

EAST BATON ROUGE COUNCIL ON AGING | JANUARY 2020 | LOTUS EDITION

POLISHED

Life. Grace. Victory.



EBR
Council on Aging

Age with grace, dignity and joy.

Taste of Baton Rouge | Senior Lifestyle Expo |
Thanksgiving Dinner & Dance | Senior Center Highlights
and more.

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ABOUT POLISHED

QUARTERLY PUBLICATION

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A MESSAGE FROM OUR CEO



2019 proved to be an exciting year full of growth and opportunity. As this issue of the Polished reflects, the East Baton Rouge Council on Aging is committed to taking the service that we offer to an entirely new level. 2020 marks the beginning of a completely new decade. Within this new decade, our agency will address the needs of the seniors of this parish by implementing new programs. Through research and strategic planning, the East Baton Rouge Council on Aging will accept the charge of answering the call

of service by the seniors to provide many services that they have expressed are currently needed. So many amazing events happened in 2019, but there is so much more to come in 2020! In this new year, let us not lose sight of why we do what we do every day. I want to start this year off with a reminder of the heart of the East Baton Rouge Council on Aging.

Everything that the East Baton Rouge Council on Aging does requires thorough planning and is done with a tremendous amount of purpose, creativity, and receptiveness, beginning with the agency logo. Let's take a moment to breakdown the importance of our agency's logo and why it is so much more than artwork. The center of EBRCOA's logo is a brightly colored lotus flower. The choice of the lotus flower was deliberate and fitting. The lotus holds enormous symbolic weight in numerous cultures and considered one of the most sacred flowers today.

A lotus flower is a symbol of LIFE, GRACE, AND VICTORY because it has a life cycle, unlike any other. With its roots based in mud, it submerges itself every night into the murky water, and, despite its dark environment, it miraculously reblooms the very next day! This flower is an incredible illustration of the cycle of life, death, and rebirth!

The lotus stuns onlookers with its ability to survive and rise day after day. The lotus flower blooms most beautifully from the deepest and thickest mud. Similarly, the East Baton Rouge Council on Aging continues to grow, rise and reenergize itself unscathed and stronger than before! Our mission and our commitment to the seniors of this parish is hand stitched into the very fabric that makes the East Baton Rouge Council on Aging who we are!

With the natural desire to achieve daily victory, it is almost impossible not to associate the lotus and the Council on Aging with resilience and unwavering faith! Living life with grace and unwavering faith, as the lotus does, ensures the most beautiful revitalizations. This is the true heart of the agency.

With this core value, we are committed to rising and birthing numerous projects to fruition in the upcoming months such as:

The Lotus Center – The Downtown Senior Center

An innovative full-service adult activity center for the senior community inclusive of the Lotus Pantry, cafeteria styled dining hall, computer lab and so much more.

Brand New Central Senior Center – Merging Central and Foster Road Senior Centers

A spacious centrally located activity center to serve as a catalyst of bring multiple communities together to create a new super senior center and foster new friendships.

Intergenerational Center – Home of the “Ageless” Program

Ageless is an intergenerational mentoring program that puts together seniors and at-risk youth to: improve academic performance, teach social graces, financial literacy, reduce or prevent the use of alcohol, tobacco and substance abuse in young adults and provide community service opportunities for youth to engage with senior adults.

The completion of these projects will allow the EBRCOA to serve even more seniors and provide a superb work environment for our amazing staff.

Just as the lotus flower, I know that we will continue to rise and be reborn as a leader and visionary in the field of Gerontology and the aging community. I know that our ongoing efforts to improve current program offerings and to add more needed services is a never ending quest, but the first fruits of our labor are coming to harvest.

Thank you for your untiring help throughout 2019. It is with the help of each one of you that we will continue to make steady and encouraging progress. I have no doubts that if we continue to work as a team, committed to exceeding our community's expectations, we will move closer and closer to enhancing the golden years of every resident of East Baton Rouge Parish!

What We Do Matters!

Sincerely,

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

Tasha Clark-Amar
Chief Executive Officer



Happy Holidays



EBR

Council on Aging

Supporting Independence ~ Serving Seniors

To ensure every senior would have a cooked meal during the holidays, we distributed 24,000(+) meals between December 16th – 20th.

