

(FROM LEFT TO RIGHT)  
EVA B. PRATT  
HENRY WEBB  
LEOLA WHITNER  
CHARLOTTE TURNER  
PAULINE GAINES



**EBR**  
Council on Aging®

Supporting Independence ~ Serving Seniors

# ABOUT POLISHED



## QUARTERLY PUBLICATION

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

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# A MESSAGE FROM OUR CEO

As 2021 draws to a close, I want to take a moment to reflect on the value of life and the honor of entering into your senior years. Through the ongoing COVID-19 pandemic, so many have lost their lives, especially individuals within the senior community. EBRCOA has had to say too many goodbyes and attend several funerals. We've lost seniors. We've lost employees. We've lost family members. We've lost friends. If the past two years have taught us anything, it is that life is a very precious gift and reaching one's prime of life is truly an underrated blessing.

This moment, right now, is the Prime of Your Life! For each day that you are fortunate to see is a blessing. The Prime of Life is a period of your lifespan that consist of your very best years. It is at this time that your power, gifts, and wisdom are at their peak. The seeds that you've sown and the sacrifices you've made throughout your lifetime, have resulted in an abundance of blessings – including life itself!

The purpose of the EBRCOA is to assist seniors make the absolute most of the prime of their life, increase their lifespan, and improve the overall quality of their golden years. We take that charge to heart, especially during the COVID-19 pandemic. Our objective was to deliver necessary resources and remove hindrances to keep the seniors safe, healthy, and well protected.

## **Value Life, Save Lives**

Throughout the COVID-19 pandemic, EBRCOA took the lead in creating opportunities for the most vulnerable community to receive the vaccine while also addressing the inequities within East Baton Rouge Parish to ensure access to the vaccine for all. It has been statistically proven that older adults have experienced higher risk for COVID-19 associated morbidity and mortality; therefore, we prioritized access to the vaccine for the seniors of East Baton Rouge Parish. Our Pop-Up Clinics were our way to arm them with protection, minimize transmission, and hopefully save lives.

## **Protect Lives**

In addition to our commitment to value and save lives, EBRCOA is also designated, by the State of Louisiana, to operate as the Disaster Preparedness Arm for the seniors of the parish. Our role regarding disaster preparedness, consist of protecting the lives of seniors during any emergency including, but limited to, pandemics, floods, hurricanes, and food deficits. Currently, EBRCOA has been activated to assist since March 2020.

## **Enhance Lives**

We execute the "Supporting Independence" portion of our mission by offering a plethora of services developed to enhance the quality of the seniors' lives. A large focus of the agency throughout the year has been construction and property development, particularly preparing and executing the construction of the Lotus Village and the Lotus Village at the Lakes. Both Lotus Village projects

are the solution to the communities' need for affordable housing that is conducive to seniors aging in place within their home.

Aging in place housing offer seniors the ability to live in their own community safely, independently, and comfortably, regardless of age, income, or ability level. These projects are so critical because the majority of aging adults aged 65 and older are living with another aging spouse or alone in their homes. Oftentimes, these seniors struggle with everyday tasks because their home is no longer assessable or safe. Aging in place communities empower seniors and equips them with the tools necessary to hold on to their personal independence for as long as possible.

## **Senior Peer Presence – "Seniors Serving Seniors"**

A unique aspect of the EBRCOA is that not only do we serve seniors, but we also employ several seniors as well. These employees are placed throughout the agency in various departments. Each one of these employees come in contact and serve their peers on a daily basis. In this issue of the Polished, we've highlighted some of our senior employees and the critical role that they play in the success of the agency. Our older employees are the peers of the community EBRCOA is assigned to serve. These employees possess the wisdom to best understand the needs of our seniors. Similarly to our amazing seniors, our older employees are also in the prime of life. This peer to peer engagement offers major benefits to both groups such as encouraging engagement, motivating self-care, promoting healthy active lifestyles, and fostering symbolic relationships.

Needless to say, Team EBRCOA remains consistently busy and engaged insuring our seniors maintain their dignity, health, and independence. The entire team is so thankful for the untiring support the community continues to give the agency. It is with this endearing support that the agency will continue to make leaps and bounds in the upcoming year.

With gratitude and appreciation,



Tasha Clark-Amar  
Chief Executive Officer





# ANTIOCH



# SENIOR CENTER *Reopening*



Effective Monday, May 10th, all congregate meal senior centers reopened to seniors for socializing and activities. Senior Centers create a sense of community and help minimize social isolation through engagement activities.



## JEWEL J. NEWMAN



# BAKER





# CENTRAL





# CHANNEYVILLE





# DUMAS HOUSE



# FLANACHER





# GREATER KING DAVID



# HIGHLAND





# HOMewood

# HURRICANE PREPAREDNESS: BEFORE, DURING, AND AFTER THE STORM

When preparing for inclement weather, important to start before there's a storm on the forecast. Hurricanes are among the most powerful severe weather events found in nature. To reduce the impact of hurricane disasters and save lives, it's never too early to think about hurricane preparedness and having a disaster plan.

## WHAT TO DO BEFORE THE HURRICANE

Before a hurricane, evacuate if you are directed to do so or if you feel it might be unsafe to remain in your home. Be sure to stock up on essential items for you and your family. Remember hurricanes can bring hazardous weather conditions that could cut off all power and water supply for several days.

- Prepare an emergency kit
- Create a disaster plan
- Secure your home
- Gather important documents
- Fill your gas tank



# +1,193

## Hurricane Kits distributed to senior clients on Wednesday, July 14th







# HURRICANE KIT

## checklist



### CONSUMABLES

- ☐ Non-perishable: 3 days worth for each member of the family
- ☐ Water: 3 Gallons (1 Gallon/day) for each member of the family
- ☐ Food and water for each pet
- ☐ Paper goods such as plates, plastic forks, paper towels, etc.
- ☐ Infant formula, diapers, and wipes

### WELLNESS ITEMS

- ☐ First aid Kit
- ☐ Prescription medications
- ☐ Non-prescription medications such as acetaminophen, ibuprofen, anti-diarrhea, etc.
- ☐ Eyeglasses, contacts, and contact solution
- ☐ Personal hygiene items and feminine supplies
- ☐ Anti-bacterial soap
- ☐ Moist towelettes

### ELECTRONIC DEVICES

- ☐ Cell phones, tablets, and chargers
- ☐ Weather radio
- ☐ Flashlights and batteries
- ☐ Jumper cables for your vehicle
- ☐ Generator with extra gasoline

### MISCELLANEOUS

- ☐ Cash and emergency credit card
- ☐ Garbage bags
- ☐ Tools for turning off utilities if necessary such as a wrench pliers, screwdriver, etc.
- ☐ Linens such as pillows, blankets, towels, etc.
- ☐ Change of clothing for each member of the family
- ☐ Books and games for children
- ☐ Paper and pens for notetaking

## WHAT TO DO DURING A HURRICANE

- A hurricane watch means hurricane conditions are possible in your area. Experts typically announce hurricane watches 48 hours before they expect a hurricane or storm to start.
- A hurricane warning is more serious, meaning hurricane force winds are active in your area. Experts typically issue hurricane warnings 36 hours before hurricane force winds are expected in the area to give individuals enough time to prepare and/or evacuate.



## WHAT TO DO AFTER A HURRICANE

After a hurricane, ensure that it is safe to assess your property for potential damages. If you think your home might be unsafe due to storm damage, contact your insurance company to discuss finding temporary accommodations. Avoid downed power lines and flooded areas. Never touch anything in contact with water or water puddles as they may be near downed power lines.

# SENIOR TESTIMONIALS



## CORLISS STEWART LOTUS ZONE TESTIMONIAL

*"Thank you, EBRCOA! I won a tablet on the Lotus Zone show yesterday and picked it up this morning with no problem. Thank you for all you and your team do for the seniors in this parish. You are awesome!"*



## VERONICA RODGERS FACEBOOK TESTIMONIAL

*"You all have the best leadership and do an awesome job for the seniors in this area. I moved here from South Carolina and I must say there is no other area blessed like EBR Parish. Thank you for everything you do."*



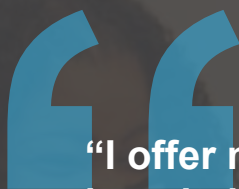
## JOSEPHINE ALLEN OUBRE FACEBOOK TESTIMONIAL

*"I'm thankful to the Council on Aging for the wonderful gifts and activities they provide for us."*



## MARY WASHINGTON JEWEL J. NEWMAN SENIOR CENTER

*"Thank you for keeping us at Jewel J. Newman well fed, comfortable, and entertained. Ms. Atari and Ms. Shirley are friendly and always look out for our safety in the center. You guys are God's gift to seniors!"*



**"I offer my sincere thanks to the EBRCOA for the lovely hospitality shown to me when I moved to Baton Rouge five years ago. I'm especially appreciative to receive seven prepared balanced meals, fruits, and milk every week. Not only are the meals healthy, but they are delicious, especially that baked chicken! The delivery drivers are always so courteous. May God continue to shower down His blessings on the management and staff of EBRCOA and keep them safe."**

**- JOSEPHINE RICE  
MEALS ON WHEELS CLIENT**





## MINNIE ROBINSON CHANEYVILLE SENIOR CENTER

*"Words can't express the thanks my husband, George Robinson, and I have for the EBRCOA. We know who has our back besides the Lord. Thank you, Boss Lady Tasha Clark-Amar and her crew. Bless you all!"*



## JUANITA RUTHERFORD THE LOTUS CENTER

*"I have a few medical problems, with so many surgeries on my feet. My goal is to be able to walk without the use of any other medical devices. Mr. Thompson continues to encourage me to reach my goal. He is a great support to me and is an example of how the Council on Aging is making a positive impact in my life."*



## GLORIA HARRISON AYDELL PERKINS ROAD SENIOR CENTER

*"Thank you to COA for all you do for us seniors. Perkins Road Center reopening has been the best thing that has happened in a very long time for me."*



**"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 & BARBARA LEE  
POP-UP VACCINE CLINIC PARTICIPANTS**

**"You always have the BEST GUEST - so smart and informative."**

**- SANDRA S. PRESSBURG  
LOTUS ZONE TESTIMONIAL**

HONORING THE 2021  
METRO COUNCIL  
CENTURIONS

# *In Celebration*



**NAOMI  
ESSEX**  
~CENTURION~



**LEROY  
POYDRAS**  
~CENTURION~





**ALBERT  
JONES**  
~CENTURION~



**LUGERTIE  
WHITTAKER**  
~CENTURION~





# The Importance of Vaccines for Seniors & their Caregivers

BY AMANDA SCOTT/MARKETING COORDINATOR

Since the beginning of the COVID-19 pandemic, immunocompromised and older adults have been at higher risk of serious illness, hospitalization, or death due to the side effects of COVID-19 virus. So you ask, what is the importance of older adults and their caregivers receiving the vaccine? The answer is quite simple. Older adults are the most vulnerable population and are most at risk for morbidity. The benefits of vaccination go beyond the life span of an individual that contracts the illness, but it is to protect others such as family and friends. By targeting this group of individuals, more suffering will be relieved and more lives can be saved. We all can agree that at this point in the pandemic, we can use some relief and a sense of normalcy.

