

Providing Community Supportive Services



Transportation

The West Ouachita Senior Center provides safe, dependable, courteous transit services to Western Ouachita Parish seniors. Transportation to non-emergency, vital destinations in Ouachita Parish allows West Ouachita senior residents to access goods, services, and employment. Transit requests are booked on a first come/first serve basis. All passengers must have a ticket. (Daily or monthly fares).

Tickets may be purchased from the van drivers or from the Senior Center office. **Please call 324-1280 at least 48 hours in advance to schedule your transportation.** Also, remember to call our office to cancel your transportation, if your plans change. Your cooperation helps us serve you more efficiently. All vans are equipped with wheelchair lifts, enabling us to provide safe, convenient service to our disabled passengers. If you have any questions or comments about our transportation service, call 324-1280.

(Senior Citizens/Disadvantaged discounts/monthly-daily fares.)

- **INDEPENDENCE**

Seniors receive transit service to vital destinations which promotes enhanced quality of life and a feeling of self-confidence.

- **ESCORT**

(Dialysis, Cancer Treatments, and Physical Therapy)

No charge for the escort accompanying and personally assisting the elderly and disabled to obtain goods and services.

Title VI Compliance: No person in the United States shall, on the ground of race, color, or national origin, be excluded from participation in, be denied the benefits of, or be subject to discrimination under any program or activity receiving Federal financial assistance.

Information and Referral

Services which seek to match a wide variety of individual needs with appropriate community resources through individual advice, counseling, referral and follow-up.

Advocacy

- AARP Defensive Driving Class
- AARP Income Tax Filing
- Farmer's Market Coupons Site
- Food Stamp Application Site
- Information Referral
- Informative Speakers
- Legal Aid
- Linkage to Community Resources
- Material Aid/Goods
 - On-site Food Pantry, USDA commodities, and "Food for Seniors"
 - Crisis Intervention; Seasonal Funding
 - Heaters, Blankets, and Fans
 - Medical Loan Closet - Walkers, Canes, Wheelchairs, Shower Chair, etc.
 - Eliminating Hunger
- Medicaid Application Site
- Medicare Part D Site
- Bi-monthly publication "Rumor tis"
- Outreach and Needs Assessment
- Support Groups
- Telephone Reassurance/Visits
- Volunteer opportunities



Recreation

Enabling older persons to use and enjoy their leisure time by participating in individual and group social activities or by pursuing activities such as arts, crafts, hobbies, exercise and fitness, table games, sports, music, drama, field trips, etc.



Education and Training

You are eligible for continuing education, Spanish, and computer literacy classes, if you are 55 years of age or older.



Call 324-1280 for more information about:

- Spanish Classes
- GED-Continuing Education Classes- Drama
- Internet Training: Basic, Intermediate, and Advanced Computer Classes

Special Events

Special Seasonal Events such as:

- Senior Valentine's Dance
- "Living Longer and Loving It" Luncheon
- Rootin' Tootin' Roundup
- "Breakfast with the Clauses"
- Easter Luncheon
- WOSC Membership Meeting
- Veterans' Breakfast
- Jitterbug Party
- Thanksgiving Dinner
- Local Field Trips
- "Older Americans Month Celebration"



Preventative Health Services

Exercise and physical activity are good for you, no matter how old you are. Research indicates that staying active:

- Sustains and improves your strength.
- Provides more energy.
- Improves your balance.
- Prevents or delays some diseases like heart disease, diabetes, and cancer.
- Perks up your mood and helps reduce depression.



Join other seniors who take advantage of preventative health screenings and reverse the signs of aging. Remember keeping physically active could also enhance memory. New ways to include physical activity into your daily routine and stay healthy include:

- Nutrition Site (OCA sponsored noon meal Monday-Friday / WOSC transit)
- Line dancing, Square dancing, and Ballroom dancing
- Exercise and physical fitness classes
- PSA (the Prostate-Specific Antigen (PSA) Test)
- Innoculations - Flu Shots, Pneumonia shots and Tetanus shots (OP Health Unit - Seasonal)
- Vital Health Information
- Vision Screenings
- Hearing Screenings
- Blood Sugar
- Colon Cancer Screenings
- Blood Pressure Checks
- Medical lectures regarding healthy aging issues