

# POLISHED

EAST BATON ROUGE COUNCIL ON AGING | FIRST QUARTER 2019 | SENIOR EDITION

Combating  
Social Isolation



**EBR**

Council on Aging

Supporting Independence ~ Serving Seniors

2019  
**ANNUAL  
MEETING**

## Exclusives:

2019 SENIOR PROM | MEDICARE BRUNCH  
CRAWFISH BOIL | LOTUS RIDES & MORE

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# ABOUT POLISHED

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## QUARTERLY PUBLICATION

Published quarterly by the East Baton Rouge Council on Aging (EBRCOA), 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 EBRCOA reserves the right to determine the suitability of materials submitted for publication and to edit all submitted materials for clarity and space. The EBRCOA does not knowingly accept false or misleading advertising or content nor does the EBRCOA or The Polished staff take responsibility should such advertising or editorial material appear in any issue.

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## EXECUTIVE STAFF

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**Shontell LeBeouf**, Chief Operating 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



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## ADVERTISEMENTS

Want to advertise in our next issue?  
Contact: Angell Jackson,  
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## GENERAL INQUIRIES

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Baton Rouge, LA 70806  
(225) 923-8000 | [www.ebrcoa.org](http://www.ebrcoa.org)

# Here We Grow Again!

## MESSAGE FROM OUR CEO



This has been an incredible first half of the year, and it is just the beginning! Here we grow again! We have seen tremendous growth in 2019, not only in senior membership but also in staff and infrastructure. The growth in staff better equips us to meet and exceed the needs of the seniors such as free and reliable transportation, daily hot meals and on-going social activities. Each member of our team embodies our mission to support the independence and serve seniors of East Baton Rouge Parish.

And again...senior centers, commercial kitchens, and an intergenerational center...oh my! We have several construction projects on the horizon that will break ground later this year.

A new renovated downtown senior center will be housed at 1701 Main Street. This new senior center will replace the antiquated and outdated facility that currently serve as both the administration building and a senior center on Florida Blvd.

A new commercial kitchen and administration building will be built approximately two blocks from the new downtown senior center. The new state of the art commercial kitchen will serve as the hub for both Meals on Wheels and congregate meals.

Also, converting the Gus Young Fire Station into an intergenerational center has been a dream for quite a while and

it is amazing to take steps to bring it to fruition! The intergenerational center will be the home of the Age-Less program created to bring both seniors and youth of the community together to increase cooperation and interaction between the two generations.

Everything the EBRCOA does is to benefit our seniors and their well-being. It is my hopes that this is only the beginning - the first steps toward creating solutions and becoming the standard for senior care in the aging industry.

We ask that you encourage your friends, church members and neighbors to get involved and experience the opportunities available to seniors throughout our community. Please take full advantage of the activities, programs and benefits afforded to them during their golden years.

This issue of The Polished is only a glimpse of what new senior members can look forward to and I hope it excites you to get involved!

Sincerely,

Tasha Clark-Amar  
Chief Executive Officer

*Everything the EBRCOA does is to benefit our seniors..."*

- Tasha Clark-Amar, CEO



ADMINISTRATION BUILDING | COMMERCIAL KITCHEN



1701 MAIN STREET - MAIN SENIOR CENTER



INTERGENERATIONAL CENTER

# End Senior Isolation: Support Independence

Angell Jackson  
DIRECTOR OF MARKETING

Feelings of isolation and loneliness are serious concerns for the ever growing senior population. Social isolation in seniors can create an increase in emotional issues, such as depression and anxiety, as well as physical ailments such as heart disease and immune deficiencies. There are a few things that can be done to end senior isolation while supporting their independence.

**Identify Triggers.** Seniors and their caregivers must be able to spot the signs of social isolation. In addition to the lack of proximity to family and friends, seniors may be also become despondent following the sudden death of a friend or spouse, the development of a chronic health condition or overwhelming fear. For example, the gradual loss of hearing or the fear of falling may create overwhelming anxiety that can keep seniors confined to their homes. It is important to create a safe atmosphere that fosters communication so that a senior can share what they are thinking and feeling. Once their triggers are identified, a plan can be developed to help them feel more connected with the world around them.

**Encourage Exercise.** Exercise creates so many benefits for seniors because it releases endorphins, reduces stress and just overall improves their mood. Participating in group exercise classes gets their blood moving while decreasing physical stress and creating social engagement with other seniors working toward similar health goals. Promoting exercise not only helps with them feel good but it can also go a long way to boosting their self-esteem and creating positive body images.

**Address Incontinence Issues.** Although embarrassing, some seniors do experience incontinence which may make them hesitant to leave their home, forcing them to isolate themselves. When caregivers and health professionals appropriately address this issue, for example through medications and incontinence supplies, seniors become more comfortable with being more social and living a full life without fear of public embarrassment.

**Promote Dining with Others.** The act of breaking bread is inherently social and creates opportunities for catching up and fellowshiping with others. Everyone needs to eat! Routinely dining with others fosters connections that transcends cultures and is an important element in senior centers serving as a catalyst to human connectedness and interaction.