When we discuss the side effects of COVID vaccines for older adults, studies show the majority of the side effects are mild and less common in individuals above the age of 55. Similar to the flu vaccine, seniors who receive the vaccine may experience pain or soreness in the injection area, headache, slight fever or fatigue; all symptoms are very normal. In fact, experiencing these mild side effects is a good thing because it means your immune system







- **Wear face mask while out in public unless outdoors**
- **Wash your hands frequently**
- **Watch for common symptoms to respiratory Infections**
- **Stay home if you had contact with someone who tested positive for COVID-19**

is functioning as it should. Your body has naturally developed an immunity to the virus to help fight against the disease. If you begin to experience pain or discomfort in the injection area, you can take over the counter pain medications to reduce pain.

While the longevity of protection is still being studied, the effectiveness and safety of the three vaccines are confirmed. If you are deciding which vaccine you should receive, you can start by contacting your primary physician, local pharmacist or local health department. Even after receiving your vaccine, keep taking safety precautions to protect family and friends. You could still become infected while your body is building immunity to the virus.

To protect yourself the others around you, continue doing the following:

- Wear facemask while out in public unless outdoors
- Wash your hands frequently
- Watch for common symptoms to respiratory infections
- Stay home if you've had direct contact with someone who tested positive for COVID

As an older adult or the caregiver of an older adult, it's important to take the vaccine if available to you. We can all agree that the past year has been historic but stressful for many reasons, vaccinations can help us get back to normal sooner than later. Protect yourself and your loved ones, **get vaccinated.**



Sources: <https://publichealth.wustl.edu/why-older-people-are-among-the-first-to-get-the-vaccine/> , <https://www.aplaceformom.com/coronavirus/articles/covid-vaccine-side-effects-in-elderly> , <https://www.ncoa.org/article/covid-vaccines-what-seniors-need-to-know>



# "WHAT DOES THE THEME 'PRIME OF LIFE' MEAN TO YOU?"

## ADMINISTRATION

"Once upon a time, I thought that the Prime of Life would be during my 40's and 50's but as I have been closer to spend more time on this earth, I realize that the Prime of Life is now. I love what I do for seniors, my peers. There is such a great need and the EBR Council on Aging fills a great void. I have several fond memories at the agency, however, the most memorable to me is the late Lizzie "Liz" Lyons, one of our seniors, following the Flood of 2016. She told me that during the flood of 2016, the COA was the only agency willing to help her. We would sit together for our meals and fellowship and Ms. Lyons eventually became a member of our Senior Advisory Board."

**- Eva B. Pratt, Chief Financial Officer**  
(10 years with the agency)

"As a senior, I'm proud to be a part of the phenomenal growth of the EBR Council on Aging during the last decade. My years as a member of the staff has allowed me to acquire many new friends that work for the agency, as well as, the senior population we serve. The Council on Aging is a blessing to many, and has allowed my golden years to shine brighter."

**- Denise Clark, Front Desk Receptionist**  
(9+ years with the agency)

"I believe that I am the most energetic, vibrant, helpful, and resourceful 65-year-old in the prime of my life. The most rewarding aspect of working for Council on Aging is being involved in all of senior activities. My fondest memory with the seniors is The Lotus Food Pantry, we would have the most enjoyable time together."

**- Dineshea Cooper-Morris, Executive Administrative Assistant**  
(8+ years with the agency)

"At 65 years of age, I can truly say I am living most best life at this age. Every day I get a chance to meet new seniors. I get to see seniors who have become my friends. My belief is that serving seniors is truly a blessing to me more than it is to the seniors. My fondest memory with the seniors would be the Senior Prom. It was amazing to see so many seniors dressed in their beautiful gowns and suits and dance the night away. I will forever remember the senior prom."

**- Charlotte Turner, Chief Programming & Emergency Preparedness Officer** (9+ years with the agency)

## HOUSING & DEVELOPMENT DEPARTMENT

"As an older adult, I enjoy working with the seniors and sharing conversations about common experiences, family, church, and social activities. I believe that my job is a ministry or God's calling that gives me great joy, satisfaction, and purpose. I am proud to walk into work every day and grow with the most fascinating people in this parish. Our hearts are filled with joy and laughter when we begin to sing, dance, and enjoy the company of each other."

**- Janice Bartley, Director of Housing Development**  
(3 months with the agency)

## MEALS ON WHEELS DEPARTMENT

"The Prime of Life means to me that I have worked, retired, and now it's my time to give back to the seniors of our community. I feel honored working for an agency that puts individuals just like myself first in everything that they do. My fondest memory working for the agency is in the pack out room with Ms. Nancy Washington. Ms. Washington would help the day go by so smoothly with her dancing and singing, her love for other people is admirable."

**- Henry Webb, Meals on Wheels Packer**  
(6 years with the agency)

## MEALS ON WHEELS DEPARTMENT

"The Prime of Life is when you have taken care of your family and now it's time to give back to the community and serve the senior population. It brings me great joy working for an agency that serves seniors and support their independence in life. I work with the best group of individuals, when my grandson was diagnosed with MS, Ms. Bridgett Franklin would uplift me every day. She always has a listening ear and she truly knew how to lighten my mood."

**- Leola Whitner, Meals on Wheels Packer**  
(18 years with the agency)





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**SENIORS**  
*serving*  
**SENIORS**





# "WHAT DOES THE THEME 'PRIME OF LIFE' MEAN TO YOU?"

## SENIOR CENTER'S DEPARTMENT

"I believe that I am living in the prime of my life. My four children constantly remind me and help me realize I still have so much life to live. My proudest asset in life is being a parent and a grandparent and still being able to share in their growth of life. As a senior myself, I enjoy the conversations and memories we share in the centers because we can relate to one another. There is so much more history to learn from our elders."

- **Pauline T. Gaines, Site Coordinator at Central Lotus Activity Center (8 years with the agency)**

## SENIOR CENTER'S DEPARTMENT

"To me, the Prime of Life is when one has reached the peak of their power. I feel that I haven't quite reached the prime of my life, I may not be able to do all things I would like but I can still get around pretty good. It warms my heart to work with the seniors being that I am a senior myself. They are my motivation to keep going and they encourage me to push my potential every day."

- **Betty Ruth Turner, Site Coordinator at OLOL Senior Residential Living/Calais House (2+ years with the agency)**

## SENIOR CENTER'S DEPARTMENT

"The Prime of Life means that I've lived a blessed life and made it through the good and bad times. Through God's grace and mercy, I've lived in his promise and in good health. Working with the seniors at Chaneyville Senior Center brings me great joy to be able to serve the seniors of this community. I love all of them dearly and I thank God for placing them in my life."

- **Dorothy H. Payne, Site Coordinator at Chaneyville Senior Center**

## SENIOR CENTER'S DEPARTMENT

"For me, the Prime of Life means that I've lived and taken good care of myself to enjoy the fruits of my labor. I'm so thankful to still be able to get around and work on my own and I owe it all to the Lord. I have worked with seniors for several years so I consider them to be family and great friends that I've made along the way."

- **Lorraine Louis Veal, Site Coordinator at Pearl George Senior Center (3+ years with the agency)**

## SENIOR CENTER'S DEPARTMENT

"Prime of life is a special time when your children are adults, grandchildren are growing up, and life is a little easier. It's a time to take a deep breath, reflect, and truly enjoy the person that you have become. Being granted the opportunity to serve my peers means everything to me as a senior. I feel the blessing of God every day to have my job and my days are filled with laughter and love."

- **Vicky Barry, Site Coordinator at Perkins Road Senior Center (5 months with the agency)**

## SENIOR CENTER'S DEPARTMENT

"The Prime of Life means that I've lived a blessed life and made it through the good and bad times. Through God's grace and mercy, I've lived in his promise and in good health. Working with the seniors at Chaneyville Senior Center brings me great joy to be able to serve the seniors of this community. I love all of them dearly and I thank God for placing them in my life."

- **Dorothy H. Payne, Site Coordinator at Chaneyville Senior Center (5+ years with the agency)**

## SENIOR CENTER'S DEPARTMENT

"The Prime of Life is the point of life where you are the happiest, most successful, and relaxing time of your life. Retirement age when all is well with your soul. I feel blessed to be working with seniors who are living in the prime of their lives. I always enjoy attending all of the agency events and seeing the excitement on their faces."

- **Geraldine Williams, Site Coordinator at Dumas House (3 years with the agency)**





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**SENIORS**  
*serving*  
**SENIORS**





# "WHAT DOES THE THEME 'PRIME OF LIFE' MEAN TO YOU?"

The Prime of Life is one's happiest, most successful time of life; the period when one has the most energy, vitality, and potential. The best years of one's life, at the peak of one's power.

## SENIOR CENTER'S DEPARTMENT

"Prime of Life means I have reached what God has promised. I enjoy working with seniors and being able to serve others my age. I thank God every day for the COA for aiding me in my daily life. The fondest memory I have was when I hosted a birthday celebration for Mr. Robert Butler 100th birthday. It overwhelmed me how happy and appreciative Mr. Butler was for what we had done for him at the center."

- Annie Clark, Site Coordinator at Greater King David Senior Center  
(5+ years with the agency)

## SENIOR CENTER'S DEPARTMENT

"Serving the seniors of EBR Parish and being a senior myself, it brings me joy to be able to serve my community of peers. Working for the agency reminds me of the saying Always be a servant to the people."

- Dorithia Akins, Site Coordinator at Antioch Senior Center  
(2 years with the agency)

## SENIOR CENTER'S DEPARTMENT

"The Prime of Life is when a person is at the peak of their life and living the happiest times. I personally feel that I'm an example to others that as long as you're willing and able to accomplish something, you can do it. I'm a senior citizen so being able to serve my peers is the most rewarding experience."

- Carol Thomas, Site Coordinator at Central Senior Center  
(10 months with the agency)

## SENIOR CENTER'S DEPARTMENT

"The Prime of Life is a time to reflect on the important aspects of your life after you have raised and prepared your children to be productive, educated, and successful individuals. It's a time in life to make informed decisions, follow God's guidance, and keep a positive attitude. It's truly a joy working for the agency and serving the seniors of this parish. I take great pleasure in the relationships I have built over the years and I look forward to many more years with the seniors."

- Lola Turner, Site Coordinator at Turner Plaza  
(6 years with the agency)

In addition to serving seniors and supporting their independence, we also hire senior citizens to help carry out our mission.







