

POLISHED

Spotlight:
Seniors of COA
P.12

Feature:
Community Meeting
P.14

BRPD & EBRCOA Bingo with the Badge
P.18



Senior Testimonials
P38

#HereWeGrowAgain



GROUNDBREAKING
LOTUS HEADQUARTERS P.22

About Polished

QUARTERLY PUBLICATION



Published quarterly by the East Baton Rouge Council on Aging (EBR COA). The Polished features news and information of interest to the senior citizens of the East Baton Rouge Parish as well as caregivers of the aging. The EBR COA reserves the right to determine the suitability of materials submitted for publication and to edit all submitted materials for clarity and space. The EBR COA does not knowingly accept false or misleading advertising or content nor does the EBR COA or The Polished Staff take responsibility should such advertising or editorial material appear in any issue.

For inquiries regarding submissions and advertising, please contact the Marketing Department directly at marketing@ebrcoa.org. The EBR COA is an equal opportunity, affirmative action employer and a 501(c)(3) tax-exempt, charitable organization.

Executive Staff:

Tasha Clark-Amar, Chief Executive Officer

Shontell LeBeouf, Chief Operations Officer

Eva B. Pratt, Chief Financial Officer

Trudy Bihm-Howard, Executive Assistant/Special Projects Coordinator

Timothy Moore, Executive Administrative Assistant

Angell Jackson, Director of Marketing

Advertisements:

Want to advertise in our next issue?

Contact: Angell Jackson

Director of Marketing

marketing@ebrcoa.org

General Inquiries:

5790 Florida Blvd.

Baton Rouge, LA 70806

(225) 923-8000 | www.ebrcoa.org

A Message from our CEO



The East Baton Rouge Council on Aging is flourishing in every aspect of our mission supporting independent senior living. Recently the agency has experienced a significant increase in the programmatic demand for services. This increase in demand is symbolic of the senior population utilizing the vital resources offered by the East Baton Rouge Council on Aging. Current data from the World Health Organization estimates by 2050, one-fifth of the senior population will be 80 years or older and, those living beyond 80 will live an average of nine additional years. To accommodate the needs of the senior community, our agency must adequately respond to this change in the aging trend by strategically planning how to deal with the ever-changing needs of the population we serve. Baton Rouge, Louisiana will be one of the best places to retire and live independently primarily because of the efforts made by the Council on Aging. Through strategic planning, the growth of our programs, construction of new buildings, and the development of multiple senior housing facilities the agency will be positioned to meet the needs of seniors for many decades to come.

This year we prioritized expanding the footprint of our Meals on Wheels and Congregate (Hot) Meals services. The agency currently delivers a total of 18,978 meals a week which is expected to increase in the upcoming holiday season. Additionally, the agency is focused on three massive projects that are in the pipeline, which will further expand the footprint of the agency. All three of these projects are thoughtfully being named after the Lotus flowers, which is an ancient symbol for aging and rebirth, like a human being born from nothing and turning into something complete and beautiful.

The Lotus Center (1701 Main Street) will be an innovative full-service adult activity center for the senior community. The center will be an extensive facility for activities and services most relevant to the aging population. EBRCOA's Lotus Pantry will relocate to The Lotus Center as a full size stocked mini grocery store. The cafeteria styled dining hall will serve Congregate (Hot) Meals estimated to serve 972 meals daily. There will also be several areas throughout The Lotus Center dedicated solely for cognitive and physical enhancement activities such as computer lab, fully equipped fitness center, library and sitting room, and a hi-tech media room. The facility will also promote socialization with a day room, meeting rooms, and an ample multi-purpose space.

The Lotus Headquarters represents the growth of the aging population in our community and comfortably accommodate the ever-growing staff in one central location. Furthermore, allowing the dedicated team to affirm the mission of supporting senior independence for which this building will stand and represent for decades to come. This building will enable us to meet and exceed the programmatic demand and particularly for Meal on Wheels and Congregate (Hot) Meals at our 22 Senior Centers and Nutritional Sites. This state-of-the-art facility will allow us to excel in every aspect of the aging realm. In addition to enhancing the lives of our seniors across the parish, this facility will serve as the conduit and the spark for reinvestment and neighborhood stabilization for this community. We will continue to be a beacon of light and a place of respite and refuge for our most valuable population in this community – our seniors!”

