

**TCOA** follows all the guidelines and restrictions of the Older American Act programs. The Older American Act programs are not entitlement programs. Although a person 60 and older is eligible to receive services, he/she is not entitled to them as in other programs, such as Social Security, food stamps, SSI, etc. Service providers must determine which eligible applicant would benefit most from the service, and utilize the available funds to service as many people as possible.

**TCOA** not only provides action on behalf of the elderly to secure needed services and benefits, which is called advocacy, but also provides the following services:

**CONGREGATE MEALS:** Provided to an eligible client or other eligible participant at a nutrition site, senior center, or other congregate setting, a meal which complies with the Dietary Guidelines of 33 1/3 percent of current daily Recommended Dietary Allowances.

**DISASTER RECOVERY ASSISTANCE:** Clerical assistance and resource referrals are provided to seniors who incurred damages/losses in a disaster event. TCOA staff will assist qualified clients file and/or appeal their claims to the Federal Emergency Management Agency (FEMA). Staff will also try to refer clients to other agencies and non-profits who may be able to help them recover from disaster.

**DISASTER RELIEF:** TCOA maintains a Disaster Warehouse, built after Hurricanes Katrina and Rita, to house storm-recovery items donated by charitable organizations and others. This allows the agency to help with long-term storm recovery. In addition, TCOA forwards to the local Office of Emergency Preparedness the names and phone numbers of clients who need assistance when evacuation is advised or mandated.

**FOOD FOR SENIORS:** Assistance in the form of registering and qualifying Terrebonne Parish residents, 60 and older, for the program. Also in the distribution of the food boxes to clients, either to the homebound or at the different Senior Centers and Lunch Sites throughout Terrebonne Parish.

**HOMEMAKER:** Providing assistance to persons having difficulty with one or more instrumental activities of daily living, such as light housework.

**HOME DELIVERED MEALS:** Provided to an eligible client, or other eligible participant at the client's place of residence, a meal which complies with the Dietary Guidelines for Americans, and provides a minimum of 33 1/3 percent of current daily Recommended Dietary Allowances.

**IN-HOME RESPITE (Including National Family Caregiver Service Provider Program):** Personal Care Services provided in the home of the qualifying individual in order to provide a brief period of rest for the client.

**OUTREACH:** Interventions initiated by an agency or organization for the purpose of identifying potential clients and encouraging their use of existing services and benefits.

**INFORMATION AND ASSISTANCE (Including National Family Caregiver Service Provider Program):** A service for older individuals that provides the individuals with current information on opportunities and services available in the community. This service also assesses the problems and/or capacities of the individuals, links the individuals to opportunities that are available, ensures as much as possible that the individuals receive the services needed by the individuals, and establishes adequate follow-up procedures.

**LEGAL ASSISTANCE:** Provision of legal advice, counseling, and representation by an attorney or other person acting under the supervision of an attorney.

**LENDING CLOSET:** TCOA has a lending closet supplied with walkers, wheelchairs, crutches, and other assistive devices that have been donated for use of those who cannot afford to purchase them on their own. An elderly person can borrow these items and use them as long as needed, then they are to be returned to TCOA to loan out again.

**MATERIAL AID (Including National Family Caregiver Service Provider Program):** Issuing assistive devices, nutritional, and other goods, such as fans, commodities, and personal hygiene items.

**NATIONAL FAMILY CAREGIVER PROGRAM:** Relief to family members who are the primary caregiver to a senior individual who is ill and/or bedridden.

**NUTRITION EDUCATION:** The program is aimed at helping elders and their families to be educated in proper eating habits like limiting salt and fats, getting a balance of necessary nutrients, eating enough and learning to eat healthy regardless of budget.

**PARISH-WIDE SOCIAL INTERACTIONS:** Conduct parish-wide events annually: Mardi Gras, 4th of July Social, Bingos, Thanksgiving, and Christmas. These events enhance the quality of life for the elderly by promoting wellness.

**PERSONAL CARE:** Providing personal assistance, standby assistance, supervision, or directs persons having difficulties with one or more activities of daily living, such as eating, dressing, bathing, toileting, etc.

**RECREATION:** Providing individual and group activities that promote social interaction and well-being.

**SENIORX/ADRC/LIS/MIPPA:** Provides assistance to individuals in obtaining free or low-cost prescription medications through existing patient assistance programs. Aging and Disability Resource Center (ADRC) assists older adults and persons with disabilities in locating supportive services and resources in order to continue living as they choose in their community.

