

EAST BATON ROUGE COUNCIL ON AGING

# POLISHED

QUARTERLY PUBLICATION | 2020 - Q3 & Q4 | 2021 - Q1



CONQUERING



CHALLENGES



LIFE'S

*Whats Inside*



**EBR**  
Council on Aging

Supporting Independence - Serving Seniors

- TROPICAL STORM MARCO & LAURA
- 2020 CANDIDATE SERIES
- POP UP VACCINATION CLINIC
- LOTUS CENTER UNVEILING
- NEW YORK TIMES INTERVIEW



# about POLISHED



**EBR**  
Council on Aging

Supporting Independence ~ Serving Seniors

## EXECUTIVE STAFF

**Tasha Clark-Amar,**  
*Chief Executive Officer*

**Eva B. Pratt,**  
*Chief Financial Officer*

**Shanrika Barrow,**  
*Chief Operations Officer*

**Timothy Moore,**  
*Executive Administrative Assistant*

**Trudy Bihm-Howard,**  
*Interim Chief  
Administrative Officer*

## 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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# A Message from our CEO **Tasha Clark-Amar**

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**“Show me someone who has done something worthwhile, and I’ll show you someone who has overcome adversity.”– Lou Holtz**

**T**his has been the attitude of Team EBRCOA over the past year as we’ve adapted to the new challenges of the COVID-19 pandemic. This horrible virus has upset life for all of us at varying degrees. For EBRCOA, the COVID-19 pandemic has forced us to frequently pivot and make operation adjustments with a moment’s notice in order to continue providing needed services to the vulnerable community that we serve.

While the pandemic has completely changed the way the staff works together and serves the community, all while maintaining social distancing. Thanks to the ingenuity and resilience of Team EBRCOA coupled with community support, we have been able to adjust operations and continue to uphold our mission.

We are doing everything we can to ensure that our staff and the seniors we serve remain safe and healthy during this pandemic.

## **Hurricane Season**

The second half of 2020 started out with busier than average hurricane season. East Baton Rouge Parish was impacted by several storms, including Hurricanes Laura, Marco, and Delta. It was a very unique situation with two major storms making landfall within days of each other. Our staff worked tirelessly to ensure that our seniors were properly prepared with water, food, COVID-19 supplies, and storm supplies. In addition, we ensured that Meals on Wheels recipients received their meals early to guarantee everyone had food during the storms.

## **Covid Outbreak/Operation Changes**

The storms passed and we hoped we it would return to business as usual, but EBRCOA experienced an increase in the number of confirmed positive COVID-19 cases among our staff. In an abundance of caution, we acted swiftly to reduce the risk of transmission and protect the health of both our staff and clients. Agency operations were immediately halted and, unfortunately, our Annual Thanksgiving Dinner, which was drive-thru, was rescheduled to December. As an agency, we’re prepared to put public health ahead of our agency’s goals.

## **Virtual Programming**

During this difficult time, we released an array of virtual programming options including The Lotus Zone Radio Show, Inspirational Daily Devotionals, crafts, cooking demonstrations, and fitness workouts. The virtual programming component is extremely important to combating social isolation by fostering engagement.

## **Protecting the Community**

The start of 2021 brought promise with the introduction of COVID-19 vaccinations. Of course in EBRCOA fashion, our staff stepped in to fill the gap and ensure our seniors had access to vaccinations. Beginning on January 12, 2021, EBRCOA began hosting Pop-Up Vaccine Clinics throughout the parish through cultivating community partnerships with the Louisiana Department of Health, Office of Public Health, Office of the Baton Rouge Mayor-President Sharon Weston-Broome, The Governor’s Health Equity Task Force, the Louisiana Black Caucus,

the Louisiana National Guard, and Albertsons. This community collaboration ensured consistent access to vaccines remained equitable, and that anyone eligible for a vaccine could receive one. To date we've assisted in providing access to the vaccine to well over 12,000 people. We also rolled out a Homebound Vaccination program with EMS.

### Here We Grow Again

While we modified operations for COVID-19 and embraced new responsibilities such as Pop-up Clinics, we also continued to work on our initiatives and pursue our goal to enlarge our footprint in the parish. Here We Grow Again! We have new facilities waiting for our seniors to grace their hallways and several construction projects in the works.

- **The Lotus Center** – Our state-of-art adult activity center located in the heart of downtown Baton Rouge. The 16,500 square feet facility will offer extensive activities and services most relevant to the aging population. The Lotus Food Pantry has relocated to The Lotus center as a full size stocked mini store and the cafeteria styled dining hall will serve hot congregate meals daily. **Opening May 2021**

- **The Central Lotus Activity Center** – The Central Senior Center has relocated to a brand-new facility. The new facility is centrally located within the City of Central to provide easy access to all residents. The facility is situated in front of a recently renovated park, fully stocked pond, and a walking trail. **Opening May 2021**

- **Ageless Circle** – The newly renovated old fire station now serves as the home to our intergenerational center – Ageless Circle. This facility will serve as a shared site community engagement center for seniors and youth. The primary focus will bridge the gap between seniors and younger generations. **Opening May 2021**

- **Lotus Headquarters** – Construction is moving very quickly on the future home of the agency's administration department. The new 25,000 square foot facility will allow the agency to meet and exceed the programmatic demand and scope

of our mission, particularly for Meals on Wheels and Congregate (Hot) Meals at our 24 Senior Centers and Nutritional Sites. **Opening October 2021**

- **Lotus Village Senior Living Community** – EBRCOA recently received approval to begin construction on the long awaited senior living community. Lotus Village will be a multi-million-dollar construction project that will create a community dedicated to the needs of seniors, most importantly the need for affordable housing. Lotus Village Senior Community will comprise of 116 residential rental homes units within 56 individual buildings. EBRCOA will partner with CareSouth Medical and Dental to provide the state's very first Geriatric Healthcare facility with full medical, dental, vision, hearing, and therapeutic services for the residents of the community.

**Opening June 2022**

Needless to say, Team EBRCOA has been extremely busy during the last three quarters to ensure that we continue to provide exceptional service to the most vulnerable segment of our community. Serving seniors and supporting their independence has been the mission behind everything we've done during the pandemic and will continue moving forward.

Remember to continue your social distancing, handwashing, and wiping down surfaces. And please, check out our website and social media platforms so that you may continue to be fully engaged with the EBRCOA. We will continue to keep you informed of future developments with the agency and overall senior issues. Please know that Team EBRCOA is completely committed to serving seniors and supporting your independence, today and into the future. We look forward to seeing all of you soon!

With gratitude & appreciation,



Tasha Clark-Amar

# Pioneering Aging Trends: Capital Improvements, Developments, and Technological

By: Timothy D. Moore

Quality, sustainability, and cost efficiency are all core factors considered by The East Baton Rouge Council on Aging in the planning stages of capital investments and developments. Our goal is to be easily accessible to every senior in East Baton Rouge, providing them with access to 21st Century facilities capable of withstanding the ever-evolving metropolitan makeup of East Baton Rouge Parish current and future generations.

In 2016, the citizens of our parish overwhelmingly supported the expansion of services to the trailblazers of their community. EBRCOA is committed to being accessible to every senior in the parish. In keeping our commitment to expand services, we are also committed to maintaining a high level of quality services. The expansion of current programs, increased demand for services, and implementation of new programs have created the need further to expand the physical footprint of EBRCOA in other communities. Since the inception of the millage, we have strategically planned to make capital investments and play an integral role in developments all explicitly geared towards servicing

the senior population. We are actively planning to continue to bring our services closer to the homes of the seniors that we serve.

Currently, the agency has three projects under construction. These projects are all very different in purpose and proposed use; however, they all are designed to expand EBRCOA's footprint across the parish and capacity to serve the seniors of this parish effectively.

**The Lotus Headquarters** will represent the growth of the aging population in our community. We will continually affirm the mission for which this building will stand and represent decades to come during construction—supporting Independence and Serving Seniors. Service to seniors as the maintenance of their independence and enhancing their storied lives to flourish and evolve. This facility will also feature a 12,000 square foot commercial kitchen. Several construction milestones have recently taken place at this project: the rough-in of all necessary mechanicals, pouring of the concrete slab, the installation of steel framing, and aluminum decking are just a few. EBRCOA is genuinely excited



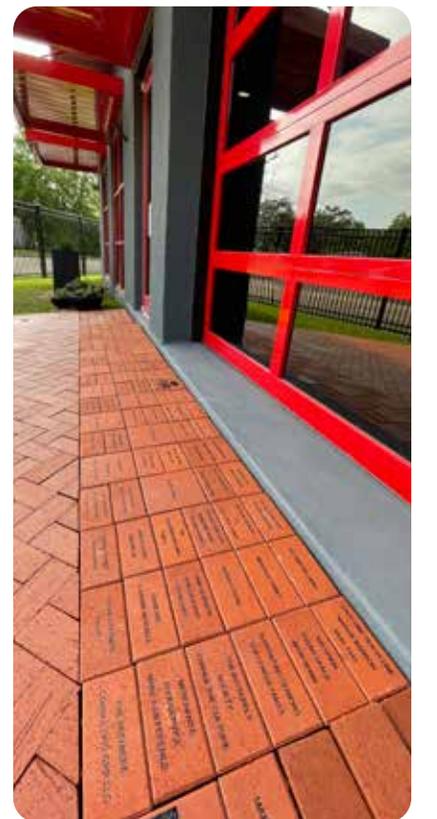
about the much-needed space this facility will provide to service the aging community.

**The Intergenerational Center “Ageless Circle”** 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, enhancing seniors’ technological capabilities, and providing community service opportunities. The East Baton Rouge Council on Aging has repurposed the old fire station located on Gus Young and 38th for the home of this program.

**The Lotus Village** will be the first village concept developed exclusively for seniors in the state of Louisiana. The responsibilities associated with homeownership are often overbearing for aging individuals to maintain. Many seniors love the independence of having their own homes and living independently. Lotus Village’s purpose is to provide just that. Independent senior living with wrap-around services development in a village-style concept with several amenities. This project’s construction phase has finally arrived, and you can begin to see the land work begin. This project is the fruit of selfless labor of partnership between Gulf Coast

Housing Partners and The East Baton Rouge Council on Aging. Lotus Village indicates the agency is committed to addressing the deficiency of decent and affordable senior housing in the parish. Every Unit located within the Lotus Village will be a Low to Moderate Income Aging in Place Unit designed to allow seniors to live out their passing days in the comfort of their home.

COVID-19 has created a trend of building cost inflation, material shortages, and increased labor burdens. Ultimately these effects of the pandemic are echoed globally and reportedly aren’t predicted to return to normal until we are well into the recovery phase of the pandemic. According to USA Today, the cost of certain building materials has increased upwards by 150%. Though these increases have caused our agency to pursue other cost-saving approaches, our commitment to producing high-quality 21st-century facilities remains unwavering. Interestingly, the pandemic has bred a culture of innovation through technology and forced individuals worldwide to use technology in a way never imagined. Fortunately, seniors are now less afraid and willing to be more engaged with today’s new technologies. We intend to continue to lessen this fear by integrating new adaptive technologies into the design of new facilities.



