



BOSSIER
Council on Aging

Senior Link

Volume XI - Third Quarter 2021

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



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!



Please like us on Facebook @ Bossier Council on Aging

Group participants and supporters can enroll their Kroger Plus Card online at our secure website: www.krogercommunityrewards.com. Every time an enrolled participant of your organization shops at Kroger using their Kroger Plus Card, Bossier Council on Aging accumulates funding.



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.

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
bentonsite@bossiercoa.org

Plain Dealing Location

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

Haughton Location

201 S Hazel
Haughton, LA 71037
318-470-3821

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



We have been so excited to finally welcome clients back to our sites! We have been able to have activities at our Bearkat, Haughton & Plain Dealing site. Due to roof repairs at the Benton site, we will not be starting activities there until August. It has been both challenging and rewarding in welcoming our seniors back. We still have to comply with guidelines from the Governor's Office of Elderly Affairs, as well as Louisiana Department of Health. We do not require proof of ANY vaccination status to receive services. However, clients are strongly encouraged to practice

social distancing, proper hand sanitizing and to wear a face mask when they feel it is appropriate. We also are enforcing capacity limitations at each site along with offering a limited amount of activities that we can support with our staff.

Our focus is to continue to offer meals to any senior over sixty in Bossier parish that needs one. We have multiple ways that we are serving meals throughout the parish at this time. Our traditional "Meals on Wheels" delivered Monday - Thursday by our staff & volunteers. Mom's Meals delivers 10 meals every two weeks & grab 'n go at our Bearkat site for clients that live in Bossier City & drive.

We also recognize that transportation to medical appointments & the grocery store remains a high priority for our seniors. We offer medical transportation Monday - Friday for \$10 round trip or no cost if ride is booked through Medicaid. Transportation to the grocery store is also available. You may call for more information & schedule. Clients riding our buses MUST wear a face mask per FTA guidelines.

Our hope and goal is that with all our efforts, our sites can remain open and offer some support through exercise programs and grab 'n go meals. We remain diligent in our dedication to the safety of our staff & seniors.

**Items Available
for Seniors in Need:**

(with current assessment on file)

• **HOME DELIVERED MEAL CLIENTS:** nutritional supplement drinks, shelf stable packs, toilet paper, bottled water

• **CAREGIVER CLIENTS:** raised toilet seat, wheelchair cushion, incontinence supplies- diapers, pads, pull-ups (sizes vary), Walkers; (subject to availability)

• **NOTE:** The Bossier Fire Department is offering FREE smoke alarms for our seniors that don't have them. They come and install them for you, and remember: **"THEY MAY SAVE YOUR LIFE!"**

> "DATES TO REMEMBER" <

BOSSIER CITY:

• **Every Tuesday & Thursday:** Grocery Shopping alternates each week-Walmart & Super 1.

**VOLUNTEER OPPORTUNITIES-DURING
COVID-19 SENIOR CENTER CLOSURES**

> *Home Delivered Meals Drivers;*

> *Gardening @ Bearkat & Benton site*

**WE ARE PROVIDING THE FOLLOWING
SERVICES FOR OUR BOSSIER PARISH
SENIORS THROUGHOUT COVID-19:**

- Home Delivered Meals
- Transportation-Medical & Grocery Shopping
- Homemaker Services
- Caregiver Respite Care
 - Personal Care
- Material Aid-Blankets, Wheelchairs, Walkers, Bedside Commode, Incontinent Supplies, etc.

**CALL FOR ADDITIONAL INFORMATION:
318-741-8302**

**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.

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!**
* Aluminum cans
* Printer & toner cartridges



BOSSIER
Council on Aging

Senior Link
Volume XI - First Quarter 2021

“Mingling” with Marilyn

Welcome Back Everyone!

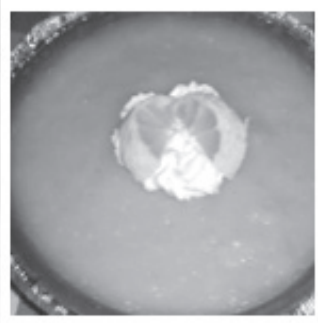
We are excited to once again provide on-site services to our clients with activities on a limited basis! Notice the new activities being offered by BCOA outlined on our monthly calendar of events. Those with access to the internet can log on to www.bossiercoa.org and click on the Activities tab for the most current activity schedule. Just a few of the activities available to you are: Yoga & Zumba.

