



Happy Birthday!

April, 2017

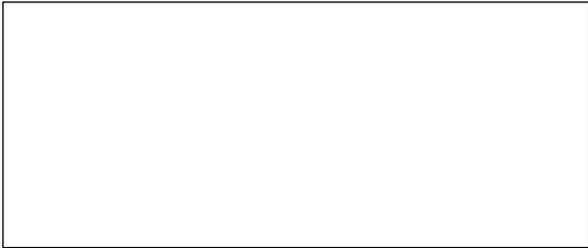
- Shirley Dixon-April 2
- Mildred Brantley-April 4
- Marie Tubbs-April 18
- Lezolar Dixson-April 19
- Gracie Douglas-April 22
- JoAnn Jones-April 25
- Geraldine Jones-April 26



2017		APRIL					SUNDAY FIRST DAY OF WEEK
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
26	27	28	29	30	31	01	
02	03	04	05	06 <i>Food Day 1</i>	07	08	
09	10	11	12	13 <i>Marion TRIAD 1:30</i>	14 <i>Office Closed - Good Friday</i>	15	
16 <i>EASTER</i>	17	18	19	20 <i>Food Day 2</i>	21	22	
23	24	25	26	27	28 <i>TRIAD Academy 9:30-Noon</i>	29	
30	01	02	03	04	05	06	

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*My jelly beans tell a wonderful story,
All for God's own glory.*

Red is for the blood of God's only son,
 Black is for the sins we've done.

An Easter Promise

Yellow is for the morning so bright,
The day He arose to make all things right.

Green reminds us that He is risen,
 White is for the forgiveness we find in Him.

Purple is for Jesus' throne,
 Pink reminds me that I am never alone.

*A bag full of jelly beans, colorful and sweet,
It's a prayer, a promise, and an Easter treat.*

by Rachael Strickland

Crawfish Étouffée

Ingredients

- 1/4 cup unsalted butter (½ stick)
- 1/4 cup all-purpose flour
- 1 cup of chopped onion
- 1/2 cup of chopped green bell pepper
- 1/4 cup of chopped celery
- 2 teaspoons minced garlic
- 2 cups seafood or chicken stock/broth
- 1 teaspoon kosher salt
- Freshly cracked black pepper, to taste
- 1/4 to 1/2 teaspoon Cajun seasoning
- 1 pound of Louisiana crawfish tails, with fat
- 1 tablespoon chopped fresh parsley, plus extra for garnish
- 1/4 cup sliced green onion, plus extra for garnish
- Hot, cooked rice

Method of Preparation:

1. Chop the trinity (onion, green bell pepper and celery); parsley and green onions; then mince garlic and set aside.
2. Make a roux by melting butter in a large skillet over medium heat and stir in the flour; cook and **stir constantly** (this is important otherwise your flour might burn) for about 4 minutes or until caramel colored.
3. Add the onion, bell pepper and celery; cook another 3-4 minutes or until tender, add the garlic and cook another minute.
4. Slowly stir in the stock or broth until fully incorporated. Add salt, pepper and Cajun seasoning.
5. Bring mixture to a boil; reduce heat to a medium low simmer, cover and simmer for 15 minutes, stirring occasionally.
6. Add the crawfish tails, cook and stir until crawfish is heated through; stir in the parsley and green onion, reserving a bit for garnish.
7. Serve immediately over hot, cooked rice.

**THIS TOO
SHALL PASS.**

**IT MIGHT PASS
LIKE A KIDNEY
STONE.**

but it will pass.

