EAST BATON ROUGE COUNCIL ON AGING

POLISHED

QUARTERLY MAGAZINE | 2ND QUARTER EDITION

EBR
Council on Aging
Supporting Independence ~ Serving Seniors

Embracing the Change

- PROGRAMS AND SERVICES
- BRAIN GAMES
- FOOD PANTRY GIVEAWAY
- STOP THE SPREAD OF COVID-19
- THE LOTUS ZONE SENIOR RADIO SHOW
- THE ERRAND PROGRAM

» ABOUT POLISHED

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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MESSAGE FROM OUR CEO

This message is dedicated to our Chief Administrative Officer, Shontell LeBeouf-Legette.

This quarter's message is written with a heavy heart but a spirit of gratitude and thankfulness. Our Chief Administrative Officer, Shontell LeBeouf-Legette, will be leaving our agency to pursue the most fulfilling path that life has to offer. She will be living, her second phase of life that means something gratifying and provides her infinite happiness.

It was Oprah Winfrey that said "Surround yourself only with people that are going to lift you higher in life". I can attest that Shon has done that for this agency and for me. She has been the epitome of dedication and loyalty to this organization and administration. Just like consuming healthy fruit and vegetables to keep the internal structure of the body fine and promote its development, Shon's dedication was instrumental in maintaining a positive work culture, always working towards the betterment of the agency.

Shontell's contributions have been vital to the growth of our employees and the agency. She has displayed a faithfulness to the agency, possessed a strong feeling of care for seniors, taken responsibility, and exuded leadership. Shon's powerful willingness to make an investment and personal sacrifice for the well-being of the agency will not be forgotten.

I have learned through this transition process of Shon's departure, that your sensational employees or your most loyal team members are not always the one's with the longest tenures. They are the employees that have made significant impact and contributions to ensure the organization is on a sound foundation. These kinds of employees leave when they need to leave. When it's time, they tell you it's time to leave, and they help you prepare to fill the void and hole they created. Shontell did exactly that.

Yes, I'm saddened, oh but I wish her well. Because I know for 9 years, Shontell put the EBRCOA's interest and growth ahead of her own. We will miss her dearly, but there's only one way to keep moving. Onward and Upward.

Love,

Tasha Clark-Amar
Chief Executive Officer

Lotus Village Senior Housing Development

AGENCY SECURES PRIME FUNDING FOR LOTUS VILLAGE

LOTUS VILLAGE COTTAGE, INSPIRED BY THE BEACON HILL, SENIOR VILLAGE CONCEPT

On Wednesday, June 10, 2020, the East Baton Rouge Council on Aging was extremely thrilled to announce our approval for $10 million in Piggyback Resilient Mixed-Income (PRIME) funding towards our future Lotus Village development. PRIME funding is utilized to develop resilient and sustainable multifamily properties in areas impacted by the floods of 2016 and is made possible through the Louisiana Housing Corporation's partnership with the Louisiana Office of Community Development.

The Lotus Village will include the first ever geriatric healthcare facility in the state of Louisiana, an open-air market, a recreation therapy gym and a walking path all within a 1 mile radius of the new Lotus Center at 1701 Main Street. The village will also include 116 new construction "Aging in Place" units designed exclusively for the senior population of EBR Parish. Our aspiration for the Lotus Village concept is to build a community for our seniors to help cope with aging by providing networking opportunities and empowering them to retain their vitality, social, and intellectual interests.

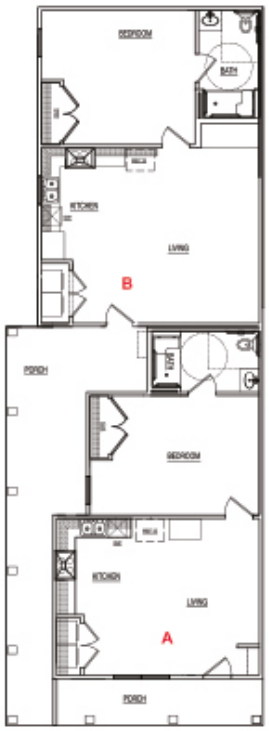
"Ensuring decent, affordable housing for our seniors is paramount to our mission. Our capacity to serve seniors in this matter is essential to the work that we do in the community. We recognize that there is a severe need to provide safe, affordable, and adaptable senior homes," stated Tasha Clark-Amar, Chief Executive Officer of EBRCOA.

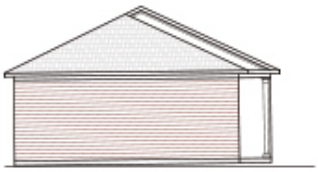
The development of the Lotus Village is made possible through partnerships with Gulf Coast Housing Partners, Kathy Laborde – Developer, The Map Design Group, Merrel Porche – Architect and Caresouth Medical and Dental.

> "Ensuring decent, affordable housing for our seniors is paramount to our mission. Our capacity to serve seniors in this matter is essential to the work that we do in the community. We recognize that there is a severe need to provide safe, affordable, and adaptable senior homes."
>
> – Tasha Clark-Amar, EBRCOA Chief Executive Officer

1 TYPE 1 - DUPLEX

SCALE: 3/16" = 1'-0"

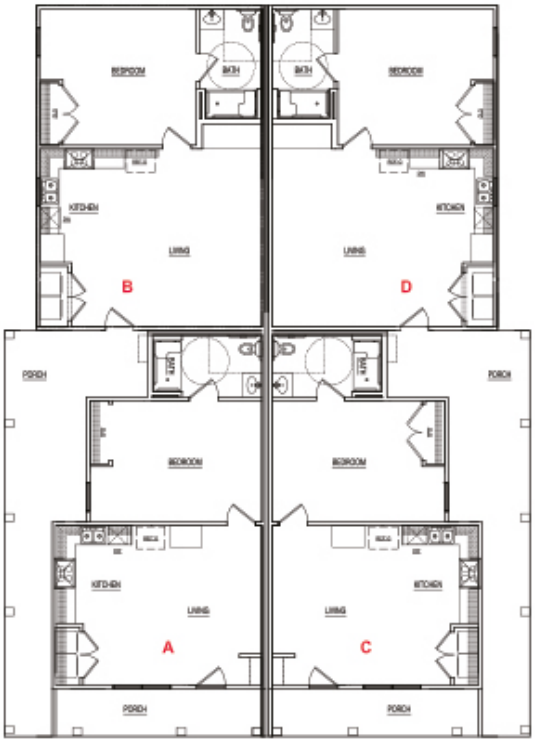




TYPE I			
UNIT A			
LIVING AREA	=	723	SQ. FT.
PORCH	=	112	SQ. FT.
TOTAL AREA	=	835	SQ. FT.
UNIT B			
LIVING AREA	=	759	SQ. FT.
PORCH	=	329	SQ. FT.
TOTAL AREA	=	1088	SQ. FT.
TOTAL TYPE I		1923	

1 TYPE 2- 4 PLEX

SCALE: 3/16" = 1'-0"



TYPE II			
UNIT A			
LIVING AREA	=	723	SQ. FT.
PORCH	=	110	SQ. FT.
TOTAL AREA	=	840	SQ. FT.
UNIT B			
LIVING AREA	=	759	SQ. FT.
PORCH	=	329	SQ. FT.
TOTAL AREA	=	1088	SQ. FT.
UNIT C			
LIVING AREA	=	723	SQ. FT.
PORCH	=	110	SQ. FT.
TOTAL AREA	=	833	SQ. FT.
UNIT D			
LIVING AREA	=	759	SQ. FT.
PORCH	=	329	SQ. FT.
TOTAL AREA	=	1088	SQ. FT.
TOTAL TYPE I		3849	

Lotus VILLAGE

EBR Council on Aging

GCHP

MAP DESIGN GROUP, LLC
ARCHITECTS ENGINEERS
10988 N. HARRELLS FERRY ROAD SUITE 10
BATON ROUGE, LOUISIANA 70816
P. 225-767-4590 E. MAP@MAPGRP.COM

1 TYPE 3- DUPLEX

SCALE: 3/16" = 1'-0"

TYPE III			
UNIT A			
LIVING AREA	=	743	SQ. FT.
PORCH	=	122	SQ. FT.
TOTAL AREA	=	865	SQ. FT.
UNIT B			
LIVING AREA	=	743	SQ. FT.
PORCH	=	122	SQ. FT.
TOTAL AREA	=	893	SQ. FT.
TOTAL TYPE I		1758	

TYPE IV			
UNIT A			
LIVING AREA	=	700	SQ. FT.
PORCH	=	95	SQ. FT.
TOTAL AREA	=	795	SQ. FT.
UNIT B			
LIVING AREA	=	700	SQ. FT.
PORCH	=	95	SQ. FT.
TOTAL AREA	=	795	SQ. FT.
TOTAL TYPE I		1590	

1 TYPE 4- DUPLEX

SCALE: 3/16" = 1'-0"

1 TYPE 5- 4 PLEX

SCALE: 3/16" = 1'-0"

Lotus VILLAGE

C1.00

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ARCHITECTS ENGINEERS
10988 N. HARRELLS FERRY ROAD SUITE 10
BATON ROUGE, LOUISIANA 70816
P. 225-767-4659 E. MAP@MAPGRP.COM

1 TYPE 6- TOWNHOMES

SCALE: 3/16" = 1'-0"

1 TYPE 6- TOWNHOMES

SCALE: 3/16" = 1'-0"

Lotus VILLAGE

C1.00

EBR Council on Aging

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ARCHITECTS ENGINEERS
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P. 225-767-4059 E. MAP@MAPGRP.COM

Seniors
Every Do

EBRCOA Staff serving seniors at the Drive-Thru Lotus Food Pantry at BREC Olympia Stadium.