# EBRCOA Projects: by the numbers:

## The Lotus Headquarters:

**Size:** 25,000 sq ft

**Purpose:** New Administrative Facility

**Estimated Projected Completion:**

September 2021

**Project Cost:** \$5,300,000

**Contractor:** Percy J. Matherne Contractor Inc.

## The Intergenerational Center “Ageless Circle”

**Size:** 7,500 sq ft

**Purpose:** Shared Community Engagement Center

**Estimated Projected Completion:** May 2021

**Project Cost:** \$750,000

**Contractor:** Ronnie Howard Construction

## The Lotus Village

**Size:** 116 1 Bedroom Units

**Purpose:** Village Concept Residential Housing

**Estimated Projected Completion:** June 2022

**Development Partner:**

Gulf Coast Housing Partners

**Project Cost:** \$22,000,000

**Contractor:** Cobalt Construction



JOIN THE EBRCOA FAMILY



Supporting Independence - Serving Seniors

# GET INVOLVED.

[ebrcoa.org](http://ebrcoa.org) | 225-923-8000



# CareSouth

MEDICAL & DENTAL

Baton Rouge Clinic | Pediatrics/WIC Clinic  
Donaldsonville Clinic | Plaquemine Clinic | Zachary Clinic

**CARESOUTH OFFERS A FULL RANGE OF HEALTHCARE SERVICES AT OUR FOUR LOCATIONS FOR MEN, WOMEN AND CHILDREN.**

**Adult Medicine | Behavioral Health | Certified Application Counselors  
Chronic Disease Management | Dental | Immunizations  
Lab Services | OB/GYN | Patient Assistance Program  
Pediatrics | Podiatry | Physicals (For School, Sports and Work)**

**CARESOUTH ALSO PROVIDES  
WOMEN, INFANTS AND CHILDREN (WIC) SERVICES AT THE  
DONALDSONVILLE LOCATIONS. BEHAVIORAL HEALTH  
OFFERED ONLY AT ZACHARY LOCATION**

**CARESOUTH MAIN LOCATION  
3140 FLORIDA ST.  
BATON ROUGE, LA 70806  
225.650.2000  
CARESOUTH.ORG**



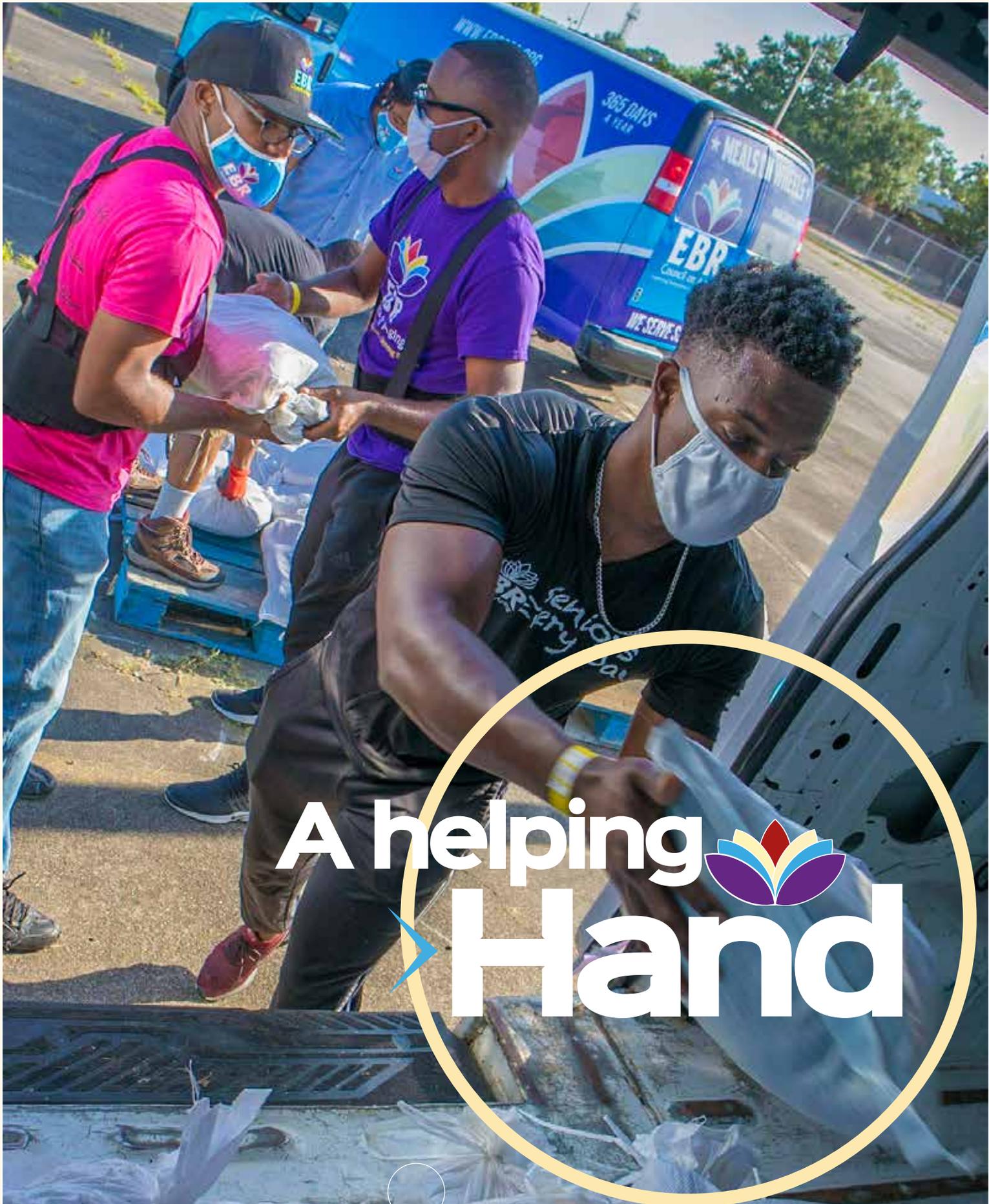
**GET ON AIR**



***WOULD YOU LIKE TO SPONSOR THE LOTUS ZONE RADIO SHOW?***

**FOR MORE INFORMATION CONTACT:**

**TRUDY BIHM-HOWARD AT [TBIHM@EBRCOA.ORG](mailto:TBIHM@EBRCOA.ORG).**



A helping   
Hand

# Preparedness for Tropical Storms Marco and Laura

## EBRCOA MARKETING

During late August 2020, two catastrophic tropical storms formed in the Gulf of Mexico aiming directly towards the Louisiana coast with wind speeds and rainfall that could cause large amounts of damage.

In true EBRCOA fashion, we kicked into high gear to ensure that senior residents were prepared and protected as the storms approached. "This is a very unique situation with two storms making landfall within days of each other," stated Tasha Clark-Amar, Chief Executive Officer of East Baton Rouge Council on Aging. We distributed 1-liter bottles of water, face masks and flashlights with batteries at our main office at 5790 Florida Blvd.

EBRCOA staff members delivered meal boxes to our Meals on Wheels recipients in advance in preparedness for the inclement weather.

Additionally, seniors were encouraged to fill up their gas tanks, stock up on canned goods, water and medications. Seniors were also advised of locations to collect sandbags in case of flooding in the area.

Thank you to State Representative C. Denise Marcelle for her contributions, as well as several members of our staff for their hard work in servicing our community.

*"This is a very unique situation with two storms making landfall within days of each other," stated Tasha Clark-Amar, Chief Executive Officer of East Baton Rouge Council on Aging,*



Charlotte Turner, Director of Facilities & Disaster Preparedness and Brian Parent, Sr., Safety Coordinator

Tasha Clark-Amar, Chief Executive Officer and EBRCOA staff discussing a plan to help residents in need.



# «Good Deeds»

## EBRCOA Extends Aid to Calcasieu COA after Hurricane Laura



EBRCOA staff arrives to Lake Charles to provide local residents with aid.



Patrice Bryant, Assistant Director of Senior Centers preparing hot meal plates to serve to Calcasieu Council on Aging seniors.



On August 27, 2020, Hurricane Laura made landfall in Lake Charles, Louisiana. The category three storm was the strongest to ever hit the region. For several weeks in September, we hosted a supply drive at our main office (5790 Florida Blvd) and senior centers to gather personal hygiene products, incontinence supplies and meals.



EBRCOA staff in Lake Charles providing aid to the Calcasieu Parish Council on Aging.

**\$6,766**

Raised by the end of October 2020

We collectively raised \$6,766 in cash and donated supplies by the end of October. On November 6, 2020, our CEO, Tasha Clark-Amar, and several staff members traveled to Lake Charles to personally deliver supplies and serve the senior residents of the area. We believe that team work makes the dream work. Together, we provided the seniors of Calcasieu Parish Council on Aging cleaning and personal supplies, hot meals, and lots of Lotus Love.



EBRCOA staff and CCOA staff distributing necessities to those effected by Tropical Storms Marco & Laura

# » answering the call

## ***EBRCOA Awarded Meals on Wheels COVID-19 Response Fund Grant***

The East Baton Rouge Council on Aging was awarded the Meals on Wheels COVID-19 Response Fund Grant in the amount of \$75,000. As a round two recipients of this grant, we were thrilled to receive funding not only towards our Meals on Wheels program, but additionally towards technology advancements for our seniors.

During the COVID-19 pandemic, EBRCOA provided home delivered and drive-thru meal services to our seniors in efforts to ensure they continued to receive a well-balanced meal daily amidst the unfortunate circumstances of our country. Each recipient received a 2-week supply of meals, including bread, fruit and snacks. In strong efforts to minimize transmission of the virus, we took all necessary precautions to protect the health of the elderly community of this parish all while striving to maintain their quality of life.





# EBR

## Council on Aging

Supporting Independence ~ Serving Seniors

# 3,024

Meals on Wheels clients served utilizing the COVID-19 Response Fund Grant.



*EBRCOA senior center participant receives her hot meal through our congregate drive-thru meal service.*



*EBRCOA staff loading up vans to deliver meals to our Meals on Wheels clients home.*



Special thank you to Meals on Wheels of America for this opportunity and continuing to go above and beyond for the elderly community.

***“We are overjoyed to have the essential work that we do every day recognized and to receive the COVID-19 Response Fund Grant! These funds will be used to support the vital work team EBRCOA is doing in the community during the pandemic to ensure that the most vulnerable segment of the population is served and protected,”***

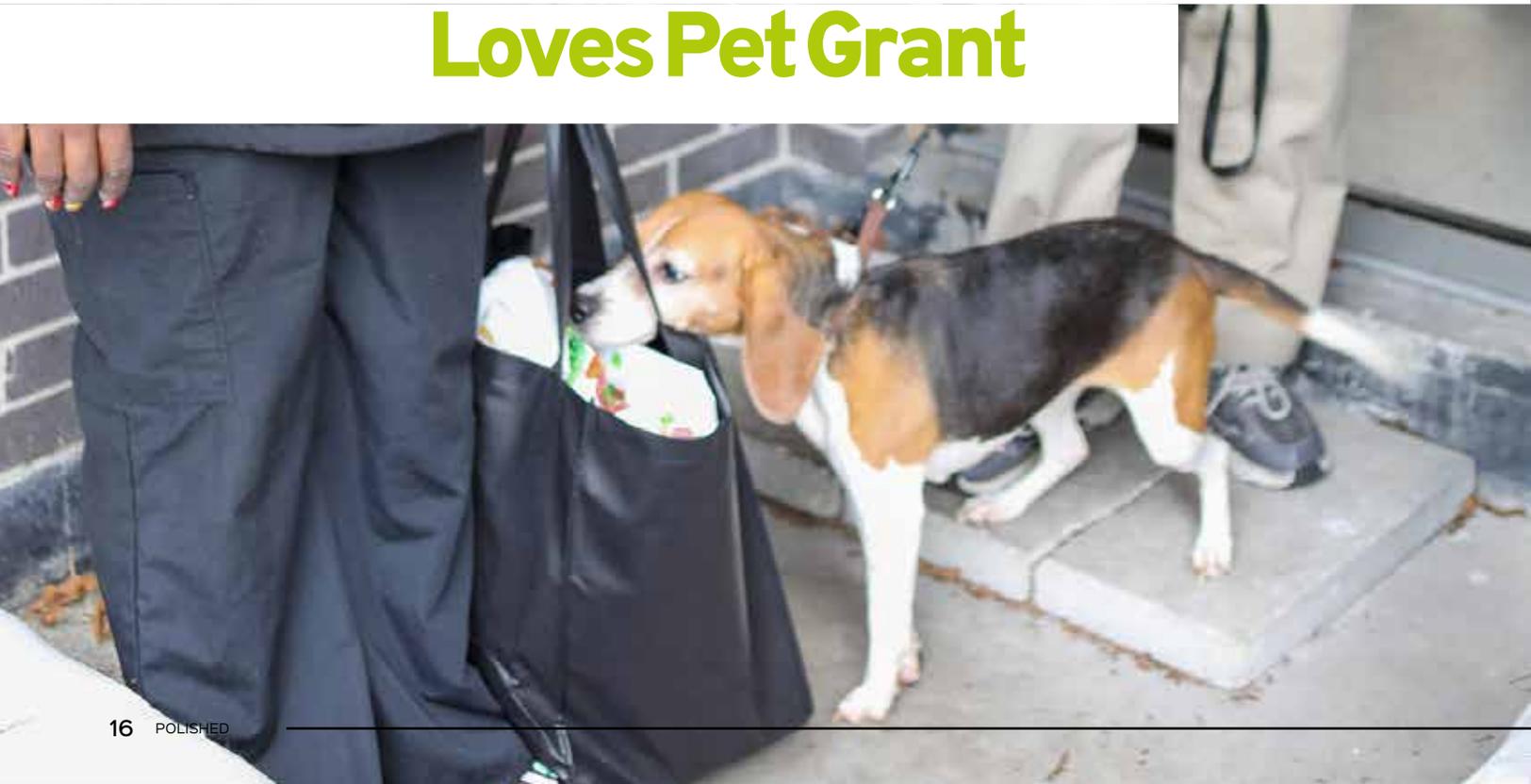
***- Tasha Clark-Amar, Chief Executive Officer***



**\$5,000**

**6 Month Grant Program**

**Meals on Wheels of America  
Loves Pet Grant**





The East Baton Rouge Council on Aging are proud recipients of the 2020 Meals on Wheels of America Loves Pet Grant. We were awarded \$5,000 during the 6-month program to assist with pet food purchases, pet supplies, pet food storage, veterinary care, and grooming.