24,000+
HOLIDAY MEALS





November 5th - 26th
Medicare & MIPPA Event
Informative Sessions
about Medicare & MIPPA Benefits



October 17th
Breakfast & Fitness
Perkins Road Senior Center



December 10th
Grinch Day
Perkins Road Senior Center



November 1st
Gold & Blue Day
Charles R. Kelly Senior Center



SENIOR CENTER Highlights



October 18th
LSU Tailgate Party
Central Senior Center

October 24th
Breast Cancer Awareness Program
Chaneyville Senior Center

Aging in Place Gracefully

Amanda Scott | EBRCOA Marketing Coordinator



Senior citizens play a huge role in their family life and the community around them. According to AgingCare.com, there are about 42 million seniors living in America today, which takes up about 13 percent of the population. With that being said, many aged individuals desire to age and stay in the comfort of their own homes. The rationale behind this decision is quite easy to understand because seniors become familiar with their surroundings, fear isolation and loneliness, and the hardships that can come about. Aging in place brings seniors a sense of control however there are many actions that need to take place before making the decision to age in your homes.

▶ **Maintain social connections.** A decrease in personal contact and connections can lead to many health issues. Aged individuals who are more active, both physically and socially, tend to live longer and have a happier life. Do research on your community and variety of networks available to help establish social connections. It's important to have people you can trust in making sure your quality of life remains the same.

▶ **Prepare your home.** As we age, the environment around us changes as well. A comprehensive plan and budget should be set in place to make proper modifications in transitioning into independent living. There are a wide range of services available to the aging community that can assist with household chores, personal and medical assistance, and transportation to take some of the weight of these responsibilities off of your shoulders.

▶ **Comfort and familiarity.** Sources from GreatCall.com says that 80% of Americans age 50 and older say they want to remain in their own homes while aging. Choosing to age in place in the comfort of your home allows you share those special moments with family and friends.



▶ **Peace of mind.** Our home is the place where we are most comfortable and where we spend most of our time. We look at our home as our “comfort zone” and many times we don’t think of the worse case scenario. Installing up to date technology such as smart lights, security systems, and thermostats can help aged individuals retain their comfort and independence.

In aging, there is no right or wrong way to age gracefully; however, there are preparations that can be made to ensure your home and support system are dependable and accessible to you during the process. Handling financial planning years in advance can help make independent living as a senior safe and comfortable. Without a clear plan in mind, there is no true guarantee that you will have full control over how and where you age.



Sources: <https://www.agingcare.com/articles/is-aging-in-place-always-the-best-option-for-seniors-185858.htm> , <https://www.forbes.com/sites/bobcarlson/2018/07/29/secrets-to-successfully-aging-in-place/#3df4c255152c>

Perkins Road Senior Center



Since the opening of our Perkins Road Senior Center in 2018, the senior attendance has grown tremendously. The seniors hosted an “All White Affair” to commemorate an amazing year! This is the first of many and we look forward to continued growth for many years to come!



Seniors at the Perkins Road Senior Center had a wonderful time celebrating a year of fellowship.



EBR
Council on Aging

LIVING LIFE LIKE
it's Golden







On Friday, October 11th, the EBRCOA took over the Raising Cane’s River Center to host our Second Annual Senior Lifestyle Expo. The day was filled with a variety of activities including vendor booths, health screenings, educational panels, and food giveaways to combat senior hunger.



The EBRCOA gave seniors the opportunity to win prizes throughout the day such as gift baskets, a cruise, living room set, televisions, a fully loaded 2020 Hyundai Elantra and so much more while playing our “Name That Price” game. Thank you to the sponsors and vendors that made this event a success!



2019 SENIOR EXPO SPONSORS







**2020
Hyundai
Elantra**

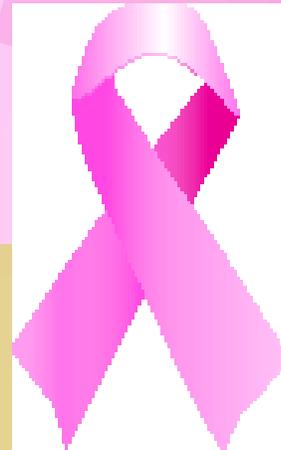


**We look forward to
seeing you next year at the
2020 Senior Lifestyle Expo!**



BREAST CANCER AWARENESS

Let's fight and defeat breast cancer together!



Bonnie Forte of the Perkins Road Senior Center



To celebrate National Geaux Pink Day, EBRCOA staff and seniors hosted events to raise awareness in reducing the risk of breast cancer in both men and women.