**Develop a Hobby.** Hobbies are a great way to keep seniors interested while also stimulating their mind and creating social interaction. For example, painting, playing card games or a game of Scrabble are all excellent ways to mingle with others and create both mental and social stimulation. Keep your senior loved one engaged in their favorite hobbies by enrolling them in a class or a local community senior center with others who share their interests.

Remember that social interaction tends to decrease with age as a result of a variety of things. Regardless of the cause, the consequence of senior isolation can be devastating. Make it a priority to make a positive contribution to the life a senior by brightening day and improving the quality of their gold years.

FEATURE



# # HEREWEGROWAGAIN

## EBR Council on Aging Re-Opens Antioch Senior Center in Renovated Facility



In January, the EBRCOA hosted the grand re-opening of the Antioch Park Senior Center. Having outgrown their previous facility in less than a month, the new senior center is bigger and better equip to accommodate this vast growing location. The re-opening was a celebratory event attended by EBRCOA staff, board members, and local senior members.

"The new location will better accommodate the growing number of seniors in the Antioch, Jefferson Highway, and Shenandoah area. We are happy the community is excited about participating in the Council on Aging activities and we welcome even more to join the senior center," said Tasha Clark-Amar, CEO





### **Alzina Duncan, Homewood Aquatic Senior Center**

"I started coming to the Homewood senior center March of 2015. I come late on Tuesday and Thursday because I like to do volunteer work, but I am here almost every day. I participate in all the activities because we do many interesting things. I really enjoy doing arts and crafts here. I always take my art projects to my great niece so she can critique my work."



### **Frances Johnson, Pearl George Senior Center**

"I am a little technology savvy for a senior. At my center, a lot of the seniors still have flip phones and phones that they do not know how to operate, so they come to me to help them. My favorite device is my Fitbit. I like it because I set my goal to 10,000 steps a day and many times, I reach that goal. I enjoy line dancing here at the Pearl George center and in an hour, I can get up to 8,000 steps. I love how it challenges me and pushes me to get my steps in."



### **Augustus Fisher Jr., Pearl George Senior Center**

"I am from this community and one of the reasons I come to this center is because when I was younger, Pearl George was such an instrumental part of my life. She was a super extraordinary woman and she cared so much for the kids in the neighborhood. She had programs for the kids to have summer jobs called "Project Pride", which reminds me of the Council on Aging today. The young men went out and kept the lawns clean for the elders, and the young ladies would cook meals and clean up the houses for the elders in the community. She was such a great woman, and she is why I serve and give back to my community to this day."



### **Joyce Williams, Coordinator, Flanacher Senior Center**

"Since I have been here, I have learned so much from the seniors, and they are so helpful too! I love talking with them and making them laugh by telling corny jokes. It honestly feels like I have known them for years."

# Seniors



### **Sue Ann Miller, Foster Road Senior Center**

"Advice I would give to the younger generation is to search yourself, and know who you are. Think about the things that are going to benefit your life that will help you to enhance the life of your family. I would also recommend staying close to Christ because He will lead, guide and direct you. Always know, no matter how many mountains you have to climb, they are not impossible and you will always come out victorious in the end. Oh, and know that it is possible to age gracefully!"



### **Estella Jefferson, Foster Road Senior Center**

"My favorite thing to do when I come to the senior center is to talk and make people laugh. We sit and reminisce, and it is so interesting how someone always has a similar background or can relate. I love telling stories about growing up in the country with my two older brothers."



### **Jacquelyn Jackson, Pearl George Senior Center**

"My favorite event that the Council on Aging hosts would have to be the prom. I am excited about it this year and have been telling all my family and friends I am going to the prom again. Last year, the prom was very elegant and the Council on Aging really went all out for us seniors. It made me feel special to have a prom night again."



### **Bonnie Cooper & Flossie Thorten, Foster Rd. Senior Center**

"My aunt came to live with me six years ago after working as a home economics teacher in Arkansas for 36 years. When she moved here, she knew no one but the Council on Aging changed that. She loves the Foster Road senior center! On weekends when the senior center is closed, it is as if she is just waiting for Monday. She will be 101 years old in a few months and still comes to the senior center as often as she can."

*of* COA  
SPOTLIGHT



FRIDAY  
OCTOBER  
**11TH**

2019

**Seniors! Don't miss  
this Fun day filled with:**

Workshops, Fitness Classes, Games,  
Prizes, & more



  
*Life Style*  
SENIOR  
EXPO

**RAISING CANE'S RIVER CENTER**

275 S River Rd, Baton Rouge, LA 70802



# ALL EYES ON US

## GOVERNMENT ACCOUNTABILITY OFFICE VISIT EAST BATON ROUGE COUNCIL ON AGING

In February, U.S. Government Accountability Office (GAO) visited the EBRCOA. The GAO is an independent, nonpartisan agency that works for congress to help the government save money and work more efficiently by examining how taxpayer dollars are spent. Congress commissioned the GAO to study the EBRCOA based on its successful nutrition program for older adults.