We would like to thank Meals on Wheels of America for granting us the opportunity to not only serve our seniors, but their loving animal companions as well.



## To assist with:

- Pet Supplies +**
- Pet Food Storage +**
- Veterinary Care +**
- Pet Grooming +**



# Lotus Zone

Our **Lotus Zone Senior Radio Show** is a platform designed to educate, enlighten, entertain, and engage seniors on current new and important topics. Occasionally, we invite special guests to the show to share important information with our seniors.

Seniors and their caregivers tune in every Tuesday at 4:00 PM to 106.1 WTQT and livestream on our social media platforms. The Lotus Zone is broadcasted live from the Ageless Circle located at 3820 Gus Young Ave. The Lotus Zone is also the home of Technology Tuesday, Radio Bingo, and the Senior Spirit Contest. Due to the pandemic it became imperative to create a virtual platform to maintain communication with seniors, while also expanding their technological skill set. In the age of technology, there is a huge benefit to providing access to the devices and training on their functionality with the hopes of eliminating social isolation and increasing mental fortitude.



Are you or your organization interested in becoming a special guest?



Are you interested in sponsoring The Lotus Zone?



For more information, contact Trudy Bihm-Howard at [tbihm@ebrcoa.org](mailto:tbihm@ebrcoa.org).





Tasha Clark-Amar, CEO of EBRCOA and Mrs. Holmes of Cy-Tech Magnet Academy discussing our Tech It Forward program.



Trudy Bihm-Howard (Interim Chief Administrative Officer), Timothy Moore (Executive Administrative Assistant), and Garrett Edgerson of Da Edge 1 Production in our very own recording studio.



Charlotte Turner (Director of Facilities & Disaster Preparedness) and Shanrika Barrow (Chief Operations Officer) playing Lotus Zone Radio Bingo.

EBRCOA LAUNCHES

# VIRTUAL CANDIDATES *Series*

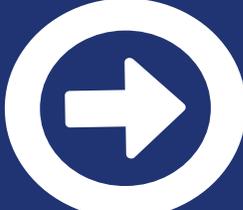
The 2020 Election Season was a popular topic at the East Baton Rouge Council on Aging. In a commitment to the seniors, we answered their request for both a candidate forum and education of the issues on the ballot. We launched the Virtual Candidate Series via The Lotus Zone and invited Mayoral, Metro Council, and Judicial candidates as special guests to discuss their respective platforms.

Seniors could submit questions prior to the show, or during the live show by chat, email, or calling into the show. Candidates answered the questions and had opportunities to speak directly to the residents of the parish.

There were a total of 10 installments of the series, which took place on

every Tuesday, Thursday and Sunday of the month of October. The EBRCOA broadcasted the series live from The Lotus Center, the brand-new senior center located at 1701 Main Street in downtown Baton Rouge. Seniors tuned in by listening from WTQT 106.1 FM Radio or streaming from Facebook Live or YouTube.

We would like to thank all of the candidates who participated in the Virtual Candidate Series and send a special congratulations to the winners of the 2020 Election Season. Also, a special thank you goes to Da Edge1 Productions and Blink Jar Media for making the broadcasts possible.

**TOP 3 SHOWS**   
Total Engagements

# 2020

# 10

Total Series Installments  
(2020 Candidate Series)

## Social Media Metrics (2020 Candidate Series)

Impressions

**61,247**  **50.8%**

Engagements

**13,582**  **99.1%**

Post Link Clicks

**73**  **248%**



106.1 FM WTQT



**1,035 Engagements**

October 11<sup>th</sup>  
Mayor Sharon Weston-Broome, Councilwoman Erika Green, and Darryl Hurst

**1,351 Engagements**

October 13<sup>th</sup>  
State Representative Denise Marcelle and Eric Lewis

**1,617 Engagements**

October 13<sup>th</sup>  
Joel Porter, Tiffany Foxworth, Christopher Dassau, and Eboni Johnson-Rose

# 1,000

*turkeys and holiday gifts*



*loading up*

⬆ EBRCOA staff load up seniors cars with turkeys and Christmas gifts.



*loading up*

⬆ EBRCOA staff doing a final check on Turkeys before they are distributed to seniors.

# EBRCOA Hosts Turkey and Holiday Gift Giveaway

The Turkey and Holiday Gift Giveaway was a smashing success! On Tuesday, December 15th, we gave away 1,000 turkeys and holiday gifts to our seniors at The Lotus Center, our brand-new facility located at 1701 Main Street. The giveaway was originally scheduled to take place the week before Thanksgiving but was rescheduled after we temporarily suspended operations due to an increase in positive COVID-19 cases among our workforce.

We understood that the holiday season could be a difficult time for many of our seniors; so, being able to host these events for our senior community meant so much to us. We truly believe that no senior should be forgotten about during the holiday season.

We were thankful for the opportunity to have successfully rescheduled this event. We would like to send a special thank you to Senator Cleo Fields for partnering with us and the staff for their hard work and dedication to serving the community, as well as the seniors who continue to support us.



➔ Seniors begin to line up to receive their frozen turkeys and Christmas gift from EBRCOA.



Delores Chenevert, Payroll Coordinator and Trudy Bihm-Howard, Executive Assistant/Special Projects Coordinator stuffing Christmas stockings with goodies for our seniors. ➔

## EBR/COA SENIOR CENTERS | STAGGERED REOPENING



● MONDAY · MAY 10<sup>th</sup>, 2021 ●

# REOPENING Senior Centers REOPENING REOPENING

### Revised Hours of Operation

**9:00 AM to 1:30 PM**

**No one** may enter, if they have symptoms of respiratory illness.



*Supporting Independence – Serving Seniors.*

**Drive-thru** lunch services will no longer be available. Seniors must come into the centers to eat lunch.

**Mask** are required. **Social distancing** will be enforced.

**EBRCOA SENIOR CENTERS**



**REOPENING**  
*Schedule*

**2021**

**Monday, May 10th – May 14th**  
**9:30am - 1:30pm**

**The Lotus Center**  
(Grand Opening and Open House Week)  
1701 Main Street, Baton Rouge, LA 70802

**Tuesday, May 11th – May 14th,**  
**9:30am - 1:30pm**

**Central Lotus Activity Senior Center**  
(Grand Open/Ribbon Cutting and Open House Week)  
11111 Park Place Drive, Baton Rouge, LA 70818

**Monday, May 17th, Thursday, May 20th,**  
**Friday May 21st, 9:30am - 1:30pm**

**Chaneyville Senior Center**  
(Open House Week)  
13211 Jackson Road, Zachary, LA 70791

**Charles R. Kelly Senior Center**  
(Open House Week)  
3535 Riley Street, Baton Rouge, LA 70805



**EBR COA SENIOR CENTERS**

**REOPENING**  
*Schedule*

**2021**

**Monday, May 17th, Thursday, May 20th,  
Friday, May 21st; 9:30am -1:30pm**

**Jewel J. Newman Senior Center**  
(Open House Week)  
2013 Central Road, Baton Rouge, LA

**Leo S. Butler Senior Center**  
(Special Reopening/Open House Week)  
950 East Washington Street, Baton Rouge, LA

**Pearl George Senior Center**  
(Open House Week)  
4000 Gus Young Ave, Baton Rouge, LA 70802

**Monday, May 24th - Thursday, May 27th  
9:30am -1:30pm**

**Antioch Senior Center**  
(Open House Week)  
7140 E. Antioch Road, Baton Rouge, LA

**Baker Senior Center**  
(Open House Week)  
3334 Jefferson Ave, Baker, LA 70714

**EBRCOA SENIOR CENTERS**



**REOPENING**  
*Schedule*

**2021**

**Monday, May 24th - Thursday, May 27th,  
9:30am - 1:30pm**

**Ben Burge Senior Center**

(Open House Week)

9350 Antigua Drive, Baton Rouge, LA 70810

**Dumas House Senior Center**

(Open House Week)

1313 N. Sherwood Forest, Baton Rouge, LA 70815

**Flanacher Senior Center**

(Open House Week)

205 E. Flanacher Road, Zachary, LA 70791

**Greater King David Senior Center**

(Open House Week)

131 Elmer Street, Baton Rouge, LA 70807

**Highland Road Senior Center**

(Open House Week)

114024 North Amis Drive, Baton Rouge, LA 70810

**EBRCOA SENIOR CENTERS**



**REOPENING**  
*Schedule*

**2021**

**Monday, May 24th - Thursday, May 27th**  
**9:30am - 1:30pm**

**Homewood Senior Center**

(Open House Week)

3654 Granada Drive, Baton Rouge, LA 70810

**Perkins Road Senior Center**

(Open House Week)

7122 Perkins Road, Baton Rouge, LA 70808

**Zachary Senior Center**

(Open House Week)

3541 Highway 19, Baton Rouge, LA 70791

**THANK YOU FOR  
WEARING A MASK.**

Wearing a mask or face covering can help stop the spread of the coronavirus. Thank you for doing your part to keep our staff and seniors safe.





# COVID-19

## DAILY SELF CHECKLIST

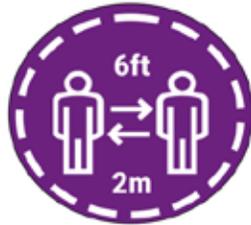
Review this checklist before entering the building.

- ✓ **Fever**
- ✓ **Loss of smell or taste**
- ✓ **Shortness of breath or difficulty breathing**
- ✓ **Fatigue**
- ✓ **Body aches**
- ✓ **Headaches**
- ✓ **Sore Throat**
- ✓ **Congestion or runny nose**
- ✓ **Nausea/vomiting, diarrhea, loss of appetite**



If you answered **YES** to any of the above-mentioned symptoms, please **DO NOT** enter the building.

# Stay Safe Against Covid-19



**Practice Social Distancing.**  
Keep at least 6-feet apart from others. Avoid unnecessary close interactions.



**Wash Your Hands.**  
Frequently wash your hands with soap and water at least 20 seconds.



**Promote Wellness.**  
No one may enter if they have any symptoms of respiratory illness.



**Wear a Mask.**  
Masks are required at all EBRCOA facilities. Mask must cover both the nose and mouth.



**No Fever.**  
Mandatory daily temperature checks upon entrance.



## Protect Yourself. Protect Others.

# Proper Handwashing Steps

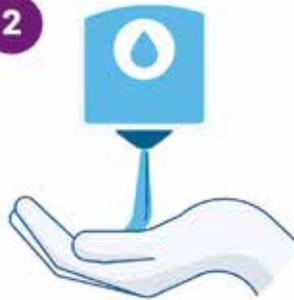
1



## Wet your hands

Wet hands with clean, running water, turn off the tap with a paper towel and apply soap

2



## Apply soap

Lather your hands by rubbing them together with the soap. Lather the backs of your hands, between your fingers, and under your nails

3



## Scrub your hands

Scrub your hands for at least 20 seconds. Need a timer? Hum the "Happy Birthday" song from beginning to end twice.

4



## Rinse hands

Rinse your hands well under clean, running water.

5



## Dry hands with towel

Dry your hands using a clean towel or air-dry them.



# Wash your hands.

## Sudoku Game 1

			3			8	6	5
	4		1	8				
		9	5			3		
8		4		1		6		7
5	1							
9		2		4	8			
				2				9
							4	
	7			6				

## Sudoku Game 2

4			5		2		7	3
2	7					4		6
			7	3		9	1	
	2							
6	3	4		1				
7		8						
			2	9				5
								8
	9		8	7				

Answers on page 57



# SENIOR COLORING ACTIVITY



**E B R**  
Council on Aging

NAME: \_\_\_\_\_

SENIOR CENTER : \_\_\_\_\_

# EBRCOA Unveils The Lotus Center

**T**he East Baton Rouge Council on Aging is pleased to unveil the Lotus Center! This state-of-the-art facility is located at 1701 Main Street in downtown Baton Rouge. Every element of the center was designed with older adults in mind. The rooms are color-coded for cognitive stimulation, which allows seniors to easily navigate the building.

The building is 16,553 square feet of multiple spaces for seniors to gather, socialize, and practice their favorite hobbies such as the sewing room, respite room, wellness room, gaming room, arts and crafts room, library and a fully-equipped fitness center. The dining/

multipurpose room can seat nearly 1000 seniors at a time for congregate meals and enrichment activities, such as bingo. The Lotus Lab provides access to computers and the Internet, along with a 3-D printer.

