



Conference Comments

Louisiana Conference of Health and Social Services

December 2006

Message From the President

Greetings to everyone! It is that time of year again when everyone is caught up in the hustle and bustle of the holidays. We are involved in many activities which sometimes get us out of our regular routines. This can be very exciting as it opens up new opportunities. Our current priority projects are literacy and healthy lifestyles. While everyone is enjoying their activities, try to include ways to reduce stress both mentally and physically. Many foods can be prepared with less fat, salt, and sugar and still have good taste. Food tastes become a habit, and with thoughtful planning we can all make improvements. Everyone needs to be making plans to attend 2007 State Conference at the Paragon in Marksville. An exciting program is planned, and everyone should have an enjoyable time. At Conference we will also have elections for president, first vice-president, and second vice-president. It has been my honor to serve you as your president. If I can assist anyone in any way, please let me know. My best wishes to everyone!

Virginia

Membership

The date on your mailing label is the expiration date of your membership. If the date on your mailing label is a past date, please submit your membership dues no later than December 31, 2006 or your name will be removed from the membership rolls. Below is the latest membership report, but it contains some expired members.

The Alexandria Region has increased their membership from 16 members to 63 members since the last Conference Comments was sent in August. Rayetta Thompson has done an incredible job getting new members. Thanks, Rayetta! And welcome new members!!!

Membership Report	
Alexandria	63
Baton Rouge	55
Hammond	30
Lafayette	95
Lake Charles	28
Monroe	38
Shreveport	34
Thibodaux/Orleans	51
State Total	394



Regional News

The **Alexandria Region** had a Regional meeting on August 26, 2006. The weather was the worst you could have imagined but 54 people attended. The theme was "Living It Up In La. - The Healthy Way". The speakers and topics were all related to healthy lifestyles and tips for exercise and diet. Veda Emerson shared updates about OFS and also gave LCHSS a plug. The silent auction was a huge success and Eagle Federal Credit Union helped with information about their services as well as giving a nice door prize. Everyone had a really great time and can't wait until March 2007.

The **Baton Rouge Region** had a "Holiday Fiesta" at LaFonda's Restaurant on December 7, 2006. There were around 20 people in attendance. A Regional meeting is scheduled for February 14, 2007 at the Ione Burden Conference Center on Essen Lane in Baton Rouge. The theme is "Healthy Hearts".

The **Hammond Region** is working on expanding membership and is planning a Regional meeting in January. Charlene Manzella has been appointed 1st Vice-Chairperson.

The **Lafayette Region** now has one additional parish in the region. Acadia Parish is now part of the Lafayette Region. A Regional meeting is scheduled for January 25, 2007 in Ville Platte with a fitness/stress management theme.

The **Lake Charles Region** plans to have a Regional Meeting in January, but no date has been set yet.

The **Monroe Region** plans to have a Regional meeting in January.

The Thibodaux and Orleans Regions have been combined into the **Thibodaux/Orleans Region**. The new region held their first Regional meeting December 7, 2006 at the Christ the Redeemer Family Center in Thibodaux, LA. The Chairperson is Maria Antonio and the 1st Vice-Chairperson is Joan Hoover.

Raffle Tickets

Raffle tickets will be available for purchase in mid-January. The \$100 bill raffle funds the LCHSS scholarship and donation to one of our priorities. Someone has to win; it could be you.

LCHSS Scholarship

The LCHSS Scholarship is a \$500 scholarship. All information and requirements about the scholarship as well as an application can be downloaded from our website at www.lchss.org. If someone is not currently a member and they would like for their child to be able to apply for the scholarship, they must become a member first. A membership application can be downloaded from our website. The due date for the scholarship application and all documentation is March 1, 2007.

Elections

If you would like to be an LCHSS officer, now is your chance. Let Brenda Pikes, Elections Chairperson, know by December 31, 2006. Elections will take place at State Conference for State President, First Vice-Chairperson, and Second Vice-Chairperson. Elections will also be held for Baton Rouge,

Lake Charles, Thibodaux/Orleans, and Shreveport Regions. The more you put into something, the more you get out of it. So get involved!

State Conference

The annual LCHSS State Conference will be held at the Paragon Casino in Marksville on March 21-23, 2007. Rooms are \$52 + tax.

Call 1-800-win-1-win to reserve a room. Be sure to reference LCHSS when making your reservation. The casino is currently undergoing renovations that should be complete just in time for State Conference! Make plans now to attend. You are guaranteed to learn something and maybe make some new friends. Hope to see you there!!

Membership Application

Please enroll me as a member of the Louisiana Conference of Health and Social Services.

Enclosed is my check for:

- \$15 New Membership
- \$13 Renewals
- \$ 7 Retirees and Students

Please make checks payable to:

LCHSS

926 Hwy. 190

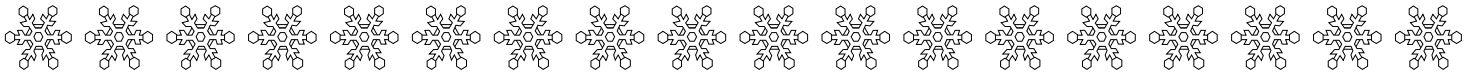
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City & Zip _____

LCHSS Region _____



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