Changing the Standard: *Through Capital Improvements Developments, and Technological Advancements*

Tim Moore | EBRCOA Executive Assistant to the CEO

Through research and pilot programming, the EBRCOA saw the need to address the lack of accommodations made for seniors' ease of accessibility, but not negating they are comfortable as well. The Council on Aging has committed over $2 million toward capital and housing improvements and developments. Through these improvements, our agency will be among the pioneers in changing seniors' everyday lives. Given the present state of uncertainty surrounding the current COVID-19 Pandemic, we must begin to assist seniors in adapting to the new technologies of today's world. This pandemic has caused us to shift and rely on some of the capabilities of 21st-century technology quickly. Virtual programming, learning, and socialization will be the new normal for our society, and EBRCOA is here to ensure the seniors are not left behind.

According to a 2019 study conducted by PEW Research Center 4 in 10 seniors now own smartphones or tablets. This is more than double the share that owned a smart device in 2013.

"With smartphone ownership in the U.S. more than doubling in the past five years, Americans are embracing mobile technology at a rapid pace. And while adoption rates among seniors continue to trail those of the overall population, the share of adults ages 65 and up who own smartphones has risen." Monica Anderson and Andrew Perrin. "Technology Use among Seniors." Pew Research Center: 2019)

Seniors are now less afraid and willing to be more engaged with today's new technology. Can you imagine being able to pick up a smartphone or tablet, open an app, stream programming live from the senior center, or be at the senior center, call for a Lotus Ride, or set up an appointment with your Care Manager? All three of our new facilities will be equipped with these capabilities. The EBRCOA is here to make certain that all seniors can access senior programming and remain engaged.

This last year has undoubtedly been a busy one for the EBRCOA. We have been strategic in the planning of each facility's construction and design to ensure they are equipped to provide our services safely, efficiently, and effectively. Throughout these facilities, you will find that Tasha Clark-Amar, our CEO, has been meticulous in overseeing each facility's design to ensure they are catered explicitly to the comfort the enhancement of technology. Additionally, each facility is outfitted with 21st-century technology for the ease of our seniors. Upon entering Phase 4 of Louisiana's reopening plan, we hope you come out and get engaged at a senior center. However, until we reach that phase, we want all seniors to get excited about the completion of these new facilities through our Virtual Programming.

The Lotus Center

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 population. EBRCOA's Lotus Pantry will relocate to The Lotus Center as a full size stocked mini store and the cafeteria styled dining hall will serve hot congregate meals daily.

Gus Young

East Baton Rouge Council on Aging is repurposing the old fire station located on Gus Young and 38th. The Intergenerational Center will serve as a shared site community engagement center for seniors and youth. Our primary focus will be to bridge the generational gap between seniors and youth. This program assists in improving the child's academic performance, allowing the seniors to teach the youth various trades, enhance the technological capabilities of seniors, and provide community service opportunities.

Central Senior Center

Our agency is relocating our Central Senior Center to a brand-new facility. The new facility will be centrally located within the city to provide a senior center to all of Central's residents. Senior Centers offer hot congregate meals daily and scheduled daily activities. This nearly 7,000 square foot industrial themed facility will be a very modern center with several amenities to accommodate the active population of seniors within the community. This facility is situated in the front of a recently renovated park, fully stocked pond, and a walking trail.

#MASKUP

Wearing a mask not only protects you, but also those around you. Help slow the spread of COVID-19.

COVID-19 PANDEMIC

FACE MASK NOW MANDATORY IN EAST BATON ROUGE PARISH

Effective July 1, 2020, Mayor- President Sharon Weston Broome mandated that face mask/ face coverings must be worn while in public. As COVID-19 cases begin to increase rapidly, it is our responsibility as a community to not only protect ourselves but protect those around us by continuing to practice social distancing and by wearing face mask/ face coverings. Face Mask decrease the transmission of the virus. However, it is an effective method to tremendously decrease the transmission of the virus.EBRCOA is taking this mandate very seriously by requiring a face mask be worn by staff, seniors, and visitors at all times. There will be no exceptions.

"It's short term discomfort for long-term gain. We are in the middle of a medical crisis. We have to do whatever we can to get through it and minimize the deaths of COVID-19," said Mayor-President Sharon Weston Broome, WAFB Live Press Conference.

STOP THE SPREAD OF CORONAVIRUS (COVID-19)

1. Avoid close contact with people who are sick. Stay away from crowded places and avoid close contact with people who are unwell or those showing possible symptoms of the virus.

2. Clean and disinfect frequently used surfaces and objects. Risk of infection is dependent on exposure; so, ensuring that the areas around you are clean and sanitized will help in preventing the transmission of the virus.

3. Always observe good personal hygiene. Avoid touching your eyes, nose, and mouth with unwashed hands. Wash your hands often with soap and water for at least 20 seconds. Use an alcohol-based hand sanitizer that contains at least 60% alcohol, if soap and water are not available.

4. Cover your mouth when coughing. Wear a mask if you have symptoms, such as a cough or shortness of breath.

5. Stay home when you are sick. Seek medical attention promptly if you are feeling unwell or having symptoms (fever, coughing or difficulty in breathing).

Provided by the Department of Health & Human Services. For more information: www.cdc.gov/COVID19
Source: www.wafb.com

LOTUS FOOD PANTRY DRIVE-THRU...

Agency host 6 Lotus Pantry Drive-Thru events open to all seniors across East Baton Rouge Parish.

The Lotus Food Pantry is made possible through partnerships with the Greater Baton Rouge Food Bank and the USDA to provide seniors fresh fruits, produces, baked good, canned goods, and personal care items. It has become one of the largest senior pantries in Baton Rouge and has decreased senior hunger in our community. The Lotus Pantry is a senior-focused free food pantry designed to combat senior hunger. Our mission is to provide seniors access to food and necessities which goes a long way in fulfilling our commitment to the seniors of this parish.

EBRCOA hosted several Lotus Food Pantry's in a strong effort to ensure the seniors of EBR Parish were able to be supplied with essential items during the COVID-19 pandemic. We were overwhelmed with joy to see seniors across East Baton Rouge Parish drive-up to accept the blessings of fruit, vegetables, household items, face masks, and a hot lunch, while supplies lasted. In total, we distributed 27,300 bags of groceries and household items to the seniors of East Baton Rouge Parish. A huge thank you to our sponsors and volunteers for your generosity and dedication to our seniors. Our Lotus Food Pantry is currently open to all seniors across East Baton Rouge Parish ages 60 years or older.

To stay up with date with EBRCOA and to know when we will host our next food pantry follow our social media platforms for updates.

"The success of previous food distribution events proves just how great the need is for the elderly. We are hosting the various events across the parish to meet this astronomical demand and serve seniors in every corner of this parish" – Tasha Clark-Amar, CEO EBRCOA

State Representative and EBRCOA Board Vice-Chairman, C. Denise Marcelle assisting at the Lotus Drive-Thru event

Finance Department team member Karen Mahomes, assisting with the preparation of meals for our seniors

Borden's Dairy delivering milk to provide to our seniors at the Lotus Pantry Drive-Thru event.

Senior lined up early at the Lotus Pantry Drive-Thru event.

Chief Executive Officer, Tasha Clark-Amar and Chief Operations Officer, Shanrika Barrow-Fobb during the Lotus Food Pantry event

SENIOR TESTIMONIAL

"I happened to come upon a post on Facebook about the Lotus Food Pantry in Zachary the morning of the event and on a whim I decided to go. The line was long, but moved at a fast pace. You could tell it was a well-organized event and the staff had a purpose that they carried out very well. When I pulled up to the tables where they were loading the cars everyone was so sweet and made the process so quick and easy.

When I got home and saw the amount of food in the back of my car, I was floored...and actually teared up. What a blessing! To all of you who made this event happen, the police officers for navigating traffic, all of the volunteers for helping. Thank you all so very much!"

Most sincerely and with God's blessings, Bonnie.

WE RUN **ERRANDS**

The East Baton Rouge Council on Aging Transportation Department has made the decision to transition from its normal operating procedures to a home delivery meal and errand assistance service due to the COVID-19 Pandemic. We made it our mission to ensure that all seniors are provided meals daily at their homes, while also taking all necessary precautions to protect their health. These changes have allowed the department's staff to continue to interact with and maintain the relationships already established with the seniors. We will continuously provide these services as we do everything we can to minimize the risk of transmission of COVID-19 to the elderly population.

