not break blisters

### HEAT RASH

- Red clusters of small blisters that look like pimples on the skin (usually on the neck, chest, groin, or in elbow creases)
- Stay in a cool, dry place
  - Keep the rash dry
  - Use powder (like baby powder) to soothe the rash



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# Disaster Information & Resources

Hurricane season is here. Get prepared now before a hurricane strikes. Visit [www.getagameplan.org](http://www.getagameplan.org) or [www.ready.gov](http://www.ready.gov) for tips on getting prepared.

**WE ARE HERE TO HELP!**

 **FEMA**  
DisasterAssistance.gov  
or 800-621-3362 (FEMA)

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Your Parish Office of Homeland Security and  
Emergency Preparedness (OHSEP) at  
[gohsep.la.gov/about/parishpa](http://gohsep.la.gov/about/parishpa)

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 **GOHSEP**  
Governor's Office of Homeland Security  
and Emergency Preparedness

  
[getagameplan.org](http://getagameplan.org)

## FREE DISASTER LEGAL SERVICES HOTLINE

For disaster survivors that can't afford legal help

**1-800-310-7029**

Get help with disaster legal issues like:

- ✓ FEMA
- ✓ Scams
- ✓ Landlord/Tenant
- ✓ Family Law
- ✓ Contractor Disputes
- ✓ Successions
- ✓ Foreclosures



**NEED HELP? Call 211 or  
Text your zip code to 898-211**

**2.1.1**

Louisiana Statewide Network

24 HOURS A DAY, 7 DAYS A WEEK

For more information  
please visit  
[Louisiana211.org](http://Louisiana211.org)  
[@Louisiana211](https://twitter.com/Louisiana211)

**Ready**



# DAMAGE.LA.GOV

## What is Damage.LA.Gov?

Damage.LA.Gov is a Virtual Louisiana initiative and damage reporting process launched by GOHSEP in the spring of 2020. It gives the citizens of Louisiana access to self-report damages in the aftermath of significant disasters including hurricanes, tornadoes, floods, and winter weather. If your residence has taken damage due to effects from severe weather, visit <https://damage.la.gov/> to fill out the survey and begin the reporting process.

Your reports help parish, state, and federal authorities better understand the location and severity of damage impacts. That information also helps expedite the individual assistance process following major disasters and emergencies.

## Tips for Reporting Damage

Here are some notes and tips for filling out and submitting your damage report.

- ✔ Take multiple photos from different angles including close-up photos of specific points of damage and photos of the entire structure.
- ✔ Make sure your photos aren't blurry or obscured.
- ✔ Use the comments field to help describe the damage and supplement your photos.
- ✔ Double-check your address as well as the location pin on the in-survey map.
- ✘ Don't submit reports of non-residential structures or outbuildings (barns, carports, fences, or cars).
- ✘ Don't submit damage reports for businesses.
- ✘ Don't submit multiple reports for the same residence.
- ✘ Don't put yourself in a dangerous situation in order to take photos or submit a report.



GOVERNOR'S OFFICE OF HOMELAND SECURITY AND EMERGENCY PREPAREDNESS

WE ARE HERE TO HELP!

# How HOMEOWNERS/RENTERS can obtain RELIEF after a disaster

## WHAT TO DO

## HOW TO DO IT

File with the Federal Emergency Management Agency (FEMA) and obtain your FEMA identification number.



Apply online at [DisasterAssistance.gov](https://DisasterAssistance.gov), in person at the nearest DRC OR call 800-621-3362 (FEMA).

Locate the nearest Disaster Recovery Center (DRC) to register for assistance or check your application status.



FEMA's mobile app [fema.gov/mobile-app](https://fema.gov/mobile-app) OR call 800-621-3362 OR visit [DisasterAssistance.gov](https://DisasterAssistance.gov). All DRCs are physically accessible and equipped to accommodate disaster survivors who need communication access.

Contact your homeowners, flood and renters insurance and file a claim.



Contact your insurance provider.

Report to your Parish OHSEP any structural damage with specific description of the primary residence living space. Provide detailed damage description such as the amount of water in the home in inches, living space impacted, specific roof impacts, etc. (NOTE: Sheds, porches, carports, fencing, vehicles and campers DO NOT count as eligible living space.)



