



BOSSIER
Council on Aging

Senior Link
Volume XI - Fourth Quarter 2021

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

amazonsmile

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.



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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.**

UPDATE:
AARP classes utilizing the Bossier Council on Aging sites are temporarily suspended.

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.



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:

• Tuesday:
North Bossier City
• Thursday:
South Bossier City
• Friday: Benton
• Call for Haughton & Plain Dealing.



Talking with Tamara
Happy Fall Y'all! We had a blast hosting our Oktoberfest Health fair at our Bearkat site. Thanks so much to the vendors, staff, volunteers & clients that helped make it a success. It was nice to gather with everyone again. This was our first in-person health fair since March of 2020!

We are excited to announce our first EVER

cornhole tournament, No "SHUCKS" giving, on Saturday, November 6th at Flying Heart. Teams can preregister for \$50 until 10/30 & then team cost is \$60. Flyer is below with more details. We are collaborating with Open Arms 4 U, a local veteran organization to raise awareness of our services. We are also still looking for a few sponsorships & even door prizes! If you or your business would like to be a part of this event, email us at contactus@bossiercoa.org for more information.

Our blanket drive has begun & we will accept NEW blankets of any size, shape or color at our Bearkat location. We ask that you do not donate electric blankets as we do not distribute those to our seniors. Any senior in Bossier parish can get one blanket a year with a current assessment on file.

Also a reminder that it is open enrollment time for anyone on Medicare. You can call our local Aging Disability & Resource Center @ 318-676-7900 for guidance on plans & compar-

isons. They do not sell insurance but can help answer questions on why plans are different & what they do or don't cover. It is very important to review your Medicare Advantage & drug plans every year as these plans can change their coverage options. The ADRC is a free service available to anyone on Medicare or Medicaid.

It is so good to see some of our clients back at our sites-we have missed y'all so much. We have limited in-person activities at each site as we continue to comply with GOEA requirements for COVID-19. I would like to encourage you to come & visit your local site when we are open. As we are able to resume more activities, we will focus our staffing to the sites that have clients attending. Each site is currently offering exercise & bingo with some virtual services available to all.

"Mingling" with Marilyn
Oktoberfest Health & Wellness Fair!

Our annual health fair was held Wednesday, October 20, 2021 and was a great success. Social distancing and mask regulations were strictly adhered to for all the Exhibitors and Visitors. COVID-19 vaccinations, Flu, Pneumonia & Shingle shots were administered by David Raines Community Health Center and Walgreens Airline Drive @ Shed Road location.

Remember our most current activity schedule lets you know exactly what, when & where we will be for all our site activities. We are once again going to the sites of Benton, Plain Dealing and Haughton so check our Activity Calendar and come and participate with us.

All new clients will need to see their Site Manager to complete the necessary assessments to participate and receive our services. Social distancing while participating in the activities is being adhered to along with temperature and health questionnaire. Plenty of sanitizer stations are placed throughout all sites for your use.

Those wanting grab 'n go site meals from the Bearkat site, should remember they must be reserved through the Senior Stat kiosk. Meals may be reserved daily, weekly or monthly. In the event a reservation is not made, we will substitute the Grab 'n Go meal with a frozen one.

Want to receive a copy of our quarterly newsletter? Simply send me your email at activities@bossiercoa.org, and I will gladly send one to you.

BTW, don't forget to visit our website for what to look for in August, 2021.

WE STILL HAVE A LIMITED NUMBER OF FREE RIDES FOR CLIENTS TO GO TO THEIR EYE DOCTOR VIA OUR GRANT FROM ITN AMERICA & REGENERON. CALL 318-741-8302 FOR FURTHER DETAILS.



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"!

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!

Aluminum cans;
Printer & toner cartridges

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.

VOLUNTEER OPPORTUNITIES-
during COVID-19 Senior Center closures

- Home Delivered Meals Drivers;
- Gardening @ Bearkat & Benton site

THANKS FOR THE SUPPORT!

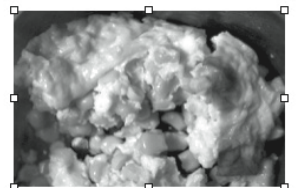
Thanks to following donors:

- Peoples Health/United Healthcare- Oktoberfest Health fair sponsor
- Kroger Community donors
- Amazon Smile donors
- Pet Pantry of NWLA-dog & cat food for our seniors fur babies
- Regional Hospice-tshirt sponsor for No "SHUCKS" giving
- Bank of Montgomery -food truck sponsor for No "SHUCKS" giving
- Cypress Point & BFCU-lane sponsors for No "SHUCKS" giving

• Cooking with Carolyn •

CORN PUDDING

- 1 can Cream Style Corn
- 3 Eggs
- 3 Tablespoons Flour
- ½ cup Sugar
- ½ cup Milk
- 3 Tablespoons Butter (Melted)
- Salt & Pepper



- Combine corn, eggs, flour, sugar and milk – Stir
- Melt butter & add to mixture – Stir Again
- Pour into a buttered casserole dish and bake at 325° for about 45 minutes to one Hour – Should be lightly brown on top

Enjoy...



Upcoming Holiday Closures:

Thanksgiving – 11/25 & 11/26
Sites Close 11/24 at 2:30

Christmas – 12/24-12/27
Sites Close 12/23 at 2:30

New Year's – 12/31 & 1/3/22
Sites Close 12/30 @ 2:30

No services provided on these dates.



"DATES TO REMEMBER"



OPEN ARMS 4 U

Come have a good time with cornhole, drinks, food trucks, music, and lots of raffles!!

CORNHOLE @ FLYING HEART BREWERY

11/6/21 - BAGS FLY @12:30



DOUBLE ELIMINATION
\$50 per team, .80% payout

SIGN UP ON SCOREHOLIO



A Bright Adventure for Your Golden Years
Bossier Council on Aging

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