The Lotus Pantry has a wide assortment of drink and food items that seniors can pick up free of charge. To protect our senior clients, The Lotus Center is equipped with a Thermal Temperature Camera to perform wellness checks upon entry into the facility. The system checks body temperatures, scans faces for masks, and will kindly remind visitors to “please wear a mask.”



Arts & Crafts Room



Fitness Center



Game Room



Library



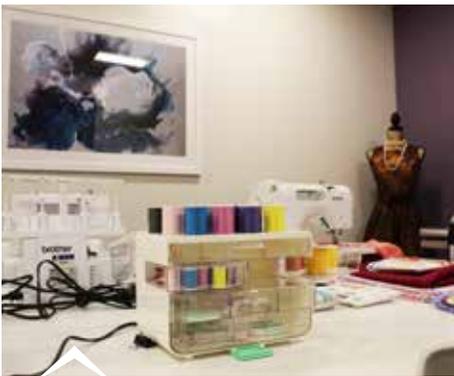
Lotus Food Pantry



Respite Room



EBRCOA CEO, Tasha Clark-Amar, gives a sneak peek inside the sewing room to Shirley Merrick, Executive Director of the Governor's Office of Elderly Affairs (GOEA).



Sewing Room



Lotus Lab

Would you like a 360 virtual tour?



Multi-Purpose Room

Visit The Link



<https://bit.ly/3mxWw75>



# Ageless Circle

**3820 GUS YOUNG AVE**

→ A PEAK INSIDE



The East Baton Rouge Council on Aging officially completed the construction and renovations of our International Center, Ageless Circle, located at 3820 Gus Young Ave. The Ageless Circle is well equipped with a conference room, multi-purpose room, Lotus Recording Studio and Lotus Lab.

This new location is the home of The Lotus Zone Senior Radio Show and Ageless program with the primary goal to join seniors and youth of the community together to network, educate and build lifelong relationships.

The Ageless Program is a multi-generational mentoring program that partners seniors with disenfranchised youth to improve academic performance; teach social etiquette, and financial literacy; reduce and/or prevent substance abuse in young adults; and provide community service opportunities.

We believe that connecting seniors with the youth of the community will help our seniors enhance their technological capabilities and will also improve student academics by teaching the importance of a good education.



# Community Legacy Brick Campaign

The Community Legacy Brick Campaign allow seniors, staff, community leaders, and residents the opportunity to support EBRCOA seniors by purchasing a brick or paver at our Ageless Circle location.

The location of our Ageless Circle building was previously a fire station making it a historical landmark and a special place to many individuals in the community. Along the entrance of the building are bricks and pavers with a timeless message for future generations.

*“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, CHIEF OPERATIONS OFFICER



# IN THE NEWS:

THE ADVOCATE



## *Planning Commission to consider senior development*



BY TIMOTHY BOONE | STAFF WRITER DEC 4, 2020

The East Baton Rouge Planning Commission will consider approving Lotus Village, a 116-unit mixed use development aimed at seniors that would be built near downtown.

The development is a partnership between the East Baton Rouge Council on Aging and the Gulf Coast Housing Partnership in New Orleans. Lotus Village is aimed at low to moderate income seniors. Along with housing, the community will include a geriatric health care facility, a market, a gym and walking trails. The development would be built on three sites on Gracie and Gayosa streets and Spanish Town Road, near North 16th Street.



# IN THE NEWS:



## *EBRCOA postpones opening of The Lotus Center senior facility*

Published: December 8, 2020

East Baton Rouge Council on Aging has decided to postpone the grand opening of The Lotus Center due to state mandated coronavirus restrictions.

The Lotus Center is an initiative to bring community seniors a state-of-the-art adult activity center designed with cognitive and physical enhancement activities. The facility is equipped with features such as the Lotus Food Pantry, The Lotus Lab, a fully-equipped cardio room and a multi-purpose space.

The grand opening was schedule for Dec. 2, however EBRCOA decided to reschedule the ribbon cutting ceremony and opening, citing Governor John Bel Edward's reversion to a modified Phase 2.

The new opening date has not yet been announced.

### About EBRCOA

Since 1973, East Baton Rouge Council on Aging has served



seniors in East Baton Rouge Parish through a variety of nutritional and social services. The East Baton Rouge Council on Aging is mandated by the Older Americans Act,

to respond to the needs of Americans aged 60 and over in the local community with the goal of keeping seniors living independently in their own homes. Senior Centers are an

excellent way to break social isolation by engaging seniors with their community, in a safe and enriching environment.

Source: <https://www.brproud.com/news/local-news/ebrcoa-postpones-opening-of-the-lotus-center-senior-facility/>





## BRAIN GAMES FOR SENIORS

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

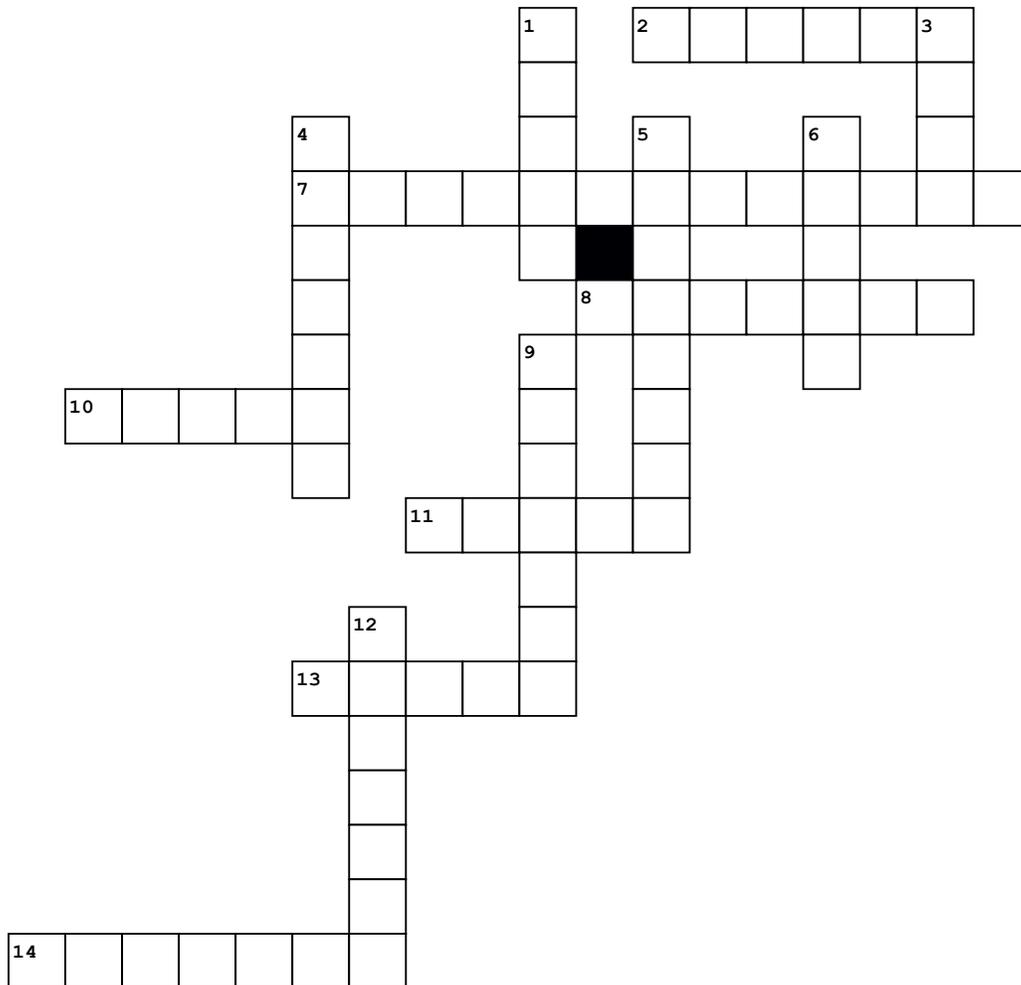
HOMEBOUND  
 DANCE  
 INSPIRATIONAL  
 AGELESS  
 WEATHER  
 LOTUS  
 AGING  
 VIRTUAL  
 MARCO  
 FITNESS  
 COVID  
 CENTRAL  
 LAURA  
 YOGA  
 MAGAZINE  
 VACCINE  
 PROGRAM  
 RADIO  
 MEALS  
 TURKEY  
 SENIORS

Play this puzzle online at : <https://thewordsearch.com/puzzle/2229002/>

**\*ANSWERS ON PAGE 71**



## BRAIN GAMES FOR SENIORS



### Across

- 2. a very large bird
- 7. to motivate someone mentally and emotionally
- 8. a substance used to prevent illness
- 10. a hurricane that struck Lake Charles in 2020
- 11. to move rhythmically to music
- 13. large amounts of food served daily
- 14. lasting for a long time or forever

### Down

- 1. a device used to listen to music or news
- 3. a practice of health and relaxation
- 4. task performed on a computer or cellular device
- 5. a publication with photography and articles
- 6. a viral virus established in 2020
- 9. the act of being physically active and fit
- 12. individuals 60 years of age and above



LDH Secretary Courtney Phillips receives her vaccination.



Governor John Bel Edwards, Timothy Moore (Executive Assistant) and Tasha Clark-Amar, CEO of EBRCOA.



**DAY 1**

Thursday,  
March 4th  
The Lotus  
Center

**DAY 2**

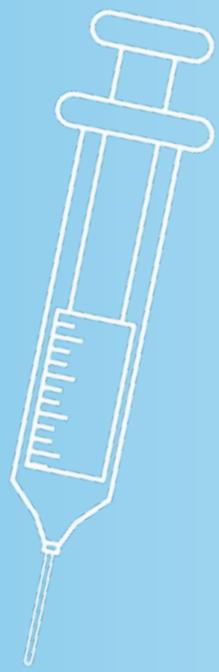
Friday,  
March 5th  
Leo S. Butler  
Community  
Center

**DAY 3**

Saturday,  
March 6th  
Living Faith  
Christian  
Center

# 3 day Mass Vaccination Clinic

The East Baton Rouge Council on Aging in partnership with Albertsons, Ochsner's Medical, Louisiana Department of Health, Office of Public Health, Secretary Courtney Phillips, Senator Cleo Fields, Representative Larry Selders, and Councilmember Carolyn Coleman hosted a 3-day pop up vaccination clinic where we successfully vaccinated 1,100 individuals of the community. Local vaccination clinics are beneficial to ensure our efforts to distribute are equitable and accessible in East Baton Rouge Parish.



Ken Howie, Albertson's Pharmacy Manager



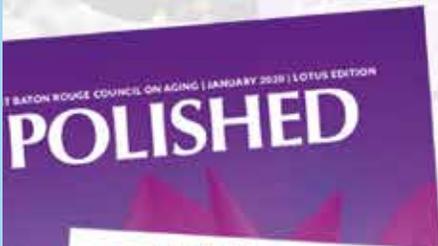
LDH Secretary Courtney Phillips, Councilmember Carolyn Coleman and Tasha Clark-Amar, CEO of EBRCOA.



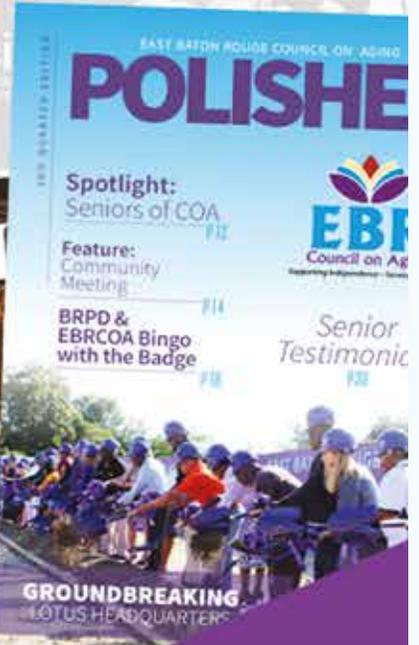
Robbie C., Albertson's Pharmacist

WOULD YOU LIKE TO SEE YOUR ORGANIZATION IN OUR NEXT ISSUE

**POLISHED?**



EAST BATON ROUGE COUNCIL ON AGING QUARTERLY PUBLICATION  
**POLISHED**  
Fourth Quarter - 2018



**EBR**  
Council on Aging

Supporting Independence - Serving Seniors

FOR MORE INFORMATION, CONTACT THE MARKETING DEPARTMENT AT [MARKETING@EBRCOA.ORG](mailto:MARKETING@EBRCOA.ORG).