JOHNATHAN STAGG
DIRECTOR OF TRANSPORTATION DEPARTMENT

The IHCBS Department provides one of the most essential services to the seniors of EBR parish. We are still providing vital services during the pandemic by protecting our seniors from entering stores and pharmacies with our errand program which allows our staff to shop and to run errands for the seniors during this difficult time. We appreciate our staff for being on the frontline, answering the call of duty and being dedicated to the seniors of this parish.

JASMINE CARTER,
DIRECTOR OF IN HOME AND COMMUNITY BASED SERVICES

MEALS **ON WHEELS**

Our Meals on Wheels Program is the only federally supported program designed specially to meet the nutritional and social needs of seniors.

Today, the average life expectancy is at a record high of 79 years says Meals on Wheels of America. As we get older, even the most independent among us may experience physical declines or financial hardships that strip away independence. Couple that with an increase in geographic mobility of their families, which results in millions of seniors left behind – hungry and alone. Fifty nine percent of home-delivered meal recipients live alone, and for many of them, the person delivering the meal is often the only person they will see that day.

Each meal meets the dietary guidelines set by The Older Americans Act Nutrition Program. The Meals on Wheels box includes:

7 Homecooked Meals (Frozen), ½ Gallon of Milk, Bread, Fruit, Snack

During the COVID-19 pandemic, we have received an influx of new senior clients in need of meals and essential items during such a time that none of us could imagine would happen. Our senior clients grew by 3,000 during the pandemic and we're thrilled to see the impact we are making on our senior community. If you or your loved one is interested in our programs and services, please visit our website at www.ebrcoa.org or email us at info@ebrcoa.org.

Mr. Henry Webb and Emmie Braud packaging meals to be delivered to our Meals on Wheels clients home.

Meals on Wheels driver, Carla Antoine, loading up to deliver meals to seniors.

SENIOR **TESTIMONIALS**

"In October 2019, I broke my back and have been home bound unable to get around like I once was able to. I'm a mother and a wife so being in the kitchen cooking was a task I truly enjoyed to do for my family. However, since my injury I can no longer stand for long periods of time. My husband and I are so thankful for the MOW service because we don't have to worry when our next meal will be."

– Eva Temple, Meals on Wheels Recipient

"I didn't know much about the Council on Aging and the services they provide until a few years ago when I went through chemotherapy and broke my arm. A friend told my wife and I about the Meals on Wheels program and it has truly been a big help. I tell everyone around me I would recommend COA in a minute because they have been so good to us!"

– Betty and Rudolph Serio, Meals on Wheels Recipients

source: http://www.mealsonwheelsamerica.org

Service Matters.

CONGREGATE MEALS DRIVE-THRU PROGRAM

EBRCOA staff member, Verna Bradley-Jackson, distributing face mask to seniors,.

On Wednesday, May 20, 2020, we reopened 15 of our senior centers and feeding sites for drive-thru meal service for seniors who attend our senior centers daily. Hot congregate meals are available Monday – Friday from 11 AM to 2 PM at select senior center locations. Seniors can pick up a meal at the senior center that is closest to their homes.

The Congregate Nutrition Services section of The Older American Act authorizes meals and related nutrition services in congregate settings such as senior centers and nutritional sites. In addition to serving healthy meals, the program presents opportunities for social engagement, information on healthy aging, and contributions to the overall health and well-being of seniors.

Our 18 senior centers and 4 nutritional sites across the parish play a huge role in the physical health of the aging community. It's our duty to ensure seniors maintain a well-balanced diet to stay healthy and maintain proper nutrients.

If you or a family member would like to attend any of our congregate meal locations, please RSVP a day in advance so that we can ensure the correct number of meals needed. **You can give us a call at (225) 923-8000 or email at info@ebrcoa.org.**

Drive Thru-Event

EBRCOA Senior picking up her meals at our Congregate Meal Drive-Thru

Drive Thru-Event

Cassandra Pearson, EBRCOA staff happy and ready to serve our seniors

SENIOR CENTERS

Antioch Senior Center
7140 East Antioch Rd.
Baton Rouge, LA 70817

Highland Road Senior Center
14024 North Amiss Dr.
Baton Rouge, LA 70810

Florida Blvd. Senior Center
6955 Florida Blvd.
Baton Rouge, LA 70806

Leo S. Butler Senior Center
950 E. Washington St.
Baton Rouge, LA 70802

Charles R. Kelly Senior Center
3535 Riley St.
Baton Rouge, LA 70805

Central Senior Center
6923 Oak Cluster Dr.
Baton Rouge, LA 70739

Jewel J. Newman Senior Center
2013 Central Rd.
Baton Rouge, LA 70707

Dumas House Senior Center
1313 N. Sherwood Forest Blvd.
Baton Rouge, LA 70815

Chaneyville Senior Center
13211 Jackson Rd.
Baton Rouge, LA 70806

Perkins Rd. Senior Center
7122 Perkins Rd.
Baton Rouge, LA 70820

Baker Senior Center
3334 Jefferson St.
Baton Rouge, LA 70714

FEEDING SITES

Bishop Ott/Calais House
7545 Bishop Ott Drive
Baton Rouge, LA 70806

Catholic Presbyterian Apartments
655 North Street
Baton Rouge, LA 70802

Sharlo Terrace I & II
4915 Alvin Dark Drive
Baton Rouge, LA 70820

Turner Plaza Apartments
4546 North Street
Baton Rouge, LA 70806

EBR
Council on Aging
Supporting Independence ~ Serving Seniors

- HIGHER QUALITY DIET
- GREATER FOOD SECURITY
- INCREASED SOCIALIZATION

Monday-Friday
11:00 AM – 2:00 PM

Drive Thru-Event

EBRCOA staff serving seniors during the Congregate Meals drive-thru.

HELPING SENIORS FIT STAY

EBR Council on Aging
Supporting Independence ~ Serving Seniors

DONALD RAY, CERTIFIED FITNESS INSTUCTOR (9 YEARS)

"Seeing the improvement in the seniors physical abilities over the course of this program has been extremely honorable to experience. If you are hesitant about joining a senior center and attending any of the fitness classes, let me be the one to tell you, **YOU CAN DO IT.** I have received so many testimonies about how physical fitness has helped them in many other areas of their lives. The time is now to start your journey towards a better version of yourself."

LESLIE PALMS, CERTIFIED FITNESS INSTUCTOR (10+YEARS)

"My most rewarding experience during my fitness training career is working with the seniors and hearing their testimonials. I have so many people tell me how their health and physical abilities have dramatically improved due to my fitness classes. Physical fitness has become the highlight of their day and that alone has shown me that my efforts to improve their quality of life are paying off."

SENIOR TESTIMONIAL>>>>

"I have been a part of the Jewel J. Newman family since opening in September 2018. All of the fitness classes have helped me tremendously. I am so thankful this program available to me. I could hardly walk due to pain in my legs and back, but now I can walk, jog, and do all the exercises that the instructors give to us.

Thank You COA for helping me feel like myself again!"

LILLIE C. FISHER,
JEWEL J. NEWMAN SENIOR CENTER

**CAROL S. BRADLEY,
CERTIFIED YOGA INSTRUCTOR**

"My most rewarding experience during my fitness training career is working with the seniors and hearing their testimonials. I have so many people tell me how their health and physical abilities have dramatically improved due to my fitness classes. Physical fitness has become the highlight of their day and that alone has shown me that my efforts to improve their quality of life are paying off."

ABOUT OUR PROGRAM

Our fitness programs offer countless benefits for seniors, including improving both mental health and physical health. We have several certified fitness trainers that conduct multiple weekly classes to improve flexibility, balance, and overall health. A regular exercise routine lowers the risk of chronic diseases and reduces their impact. Some seniors may feel discouraged due to physical limitations or illnesses, but no need to worry. At EBRCOA, we encourage every senior to strive for the best version of themselves. Let this year be your opportunity to challenge your health and become the best version of you!

To ensure the safety and health of our seniors, our fitness videos can now be viewed at anytime at ebrcoa.org, our Facebook page and our YouTube channel. All of our fitness videos are performed by certified fitness trainers and safe for seniors to perform at home. Please be sure to keep a chair nearby for added support, pace yourself and take breaks when needed. We can't wait to congregate with you all again in our seniors centers but until then we want to continue to stay active.