While visiting, the GAO received an in-depth tour of the Meals on Wheels process and visited several senior centers throughout the parish to learn how our nutrition program works in our diverse geographic location.

The GAO plans to use the information gathered to create a model plan for other tax funded agencies throughout the country.





Chief Operating Officer, Shontel Lebouf explains the Meals on Wheels process to GAO staff during their visit to the EBRCOA main office.

Board members Rep. C. Denise Marcelle, Atty. Dorothy Jackson, and Mr. Jamie Robinson along with two representatives from GAO.



CEO Tasha Clark-Amar and a GAO representative greet seniors at Florida Blvd. Senior Center.

## SOUTHERN HUMAN-ANIMAL RELATIONSHIP EXPERIENCES

# S.H.A.R.E.



**ARTICLE:** DR. RENITA MARSHALL,  
Director for the Southern University  
Institute for One Health One Medicine

Most of us can think of a relationship we have or have had with an animal that has been a cherished part of our lives. Our pets are a vital part of our day, and we cannot imagine life without them. This special relationship that people have with animals is called the Human-Animal Bond.

S.H.A.R.E. stands for Southern Human-Animal Relationship Experiences. The program is an initiative under the Southern University Institute for One Health One Medicine.

One Health is an exploding area that offers the opportunity for experts from various fields to work together on innovative new solutions that can positively impact the environment as well as animal and human health. Inclusion of companion animals is a critical part of this endeavor. Given the growing amount of research surrounding the impact of companion animals on adult physical health (eg, exercise, obesity and accompanying effects) and children's health (eg, autism, depression), discussion of the important role of pets is timely and important.

S.H.A.R.E. is composed of representatives from the Southern University Agricultural Research & Extension Center, Southern University Baton Rouge, students, volunteers from the community, and veterinary practitioners. These individuals share knowledge and have a desire to explore the circumstances and

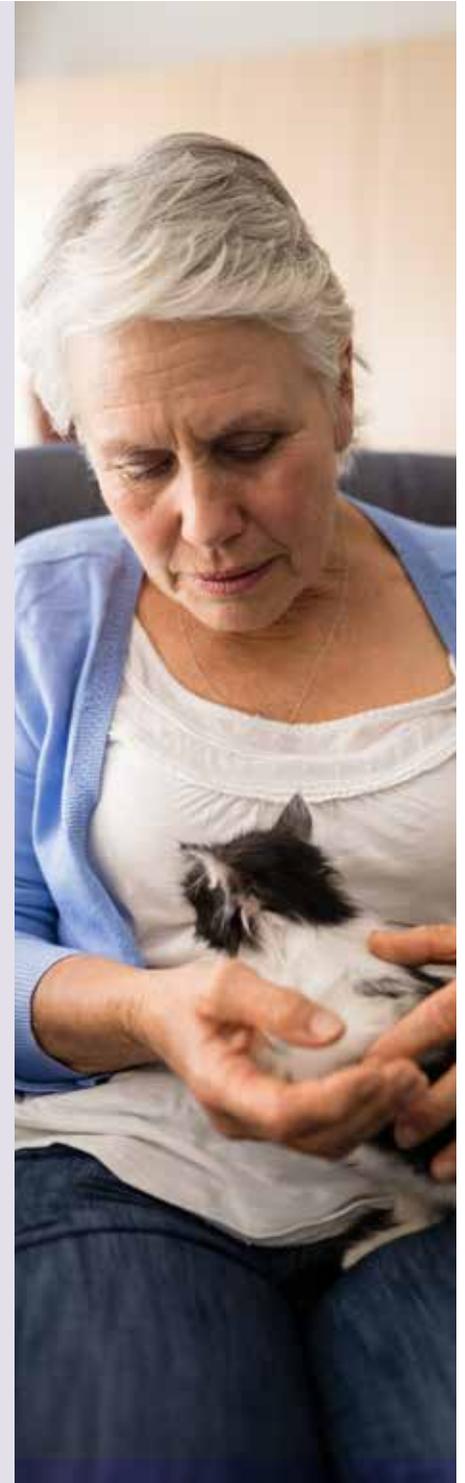
consequences of the human-animal bond and promote valuable experiences between people and animals.

