



# Elder News

Governor's Office of Elderly Affairs (GOEA)

Winter 2021

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## From the Director's Chair...



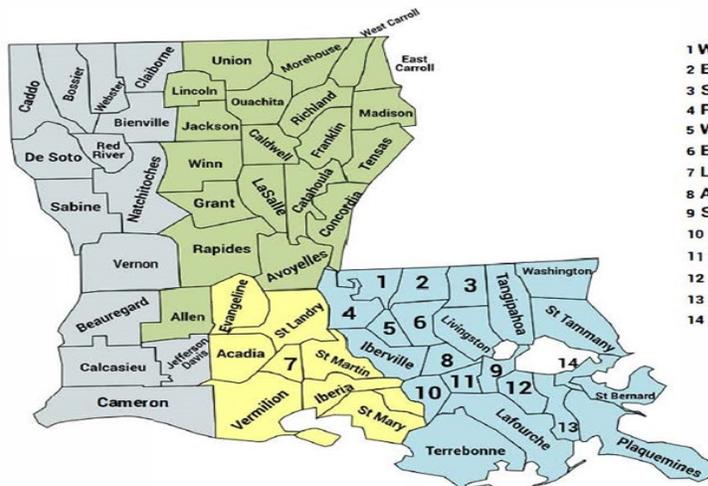
### INSIDE THIS ISSUE:

|  |     |
|--|-----|
| From the Director's Chair              | 2-3 |
| The Louisiana Executive Board on Aging | 4   |
| Spotlight on the Aging Network         | 4-5 |
| Winter Weather                         | 6   |
| Staff Announcements                    | 7   |

As a way to continue introducing to some and refreshing the memory of others about the aging network in Louisiana, I want to feature the three Regional Area Agencies on Aging in Louisiana. Most know when I say COA or Council on Aging that I am referring to the 64 parish Councils on Aging, created by state statute (RS 46.1602). COAs provide direct home and community based services, (i.e., home-maker, meals, evidence based wellness programs, senior center activities), to those citizens who are 60 years of age and older and to those who have adult onset disabilities. The 1973 Comprehensive Services Amendment to the Older Americans Act created Area Agencies on Aging (AAAs) to respond to the needs of Americans 60 and older in every community in the country. There are more than 600 AAAs across the US. Louisiana has 34 AAAs - 3 regional (multi-parish AAAs) and 31 single-parish AAAs. The regional AAAs will be this month's focus - CAJUN, Capital and CENLA AAA. These three AAAs offer their services either directly or indirectly to those 60 years of age and older and to those with adult onset disabilities, via contracts with Councils on Aging, legal service providers, home health agencies and other direct service providers in 51 (80%) of the 64 parishes.

Louisiana's Multi-Parish Area Agencies on Aging

- Cajun Area Agency on Aging
- Cenla Area Agency on Aging
- Capital Area Agency on Aging



## From the Director's Chair Continued ...

Noted below are some of the services available through these regional AAAs, (services may vary by region):

Aging and Disability Resource Centers that provide a “one-stop-shop” to access public and private programs at the local level, i.e., prescription assistance, Medicare counseling, and application assistance for Medicaid, disaster Supplemental Nutrition Assistance Program (SNAP) formally known as food stamps, utility assistance; enrollment assistance with SNAP, Medicare Enrollment, New Eyes for the Needy, durable medical equipment through donations, as well as providing heaters, fans and food baskets.