The Lotus Village is a planned residential rental home facility designed exclusively for the senior population. Housing is critical to our seniors, and the EBRCOA's housing goal is to build new housing developments to meet the needs of our stakeholders. The EBRCOA intends to provide more than 200 rental housing units within the next three years. Ensuring quality housing for our seniors is part of our mission. Our capacity to serve seniors in this matter is essential to the work we do here at EBRCOA. – In a recent survey conducted by our very own COA staff, we heard overwhelming responses from seniors voicing the need to age in place. We recognize that there is a need to provide safe, affordable, and adaptable senior rental communities.

This issue of the Polished highlights the growth of the EBRCOA in many aspects and is evidence that many years of planning were not in vain. It truly warms my heart to witness the great magnitude in which this agency has expanded its services and footprint throughout the parish.

TASHA CLARK-AMAR

A handwritten signature in black ink, appearing to read 'Tasha Clark-Amar'.



Self



As we age, the desire to feel secure and safe never dissipates. If anything, it increases, as we become older and possibly less agile. Reality is that attackers who are younger, quicker and more agile than their victims initiate most attacks upon seniors. Most self-defense techniques taught are based on athletic or martial arts skills. However, there are varieties of tactics for seniors to protect themselves.

Be alert and aware of your surroundings. Develop a habit of observing your surroundings. In places you commonly frequent, you should be able to recognize people and objects that seem unfamiliar or out of place. Don't talk on the phone or read social media while walking; doing so indicates that you aren't paying attention to what is going on around you.

Walk with confidence. Keep your head up, make brief eye contact with others and maintain the same pace as the other pedestrians around you. When you present yourself with confidence, the world

does not perceive you as weak or vulnerable. This simple tactic can deter potential attackers and help you avoid dangerous situations.

Stay in well-lit and populated areas at night. Predators are less likely to attack when several witnesses can spot them. It is also a great idea to keep a mini flashlight or whistle on your key chain and keep it in your hands for easy access while you are walking.

Do not flaunt your possessions. Do not wear expensive clothes or flashy jewelry. Keep your valuables out of sight. Ladies should carry their purses close to their person and conceal it under a jacket or coat, if possible.

Prevention is the best tactic seniors can use to protect themselves. Take steps to prevent making yourself vulnerable and susceptible to predators. If you can exhibit confidence and self-assurance, potential attackers may decide that you are not the easy mark that they thought you were and leave you alone.

Defense

FOR SENIORS

Senior Center highlights

CHANEYVILLE SENIOR CENTER

September 6th –
Painting with a Twist
September 16th – Quilting
September 26th – Pot Luck



GROWING EVERYDAY

September 7th –
Grandparents Raising
Grandchildren event with
UnitedHealthcare at the
EBRCOA Capital City
Event Center



FLORIDA SENIOR CENTER

August 30th –
Luau Party







PERKINS SENIOR CENTER

September 10th –
Homemade Jams and
Preserves
September 12th –
National Hat Day



S.A.L.T EVENT

September 17th –
Seniors and Law
Enforcement Together at
EBRCOA Capital City Event
Center



Senior highlights



Highlights

Application Assistance



Thursday, June 27th and Friday June 28th, the East Baton Rouge Council on Aging in partnership with Build Baton Rouge hosted a Rapid Roof Reset Application Assistance Day program.

This program is free for homeowners living within the Baton Rouge city limits and meet the income guidelines.



“We are very excited about this partnership with Build Baton Rouge. We are working together to achieve a common goal, which is to serve the residents of Baton Rouge. The Rapid Roof Reset program is a blessing for the seniors of this community and we are prepared to assist them through the application process this week during the Application Assistance Day,” said Tasha Clark-Amar, CEO of the EBRCOA.