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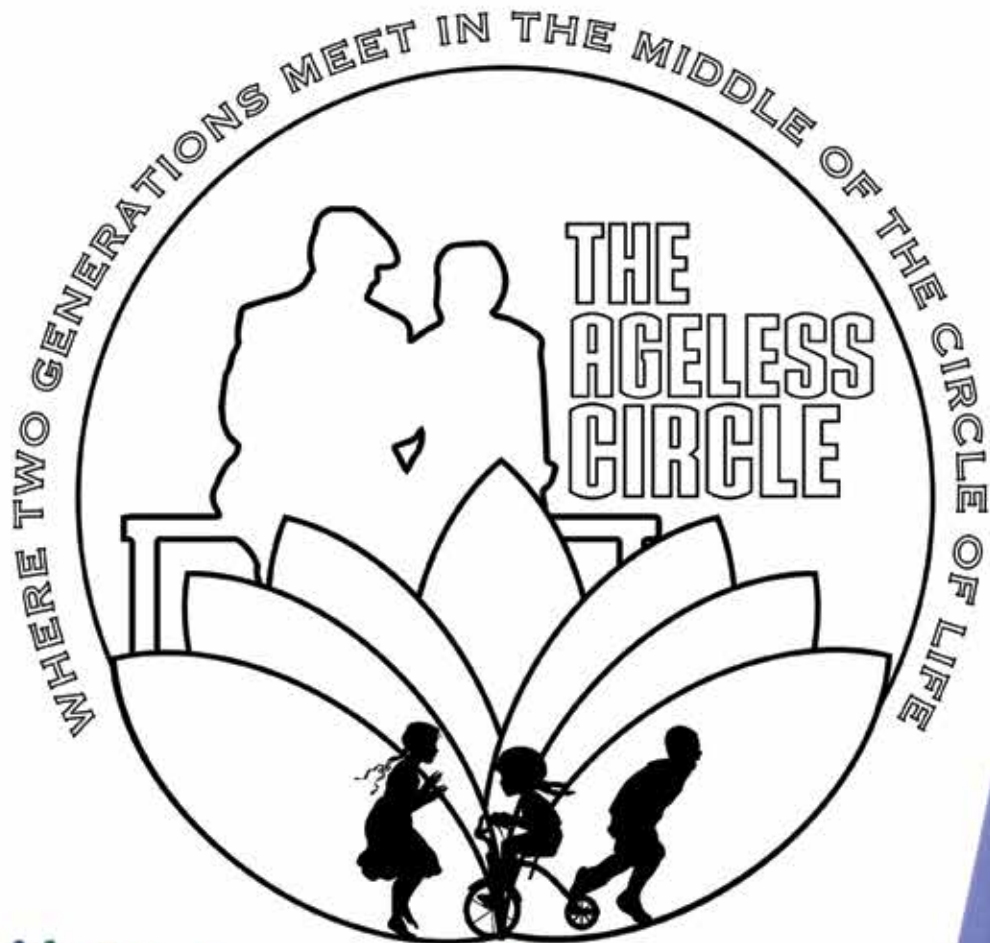
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**SENIORS**

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# Coloring Page



## Senior Activity



# *Employee* **PROMOTIONS & NEW HIRES**

JOIN US AS WE CELEBRATE THEM



**BARTLEY**



**BIHM-HOWARD**



**COLLINS-KING**



**MORRIS**



**PATTERSON**



**TURNER**

*Employee*  
**PROMOTIONS**





**M**rs. Trudy Bihm-Howard is our Chief Administrative Officer. She is from Baton Rouge, LA and an alumna of Southern University A&M College where she received a Bachelor of Science. Mrs. Bihm-Howard also holds a Master of Science in Counseling and Psychology. She has been a part of the EBRCOA family for over 8 years where she has held several positions such as Resource Development Coordinator, Information and Assistance Management Director, Executive Assistant to the CEO, and most recently, Special Projects Coordinator.

**“Every day I’m grateful and excited that I have the opportunity to be an advocate and make an impact on the seniors of this community. Over the years we have faced and conquered adversities and challenges while still providing services to our seniors. With our great leadership, great team, and great working environment, that’s what makes COA a great place to work.”**

The Chief Administrative Officer administers, coordinates, and directs the affairs of the agency including the overall administrative operation of EBRCOA. Her focus is to develop strategies to improve various elements of the agency operations and manage the expansion of the agency footprint across the parish.

EBRCOA is grateful for your dedication, Mrs. Bihm-Howard. Thank you for your passion for the seniors of EBR Parish!



## Meet Our Chief Programming & Emergency Preparedness Officer

# Employee PROMOTIONS



CHARLOTTE  
TURNER



**M**s. Charlotte Turner is our Chief Programming & Emergency Preparedness Officer. She is from a little town called Gillsburg, Mississippi. Ms. Charlotte graduated from Liberty Attendance Center and attended Jackson State University. She has been a part of the EBRCOA family for 9 years where she has held several positions such as Intake Specialist, Care Manager-1, Director of Information & Assistance, and Director of Senior Centers.

**“I’m so excited for my new role as Chief Programming & Emergency Preparedness Officer. I’ve had the opportunity to work with a group of wonderful people at the COA and awesome leadership. I enjoy coming to work every day with the intent to bring laughter, a smile, a kind word, a listening ear and just to be of service. My job here at the EBRCOA is not done so look out there’s more to come!”**

The Chief Programming & Emergency Preparedness Officer is responsible for the coordination and implementation of emergency preparedness standards during a disaster for seniors and staff. They make sure that seniors are provided resources in the event of an emergency, such as shelter, food, and sandbags. EBRCOA is grateful for your leadership, Ms. Charlotte. Thank you for your dedication to the seniors of EBR Parish!



## Meet Our Director of Housing Development and Operations



JANICE L. BARTLEY, MPA

**M**rs. Janice L. Bartley is our Director of Housing Development and Operations. She is a native of New Orleans, LA, and has been an experienced housing administrator for more than 18 years. She has a Bachelor of Arts Degree from Dillard University in New Orleans, and as a National Urban Fellow, she earned a Master of Public Administration Degree from Bernard Baruch College, City University of New York. Mrs. Bartley joined the EBRCOA team in April 2021 and has hit the ground running with our new Lotus Village and Lotus Village at the Lake housing initiatives.

**“I am excited to work with our seniors. As an older adult, I like to think of work as a ministry or calling that gives me great joy, satisfaction and purpose. I am proud to continue to walk into my calling to work for and to grow older with some of the most fascinating people in the world.”**

The Director of Housing Development and Operations is a new position with the agency. This position is responsible for providing housing assistance to qualified individuals aged 60 years and above in EBR Parish. EBRCOA is grateful to have you on our team Mrs. Bartley. Thank you for your dedication to the seniors of EBR Parish!



Employee  
PROMOTIONS

## Meet Our Intergenerational Coordinator for Youth Programs

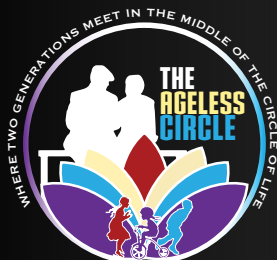


TRINA COLLINS KING, M.Ed.

**M**rs. Trina Collins King is our Ageless Circle – Intergenerational Coordinator of Youth Programs. She is a lifelong resident of East Baton Rouge Parish, a retired administrator of 21 years, and an alumna of Southern University. Mrs. King’s passion for empowering young minds will continue as she embarks upon this new profession of Intergenerational Coordinator of Youth Programs at EBRCOA. She believes in this community, which has provided her with the necessary tools and resources needed to be the successful professional she is today.

**“I am proud to be one of the newest team members of EBRCOA’s Ageless Circle Intergenerational Center where these two generations meet in the middle of the circle of life!”**

The Intergenerational Coordinator of Youth Programs is a new position with the agency located at The Ageless Circle – Intergenerational Center located at 3820 Gus Young Ave. This position is responsible for all youth activities, recruitment, and mentoring. The programs and activities will improve academic performance; teach social etiquette, and financial literacy; reduce and/or prevent substance abuse in young adults. EBRCOA is grateful to have you on our team Mrs. King. Thank you for your dedication to the seniors of EBR Parish!



Employee  
PROMOTIONS



## Meet Our Intergenerational Coordinator For Senior Programs



DORPHELIA GUILLORY-PATTERSON

**M**rs. Dorphelia Guillory-Patterson is our Ageless Circle - Intergenerational Coordinator of Senior Programs. She was born and raised in Baton Rouge, LA. Mrs. Patterson earned her degree in Bachelor of Science with a concentration in Business Management at the University of Phoenix. Additionally, she earned a Certified Nursing Certificate from Good Samaritan School of Nursing. She has been a part of the EBRCOA family for 4 years where she has held several positions such as Homemaker, Information and Referral Coordinator, Care Manager II & I, and Food Pantry Coordinator.

**“What makes Council on Aging a great place to work is being able to provide our senior populations with services to support their independence. The growth opportunity within the agency is phenomenal! I look forward too many more years with the agency.”**



The Intergenerational Coordinator of Senior Programs is a new position with the agency located at The Ageless Circle – Intergenerational Center located at 3820 Gus Young Ave. This position is responsible for all senior activities geared towards seniors. The programs and activities will provide an opportunity to reduce the isolation that seniors combat daily as well as address social service needs. EBRCOA is grateful to have you on our team. Mrs. Patterson, thank you for your dedication to the seniors of EBR Parish!

Employee  
PROMOTIONS

## Meet Our Administrative Assistant



DINESHEA COOPER-MORRIS

**M**rs. Dineshea Cooper-Morris is our Administrative Assistant. She was born and raised in Hahnville, Louisiana. Mrs. Cooper-Morris earned her education in Administrative Assistance at Delta School of Business in Baton Rouge, LA. Additionally, she has been employed with the EBRCOA for eight plus years and held several positions such as Senior Center Site Coordinator, Intake Coordinator, and Clerical Assistant.

**“In my years with the Council on Aging, it is such a rewarding feeling to know my job serves a purpose in stimulating the mind, body and soul of seniors. EBRCOA is truly a great place to work; we are a family. We have a team of leaders that truly have a passion for the seniors and the employees.”**

The Administrative Assistant is responsible for organizing, managing, and assisting the administrative office with all clerical tasks such as scheduling appointments, organizing files, answering phone calls, and support visitors. They play an important role in ensuring our administrative office can smoothly serve the seniors of this parish. EBRCOA is grateful for your compassion and dedication. Mrs. Cooper-Morris, thank you for your service to the seniors of EBR Parish!



Employee  
PROMOTIONS



# IN THE NEWS:

## IT'S OFFICIAL: New Senior Living Community Coming Soon To BR



PUBLISHED APRIL 7, 2021 BY MICHAEL SCHEIDT

BATON ROUGE, La. (BRPROUD) – And so it begins, the Lotus Village Senior Living Community is about to become a reality.