# COVID-19 VACCINATION POP-UP CLINIC



Pat Williams, Leo S. Butler Senior Center



*"Everyone involved did an excellent job! Very polite, knowledgeable and professional staff. Great work!"*

**- Cynthia Bell-Ugbogbo,  
Facebook Testimonial**



*"Great job to EBRCOA for your scheduling and delivery of the vaccinations. The process was efficient, no long lines, and very effective. Thank you COA another job well done!"*

**- Diane Tate,  
Facebook Testimonial**



Mayor Sharon Weston-Broome visits the EBRCOA Pop-Up Vaccination Clinic.



*"Thank you all so much for making this possible. It was quick, easy and so well organized! I was in and out in less than 30 minutes. We appreciate the opportunity."*

**- Gloria Harrison Aydell,  
Facebook Testimonial**

# NIC

# Testimonials



*"Thank you for facilitating this clinic! I was able to get my grandmother signed up for her first dose of the vaccine."*

**- Kate Blalock Pick,  
Facebook Testimonial**



*"I had the privilege of bringing my good friend to get her COVID vaccine at the Lotus Center. Everything was so well organized, quick and the staff was very friendly. Thank you, Tasha Clark-Amar and staff, you all are always so great! So proud of you."*

**Jerrie Miles Booker,  
EBRCOA Board Member**



*Tasha Clark-Amar, Chief Executive Officer explains to a reporter from The New York Times the importance of being vaccinated.*



*"My parents were finally able to be vaccinated after searching high and low for this opportunity"*

**- Carol Lindsey-Edwards,  
Facebook Testimonial**



*- Pat Williams,  
Leo S. Butler Senior Center*

# SENIOR

*"I am so happy that I finally received my vaccine today. Thank you and your awesome staff so very much for your continued love for the seniors. You are all appreciated!"*

*- Tarita Freeman, Facebook Testimonial*

*"Thank you Mrs. Amar and EBRCOA staff for being one of the first to get seniors vaccinated in EBR Parish. We love you all."*

*- Melba Moye, Facebook Testimonial*

# VACCINE CLINICS

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*"My husband and I received our vaccination through COA a little over a week ago! We were very pleased with the concern and care we were given. My husband who needs assistance to walk was shuttled to the door and given assistance throughout. Thank you!"*

**- Pam HL, Facebook Testimonial**

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*"You all have truly set the standard. I brought my disabled aunt to your clinic in February in North Baton Rouge and I was so impressed.*

*I was so glad to see how the elderly and disabled were treated with such dignity and respect. Every detail was thoughtout and felt like a weight had been lifted. No one needs were a burden and people could feel safe no matter what. Thank you all for your hard and valuable work you do!"*

**- Crystal Harper White, Facebook Testimonial**

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*"I want to give a heartfelt thank you to Council on Aging for helping my wife and I get vaccinated after several attempts at different avenues to no avail. Receiving the COVID vaccine may seem so small of a service however, we needed it the most. Thank you COA!"*

**- Floyd and Barbara Lee, Email Testimonial**

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*"Thank you for hosting the vaccination clinic! My mom was able to get her 1st dose of the vaccine and she is looking forward to returning for her second dose. She was in and out in less than 15 minutes and the staff made her feel very comfortable during her visit. I am very grateful and thankful for your efforts in keeping seniors safe!"*

**- Dione Milton, Facebook Testimonial**

# IN THE NEWS:



## EBRCOA gains National Recognition

The East Baton Rouge Council on Aging greatly appreciates the following news outlets for showcase our strong efforts to ensure seniors of EBR Parish receive their COVID-19 vaccine. Tasha Clark-Amar, Chief Executive Officer, seniors, and staff would like to thank you for allowing our hard work to be seen and voices to be heard by individuals across the nation.



**"My Genes, Your Genes Are They Important?"**

A discussion on the topics of Ancestry, Genetic Health and the connection to research and the role of *All of Us*.

A Collaborative Program presented by The Cobb Institute and The Capital Area Agency on the Aging Baton Rouge

**MODERATOR**

Doris Browne, MD  
Browne Associates  
Past President, NMA

**PANELISTS**

Tasha Clark-Amar  
Chief Executive Officer  
The East Baton Rouge Council on Aging

Chazeman Jackson, PhD, MA  
Cobb Scholar  
W. Montague Cobb Institute

Angela K. Jubert, MD  
Addiction Medicine Specialist  
Metropolitan Human Services

Maurice Sholis, MD, PhD  
Sholis Medical Consulting, LLC  
RWJ Foundation Clinical Scholar

Date: April 16th  
Time: 6:30-8:00pm CST

Click flyer for login information  
[www.joinallofus.org/BatonRouge](http://www.joinallofus.org/BatonRouge)  
[www.TheCobbInstitute.org](http://www.TheCobbInstitute.org)

## Health Day – COVID-19 Pandemic and Vaccine Rollout



Our great CEO Tasha Clark-Amar was granted the opportunity to discuss with Dr. Vickie Mays of UCLA Fielding School of Public Health and Jill Ramirez, Executive Director of the Latino HealthCare Forum to discuss the racial disparities of the COVID-19 pandemic and the vaccination rollout.

Source: <https://www.youtube.com/watch?v=c6eF94x4I30>



# IN THE NEWS:



## *In Baton Rouge, Existing Health Care Disparities Make Vaccine Rollout More Uneven*

Published: February 2, 2021

Georgia Washington, 79, has spent most of her pandemic days quarantining at home. But she stays busy by cooking some of her favorite foods: red beans, mustard greens, green beans and fish, “sometimes fried, sometimes not.”

Last March, Washington got COVID-19.

“I was very weak and I was tired,” she said. “So they told me to get tested, and they told me I had the virus.”

Washington has lived in Southern Heights, a predominantly Black neighborhood in the northern part of Baton Rouge, since 1973. There aren’t many resources in this part of town, so when Washington fell ill in March, she had to get a ride 20 minutes south to get medical attention.

Now that she’s already experienced the virus, Washington is eager to get vaccinated. But she’s again finding it difficult to access health care. She’s been trying for weeks, checking multiple times at pharmacies in the area. Now she’s on a waiting list.

“I’ve got lots of patience,” Washington said. “But, if I could get it today, I’d get it today.”

As vaccine supply runs low across the country, snagging a shot in the arm is already hard for most people. An NPR analysis of vaccination sites around the country found that in cities like Baton Rouge,



*Georgia Washington, 79, sits at the Jewel J Newman Community Center in Scotlandville, Baton Rouge. The senior got coronavirus last year, and is eager to find a vaccine, Jan. 18, 2021.*

access is even more uneven. Of the 20 official sites providing vaccinations in early February, 15 are located in the southern part of the city, a predominantly white and affluent area. It’s also where the vast majority of medical facilities are located.

Communities of color, who have been disproportionately affected by the COVID-19 pandemic, are now at risk of being left behind in the vaccine rollout.

Loading...

### **A Hard Task That’s Even More Challenging For Some**

Ever since an interstate was built through the northern part of Baton Rouge in the 1960s, the population has struggled with housing and food insecurity, poverty and crime. These inequities have always fueled disparities in health care. The vaccine rollout is just the latest

example.

“When you go to North Baton Rouge, there are very few choices. And then how many of those are participating in the vaccine program?” said Tasha Clark-Clark-Amar, CEO of the East Baton Rouge Council on Aging.

NPR’s analysis found a similar trend in cities like Jackson, Mississippi and Mobile, Alabama -- areas with large Black populations.

In Baton Rouge, Clark-Amar runs 25 senior centers around the city.

“I was getting calls, one or two types of calls,” Clark-Amar said. “One, I’m not going because my grandkids said don’t do it.

“The second type of call I got is: Where can I get it? How do you get it? How do you sign up? Is there an application?”

*see Disparities on Page 40*

# IN THE NEWS:



*Disparities from Page 40*

Clark-Amar decided to use her senior network to conduct outreach efforts to raise awareness and build trust. In fact, on the council's talk radio show last month, Clark-Amar invited Courtney Phillips, secretary of Louisiana's health department, to talk to seniors.

And the council also stepped up to fill the pharmacy gap by providing vaccines. Clark-Amar says the council organized a pop-up clinic in mid-January, giving out around 1,000 doses that they secured from Albertsons.

Another time, a community health clinic planned to give Clark-Amar around 150 doses for her seniors. But when the clinic couldn't deliver on that promise, she had to cancel the pop-up event last minute.

"I was livid. I was so angry and frustrated," she said. "Thirty-five of the people we had registered are between the ages of 80 and 99. Now you tell me how am I supposed to pick?"

Clark-Amar has been able to schedule other pop-up events. But, she said a patchwork of resources is part of life in many under-resourced Black communities.

Nationally, the white population is being vaccinated at much higher rates than the Black population. In late January, Kaiser Health News looked at vaccination data across 23 states, and in each of them there was a major disparity. In some places like West Virginia, white residents are being vaccinated at around double the rate of Black residents.

In Hinds County, Mississippi, where the city of Jackson is located, there's only one major drive-thru site. It's centered in downtown Jackson, which is wealthier and whiter and has more medical facilities. The drive-thru site is nearly a 30-minute drive from the heart of Hinds county, which is 73 percent Black.

That site was only added in late January, weeks after the state had put two drive-thrus in the wealthier, whiter suburbs just outside the city.

"It took us a little bit of time to get it logistically set up to make sure we had a Hinds County site," Dr. Paul Byers, Mississippi's epidemiologist, acknowledged at a recent press conference, "but we were always planning to do that. And we are glad that we have that now."

The data the state has released so far shows that

around 17 percent of vaccines have been given to the Black population, which makes up about 38 percent of the state's overall population.

"We know it's a problem," Byers said. "We know there's a couple things that could be happening. Certainly hesitancy, but are we putting the vaccines in a place where African Americans can easily get to it?"

Alabama's State Health Department has not released any demographic data on its online vaccine dashboard. But in a recent press call, Alabama's state health officer Dr. Scott Harris acknowledged the state's challenges with getting vaccines to the Black population.

"We very much care about trying to achieve equity with vaccine distribution, it's just a state that has a lot of vaccine hesitancy," Harris said. "We particularly have hesitancy among the African American population just based on the history of somewhat checkered race relations in our state."

Louisiana's health department recently released demographic data on its vaccine rollout. The data shows just 10.3 percent of vaccines have gone to the Black population, which accounts for about 33 percent of the state's population.

But over half of recipients fall into an "unknown" or "other" category.

"Quite frankly, we don't know what's happening there as to vaccines by race," the Gov. of Louisiana, John Edwards said in a press conference last month.

State officials say they're going to work with hospitals and clinics to get more complete data.

## A Trend Rooted In History

Thomas LaVeist, a dean and health care equity researcher at Tulane University in New Orleans, said another issue is the lack of federal vaccine supply. But, he said, medical deserts go back into the early evolution of health care.

"I do think that the South is perhaps more of a problem than some other parts of the country," LaVeist said. "Part of that is a long history of racism, Jim Crow and in some cases, intentional actions that were taken to ensure that some communities did not have access to health care and other resources, while others did."

# IN THE NEWS:



LaVeist said the privatization of health care has set up a medical system that was from its very origins unequal, because it's driven by profit. Since hospitals don't have restrictions on where they can be located, they go to neighborhoods with patients that can afford premium prices, instead of neighborhoods that may have to rely on services like Medicaid.

District Councilwoman Chauna Banks, who has represented northern neighborhoods in Baton Rouge since 2013, said that's exactly what happened in the city. Banks said some urgent care clinics recently came to the region, but there is still no large scale facility.

She said private health care providers weren't interested in coming to the neighborhood.

"They said it was a myth that there was a need [in North Baton Rouge]." Banks said. "It wasn't important for them to make health care convenient for the people in the northern part of the parish."

She said the current Mayor-President of Baton Rouge Sharon Broome, who was elected in 2017, is interested in helping the northern part of the city.

And throughout the pandemic, Banks said serving residents with coronavirus testing, providing information on masks and early vaccine roll out has been a local community effort.

"There's no, like, just public distribution of vaccinations, like what we see on TV with the cars lined up. We don't have that here," Banks said.

LaVeist, who is also co-chair of the Louisiana COVID-19 Health Equity Task Force, says the state is considering solutions to equity issues in vaccination distribution. The state may use National Guard teams to go into underserved neighborhoods and hold mass vaccination events. The state is also creating relationships with groups like the East Baton Rouge Council on Aging, which reach vulnerable populations.

LaVeist says health care infrastructure makes it hard to roll out vaccines to low-income communities of color.

"What are the organizations that have a freezer that can keep the vaccine at extremely cold temperatures,

where are they located? They are less likely to be located in predominantly African-American or Hispanic communities or native communities."

