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## COVID-19 Information & Resources

Click the underlined title to get information about COVID-19

Updated Information on Vaccination: [In-The-Know-COVID-19-Vaccinations V3](#)

[Click here for a list of Departments & Agencies who have a dedicated COVID-19 page or information.](#)

[Social Security and Supplemental Payment](#)- click the link to read more about how you will receive your Supplemental Payment if you do not file.

[Eating the Rainbow](#)- Leslie Ballard, who works with COAST as our Nutritionist/ Dietitian, gives some helpful tips on how to eat the rainbow, and what each color means.

[Boost Your Immune System](#)- Leslie Ballard gives us some more tips on how to boost your immune system by making good habits. She also gave a talk on the radio giving more tips which you can listen to [by clicking here](#).

[Beacon Behavioral Hospital](#)- Why COVID-19 is impacting your mental health and tips on relieving stress.

[Hand Washing Technique](#)- Proper hand hygiene is the most important thing you can do to prevent the spread of germs and to protect yourself and others from illnesses. When not done carefully, germs on the fingertips, palms and thumbs, and between fingers, are often missed. This video demonstrates the World Health Organization (WHO) technique for hand-washing. Watch the video to be sure you are washing your hands thoroughly.

[NAMI St. Tammany](#)- As support to our community, NAMI St. Tammany is providing up-to-date information and resources that we feel will be most helpful during the current COVID-19 outbreak.

[Senior Medicare Patrol \(SMP\)](#)- With the increase in the number of Coronavirus (COVID-19) cases, we are also seeing a growing number of scams related to COVID-19.



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**Staying Safe at Home-** Tips on protecting yourself during the outbreak of COVID-19 and what to do if you get sick.

**NOTICE FROM THE GOVERNOR'S OFFICE OF ELDERLY AFFAIRS**

The Department of the Treasury (Treasury) announced on April 1 that Social Security beneficiaries who are not typically required to file tax returns will not need to file an abbreviated tax return to receive an economic impact payment. The IRS will use the information on the Form SSA-1099 to generate \$1,200 economic impact payments to Social Security beneficiaries who did not file tax returns in 2018 or 2019.

Treasury, not Social Security, will make automatic payments to Social Security beneficiaries. Beneficiaries will receive these payments by direct deposit or by paper check, just as they would normally receive their Social Security benefits.

For updates from the IRS, visit <https://www.irs.gov/coronavirus>.

***Note for Supplemental Security Income (SSI) Recipients:***

SSA is working closely with Treasury to address outstanding questions about SSI recipients in an attempt to make the issuance of economic impact payments as quick and efficient as possible. SSA realizes people are concerned, and the IRS will provide additional information at <https://www.irs.gov/coronavirus> when available. Please note that SSA will not consider economic impact payments as income for SSI recipients, and the payments are excluded from resources for 12 months.

*The following is a list of useful information found online for Seniors.*

*Click the title to get information offered at each website.*

**AARP** - AARP is a nonprofit, nonpartisan organization that empowers people to choose how they live as they age. AARP offers a Smart Driver Course, if you would like to take it contact Claire McGuire at (985) 839-2256.

**Active Daily Living-** Active Daily Living helps Seniors and Family Caregivers with free, personalized advice to enhance health, independence, and aging-in-place.



**Alzheimer's Association-** The Alzheimer's Association Louisiana Chapter serves all parishes across the state. We help all those facing Alzheimer's disease and other dementias by providing support groups and educational resources, while advancing crucial research and public policy initiatives.

**Businesses Offering Senior Discounts** - Louisiana Senior Citizen Discounts available at Local Restaurants, Retail Stores, Grocery Stores, and Travel.

**Catholic Charities-** Catholic Charities provides programs and services for all stages of life's journey. Through programs like Foster Grandparents, they offer ways for seniors to continue to share their wisdom and their service with others. Our Adult Day Health Care Centers and PACE: Program of All-Inclusive Care for the Elderly provide quality care, socialization and activities for seniors while enabling them to still live at home with their families.

**Community Action Agency-** The Community Action Agency (CAA), with offices in Covington and Slidell, provides a number of services to St. Tammany Parish residents including emergency utility, rental and mortgage assistance. The CAA also works with homeless and near-homeless families transitioning from homelessness to help them become self-sustaining. They help individuals and families break down barriers that create dependency.