Construction is allowed to begin on the project and the East Baton Rouge Council on Aging expects it to take 14 months to finish.

EBRCOA says, “this new development will be located in Baton Rouge’s historical Gracie neighborhood and will transform the area into a mixed-use community that is sure to attract seniors and new commerce.”

The Lotus Village Senior Living Community is expected to include what is listed below:

- 116 residential rental home units
- 56 individual buildings
- CareSouth Medical and Dental Geriatric

Healthcare facility

- Geriatric Fitness Center
- A full-service grocery market
- Walking paths and gardens

“The need for access to safe, affordable and adaptable housing has been a frequent request of our seniors. We want the seniors of EBR Parish to know we heard them! EBRCOA is committed to serving the needs of the seniors and at the moment this is a dire need. We are excited to serve as pioneers in providing services to the aged community and we strive to continue to raise the bar. Lotus Village is a huge step in that direction and I am honored to be a facilitator as this vision comes to fruition,” stated Tasha Clark-Amar, CEO of EBRCOA.

The cost of the senior living construction project is \$22 million.

## East Baton Rouge Council on Aging opening new location



PUBLISHED JUNE 16, 2021 BY ALLISON BRUHL

BATON ROUGE, La. (BRPROUD) – The East Baton Rouge Council on Aging (EBRCOA) opened a new location named the “Ageless Circle.”

The grand opening and ribbon cutting took place Thursday, June 17 at 10:30 a.m. at 3820 Gus Young Avenue in Baton Rouge.

The Ageless Circle will be the hub of an intergenerational mentoring program called the Ageless Program partnering local seniors with youth. Together, retired educators, youth, community leaders and volunteers will:

- Focus on improving academic performance
- Teach social etiquette and financial literacy
- Reduce and/or prevent substance abuse in young adults

- Provide community service opportunities

“We are overjoyed to finally be able to open the doors to the Ageless Circle,” said Tash Clark-Amar, CEO of EBRCOA. “It has been an amazing journey to witness the transformation of the fire station into this hi-tech, state-of-the-art intergenerational center.”

For more about the Ageless Program and how to get involved, contact the Council on Aging at 225-923-8000.

Article Left:

Source: [https://www.brproud.com/news/local-news/its-official-new-senior-living-community-coming-soon-to-br/?fbclid=IwAR15dXSV-bT\\_qESU7L7zHqMeFXKpk18eDAJEzKsLkuRq7Lv6M0BFhKuRag](https://www.brproud.com/news/local-news/its-official-new-senior-living-community-coming-soon-to-br/?fbclid=IwAR15dXSV-bT_qESU7L7zHqMeFXKpk18eDAJEzKsLkuRq7Lv6M0BFhKuRag)

Article Above:

Source: <https://www.brproud.com/news/local-news/east-baton-rouge-council-on-aging-opening-new-location/?fbclid=IwAR022jek7lEcMdupJdMa0ZbaMFdFe0xHmx7ayJbQ1N0w1Mnth2FoXTBc>





# IN THE NEWS:

## EBRCOA making changes due to the Delta Variant, offering booster shot clinic later this week



PUBLISHED AUGUST 17, 2021 BY MICHAEL SCHEIDT

BATON ROUGE, La. (BRPROUD) – Starting on Wednesday, August 18, the East Baton Rouge Council on Aging is making one change to how it delivers food.

EBRCOA is transitioning “to ‘Grab & Go’ lunches for all of our senior centers and congregate meal centers.”

This is being done because of the fourth COVID-19 surge.

EBRCOA is hoping this will minimize the risk that staff or seniors contract the virus.

On Thursday, August 19, EBRCOA is giving seniors who are immunocompromised the chance to get the third COVID-19 dose or booster shot as it is also known.

There will be 200 doses available at this event, 100 Pfizer and 100 Moderna vaccines.

If you are interested in attending the COVID-19 Vaccine Booster Shot Clinic, details on when and where can be found below:

- 9:00 a.m. to 4:00 p.m. at The Lotus Center (1701 Main Street)

You can register for the COVID-19 Booster Vaccine here.

After clicking on the link, select “Second Dosage” and use the date 7-15-2021.

Source: <https://www.brproud.com/news/ebrcoa-making-changes-due-to-the-delta-variant-offering-booster-shot-clinic-later-this-week/?fbclid=IwAR1fImbaT12owt-kNRyuC-J3OkAA73oNCP111EoWQrQa-tn-ATHP5IXOVuA>

## EBR senior residents can receive groceries through drive-thru pantry



PUBLISHED SEPTEMBER 5, 2021 BY TRINITY VELAZQUEZ

BATON ROUGE, La. (BRPROUD) – The East Baton Rouge Council on Aging will host a drive-thru pantry on Wednesday, Sep. 8 at 8 a.m. at The Lotus Center.

“Replenish Your Refrigerator” is located at 1701 Main St, Baton Rouge, La. The drive-thru is open to all senior residents of the East Baton Rouge Parish aged 60 and older.

Seniors should drive up to The Lotus Center, pop their trunk, and an EBRCOA staff member will place their groceries into their vehicle. The grocery bags contain meat, milk, fruit, vegetables, bread, pantry staples and water, while supplies last.

This event is sponsored by the following: The Greater Baton Rouge Food Bank, Merchants Foodservice, the Office of Mayor-President Sharon Weston-Broome and State Senator Regina Barrow.

“Due to Hurricane Ida and the loss of electricity across the parish, our seniors have lost all of their perishable goods. In an effort to continue to combat senior hunger, we want to assist them with restocking their pantries and refrigerators,” said Tasha Clark-Amar, chief executive officer of EBRCOA.

Call the East Baton Rouge Council on Aging at (225) 923-8000 for more information.

Source: <https://www.brproud.com/news/local-news/ebrc-senior-residents-can-receive-groceries-through-drive-thru-pantry/>



# IN THE NEWS:

## Construction set to begin on this \$22M senior development in Baton Rouge



Construction of Lotus Village, a 116-unit mixed use development aimed at seniors, is set to begin in the next 30 days. The development would be built on three sites on Gracie and Gayosa streets and Spanish Town Road, near North 16th Street and will include 56 buildings.

PUBLISHED APRIL 30, 2021 BY TIMOTHY BOONE

Construction of Lotus Village, a 116-unit mixed-use development aimed at seniors, is set to begin in the next 30 days. The \$22 million development is a collaboration between the East Baton Rouge Council on Aging and Gulf Coast Housing Partnership in New Orleans. Lotus Village is aimed at low- to moderate-income seniors. Along with rental housing, the community will include a geriatric health care facility with full medical, dental, vision, hearing and therapeutic services, a gym and walking trails. Discussions are ongoing with a local grocer to operate an open-air market in the development. The development would be built on three sites on Gracie and Gayosa streets and Spanish Town Road, near North 16th Street, and will include 56 buildings.

Lotus Village is set to open in July 2022.

#### Article to the Above:

Source: [https://www.theadvocate.com/baton\\_rouge/news/business/article\\_59bf5890-a9ee-11eb-8803-2f36b20282ee.html?fbclid=IwAR3U6aK2Rzavdh00ahmW95\\_q3\\_gQI9UhrU0Dmn0ULiuRhBiOxoQuUT6Pe5I](https://www.theadvocate.com/baton_rouge/news/business/article_59bf5890-a9ee-11eb-8803-2f36b20282ee.html?fbclid=IwAR3U6aK2Rzavdh00ahmW95_q3_gQI9UhrU0Dmn0ULiuRhBiOxoQuUT6Pe5I)

#### Article to the Right:

Source: [https://www.theadvocate.com/baton\\_rouge/news/communities/zachary/article\\_4a4da0a8-fa41-11eb-ba50-df5e-88053fa3.html](https://www.theadvocate.com/baton_rouge/news/communities/zachary/article_4a4da0a8-fa41-11eb-ba50-df5e-88053fa3.html)

## Zachary residents express concern over possible loss of senior center

PUBLISHED AUGUST 11, 2021 BY OLIVIA MCCLURE

Worried about the possible loss of valuable services as well as a place to meet with friends, several Zachary residents came to the City Council meeting Tuesday to express concern about the recent sale of the Zachary Senior Center building.

The center is funded by the East Baton Rouge Council on Aging but located in a privately-owned building. Councilman Lael Montgomery said he had spoken with the center's director, who explained that the building's longtime owner recently handed it over to his children, who then sold it.

"There's been some rumors of the senior center moving to Baker," said Councilwoman Laura O'Brien, who said several concerned residents have contacted her about the matter. But Montgomery said he was assured that the center won't be relocated to Baker and that a search is underway for another suitable building in Zachary.

The city previously paid for rent and utilities at the facility on La. 19, said Mayor David Amrhein. That changed when a dedicated 2.25-mill property tax was passed to support the parish wide Council on Aging, which has since covered all expenses of the Zachary Senior Center.

Though the city has no direct control over the fate of the facility, people at the meeting pled for its help to keep a senior center open in Zachary.

"The senior citizens, they need their home here in Zachary," said Fred West III. "I'd just like to say to the council and the mayor to do what you need to do to help to keep this in Zachary because they don't want to be combined with other cities or other communities. If Chaneyville has one, Port Hudson has one, Baker has one, why can't Zachary have their own? That's the bottom line."

Another resident, Loretta Clark, suggested that the city take on the responsibility of building a new senior center.

"You see all these people that are sitting out here?" she said. "We gather almost every day to share not only food, but friendship, developing ties that are forever going to be bonds."

"Please consider not letting someone else operate your senior citizens' facility when you have a city that is so progressive. Why not take on the role of making sure that your senior citizens are taken care of? Because if you live long enough, you will be a senior citizen," she added to applause from the audience.



**GET ON AIR**



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

**FOR MORE INFORMATION CONTACT:**

**ANGELL J. JACKSON AT [MARKETING@EBRCOA.ORG](mailto:MARKETING@EBRCOA.ORG)**

# AGING IN PLACE: FALL PREVENTION REMODELING FOR SENIORS

Dorothy from The Wizard of Oz had it right — there is no place like home. And whether you have been in your home for 50 years and raised a family there or have recently downsized to a smaller space, most seniors want to stay in their homes as long as possible.

Unfortunately, as people age, they're faced with greater risks of falling, which can make living in their home more dangerous. In order to enjoy the comforts, familiarity, and memories of your home, there are some easy modifications you can make to your lifestyle and your space that result in a safer living environment.

## **An Ounce of Fall Prevention is Worth a Pound of Cure**

There are several easy steps you can take to lower your risk of falling inside your home. Falling is the leading cause of injuries for those 65 and over.

For those who are aging, the aftermath of falling can set a chain of events in motion from which it can be difficult to recover. For people who are 65 and older, falls are the leading cause of injuries and result in 3 million emergency room visits a year, according to the CDC.