- Ombudsman program that investigates and resolve complaints made by or on behalf of residents of long-term care facilities, i.e., nursing homes, assisted living facilities;
- Senior Community Service Employment Program (SCSEP) that provide on the job training opportunities for workers who are over the age of 55;
- Evidence-based wellness programs led by certified instructors, i.e., Walk with Ease, A Matter of Balance, Tai Chi for Fall Prevention and Arthritis, Active Choices, Chronic Disease and Diabetes Self-Management programs.
- Foster Grandparents Program - Foster grandparents serve as role models, mentors, and friends while participating in a program designed to help students learn to read, provides one-on-one tutoring, and guides children at a critical time in life.
- Home and Community Based Services, i.e., transportation, homemaker, congregate and home delivered meals, caregiver services through contracts with Councils on Aging under the AAA umbrella, home health agencies, and legal services corporations.
- Contract with food service provider for meals served to seniors at the COA Senior Centers and meal sites under the AAA umbrella. The regional nature of the contracts allows for lower cost per meals.
- Sponsor holiday activities that benefit seniors. **HIGHLIGHT** - Each year in December Cajun Area Agency on Aging, along with Townsquare Media and The Blake of Lafayette sponsor **Shoebboxes for Seniors**.

## From the Director's Chair Continued ...

Ms. Broussard, Executive Director of CAJUN AAA states “The Shoeboxes for Seniors drive aims to help spread holiday cheer to the senior citizens in our local community. Many seniors have no family or friends to spend time with during the holidays and receive no gifts with which to celebrate the season. Shoeboxes for Seniors can help warm the hearts of our seniors this holiday season! Holiday shoeboxes consist of NEW, unopened gifts that will be delivered to long term care facilities, elderly citizens that are homebound, and other seniors in need.”

These AAAs are some of the best-kept secrets in the aging network. Visit their websites, reach out to them for additional information and add them to your resource file:

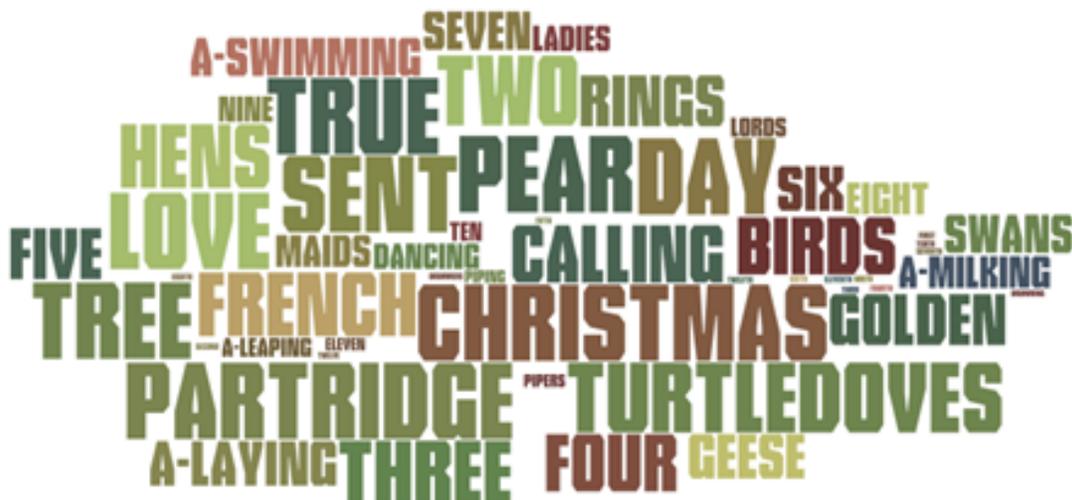
CAJUN AAA – Lafayette, Shannon Broussard, Executive Director  
<https://www.cajunaaa.org/>

Capital AAA – Baton Rouge, Craig Kaberline, Executive Director  
<https://www.capitalaaa.org/>

CENLA AAA – Alexandria, Joyce Thompson, Executive Director  
<https://www.cenlaaging.org/>

A world of good wishes! One of the real joys of this holiday season is the opportunity to say Thank You! Thank you to the seniors, the COAs, the AAAs, the state of Louisiana and all others that entrust us with the vision that Louisiana will be a desirable and satisfying place to age.

We wish you the very best for the New Year.



# The Louisiana Executive Board on Aging

The next scheduled quarterly LEBA meeting will be held on

**March 9, 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 Williams**



## The Concordia Council on Aging:

Is wishing Ms. Leola Dixon a very Happy Birthday they celebrated her turning 101 years old!