**Eldercare Locator** - A public service of the U.S. Administration on Aging connecting you to services for older adults and families.

**Governor's Office of Elderly Affairs (GOEA)** - GOEA serves as a focal point for Louisiana's senior citizens and administers a broad range of home and community-based services through a network of area Agencies on aging.

**Lighthouse Louisiana** - At Lighthouse Louisiana our mission is to empower people with disabilities through services, employment, and advocacy.



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**Long-Term Care Ombudsman** – established in each state by the Older Americans Act to enhance the quality of life, improve care, protect rights, and promote the dignity of residents in a long-term care facility.

**Louisiana Assisted Living** - This guide contains helpful information about assisted living in Louisiana, including cost comparisons and financial assistance information. There are details about eligibility and application requirements for various programs along with free and low-cost resources for seniors.

**Louisiana Attorney General**- Protecting the elderly is one of Attorney General Jeff Landry's top priorities. Our **consumer education program** offers specialized training for senior citizens. A consumer specialist will come speak to your organization on issues that directly affect seniors and how to avoid fraud that is often directed towards the elderly.

**Louisiana Mississippi Hospice and Palliative Care Organization (LMHPCO)**- LMHPCO's mission is to: increase public awareness with regards hospice and other end of life care, provide educational programs for members and the public concerning hospice and other end of life care

**Northlake Homeless Coalition** - The Northlake Homeless Coalition is a network of private and public service providers working together to end the ravages of homelessness in the southeast Louisiana Parishes of Livingston, St. Helena, St. Tammany, Tangipahoa and Washington. Our mission is to eliminate and thereafter prevent homelessness in this region.

**Northshore Food Bank**- The Northshore Food Bank provides food assistance to more than 375 individuals and families each week who live at or below the 130% federal poverty guidelines and have found themselves in need in our community. After qualifying for assistance, an individual can receive a minimum of 35 lbs. of food once each month and families can receive a minimum of 70 lbs. of food each month.

**Office of Aging and Adult Services (OAAS)**- OAAS aims to develop, provide and enhance services that offer meaningful choices for people in need of long-term care. The office is committed to



developing a long-term care system that provides choice, ensures quality, meets the needs of consumers and caregivers, and does so in a fiscally responsible manner.

[Seniors and Law Enforcement Together \(SALT\)](#)- The mission of the council is to work with public safety agencies to improve the safety and security of senior adults residing in St. Tammany parish, Louisiana. This mission has led to highly effective elder abuse advocacy through public information programs and training for professionals.

[Senior Health Insurance Information Program \(SHIIP\)](#) - SHIIP helps Medicare beneficiaries better understand their Medicare coverage options and benefits. Counselors help seniors make informed decisions by providing free and unbiased guidance via telephone or face-to-face interactive sessions.

[Senior Living Guide](#) - helps educate seniors and caregivers about senior living, senior care and senior lifestyles.

[Senior Medicare Patrol](#) - Empower and assist Medicare beneficiaries, their families, and care takers to protect, detect and report health care fraud.

[Senior RX Program](#) - LouisianaSenioRx.org is a program that connects qualified, low-income people with discount prescription drugs, direct from the pharmaceutical manufacturer.

[Senior Care and Assisted Living Guide](#) - Senior Advice

[St. Tammany Government Community Resource List](#) - Community Resource list prepared by St. Tammany Parish Government.

[St. Tammany Parish Assessor's Office](#)- This office is striving daily to work efficiently for you, the citizens of St. Tammany, in identifying the properties across the parish, determining that exemptions are granted fairly and where allowable by law, and assessing all values accurately.



*STHS Palliative Care* - St. Tammany Health System's Palliative Care Department is here to help you be prepared for the unexpected. Life is unpredictable. Knowing your options and making your healthcare wishes known to loved ones is vital. Advance Care Planning is important at any age. Give your family peace of mind for when the unexpected happens and decisions need to be made. With experienced Doctors, Nurse Practitioners, Nurses, and Social Workers we strive to provide Healthcare Close to Home. Please call (985) 871-5975.

*Volunteers of America Southeast Louisiana*- The VOA offers Retired and Senior Volunteer Program (RSVP) which is a program that allows older adults to volunteer in places of need in St. Tammany Parish. Volunteers are needed for tutoring, helping at the hospital or taking seniors to doctor's appointments.