The sheer volume of falls per year illuminates the need for each senior or family member of a senior to take a closer look at their surroundings in order to implement preventative measures against falling. The

good news is that there are multiple steps you can take to make yourself safer and more likely to stay on your feet, and these tips do not involve major costly renovations to your home.

## **Talk to Your Doctor**

Tell your doctor your entire medical history so that you can work together to find an action plan for staying in your home that is right for you.

The first step on your journey to home safety is talking with your doctor. There are many health conditions that can exacerbate falls, such as problems with your eyes or equilibrium and long-term health concerns. Your use of medications, history of falling, and medical conditions should all be discussed, as well as helpful ideas to avoid hazards.

Many people hide falls from their doctors because they fear the repercussions, but if you are honest with your doctor, you can learn important information that will help you stay safely on your feet.

## **Do Simple Things That Get Big Results Use it or Lose it**

The old saying is true — the more you use and maintain your body, the stronger and more likely to avoid falling you'll become. And you don't have to spend hours in the gym to be healthy, either. Walking strengthens your cardiovascular system, as well as your bones. And a few short walks a day can do as much good as one longer walks.





You can also do stretching and gentle sports like Tai Chi to keep your body limber and strong. The more strength and agility you have, the less likely you are to fall. Exercise with walks, simple stretching, or Tai Chi in order to maintain strength and balance as you age.

#### **Avoid a Wardrobe Malfunction**

There are several ways that what you wear can result in making your home more dangerous. Although you may want the soft feel of socks in the comfort of your own home, if you wear shoes, you will be stronger on your feet. Socks can lead to slips and trips, while shoes help you keep your balance.

Additionally, avoid loose-fitting clothing, which can snag on furniture, causing you to lose your balance. By wearing shoes and appropriately-fitting clothing, you can effectively mitigate some falling risks. Dress for success by avoiding loose-fitting clothing that could get caught on furniture and cause you to fall.

#### **Remove Clutter**

Removing clutter is an important step toward preventing falls. Particularly if you've lived in your home a long time, you have likely accumulated lots of furniture and even piles of books, magazines, and other belongings. Now would be a good time to get organized and sell or donate extraneous furniture like coffee tables or extra chairs that could cause you to trip.

Consider removing or repositioning furniture (like the coffee table pictured) to provide yourself with unobstructed walking paths around your

home.

For seniors and soon-to-be seniors, even area rugs can be considered clutter and should be removed. These are tripping hazards that can cause you to tumble, especially if they are in hallways or tight spaces.

Remove throw rugs in the kitchen to eliminate the risk of tripping and dropping hot food.

No rugs lie perfectly flat, so it's easy to snag a corner with the tip of a shoe or a cane and trip as a result.

#### **Light up Your Surroundings**

Adding extra lighting and handrails will help keep you safe as you walk up and down stairs.

Lighting plays an integral role in keeping you on your feet. Make sure that lighting in hallways and stairwells is bright enough to accommodate the worsening eyesight that often comes with age.

Lighting your porch and staircase area will make it easier for you to move inside and outside of your house without incident.

Consider glow-in-the-dark switches, as well, so you can easily turn the lights on and off. And, as for lamp cords, make sure they are tucked away so as not to become a tripping hazard.

#### **Buoy the Bathroom**

Many falls take place in the bathroom, but there are a few simple ways to ensure your bathroom remains a safe place. As people age, they get a bit less steady on their feet, and tasks that were once simple can become more difficult. People also often spend longer periods of time in the bathroom as they age.

Grab bars and shower seats are easy additions that provide you with the ability to safely enjoy a refreshing shower.

Having a grab bar in place offers support if you lose your balance, making it less likely that you fall or suffer an injury. Consider adding the following safety features to your bathroom:

- Grab bars near your toilet and tub
- A no-entry shower so you don't have to step over a lip
- Non-slip bath strips
- A sturdy, no-slip bath mat
- A raised toilet seats

Consider installing a no-entry or curb less shower, so you don't have to step into or down from slippery tile.

### **Catch Yourself in the Kitchen**

Since people spend so much time in the kitchen, often with hot food in their hands or the oven on, taking extra care to ensure your safety is important. Keep the items you use the most and that are heaviest at waist-level to avoid a lot of bending or climbing that could cause you to lose your balance or sustain an injury. Make sure that your drawer handles are secure so that you can get what you need without the danger of being thrown off balance.

### **Brace the Bedroom**

In the bedroom, safety issues generally revolve around both the bed and having a clear walking path to the bathroom. Make sure that there is no clutter between your bed and the bathroom, especially for late-night visits. This is also an important place to consider lighting, as you will undoubtedly need a night light. Keep necessities like tissues and water within easy reach on a bedside table in order to cut down on risks surrounding drowsy late-night walking. Keep a phone by your bedside in case of an emergency, and leave a clear path for walking around the room.







### **Stairs, Walkways, and Entrance Ways**

Once your home is secure, consider updating your points of entry. Adding a handrail to the entrance to your home, especially if there are steps, can help you keep your balance and relieve pain in your knees or ankles. Fixing cracks in the sidewalks and keeping the area well-lit will keep you safer when leaving or arriving in the dark. Make sure the entrance to your home has a handrail so that you can enter safely, especially if there are stairs to climb.

### **Cherish Your Home**

For many older Americans, happiness is tied to the experiences and memories they have made in their homes, and being able to stay in a place that makes them comfortable and happy should be a priority. People do tend to slow down as they age, but by taking precautions and updating their homes appropriately, seniors can enjoy the comforts of home while still remaining safe from hazards. It doesn't take the brains the Scarecrow in the Wizard of Oz was searching for to recognize that aging people are always most happy in their own homes. And with a few adjustments to their lifestyle and simple renovations to their homes, seniors can enjoy a safe, happy environment for years to come. Turn up the lights, toss out the throw rugs, and add a few safety rails, and your home can remain where your heart is for years to come.



source: [www.expertise.com/home-design-and-renovation/fall-prevention-remodeling-for-seniors](http://www.expertise.com/home-design-and-renovation/fall-prevention-remodeling-for-seniors)

# LOTUS FOOD PANTRY COMBATting SENIOR *Hunger*

**T**he East Baton Rouge Council on Aging announced the opening of our brand-new Lotus Food Pantry which is open to seniors 60 years of age or older who are current residents of EBR Parish. The pantry located at The Lotus Center offers seniors the opportunity to shop in a supermarket structured food pantry for essential items such as fresh fruit, produce, baked goods, canned goods, toiletries, personal/hygiene items, incontinent supplies, and household items at no charge to the senior. The pantry service is possible through a partnership with the Greater Baton Rouge Food Bank, the USDA, and the Louisiana Department of Agriculture.

Combatting senior hunger and social isolation has always been a priority of the agency. The impact of The Lotus Food Pantry extends beyond senior hunger and impacts senior health. Seniors with low nutrition intake suffer with a wide array of health issues, such as high blood pressure, heart disease, and depression. Thank you to The Greater Baton Rouge Food Bank for your partnership in combatting senior hunger and helping seniors maintain a healthy, active, and independent life.







**“The best part about working for EBRCOA is being able to touch so many lives in such a positive way.”**

**- Jeremiah Sampract, Food Pantry Coordinator**



Are you interested in participating in the Lotus Food Pantry? Give us a call at **(225) 923-8000** or visit **<https://www.ebrcoa.org/services-application/>** to submit an online application for services.



# BEAT THE HEAT

## ANNUAL EVENT

**This summer our area is experiencing record high temperatures. We ask that the community check on your elderly family and friends; as they are susceptible to heat emergencies.” - Tasha Clark-Amar, EBRCOA Chief Executive Officer**

**T**he East Baton Rouge Council on Aging Annual “Beat the Heat” fan distribution took place on Tuesday, June 29th at The Lotus Center located at 1701 Main Street. Our Fan Distribution, in conjunction with the parish-wide Lotus Food Pantry Giveaway, was a huge success! Senior citizens across the parish received box fans, bags of groceries, and household necessities, while supplies lasted. In Louisiana, we experience record-breaking heat

advisories and high temperatures during the summer, so providing box fans or air conditioners to qualified seniors was a no-brainer. In order to receive Air Conditioner Units, EBRCOA Care Managers followed agency standard procedures by performing in-home assessments of senior needs.

- **Seniors must be at least 60 years old**
- **Only one fan per household**







## FAN DISTRIBUTION



## LOTUS FOOD PANTRY GIVEAWAY

# 400

Total seniors attended our Annual “Beat the Heat” Fan Drive and received a box fan along with a bag filled with fresh fruit, vegetables, and other food items.

We would like to thank our sponsors and volunteers, the Greater Baton Rouge Food Bank and the Lamda Kappa Kappa Chapter of Omega Psi Phi Fraternity, Inc. for your contributions and assistance towards making this event flow smoothly.



Members of Omega Psi Phi Fraternity, Incorporated the Lamda Kappa Kappa Chapter assisting with distributing groceries and fans to seniors.





# AGELESS CIRCLE INTERGENERATIONAL CENTER

## Grand Opening

**O**n Friday, June 18, 2021, the East Baton Rouge Council on Aging was thrilled to host the Grand Opening of the Ageless Circle Inter generational Center. The Ageless Circle is located at 3820 Gus Young Avenue, in the heart of the Eden Park Community. The celebration kicked off with words of encouragement from Dr. James Gilmore, Jr., Councilwoman Carolyn Coleman, State Representative C. Denise Marcelle, and our great Chief Executive Officer Mrs. Tasha Clark-Amar, followed by a ribbon cutting ceremony and opportunities to tour this beautiful facility.

The Ageless Circle is well-equipped with a conference room, multi-purpose room, The Lotus Zone recording studio, and Lotus Computer Lab. This newly renovated historical fire station will be the home of



**Dr. James Gilmore, Jr. sharing words of encouragement during the Ageless Circle Grand Opening celebration.**





our Intergenerational Program, a multi-generational mentoring program that connects seniors with the youth of the community. We believe that connecting seniors with the youth will enhance the seniors technological capabilities while also improving the academic performance and social etiquette of the youth.

It has been a long time coming and we would like to express our sincere gratitude to Dr. James Gilmore, Jr., State Representative C. Denise Marcelle, Councilwoman Carolyn Coleman, Coleman Partners Architects, Map Design Group, LLC Legette Construction LLC, Ronnie Howard Construction LLC, and many others who assisted in bringing this project to fruition. We're elated to be the spark towards bringing the Eden Park Community back to life.



