

## CONGREGATE MEALS

Hot noon meals are served at five meal sites in Livingston Parish on Monday through Friday of each week. These meals provide a nutritionally balanced meal in a group setting. In addition, the meal sites provide recreation, information and social opportunities through planned activities. Please call to order your meal before noon the day before you plan to eat. A minimum of a 75 cent suggested donation is requested.

## HOME DELIVERED MEALS

The Home Delivered Meals Program helps seniors who are homebound and physically unable to prepare their own meals. Two sets of seven (14) nutritionally balanced frozen meals are delivered to eligible recipients every two weeks. Clients must be temporarily or chronically homebound. A minimum of \$1.00 suggested donation per meal is requested.

*The Livingston Council on Aging, an Area Agency on Aging, provides Social Services for the Senior Citizens of Livingston Parish.*

The Council is a 501(c)3 organization and contributions are tax deductible.

The Council does not discriminate on the basis of race, color, national origin or handicap in providing services, program benefits or employment. The Council is in compliance with the Civil Rights Act of 1964 as amended by the Equal Employment Opportunity Act of 1972 and the Rehabilitation Act of 1973.

*ALL LOCATIONS ARE  
HANDICAPPED ACCESSIBLE*

### MEAL SITES

Denham Springs	664-9343
Maurepas	695-3839
Springfield	294-3812
Livingston	686-7322
South Walker	665-0193

### TRANSPORTATION

Public Transit  
225-664-0346  
1-888-799-6485

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# *Livingston Council on Aging*

*an Area Agency on Aging*

*Providing Services for Seniors  
since 1973*

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939 Government Drive  
Denham Springs LA 70726

225-664-9343  
1-800-238-9344

### **Transportation**

Transportation is available to anyone residing in Livingston Parish. The service requires a minimum 24 hour advance reservation. Trips are available to appointments, grocery stores and other destinations, and includes wheel chair accessible vans. A suggested donation of \$1.00 is requested for Senior Riders. A minimal fee is charged to persons under 60. These fees are currently \$10.00 round trip within the parish and \$16.00 outside the parish. Transportation phone numbers are: 225-664-0346 or 1-888-799-6485

### **Medical Alert**

An Emergency Response System that provides 24-hour monitoring by trained personnel and is activated by pushing a button on a pendant that is worn around the neck. We refer our clients to Acadian on Call where they may purchase this service with no activation fee and the cost to our client is \$20.00 per month.

### **Nutrition Education**

Provides information that promotes better health and physical fitness.

### **Family Caregiver Support**

Provides assistance to a family member caring for an older or handicapped person primarily in the form of In-Home Respite. A licensed attendant cares for the person in order to provide a period of rest for the family caregiver. Other caregiver support may be provided through Material Aid, Public Education and Information and Assistance, however, no payments can be made directly to the caregiver.

### **Utility Assistance**

Provides limited assistance on energy bills, those being electric, gas or propane. Donations may be made to this fund through our agency and Entergy will match it.

### **Outreach**

A continuing effort to identify potential clients and encourage them to use our existing services and benefits.

### **Information and Assistance**

Provides current information about available services and entitlement programs, and then follows through to ensure that needed services are received by eligible clients.

### **Legal Assistance**

Seniors may request legal assistance from a contracted provider, Southeast Legal Services in Hammond at 1-800-349-0886.

### **Wellness**

Services that support and /or improve seniors mental and physical well being, such as exercise, physical fitness and health screening.

### **Material Aid**

The Council on Aging loans medical equipment (which has been donated from people throughout the parish) for short term use and can help with limited purchases of some necessities.