

# BOSSIER Council on Aging

# Senior Link

Volume /Issue1

Check out our website at [www.bossiercoa.org](http://www.bossiercoa.org) for menus, activity calendars, service listings and upcoming trip details.



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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% your purchase price to us!



Don't forget about our endowment with the Community Foundation. You can set-up planned giving, paycheck donations & even support for us via their website.



## Talking with Tamara

Welcome 2016!! Our seniors have had so much fun the past few months at our senior centers- the holidays are an ESPECIALLY busy time for us but it is a good kind of busy. I had a senior tell me thathe really appreciated all the things that we have going on during the holidays

because it helps him stay busy & not miss his wife...that is exactly why we do what we do!!

We would like to thank Boomtown Casino for hosting our Christmas potluck. Our seniors always enjoy when our community partners do such amazing things for us.

Please remember that our services are under the direction of the Governor's office & if what we do is of value to you &/or loved one, let your voice be heard. We depend on federal, state, parish & city funding for how we serve our seniors, along with client contributions, donations & grants. Our public officials deserve to know how much you enjoy &/or need the services & support that we provide-don't be shy, share your story.

### BearKat Location

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

### Benton Location

6550 Hwy 3 Suite #500  
Benton, LA 71006  
318-965-9981

### Plain Dealing Location

101 East Oak Street  
Plain Dealing, LA 71064  
318-326-5722

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Secretary

[contactus@bossiercoa.org](mailto:contactus@bossiercoa.org)

Debbie Gay – Benton Site

Lynette Aikens – Plain Dealing Site

We are getting ready for Older Americans Month in May. This year's theme is "Blaze a Trail" & I can name a few 'trailblazers' that we serve! Our "Musical Memories Style Show" will be kicking off our events on April 26<sup>th</sup> so please mark your calendars-May is going to be a fun-filled month for all of our 'Trailblazers.'

## ■ "Mingling" with Marilyn

Happy New Year to Everyone! It seems just like yesterday that we were ushering in 2015.

We are really moving and shaking here at the Bossier Council on Aging. Our services are open to everyone 60 and above. Our facility offers a warm and engaging place for you to come and meet new people, learn new crafts, keep fit and enjoy great meals.

As the Activity Director here at the council I enjoy meeting new people and sharing with them what we have to offer them. Don't just sit at home and wonder what to do all day! Give me a call and let's discuss how you can begin anew for 2016. I am happy to mail you a current Activity Calendar so you can see first-hand all the great activities we provide our clients.

You are probably reading this and thinking: "I don't drive anymore", or "I don't have anyone to bring me to the site", or maybe you are just apprehensive about getting out. Well those excuses won't work for you, as we offer transportation to and from our Bearkat & Plain Dealing sites.

Come on and take a chance, make that call to and let's get you coming to our facility and enjoying making new friends, crafts, bingo, exercise, bean bag baseball, cards, meals, special events and so much more.



## ■ Cooking with Carolyn

Looks like Old Man Winter has finally arrived in the Ark-La-Tex! It's about time for a good hot bowl of soup – and this one is really good.

### **BROCCOLI & POTATO & CHEESE SOUP**

- 2 - 14.5 oz. cans chicken broth;**
- 2-3 large carrots, peeled and diced;**
- 4 – medium potatoes, peeled, and cubed into small pieces;**
- 1 – tsp. onion powder**
- 2 – small heads of Broccoli (washed & diced);**
- 3 – tbsp. butter;**
- ½ - cup flour;**
- 3-1/2 - cups of milk;**
- 4 – cups shredded cheddar cheese;**
- 1 – tsp. salt;**
- ½ - tsp. garlic pepper;**
- 6 – slices bacon, cooked and chopped.**



In a large pot, combine chicken broth, carrots, potatoes & onion powder,  
Bring to a boil, cover & simmer for about 10 minutes,  
Add Broccoli, cover & simmer for an additional 10 minutes,  
While simmering, melt butter in a large sauce pan & whisk in milk & cook another  
5 minutes until sauce thickens,  
Add cheese & stir until it all is melted, add salt & garlic pepper,  
Pour cheese sauce into the large pot & stir until well combined,  
Add more milk for a thinner consistency & add any additional salt & pepper as  
Needed,  
Top with crumbled bacon and serve warm.  
ENJOY...

Don't forget, 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](mailto:cseigelhorst@bossiercoa.org)

## Memories!

The Bossier Council on Aging along with local artist's, Marsha and Monty Brown are putting together an oral history of our seniors in video format. So much of our history is being lost with the passing of our seniors, and it is our hope that many of you will be open to sharing your experiences for all of us to enjoy.

If you know anyone age 60 and above that would love to share their life experiences and how their world has evolved, please contact Marilyn at 318-741-8302.

### Community Resource Fair – Educating Families on Community Services

Friday, February 19, 2016 from 10am - 11 am at Bossier Council on Aging

706 Bearkat Drive - Bossier City, LA 71111

Information Provided: ♦ Senior Citizens ♦ Behavioral Health ♦ Developmental Disabilities ♦ Social Security Administration ♦ And So  
Much MORE!!