Old American Act

National Meals on Wheels Week

Congressman Garret Graves hits the Meals on Wheels trail to greet seniors of EBR Parish

The East Baton Rouge Council on Aging was excited to have Congressman Garret Graves join us on Wednesday, August 14, 2019 to deliver Meals on Wheels to homebound seniors in East Baton Rouge Parish.

EBRCOA's Meals on Wheels program delivers 435,000 meals to seniors across East Baton Rouge Parish and is the lifeline that enables healthier living, improved quality of life and independence. Congressman Graves meal delivery is part of a broader effort led by National Meals on Wheels of America to safeguard critical Old American Act (OAA) federal funding which, senior nutrition programs across the state and the entire aging network rely.

"In 2018, East Baton Rouge Council on Aging eliminated our Meals on Wheels waiting list in East Baton Rouge Parish. This program is so much more than dropping off meals! It also serves as a social visit or wellness check. Often times, seniors do not see anyone or have any visitors other than EBRCOA Meal on Wheels deliverers. We become their connection to the outside world," said Tasha Clark-Amar, Chief Executive Officer of EBRCOA.



Congressman Garret Graves greets EBR senior, Martha Beston, during his Meals on Wheels delivery ride-a-long.



Congressman Garret Graves poses for a quick photo with Meals on Wheels deliverer, Leola Whitner.



Congressman Garret Graves poses for a quick photo with Charlotte Turner, Director of Senior Centers and Patrice Bryant, Assistant Director of Senior Centers.



Congressman Garret Graves chats with Chief Operations Officer, Shontell LeBeouf, at the EBRCOA Main Office.

SENIOR COA SPOTLIGHT



“It has been a pleasure being here at the Council on Aging. I lost my wife about a year ago and I was devastated after 62 years of marriage. I knew that I had to do something and the Council on Aging came to my rescue!”

- Mr. Calvin Balencie | Antioch Senior Center



“Ever since I have been coming to the Council on Aging Senior Center it has been a joy. I have met so many people who I now call family members. I call them family members because we have a good time together here and we want others to join us. Thank you Faye and Ebony for all the fun activities you prepare for us!”

- Ms. Brenda Perkins | Perkins Road Senior Center



“We finally have somewhere to go and to have so many people have patience and understanding with us makes us feel really good. I enjoy being here and I love meeting new people so I encourage everyone to join us here at Charles R. Kelly Senior Center.”

Ms. Velma Maxwell | Charles R. Kelly Senior Center



“My granddaughter told me “Mama Nette, you need to get out of the house and have something to do.” She brought me here to sign up and since that very first day I have made many friends. We all love it here.”

Ms. Jeanette Nance | Perkins Road Senior Center



2019 THANKSGIVING

Dinner *and* Dance

Thursday, November 21, 2019

Time: 10:00 AM – 2:00 PM

Raising Cane's River Center

275 S. River Road Baton Rouge, LA 70802

COMMUNITY MEETING

Suburbs Gracie "The Lake"





On Wednesday, September 4th, the East Baton Rouge Council on Aging along with Councilwoman Tara Wicker, Baton Rouge Police Department and EBR Department of Public Works came together to host a community meeting to share plans and expectations for the new Lotus Village development. The upcoming development will be a safe community for seniors in the area to have housing, a fitness facility, a geriatric healthcare facility and much more. The East Baton Rouge Council on Aging is a quasi-governmental and non-profit organization serving the senior population of East Baton Rouge Parish. EBRCOA is charged with discovering and meeting the growing needs of this ever-increasing population.

Central to EBRCOA's mission – Supporting Independence and Serving Seniors – is providing high quality services to seniors, the maintenance of their personal independence, and the enhancement of their storied lives, while being good fiduciary stewards of public funds and trust.

We want to send a special thank you to Pastor Kelvin Brooks, Sr. for allowing us to join together at the Nazarene Baptist Church at 1701 Spanish Town Road, Baton Rouge, LA 70802.

