

**SABINE COUNCIL ON AGING, INC.**  
**ANNUAL REPORT**  
**JUNE 25, 2009**

The Sabine Council on Aging traditionally holds its annual meeting in June of each year. We use this meeting as an opportunity to review our goals and measure our performance against these goals. Of course, our number one goal is to deliver quality services such as meals, transportation, Caregiver assistance, and guidance for healthy lifestyles. We also planned to expand and improve our facilities and reach new seniors with information about the services we offer. We exist in this parish primarily to assist our seniors, but we also strive to reach all members of our community in an effort to create and foster a healthier environment for each of us.

I believe we have made great strides in meeting our goals this year. Not only have our numbers of service units continued to increase, but many new seniors have begun to take advantage of our services. We have finished the renovations to our Toledo Center facility and our Walking Path/Parking Lot extension project is complete and being enjoyed on a regular basis. We have added new recreational activities to our calendar such as monthly dances, bridge club meetings, book reviews, ice cream socials, and sing-alongs. We also continue to offer popular activities such as Bingo, quilting, computer classes, parties and day trips. Monthly seminars are offered covering many important topics such as West Nile Virus, Medicare and Senior RX assistance, Fraud Awareness, Living Wills, and other health related issues. Our Caregiver Support Group, which meets monthly, offers individuals a chance to share their experiences with others having similar issues. Our exercise programs continue to be well attended and many seniors enjoy the relaxing moments spent concentrating on a jigsaw puzzle or reading a book from our library. There is something for everyone at the Sabine Council on Aging.

We have seen a continued rise in the demand for our services this year. We have intensified our efforts to advertise our activities and each Site manager has worked diligently to increase participation. So far during our 2009 fiscal year (July 1 through May 31) we have served the following:

<b>Service</b>	<b>Units Served</b>	<b>Service</b>	<b>Units Served</b>
Congregate Meals	15,725	Home Delivered Meals	45,859
Information, & Assistance	937	Recreation	18,322
Telephone Reassurance	361	Transportation GOEA	5,096
Wellness (Exercise/Health)	6,880	Transportation Medicaid	1,766
Caregiver Services	1,804	Homemaker Service	2,023

The Sabine Council on Aging participated in several parish-wide activities this year including partnering with Cleco for yet another successful Fan Drive, in which we have helped more than 160 families get fans so far this season. We participated in the Many Christmas Parade, held our first Christmas Quilt Show, hosted the Annual Health Fair, offered Flu Shots at the Legacy Building and the Toledo Center and provided free kidney screening sponsored by the National Kidney Foundation. We continue to improve our website ( [www.sabinecoa.com](http://www.sabinecoa.com) ) keeping it updated with information on all our current activities and services. We maintain a food pantry to help individuals who find themselves in need of emergency assistance and we loan medical equipment such as walkers, wheelchairs, and canes. We also provide utility assistance to seniors who are having trouble paying their utility bills and aid those who need help

paying for their medications.

Our community has shown great support in helping with SCOA programs and activities. Some of the businesses, organizations and individuals that have helped the Council this year are:

Peoples State Bank	United Way	Curves for Women
Sabine State Bank	McBryde Realty	First Church of the Nazarene
City Bank & Trust Co. Cleco		Sabine Parish Sheriff's Dept.
Big Star Supermarket	Wal-Mart	Tammy Foster, Clerk of Court
The Sabine Index	Many Police Dept.	Carroll Ellzey, Tax Assessor
The Rotary Club	Rod Hopkins	Thompson Home Health
Kusom John	Buddy Beasley	Many Health Care
Sarah Kurtz	Beta Sigma Phi	Sally Maxie
Sabine Medical Center	The Fair Board	Sew Crafty Quilters
Advanced Technologies	The Pilot Club	Entergy
Fellowship Baptist Church	Nichols Dept Store	Many High School
Kenneth Simmons	C. J. Micheals	Ebarb High School Beta Club
Allen Rivers Construction	Carlos Morales	Mary Anne Russell

It is time once again to slow down and count our blessings. The Sabine Council on Aging has so many things to be thankful for, as we have been very fortunate this year. In times of such economic stress in our country, so many of our parish residents have given freely of their time, energy, and funds to help us accomplish our goal of keeping our seniors safe, busy and happy. Our many volunteers help keep our activities such as Bible study, Quilting, Exercise and Bingo running smoothly, adding much fun for everyone involved. Quite a few in our area have remembered us when cleaning out closets, hobby rooms, and estates of family members. We have enjoyed and shared these donations as if it were Christmas everyday. Often the items donated are used as Bingo prizes, given freely to seniors, or used to brighten our Meal Sites. Our Board Members and Advisory Council Members are called upon regularly to participate in our functions such as Senior Day at the Fair, Christmas Open House, seminars and special events as well as attending monthly and quarterly meetings. The trustees from the Detention Center often lend a hand to help us out when "muscle" is needed. It has been said that "it takes a village to raise a child", and I believe that it takes all of us to keep our Sabine Parish family healthy as well. I am proud of our community, in that we have shown over and over again that we are caring and generous in spirit. When we all work together, we are able to create a brighter future for all of our residents, young and old alike.

As we take this time to reflect on the accomplishments and successes we've celebrated this year, I'd like to encourage everyone to remember those who made these successes possible. I'd like to thank the Charter members of the Council on Aging who saw the need, had the vision and made the effort to establish this agency; all the current and past Board members who have given their time and energy to help us achieve a higher standard for our senior citizens, and all our donors and volunteers for all they do for us. I need also to thank our staff for their tireless efforts in bringing joy, laughter and comfort to our seniors, while delivering valuable services.

I am once again looking forward to another great year at the Sabine Council on Aging. When I hear singing in the halls of the Legacy Building, as I often do, I know we are doing something right. Thanks to all who help make it happen.

Respectfully submitted,  
Linda Rigsby, Executive Director  
June 25, 2009