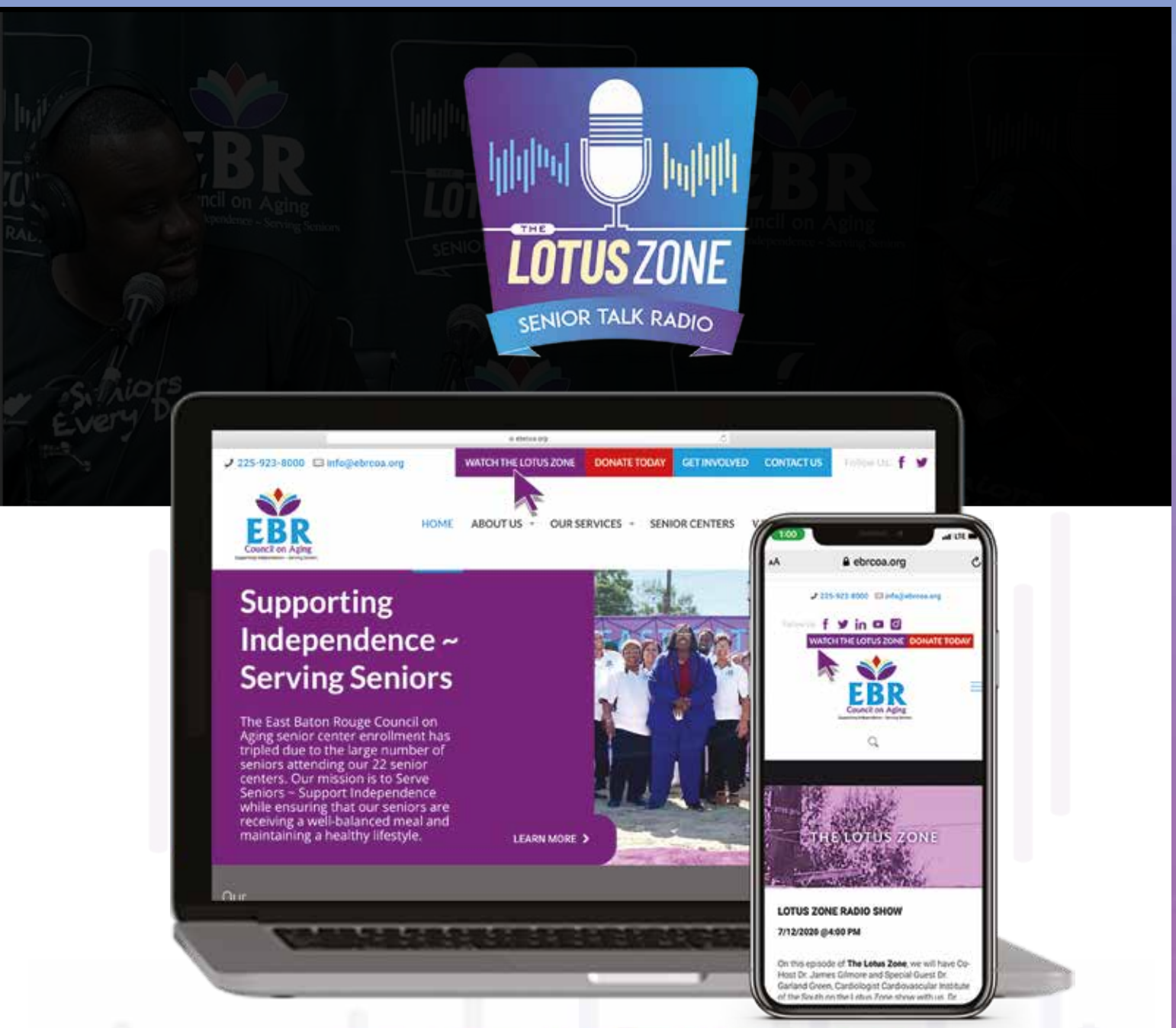
COA launches THE LOTUS ZONE RADIO SHOW

ABOUT THE LOTUS ZONE

We are so excited to announce the launch of our new senior radio show The Lotus Zone where we discuss senior news, health care tips, radio bingo, giveaways and guest speakers. Even though we are currently in a pandemic, we want to continue the engagement and education to the seniors in our community while our senior centers are currently closed. Our Great CEO Mrs. Tasha Clark-Amar host the one hour long show on 106.1 WTQT, live on our social media platforms and our website (www.ebrcoa.org) every Tuesday and Sunday at 4 PM.

On Tuesdays, we have a segment called Technology Tuesday where we host giveaways and play Lotus Zone Radio Bingo! Where we give away tablets, laptops, and televisions to seniors to help them stay connected with EBRCOA, family, and friends while we're all practicing social distancing. Technology has a plethora of benefits to seniors from eliminating social isolation, mental exercise, health tracking tools and much more. Our goal for the radio show is to educate, enlighten, entertain and engage seniors and their caregivers.

"During this time, we all have to take care of our mental health. It's important to understand that once the mind is gone the body is soon to follow. Seniors if you're dealing with any stress, anxiety or depression, reach out to the Council on Aging. They have trained care managers and social workers that can help you get through whatever you're going through and point you in the right direction to receive additional help if needed," **said Dr. James Gilmore, CEO of Dr. James Gilmore Institute for Human Development**



HOW TO LIVE STREAM:

Facebook – EBRCOA YouTube – ebrcoa1973 www.ebrcoa.org

Join us every Sunday and Tuesday at 4PM on WTQT 106.1 FM, you don't want to miss it!

IN THE NEWS:

EBRCOA to open Lotus Food Pantry drive thru for area seniors

Posted: May 9, 2020 / 02:07 PM CDT / Updated: May 9, 2020 / 02:50 PM CDT

BATON ROUGE, La. (BRProud) –The East Baton Rouge Council on Aging (EBRCOA) is opening a Drive-Thru Lotus Food Pantry on Wednesday, May 13th.

The pantry will be open from 11a.m. to 2p.m. at the Antioch Senior Center.

The Antioch Senior Center is located at 7140 Suite E Antioch Rd.

The drive thru food pantry is open on Wednesday to all senior residents in East Baton Rouge Parish who are 60 years or older.

EBRCOA has provided the following details about the pantry:

- Seniors are encouraged to drive up to the Antioch Senior Center, pop their trunk and an EBRCOA staff member will place their groceries, lunch and supplies into their vehicle.

- The EBRCOA will distribute bags of groceries. In addition, fresh fruit and vegetables are being provided through a donation from Merchants Foods Service and State Representative C. Denise Marcelle.

- Each senior will receive fresh bread donated by First Financial, Dr. James Gilmore, Bell's Janitorial Service and Baton Rouge Sigma Alumnae Chapter of Delta Sigma Theta.

- Seniors will also be supplied with household items and toiletries donated by 100 Black Women BR and Change. A hot lunch will be provided that has been organized by Chef Celeste from a group of local restaurants and caterers such as Mestizo, Indulgence, DC Eats, Chef DJ, Chef Jean Pierre, Chef Jim Urdiales and Chef Michelle.

The purpose of the EBRCOA Lotus Food Pantry is to help combat senior hunger in the parish.

The service is made possible with the help of the Greater Baton Rouge Food Bank, USDA and the Louisiana Department of Agriculture.

"During this pandemic, our senior community has an ongoing need for fresh food and supplies. It is our goal to not only meet this need, but to provide a surplus so that all seniors can be serviced. We are committed to continue living our mission to serve the seniors of Baton Rouge, while also following safe guards and minimizing the transmission of COVID-19," said Tasha Clark-Amar, Chief Executive Officer of EBRCOA.

For more information, call the Council on Aging at (225) 923-8000.

Source: https://www.brproud.com/news/nbc-local-33/ebrcoa-to-open-lotus-food-pantry-drive-thru-for-area-seniors/

IN THE NEWS:

EBRCOA announces additional drive-thru food pantry

Posted: Jun 24, 2020 / 01:42 PM CDT / Updated: Jun 24, 2020 / 01:42 PM CDT

BATON ROUGE, La. (BRPROUD) – The East Baton Rouge Council on Aging announced it will have another drive-thru food pantry for seniors in East Baton Rouge Parish to utilize.

The new pantry will be open Friday from 8:30 a.m. to 11:30 a.m. at Coppermill Elementary School, located at 1300 Independence Blvd. Zachary.

"Seniors should drive up to Coppermill Elementary School, pop their trunk, and an EBRCOA staff member will place their groceries, lunch, and supplies into their vehicle," An EBRCOA news release reads. "The EBRCOA will distribute bags of groceries, gallons of milk donated by Borden's Dairy, fresh fruit and vegetables, face masks, hand sanitizer, and toilet paper, while supplies last."

For more information, call the East Baton Rouge Council on Aging at (225) 923-8000 or email info@ebrcoa.org.