Contact your Parish Office of Homeland Security and Emergency Preparedness (OHSEP) at [gohsep.la.gov/about/parishpa](https://gohsep.la.gov/about/parishpa)

Document damages prior to any repair work. Keep all receipts.



Damages can be documented via pictures and/or a completed inventory of specific description of damages.

Report if you experience any food loss and/or need to receive food assistance. Contact local food banks and monitor communication from the Department of Children and Family Services (DCFS) for eligibility for Disaster Supplemental Nutrition Assistance Program (D-SNAP).



Apply online at [dcfs.louisiana.gov/preregister](https://dcfs.louisiana.gov/preregister) OR call 888-LAHELP-U. Eligibility requirements and D-SNAP locations are announced after a major disaster is declared for Federal assistance.

File for Disaster Unemployment. This applies to you if your home is not livable and you are overwhelmed because you do not have the means to get to work.



Apply online at [laworks.net](https://laworks.net) via the HIRE (Helping Individuals Reach Employment) portal OR call 866-783-5567.

Obtain rental assistance. FEMA, Louisiana Housing Corporation (LHC) and Small Business Administration (SBA) may provide rental assistance if you qualify.



Apply online at [DisasterAssistance.gov](https://DisasterAssistance.gov), in person at the nearest DRC OR call 800-621-3362 (FEMA).

Apply for an SBA Loan, if needed. SBA interest rates are lower than most U.S. banks.



Apply online at [disasterloan.sba.gov](https://disasterloan.sba.gov) OR in person at the nearest DRC.

Contact local voluntary organizations. They may be able to provide assistance.

Notify all of your financial institutions of your current situation and inform them that your payments may be delayed for the upcoming months.

Rely on your support system whether they are family members, co-workers or friends. A strong support system is very important during recovery.

Outline and assess your steps to achieve recovery. Know that long-term needs may impact financial, physical and/or emotional well-being. Disaster Case Management (DCM) may be available after a major disaster is declared for Federal assistance.

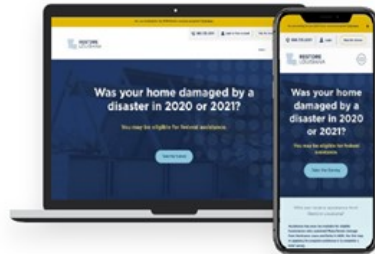
<span style="font-size: 24pt; font-weight: bold; vertical-align: middle;">FEMA</span>	CALL FEMA TOLL-FREE AT <span style="font-size: 18pt; font-weight: bold;">1-800-621-3362</span>	CONTACT YOUR PARISH OHSEP AT <span style="font-size: 18pt; font-weight: bold;"><a href="https://gohsep.la.gov/about/parishpa" style="color: white;">gohsep.la.gov/about/parishpa</a></span>
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# Did your home get damaged by a disaster in 2020 or 2021? Take the Homeowner Survey:

BY CALLING:

 **866.735.2001**

AT [RESTORE.LA.GOV](https://restore.la.gov)



IN PERSON:

Mobile locations rotate to impacted areas

Schedule and locations:  
[restore.la.gov/events](https://restore.la.gov/events)



## DISASTER SUPPLEMENTAL NUTRITION ASSISTANCE PROGRAM

You can pre-register for DSNAP now and be ready if DSNAP becomes available for your community.

### Online Pre-Registration

The pre-registration is simple and can be done **online through the CAFÉ customer portal**. Pre-registration is only the first step; an application is also required.

- If you have pre-registered for DSNAP since March 2020, you do not need to pre-register again. You can log into your pre-registration account if you need to update your household's listed family members and contact information to ensure it is up-to-date ahead of applying for DSNAP.

### Why Pre-Register?

- Pre-registration will speed up the application process that determines final eligibility after DSNAP is authorized.
- You may not have access to necessary information following a disaster or evacuation.

### Pre-Registration Does Not Guarantee Benefits

DSNAP is only administered after a federally-declared disaster and after the State of Louisiana receives approval from the United States Department of Agriculture, Food and Nutrition Services to activate DSNAP services. If a DSNAP is authorized, eligibility for benefits will be based on the applicant's household income, resources and disaster-related expenses.