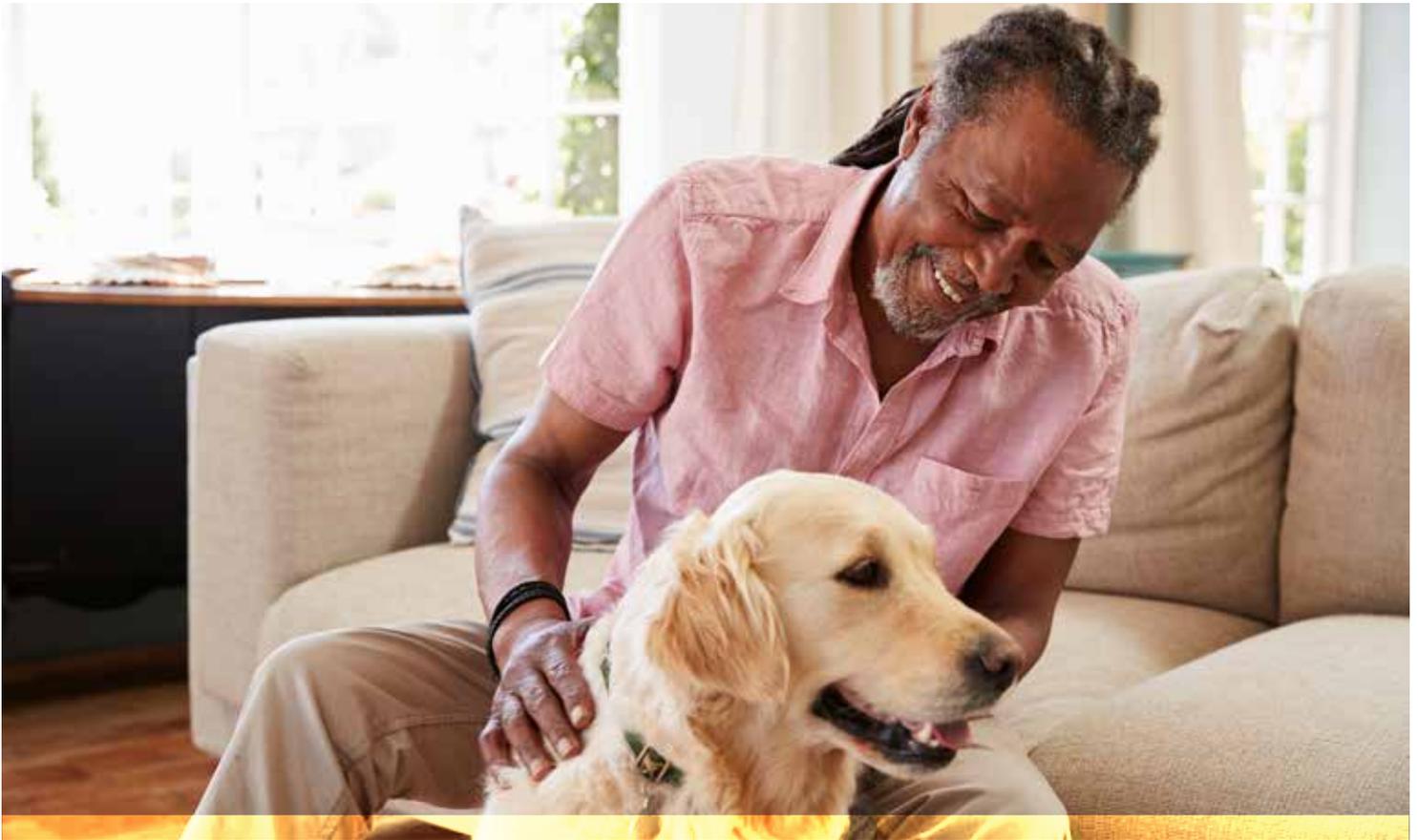
Animals are also partners in promoting the health of people such as in Animal Assisted Activities, like bringing a dog to a nursing home to cheer up patients, or Animal Assisted Therapies, like a dog being brought in as a "therapy animal" to assist in a person's physical rehabilitation from stroke. Significant research effort goes into identifying ways that humans and animals benefit from our interactions and relationships. Studies have shown the following:

Studies have shown the following:

- Having pets helps lower blood pressure and reduce the risk of cardiovascular disease
- Pets and therapy animals help cancer patients, who report "improved perceived health and decreased depressions. Additionally, improved arterial oxygen saturation levels and positive influences on the psychosocial well-being of patients."
- Autism spectrum disorder individuals who interact with companion animals show "improved bonding and interactions with others, more appropriate trusting, less repetitive behaviors, reduced aggression, more empathy and improved learning."

S.H.A.R.E. brings animal-assisted therapy and visitation programs to a wide range of facilities and areas. S.H.A.R.E. organizes a network of volunteers who, with their pet,





will visit nursing homes, assisted-living residences, retirement centers, mental health centers, residences for children with special needs, rehabilitation facilities, hospital settings, elementary/middle schools, and other institutions. We offer our community the psychological and physical benefits of animal interactions.

The objectives of S.H.A.R.E. are:

- To illustrate the benefits of human-animal interactions through development, implementation and maintenance of the community programs.
- To assist and encourage the development of animal visitation and animal-assisted therapy programs.
- To develop and distribute informational and educational materials regarding the various aspects of the human-animal bond.
- To encourage an interdisciplinary approach by health and social care professional to human-animal interactions and resulting benefits.
- To serve as a public forum through seminars and workshops that would identify community needs and resources and lead to development of special animal assisted-programs.
- To encourage the scientific investigation of circumstances,

applications and consequences of the human-animal bond.

•

We also offer resources such as trained volunteers, medically and behaviorally screened animals, and guidance regarding pet visitation, program development, and evaluation.