Source: https://www.brproud.com/news/east-baton-rouge-council-on-aging-announces-additional-drive-thru-food-pantry/?fbclid=IwAR2I1R1JX5uy9Xa7PDEOpnASOTJfPiyuOA4C8Zn2e92IUjjUWZWxZu727Yc

Lotus Village senior housing receives $10 million in funding for development

Posted: Jun 24, 2020 / 01:42 PM CDT / Updated: Jun 24, 2020 / 01:42 PM CDT

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Source: https://www.brproud.com/news/east-baton-rouge-council-on-aging-announces-additional-drive-thru-food-pantry/?fbclid=IwAR2I1R1JX5uy9Xa7PDEOpnASOTJfPiyuOA4C8Zn2e92IUjjUWZWxZu727Yc

IN THE NEWS:

Free drive-thru food pantry open to all senior citizens in EBR Parish Wednesday

By WAFB Staff | May 9, 2020 at 1:40 PM CDT – Updated May 9 at 2:16 PM

The East Baton Rouge Council on Aging's Drive-Thru Lotus Food Pantry will be open to all seniors in East Baton Rouge Parish on Wednesday, May 13. (Source: Sharonne Hayes)

By WAFB Staff | May 9, 2020 at 1:40 PM CDT - Updated May 9 at 2:16 PM

BATON ROUGE, La. (WAFB) - The East Baton Rouge Council on Aging (EBRCOA) announced that its Drive-Thru Lotus Food Pantry will be open to all seniors in East Baton Rouge Parish on Wednesday, May 13. The pantry will be at the council's Antioch Senior Center located at 7140 Suite E Antioch Road from 11 a.m. through 2 p.m. Officials said the Lotus Food Pantry usually only services EBRCOA senior clients who are food pantry recipients but any resident 60 years or older can take advantage of this service Wednesday while supplies last.

"During this pandemic, our senior community has an ongoing need for fresh food and supplies," said Tasha Clark-Amar, Chief Executive Officer of EBRCOA. "It is our goal to not only meet this need, but to provide a surplus so that all seniors can be serviced. We are committed to continue living our mission to serve the seniors of Baton Rouge, while also following safe guards and minimizing the transmission of COVID-19."

Officials said seniors just need to drive up to the Antioch Senior Center and pop their trunk. They added an EBRCOA staff member will place the groceries, lunch, and supplies into the vehicle. For more information, call the Council on Aging at (225) 923-8000.

Hundreds of cars line up on Antioch Road as senior citizens wait for free groceries and supplies

By Rachael Thomas | May 12, 2020 at 5:29 PM CDT – Updated May 13 at 6:13PM

BATON ROUGE, La. (WAFB) - The East Baton Rouge Council on Aging (EBRCOA) hosted a food distribution event for seniors Wednesday, May 13.

On Wednesday from 11 a.m. to 2 p.m., Volunteers with the Lotus Food Pantry distributed food at EBRCOA's Antioch Senior Center on Antioch Road from 11 a.m. to 2 p.m.

Hundreds of cars were backed up on Antioch Road with seniors waiting to get free groceries and household items while supplies last.

"It was blocked up for miles and so that speaks to the need and its really encouraging for the council on aging to be able to step up and fill a little of that gap," EBR Metro Councilwoman Denise Marcelle told WAFB.

Source https://www.wafb.com/2020/05/12/ebr-council-aging-hosting-drive-thru-grocery-distribution-event-seniors/?fbclid=IwAR2i2Bbm78MTvssNzzC2V5WR_NSEN7TngFjBATmSu-BQERWlUEo_9QcpVLU

IN THE NEWS:

EBRCOA announces Phase 1 reopening of senior centers, meal sites

By Rachael Thomas | May 18, 2020 at 2:33 PM CDT – Updated May 20 at 4:57 PM

The East Baton Rouge Council on Aging (EBRCOA) has been providing meals to seniors throughout the coronavirus pandemic. (Source: WAFB)

EAST BATON ROUGE PARISH, La. (WAFB) - On Monday, May 18, the East Baton Rouge Council on Aging (EBRCOA) announced that effective Wednesday, May 20, 14 senior centers and meal sites will reopen for drive-thru meal pickup and congregate hot meals.

Hot meals will be available Monday through Friday from 11 a.m. to 2 p.m. Seniors should use the center closest to their home.

Participating senior centers include: Antioch, Highland Road, Florida Boulevard | Leo S. Butler, Charles R. Kelly, Central, Jewel J. Newman, Dumas House, Chaneyville, Perkins Road, Baker

Participating meal sites incude: Turner Plaza, Catholic Presbyterian, Sharlo Terrace, Bishop Ott

Some operations will remain suspended at this time, including visitation at Dumas House, respite and homemaker services, and services from the Lotus Transportation Department. These services will resume at a later date, EBRCOA officials say.

Normal activities at senior centers will not resume until Phase 3 of reopening.

"We will resume services in a responsible manner in order to protect our valued staff and the most susceptible segment of the community – our seniors. We are excited to move into phase one and look forward to seeing our seniors. We've missed everyone!" said Tasha Clark-Amar, CEO of EBRCOA.

For more information, call the EBRCOA at 225-923-8000.

Source: https://www.wafb.com/2020/05/18/ebrcoa-announces-phase-reopening-senior-centers-meal-sites/

Lotus Food Pantry hosting free drive-thru food giveaway for seniors

By Rachael Thomas | June 24, 2020 at 1:56 PM

ZACHARY, La. (WAFB) - The East Baton Rouge Council on Aging (EBRCOA) is hosting yet another free drive-thru food giveaway event at its Lotus Food Pantry on Friday, June 26.

The event will be held from 8:30 to 11:30 a.m. at Coppermill Elementary School, located at 1300 Independence Blvd. in Zachary.

The event is open to all seniors living in East Baton Rouge Parish. Food will be distributed while supplies last.

Participating seniors should drive up to the school, pop the trunk of their car, and wait for an EBRCOA staff member to put groceries, lunch, and other supplies in their vehicle. Supplies distributed will include groceries, gallons of milk, fresh fruit and vegetables, face masks, hand sanitizer, and toilet paper.

"We've been fortunate to host food distribution events in every corner of the parish during the pandemic. This week's event will be strategically placed in Zachary's heart to provide our seniors in the Zachary, Baker, Central, and Chaneyville areas access to fresh groceries. These events are invaluable to our seniors, and the demand grows astronomically with each one," said Tasha Clark-Amar, CEO of EBRCOA.

For more information about the event, call EBRCOA at 225-923-8000 or email info@ebrcoa.org.

Source: https://www.wafb.com/2020/06/24/lotus-food-pantry-hosting-free-drive-thru-food-giveaway-seniors/?fbclid=IwAR01L6bRRJMVAGE6NVPtRVZ4BKZ5kH2GtmP8lC0EOzynnhphMTqCA8K8zrg

IN THE NEWS:

Free drive-thru food pantry open to area seniors, Wednesday

May 13, 2020 7:51 AM | WBRZ STAFF

BATON ROUGE - Senior citizens in the EBR area are invited to visit the drive-thru food pantry at the Antioch Senior Center on Wednesday.

The East Baton Rouge Council on Aging (EBRCOA) implemented the initiative to ensure seniors in the area have access to fresh food and supplies.

The drive thru will be open from 11 a.m. to 2 p.m. at the Antioch Senior Center (7140 Suite E Antioch Road).

Usually, the Lotus Food Pantry only provides services to EBRCOA senior clients who are food pantry recipients; however, on Wednesday any resident 60 years or older can take advantage of this service while supplies last.

Seniors should drive up to the Antioch Senior Center, pop their trunk and an EBRCOA staff member will place their groceries, lunch and supplies into their vehicle.

The EBRCOA will distribute bags of groceries.

In addition fresh fruit and vegetables are being provided through a donation from Merchants Foods Service and State Representative C. Denise Marcelle. Each senior will receive fresh bread donated by First Financial, Dr. James Gilmore, Bell's Janitorial Service and Baton Rouge Sigma Alumnae Chapter of Delta Sigma Theta.

Seniors will also be supplied with household items and toiletries donated by 100 Black Women BR and Change.

A hot lunch will be provided that has been organized by Chef Celeste from a group of local restaurants and caterers such as Mestizo, Indulgence, DC Eats, Chef DJ, Chef Jean Pierre, Chef Jim Urdiales and Chef Michelle.

The EBRCOA Lotus Food Pantry is a senior-focused free food pantry designed to combat senior hunger in East Baton Rouge Parish.

The pantry service is made possible through a partnership with the Greater Baton Rouge Food Bank, the USDA and the Louisiana Department of Agriculture.

For more information, call the Council on Aging at (225) 923-8000.

Source: https://www.wbrz.com/news/free-drive-thru-food-pantry-open-to-area-seniors-wednesday?fbclid=IwAR3upNNTD59wlR3ZnszbhS1EDNEgTbIX_wQpSnDFzIH1vTKdkNUZkqJFvP0

IN THE NEWS:

Overwhelming response to drive-thru food pantry causes traffic jam

May 13, 2020 5:35 PM | Sydney Kern

BATON ROUGE – They may have had to wait in stand-still traffic, but thousands of seniors were given a free meal on Wednesday.

The East Baton Rouge Council on Aging held a drive-thru food pantry for those 60 years and older at the Antioch Senior Center. The highly sought-out event created a big traffic jam.

"We had to go and tell people don't turn around please, make sure you come," said Judge Yvette Alexander, who volunteered at the food pantry.