Sources from NationalBreastCancer.org stated that “Men carry a higher mortality than women do, primarily because awareness among men is much less.” Stay up to date with your health and take care of your body, you only get one!

To those who are currently battling breast cancer; stay strong your story isn't over!



Monday – Mix & Match Day



Marketing, Senior Centers and Information & Assistance Department



Finance, In Home Care, Safety, Operations and Information & Assistance Department



Operations Department



Antioch Senior Center



Operations, Transportation, Finance and Human Resource Department

Tuesday – Twin Day



Lion King “No Worries”



Twin Pumpkins



Cat in the Hat Thing 1-5



Three Blind Mice



“Nobody Asked You” Twins



Black Jacket Twins

► Wednesday – Fitness Day



Safety Coordinator & Chaneyville Site Coordinator



Information & Assistance Department



Finance & Operations Department



Executive Office



Information & Assistance Department



Transportation & In-Home Care Department

► Thursday – Halloween



Zachary Senior Center



Baker Senior Center



Information & Assistance Department



Senior Centers Department & Executive Office



Finance Department



Operations & Senior Centers Department



Information & Assistance Department

► Friday – Pajama Day



Operations Department, Human Resource Department and Executive Officer



Transportation, Safety & In-Home Care Department



Information & Assistance Department



Florida Blvd. Senior Center

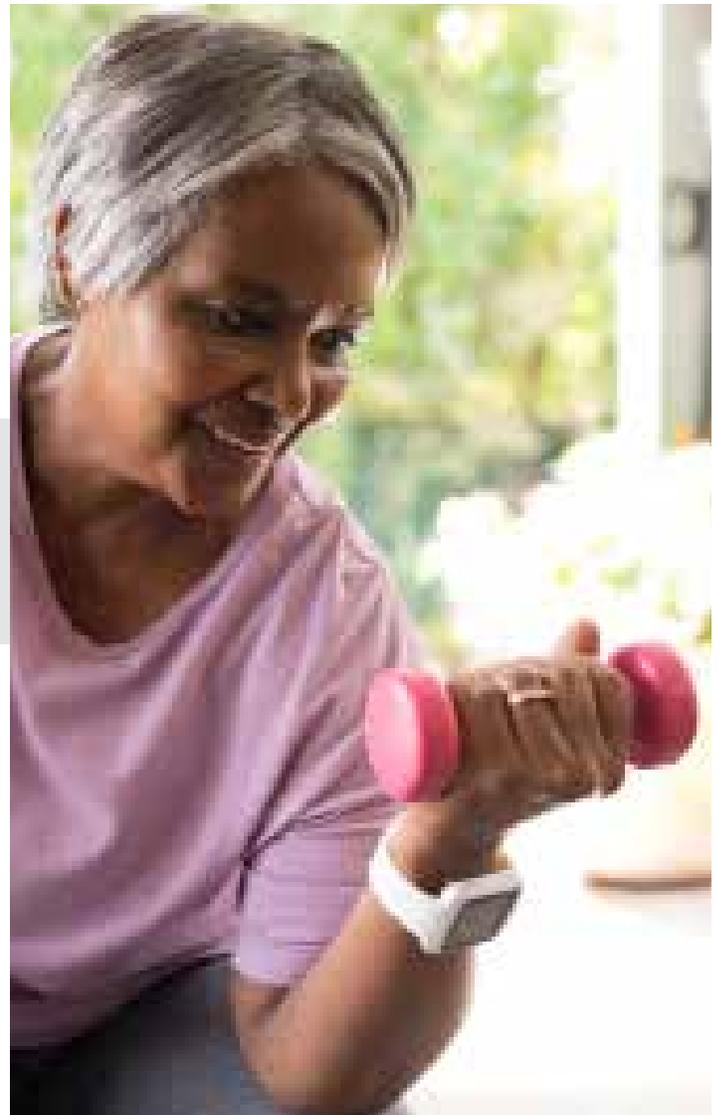
Importance of Exercise For Seniors

Amanda Scott | EBRCOA Marketing Coordinator

As we age, our independence and mobility may decrease because of the lack of physical activity. Seniors who exercise regularly tend to be at a lower risk for chronic diseases, diabetes and obesity. A common misconception among the aging community is that they feel they're too old or too frail to exercise, which is not true at all. Any person can benefit from having routine physical activity regardless of age and it's as simple as adding small routines throughout your day. Here are several ways aging adults can make physical activity more enjoyable:

- Watch a movie while using a treadmill
- Join fitness classes
- Window shop while walking in the mall
- Talk to a friend while stretching