#HereWeGrowAgain

#HereWeGrowAgain

15
PAGE

Lotus Center Groundbreaking



1701 Main Street

The East Baton Rouge Council on Aging was excited to host the groundbreaking of a new downtown senior center at 1701 Main Street affectionately named The Lotus Center. Having outgrown the current facility at 5790 Florida Blvd, which has been home of the main senior center for nearly twenty years, The Lotus Center is the proposed replacement facility.

The Lotus Center will be a State-of-the-Art full service 16,500 square feet adult activity center for the senior community. The center will be an extensive facility for activities and services

most relevant to the aging community. EBRCOA's Lotus Pantry will relocate to The Lotus Center as a full size stocked mini store. The cafeteria styled dining hall will serve Congregate (Hot) Meals daily. Several areas throughout The Lotus Center dedicated solely for cognitive and physical activities such as computer lab, fully equipped fitness center, library and sitting room, and a hi-tech media room. The facility will also promote socialization with a day room, meeting room, and a large multi-purpose space.

“I am thrilled to see the vision of the Lotus Center come to fruition, and this center will set the standard for other centers throughout the region providing essential social services and a variety of recreational activities for seniors. The EBRCOA has long awaited this project and has already begun to make preparations to occupy the building and provide these services,” said Tasha Clark-Amar, CEO of the EBRCOA.



Ernest Stephens, Councilwoman Donna Collins-Lewis, Johnny Anderson, Councilwoman Tara Wicker, Jerrie Booker, EBRCOA Board Chairwoman, Attorney Jennifer Moisant, EBRCOA Board Treasurer and Darryl Gissel, CAO of Mayor's Office



Lauren Byrd, Director of Human Resource
Angell Jackson, Director of Marketing
EBRCOA Senior, Charlette Minor,
Director of Housing and Eva Pratt, CFO



Councilwoman Chauna Banks, Patricia Williams, Board Member, Attorney Jennifer Moisant, EBRCOA Board Treasurer, Jerrie Booker, EBRCOA Board Chairwoman, State Representative C. Denise Marcelle, EBRCOA Board Vice Chairwoman, Ingrid Payne, EBRCOA Board Member



EBRCOA Community Supporters



Members of Nu Gamma Omega Chapter of Alpha Kappa Alpha Sorority, Inc. Future neighbors of The Lotus Center)



Tasha Clark-Amar, CEO and State Representative C. Denise Marcelle, EBRCOA Board Vice Chairwoman



EBRCOA Senior Advisory Board

BRPD & EBRCOA BINGO *the Badge*



East Baton Rouge Council on Aging partnered with the Baton Rouge Police Department to bring you Bingo with the Badge at the Raising Cane's River Center.

Special thank you to all sponsors and participants, Baton Rouge Police Department and Raising Cane's River Center.



“Seniors having a blast playing bingo!”



Haydee Blanco

Celebrating *a 101th Birthday Milestone*



EBRCOA Centurion Haydee Blanco poses for a quick photo with EBRCOA's Shanrika Barrow (Director of I & A) and Jasmine Carter (Director of IHCBS).



EBRCOA Centurion Haydee Blanco smiles as she receives a proclamation in her honor written by Governor John Bel Edwards in celebration of her 101st birthday.







Groundbreaking

THE LOTUS HEADQUARTERS



The East Baton Rouge Council on Aging held the Groundbreaking Ceremony of The Lotus Headquarters at 965 N. 18th Street at the corner of 18th and Fuqua on Tuesday, September 24th at 9:30 AM. The new 25,000 square foot facility will allow us to meet and exceed the programmatic demand and scope of our mission, particularly for Meals on Wheels and Congregate (Hot) Meals at our 22 Senior Centers and Nutritional Sites.

Our agency is ecstatic to be breaking ground on this facility which will allow it to serve as a commitment of our vested interest in this community. The EBRCOA intends to be the leader and visionary in the field of Gerontology and Aging for the entire population of East Baton Rouge Parish.

Nutritional Tips for Seniors

Proper nutrition is important for everyone, but it is paramount for seniors because proper food choices can have a huge impact on the total well-being of seniors.

Healthy eating habits can improve energy levels, boost the immune system and make you feel great. In essence nutrition equates to good physical health.