So many people showed up to the event, which lasted until 2 p.m., that some were turned away at that time. For hours beforehand, there was heavy traffic on Tigerbend and Antioch Road.

"This shows the need. There's a great need right now in our community with the pandemic going on. Many people are laid off of their jobs," said Rep. C. Denis Marcelle, the vice chair on the Board of Council on Aging.

In total, 6,000 groceries and 2,000 hot meals were packed into seniors' cars Wednesday.

Source: https://www.wbrz.com/news/overwhelming-response-to-drive-thru-food-pantry-causes-traffic-jam?fbclid=IwAR3m-JizOX-CATbDVpyCbaXWb_AZEEe3D37php_vGmuPolNBfUSVL7NnUoF0

Community Legacy Program
"AGELESS CIRCLE"

"WHERE TWO GENERATIONS MEET IN THE MIDDLE OF THE CIRCLE OF LIFE."

The East Baton Rouge Council on Aging purchased and renovated the historic fire station located on Gus Young and 38th Street. This historic fire station will be the home of our new intergenerational center – The Ageless Circle. The Ageless Program will operate through the concerted efforts of a network of retired educators, area youth, community leaders and volunteers. The Ageless Circle will join seniors and youth of the community together to build relationships and engagement. Our primary goal is to improve student academics, allow the seniors to teach our youth the importance of an education, train youth in various trades, enhance the technological capabilities of seniors and provide community service opportunities. There are two sponsorship opportunities that will allow you to become a part of local history.

"The Ageless Circle will be the axis point and hub for seniors to impart life's wisdom to the youth and the youth will share and teach the seniors today's technology. Where two generations meet in the middle of the circle of life." – Tasha Clark-Amar, EBRCOA Chief Executive Officer

Community Legacy Building

Our Community Legacy Building Campaign enables supporters to purchase a brick or paver at The Ageless Circle while supporting the seniors of EBR Parish. The bricks are located along the entrance of the Ageless Center, and the pavers are located on the pavilion in the back of the building. The local community can leave a timeless message for future generations to look back on.

WHERE TWO GENERATIONS MEET IN THE MIDDLE OF THE CIRCLE OF LIFE

THE AGELESS CIRCLE

CORPORATE SPACE SPONSORS:

The Ageless Circle will come well equipped with a conference room, multi-purpose room, lotus recording studio and lotus computer lab. Each room will be named after a corporate sponsor and a wall plaque honoring the sponsor for their part in making the intergenerational center a reality.

- **Group Think Tank –** A conference room dedicated to the free exchange of information, ideas, and solutions.
- **Multi-Purpose Room –** An open concept room designed to be used for a variety of activities and to serve as the hub of the center.
- **Lotus Recording Studio –** Specialized facility for sound recording, mixing, and audio production. Along with instruments and vocal musical performances.
- **Lotus Computer Lab** – Free community computer lab fully equipped with the latest technology.

For more information, speak with Trudy Bihm-Howard at 225-923-8000 ext. 309 or tbihm@ebrcoa.org

The Importance of Technology for seniors

Amanda Scott | EBRCOA Marketing Coordinator

Technology has become the focal point of many of our lives. It's the way we communicate with others, the way we earn a living and how we gain information. With those things in mind, seniors are among the group of individuals that are less likely to use technology in their everyday lives. It has become evident that technology is becoming unavoidable and it's our new reality of normal communication.

As a senior, it's important to make it a top priority to learn how to properly use devices such as a smartphone, computer or tablet in order to stay in touch with the world around you. Many seniors are hesitant to use technology devices simply because they don't know how to use them properly or they fear making embarrassing mistakes. However, it's easier than you may think and you can gain several benefits from utilizing technology such as better communication, improved mental health, fewer chronic conditions and lower depression/anxiety. Technology assist in giving senior citizens an improved quality of life with less fear and uncertainty through increased connectivity and a sense of community interaction. So, let's talk about different types of technology products and how they can benefit the aging community.

TABLETS AND COMPUTERS

Seniors who have access to a tablet or computer can truly understand the convenience of these devices. These devices provide access to many applications where you can read books, watch movies, order food or groceries, pay bills so much more. Also, it allows family members to closely monitor their loved ones and know where they are at all times. The great part about these apps is that most are free to download and available on Android and ISO devices. Here are a few applications that seniors can use to make life easier for them:

Pill Reminder by Medisafe – Remind seniors to take medication while also alerting family or caregivers when medication is not taken on time.

Doctor on Demand – Connect and live chat with physiologists and doctors for medical advice and support.

Skype – Video chat with family and friends around the world at any time.

Magnifying Glass with Light – Enlarge small fonts for seniors with vision loss so

Shipt – A grocery and household items delivery service that can delivery right to your front door.

Waitr – A food delivery service from many restaurants in your local area.

Smart Phones

Cellular devices allow seniors to have the ability to communicate with their family and caregivers through phone call or text message. Seniors who don't live in the same areas as their children or grandchildren can easily video call or send a text message a an easy way to touch base and stay in contact with each other. There are several medication management applications that can send alerts to your phone that vibrate or beep to let you know when it's time to take your medication. You can also schedule appointments with your physician or ask questions that you may have at the moment without having to make an appointment. Your smart phone can also be a fitness buddy that allow you to count your steps and track your physical activity for the day. This is a fun way to set fitness goals with your close friends and get competitive on who will meet their goals first.

As you can see, technology can help relieve the stress seniors may face when taking care of themselves and still keep them in touch with family and friends. As our parents age, we begin to worry about them living on their own, but if your elderly loved one has an electronic device to communicate with you it can provide some sense of relief. The rapidly changing world around us can be overwhelming but no matter which technology device you decided to purchase it's a purchase that you won't regret!

Sources: https://www.seniorliving.org/tech/ , https://www.aging.com/7-ways-technology-has-improved-senior-care/

Tropical Storm Christobal

Tropical Storm Cristobal hit Louisiana on June 14th and as the storm approach we took the necessary steps to ensure our seniors were protected. Our duty is to ensure the seniors of EBR Parish are always prepared during any natural disaster that comes our way. Our staff worked together to deliver meals and sandbags to the homes of seniors.

Thank you to Mayor-President Sharon Weston Broome and the City of Baton Rouge for assisting in delivery and donating the sandbags to distribute to our seniors!

The Game Plan

Timothy Moore, Executive Assistant and Shanrika Barrow, Chief Operations Officer talking logistics.

Heading Out

Jeremiah Sampract, Care Manager & Dwayne Nevarro , C1 Driver head out to deliver sandbags.

Loading Up

EBRCOA Team load up sandbags to be delivered to EBR Parish seniors home.

SENIOR TESTIMONIALS

"I have been attending the Jewel J. Newman Senior Center since 2018 and I can say my life has changed for the better ever since. The EBR Council on Aging is an amazing organization and it is a joy to be among other individuals just like me. We all encourage each other. I love the games, events, fitness classes and fellowship. Thank you COA!"

BARBARA WYNN
JEWEL J. NEWMAN SENIOR CENTER

"We are truly grateful for the services that the Council on Aging offer to its seniors. Ms. Joycelyn Moore has been so helpful to our family by assisting my husband who is a quadriplegic. We pray that the blessings of God will overflow in all endeavors that Council on Aging is doing to help seniors because they have uplifted and encouraged so many spirits in the aging community. God bless you all!"

MR. & MRS. JEROME DUGAS, SR.
IN HOME BASED CARE – RESPITE CLIENT

"The Antioch Senior Center has really been the focal point of my daily activities. It has become a place where friendship, empowerment, and joy has been found."

ULAH ROW LEE
ANTIOCH SENIOR CENTER

"I enjoy coming to the Council on Aging Florida Blvd. Senior Center. I have been an active member since September 2019 and it has been the best experience of my life. I love when we play bingo, have special holiday events and have the opportunity to exercise with fitness trainers."