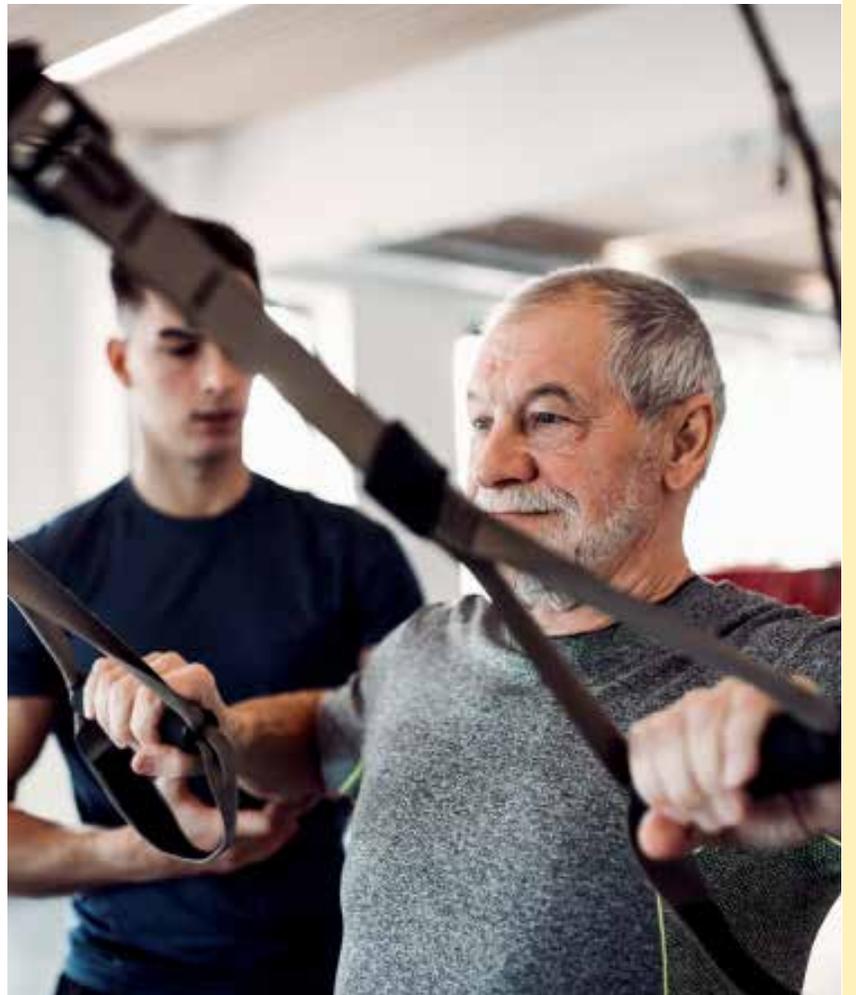
A trend among aging adults is poor sleep patterns. Having a regular exercise routine benefits older adults in falling asleep faster and feeling more rested throughout the day. Lack of physical activity causes the body to work in overtime while performing functions such as breathing or pumping blood through your body, which in return can affect your energy. Staying consistent is more important than the intensity of your activity and is a key factor in helping seniors maintain independence in their lives.





Our metabolism slows down as we age making it more difficult to maintain a healthy weight. An easy way to smoothly incorporate fitness into your everyday routine is to make it fun and easily accessible to you. Starting an exercise routine as we age can be very challenging, but it's never too late to start. Our health plays a role in how we enjoy the later years of our lives.

Before embarking on this new journey of fitness, it's important to consult with your doctor to ensure that your routine is specifically geared towards your needs. In order to enhance or maintain your quality of life, it is important to maintain an active lifestyle. Being more active not only benefits you physically, but it will boost your energy, improve your confidence, and limit pain and illnesses.



Sources: <https://www.asccare.com/importance-exercise-seniors/> | <https://www.aging.com/exercising-for-life/>



EBRCOA Lotus Rides Transportation Department provided seniors transportation to the polls for early voting. Transportation is an essential component of The Older Americans Act that allows for the Council on Aging nationally to provide transportation services to seniors for a variety of purposes, including rides to the polls so that seniors have an opportunity to vote. The seniors were excited to cast their votes and grateful for the assistance provided by Lotus Rides.