**TELEPHONING:** Pre-arranged schedule of phoning the elderly to provide comfort, company, and help.

**TRANSPORTATION for the DISABLED AND/OR THE ELDERLY (AGED 60+) -** Provision of a means of transportation for a person who requires help in going from one location to another, using a vehicle.

Destinations allowed under the program: Medical and Governmental facilities, pharmacies, grocery stores, Senior Centers and other TCOA-sponsored events and functions. Senior clients (60+) are also able to visit loved-ones in Nursing Homes, limited to one visit per week.

CALL: 985-868-7701

**RURAL TRANSIT:** Demand-response curbside transportation to those who live in a qualified rural area.

In partnership with the Terrebonne Parish Consolidated Government, TCOA will transport rural area residents, regardless of age, anywhere in the Parish. Children under/over age four must be in approved car seats or must wear seat belt at all times. Mandatory Fare: \$1.00 per one-way trip.

CALL: 985-868-7703

TO BOOK A RIDE WITH ANY OF TCOA'S TRANSPORTATION PROGRAMS, PLEASE CALL UP TO 3 MONTHS AHEAD OF TIME BUT NO LATER THAN 12 NOON THE DAY BEFORE THE SCHEDULED APPOINTMENT.

**UNMET NEEDS:** Provides limited assistance to seniors and/or disabled Terrebonne Parish residents with immediate needs that are vital to human existence, such as medical bills, prescriptions, emergency shelter, and minor home repairs.

**UTILITY ASSISTANCE:** Determining an older individual's need for utility assistance and providing financial assistance to the individual.

**VISITING:** Visiting a client in order to provide comfort and help.

**VOLUNTEER OPPORTUNITIES:** Volunteers from the community assist with many programs.

**WELLNESS:** Provides services and activities designed to support physical wellbeing, *i.e.* exercise/physical fitness, and health screenings.

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## TCOA HISTORY AND MISSION

**Terrebonne Council on Aging, Inc. (TCOA)** was established on October 7, 1969 and incorporated on September 11, 1975, as a private, non-profit organization that provides social services for socially and economically needy, low-income minority, handicapped, disabled, and at risk elderly residents of Terrebonne Parish. TCOA receives federal, state, and local funds and donations to provide various services.

TCOA is governed by a Board of Directors consisting of 11 citizens of Terrebonne Parish. The Board of Directors, who meets monthly, establishes policies and procedures and is responsible for all of the actions of TCOA.

TCOA's mission is to be the community focal point where older persons can receive services and participate in activities which enhance their dignity, support their independence, and encourage their involvement in, and with, the community. Particular attention is given to the low-income minority and Native Americans. TCOA provides activities that reflect the experience and skills of our elderly citizens and responds to their diverse needs and interests.

As a part of a comprehensive community strategy to meet the needs of older adults, TCOA not only offers services and activities, but also links participants with resources offered by other agencies.

### WHERE DO I CALL FOR SERVICES?

<b>Transportation</b>	<b>985-868-7701</b>
<b>Nutrition</b>	<b>985-868-7596</b>
<b>All Other Services</b>	<b>985-868-5546</b>
<b>Administration</b>	<b>985-868-8411</b>
<b>SenioRx/ADRC</b>	<b>1-888-377-1693</b>

## TERREBONNE COUNCIL ON AGING, INC. MARY "JANE" WALKER, EXECUTIVE DIRECTOR

### **Chauvin Senior Center**

113 Senior Citizen Street  
Chauvin, LA 70344

Arlene Ledet, Coordinator

Ph. 985-594-6741

Fax 985-594-8905

### **Neal Ransonet Senior Center**

1122 Cross Street  
Montegut, LA 70377

Melissa Underwood, Coordinator

Ph. 985-208-3778

Fax 985-208-3810

### **Shady Acres Senior Center**

6512 West Main Street  
Houma, LA 70360

Anrica Griffin, Coordinator

Ph. 985-879-4071

Fax 985-879-4075

### **Schriever Senior Center**

168 Hwy. 311  
Schriever, LA 70395

Chantell Scott, Coordinator

Ph. 985-493-9911

Fax 985-493-7170

### **Shady Lane Apartments**

6516 West Main Street  
Houma, LA 70360

Cherise Tabor, Community Advisor

Ph. 985-868-2221

Fax 985-868-2141

### **TCOA Senior Park and Gardens**

6518 West Main Street  
Houma, LA 70360

Revised 02/11/25



### **Location and Mailing Address:**

**995 West Tunnel Blvd.**

**P.O. Box 8036**

**Houma, LA 70361**

**985-868-8411**

**Hours: 8:00AM—4:30PM**

**Monday-Friday**

### **Website:**

[www.terrebonnecoa.org](http://www.terrebonnecoa.org)