



Conference Comments

Louisiana Conference of Health and Social Services

www.lchss.org

June 2008

State Conference 2008

The Thibodaux-Orleans Region hosted the 2008 Louisiana Conference of Health and Social Services (LCHSS) annual State Conference at the Royal St. Charles Hotel in New Orleans,



March 12-14, 2008. There were 146 people in attendance who were able to "Rejuvenate! Mind, Body, & Soul".



Voting took place during registration again this year. Those who could not attend Conference were able to have a ballot mailed to them in order to vote.

The Thibodaux-Orleans Region worked tirelessly to have an informative, upbeat, and entertaining State Conference. Thank you Thibodaux-Orleans Region!



Conference began with the Board Meeting. Those who arrived Wednesday afternoon were able to enjoy tasty

treats, renew acquaintances, and visit with old friends at the President's Reception, compliments of Eagle Federal Credit Union. Thanks Eagle Federal!



Afterwards, Conference goers attended the dance.



Thursday morning, Virginia Cardot, LCHSS President, welcomed

everyone to New Orleans. The DHH Agency Update was given by Ruth Kennedy, Medicaid Deputy Secretary. DHH is excited about a new program that began in 2007. It provides disability Medicaid to SSI applicants prior to their eligibility for SSI being established.

Cheryl Michelet, DSS Press Secretary, spoke in place of Ann Williamson. Please remember to refer all calls from reporters to the DSS Press Secretary.



Bill Ludwig, Regional Administrator of the Southwest Region of USDA, Food and

Nutrition Service, spoke about his mission to feed the children of America.

Right before lunch, we met the candidates who were running for office.

Lisa Westfall and Laura Gueringer from Eagle Federal Credit Union told



the group about the services that the credit union has to offer. Bingo was played and the

winners won \$50 each. Visit their website at www.eaglefederal.org.

Dr. Rani Whitfield, AKA the Hip Hop Doc, both entertained and informed the crowd. He uses Hip Hop to reach teens and provide health information in a way that teens find interesting. His message is to eat healthy and exercise at least 20-30 minutes every day, 5-7 days a week. Exercise can be broken up during the day. Be creative. Exercise with a friend or man's best friend. No excuses!



Why exercise? If you exercise you will have a longer life and better health.

Exercise also helps to improve strength and endurance, controls weight, reduces the risk of heart disease, improves self-esteem, improves skill development, improves rest, reduces stress, and is fun.

Donna Richardson-Joyner from the President's Council on Physical Fitness and Sports showed the group



that you can actually exercise while wearing high heels!

Does your temple need a tune-up? Things you can do for your temple are to drink 8 glasses of water per day, eat 5 servings of fruits and vegetables per day, and eat in moderation. Portion control is important. You are in trouble if you have too many meals that come from the fast food window.

For more information, visit the President's Council's website at www.presidentschallenge.org.

The afternoon ended with the silent auction and door prizes. The silent auction was a big hit again this year. LCHSS raised over \$625 this year and used the money to help defray the costs of State Conference.

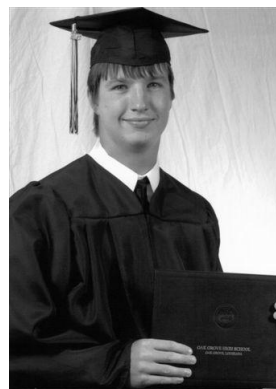
Friday morning began with a presentation from Jennifer Ballard from Louisiana Deferred Compensation.

Dian Lusher, a motivational speaker, presented "One Small Change". We learned tips and techniques on prioritizing, organization, and goal setting to reduce stress.

Monica Brown, 2nd Vice-President, showed a presentation that Brad Pitt's Make It Right Foundation provided. The Make It Right Project was awarded the George Freeman Award. LCHSS donated \$500 to the Make It Right Project. Visit their website at www.makeitrightnola.org.

Scholarship

LCHSS had a difficult choice again this year when awarding the annual scholarship. Payton Wade Russell was chosen as the 2008 LCHSS Scholarship winner. Payton is the son of Lewis B. and Cynthia Russell. Payton's father serves as Chief Deputy for the West Carroll Parish Sheriff's Department and his mother is an SSA 1 at East Carroll Parish OFS. Payton was honored to serve as Co-Valedictorian with two other boys in his graduating class on May 15, 2008. He ranked #1 in a class of 52.