Fruits and Veggies

The recommendation is to eat seven servings of fruits and vegetables daily. Make sure that you choose from varieties that are dark green, bright orange, and yellow.

- Examples of serving size – A medium-sized piece of fruit; one cup of salad; or a half cup of cut up fruit or cooked vegetables.

Tips:

- o Include a green salad with lunch or dinner.
- o Add vegetables to eggs, pastas, and soups.
- o Top your cereal, oatmeal, or yogurt with berries or bananas.



Dairy

The recommendation is to consume three servings of dairy or dairy alternatives daily. Make your selection from low-fat options and look for foods fortified when calcium and vitamin D.

- Examples of serving size – One cup of milk; three-quarters of a cup of yogurt; or 1.5 ounces of cheese.

Tips:

- o Add milk or milk alternatives to your soups, stews and cereal.
- o Make smoothies with yogurt, milk or milk alternatives.
- o Add cheese or cheese alternatives to your soups, sandwiches, and salads.



Meat and Protein Alternatives

The recommendation is to have two or three servings of meat or protein alternatives per day. Choose proteins that are lean cuts of meat or low-fat protein options.

- Examples of serving size – A piece of meat that is the same size as a deck of cards; one-quarter of a cup of nuts or seeds; two large eggs; three-quarters of a cup of cooked tofu or legumes; or two tablespoons of nut butter.

Tips:

- o Add beans, peas, lentils, or eggs to salads, soups, and pastas.
- o Snack on nuts and seeds, and add them to your cereal, muffins, salads, and yogurt.



Practice Tips

Here are some additional tips to ensure that your nutritional goals stay on track.

- Plan your meals in advance. You are more likely to eat healthy, nutritious foods if you have a meal plan in place.
- Eat when you are hungry, and do not force yourself to finish meals. Snacking when you are not hungry often leads to weight gain and other possible health issues.
- Eat slowly, and chew your bites well. Eating slowly gives your brain and stomach time to communicate with each other to indicate when you are full.
- Replace desserts with low fat yogurt and fresh fruit, or try baked apples and pears sprinkled with cinnamon.
- Have a variety of healthy snacks on hand for times when you do not feel like cooking or preparing food.



Proud
2019 Expo Sponsor



**MERCHANTS
 FOODSERVICE**



PAGE
26

Life Style SENIOR EXPO

Proud
 2019 Expo Sponsor

Cumulus Radio
 STATION GROUP™
 A DIVISION OF CUMULUS MEDIA

Life Style SENIOR EXPO

Proud
 2019 Expo Sponsor



SENIOR
Life Style
EXPO

WIN

A NEW 2020 HYUNDAI ELANTRA



FRIDAY
OCTOBER
11TH

FOR MORE INFORMATION CALL:
225.923.8000

2019 SENIOR EXPO SPONSORS



► **Must be present to win. Must be a resident of EBR Parish who is 60 years old or older.**
SWEEPSTAKES WILL BE FRIDAY OCTOBER 11, 2019 @RAISING CANES RIVER CENTER



CRAB CAKE ■

Nutrition Fact: Crab is low in fat, and contains the mineral chromium. Chromium enhances the action of insulin, so it's a great choice for diabetics, as it may help control blood sugar levels.

Serves 8

Ingredients:

- 1 pound jumbo lump crab
- 1 large egg
- ½ cup panko bread crumbs
- ½ cup mayonnaise
- 1 ½ tablespoons red bell pepper, minced
- 1 ½ tablespoon chives, minced
- 1 tablespoon Worcestershire sauce
- ½ teaspoon soy sauce
- Dash of Tabasco™ sauce
- Vegetable oil as needed for sautéing

Instructions:

- Gently combine all ingredients except for vegetable oil. Form into 8 crab cakes.



ASIAN SLAW ■

Ingredients:

- 1 European cucumber, peeled
- 1 large carrot, peeled
- ½ red onion, peeled
- ½ red bell pepper, seeded
- 1 tablespoon soy sauce
- ½ lime juice and zest
- ½ orange juice and zest

Instructions:

- Julienne vegetables on a mandolin.
- Toss vegetables with soy sauce, juice, and zest.
- Cover and refrigerate for at least 1 hour prior to serving.