### SNAP Recipients Not Eligible for DSNAP

If SNAP clients are eligible for additional benefits in the event of a disaster, those benefits would either be loaded onto their EBT cards automatically or the SNAP recipients would have to submit a form through a process other than the DSNAP.

## GRAB & GO EMERGENCY KITS

The ProPac Pouch Kits are the perfect Grab and Go solution for personal emergencies. Each kit is built with the essential components needed should an emergency situation occur. Compact standup pouch design fits easily into a backpack, glove box or drawer. Resealable zip-close pouch is moisture resistant and features a see-through window on back to find what you need fast! Assembled in the U.S.A.



1-800-345-3036  
PROPACUSA.COM

*Know us before you need us.*



## Children deserve every opportunity to succeed!



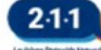
### Grandparents & Relatives

Do you need information on resources and assistance in your community?

## Simply Dial 211 or Text KinshipLA to 898-211

*Louisiana 211 is a confidential, free service - available in every parish, 24/7. Language translation services available.*

[WWW.DCFS.LA.GOV/KINSHIP](http://WWW.DCFS.LA.GOV/KINSHIP)



## In the Spotlight

**St. Tammany Council on Aging:** Opened its eighth center on April 4<sup>th</sup>. The new center is located in the Madisonville Community Center and is open Mon-Fri, 8 a.m. – 2 p.m. They are delighted to be able to bring the socialization, education and exercise programs to the great folks of Madisonville.



**Cenla Area Agency on Aging:** Congrats to Sara Jones, she is a recent LA Christian University (LCU) intern graduate. She worked closely with the ADRC staff and attended the Avoyelles Senior Center locations to learn about council on aging and senior center operations.





**Jefferson Davis Council on Aging:** Celebrated Older Americans Month with their Annual Crawfish Boil. They joined forces with Parish District Attorney, Lauren Heinen and Parish Sheriff, Ivy Woods. Sheriff Woods was able to get the Lake Arthur girls basketball team to come and help out with dishing up and serving over 1,400 lbs. of crawfish to the Seniors of Jefferson Davis Parish.




**Situational Awareness Class for senior safety!**



**Situational Awareness**

Presented by: Jennings Police Department  
**Thursday May 25th @ 10am**  
 Open to all Seniors of Jeff Davis Parish

The Topics to be discussed

- \*Prevention Power
- \*Vehicle Safety
- \* Safety at Home
- \*Be Alert and Stay Safe
- \*Self Defense for Seniors

For more information about this event  
 Contact Kim Benoit 824-5504



**Representative Troy Romero, was named Legislator of the Year by the Director's Association!**



**CAREGIVER RESOURCES**

Come learn about resources in our area to support those that are giving so much to others through the gift of caregiving. This will be a safe place to discuss the stress, challenges, and rewards of providing care to a loved one.

**April 20** | **JEFF DAVIS COUNCIL ON AGING**  
 10 AM | 200 N State St. | Jennings, LA 70346

More info: 337-824-5504  
 Sponsored by:

**Cameron Council on Aging:** was granted use of a restaurant to hold Senior Day. Over 120 people attended this event. Everyone enjoyed the day and had a great time with great food! The District Attorney gave a talk on the latest scams.



**Red River Council on Aging:** Sponsored the annual Community Health Fair. They had a large turnout of people from the community and a great turnout of vendors. Vendors offered services ranging from blood pressure checks, to help with Medicare, and other services available to people of the parish. Health Fair workers told The Journal that people started coming as soon as the doors opened.



**Terrebonne Council on Aging:**

Chair exercises and dominos at Shady Acres Senior Center!



Montegut Senior Center wears blue for Autism Awareness!



Schriever Senior Center Arts and Crafts!





**East Baton Rouge Council on Aging:** On Friday, May 19, 2023, the East Baton Rouge Council on Aging hosted its' 50<sup>th</sup> Anniversary Gala & Senior Sneaker Prom at the Raising Cane's River Center in downtown Baton Rouge from 6 PM to 11 PM.

Happy 50<sup>th</sup> Birthday, EBRCOA! The evening was truly a remarkable celebration! The gala was the culmination of EBRCOA's 50<sup>th</sup> Anniversary celebration. The Senior Sneaker Prom was open to all residents of East Baton Rouge Parish aged 60 and older, community partners and sponsors, and friends of the council on aging. Over 2,000 people attended and enjoyed live music by DJ Marquis and Tyler Kinchen & The Right Pieces, a delicious meal, and friendly fellowship!