Everyone who comes to an event at one of our sites will be greeted by a health monitor & assisted in taking your temperature, completing the health questionnaire, and signing in on the kiosk. All new clients will need to complete the necessary assessment documents to participate and receive our services.

Grab ‘n Go lunch is available at our Bearkat site Monday – Thursday. Those wanting meals should remember they must be reserved through the Senior Stat kiosk. In the event a reservation is not made, we may substitute the Grab ‘n Go meal with a frozen one when available.

Want to receive a copy of our quarterly newsletter? Simply send an email to contactus@bossiercoa.org & we will add you to our email list.

... Cooking with Carolyn ...



LEMONADE PIE

- 1 – 5 oz. can Pet milk; (evaporated milk)
- 1 – box, Instant Lemon Pudding Mix
- 2 – 8 oz. Cream Cheese
- ¾ cup frozen lemonade concentrate

In a small bowl combine Pet milk and ¾ pudding mix, beating on low speed for 2 minutes - ****Mixture will be thick****

In medium bowl beat cream cheese until light and fluffy (about 3 minutes), gradually add in the remaining pudding mixture; Pour into graham cracker crust. YUM!

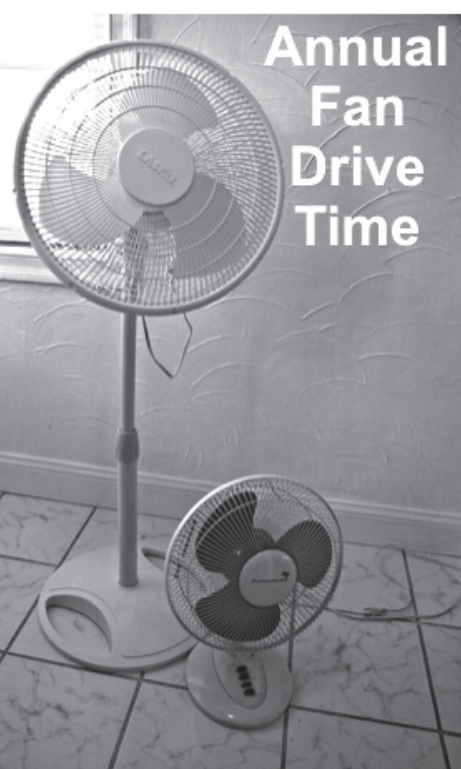
KEEP REFRIGERATED

UPDATE: AARP Defensive Driving classes are BACK! You must pre-register.

Class is scheduled on Tuesday, September 7, 2021 from 10am to 2pm @ our Bearkat site.

Classes will start on time, so please arrive by 9:45 to complete temperature checks & health questionnaire. Cost for the course is \$20 for AARP members, and \$25 for non-members. (cash or check only, no credit cards) Once the class begins, you will not be granted admission, and will need to reschedule for another session.

You may know AARP offers you the opportunity to elect to take the class on line by visiting the secured link: www.aarp.com. Many of the insurance companies have extended their dates to get this done, to allow their clients time to take the course and get the information back to them to receive your discounts.



Annual Fan Drive Time

Once again we are in the middle of our annual Fan Drive, and welcome your donation(s) by providing a fan(s) to help keep a senior in need somewhat cooler during the sweltering heat of summer. Are you or someone you know in need of a fan? If you are 60 or older, a Bossier parish resident and have proper ID we can help. One fan per household.

If you would like to donate a new fan, please do so at our Bearkat site. We accept fans of any size such as: Box fans - Table fans - Personal/mini fans - Standing oscillating fans. Donations may be dropped off during working hours of M-Th 8a to 4:30p and Fri. from 8a to 2:30p at our Bearkat site, 706 Bearkat Drive, Bossier City, LA 71111.



Upcoming Holiday Closures:

LABOR DAY- Monday, September 6, 2021

NO SERVICES PROVIDED ON THIS DATE.

NEED HELP TO GET TO THE GROCERY STORE?



Bossier Council on Aging is available to help. Transportation to and from area grocery stores located throughout our service area, is offered to seniors age 60 and above with a current assessment on file. Contact us at 318-741-8302 to find out how you can utilize this service. The current schedule for shopping is as follows:

- **Tues:** North Bossier City
- **Thurs:** South Bossier City
- **HAUGHTON, BENTON & PLAIN DEALING- CALL FOR AVAILABILITY**

SAVE
THE
DATE!

Bossier Council on Aging

Octoberfest

Health and Wellness Fair
Wednesday, October 20, 2021
706 Bearkat Drive
Bossier City, LA 71111
9:00 am to 12:00 noon

