



BOSSIER Council on Aging

Senior Link

Volume VI - Second Quarter 2019

BearKat Location

706 BearKat Drive
Bossier City, LA 71111
318-741-8302
contactus@bossiercoa.org

Benton Location

202 Sibley St.
Benton, LA 71006
318-965-9981
dgay@bossiercoa.org

Plain Dealing Location

600 S. Perrin
Plain Dealing, LA 71064
318-759-2807
pdsite@bossiercoa.org

BCOA Staff

Tamara M. Crane, MA, CDP
Executive Director
TCrane@bossiercoa.org

Carletta Johnson
Assistant Executive Director
Transportation Director
CLJohnson@bossiercoa.org

Harold Artison
Assistant Transportation Director
transportation@bossiercoa.org

Marilyn Creswell
Activity Director
mcreswell@bossiercoa.org

Nancy Camus
Bookkeeper
bookkeeper@bossiercoa.org

Carolyn Segelhorst
Nutrition Director
CSegelhorst@bossiercoa.org

Olean Williams
Outreach Director
owilliams@bossiercoa.org

SENIOR LINK IS PRODUCED
IN PARTNERSHIP WITH THE
BOSSIER
PRESS-TRIBUNE.

Talking with Tamara

We are so happy to be welcoming in spring & gearing up for Older Americans Month in May. This year's theme is "Connect, Create & Contribute." I can definitely say that our seniors are a great example of what happens when you 'connect' at the Council on Aging, get 'creative' at our many activities &/or wellness programs & 'contribute' with your time, energy or even financially. You will find a variety of things going on all across the parish at one of our sites. When I was hired as the Executive Director over nine years ago, I was asked for my 'bucket list' for the Council on Aging. This made me think about some short term & long term goals that the council & our seniors needed. On the top of

this list was to have senior site in every town in Bossier parish. At the time we only had two, one in Bossier & one in Plain Dealing. It took about 3 years & we opened our Benton site with amazing growth, attendance & support from the community. It does my heart good to announce that our Haughton site will be opening in May! We will be at 101 S. Hazel in the Mason Lodge next door to First Baptist Church. We will be open Monday – Thursday from 10am-noon. Meal service will be at 11:30am. Clients must have a current assessment on file & reserve their meal 24 hours in advance. Our actual open date is not set yet & due to print deadlines, we must get this out but please watch

our website, Facebook or keep your eye out for our banner. May has always been a very busy time for us as we do many things for Older Americans Month. Our kick-off event is our style show. This years theme is "Take a Walk on Broadway." I can't promise that we still have tickets available but you are more than welcome to call & find out. We are participating in the Belk charity sale on May 4th, so if you would like some new spring or summer outfits, come see us for a \$5 donation coupon. We have also partnered with Suds Up car wash in South Bossier to sell car wash packages. Call me to find out how you can keep your car looking pretty for less! Our final event in May

is our Fish 'fry' day on May 24th. City Marshall Jim Whitman & his lovely bride, Mrs. Vicky, convince a few friends to come help fix over 300 fish plates for us to sell. Tickets are \$7 each & include: fish, fries, hush puppies, coleslaw, dessert & drink. We will even deliver in Bossier City for orders of 10 or more!! We like to have fun in May as we celebrate our Older Americans & I invite you to join us! #morethanmeals

- Tamara Crane
Executive Director



Items We Are Collecting

Thank you to everyone who has been bringing these items in for us! It helps us to be able to stretch our dollars even **FURTHER!**

*Coupons * Box Tops for Education *Aluminum cans
*Printer & Toner cartridges *Small gifts for prizes (ie: soap, dishwashing detergent, paper towels, etc.).

Wish List for Our Center

Bingo & Craft items, (toiletries, paper towels, regular white glue, brushes, or other usable craft supplies)

"Mixing It Up" with Marilyn

So glad to finally see the SUN! Hope everyone has enjoyed an amazing first quarter of 2019, and just look at what your Council on Aging has coming in the second quarter.

New to the activities line up is Korn Hole, Bell Choir, Annual Style Show, May 2019 Fish Fry and Mini Health Expo, just to name a few. Staying fit and active is just one of the ways we can all remain healthy during the aging process.

We are sad to see our talented Lacy who has been helping our clients through Tech Help 4 Seniors leave us. She has completed her degree and is going to start her "real job". We wish her well and many thanks for all her patience and assistance as needed.

Check out our website to see more up to date notices on current and upcoming activities happening at your Bossier Council on Aging, (www.bossiercoa.org). When you open the site, click on to the tab you wish to visit. We have updated the Senior Scene section with photos and important information relating to the current legislative session.

Zumba Open to the Public

- * Free for seniors over 60 (must have current assessment on file)
- * Mondays at: 5:30 pm & Saturdays at: 9:00 am
- * Classes taught at: BCOA 706 Bearkat Drive
- *Interested persons can contact the Bearkat Activity Director at 318-741-8302 for additional information or to schedule an assessment.

Regularly Scheduled

ACTIVITIES

Thursday Night Dances:

Every Thursday Evening (unless otherwise noted). Time: 7pm - 9:30pm. Live Band. Doors open at 5:30pm. Event held in the BCOA Gym at 706 Bearkat Drive. \$6 per person. For information on who is playing, please call 741-8302.

Boomtown Visits:

2nd Tuesday of the month. Time: 12:00 to 2:30pm. Anyone age 60+ can participate. You pay \$10, then receive \$10 complimentary play. **Must R.S.V.P. with Activity Director by noon on the Friday before scheduled date.**

Karaoke with Ed:

2nd and 4th Wednesdays of the month. 10:10 a.m. to 11:10 a.m. in the BCOA Auditorium at 706 Bearkat Drive. Tune up your pipes and show us your stuff. Treat yourself and your friends to a fun rendition of your favorite song! Your microphone is waiting!!!!



ZUMBA