Lotus Rides To the Polls

SENIOR TESTIMONIALS

- “Although I have only been coming to the Perkins Road Senior Center for about 2 months – I truly love coming. 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 these services and remembering that seniors are still important and have things to share!”
Geraldine Johnson, Perkins Road Senior Center
- “After retirement, I joined the Council on Aging Baker Senior Center, and it was one of the best steps in life that I have taken. After fifty-one years of working, I didn’t want to sit and do nothing because you can rapidly fade away if you don’t stay active. To the CEO down to the staff it’s a pleasure and honor to be here and thank you for all that you do.”
Zebedee Cockerham, Jr., Baker Senior Center
- “I truly enjoy coming to the Charles R. Kelly Senior Center, the staff are always friendly and kind. We have activities that I enjoy as well such as Bingo, Computer Class and Beading. Please keep the center going forever, it is an awesome place to be.”
**Anonymous Senior,
Charles R. Kelly Senior Center**
- “Mrs. Geraldine Williams welcomed me with open arms, and I felt not only welcomed but wanted as well. Sometimes you don’t know what you are missing until someone gives you a warm and kind smile. Thank you for enjoyment Dumas House.”
Dolores Butler, Dumas House Senior Center



HONORING OUR *Veterans*

CENTRAL SENIOR CENTER



PERKINS ROAD SENIOR CENTER



To our Veterans, we appreciate the sacrifices that were made and continue to be made to protect and serve our country. We observe November 11th as Veterans Day around the world to honor all men and women that served our country. You are celebrated every day!

– Thank you

PEARL GEORGE SENIOR CENTER



DUMAS HOUSE SENIOR CENTER



BAKER SENIOR CENTER



CHANEYVILLE SENIOR CENTER



**THANK YOU FOR
YOUR COURAGE,
DEVOTION
AND FOR
PROTECTING
OUR FREEDOM!**



The Saga Ends.

Moving Forward with a Fresh Start

In 2016, the East Baton Rouge Council on Aging set out to drastically improve the services that we provide to the seniors of our parish by acquiring a dedicated tax. In efforts to do so, the EBRCOA was vehemently besieged by various outlets and misrepresented as conducting unethical practices. After three years of relentless public scrutiny, the East Baton Rouge District Attorney's office released a review of the Louisiana Legislative Auditors Report on the EBRCOA.

The report of the District Attorney speaks for itself. In sum, the State Board of Ethics and Legislative Auditor lacked sufficient evidence to prove beyond a reasonable doubt that the Council on Aging or its officers committed any potential crimes referred to in the Auditor's report.

The EBRCOA is filled with joy and excitement to finally close this gloomy chapter of our past and hope that the focus will ultimately be shifted to highlight the outstanding services that we provide to the seniors daily. The EBRCOA has positioned itself to be the leader and visionary in the field of Gerontology and Aging for the entire population of East Baton Rouge Parish.

"We have broached the final chapter of this saga, and as a board and agency, we have positioned ourselves to move forward in serving the seniors of this parish with transparency, integrity, and fiscal responsibility."

- Jerri Booker, EBRCOA Board Chairwoman.

HAVE YOU CHECKED OUT OUR NEW Website?



@EBRCOA



@ebrcoa73



@ebrcoa73



East Baton Rouge Council On Aging



EBRCOA1973

VISIT US ONLINE: EBRCOA.ORG

Southern Holiday RECIPES

From Our EBRCOA Seniors

Coconut Pie

BY GERALDINE ANDERSON



INGREDIENTS:

2 cups of sugar
4 eggs, separated
2 teaspoons of flour
1 teaspoon of vanilla
2 cans of milk
1 package of coconut flour
2 9-inch baked pie shells

DIRECTIONS:

Mix sugar and separated eggs together then add flour, milk, vanilla and coconut. Beat all ingredients together until stiff and pour into pie shells. Place into oven and bake at 350 degrees for 60 minutes.

Combread Dressing

BY FRANCES JOHNSON



INGREDIENTS:

4 boxes of Jiffy cornbread mix
2 sticks of margarine
1 can of cream of chicken soup
1 large seasoning mix of your choice
2 small dressing mix preferably Savoies's
1 cup of Chicken Broth
1 Large aluminum pan

DIRECTIONS:

Sauté margarine and seasoning together. Then add dressing mix, cream of chicken soup and chicken broth. After cornbread is baked, crumble in a bowl and add mixture to cornbread; mix well.

Spray pan and pour mixture into pan. Bake at 350 degrees until light brown. Be sure to watch carefully, you do not want to overbake your dressing.