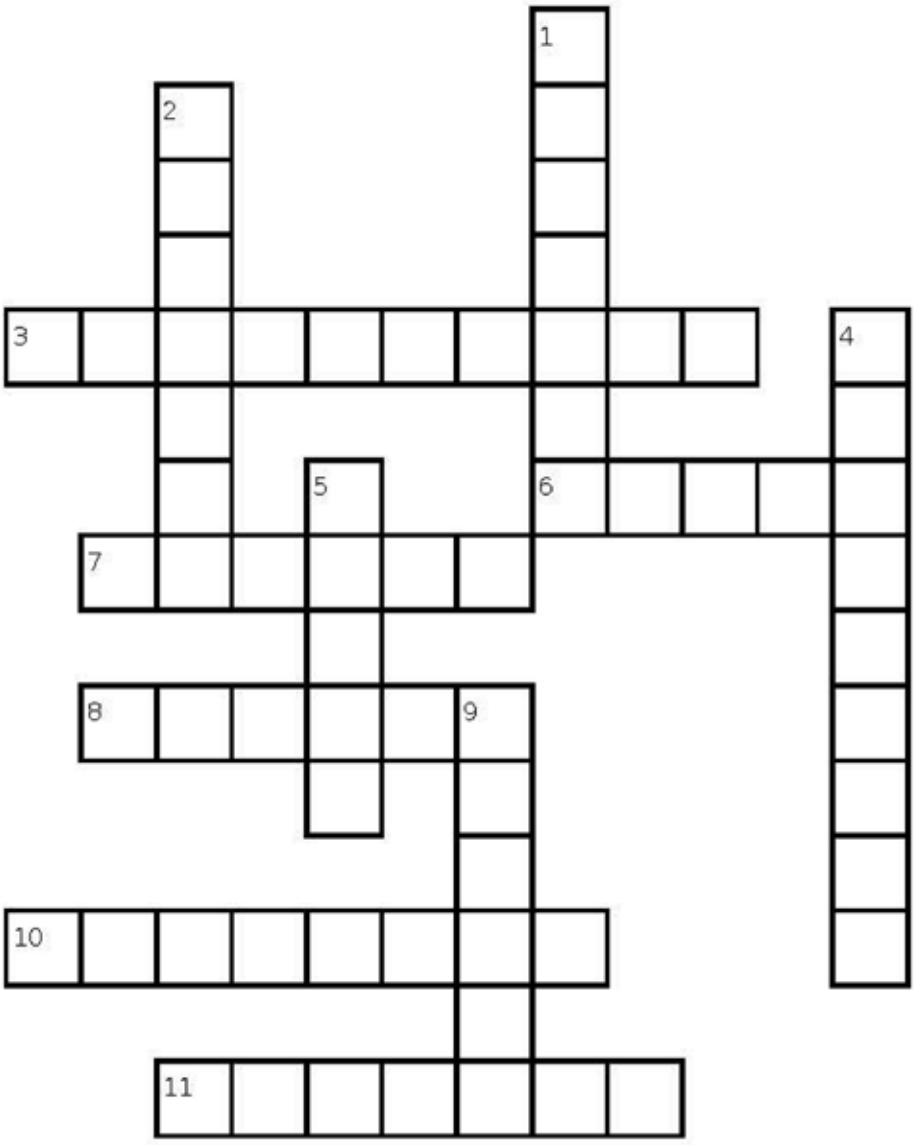
MARGIE B. RILEY
FLORIDA BLVD. SENIOR CENTER

"I enjoy attending the Jewel J. Newman Senior Center for several reasons. I have become more sociable and encouraged to build relationships with the other seniors that attend. My physical health has improved tremendously in participating in yoga, line dancing and walking exercise. Most importantly my travel experiences have expanded by visiting museums and other monumental places. I am beyond thankful for my time here with the Council on Aging and I am so excited to make more memories."

BETTY R. BUTLER
JEWEL J. NEWMAN SENIOR CENTER

EBR
Council on Aging
Supporting Independence ~ Serving Seniors

BRAIN GAMES FOR SENIORS



Down:

1. A person or thing whose age appears to not change
2. A small old-fashioned home
4. A group of people living in the same place
5. A electronic device used to listen to music and news
9. Instructions on how to cook a meal

Across:

3. When one chooses to permanently leave the workforce
6. A abundance of strong winds, rain, thunder and lightning
7. Something a person leaves behind to be remembered by
8. A person who is 60 years of age or older
10. A disease spread across the world or country
11. The act of staying active and physically fit

BRAIN GAMES FOR SENIORS

D Y A E L O T U S C O M M U N I T Y F
J C O N G R A T U L A T I O N S C C O
G I V E A W A Y E D T L F O O S O O Z
D K V D E F A C H A N G E Y A E V R O
T E C H N O L O G Y N E W S N N I A M
R E C I P E P S E Y Y C G O B I D D Q
E V F O O D P A N T R Y E R O O U I S
T V I T E S T I M O N I A L R R Y O P
I A A L C O T T A G E S K K D S B O A
R G P O L I S H E D U E P F E P R P N
E E I B J A T O D N J F I T N E S S D
M L X T C T G T Z P Y E L F S Y E U E
E E P F E O S E R V I C E S T I E N M
N S A F S X D E S Q Y O E U S T H E I
T S P M E A L S M A G A Z I N E E M C
E N U M P I F C A Q D R F W K T Q W Z

WORD LIST

CONGRATULATIONS
LOTUS
AGELESS
VILLAGE
COTTAGE
RADIO
FITNESS
COVID
COMMUNITY
RETIREMENT
SENIORS
RECIPE
FOOD PANTRY
MEALS
GIVEAWAY
BORDENS
PANDEMIC
NEWS
SERVICES
MAGAZINE
POLISHED
CHANGE
TESTIMONIAL
TECHNOLOGY

HOW TO COPE WITH FINANC

Amanda Scott | EBRCOA Marketing Coordinator

Despite the long years of working hard and saving money for retirement, a lot of seniors are facing the unfortunate life experiences that derail their finance plans tremendously. For example, seniors may experience a decline in health that can be an burden and a financial burden that is difficult to handle. Medical bills and changes in lifestyle can cause fear and stress. However, you shouldn't let situations like those persuaded you to not enjoy the golden years of your life. Your golden years should be a time to relax, travel, and enjoy the simplicities of life without the stress and worry of paying bills and managing money. Realistically, that worry-free life is becoming increasingly rare. Despite the idea you had about retirement and getting older, it doesn't have to be a discouraging experience. Don't worry! There are numerous proactive steps you can take to prepare for retirement or get back on the right track post retirement.

The fear of no longer having a steady income is an adjustment that can be very difficult for anyone. First, start by facing all of your financial burdens by thoroughly evaluating them. Make a list and total up all of your expenses, debt, and sources of income. Here are six steps to help organize your finances:

1. Tally all your assets and liabilities.
2. Analyze your income and spending.
3. Create a budget and emergency fund.
4. Monitor your credit score.
5. Explore all possible resources of assistance.
6. Avoid taking on more debt.

SETBACKS POST RETIREMENT

You're already that much closer to financial freedom. Now, look into resources to safeguard your assets and enjoy your retirement.

1. Get more insurance.
2. Move assets to less risky options.
3. Renegotiate major expenses, including debt.
4. Downsize your lifestyle and living space.
5. Keep track of your bank statements and spending.

This can be frustrating, but rest assured knowing you are not alone and this is a normal part of the process. The source of fear during post-retirement is grounded in the feeling of uncertainty felt by seniors who know their monthly income is about to change tremendously. However, I encourage you to use this time in your life to truly enjoy the beauty of life, share life lessons with those younger than you, learn more about

yourself and get back to the happy and healthier version of yourself. You can allow the post-retirement process to scare you or you can live it up, which one are you going to choose?

Source: https: www.annuityfreedom.net/financial-literacy/seniors-debt/

WHAT WE DO MATTERS

Several of our programs and services are currently paused due to the COVID-19 pandemic. However, if you are interested in any EBRCOA service, contact us at (225) 923-8000 or at info@ebrcoa.org to schedule an appointment with a care manager.

Information & Assistance

- Cable Assistance (Cox Communications)
- Case Management
- Comprehensive In-Home Assessments
- Medicaid Applications
- MIPPA (Medicare Improvements for Patients & Providers Act)
- Material Aids
- Utility Assistance
- Power to Care (Entergy)
- Telephoning – Quality control calls once a month

Outreach Program – A program to identify potential clients and encouraging their use of existing services and benefits.

Nutrition & Wellness

- **Congregate (Hot) Meal Program** – Hot Meals prepared daily and delivered to our senior centers and nutritional meal sites.
- **Meals on Wheels (Home Delivered Meals)** – Meals delivered weekly and prepared for disabled and homebound seniors.
- **Recreation Activities** – Arts/Crafts, Devotion, Bingo, Outings and more
- **Nutrition Education** – Program to promote better health by providing accurate nutrition or health information.
- **Wellness Program** – Activities designed to provide services which will support or improve the mental or physical well-being.
    - » Chronic disease management
    - » Diabetes Self-Management
    - » Emergency Preparedness
    - » General Health Education
    - » Matter of Balance
    - » Senior Safety

COA Rx – The COA Senior Rx Program is designed to assist low-income seniors who do not have prescription drug coverage to obtain medication for chronic illness(es) or condition(s) for free or at a low cost.

COA Helps – The emergency assistance program is designed to provide short term assistance to seniors, 60 years and older, to help pay their Entergy, DEMCO, water bill and rental assistance....

Eligibility:

» 60 years of age or older
» Have exhausted all their funding resources
» Exhibit a need for assistance
» Resident in the EBRCOA servicing area

In Home & Community Based Services

- **Homemaker** – Provides once a week, one hour a day services for Light Housekeeping, Shopping Errands and Light Meal Preparation.

- **Personal Care** – Provides personal care assistance once a week for 3 ½ hours with things such as eating, dressing and grooming/bathing.

- **Respite** – Services provided to caregivers once a week for 3 ½ hours for the opportunity to run errands, shopping, or relaxing while our trained staff sits with your loved one.