We strongly believe in the efforts of S.H.A.R.E. and we have begun promoting these efforts starting on our campus with pet visitation being made available to our Southern University students on a weekly basis.

For more information please contact Dr. Renita Marshall at (225)771-0252 or [renita\\_marshall@suagcenter.com](mailto:renita_marshall@suagcenter.com)



2019 SENIOR PROM/////

# A NIGHT

On Friday, June 7, the seniors of East Baton Rouge Parish traveled to Paris for an evening! Over one-thousand seniors attended from all areas of the Parish. The festivities included a live performance from Sweet Southern Heat, delicious catered meal and souvenirs!

# IN IPA



# 2019 SENIOR KINGS & QUEENS ////////////////

# RIIS

## SENIOR CENTER

Antioch  
 Baker  
 Ben Burge  
 Catholic Presbyterian  
 Central  
 Chaneyville  
 Charles R. Kelly  
 Dumas House  
 Flanacher  
 Florida Blvd  
 Greater King David  
 Homewood  
 Jewel J. Newman  
 Leo S. Butler  
 Pearl George  
 Perkins Road  
 Sharlo Terrace  
 Zachary

## KING

William White  
 Roosevelt Bryant  
 Harold Beauchamp  
 Albert Torrenno  
 Tommy Lynch  
 Nathaniel Spears  
 Sherman Jones  
 -----  
 Leroy Scott  
 Sam Milligan  
 Joseph Wilkerson  
 Hughes Lundy  
 Rev. Charlie Fisher  
 Ronald Bazile  
 Elijah Carey  
 Ben Chui  
 Ike Wallace  
 Bondnett Thomas

## QUEEN

Carol Miller  
 Katie Bryant  
 Catherine Morrison  
 Shirley Morrison  
 Margie Addison  
 Ruby Drummond  
 Cheryl Jones  
 Jacqueline Grinner  
 Albertha Clark  
 Glendora Buffington  
 Dora Wilkerson  
 Barbara Molix  
 Lillie Fisher  
 Earlene Early  
 Josephine Jackson  
 Cherry Mitchell  
 Betty Thomas  
 Marie Wallace





2019 SENIOR CRAWFISH BOIL  
**1600 SENIORS**





# 2019 CRAWFISH BOIL



# SENIOR TESTIMONIALS

“Our lives have been so enriched by having this terrific place and terrific people available to us. Thank you for the fun and friendships.”

- **Emma and George L., Florida Blvd. Senior Center**

“I attend the Florida Blvd. Center five days a week. I really enjoy this place. The staff takes good care of the seniors and we feel good having a safe place to go. So, when you turn 60 the COA is the place to be.” - **Karen C., Florida Blvd. Senior Center**

“I like coming to the Florida Blvd. senior center just to get out of the house; before I was home alone all day doing nothing. Now I have new friends. I go to different events, play games and eat a good hot meal daily! I am so happy I found the COA.” - **Ceola M., Florida Blvd. Senior Center**

“I enjoy coming to the Charles R Kelly senior center the staff is always friendly and kind. I enjoy line dancing, beading, and computer classes. Without this center, I would be home alone all day please keep the senior going.”

- **Elouise J., Charles R. Kelly Senior Center**

“The exercise classes at the Charles R Kelly center are the best! The instructor is outstanding! He is very patient with us. I’ve learned about nutrition and the role it plays in maintaining good health.”

- **Martha W., Charles R. Kelly Senior Center**

“The COA is an excellent organization with a hardworking and dedicated staff. Keep up the good work.” - **Herb D., Perkins Road Senior Center**

“I am so thankful for everything that the Charles R Kelly COA does for us. I am always waiting to see what exciting events our site coordinator will tell us about next. I try to be the first one to sign up; Educational Classes, Crawfish Boil, Movie Day and now I am on the prowl for a Prom Dress for our upcoming senior prom.”

- **Marie J D., Charles R. Kelly Senior Center**

“The Antioch Center is a very warm and welcoming place for senior citizens. Our activities include devotion, exercise, games and arts and crafts. We have a wonderful and caring staff who create an atmosphere that makes everyone feel welcome.”

- **Doris H., Antioch Senior Center**

“My life has really changed since coming to the Antioch COA center. I enjoy the people and all the activities. We are truly blessed to have our site coordinators. I am always excited to be a part of our group.”

- **Mona P., Antioch Senior Center**

“Thanks for keeping us safe during the recent emergency. We were well taken care of. I really appreciate all your efforts to keep us safe.”

- **Armando Quintanilla, EBRCOA Senior**

“I have been coming to the Foster Road center for 20 years it has given me a place to go and be around friends and have a hot meal every day. I enjoy our trips and special events. Most of all, I enjoy having coffee with others while playing bingo and Wii bowling.”

- **Helen C., Foster Road Senior Center**

# Seniors detail their EBRCOA experience

"It is a joy for me to come the Chaneyville senior center. I just enjoy being around other seniors. We appreciate all of the hard work that you all do. If it wasn't for the COA I don't know what I would do. Thanks again."