**Board members Chief Carl Dunn, Councilwoman Carolyn Coleman, Jamie Robinson, Pamela Ann Mitchell, Vice Chairwoman State Rep. C. Denise Marcelle, Chairwoman Jerrie Booker and Patricia Sims-Williams.**



**Board Members Patricia Sims-Williams, Kathy Coleman, Pamela Ann Mitchell, and EBRCOA Human Resource Director, Lauren Gundy-Byrd.**



**Chief Executive Officer Tasha Clark-Amar and Pastor Fr. Arokiam, SVD of St. Paul Catholic Church.**





The EBRCOA will continue to operate in a Disaster Preparedness capacity, ensuring that the essential needs of the most vulnerable population in the parish are adequately addressed. Today our team is distributing sandbags, shelf-stable meals, and hurricane preparedness kits. The hurricane season in South Louisiana can be treacherous. However, our team is ready and equipped with resources to assist.”

— Tasha Clark- Amar, CEO

## PREPAREDNESS FOR HURRICANE IDA

Hurricane Ida made landfall in Louisiana on Sunday, August 29th as a Category 4 hurricane on the anniversary of Hurricane Katrina. Category 4 storms have wind speeds of 130 to 156 mph and leave catastrophic damage in their path. In anticipation of the storm, all EBRCOA congregate senior centers were closed on Monday, August 30th through Tuesday, August 31st. To ensure our seniors had enough food during the storm closure, Meals on Wheels recipients received their meals early. In addition, we distributed sandbags to seniors throughout the parish.

**2,500** Sandbags given away to seniors across EBR Parish in preparation for Hurricane Ida





# HURRICANE CHECKLIST FOR SENIORS

Prepare both your home and your family so you can be ready when storm season strikes. Build a hurricane kit filled with the basics to help you and your family survive comfortably if you are temporarily living without electricity or water during a storm.



## An **EMERGENCY SUPPLIES KIT** should include:

- ☐ At least a 3-day supply of **WATER** (one gallon per person, per day)
- ☐ At least a 3-day supply of non-perishable **FOOD** per person (and per pet!)
- ☐ At least one change of **CLOTHING** and shoes per person
- ☐ One **BLANKET** or sleeping bag per person
- ☐ **FIRST-AID** kit
- ☐ Battery-powered weather radio, **CELL PHONE** and charger
- ☐ Emergency **TOOLS**
- ☐ **FLASHLIGHT**, LED lantern, and extra batteries
- ☐ Extra set of **CAR KEYS**
- ☐ Credit card and **CASH**
- ☐ **SPECIAL ITEMS** for infant, elderly, or disabled family members (and pets!)
- ☐ Prescription and non-prescription **MEDICINES**



# REPLENISH *The* FRIDGE

LOTUS FOOD PANTRY DRIVE-THRU



# 3,500

GROCERY BAGS DISTRIBUTED AT  
REPLENISH YOUR REFRIGERATOR DRIVE-  
THRU PANTRY EVENT



Mayor-President Sharon Weston-Broome and Tasha Clark-Amar, EBRCOA Chief Executive Officer take a quick photo at the drive-thru food pantry.

On Wednesday, September 8th beginning at 8:30 AM, the EBRCOA hosted a drive-thru Lotus Food Pantry, open to all residents of East Baton Rouge Parish aged 60 and above. The drive-thru food pantry assisted thousands of seniors replenish their refrigerators post Hurricane Ida. Seniors drove up to The Lotus Center, popped their trunks, and an EBRCOA staff member placed a box of groceries into their vehicle. The food box included items such as meat, milk, fruit, vegetables, bread, pantry staples, and water. As an advocate for seniors during disasters, we are dedicated to ensuring the safety and well-being of the most vulnerable segment of the parish as the community recovers from Hurricane Ida.



Councilwoman and EBRCOA Board Member Carolyn Coleman, EBRCOA Board Member Kathy Coleman, State Representative C. Denise Marcelle, and EBRCOA Board Member Ingrid F. Payne assist at the "Replenish Your Refrigerator" event.





## SENIOR PARTICIPANT TESTIMONIAL

**“Thank you for the wonderful gifts you all distributed earlier this week to assist in replenishing our fridge. It’s certainly generous of you all and much appreciated. Thank you for your continued service to the seniors!”**

**- Allan Kraft, Lotus Food Pantry Drive-Thru Participant**



**Corporal A. Ponton, Tasha Clark-Amar, EBRCOA Chief Executive Officer, Senator Cleo Fields, and Councilwoman Carolyn Coleman during the “Replenish Your Refrigerator” drive-thru food pantry.**

**“Due to Hurricane Ida and the loss of electricity across the parish, our seniors have lost all of their perishable goods. In an effort to continue to combat senior hunger, we want to assist them with restocking their pantries and refrigerators,” said Tasha Clark-Amar, Chief Executive Officer of EBRCOA.**

Special thanks to The Greater Baton Rouge Food Bank, Merchants Foodservice, the Office of Mayor-President Sharon Weston-Broome, EBR Parish Constable Office, State Senator Regina Barrow, and the EBR Sheriff’s Department for making this event possible for the seniors of EBR Parish.



**Kitchen staff preparing meals for seniors during Lotus Food Pantry drive-thru event.**



# BOOSTER VACCINE CLINIC AT THE LOTUS CENTER



Patrice Bryant, Assistant Director of Senior Centers striking a pose after receiving the booster vaccine.





# BOOSTER VACCINE CLINIC



The East Baton Rouge Council on Aging in partnership with Albertsons Companies have been proactive towards protecting our seniors from contracting and transmitting the COVID-19 virus. On Thursday, August 19th and September 20th-22nd, we hosted Vaccine

Booster Clinics at The Lotus Center (1701 Main Street) from 9:00 AM to 4:00 PM. Booster vaccines are available to seniors aged 60 or above and also individuals who are immunocompromised.



**Dineshea Morris, Administrative Assistant is sleeves up after receiving the booster vaccine.**



## 570 Vaccines

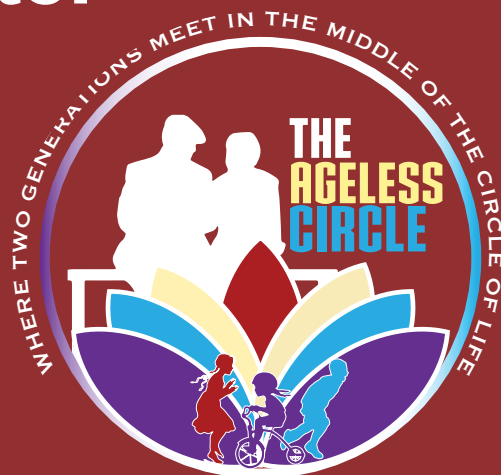
Albertsons partnered with EBRCOA to administer 570 vaccines during the 3 Day Booster Vaccine Clinic at The Lotus Center at 1701 Main Street.

# The Ageless Circle Intergenerational Center

## *Ageless Mission*

**“Where two generations meet in the middle of the circle of life”**

This 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 on using today’s technology.



## **What is The Ageless Circle?**

The Ageless Circle (T.A.C.) is an intergenerational mentoring program that connects seniors and youth to improve academic exposure and performance, teach social graces; cultivate a love of reading for seniors and youth; educate, reduce and prevent the use of alcohol, tobacco and substance abuse in young adults and provide community service opportunities for youth to engage with seniors’ adults. We will further our focus on shared programming that utilizes art, culture, S.T.R.E.A.M, and music education.

## **The Ageless Circle Backstory**

The East Baton Rouge Council on Aging acquired and renovated the historic Gus Young Fire Station located at 3820 Gus Young in the heart of the Eden Park Community. The historic fire station #6 was vacant and blighted since March 2021. The building was constructed in 1951. Along with the urging of key community stakeholders and State Representative C. Denise Marcelle, we began the journey of being the spark and conduit for community revitalization in the historic Eden Park Community.





5

### Five Program Pillars:

1. Consistent mentorship with a caring senior
2. Reduce social isolation of seniors
3. Bridge the technological divide for youth/seniors
4. Close the generational gap between seniors and youth
5. Cultivate the next group of well-rounded leaders



**“As the Ageless Circle Senior Programs Coordinator, I’m excited to work with the seniors and youth while building memories along the way. I know my role matters in this community and I’m hopeful that this program will change lives.”**

- Mrs. Dorphelia Guillory-Patterson, Intergenerational Coordinator for Senior Programs

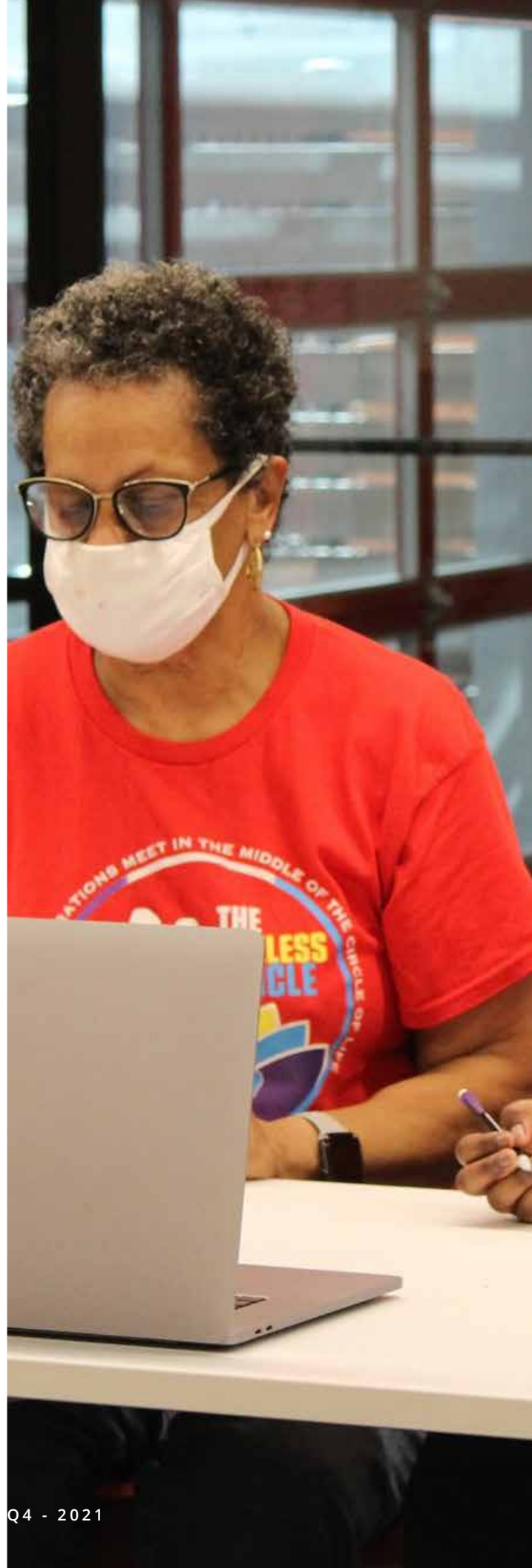


- **L.I.T – Learning with Intergenerational Teaching**

L.I.T is an intergenerational literacy program that advances the learning process of youth grades 3rd – 5th. The goal of this program is to help youth develop age appropriate academic skills. This after school reading program curriculum is reflective of the IXL Level Literacy & Success Marker Program. All retired senior teachers (60+) and mentors are welcome.