Seven Up Cake

BY DAFINEY SELF



INGREDIENTS:

1 ½ cups of butter
3 cups of sugar
5 eggs
1 teaspoon of lemon extract
¾ cup of 7-Up soda

DIRECTIONS:

Pour sugar and butter into a bowl and beat until light and fluffy. Add eggs one at a time, beat well, and add flour. Pour in lemon extract and 7 Up soda. Pour batter into well-greased pan and bake at 325 degrees for 1 ½ hours.

Eggplant Casserole

BY KAREN NAQUIN



INGREDIENTS:

- 3 peeled eggplants
- 1 pound of boiled shrimp
- 1 pound of lump crabmeat
- 1 stick of butter
- 1 cup of chopped mushrooms
- ¼ cup of chopped bell peppers
- ¼ cup of chopped onion
- ¼ of chopped celery
- 2 cloves of chopped garlic
- 1 tablespoon of parsley
- 1 cup of Italian bread crumbs
- Optional: Cream of shrimp and Cream of mushroom soup

DIRECTIONS:

Boil peeled and chopped eggplant in salt water until tender; drain and mash.

Saute onions, garlic, celery, green pepper and parsley in butter. Mix eggplant, seafood, seasoning and mushrooms with cream of shrimp and mushroom soup. Add seasoning to desired taste. Place in well-greased casserole dish and top with bread crumbs. Bake at 350 degrees for 30-35 minutes.

together until stiff and pour into pie shells. Place into oven and bake at 350 degrees for 60 minutes.

GUS YOUNG CHRISTMAS MAS PARADE



On Saturday, December 14th our great leader, Tasha Clark-Amar, was chosen to be the Grand Marshall for the 2019 Gus Young Christmas Parade! The EBRCOA family came out to show support and celebrate the holiday.

What are you thankful for?



Maude Davis | Charles R. Kelly Senior Center | Site Coordinator

"I'm thankful for God waking me up every thing morning to serve my purpose here with the seniors at Charles R. Kelly Senior Center. I've come across many different individuals and being a senior myself it allows me to mingle and build new friendships. I'm thankful for the Council on Aging believing in me and granting me the opportunity to change lives while serving the seniors of our community."



Tasha Clark-Amar | Executive Office | Chief Executive Officer

"I am grateful for my life that is lived to serve others, especially our seniors. My life is filled with joy and happiness on a daily basis because I spend every day working to improve the lives of the seniors of this Parish. I'm grateful for family, friends, love, health, acceptance, dreams and the passion that consumes me. Thanksgiving is more than just a holiday, it's my eye opener to all that's good in my life. I'm grateful for my dreams for the seniors as they inspire me to do things that I never would've been able to do without them. Lastly, I'm thankful for imagination, inspiration, God's peace which surpasses all understanding and I'm thankful for all of you!"



Jennie Booker | Executive Board Chairwoman

"This Thanksgiving season is a wonderful reminder to reflect and count our blessings. No matter how good or bad one thinks life may be, when I wake up each morning I am thankful for life, my family, true friends and strength to endure whatever. Just remember to count your blessings and see what God can do."



David Goldsmith | Highland Road Senior

"This year, I am most thankful for my family and my health. We are all safe and healthy as 2019 comes to an end. I am thankful for the freedom we enjoy in America and for the sacrifices made by those who made it possible. Lastly, I am thankful for the Council on Aging providing healthy activities such as exercising, good food, fellowship, and devotion. Ms. Barbara Turner does such a good job taking care of us."



Atty. Jennifer Mohant | Board Treasurer

"I am most thankful for my friends who have become my 'family'. Living away from my immediate family you need to have a support group. This year revealed who my Baton Rouge family really is and I couldn't ask for a better group of loving, caring people in my life. Thankful for FRAMEY!"

Thanksgiving DINNER & DANCE



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

“The holiday season is a time of Thanksgiving, and we certainly want to thank the seniors of East Baton Rouge Parish. To see the smiles on their faces as we serve them a Thanksgiving meal makes it all so worth it. Many of the seniors live alone and have no other family besides the Council on Aging. As a board member, elected official and individual of this parish, I’m honored to be here today Serving the seniors.” – State Representative C. Denise Marcelle, EBRCOA Board Vice Chairwoman



Rusty Yates Band Member

Our Annual Thanksgiving Dinner and Dance was held on Thursday, November 21st at the Raising Cane’s River Center. The event is designed to break barriers of social isolation that plague the senior population. We kicked off the event with live music from the Rusty Yates Band, a delicious Thanksgiving meal, and opportunities to win several door prizes.