The evening's festivities paid homage to the agency's supporters, East Baton Rouge seniors, and the amazing staff. Without the commitment of all the honorees and amazing staff, EBRCOA would not have made it to this phenomenal milestone.

The EBRCOA would like to thank our vendors, sponsors, and partners for the 50<sup>th</sup> Anniversary Gala & Senior Sneaker Prom: CareSouth Medical & Dental, Merchants Foodservice, Peoples Health, Healthy Blue, Humana, and POOF. We would also like to thank our distinguished guests and honorees for their continued dedication, sacrifice, and undying love for the seniors we serve. With your continuous support and generosity, the Senior Prom was a huge success. We look forward to hosting this event again next year!



Shavon Humphrey received the Lotus Love Appreciation Award of Excellence!

**Caldwell Council on Aging:** Ms. Dottie Etheridge, the Executive Director of Caldwell Council on Aging is retiring on June 30, 2023 after 36 years of service. Congratulation Ms. Dottie and thank you for all your work and dedication!



**Ascension Council on Aging:** Offers **SHADOWBOXING**, it is a great cardiovascular and strength workout for older adults. This energizing workout includes a series of punch combinations, basic footwork, and bodyweight exercises that will challenge your entire body. In addition to being an excellent form of exercise for the body, it's also great for mental wellbeing. Studies have shown that exercise can boost mood, alleviate depression and anxiety, and increase mental clarity. This is an excellent form of exercise for those with arthritis and osteoporosis because it is easy on the joints. With shadowboxing, you are punching the air, not hitting a bag, mitts, or people. We welcome you come to throw some punches and have fun with us at the ACOA Wellness Center. There are many exercise options at our facilities, so we encourage you to find something that you enjoy doing, and make it a priority to attend class on a regular basis. It's important for us to stay active, and continue exercising as we age.



Mother's Day Tea Party!

Happy 104th Birthday to Mr. Gail Richardson!



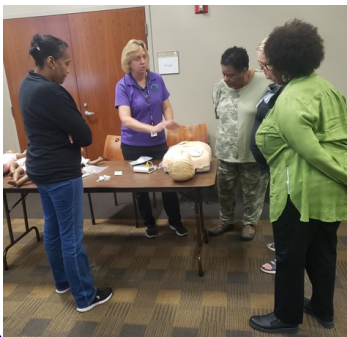
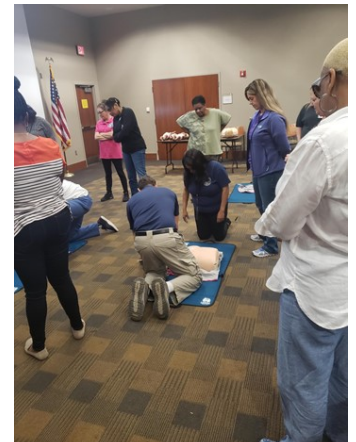
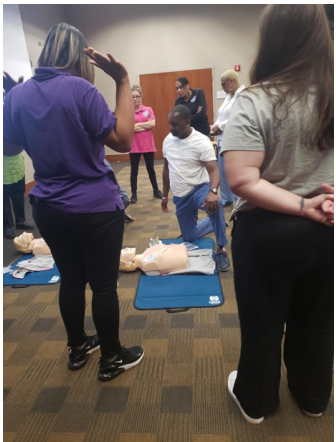
## Natchitoches Council on Aging:

### Older American's Day Celebration!



## Governor's Office of Elderly Affairs:

### Elderly Protective Services and Safety Staff members receiving First Aid /CPR/AED training!



# The Louisiana Executive Board on Aging

The next scheduled quarterly LEBA meeting will be held on

**August 16, 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**

**Emily Tilley**

**Blanche Wilks**

**WELCOME**

*Join us in welcoming our new  
team members!*

Jacintea Mayon ~ Elderly Protective Services

Camille Dunbar ~ Accounting and Finance

Minh Savoie ~ Human Resources

**Governor’s Office of Elderly Affairs**

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Website: [www.goea.louisiana.gov](http://www.goea.louisiana.gov)