- **Ageless Summer Camp**

Ageless Summer Camp will serve as an extension of the school year during summer break. The Ageless Summer Camp is an intensive 3-week program. All Elementary, Middle, and High School students are welcome to explore their love for reading, technology, and math. The camp will be available Monday – Thursday from 8:00 AM to 4:30 PM. Breakfast, lunch, and an afternoon snack will be provided.







## T.A.C. Youth Programs:

- **S.T.R.E.A.M Saturdays**

The S.T.R.E.A.M program consist of Science, Technology, Reading, Engineering, Arts, and Math labs with the intentional interaction of Seniors and Youth. The goal is to deepen and expand reading comprehension, challenge young minds, and also reduce social isolation for seniors.

- **Book Camp**

Book Camp will serve as extensions of the classroom during the school closure period. Youth will be able to continue to develop their love for reading and practice literacy skills. The camp days will be filled with engaging, fun, and empowering activities for youth and seniors. All camp games, activities, and tasks will focus on reading skills. Breakfast and lunch will be provided in absence of school meals.

- **Carnival**

Carnivals are designed to engage Seniors and Youth in various settings to build their relationships. The carnivals will allow students to participate in social settings that will yield opportunities for the Seniors to model appropriate behaviors applicable to the event and give a springboard for rich discussions of generational experiences. .

## T.A.C Adult Programs:

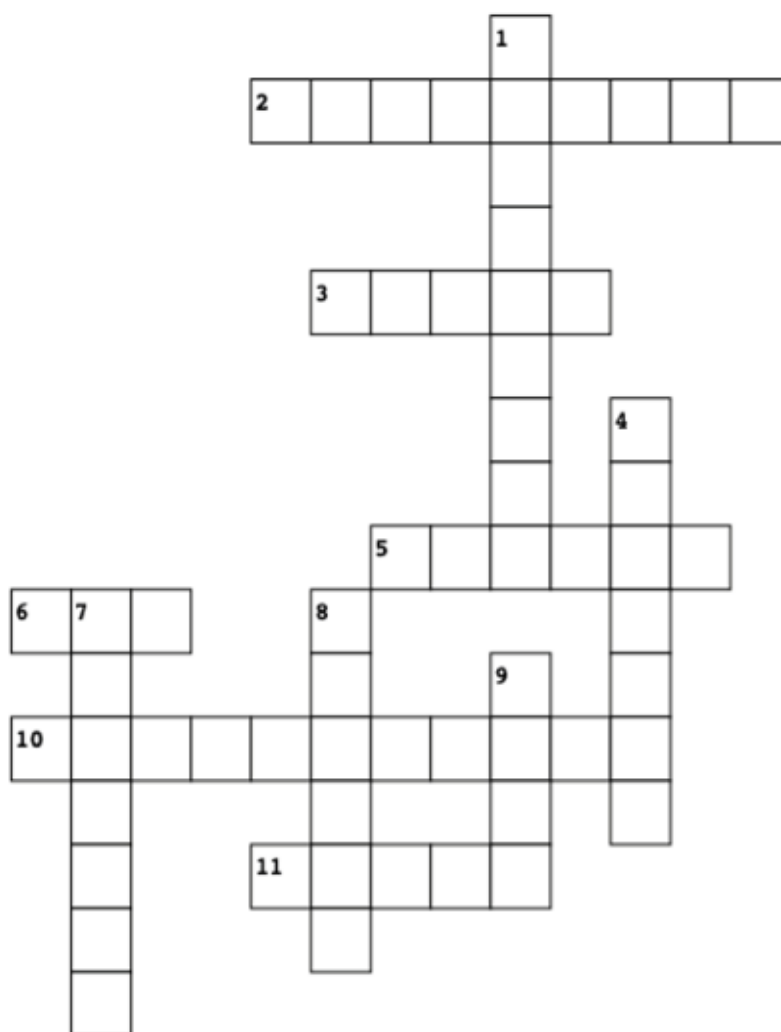
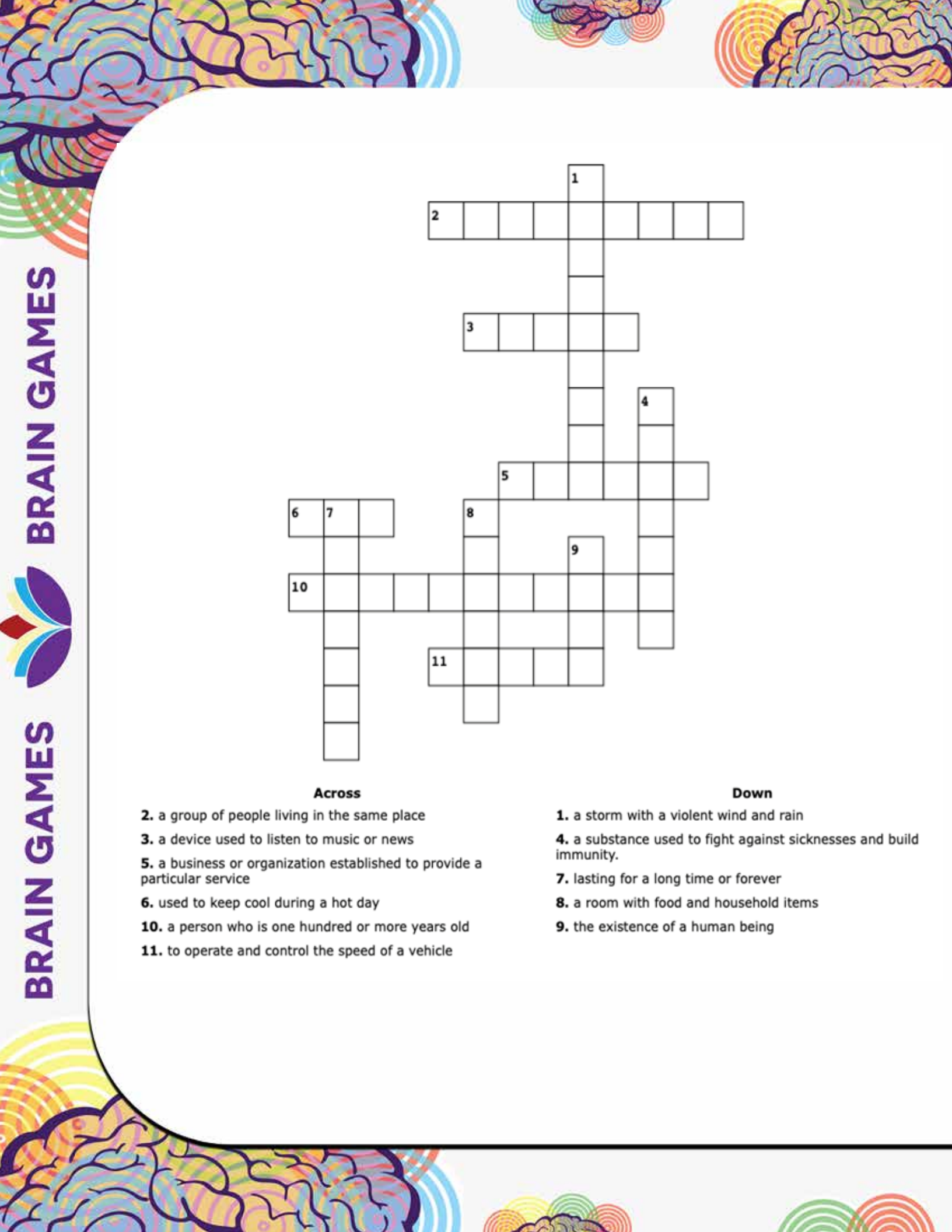
- **Second Cup Scrapping Sessions/Professional Development/Technology:**

Seniors work with program coordinators to develop and/or address any professional concerns related to the Ageless Circle Programs.

- **Tea Time Book Club:** Seniors engage in enriched discussions about various books selected by the seniors.

**“I am proud to be one of the newest team members of EBRCOA’s Ageless Circle Intergenerational Center where these two generations meet in the middle of the circle of life!”**

- Mrs. Trina Collins King, M.Ed., Intergenerational Coordinator for Youth Programs



**Across**

- 2. a group of people living in the same place
- 3. a device used to listen to music or news
- 5. a business or organization established to provide a particular service
- 6. used to keep cool during a hot day
- 10. a person who is one hundred or more years old
- 11. to operate and control the speed of a vehicle

**Down**

- 1. a storm with a violent wind and rain
- 4. a substance used to fight against sicknesses and build immunity.
- 7. lasting for a long time or forever
- 8. a room with food and household items
- 9. the existence of a human being





## BRAIN GAMES FOR SENIORS

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

MAGAZINE  
CENTENARIAN  
LIVING  
LOTUS  
GAMES  
VILLAGE  
VACCINE  
SERVING  
HURRICANE  
FOOD  
BRAIN  
AGELESS  
FACEBOOK  
PRIME  
CIRCLE  
PANTRY  
SENIOR  
YOUTUBE  
RADIO  
LIFE  
PROGRAM  
METRO



Supporting Independence ~ Serving Seniors



# LIFE IN A SENIOR LIVING COMMUNITY

The move to years ago, the move to senior living was primarily made due to need. Typically, a health crisis forced the issue. But more active older adults are making the move to senior living communities as a lifestyle choice, so they can take advantage of the services, amenities and opportunities now, and know they have access to health services before they need them.

## *Senior Living Community Lifestyles*

The day may start off with a group hike in the nature preserve across the street. It could move to an afternoon shift as a volunteer at the cultural museum a few blocks away. And it can end with a game of cards or a concert by the local university's classical music students.

This is life at senior living communities across the country. Who's enjoying this kind of lifestyle? A lot of people like you.

Whether you visit an independent living community, an assisted living community or a Life Plan Community (also known as a Continuing Care Retirement Community), you'll find residents participating in a host of different activities, programs, clubs and committees. It's not about simply keeping busy – these opportunities are designed to give residents choices to do what they want, find fulfillment, and thrive during their retirement years.

You'll also find that each community's culture is shaped by the people who live there. So you'll see some communities oriented toward volunteerism and social action, for example, while others thrive on culture, academia or the outdoors.

## *What Are Residents Really Like?*

Residents come from all walks of life. Teachers, nurses, small business owners, big business CEOs, university professors, housewives, lawyers, engineers, musicians – and more – are making the choice for senior living in a community setting. Current residents will tell you these diverse backgrounds open the door to wonderful conversations and friendships. And contrary to what you might think, most independent living residents are quite active.