That's why LaVeist says the community partnerships between the state and local providers will be an important vaccine rollout strategy. He says this type of work has to happen now before the rollout goes into the next stages, or else existing health care gaps will only get wider.

"We have a health care system that wasn't organized from the beginning to ensure there was an equal distribution of health care throughout the country," LaVeist said. "And what we are seeing now is the vestiges of that."

Source: <https://www.wvno.org/science-health/2021-02-02/in-baton-rouge-existing-health-care-disparities-make-vaccine-rollout-more-uneven>



# IN THE NEWS:

The  
New York  
Times



## 'At Your Age, It's the Vaccine or the Grave'

Published: March 6, 2021 by Andrew Jacobs

Flossie West was not at all interested in taking the coronavirus vaccine.

Carla Brown, the nurse overseeing her care, was determined to change her mind.

Ms. West, 73, has ovarian cancer, congestive heart failure and breathing difficulties — conditions that place her at grave risk should she contract the virus. As it is, Covid-19 has killed far too many of her neighbors in Mid-City, a low-rise, predominantly Black community that sprawls to the east of the Louisiana state capital.

But Ms. West's skepticism about the new vaccines overshadowed her fears of Covid-19. "I'm just not interested because everyone tells me the virus is a hoax," Ms. West said. "And besides, that shot is going to make me sicker than I already am."

On Thursday morning, Ms. Brown, 62, breezed into Ms. West's apartment and delivered a stern lecture: The virus is real, the vaccines are harmless and Ms. West should get out of bed, grab her oxygen tank and get into her car.

"I'll be darned if I'm going to let this coronavirus take you," she said.

In recent weeks, Ms. Brown has been frenetically working to persuade her patients to get



Seniors arrive at the East Baton Rouge Council on Aging to receive the vaccine.

inoculated, and her one-woman campaign provides a glimpse into the obstacles that have contributed to the troublingly low rates of vaccination in the Black community.

Even as vaccine supplies become more plentiful, African-Americans are being inoculated at half the rate of whites, according to an analysis by The New York Times. The disparities are especially alarming given the disproportionate impact of the pandemic on communities of color, who have been dying at twice the rate of whites.

The racial gap in vaccination rates is no less stark in Louisiana, where African-Americans make up 32 percent of the population but just 23 percent of those who have been vaccinated.

Part of the problem is access. In Baton Rouge, the majority of mass vaccination sites are in white areas of the city, creating logistical challenges for older and poorer residents in Black neighborhoods like Mid-City who often lack access to transportation. Older residents have also been thwarted by online appointment systems that can be daunting for those without computers, smartphones or speedy internet connections.

But much of the racial disparity in vaccination rates, experts say, can be tied to a longstanding mistrust of medical institutions among African-Americans. Many Baton Rouge residents can readily cite the history of abuse: starting with the eugenics campaigns that forcibly sterilized Black women for nearly half of the 20th century,

# IN THE NEWS:

The  
New York  
Times

**EBR**  
Council on Aging  
Supporting Independence • Serving Seniors



Robbie Christian, a pharmacist, prepared to administer a dose of the Moderna vaccine at the Council on Aging.

and the notorious government-run Tuskegee experiments in Alabama that withheld penicillin from hundreds of Black men with syphilis, some of whom later died of the disease.

“The distrust among Black Americans comes from a real place and to pretend it doesn’t exist or to question whether it’s rational is a recipe for failure,” said Thomas A. LaVeist, an expert on health equity and dean of the School of Public Health and Tropical Medicine at Tulane University. Dr. LaVeist has been advising Louisiana officials on ways to increase vaccination rates.

Ms. Brown, the hospice nurse, has a good idea about how to change the minds of vaccine skeptics: encouraging one-on-one conversations with respected figures in the Black community who can address the misgivings and provide reliable information while acknowledging what she describes as the scars of inherited

trauma. “If you look back at our history, we have been lied to and there has been a lot racial pain so it’s all about building trust,” she said.

It also helps when she tells people she has already been vaccinated.

A Covid survivor, Ms. Brown has become a whirling dervish crusader against vaccine hesitancy in Baton Rouge. Her sense of mission is partly fueled by personal loss. Last May, while working as a hospital psychiatric nurse, Ms. Brown unknowingly brought the coronavirus into her home. Her husband, son and 90-year-old father all became seriously ill and ended up in the hospital. Her husband, a cancer survivor who she described as “the love of my life,” ended up on a ventilator. He died in July.

With a newfound determination to tend to the most vulnerable patients, she quit her job at the hospital and last January began working with the terminally ill.



Flossie West, 73, at the East Baton Rouge Council on Aging after receiving a shot of the coronavirus vaccine. “I’m just not interested because everyone tells me the virus is a hoax,” she had said earlier

“My husband couldn’t get the vaccine, but I’ll be darned if I’m not going to get every human being around me vaccinated,” she said. “I don’t care if you’re homeless. If I come to you, you’re getting in my car.”

On Thursday, she went into overdrive after learning that a pop-up vaccination site in East Baton Rouge had dozens of doses to spare.

Ms. Brown prefers to make her pitch in person, but with less than three hours before the site was scheduled to close, she pulled her cherry red Toyota Scion into the

see **Vaccine** on Page 44

# IN THE NEWS:

The  
New York  
Times

EBR  
Council on Aging  
Supporting independence - serving seniors

*Vaccine* from Page 43

parking lot of the Hi Nabor Supermarket, took out her phone and opened up a thick binder with contact information for the 40 patients she manages as the director of nursing at Canon Hospice, a palliative care provider in Baton Rouge.

“Is that Miss Georgia?” she asked. “Have gotten the Covid shot yet? No? Well, then get dressed because we’re coming to get you.”

There were several rejections — “I’m still not convinced it’s safe to take,” one woman said — but in less than an hour she had persuaded five people to get vaccinated.

She then called the East Baton Rouge Council on Aging, the nonprofit group operating the vaccination site, and asked them to dispatch a few of their vans.

In addition to arranging transportation, Tasha Clark-Amar, the organization’s chief executive, tries to ease the logistical hurdles, arranging appointments by phone and having employees fill out the necessary paperwork in advance. Next week she hopes to begin sending out teams of health workers to vaccinate 4,000 residents across the city who are bed-bound.

Ms. Clark-Amar, too, is driven by a sense of urgency: During the past year, she said, more than 140 of her clients have died of Covid-19. Her strategy for winning over the hesitant is not unlike that of Ms. Brown, though she often tries to appeal to the leadership and respect that elders command in the Black community. “I tell them, ‘You are the matriarch or patriarch in the family, and you should lead by example,’” she said. When that doesn’t work, she is more blunt: “At your age, it’s the vaccine or the grave.”

Less than 30 minutes after Ms. Brown made her phone calls, a home health aide wheeled Dorothy Wells into the senior center’s brightly lit cafeteria. Ms. Wells, 84, a stroke patient, had initially resisted getting inoculated but she was overruled by her son.

Ms. Wells’s aide, Rashelle Green, 45, was also reluctant to be vaccinated. She recounted stories she had read on social media about people getting sick or dying after receiving the shots, though health authorities say adverse reactions to the coronavirus vaccine are exceedingly rare.



*Ms. Green with Dorothy Wells after they both received their first doses of the vaccine.*

But after watching people get vaccinated and then walk out after 15 minutes of observation, Ms. Green changed her mind. As she waited her turn, she nervously bounced up and down. When it came time to roll up her sleeve she winced but barely noticed the prick of the needle. “That wasn’t bad at all,” she said.

Then there was Ms. West, the cancer patient whose home Ms. Brown had visited earlier that day. Over the past year, Ms. West, who lives alone and has no children, has looked forward to the twice weekly checkups with Ms. Brown. Besides the occasional appointment with her oncologist, their visits are about the only time she has face-to-face contact with another person. “I feel like Ms. Brown really does care about me,” she said.

Given the deep trust that has been cultivated over the past few months, it didn’t take long for Ms. Brown to win her over.

Sitting in the vaccine site’s observation area on Thursday, Ms. West said she was glad she had listened. “When I get home,” she said, “I’m going to text all my friends and tell them to go get the shot.”

Source: [https://www.nytimes.com/2021/03/06/health/african-americans-vaccine-hesistancy.html?fbclid=IwAR2EiinOB3pn6zEh-bdbWle2AWYFT06l2pGgM2Q\\_Blp4aZq4af4sRawkQXo](https://www.nytimes.com/2021/03/06/health/african-americans-vaccine-hesistancy.html?fbclid=IwAR2EiinOB3pn6zEh-bdbWle2AWYFT06l2pGgM2Q_Blp4aZq4af4sRawkQXo)

# HOMEBOUND VACCINATION PROGRAM

On Monday, March 15, 2021, the EBRCOA launched a Homebound Vaccination Program allowing individuals unable to visit a vaccination site the opportunity to be fully vaccinated. After recommendations from a task force to boost vaccinations in the city-parish, we knew that it was our duty to protect our most vulnerable population.

“It means a lot to me because I don’t get out to visit different locations that distribute the vaccine so if I had to go to a vaccination site, I wasn’t going to be able to make it. So, for them to say they were going to come to me is outstanding.” said Ms. Shirley Scott

We would like to thank Mayor Sharon Weston-Broome, Department of Health, HealthyBR, and Emergency Medical Services for providing the vaccines to our Meals on Wheels homebound clients.



Ms. Shirley Scott and her daughter and caregiver, LaTasha, receives their vaccination through our Homebound Vaccination Program.



## RECIPE:

# AMERICAN FLAG FRUIT & YOGURT

## Popsicles

### Ingredients:

- ½ cup of blueberries
- ½ cup of raspberries
- ½ cup of plain yogurt
- 6 tablespoons of water
- 1 ½ tablespoons of sugar
- 1 plastic popsicle container

### Directions:

- 1. Add ½ tablespoon of sugar and water to each fruit and blend well.
- 2. Starting with blueberry mixture, pour small amount into each section of popsicle container and allow to freeze for 1 hour. Then pour raspberry mixture on top of blueberry mixture and allow to freeze for 1 hour. Finally add yogurt and allow to freeze for 1 hour.
- 3. Once completely frozen, remove from plastic container and enjoy!



Source: <https://www.youtube.com/watch?v=Z2x4J0ln-rs>

# ANSWERS

## Answers from page 32

### Sudoku Game 1 - Answers

7	2	1	3	9	4	8	6	5
3	4	5	1	8	6	9	7	2
6	8	9	5	7	2	3	1	4
8	3	4	2	1	5	6	9	7
5	1	7	6	3	9	4	2	8
9	6	2	7	4	8	5	3	1
1	5	6	4	2	3	7	8	9
2	9	3	8	5	7	1	4	6
4	7	8	9	6	1	2	5	3

### Sudoku Game 2 - Answers

4	1	9	5	6	2	8	7	3
2	7	3	1	8	9	4	5	6
5	8	6	7	3	4	9	1	2
9	2	1	6	5	7	3	8	4
6	3	4	9	1	8	5	2	7
7	5	8	4	2	3	1	6	9
8	4	7	2	9	1	6	3	5
1	6	2	3	4	5	7	9	8
3	9	5	8	7	6	2	4	1

# IN THE NEWS:



## *East Baton Rouge Council on Aging distributes vaccines to local seniors*

Published: January 10, 2021 by Karli Carpenter

The East Baton Rouge Council on Aging announced it will be giving COVID-19 vaccinations to local seniors age 70 and older in a pop-up vaccination clinic from 10 a.m. to 4 p.m. on Tuesday and Thursday.

Albertsons Company, the Louisiana Department of Health and Hospitals and the City of Baton Rouge are partnering with EBRCOA to pull off the event to vaccinate East Baton Rouge Parish's senior residents at the pop-up clinic, which will be located at EBRCOA's downtown Lotus Senior Center at 1701 Main St.

EBRCOA expects the clinic to benefit 1,000 local seniors, according to EBRCOA media contact Angell Jackson.

Pre-registration is required for seniors to receive a COVID-19 vaccination at the pop-up clinic. Seniors can register by filling out a consent form here. Seniors who need help completing the form can call 225-923-8000 to have an EBRCOA staff member assist them.

Before receiving a vaccination, seniors must show a valid ID so EBRCOA can confirm that they are at least



70 and live in East Baton Rouge Parish. They will also need to bring their insurance or Medicare card.

Seniors receiving a COVID-19 vaccine this week will receive the first dose. They can receive the recommended second dose of the vaccine on Tuesday, Feb. 2 and Thursday, Feb. 4.