EBRCOA Staff preparing for event

“The Council on Aging is grateful to be in a position to offer this event to the seniors of the community. The holiday season is often a difficult time of year for our seniors. We believe that no senior in East Baton Rouge Parish should be alone or go hungry during this holiday season. All seniors in the parish are invited to join us for a free meal created with love and delightful fellowship.” – Tasha Clark-Amar, EBRCOA CEO



Seniors showing off their moves during the 2019 Dinner & Dance event.



A COA Senior being served a hot meal by a Dinner & Dance volunteer.



Seniors enjoying the Dinner & Dance festivities



In Loving Memory

- Kind words from staff & seniors -

"Ms. Martene Moore was one of a kind, she was straight forward with her words, full of wisdom, funny, sassy and had the biggest smile. I worked with her daily for almost 2 years and she was an awesome site coordinator for the Florida Blvd. Senior Center. She had an energy about her that made you feel special and always encouraged me to keep doing my job for the EBRCOA seniors. I will miss her laugh, her smile, and her voice always saying "Jesus take the wheel!" Ms. Martene touched so many of us here at the Council on Aging and she will never be forgotten. In our hearts, you will forever remain."

"Thank you for all that you have done for us here at Florida Blvd. Senior Center. It was truly a joy to be with you every day and you will always be in my heart. I love you, and I will miss you forever. Rest in Heaven."

"Ms. Martene Moore joined the EBRCOA family about 2 years ago and I always knew there was something very special about her. She always gave a helping hand in time of need and willing to do anything to put a smile on everyone's face. We love you very much, and you will be missed dearly."

"Ms. Martene Moore was a phenomenal woman in all aspects. She was kind, very giving, and always knew how to make you feel good no matter the situation. We love you and we will miss that beautiful smile."



**We will miss the love, passion, and energy of
Ms. Martene Moore, Florida Blvd. Site Coordinator.**



EBR

Council on Aging

COMING JANUARY 2020

We are excited to announce the opening of the new Central Senior Center coming in January 2020. This new development will merge our Foster Road and Central Senior Centers under one roof! The expansion is needed to better accommodate our growing senior membership by providing ample space for all senior activities. The Senior Center will serve as a hub for the agency's programming and will offer Congregate (Hot) Meals, daily activities, education and fitness classes. Joining the two senior centers will create new friendships and build camaraderie amongst the seniors of East Baton Rouge Parish. We invite all seniors 60 years of age or older to join a senior center near you!

#HereWeGrowAgain





BUILDING RELATIONSHIPS AS WE AGE





Amanda Scott | EBRCOA Marketing Coordinator

Friendships in our later years can change for the good or for the bad as we narrow down and deepen certain relationships in our lives. Building new relationships can come naturally in our younger years but as we age the possibility can become more unlikely. The **quality** of your **relationships** should always outweigh the quantity of relationships! During our later years, friendships should serve as a support group and a way to maintain social connections. When building these relationships ask yourself, “What difference does this relationship offer me? How much stress does this relationship cause? Are these individuals dependable?” Truth is, life is very precious and short so the company keep in this journey of life are very important.

Always stay alert with the company you keep. It’s very easy for us to overlook the warning signs of toxic people when we are in a **vulnerable** state. Many seniors find themselves seeking **companionship** due to divorce or even widowhood; however, we should always be wary of those who may be more interested in materialistic things rather than you. Take your time, enjoy and always remember to have fun.

Don’t sweat the critics. One of the amazing things about building relationships as a senior versus your younger years is that you have past experience and know what you are looking for in these relationships. **You’re as young as you feel** and we live in a world where meeting new people is easily accessible to us. Dating has no age limit and the experiences you have accumulated through life makes you better suited to be back on the dating scene. Many times, the opinions from friends and family can persuade our **desire** to start dating again, but always make it clear that their support, rather than negativity would be greatly appreciated during this stage in your life.

Have fun. You may feel guilty because of the example you want to set for your children or family but you should never limit yourself to the needs of others. You have lived a full life so if you choose to partake in **new experiences**, you should do so! The time and resources are now available to you to enjoy life in the company of individuals who care about you. Many of the senior stigmas are gone, and seniors are free to **enjoy life** and not feel anxious about meeting new people.