The average age of senior living residents is about 84 years old. While there are plenty of couples in these communities, most independent living residents are women. There are some who move in close to the minimum age requirement (usually about 65), but most make the move between the ages of 75 and 84. The typical assisted living resident is an 87-year-old woman who needs help with two or three activities of daily living, such as dressing, bathing and medication management.

### ***The Benefits of Belonging to a Senior Living Community***

Some seniors worry they'll give up too much and their quality of life will go downhill if they move to a retirement community. But in fact, many residents and their families report that the overall quality of life goes up for seniors living in communities.

#### ***Research into senior health has proven that:***

Older adults who report the highest levels of well-being and happiness are those who socialize, work or volunteer, and exercise.

Having healthy social relationships is a significantly higher predictor of longevity and is associated with reduced rates of depression and better cognitive health.

Older adults who are physically active have lower rates of coronary heart disease, high blood pressure, stroke and some cancers, as well as higher levels of functional and cognitive health.

Senior living communities create opportunities to engage in all those areas. They're built into every day, all in one place. Add to that regular, nutritious meals, access to medical care, and services and amenities that relieve the burdens of homeownership, and it's easy to see why more seniors have decided this as a great way to enjoy the good life.



Source: <https://www.wheretheyoulivematters.org/life-senior-living-community/>



Serving Seniors Since 1973

# WHAT WE DO Matters



Supporting Independence ~ Serving Seniors

## About Us

Since 1973, the East Baton Rouge Council on Aging (EBRCOA) has served the aging population of East Baton Rouge Parish through a spectrum of nutritional and social services. Additionally, the EBRCOA is charged with both meeting and discovering the growing needs of the ever increasing aging population.

Central to the EBRCOA's mission is service to seniors, as well as, the maintenance of their personal independence, and the enhancement of their storied lives.

## Information & Assistance

The Information and Assistance Department consists of trained care managers available to answer questions, conduct thorough assessments of client needs, make appropriate service recommendations, and refer clients to services at COA.

### Services Included:

- Case Management
- Cable Bill Assistance (Cox Communications)
- Comprehensive Phone Assessments
- Medicare, Medicaid, MIPPA Assistance
- Material Aid (fans, blankets, incontinent supplies, etc.)
- Power to Care (utility assistance)

## Nutrition Program

- **Congregate (Hot) Meal Program** – The EBRCOA serves hot meals 5 days a week during lunch hours in a group setting at our 23 senior center and feeding sites across the parish. In addition to our daily menu, we provide hot meals for holidays and special dinners. The Nutritional

Director, Chef Celeste Gill, incorporated delicious menu items, which created more variety for our seniors to enjoy. The meals are healthy and designed to meet the nutritional needs of adults 60 and over.

- **Meals on Wheels** (Home Delivered Meals) – Meals on Wheels is among several federally created and supported programs designed specifically to meet the nutritional needs of seniors. Each meal meets the dietary guidelines set by The Older Americans Act Nutrition Program. Each packaged meal includes detailed food nutritional analysis such as amount of sodium, fiber, protein, fat, vitamins and calories.

The Meals on Wheels box includes:

- 7 Homecooked Meals (Frozen)
- Gallon of Milk
- Bread
- Fruit(s)
- Snack(s)



## Fitness & Wellness Program

### Senior Fitness Program

- The EBRCOA offers fun and senior focused fitness classes to keep seniors active and healthy. The classes include warm-up, aerobics, balance, strength training and stretching.

- Wellness Program
- Aerobics
- Tai Chi
- Water Aerobics
- Line Dancing
- Yoga

### Lotus Food Pantry

EBRCOA, in collaboration with The Greater Baton Rouge Food Bank and USDA, offer seniors aged 60 and older the opportunity to shop in our supermarket structured food pantry for essential items such as fresh fruit, produce, baked goods, canned goods, toiletries, personal/hygiene items, incontinent supplies, and household items.

## Lotus Rides

EBRCOA Lotus Rides Transportation Department is an essential component of The Older Americans Act that allows for the Council on Aging to provide transportation services to seniors to and from the senior centers and agency events across the parish.

## Disaster Preparedness

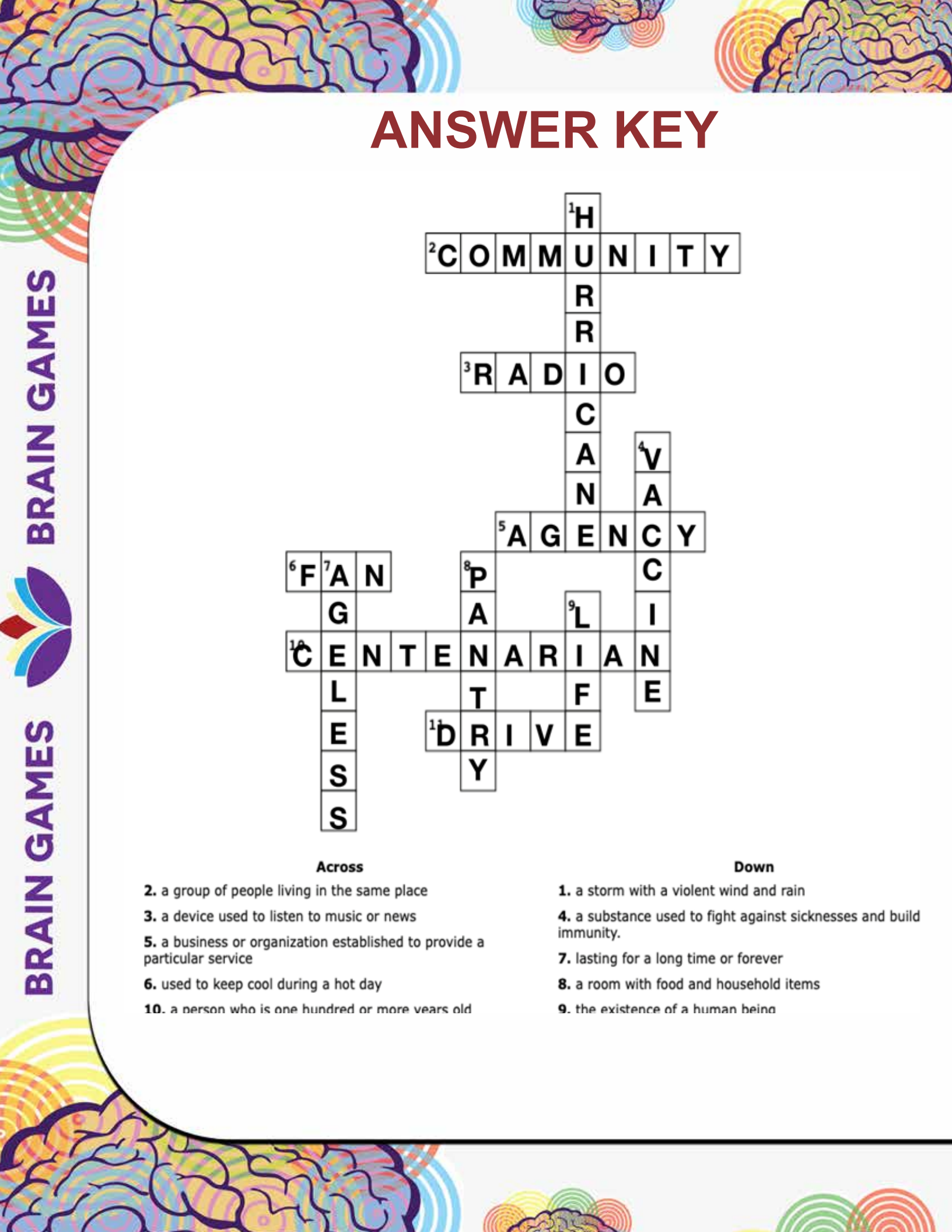
EBRCOA is designated by the State of Louisiana to operate as the disaster preparedness arm for seniors during emergency situations. Our role is to protect the lives of seniors during any emergency including, but not limited to, pandemics, floods, hurricanes, and food deficits.

**COA Helps** – The program provides short term assistance to seniors aged 60 and older to assist with paying their Entergy, DEMCO, water bill, and/or rental assistance.

- Emergency Assistance Program
- COA Rx (Senior Prescription Program)
- Financial Literacy

**If you are interested in any of the EBRCOA services, contact us at (225) 923-8000 or visit <https://ebrcoa.org/services-application/> to apply for services.**





# ANSWER KEY



## Across

- 2. a group of people living in the same place
- 3. a device used to listen to music or news
- 5. a business or organization established to provide a particular service
- 6. used to keep cool during a hot day
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- 1. a storm with a violent wind and rain
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## ANSWER KEY

### BRAIN GAMES FOR SENIORS

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O	V	E	Y	O	U	T	U	B	E	U	I	F	S
C	I	R	C	L	E	A	Y	B	R	A	I	N	S
R	L	V	I	C	H	U	R	R	I	C	A	N	E
A	L	I	G	E	E	N	I	Z	A	G	A	M	L
D	A	N	C	N	L	V	P	G	L	T	L	F	E
I	G	G	N	T	I	A	A	R	G	R	E	A	G
O	E	S	I	E	V	M	A	C	O	A	R	T	A
F	O	O	D	N	I	I	M	I	C	G	M	E	O
E	R	P	M	A	N	A	N	A	M	I	R	E	T
A	R	S	R	R	G	E	O	T	G	E	N	A	S
L	I	F	E	I	S	F	U	M	R	T	T	E	M
N	V	A	I	A	M	N	S	U	T	O	L	R	A
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MAGAZINE  
 CENTENARIAN  
 LIVING  
 LOTUS  
 GAMES  
 VILLAGE  
 VACCINE  
 SERVING  
 HURRICANE  
 FOOD  
 BRAIN  
 AGELESS  
 FACEBOOK  
 PRIME  
 CIRCLE  
 PANTRY  
 SENIOR  
 YOUTUBE  
 RADIO  
 LIFE  
 PROGRAM  
 METRO

BRAIN GAMES



BRAIN GAMES

# SENIOR *Activity* CENTERS & CONGREGATE MEAL SITES

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

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

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

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

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

Dumas House Senior Center  
1313 North Sherwood Forest  
Baton Rouge, LA 70815  
Phone: 225-388-5646

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

Zachary Lotus Activity Center  
6363 Main Street, Suite L  
Zachary, LA 70791  
Phone: 225-306-4102

Ben Burge Senior Center  
9350 Antigua Dr.  
Baton Rouge, LA 70810  
Phone: 225-228-2670

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

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

Central Lotus Activity Center  
11111 Park Place, Suite C  
Central, LA 70818  
Phone: 225-615-8339

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

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

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

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

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



## Feeding Sites

**OLOL Senior Residential Living**  
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

### Intergenerational Center The Ageless Circle

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



ebrcoa



ebrcoa73



ebrcoa73



ebrcoa1973



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