- **Joyce S. D., Chaneyville Senior Center**

"My experience coming to the Chaneyville center has been awesome. This gives me an opportunity to interact with other seniors. The activities motivate, educate and relax the mind. One thing that is very exciting to me; being able to get out of the house."

- **Ruby S. W., Chaneyville Senior Center**

"After retirement, I joined the COA at the Baker Center and it has been one of the best steps in life that I have taken! I enjoy the activities that inspire others and me. Our site coordinator is a caring person and many times goes out of her way to make sure that we are treated with respect and honor. To the CEO down to the employees it is a pleasure and honor to say a few words from a good heart, thanks again for all that you do." - **Zebedee C. Jr., Baker Senior Center**

"Lovely experience. Everyone is very nice and friendly. Food is very good! Love the exercise classes and the site coordinators are wonderful."

- **Dottie J., Perkins Road Senior Center**

"Homewood senior center is like a second home with family. All of the activities are geared to making the seniors independent. Each day is a new adventure. The meals and the snacks are the best. I love the trips and all of the events."

- **Alzina D., Homewood Senior Center**

"I attend the Pearl George senior center. It has become a very important part of my life. It gives me peace and so much enjoyment."

- **Frances J., Pearl George Senior Center**

"I am 88 years old and I attend the Dumas House senior center. It has been a joyous outing for my 68-year-old son and me. I enjoy the acquaintances made and the kindness of others in my age group. There are games, food and lots of fun and to top it off; everything is free."

- **Retha E. N., Dumas House Senior Center**

"Sometimes you want to go where everybody knows your name, and they're always glad you came. We attend the Dumas House senior center. There is no judging and everyone is treated the same. When we walk in and see our "angels" (as we call them) smile and say good morning, and the smile we put on someone's face and they put on ours, changes the air in the room. Dumas House is the place to be."

- **Mona P., Dumas House Senior Center**

"I attend the Flanacher Rd. senior center. I enjoy the social activities such as line dancing, bingo, adult coloring, day trips and special events. Most of all, I enjoy meeting new seniors. COA is the place to have fun."

- **Constance S., Flanacher Road Senior Center**

"I feel so blessed that COA Perkins Rd. senior center has come to our neighborhood. I attend exercise 4 days a week. I have lunch every day and love the activities."

- **BJ., Perkins Road Senior Center**

# “THAT T-SHIRT SAYS IT ALL”

**BY DAVID STOKER | PERKINS ROAD SENIOR**

Did you get your T-shirt?”

My 93-year-old friend Herb smiled and said, “I did. I was just about to put it on when you walked up. Look around, Dave. This place is really jumping and jiving.”

The music was loud and some of the crowd was dancing in the street as if it was New Year’s Eve. Before the day would end, drawings would be held and many people in attendance would walk away with prizes of various value.

It was all happening at the East Baton Rouge Council on Aging’s Crawfish Boil held April 12 for the area’s senior citizens.

“How many people do you think are here today, Herb?”

“Well,” he said, “it was announced a few minutes ago before you arrived that 1,600 were here. What do you think?”

“I think that’s a lot of geezers. I hope they have plenty of crawfish to feed the folk.”

“That should not be a problem,” Herb said. “And if you don’t like crawfish, and a lot of people don’t like it, I have been told there is fried chicken available.”

“Fried chicken is more to my liking,” I said.

“There’s free ice cream, too,” he said.

“Wow, this growing old is not all that bad.”

Herb was finally slipping on his purple T-shirt. It looked fine on him.

On the front it read:

EBR

Council on Aging

Supporting Independence

Serving Seniors

Herb’s wife suddenly broke out in laughter.

“What are you so happy about?” Herb asked.

“I just noticed what it says on the back of the shirt, and it’s wonderful.”

“What’s does it say?”

“Forever Young.”

— Stoker lives in Baton Rouge



[https://www.theadvocate.com/baton\\_rouge/entertainment\\_life/article\\_8fa38194-62aa-11e9-91ca-ef22ed81f73d.html](https://www.theadvocate.com/baton_rouge/entertainment_life/article_8fa38194-62aa-11e9-91ca-ef22ed81f73d.html)

# BINGO

WITH THE

# BADGE

FRIDAY  
AUGUST 16<sup>TH</sup>  
TIME: 10AM-1PM

**RAISING CANE'S RIVER CENTER**  
275 S River Rd, Baton Rouge, LA 70802

Free resources available regarding mental health, physical fitness, and independent living

**RSVP by Friday, August 9**



# 46TH ANNUAL MEETING

May 2019 marked the 46th anniversary of the founding of the East Baton Rouge Council on Aging. The 46th Annual Meeting highlighted the agency's growth, employee accomplishments and the amazing seniors that we serve.



CEO, Tasha Clark-Amar and Atty. Jennifer Moisant, Board Chairwoman prepare as they present the employee recognition awards during the 46th Annual Meeting.