**Vaccines to EBR Seniors 70+**

- + Appointment Only  
Pre Registration required
- + ID is required to prove residency
- + Must present Medicare/Insurance Card

**JANUARY 12<sup>th</sup>-14<sup>th</sup>**

**The Lotus Center**  
1701 MAIN ST. BATON ROUGE, LA 70802

**COVID-19 VACCINE POP-UP CLINIC**

**10AM UNTIL 4PM**

Logos for EBR Council on Aging, East Baton Rouge Parish, Louisiana Department of Health and Hospitals, and Albertsons.

**If you need assistance navigating and completing the forms, please call the EBRCOA at 225-923-8000.**

# IN THE NEWS:



## Young adults with certain health conditions can now get COVID-19 vaccine in Louisiana

Published: March 10, 2021 by Deon Guillory

More younger people now have the chance to get a vaccine since Governor Edwards expanded eligibility for the COVID-19 vaccination.

“It didn’t feel bad. Slightly less than a bee sting,” said Markus Thompson just minutes after getting his first dose of the Moderna vaccine.

The 33-year-old said he has high blood pressure. That makes him eligible under the state’s latest expansion.

In Louisiana, people ages 16 to 64 with one or more health conditions defined by the CDC

as well as the staff of congregate living facilities are eligible to receive the COVID vaccine.

That means more younger people can book a time to get a shot. Thompson said it took him a matter of minutes to register.

“I’m just trying to do my part. I don’t want to go back to visit my parents and my family in Mississippi to potentially expose somebody else out there especially,” said Thompson.

Thompson received his shot at the East Baton Rouge Council on Aging’s weekly pop-up vaccination clinic. The clinic is

taking place every Wednesday and Thursday at the EBRCOA Lotus Center, located at 1701 Main Street, from 10:00 a.m. to 5:00 p.m.

Appointments are required. Those interested in reserving an appointment can either register online or by calling the East Baton Rouge Council on Aging Call Center at 225-831-9200.

Masks are required and social distancing will be strictly enforced in order to keep both staff and patients safe while moving hundreds through the vaccination process.

Source: <https://www.brproud.com/news/young-adults-with-certain-health-conditions-can-now-get-covid-19-vaccine-in-louisiana/>

**HOW TO APPLY FOR SERVICES**

1. Visit [ebrcoa.org](http://ebrcoa.org)
2. Click Our Services
3. Click Services Application

**EBR**  
Council on Aging  
Supporting Independence - Serving Seniors

# IN THE NEWS:



## *CDC recommends states expand vaccine to seniors as young as 65*



*Published: January 13, 2021 by Deon Guillory*

More seniors in East Baton Rouge Parish have their first dose of the COVID-19 vaccine.

“Taking this injection may save my life and the lives of my grandchildren. Because if I’m infected and they’re coming around me, then there’s a chance that they can get infected,” said Patricia S. Williams, just moments after receiving her shot.

The 81-year-old former English teacher says her sister and brother-in-law are also eligible, but are on a waiting list for March.

East Baton Rouge City-Parish partnered with the Council on Aging, Albertson’s, and the Department of Health for a pop-up clinic Tuesday at the Lotus Center for people 70 and older.

Now, there’s a plan to expand the vaccine to even more seniors.

The CDC is recommending states give the vaccine to people who are 65 and older.

Tasha Clark Amar, CEO of East Baton Rouge Council

on Aging, says “I have seniors who are in their 80’s and 90’s and their children are in their mid-60’s. So, they’re worried about them having the opportunity. So, I think it’s great to open up the age group.”

“It’s almost just like what we did, expanding access to the testing. We now have to intensify our efforts with the vaccine,” said Mayor-President Sharon Weston Broome.

975 seniors will get the shot over the next three days.

“Really we’re giving hope. Hope to our communities and we really think that this is a step in the right direction for everybody,” added Julie Spier, Director of Pharmacy Operations for Albertson’s in Louisiana.

It’s a step Williams hopes you’ll take when it’s your turn.

“I would just encourage anybody who’s eligible. You have that card. Use it and get the shot,” said Williams.

Vaccine reservations for this week’s clinic are full.

Source: <https://www.klfy.com/louisiana/cdc-recommends-states-expand-vaccine-to-seniors-as-young-as-65/>

# IN THE NEWS:



StreetInsider.com  
if you're not inside...you're outside

## Two Organizations Receive Nearly \$1.3M to Renovate Homes and Build Apartments

Published: January 20, 2021

Red River Bank and the Federal Home Loan Bank of Dallas (FHLB Dallas) have awarded a \$495,000 Affordable Housing Program (AHP) subsidy to GAEDA Revitalization Corp. (GRC) and \$750,000 to Gulf Coast Housing Partnership (GCHP).

GRC plans to rehabilitate 50 homes owned by low-income seniors living in the Rapides Parish of Alexandria, Louisiana. About \$10,000 per homeowner will be spent on repairs.

Willie Spears, GRC executive director, said the AHP subsidy will help improve living conditions of low-income older residents.

"We are extremely grateful to have received an Affordable Housing Program subsidy from Red River Bank and FHLB Dallas as these older residents in our community wouldn't be able to afford these critical repairs on their fixed incomes," he said.

GCHP will partner with East Baton Rouge Council on Aging (EBRCOA) to build a village-style apartment complex called Lotus Village with 116 units and a community building near the EBRCOA senior center. New Orleans-based real estate developer, GCHP has partnered with EBRCOA on the project.

"We appreciate the funding support provided by Red River Bank and FHLB Dallas," said GCHP President and CEO Kathy Laborde. "Thanks to their generosity, GCHP and EBRCOA can provide seniors in Baton Rouge with quality affordable housing, wellness amenities and direct access to supportive services. The estimated construction start date for the \$20 million project is spring 2021."

Red River Bank Vice President and CRA Officer Jannease Seastrunk said the bank believes providing



for basic needs like affordable housing is part of the bank's core values, which include commitment to the communities it serves.

"Partnering with FHLB Dallas allows these organizations to provide their communities with the quality housing they deserve," she said.

AHP funds are intended to assist FHLB Dallas members in financing the purchase, construction and/or rehabilitation of owner-occupied, rental or transitional housing and housing for the homeless. AHP funds must be used to benefit households with incomes at or below 80 percent of the median income for the area.

For 2020, FHLB Dallas awarded \$19.3 million in subsidies to 38 affordable housing projects. The funds will help create 2,749 new or rehabilitated housing units. Included in that total, are \$4.6 million in subsidies for 764 units of housing in the state of Louisiana.

Since the AHP's inception in 1990, FHLB Dallas has awarded more than \$323 million in AHP and Homeownership Set-Aside Programs and has assisted more than 57,000 households.

"We are pleased to partner with Red River Bank; they have a history of community outreach that we really admire," said Greg Hettrick, first vice president and director of Community Investment at FHLB Dallas.

Source: <https://www.brproud.com/news/young-adults-with-certain-health-conditions-can-now-get-covid-19-vaccine-in-louisiana/>

# IN THE NEWS:

THE  
ADVOCATE

## *East Baton Rouge begins vaccination program among the homebound*

Published: March 15, 2021

East Baton Rouge Parish on Monday launched an initiative to promote the coronavirus vaccine among people who might not be able to reach a vaccination site easily.

A task force last week recommended the city-parish take steps to boost vaccinations, and Monday the Council on Aging, state Department of Health, HealthyBR and Emergency Medical Services began providing shots to homebound clients within the Meals on Wheels program.

Mayor-President Sharon Weston Broome said the program will expand into door-to-door outreach and also include the use of telephone banks to identify those who have not been vaccinated.

“Increasing equitable access to the COVID-19 vaccine in our underserved communities is essential to protecting our most vulnerable residents while helping to end the pandemic in Baton Rouge,” she said.

Source: [https://www.theadvocate.com/article\\_cdfc521e-85b1-11eb-876a-4335fb7e36a5.html](https://www.theadvocate.com/article_cdfc521e-85b1-11eb-876a-4335fb7e36a5.html)

## *Letters: We got the shot, easy and quick with help from church, agencies*

Published by Emily Taylor and Chris Frink on March 3, 2021

We received our first COVID-19 vaccine shots Saturday in a well-run operation at the Living Faith Christian Center on Winbourne Avenue in Baton Rouge.

We are grateful for the vaccination and even more grateful for the faith, corporate and governmental entities that cooperated to create a smooth, efficient and safe vaccination site.

Living Faith Christian Center has a large and well-appointed campus providing the space for parking, registration and vaccination.

The Louisiana National Guard and the East Baton Rouge Council on Aging did a great job efficiently moving hundreds of people through the process all while keeping us at a safe distance from one another. Albertson's provided administrative support and their pharmacists gave us our shots. We were in and out in about 45 minutes. Our follow-up vaccination appointments were scheduled for us.

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We are grateful for the vaccination and even more

grateful for the faith, corporate and governmental entities that cooperated to create a smooth, efficient and safe vaccination site.

Living Faith Christian Center has a large and well-appointed campus providing the space for parking, registration and vaccination.

The Louisiana National Guard and the East Baton Rouge Council on Aging did a great job efficiently moving hundreds of people through the process all while keeping us at a safe distance from one another. Albertson's provided administrative support and their pharmacists gave us our shots. We were in and out in about 45 minutes. Our follow-up vaccination appointments were scheduled for us.

We know the work of other agencies like the Louisiana Department of Health contributed to this success.

We thank everyone involved and marvel at the efficient combined effort to combat this virus in the most direct way: a shot in the arm. Three days later, we can report no side effects other than brief, mild pain at the injection site.

Get your shots, neighbors. Working together, we can tame this virus.

Source: [https://www.theadvocate.com/baton\\_rouge/opinion/letters/article\\_65f4d87e-7b95-11eb-a2e9-635a7331ab6e.html?fbclid=IwAR0dLH09IxbVH-Wl044NqLf0zRdkviB85yJvcfWfVq6gGdlVQXQmd8\\_Rhox0](https://www.theadvocate.com/baton_rouge/opinion/letters/article_65f4d87e-7b95-11eb-a2e9-635a7331ab6e.html?fbclid=IwAR0dLH09IxbVH-Wl044NqLf0zRdkviB85yJvcfWfVq6gGdlVQXQmd8_Rhox0)

# IN THE NEWS:

WAFB9



## *EBR Council on Aging partners with mayor, Albertson's to administer coronavirus vaccine*

Published: January 12, 2021 by Breanne Bizette

The number of vaccinations will go up in the Baton Rouge area. East Baton Rouge's Council on Aging is partnering with the mayor's office and Albertson's to give out the Moderna vaccine to elders.

They are giving out 965 doses in the next three days. Several folks came out Tuesday to get the shot, and within the next 28 days they will get the second dose.

The pop-up vaccination site was created in response to the limited amount of doses for the state and certain parishes. The mayor's office hopes that by doing this, the will be able to protect the more vulnerable population.

"The closer [and] the more people that get the vaccine, the closer we get to a level of normalcy in our state and certainly in our community," said Baton Rouge Mayor-President Sharon Weston Broome.

The Council on Aging does not have anymore available spots for vaccine appointments, but they hope they can do this again in the future.

Patricia Williams is getting her first dose of the Moderna vaccine, she changed her mind on the vaccine after thinking about her family.

"Taking this injection may save my life and the lives of my grandchildren because if I'm infected and they are coming around then there's a chance that they can get infected," says Williams.

Williams, like many others senior wanted the vaccine, that's why the Council on Aging is partnering with the mayor's office and Albertson to vaccinate as many as possible to protect Louisiana's most vulnerable population.

"This is a critical opportunity for us to educate our seniors who have been leery, afraid, fearful and apprehensive because of some misinformation and miseducation," says Tasha Clark-Amar who is the chief



Patricia Williams discusses vaccine with Julie Spiers, Director of pharmacy operations for Louisiana Albertsons before receiving her 1st vaccine dosage.

executive officer of EBR Council on Aging.

The Council is giving out almost a thousand doses this week, but many seniors are still struggling to get appointments at hospitals and other pharmacies. The Council on Aging is already booked through the week, but the state is hopeful it will relieve some of the strain with another manufacturer.

"There is a 3rd manufacture coming on board. The EUA that has not been decided or I haven't heard, but that's going to help too. So, the more we get in, the more we are going to be able to get it," says Julie Spiers who is the director of pharmacy operations for Louisiana Albertsons.

EBR's Council on Aging plans to administer the second dose of the vaccine within the next 28 days. The council also added that they are hoping to do something like this again in the future to help more senior citizens.