Payton plans to attend the University of Louisiana at Monroe in the fall. Currently, he is undecided on a major but he is contemplating the medical field. Payton has been actively involved in school athletics,

school organizations, school activities, his church, and the community.

A Message from Payton

Dear LCHSS Members:

I would like to take this opportunity to thank the conference for selecting me as the recipient of this year's scholarship. I am truly honored. I pledge to put these funds to use in furthering my education. It will be a great help as I attend college this fall. Again, thank you all so much.

Payton Wade Russell

Distinguished Service Award Winner



Peggy Reddoch is the 2008 Distinguished Service Award Winner. Peggy began as a worker in Calcasieu Parish 21 years ago. Peggy was then promoted to

a supervisor in Calcasieu Parish. Peggy worked in State Office Planning Section for several years. Peggy returned to Calcasieu Parish as the Parish Manager and then became a Regional Program

Specialist in the Lake Charles Region. Peggy has been active in LCHSS the entire time that she has worked for the state. Peggy served in the Lake Charles Region LCHSS and has served on the Executive Board for 12 years. She has also served as a Board Member At-Large and Appointed Board Member. Peggy has been in charge of the raffle for over the last 10 years. Thank you Peggy for your committed, continuous, and exceptional service to LCHSS.

\$100 Bill Raffle

The three lucky winners of the \$100 bill raffle this year were Renella Guidry, Clancie Burgess, and Matt Alexander. The \$100 Bill Raffle funds our annual Scholarship of \$1000 as one of our priority projects.

FREE Conference Winner!!!

Everyone who registered for, paid for, and attended Conference this year, had a chance to have all Conference fees, hotel room for two nights, and membership fee for one year paid by LCHSS. All name tags of those who met the above criteria were placed in a drawing that was held Friday morning. Betty Martel who works in the Rapides Parish Office won. Congratulations Betty!

Membership Report

Alexandria	61
Baton Rouge	59
Lafayette	110
Monroe	59
Shreveport	43
Thibodaux/Orleans	35
State Total	367

Election Results

Alexandria Region

Chairperson: Angelia Smith
1st VP: Rayetta Thompson
2nd VP: Jaquelyn Havard

Lafayette Region

Chairperson: Todd Soileau
1st VP: Juliette Boudreaux
2nd VP: Martha (Joan) Andrepont

Monroe Region

Chairperson: April Vivas
1st VP: Cheryl Kelly
2nd VP: Holly Carter

State Board Members at Large

Phoebe Landreneaux
Mona LeBlanc
Nancy Wright

Changes to the Board of Directors

After serving many years as an appointed board member and being in charge of the raffle, Peggy

Reddoch has stepped down. Wendell Young will serve as the raffle chairperson and has stepped down from being the treasurer. Myron Berzas is the new treasurer. Sammy Guillory has stepped down as the membership chairperson. J Funderburk is now the membership chairperson.

Check out www.lchss.org for more information about our speakers and to see lots of pictures.

A Message from the President

Greetings to everyone! I know everyone enjoyed the state conference in New Orleans! We had very interesting speakers and great hospitality. It is always good to renew friendships at conference and to meet in different locations around the state. Congratulations to the newly elected Board members. Our thanks to the outgoing Board members for their outstanding service to us. Your state Board is preparing for state conference 2009. Details on the location will be forthcoming. My thanks to all of you for your participation and input to LCHSS. I look forward to continuing to serve you.

Virginia



Membership Application

Please enroll me as a member of Louisiana Conference of Health and Social Services. Enclosed is my check for:

- \$7 Retired or student
- \$13 Regular renewals
- \$15 New members or renewals over 30 days

Please make check payable to LCHSS and mail to:

Louisiana Conference of Health and Social Services
926 HWY 190
Eunice, LA 70535

Name _____

Address _____

City and Zip code _____

Agency and Region _____



Louisiana Conference of Health and Social Services
926 Hwy 190
Eunice, LA 70535