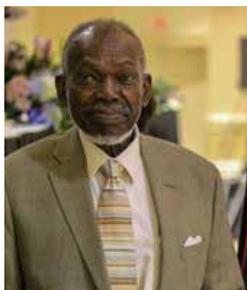


Myrtle Williams, Senior Advisory Board Member, receives the Advisory Member Award at the 46th Annual Meeting.



Perkins Road Senior Center Coordinator, Unchella Wicker poses with Advisory Board Member, Jeanette Nance, as she receives her award during the 46th Annual Meeting.

## Senior Advisory Board Members



**SAMUEL MITCHELL**  
CHAIRMAN



**CHERYL MITCHELL**



**LILLIAN YOUNG**



**MYRTLE WILLIAMS**



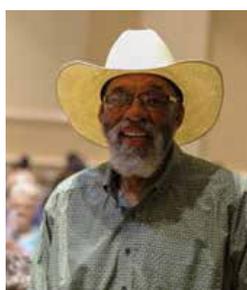
**JEANETTE NANCE**



**SHARON O'CONNOR**



**RICHARD STEMLEY**



**BARNEY HIGGINS**



**FERMA LEBOUF**



**ERIC GREEN**



## Congratulations to our newly elected **EXECUTIVE BOARD OFFICERS**



**Mrs. Jerri Booker**  
Board Chairwoman



**Rep. C. Denise Marcelle**  
Board Vice-Chair



**Atty. Jennifer Moisant**  
Board Treasurer



**Mr. Jamie Robinson**  
Board Secretary

# Brunch & Learn

## Medicare Informational

On Wednesday, February 7th, The EBRCOA partnered with the Louisiana Health Insurance Information Program (LA-SHIIP) and the Social Security Administration to host a free Medicare Brunch and Learn for all seniors in East Baton Rouge Parish.

The event included a panel of Medicare experts presenting valuable information on a variety of topics such as how and when to sign up for Medicare, understanding the new Medicare Card and the Medicare Advantage Plans. The EBRCOA also provided 10 staff members (including our CEO) who are Certified Medicare Counselors to assist with any questions. The employees listed below were certified following the completion of an intensive training course.

- Tasha Clark-Amar - CEO
- Shontell Lebeouf - COO
- Eva Pratt - CFO
- Trudy Bihm-Howard - Executive Assistant/  
Special Projects
- Shan Barrow-Director of Information and  
Assistance
- Jonathan McGee - Director of Social  
Workers
- Jasmine Carter - Director of Home Based  
Community Services
- Delores Dotson - Social Worker
- Dorphelia Patterson - Care Manager II
- Jay Williams - Advocacy & Compliance







### **Alice Toombs, Coordinator, Pearl George Senior Center**

"When seniors first begin coming to the senior centers, they come not knowing what to expect. I begin to watch them blossom as they come and interact with other seniors. So many families have told me how they can see a difference in their senior once they start coming to a senior center because they are connecting with people their age and not just sitting at home every day. This would have to be my favorite part of the job, seeing the seniors benefit by coming to senior centers."



### **Josephine Jackson, Pearl George Senior Center**

"I received a degree in Accounting and Computer Science and worked in IT with mainframe computers for 30 years before I retired. I worked with different mainframe computers like AS/400, Microsoft Jet Database Engine, and I worked with different servers and networks. In this field, it was mostly black men, but I was proud to be a black woman representing the field of IT! Any new system they had coming up, I was willing to learn it!"



### **Genell Johnson, Foster Road Senior Center**

"I first played Mini Pearl about 15 years ago with the joy club at church. I was asked to perform as Mini Pearl at the EBRCOA hoedown a few years ago in front of a huge crowd and it was extremely fun! There was so much laughter! That was my first time performing for a big group, and to hear so much laughter made me feel good inside."

# Seniors



**Kenneth Weams, Dumas House Senior Center**

“My favorite thing to do here is play bingo. I have already won three times today! Sometimes, we play for ten cents and that will just make my whole day because it feels like you are playing for something.”

After the flood of 2016, bed bugs started to get in our home. Once my wife and I told the COA about the problem we were having, Mrs. Tasha got us out of there. She put us in a hotel and made sure we were able to have an apartment here at Dumas House. Tasha does not have favorites. She takes us all under her wings, and because of that, I am so thankful for the COA.”



**Vivian Bonvillain, Dumas House Senior Center**

“Since I have been here, I have learned so much from the seniors, and they are so helpful too! I love talking with them and making them laugh by telling corny jokes. It honestly feels like I have known them for years.”

---

*of* COA  
SPOTLIGHT



**2019 THANKSGIVING**

*Dinner  
and  
Dance*

JOIN US FOR A  
DAY OF THANKSGIVING

**MORE DETAILS COMING SOON**

# BEAT *the* HEAT

## The 2019 Beat the Heat Fan & A/C Drive

Summer 2019 will be sweltering with record high temperatures! Seniors are highly susceptible to heat induced emergencies such as heat exhaustion, heat stress and heatstroke. The EBRCOA is committed to safeguarding our seniors against these potential heat emergencies.