CILANTRO VINAIGRETTE ■

Ingredients:

- 1 ½ tablespoons cilantro leaves
- 1 tablespoon cider vinegar
- 1 garlic clove, peeled
- ½ shallot, peeled
- 1 teaspoon prepared mustard
- 2 tablespoons vegetable oil

Instructions:

- Combine all ingredients in a blender except for vegetable oil. Purée while slowly adding vegetable oil until emulsified.

- To serve, spoon slaw on an appropriate plate. Top with crab cake. Drizzle with vinaigrette.

HONEY - ALMOND CAKE ■

Ingredients:

- 1 1/2 cups whole almonds
- 4 large eggs
- 1/2 cup honey
- 1 teaspoon vanilla extract
- 1/2 teaspoon baking soda
- 1/2 teaspoon salt

Topping:

2 tablespoons honey
1/4 cup sliced almonds

Instructions:

Preheat oven to 350 degrees. Use cooking spray to grease 9-inch pie pan and line the bottom with parchment paper.

With a food processor, chop almonds until fully ground. Mix 4 egg yolks, vanilla, baking soda, honey and salt with an electric mixer, or by hand. Combine the ground almonds.

In another bowl, mix egg whites until they foam. Fold the egg whites into the nut mixture and then pour into the greased pan.

Bake the cake until a toothpick comes out clean, approximately 28 minutes. Let cool in pan for 10 minutes and remove from pan, allowing to cool completely. Drizzle honey and sliced almonds on top.



Anniversary

Happy 1st Year Anniversary to Antioch Senior Center, Highland Road Senior Center, Ben Burge Senior Center and Flanacher Senior Centers.



The EBRCOA celebrated the one year anniversary of Antioch Senior Center. Having outgrown the previous facility, the new Antioch Senior Center is bigger and better equip to accommodate our seniors in the Antioch, Old Jefferson Highway, Tiger Bend, O'Neal Lane and Shenandoah area.



Antioch Seniors invited our Florida Boulevard Senior Center to celebrate 1 year of fellowship.

HIGHLAND ROAD SENIOR CENTER

1 YEAR



Anniversary



TALCOTT
WITH
HIGHLAND
SENIOR CENTER

The EBRCOA celebrated the one year anniversary of Highland Road Senior Center! What an amazing year it has been and we are so excited for many more years to come!



BEN BURGE
SENIOR CENTER



Happy An



1 YEAR
Anniversary
FLANACHER
SENIOR CENTER



Anniversary!





J.J. Newman *Anniversary*

Celebrating one year of service to senior citizens.



SENIOR Testimonials

HERE'S WHAT SENIORS HAVE TO SAY ABOUT EBRCHA



Geraldine Johnson

PERKINS ROAD SENIOR CENTER

“Although I have only been coming to Council on Aging for about 2 months – I truly love coming. The food, fellowship, and atmosphere are top-shelf along with the diverse group is an added bonus. I tell all my friends about the benefits of this center and why they should be a part of this group. Thank you for providing this service and remembering that seniors are still important and have things to share!”



Panithia Johnson

FLANACHER ROAD SENIOR CENTER

“Flanacher Road Senior Center has changed my life drastically, it is more fulfilling now, and I look forward to coming to the center every morning. Ms. Joyce is very understanding and caring to our needs and always try to make us laugh and feel comfortable. I enjoy the daily activities, nutritional meals and eagerly await fantastic field trips. Thank you to the officers, directors, coordinators and staff for doing a wonderful job in making us old people feel young again.”



Vera H. Hollins

GREATER KING DAVID SENIOR CENTER

“The Greater King David Senior Center is a blessed refuge for those who choose when and what days to come for fellowship either to exercise their limbs, minds or enjoy special programs and a hot meal.”



C.M.