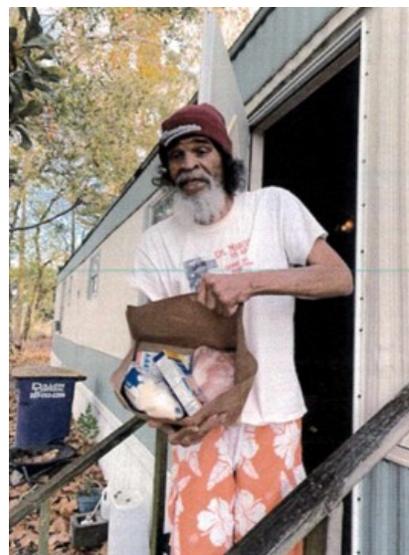
## The Jefferson Davis Council on Aging:

Has been gearing up for the 2021 holiday season to give back to the Jefferson Davis Parish Seniors.

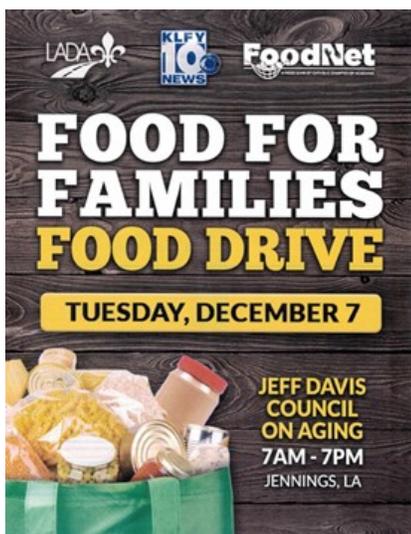
35 Thanksgiving baskets were passed out to Jefferson Davis Seniors. They were filled with pork roast, rice, beans, macaroni and cheese, along with corn bread mix for the seniors to prepare a holiday meal! Seniors were very excited to receive this Holiday Surprise!



*Happy Holidays*



The Jefferson Davis COA also collected donations from schools, local clubs and, folks in the community for their Food Drive that was held on December 7th. Their Food Pantry is open all year long allowing parish residents of all ages to receive a box of groceries when they are in need.





## Winter Weather in Louisiana

The most damaging of the types of severe winter weather in Louisiana are ice storms. Severe winter weather in Louisiana consists of freezing temperatures and heavy precipitation, usually in the form of rain, freezing rain, or sleet, but sometimes in the form of snow and ice. While Louisiana is far less likely to have heavy snow and ice accumulation than most other states, this type of severe winter weather can be expected to occur at least once each winter.

Terms to help identify a winter storm hazard:

- **Freezing Rain** - Rain that freezes when it hits the ground, creating a coating of ice on roads, walkways, trees and power lines.
- **Sleet** - Rain that turns to ice pellets before reaching the ground. Sleet also causes moisture on roads to freeze and become slippery.
- **Winter Weather Advisory** - Winter weather conditions are expected to cause significant inconveniences and may be hazardous. When caution is used, these situations should not be life threatening.
- **Winter Storm Watch** - A winter storm is possible in your area. Tune in to NOAA Weather Radio, commercial radio, or television for more information.
- **Winter Storm Warning** - A winter storm is occurring or will soon occur in your area.
- **Blizzard Warning** - Sustained winds or frequent gusts to 35 miles per hour or greater and considerable amounts of falling or blowing snow (reducing visibility to less than a quarter mile) are expected to prevail for a period of three hours or longer. Frost/Freeze Warning - Below freezing temperatures are expected.

For more information on preparing for winter weather visit:

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



**WELCOME**

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

Shelita Turner ~ Elderly Protective Services



***Please join us in congratulating Ms. Darnell  
“Dee” Farmer on her retirement! She has been a  
team member here at GOEA for 21 years and will  
be greatly missed.***

***Thank you for your committed service and  
dedication!***

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