In May, the EBRCOA began distributing fans and air conditioning units to qualified seniors throughout the Parish. Thus far, nearly one-thousand fans and/or air conditioning units have been distributed. The program will continue throughout the summer, while supplies last.





Barbara Pivolt of Pearl George Senior Center smiles as she exits the Lotus Rides mini-bus driven by Ebony Selders.



# LOTUS RIDES

## SENIOR TRANSPORTATION **DONE RIGHT!**



The EBRCOA executive leadership team, joined by Mayor-President Sharon Weston-Broome and several other elected officials during the Lotus Rides "Inaugural Ride" on Monday, July 17 at the Capital City Event Center.



The Lotus Rides Transportation Program launched on Monday, June 17 with inaugural rides to five of the EBRCOA senior centers. Lotus Rides was created to address East Baton Rouge Parish's need for reliable transportation for our seniors. The transportation program consist of five (5) - 12 passenger, wheelchair accessible mini buses.



"The goal of the program is to eventually offer transportation to all seniors to allow greater accessibility to EBRCOA senior centers, doctor appointments, grocery stores and various planned senior activities throughout the parish," said Jonathan Stagg, Director of Transportation & Fleet for EBRCOA.



To learn more, please call the Lotus Ride Line at (225) 361-0299 or email [transport@ebrcoa.org](mailto:transport@ebrcoa.org).







**“The goal of the program is to eventually offer transportation to all seniors to allow greater greater accessibility to EBRCOA senior centers, doctor appointments, grocery stores and various planned senior activities throughout the parish.”**

**- Jonathan Stagg, Director of Transportation & Fleet for EBRCOA.**

# Seniors Speak:

## Letters of Appreciation

▲ Dear COA,

I would like to thank you for assigning **Ms. Eureka Harrison** to provide in house care services to me. Her **encouragement** and **support** over the last few months has made a difference in my day-to-day life and overall health. I look forward to her weekly visits. During that time, she assist with light housekeeping duties that include making up my bed, sweeping, mopping and any other duties I may need help with. I enjoy our friendly conversations as well. She is an exceptional care assistant who has my best interest in mind. Thanks for being hospitable and taking your job serious and providing assistance with my housekeeping duties. Your support brightens my day and for that, I am **thankful**. I really appreciate the Council on Aging providing these services.

Warm regards,  
Eugene Williams

▲ The EBRCOA provides wonderful programs and activities to seniors in the community. My husband is disabled and bed bound. He is on the programs. The staff and the caregivers provide support to the family and helps them care for their loved ones.

Best,  
Anita Leman

▲ Dear COA,

Jocelyn is a good respite worker for my husband. She gives **excellent care** for him!

Thank you!  
Mrs. Christine Raye

▲ To Whom it May Concern:

My name is Josephine Douglas. I've been in surgery most of my life. I'm feeling much better now. I usually love my cooking and cleaning. I wondered what I would do after surgery. Then I met **Eureka Harrison**. She is **everything I need**. I appreciate her housekeeping and enjoy her company. The chats and laughter we have is a gift! I love her thoughtfulness. I look forward to her presence. Eureka is **God sent!** God bless all of you! I've found a **new friend**.

Thanks a million!  
Josephine Douglas

▲ Thanks to the COA for all that you do to **make a difference** in the lives of senior citizens in our community. The agency provides services to improve the senior citizen well-being. I did not know the many services available to seniors. Some of the services I am receiving are Meals on Wheels and Respite Care provided by Ms. Yolanda Barlow. Ms. Yolanda allows my family a few hours to do errands.

May God continue to bless each of you.  
Mrs. Willie B. Georgetown





# THANK YOU.

The impact we make on the lives of seniors would not be possible without the citizens of East Baton Rouge Parish, the EBRCOA Board of Directors, the EBRCOA Senior Advisory Board, EBRCOA Staff and all our supporters.





Supporting Independence ~ Serving Seniors

## SENIOR ACTIVITY CENTERS | CONGREGATE MEAL SITES

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

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

BREC Ben Burge Senior Center  
9350 Antigua Drive  
Baton Rouge, LA 70810  
225-454-2815

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

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

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

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

Flanacher Senior Center  
864 Flanacher Road  
Zachary, LA 70791  
225-454-0955

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

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

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

Highland Road Senior Center  
14024 North. Amis Drive  
Baton Rouge, LA 70810  
225-454-4773

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

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

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

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

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

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

\*Bishop Ott/Calais House  
7565 Bishop Ott Drive  
Baton Rouge, LA 70806  
225-223-6559

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

\*Sharlo Terrace I & II  
4915 Alvin Dark Ave.  
Baton Rouge, LA 70820  
Phone: 225-346-0215

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

\* = Feeding Site

 **ebrcoa**

 **ebrcoa73**

 **ebrcoa73**

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



Lotus Ride Line | 225-361-0299 | [transport@ebrcoa.org](mailto:transport@ebrcoa.org)