FLORIDA BLVD SENIOR CENTER

“To all seniors, ages 60 and above the Council on Aging is the place to be. I love going to Florida Blvd Senior Center to be with others! We play games, crafts, bingo and have devotion every morning. Mrs. Martene makes sure that I have a good time while sharing lots of love. You will love it here!”



Guy Bethea

CENTRAL SENIOR CENTER

“I joined the Central Senior Center shortly after the passing of my beloved wife of 59 years. It was a God send to be with friends around this time as well as receive a hot mid-day lunch. I played a lot of Bingo and discovered a tv game of bowling. Group participation in games stimulate the mind and body, keeping both healthier, smarter and younger in spirit.”



Dolores Butler

DUMAS HOUSE SENIOR CENTER

“Dumas House is the fun house on the block. We come from all walks of life but we are in the same place and space in time. When I walk in seeing my angels smile and say Good Morning it changes the air in the room. A warm smile, a hug or a back rub is just what the doctor ordered for me. Dumas House is my medicine of the day.”



Sedonia Williams

GREATER KING DAVID SENIOR CENTER

“The Greater King David Senior Center is a place of peace, joy, love and laughter. Studying the word of the Lord is such a blessing to be able to mingle with my sisters and brothers in Christ. Truly God has blessed me and the senior center tremendously.”



Charlene Pallet

PERKINS ROAD SENIOR CENTER

“Coming to the Matter of Balance class was my introduction to the Perkins Road Senior Center. What a lucky circumstance! Oh, Happy Day! My husband and I have something to look forward to by coming to the senior center with meeting new friends. Thank you Faye and Ebony!”



Joyce S. Davis

CHANEYVILLE SENIOR CENTER

“It is a joy for me to come to the center each day and attend all the events that are prepared for us. We appreciate all of the hard work that you all do. If it wasn’t for the Council on Aging, I don’t know what I would do! Thanks again, We love you!”



Bernice S. Spland

FLANACHER ROAD SENIOR CENTER

“Council on Aging Flanacher Road Senior Center doesn’t feel like a clique or social group. We are a family and Ms. Joyce Williams is our “little” big mama. Thank you for being the glue that keeps this family together!”

**WE
LOVE
COA!**

#HereWeGrowAgain

On average, the number of seniors that attend one of our 22 senior centers daily is about 1,250 or more depending on the event. The East Baton Rouge Council on Aging has tripled since the previous year due to the large number of enrollments in our senior centers. Our Meals on Wheels program delivers about 18,978 meals a week and 1,350 to 1,400 Congregate (Hot) Meals daily to our seniors in East Baton Rouge Parish. It is our mission to ensure that our seniors are receiving a well-balanced meal and maintaining a healthy lifestyle.



Photo taken by Don Green, EBRCOA Social Worker





Quilting



The East Baton Rouge Council on Aging has a abundance of talented and creative seniors. Our Chaneyville Senior Center seniors make absolutely the most beautiful custom quilts that can keep you warm during the upcoming winter season.

For any inquiries or to have a quilt made for you, contact Ms. Dorothy Payne (Chaneyville Senior Center Coordinator) at (225) 286-4101.



#WhatWeDoMatters

“We take care of seniors and we provide a safe place for our seniors. In order to be a part of this agency, you have to have **compassion** and the **passion** to serve seniors. You must take it very serious, because we are very serious about serving our seniors here at the Council on Aging.”

- **CHARLOTTE TURNER**,
Director of Senior Centers
7 years and 9 months with EBRCOA

“I love meeting new people, **helping people** and talking to people. We have seniors that call us just to hear our voice. It makes me happy knowing that **I made a difference** in someone’s day.”

- **JASMINE CARTER**,
Director of In Home and Community Based Services
9 years with EBRCOA

“The EBRCOA is an agency that is **compassionate** about serving the seniors of East Baton Rouge Parish. It is a **joy** working for this agency. If you saw the smiles and gratitude seniors put towards staff of EBRCOA, it really lifts your heart up and makes it that much more enjoyable working for the Council on Aging.”