SENIOR SPOTLIGHT

#WHATWEDOMATTERS



► **Lizz Lyons**
Antioch Senior Center

“At 80 years old, I can truly say that I have been blessed with excellent health throughout my life. Since attending the Council on Aging, it has made my life so much more manageable. In 2016, I was a victim of the Great Flood and I had no family around during that time. The Council on Aging has become my family, and I am so thankful for it!”



► **Vivian Bateman**
Highland Road Senior Center

“I have been coming to the Council on Aging Highland Road Senior Center for over a year. Since the very first day I have met so many wonderful people. Ms. Barbara Turner is an excellent leader and we are fortunate to have her.”



David Goldsmith
Highland Road Senior Center

"I am thankful for the Council on Aging providing healthy activities such as exercising, good food, fellowship, and devotion. Ms. Barbara Turner does such a good job taking care of us!"



Mary Washington
Jewel J. Newman Senior Center

"The Jewel J. Newman Senior Center has helped me mentally, physically and spiritually. Every day I am greeted by friends with a smile, a hug and great words of encouragement. The Jewel J. Newman Senior Center has improved my quality of life by allowing me to engage in fun and enjoyable activities. Thank you, Council on Aging, I truly appreciate all that you do for me."



Happy 90th Birthday

Ms. Lula Freeman
PEARL GEORGE SENIOR CENTER





EAST BATON ROUGE COUNCIL ON AGING UPCOMING EVENTS

2020



Spring 2020
Annual Crawfish Boil



Summer 2020
Senior Prom



Fall 2020
Senior Lifestyle Expo



Supporting Independence • Improving Quality of Life



ebrcoa



ebrc00a73



ebrc00a73

To Learn More:
225-923-8000
ebrcoa.org

#WHATWEDOMATTERS



“The East Baton Rouge Council on Aging allowed me the ability to learn from people whom you wouldn’t have otherwise met and it’s a blessing to be apart of this organization. The citizens of the parish have grown to love and look forward to the many services that we provide on a day to day basis. The seniors of this community have truly impacted us, the staff, more than you will ever know.”

- Cynthia Smith, Accountant Analyst



“Being apart of this organization grants me the opportunity to serve, support, and protect seniors of East Baton Rouge Parish daily, which I am truly thankful for. It’s so rewarding to know that the work I provide can go a long way to improving the lifestyles of our seniors daily.”

- Jeremiah Sampract, Care Manager



“I’m so blessed that the EBR Council on Aging believed in me and gave me the opportunity to work with the seniors citizen of this parish. Being apart of this organization feels like being apart of a family.”

- Laticia Espinoza, Information & Assistance Department



To wake up every morning and know that the work you do positively impacts the lives of the most aged population in the world is incredibly heartwarming. This new journey here at the East Baton Rouge Council on Aging has been fulfilling in every aspect, to say the least, from interacting with the seniors at various activities to gaining tons of insightful service-oriented knowledge from working closely with Mrs. Tasha Clark-Amar. I can honestly say I look forward to serving the seniors of this parish for many years to come.”

- Timothy Moore, Executive Assistant to the CEO



“Here at the EBR Council on Aging it truly warms my heart knowing that the services we provide every day helps us accomplish our goal, Supporting Independence ~ Serving Seniors. With everyone working together, seniors are able to age in place gracefully for as long as possible.”

- Shontell Lebeouf, Chief Administrative Officer

ELIMINATING SENIOR HUNGER

1,105,820

Meals Served



Supporting Independence and Serving Seniors is more than an agency mission. At the East Baton Rouge Council on Aging, It is a daily way of life for our staff! Every employee is committed to providing superb service, assisting in the maintenance of senior independence, and eliminating social isolation in the aging community. EBRCOA is dedicated to acting as a worthy fiduciary of public funds and expectations. We take pride in providing the aging population of East Baton Rouge Parish the best wellness and care-based services.





SENIOR ACTIVITY CENTERS | CONGREGATE MEAL SITES

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

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

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

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

Chaneyville Senior Center
13211 Jackson Rd.
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
Baton Rouge, LA 70815
Phone: 225-389-4990

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

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

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

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

Highland Rd. Senior Center
14024 North Amiss Dr.
Baton Rouge, LA 70810
Phone: 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 Rd.
Baton Rouge, LA 70707
Phone: 225-239-7796

Leo S. Butler Senior Center
950 E. Washington St.
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 Rd.
Baton Rouge, LA 70808
Phone: 225-302-9662

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
web: ebrcoa.org | email: info@ebrcoa.org

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