



BOSSIER Council on Aging

Senior Link

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

305 W. Palmetto
Plain Dealing, LA 71064

BCOA Staff

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

Talking with Tamara

I'm sure you have heard the saying, "ask & you shall receive." Well, I asked & we have received... maybe! In the last newsletter, I mentioned how I am often asked why we don't have a site in the Haughton area & that we are trying to secure a location to help us serve the seniors in that area.

Our board & staff have secured & allocated the funding needed to support a site in Haughton & we may have a location soon. We do offer services in all of Bossier parish for

home delivered meals, homemaker, caregiver & medical transportation, however, having a site in Haughton that will be available for the seniors in that part of the parish will be the missing piece to our service puzzle. We will keep you up dated.

The temps have finally made it over 100 degrees with the heat index upwards of 110+. This is the time when many of seniors can't afford to turn their AC down to stay cool so they turn to us for a fan. We have

already distributed over 200 fans since May in Bossier parish & we know that many folks run them 24/7. We are accepting donations of any (shape, size or color) NEW fan at all of our sites.

We are excited to announce that we will be moving our Plain Dealing site into their new "home" at the Carrie Martin Center by September. This site will have much more space, some new features like our Senior Stat sign in system & an exercise room.

Please be on the lookout for the official ribbon cutting date.

Check on your senior loved one, neighbor or friend & I hope you find some shade somewhere to help you stay cool!

- 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.).**



FAN DRIVE



New fans are being collected at all of our sites: Bearkat, Benton and Plain Dealing. Seniors may get one fan per year. Must have current assessment on file.

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. Krewe of Elder Members \$5 per person.

Boomtown Visits:

2nd Tuesday of each month. Anyone age 60+ can participate. You pay \$10, then receive \$10 complimentary play. **Must R.S.V.P. with Activity Director 4 days in advance.**

Karaoke with Ed:

2nd and 4th Wednesday of each month. 10:15am 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!!!!

"Mixing It Up" with Marilyn

Mark your calendar to attend the Bossier Council on Aging annual health fest. This free event is open to the public and offers a first-hand view of many services available for seniors. Vaccinations will be available with your Medicare card. Cholesterol & vision checks, Lifeshare bus & mammogram screening. We will have burger lunches for \$5. You will want to be sure more than 30 vendors providing specific information for seniors.

As always, we are putting together activities and events especially geared towards the seniors of Bossier Parish. Just a reminder that we would love to have you come to the site and enjoy any of our regular scheduled activities and services.

Why not come over and visit us to see just what we offer the residents of Bossier Parish at our three sites: Bearkat - Benton - and Plain Dealing. There is always something for you to do, or someone to see.

Check out all our activities at www.bossiercoa.org and click on the Activity tab, then the name of whichever site you want to visit. You can also get in touch with us at 318-741-8302 or contactus@bossiercoa.org and give us your email address, and we will happily send our monthly calendar and newsletter to you. If you want to receive information electronically, simply call us and ask to be put on our email contact list.

Volunteer Opportunities

*Bingo Callers at each site (call for day and time) *Help during Arts and Crafts time *Drivers for Home Delivered Meals *Clerical Assistance

Dates to Remember

Bearkat Site (Every Tuesday & Thursday): Grocery Shopping
Call 318-741-8302 to make your reservation

Every 3rd Thursday: Barksdale BX

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

Plain Dealing Site (2nd and 4th Friday): Grocery Shopping

Upcoming Closures: Monday September 3, 2018
No services provided on this date

Reminder: Should the Bossier Parish School System close for inclement weather, our sites will also be closed.

Get into shape with "Zumba" led by Aimee Norcross

- * Open to the public
- * Free for seniors over 60 (with current assessment on file)
- * Mondays & Wednesdays: 5:40 pm and Saturdays: 9:00 am
- * Classes taught at: 706 Bearkat Drive
- * Any interested seniors can contact Marilyn Creswell for an assessment

Thanks to our recent donors/supporters:

- *DAV Chapter 30: \$750 for Meals On Wheels
- *First Guaranty Bank: \$6,000
- *United Way

AARP DEFENSIVE DRIVING CLASS INFO:

Classes for Defensive Driving to be held at the Bossier Council on Aging, will be held on September 5th and 19th, 2018. Registration for the September classes will begin August 5, 2018. Cost for the class is \$15 for AARP members and \$20 for non-members. Cash or check only; no credit cards accepted. In the interim, you may take the class on line by visiting: www.aarp.com. Or, call AARP toll free line to locate other Defensive Driving Classes in our area, at 1-877-846-3299. Caddo Parish Sheriff's office also offers classes. Contact Deputy McGraw at 318-681-0869 to find out more.

UPCOMING SPECIAL EVENTS

- Annual Membership Drive: August 1-31

Members vote on the board of directors at the annual meeting. Must be a resident of Bossier parish & be 18 or older.

- Annual Meeting:

Thursday, September 20, 2018 at 9:00 a.m.
Bearkat site -706 Bearkat Drive

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

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

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 and service listings.

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! Support our seniors & Bossier Council on Aging by linking your **Kroger** card via www.kroger.com or your mobile app. You can enter our NPO#47932 or select us from the list. A portion of your purchases will be donated back to YOUR community!!!

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