Legal Assistance – A service for seniors seeking legal advice, counseling and/or representation by an attorney or other person acting under the supervision of an attorney. This service is on a referral basis and at no cost to the senior...

Lotus Food Pantry – A program in partnership with Greater Baton Rouge Food Bank and USDA to provide seniors with fresh fruits, produce, baked goods, canned goods, toiletries, personal hygiene items, incontinent supplies and household items. Lotus Food Pantry is an income-based service available the first 3 weeks of the month. This service can be applied for once a year...

Lotus Rides – provides assistance in meeting the transportation needs of the EBRCOA seniors and disabled persons, that have no access to personal transportation, currently utilize public transportation and/or may be experiencing difficulties in finding dependable transportation due to hardship or disability. Our transportation department operates 12 passenger vans that are equipped with two wheelchair accessible positions...

The Ageless Circle – An intergenerational mentoring program that connects seniors and youth to improve academic performance, teach social graces, and financial literacy. We focus on shared programming that utilized art, culture, and music education...

EBR Council on Aging
Supporting Independence ~ Serving Seniors

SENIOR RECIPES

RIO SALAD

By Juliete D. Stewart | Dumas House Senior Center

INGREDIENTS:

1 cup of diced chicken
1 cup of cooked deveined shrimp
2 ½ cups of diced avocados
½ cup of diced onion
1 ½ cup of diced tomatoes or cherry tomatoes
½ cup of mayo
Minced fresh garlic of your choice
½ cup of olive oil
1 tbsp. of fresh lime juice
Salt and pepper for taste

DIRECTIONS:

Toss all ingredients in a bowl and serve on a bed of lettuce if desired. Enjoy!

GRANOLA MUFFIN

By Jackie Ard | Zachary Senior Center

INGREDIENTS:

2 cups of Bisquick baking mix
1 cup of granola
2 tbsp. of honey
1 egg
2/3 cups of milk
1/3 cup of raisins
1 pack of muffin cups

DIRECTIONS:

Preheat your oven to 400 degrees. Mix all ingredients into a large bowl and stir vigorously until mixed well. Fill a muffin pan with 12 medium muffin cups and begin to pour in mixture about 2/3 full. Bake for about 15 minutes or until brown. Serve warm.

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SENIOR RECIPES

PECAN CANDY

By Joyce Samuel | Turner Plaza

INGREDIENTS:
2 cups of pecan halves
2 cups of sugar
½ stick of butter
2 cans of sweetened condensed milk
1 tsp. of vanilla

DIRECTIONS:

Mix all ingredients together in a large pot until smooth. Cook for about 30 minutes on medium heat while continuously stirring. After 30 minutes place medium size scoops on parchment paper and let it cool for an hour or until hard.

CRAWFISH FETTUCCINE

By Carolyn Lee |
Foster Road Senior Center

INGREDIENTS:

3 sticks of butter
3 medium onions, chopped
3 ribs of celery, chopped
2 green peppers, chopped
¼ cup of flour
3 cups of half & half or 2 cans of evaporated milk
1 lb. of fettuccine noodles
1 lb. of processed cheese with Jalapeños
3 cloves of garlic, minced
¼ cups of minced parsley
3 lbs. of peeled crawfish tails
Salt & Pepper for taste
½ cups of freshly grated Parmesan Cheese (optional)

DIRECTIONS:

In a large saucepan, melt butter and sauté chopped onion, celery and bell peppers until tender. Blend in the flour, cover and let cook for 15 mins while stirring often. Add crawfish, cover and cook for 20 more minutes while stirring often. Add cream, processed cheese with jalapeño, garlic and parsley. Cook fettuccine according to package directions and drain. Combine with sauce and mix well. Divide between two 9 x 13 in casseroles and sprinkle parmesan cheese on top. Bake in preheated 350 degrees oven until heated thoroughly, approximately 20 minutes.

Congratulations

MEET OUR NEW CHIEF OPERATIONS OFFICER

SHANRIKA BARROW

Ms. Barrow is from the city of Gonzales, LA, and has been a part of the EBRCOA family for 7 years starting off as an Intern in our Information and Assistance Department, Care Manager, Lead Care Manager, Director of Information and Assistance and now our new Chief Operations Officer. She received her undergraduate degree at Southern University in Therapeutic Recreation and soon after attended Upper Iowa University receiving her master's degree in Business Administration. She inspires to obtain a Doctoral degree in Gerontology or attend law school in the near future.

"The most rewarding aspect of working for COA is serving our seniors! This is my passion. I've gained a unique sense of purpose. I have gained plethora of experience that has helped navigate my life. I found my purpose, serving seniors."
- Shanrika Barrow, Chief Operations Officer

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Thank you for your dedication to the seniors of EBR Parish! We're grateful to have you on our team, and we look forward to many more accomplishments with the agency.

Congratulations

MEET OUR NEW MEALS ON WHEELS MANAGER

BRIDGET FRANKLIN

Ms. Franklin is from the lovely Zachary, LA, and has been a part of the EBRCOA family for 7 years starting off as a Senior Center Site Coordinator, Meals on Wheels Driver, Care Manager and now our Meals on Wheels Manager. She attended Delta Junior College where she received a degree in business. She inspires to continue to serve the seniors of this parish and assist in ensure they live the best quality of life.

"The most rewarding aspect of working for the East Baton Rouge Council on Aging is being a listening ear to those who are most vulnerable who otherwise would have no one else to talk to while serving to their needs in the process."

- Bridget Franklin, Meals on Wheels Manager

Thank you for your dedication to the seniors of EBR Parish! We're grateful to have you on our team, and we look forward to many more accomplishments with the agency.

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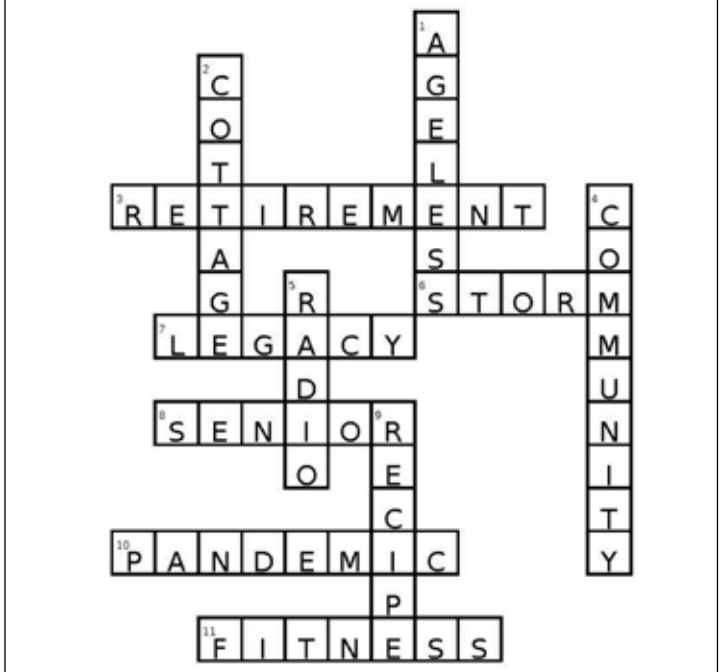
BRAIN GAMES FOR SENIORS

ANSWER KEY



Down:

1. A person or thing whose age appears to not change
2. A small old-fashioned home
4. A group of people living in the same place
5. A electronic device used to listen to music and news
9. Instructions on how to cook a meal

Across:

3. When one chooses to permanently leave the workforce
6. A abundance of strong winds, rain, thunder and lightning
7. Something a person leaves behind to be remembered by
8. A person who is 60 years of age or older
10. A disease spread across the world or country
11. The act of staying active and physically fit

D	Y	A	E	L	O	T	U	S	C	O	M	M	U	N	I	T	Y	F
J	C	O	N	G	R	A	T	U	L	A	T	I	O	N	S	C	C	O
G	I	V	E	A	W	A	Y	E	D	T	L	F	O	O	S	O	O	Z
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WORD LIST

~~CONGRATULATIONS~~
~~LOTUS~~
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~~TESTIMONIAL~~
~~TECHNOLOGY~~

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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 Dr.
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.
Phone: 225-286-4101

Charles R. Kelly Senior Center
3535 Riley St.
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
6955 Florida Blvd.
Baton Rouge, LA 70806
Phone: 225-923-8000

Foster Road Senior Center
11333 Foster Rd.
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 Amiss Dr.
Baton Rouge, LA 70810
Phone: 225-454-4773

Homewood Aquatic Senior Center
3654 Granada Dr.
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 Dr.
Baton Rouge, LA 70806
Phone: 225-223-6559

Catholic Presbyterian Apt.
655 North St.
Baton Rouge, LA 70802
Phone: 225-383-5551

Sharlo Terrace I & II
4915 Alvin Dark Dr.
Baton Rouge, LA 70802
Phone: 225-346-0215

Turner Plaza Apt.
4546 North St.
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
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