- **BRIAN PARENT, SR.**,
Safety Coordinator
2 years with EBRCOA

“The environment at the Council on Aging is one of a **family!** From the employees that you work with every day, to the seniors that we serve, we all work together towards one mission. Everything we do here is rooted in whether it helps to **cater to the seniors** that we are here to serve every day.”

- **ANGELL JACKSON**,
Director of Marketing
8 months with EBRCOA

“Working at the East Baton Rouge Council on Aging never feels like work but more like time with **family**. I think of it as being around your aunts, uncles or even grandparents. They pour **wisdom** into you as well as their **knowledge**. I have grown and learned so much here, not only from work, but also from what the seniors have brought into my life.”

- **JAY BLACKMON-WILLIAMS**,
Advocacy and Compliance Coordinator
6 years with EBRCOA

“I wake up every morning looking forward to **serve the seniors**. Seeing their smiling faces really makes my day. When they see me, they welcome me with a big smile! It just brightens up everything knowing that **I have made a senior’s day**.”

- **LEOLA WHITNER**,
Meals on Wheels Driver
17 years with EBRCOA





SENIOR ACTIVITY CENTERS | CONGREGATE MEAL SITES

Antioch Senior Center
7140 East Antioch Rd.
Baton Rouge, LA 70817
Phone: 225-246-7994

Dumas House Senior Center
1313 North Sherwood Forest
Baton Rouge, LA 70815
Phone: 225-389-4990

Homewood Aquatic Senior Center
3654 Granada Drive
Baton Rouge, LA 70810
Phone: 225-636-5611

Baker Senior Center
3334 Jefferson St.
Baker, LA 70714
Phone: 225-366-6432

Flanacher Senior Center
205 E. Flanacher Rd.
Zachary, LA 70791
Phone: 225-306-4392

Jewel J. Newman Senior Center
2013 Central Rd.
Baton Rouge, LA 70707
Phone: 225-239-7796

Ben Burge Senior Center
9350 Antigua Drive
Baton Rouge, LA
Phone: 225-454-2815

Florida Blvd. Senior Center
5790 Florida Blvd.
Baton Rouge, LA 70806
Phone: 225-923-8000

Leo S. Butler Senior Center
950 E. Washington St.
Baton Rouge, LA 70802
Phone: 225-344-6775

Central Senior Center
6923 Oak Cluster Dr.
Central, LA 70739
Phone: 225-615-8339

Foster Rd. Senior Center
11333 Foster Rd.
Baton Rouge, LA 70811
Phone: 225-227-2562

Pearl George Senior Center
4000 Gus Young Ave.
Baton Rouge, LA 70802
Phone: 225-389-5611

Chaneyville Senior Center
13211 Jackson Rd.
Jackson, LA 70791
Phone: 225-286-4101

Greater King David Senior Center
131 Elmer Avenue
Baton Rouge, LA 70807
Phone: 225-775-4996

Perkins Road Senior Center
7122 Perkins Rd.
Baton Rouge, LA 70808
Phone: 225-302-9662

Charles R. Kelly Senior Center
3939 Riley Street
Baton Rouge, LA 70805
Phone: 225-389-5464

Highland Rd. Senior Center
14024 North Amiss Dr.
Baton Rouge, LA 70810
Phone: 225-454-4773

Zachary Senior Center
3541 Highway 19
Zachary, LA 70791
Phone: 225-286-4107

FEEDING SITES

Bishop Ott/Calais House
7545 Bishop Ott Drive
Baton Rouge, LA 70806
Phone: 225-223-6559

Catholic Presbyterian
Apartments
655 North Street
Baton Rouge, LA 70802
Phone: 225-383-5551

Sharlo Terrace I & II
4915 Alvin Dark Drive
Baton Rouge, LA 70820
Phone: 225-346-0215

Turner Plaza Apartments
4546 North Street
Baton Rouge, LA 70806
Phone: 225-923-8114

East Baton Rouge Council on Aging (Main Office)
5790 Florida Boulevard | Baton Rouge, LA 70806
Phone: (225) 923.8000 Fax: (225) 923.8030
ebrcoa.org



Lotus Ride Line | 225-361-0299 | transport@ebrcoa.org