Source: <https://www.wafb.com/2021/01/12/ebr-council-aging-partners-with-mayor-albertsons-administer-coronavirus-vaccine/>

# IN THE NEWS:



## *EBR Council on Aging to administer COVID vaccine to local senior citizens*

Published: January 10, 2021 by Zandria Thomas

The East Baton Rouge Council on Aging (EBRCOA) announced on Sunday that it will administer COVID-19 vaccinations to senior citizens age 70 and older.

The Louisiana Department of Health and Hospitals, the City of Baton Rouge, and Albertsons Company are all partnering with EBRCOA to help aid in the vaccination of local senior citizens.

The pop-up vaccination clinic will be open for service from 10 a.m. to 4 p.m. beginning Tuesday, Jan. 12 until Thursday, Jan. 14. The clinic is located at EBRCOA's downtown Lotus Senior Center at 1701 Main St.

According to EBRCOA, the clinic expects to benefit 1,000 local seniors.

Pre-registration is required to receive a COVID-19 vaccination. Seniors can register by filling out a consent form here. Seniors who need help completing the form can also call 225-923-8000 so an EBRCOA staff member can assist them.

Seniors are required to have a valid ID and must be at least 70-years-old. An insurance or Medicare card is also required.

Those receiving a COVID-19 vaccine this week can receive the recommended second dose of the vaccine on Tuesday, Feb. 2 and Thursday, Feb. 4.

Source: <https://www.wbrz.com/news/ebrcoa-set-to-facilitate-covid-19-vaccine-to-people-ages/>

CHECK US OUT EACH TUESDAY

**LOTUS ZONE**

THE LOTUS ZONE SENIOR TALK RADIO

HOSTED BY:  
TASHA CLARK-AMAR,  
EBRCOA CEO

STARTS AT  
**4PM**

LISTEN LIVE ON  
WTQT 106.1

LOTUS LINE:  
**(225) 330-4948**

EBR Council on Aging  
First Financial  
UnitedHealthcare  
CareSouth

# IN THE NEWS:



## *EBR Council on Aging to bring vaccine to homebound residents and caretakers*

*Published: March 15, 2021 by Bess Casserleigh*

A group effort was led across agencies today to bring vaccines to those who cannot leave their homes.

As part of the Council on Aging, Meals on Wheels currently serves thousands of homebound clients.

“We have about 4,500 seniors that have been waiting and calling and asking when is it our turn? Well, today it is your turn!” said director Tasha Clark-Amar.

A pressing issue as some were not clear on when their turn would be, taking the dangerous move of leaving home.

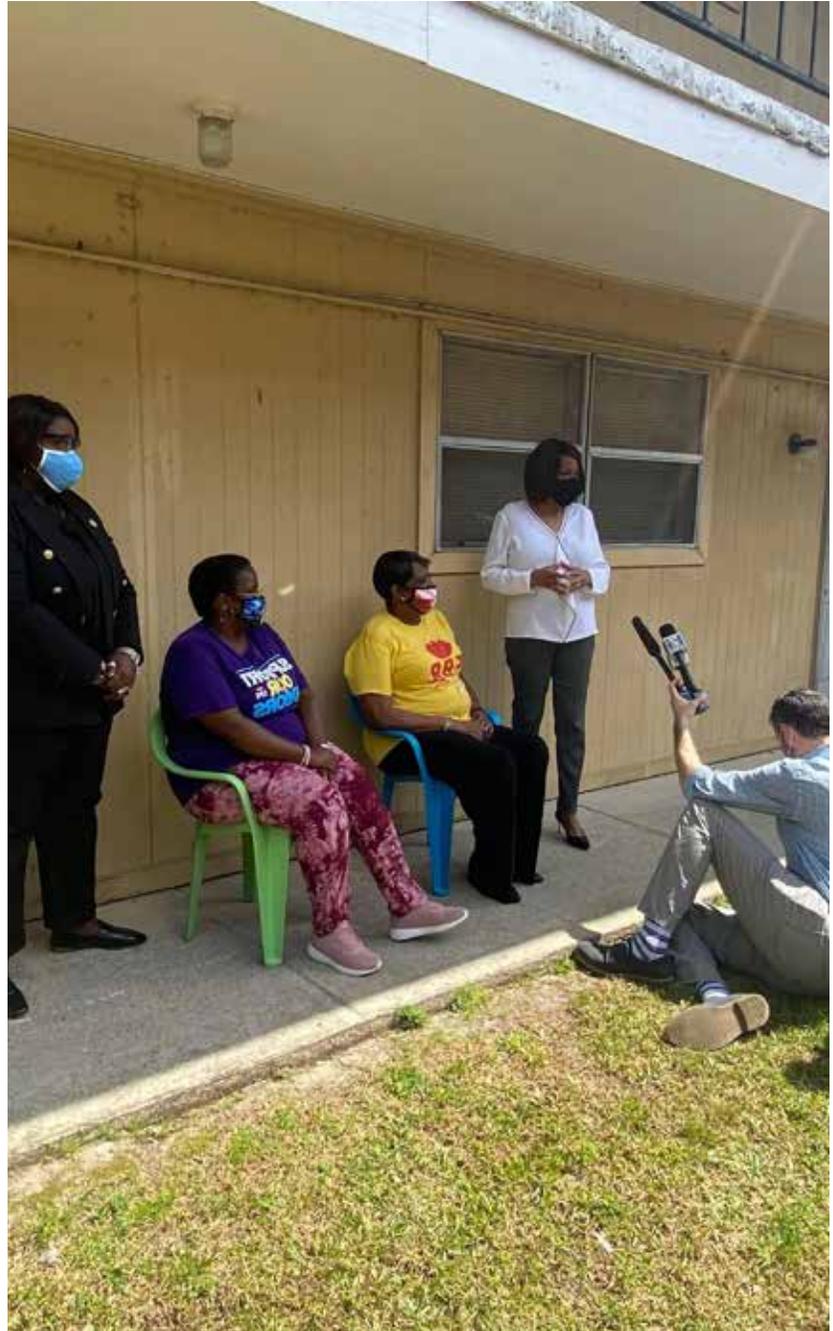
“At some of the pop-up sites, people were bringing homebound individuals, in fact i think she told me one person came in a bed,” said Mayor Sharon Weston-Broome.

The first recipients were Shirley Scott and her daughter and caretaker Latasha Verret.

“It means a lot because I don’t get out to go to different places that distribute things and if I was going to have to go to a site, I wasn’t going to be able to make and for them to say they were going to come to me and mine, outstanding,” said Scott.

Mother and daughter got the Moderna vaccine and will get their final doses in 28 days.

The initiative will be able to vaccinate dozens of homebound individuals and their caretakers per week.



Source: [https://www.wbrz.com/news/ebr-council-on-aging-to-bring-vaccine-to-homebound-residents-and-caretakers?fbclid=IwARik6SdVFzBKsStz\\_\\_lpk6nOhLFxc5FVNF28cISAy-A8k5gbY0G0yYsgK8k](https://www.wbrz.com/news/ebr-council-on-aging-to-bring-vaccine-to-homebound-residents-and-caretakers?fbclid=IwARik6SdVFzBKsStz__lpk6nOhLFxc5FVNF28cISAy-A8k5gbY0G0yYsgK8k)



»»»»»»»»»» EBRCOA  
**POP-UP  
CLINICS**



Albertsons Company, the Louisiana Department of Health and Hospitals and the City of Baton Rouge partnered with EBRCOA to pull off the event to vaccinate over 1,000 East Baton Rouge Parish's senior residents at the pop-up clinic at EBRCOA's downtown Lotus Senior Center at 1701 Main St. January 12th-14th.



# 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](mailto:info@ebrcoa.org) to schedule an assessment 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

**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.

**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.

**Transportation** – A transportation service which 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 a fleet of 12 passenger vans that are equipped with two wheelchair accessible positions..

**Legal Assistance** – A service for seniors seeking legal advice, counseling and 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.

**Virtual Programs**– A service for seniors seeking legal advice, counseling and 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.

– Virtual senior fitness program that consist of videos available on our YouTube and social media platforms.

- » Aerobics
- » Line Dancing
- » Yoga

**If you are interested in any of the EBRCOA services, contact us at (225) 923-8000 or visit [https:// ebrcoa.org/services-application/](https://ebrcoa.org/services-application/) to schedule an appointment with a care manager.**



# COMING SOON!

## BE YOUR OWN HEALTH ADVOCATE



### Safe Medication Practices for Better Health



**FOLLOW SAFE MEDICATION PRACTICES**



**DISPOSE OF UNUSED PRESCRIPTION MEDICATION**

### IT'S OK TO ASK FOR HELP

Call 211

Visit [OPIOIDHELPLA.ORG](http://OPIOIDHELPLA.ORG)

Visit [RealHelpBR.com](http://RealHelpBR.com) or Call 225-925-1906

Call National Helpline: 1-800-662-HELP (4357)

Call Poison Control: 1-800-222-1222



Be on the look out for these essential resources coming to you through EBR Council On Aging programs.

*Compliments of Capital Area Human Services  
and Louisiana Department of Health  
Office of Public Health*

**KNOW HOW TO ASK FOR HELP**



**EBR**  
Council on Aging

Supporting Independence - Serving Seniors

# GET FIT.

## GERIATRIC CARDIO CENTER

INSIDE THE LOTUS CENTER  
1701 MAIN STREET

## BRAIN GAMES FOR SENIORS



**\*ANSWERS KEYS FROM PAGE 40**

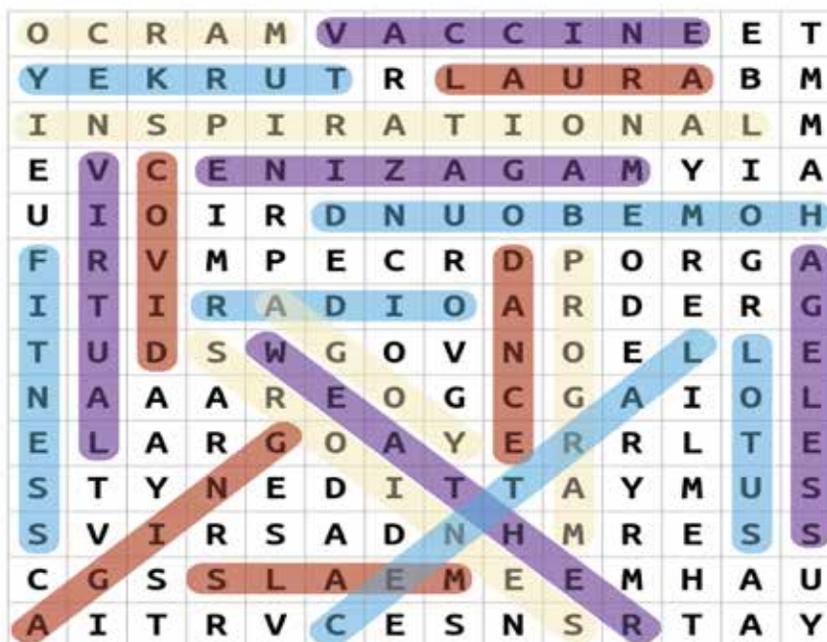
### Across

2. a very large bird
7. to motivate someone mentally and emotionally
8. a substance used to prevent illness
10. a hurricane that struck Lake Charles in 2020
11. to move rhythmically to music
13. large amounts of food served daily
14. lasting for a long time or forever

### Down

1. a device used to listen to music or news
3. a practice of health and relaxation
4. task performed on a computer or cellular device
5. a publication with photography and articles
6. a viral virus established in 2020
9. the act of being physically active and fit
12. individuals 60 years of age and above

## BRAIN GAMES FOR SENIORS



- HOMEBOUND
- DANCE
- INSPIRATIONAL
- AGELESS
- WEATHER
- LOTUS
- AGING
- VIRTUAL
- MARCO
- FITNESS
- COVID
- CENTRAL
- LAURA
- YOGA
- MAGAZINE
- VACCINE
- PROGRAM
- RADIO
- MEALS
- TURKEY
- SENIORS

Play this puzzle online at : <https://thewordsearch.com/puzzle/2229002/>

# SENIOR ACTIVITY CENTERS & CONGREGATE MEAL SITES

## Antioch Senior Center

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

## Ageless Circle – Intergenerational Center

3820 Gus Young Ave.  
Baton Rouge, LA 70802  
Phone: 225-330-4966

## 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 Lotus Activity Center

1111 Park Place  
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

## Flanacher Senior Center

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

## 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

## The Lotus Center

1701 Main St.  
Baton Rouge, LA 70802  
Phone: 225-923-8000

## FEEDING SITES

### Bishop Ott/Calais House

7565 Bishop Ott Dr.  
Baton Rouge, LA 70806  
Phone: 225-223-6559

### Catholic Presbyterian Apartments

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  
ebrcoa.org | info@ebrcoa.org



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