



BearKat Location

706 BearKat Drive
Bossier City, LA 71111
318-741-8302

Benton Location

202 Sibley St.
Benton, LA 71006
318-965-9981

Plain Dealing Location

600 S. Perrin
Plain Dealing, LA 71064

BCOA Staff

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Talking with Tamara

It is so much fun when “fall” finally appears in Louisiana. It seems like a tremor of excitement starts to fill the cooler air. Maybe it’s in anticipation of the upcoming holidays, the reprieve from 100+ heat indexes & high humidity levels or for many seniors, fall is all about Medicare changes. Medicare ‘open enrollment’ can give many folks “tremors” as they try to navigate the differences in Medicare Part A, B, C & D. Questions like: Why do I need a prescription plan if I don’t really take any prescriptions? Do I have to enroll in Part B? What is a Medicare replacement plan? Add on to that individuals that may qualify for ‘extra help’ with Part B

&/or D premiums but have never applied makes for a very busy fall. We partner with our local Aging, Disability & Resource Center (ADRC) to help seniors & their families get answers to these & many other Medicare & insurance related questions all year long. You can contact the local ADRC by calling (318)676-7900 & speaking to one of the specialists.

If you would like a brief overview of “Managing Your Medicare Options” I will be speaking at The Blake on Thursday, November 15th @ 6pm. I will be: evaluating the benefits of traditional Medicare vs. managed care Medicare; determining the

best prescription plan; & comparing medigap policies. This is open to the public.

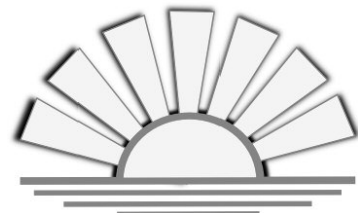
As our “fall” temps drop a little, we begin collecting NEW blankets for our seniors of Bossier Parish. We accept blankets of all sizes, fabrics & styles. Just please no electric blankets. Donations can be made at any of our three sites for distribution across the parish.

We also would like to remind folks that you still have time to get your tax-deductible donation in to Bossier Council on Aging. Donations received by December 31st qualify for 2018 tax-deduction. We

have made it super easy by accepting cash, checks, credit cards, items or even your time.

As always, thanks for taking time to read what all we have happening with & for our senior citizens of Bossier Parish & we hope to see you at one of our sites!

**- 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

Pool table & exercise equipment for Plain Dealing site at Carrie Martin Center, Bingo & Craft items, Toiletries, Paper Towels, Regular White Glue, Brushes (or other usable craft supplies) and Large Sliding Tab Bingo Cards.

Regularly Scheduled ACTIVITIES

Thursday Night Dance:

Every Thursday 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.

Boomtown Visits:

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

Karaoke with Ed:

2nd and 4th Wednesdays of the month. 10:15 to 11:15am 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!!!!

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

“Mixing It Up” with Marilyn

As we are nearing the end of another great year and you find yourself sitting at home with nothing to do, why not come on over to one of our sites and enjoy meeting and getting to know seniors just like you! Don’t stay by yourself just watching television. With three locations around the parish, Bossier Council on Aging has the perfect place for wellness, educational, and fun activities for you to enjoy.

Our mission is to help the elderly remain in their homes and not be dependent on nursing homes and other senior residences. Our activities are free to seniors above the age of 60 years with a current assessment on file. You don’t drive? If you live within the city limits of Bossier, Benton or Plain Dealing we can pick you up, bring you to the site and take you back home. Chair aerobics, beanbag baseball, line dance classes, meals, bingo, arts and crafts and more, just waiting for you to come and participate. I challenge you to come for one day and tell me you did not enjoy getting out, meeting new friends and improving your overall health.

Check out all our services at www.bossiercoa.org and click on the Activity tab, then whatever site you want to visit. You can also contact us at 318-741-8302 of contactus@bossiercoa.org and give us your email address, and we will happily send our monthly calendar and newsletter to you.

- Volunteer Opportunities**
- *Bingo Callers at each site (call for day and time)
 - *Helpers during Arts and Crafts time

Dates to Remember

Bearkat Site: Every Tuesday: Grocery Shopping Zip Code 71111, Every Thursday: Grocery Shopping Zip Code 71112. Call 318-741-8302 to make your reservation

3rd Thursday: Barksdale BX

Benton Site: (1st and 3rd Friday): Grocery Shopping

Plain Dealing: Site (1st Friday): Grocery Shopping

Upcoming Closures: Thursday, November 22 & Friday, November 23, 2018, Monday, December 24 & Tuesday, December 25, 2018, Monday, December 31, 2018 & Tuesday January 1, 2019. No services provided on these dates.

Zumba Returns Beginning November 2018

- * 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: 706 Bearkat Drive
- * Any interested seniors can contact Activity Director at 318-741-8302 to schedule an assessment.



ZUMBA

UPCOMING SPECIAL EVENTS CELEBRATION OF VETERANS

Thursday, November 8, 2018
8:30am at BCOA 706 Bearkat Drive 71111

Remembrance of all veterans who served or gave their life for our freedom!



Cooking with Carolyn



Directions:

Cook slowly until thick - serve with corn bread. Easy and Very Good!

Remember, if you have a favorite recipe you would like to submit, contact me at 706 Bearkat Dr., Bossier City LA 71111 or by email: CSeigelhorst@bossiercoa.org

Easy Bean Soup

- Ingredients:
- *2 Cans of Beans with Bacon Soup
 - *1 Can Pinto Beans with Jalapeno
 - *Salt and Pepper
 - *1/4 C. Chopped Onions
 - *2 Soup Cans of Water

Items Available For Seniors In Need (with current Caregiver Assessment on file):

Bathtub Handles, Raised Toilet Seat, Wheel Chair Cushions, Incontinence Supplies (diapers, pads and pull-ups...sizes vary) and **Walkers** (subject to availability). **Note:** The Bossier City Fire Dept. is offering **FREE** smoke alarms to seniors that do not have them.

Telephone Reassurance program provided by Bossier Parish Sheriff’s Dept. It is one phone call per week to check on home bound seniors. Call 318-965-3500 for more information.

We are your council serving all of Bossier Parish! So, come on in, visit, participate and overall, enjoy yourself!!

Check out our website at www.bossiercoa.org for menus, activity calendars, service listings & trip details.

Please like us on **Facebook** @ Bossier Council On Aging

Do you shop on **Amazon**? Are you linked with Amazon Smile? If so, choose Bossier Council on Aging as your charitable organization. The Amazon Smile Foundation will donate 0.5% of your purchase price to us! Don’t forget about our endowment with The Community Foundation. You can set-up planned giving, pay-check donations and even support us via their website.