**Presented by:** APS Coordinating Council, Office of Aging and Adult Services

## ■ Thanks to our recent donors/supporters:

A secret donor who recovered our pool table  
Boy Scout Troop 0005 BPOE  
Central Park Elementary  
Hoe & Hope Garden Club  
DAV Chapter 30  
All of golf tournament sponsors, donors & volunteers



## ■ VOLUNTEER OPPORTUNITIES

- Bingo Callers for Monday's and Thursday's from 9:30 to 11:00
- Helpers during Art and Crafts on Tuesday's from 8:30 to 10:00
- Those with or without a gift for music, during Choir rehearsal - Tuesday's from 8:30 to 9:15

## ■ "DATES TO REMEMBER"

**Every Thursday:** Dance 7pm-9:30pm, live music \$6 per person

**Every 2<sup>nd</sup> Tuesday** of the month is Boomtown Day from noon until 2:30 and is open to all ages 60 and above (must

preregister). Call Marilyn at 741-8302 for details

**Every 3<sup>rd</sup> Thursday:** Barksdale BX

**Upcoming Board meetings:** March 24<sup>th</sup>

**Upcoming Closures:** No services provided

on these dates. Good Friday, March 25<sup>th</sup> and Memorial Day, Monday May 30<sup>th</sup>

Remember **doing**  
**reminders**  
remember  
**don't** forget **to do**



### ■ Wish List for Our Center:

New vehicle for Meals on Wheels;  
Bingo & craft items (toiletries, paper towels,  
pop sickle sticks, regular white glue, brushes, or any other type of craft supply)

### ■ Items Available for Seniors in Need: (with Current Caregiver Assessment on file)

Incontinence Supplies, walkers, canes, shower benches, portable toilet chairs.  
The Bossier Fire Department is offering smoke alarms for FREE to our 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

### Get into shape with "Zumba" classes led by Aimee Norcross:

- Open to the public
- Free for seniors over 60 (with current assessment on file)
- Monday & Wednesday: 5:40pm and Saturday: 10:00am
- 706 Bearkat Drive
- Any interested seniors can contact Marilyn Creswell for an assessment



## ■ BCOA Goes To The BX!

BCOA can now take all qualified individuals to the BX for their monthly shopping needs. Ride along with us and take advantage of being able to go to the Post Office, grocery store, Pharmacy, Cleaners, Beauty and Barber Shop!

- You must have a military base I.D.!
  - Be over 60 and live within Bossier City limits
  - Have a current assessment on file with BCOA
- Seating is limited!

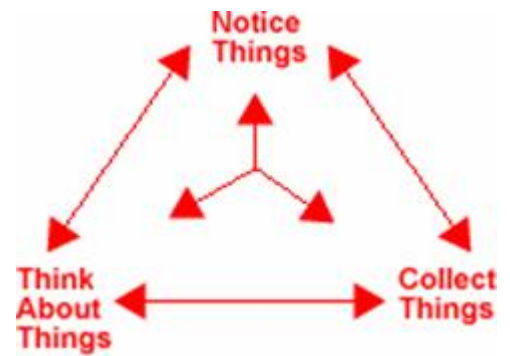
Call Doretha at (318) 741-8302 to reserve your spot!

We are your council serving all of Bossier Parish, so drop by to visit, participate and overall enjoy yourself!

## ■ Items we are collecting

... Thank you to everyone who has been bringing these items in for us! It helps us to be able to **s t r e t c h** our dollars even FURTHER!

- Digital converter boxes for TV
- Coupons
- Coca-Cola rewards: You can find these on all bottle tops & inside the boxes of Coca-Cola products
- Box Tops for Education
- Aluminum cans
- Printer & toner cartridges
- Grocery plastic bags & egg cartons
- Small gifts for prizes (ie: soap, dishwashing detergent, paper towels, etc.)



## Upcoming Events

### Thursday Night Dance

Every Thursday Night  
Unless Otherwise Noted  
7pm to 9:30pm  
Live Band—Doors Open 5:30p  
BCOA Gym—706 Bearkat Drive  
\$6 per person

### "Coffee & Conversation"

Every Friday  
8:30a to 9:30p  
Various Speakers/Presentations

### Boomtown Visits

2nd Tuesday of the month  
Anyone 60+ can participate.  
You play \$10, then receive  
\$10 complimentary 12:30p-2:30p

### Center is Closed

Friday, March 25, 2016

### AARP Driving Class

#### **WEDNESDAYS**

February 10, 2016

March 9, 2016

May 11, 2016

\$15 members—\$20 non-members

Call 318-741-8302 to register

Class limited to 25

### Celebration of Black History

Friday, February 26, 2016

History of Black music and  
folklore featuring: Monty &  
Marsha Brown - 10:15-11:25

### Upcoming Trips:

**Trip to Landry's Vineyard,**

**Ameristar Casino & Hotel**

**March 21 to March 22, 2016**

**\$150—Contact: Marilyn or**

**Debbie for more information**

**Trip to New Mexico- \$635**

May 30-June 6, 2016

**Trip to South Carolina- \$885**

November 26-December 4, 2016

**Contact:** Carletta or Debbie for  
more information. 318-741-8302