**I'm a perfectionist
with a procrastinator
complex. Someday I'm
going to be awesome.**

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*** Read the TRIAD NEWSLETTER online at www.unionsheriff.com ***

EASTER WORD SEARCH PUZZLE

FIND 20 WORDS HIDDEN IN THIS PUZZLE



S G S E A R C H S R J K J G E
 S Y A B D A F F O D I L E C C
 R Q R H W U H F S J F X L H H
 T P A I N T B A S K E T L O I
 H O O V F P I A H W K E Y C C
 L S D I W D O J U P Q A B O K
 A U E S M H O W X P A S E L S
 F N C U I Q G F U N M T A A G
 B D O I E G G D G X S E N T Z
 U A R N P B O N N E T R P E I
 N Y A N R A B B I T D N A U U
 N R T H U N T G R G M N R D F
 Y F E M S P R I N G A K A I I
 N S D W M Y H V S C A N D Y N
 F V K S C S R L S X A R E H D

Word List

BASKET
 BUNNY
 CANDY
 CHOCOLATE
 EASTER
 EGG
 FUN
 HUNT
 SUNDAY
 RABBIT
 SPRING
 DAFFODIL
 JELLYBEAN
 PARADE
 BONNET
 CHICKS
 SEARCH
 FIND
 DECORATED
 PAINT

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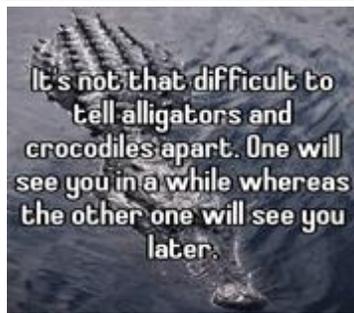
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Warning: This old phone scam is back

According to the Federal Trade Commission, scammers are using auto-dialers to call cell phone numbers across the country, letting the phone ring just one time before disconnecting.

Inc.com reports that there are actually three versions of this scam now:

1. Scammer calls and hangs up before anyone answers.
2. Scammer waits for the victim to answer and plays a pre-recorded message of someone in an emergency situation and then hangs up.
3. Scammer sends a text message indicating that they are in trouble.

Consumers face no danger by receiving the message, but calling or texting back can be quite costly.

Although the area codes may look domestic, they're international calls to premium phone numbers, which are like 900 numbers. Victims have been hit with an international call fee, plus an expensive per-minute charge.

Sometimes the scammers will reportedly play hold music or ads in an attempt to keep victims on the line.

According to the FTC, some of the area codes that have possibly been linked to the one ring scam include: 268, 284, 473, 664, 649, 767, 809, 829, 849 and 876.

Inc.com has an extended list of area codes, including many in the Caribbean, on its website.

Bottom line: If you receive an unexpected call or text from an area code you don't recognize, don't answer it. Do a Google search to see where the number is registered. If it's someone you know, they'll call back.

Always be sure to review your cell phone bill carefully and contact your carrier about any suspicious charges.

If you or someone you know became a victim of the one ring scam, you can file a complaint online with the Federal Trade Commission and Federal Communications Commission.

The 7 Biggest Fears About Senior Living

If society is to be believed, senior living is where you go when you have no one else to care for you, and is an unavoidable fate when you can't take care of yourself anymore. Forget that! The truth is, the vast majority of our fears of senior living are inaccurate.

1. "I'll be bored."

With the activities and amenities offered by today's senior living communities, there's no time to be bored. Senior housing nowadays offers everything from field trips and outdoor excursions to fitness and personal enrichment classes.

2. "I'll drain all my finances."

Yes, senior living can seem financially daunting, but if you're already thinking about how to afford the care, you're ahead of the game. With savvy financial planning — and maybe a little help from Social Security or VA benefits — senior living can sometimes come out to the same cost as living at home. If you factor in home health care, senior living communities just might cost less than staying at home.

3. "I'm afraid I won't receive the best care for me."

Good senior living homes are staffed by professionals who are experts on senior care, and can offer more advanced care if it's called for.

4. "I will get old and sick faster."

Whether you're old or young, it's being alone or isolated that leads to anxiety and depression, while the social contact a senior community provides is key to better health and quality of life.

5. "I will lose my independence."

If you choose assisted living, you'll have help with cleaning, cooking, and other chores that only become more onerous over time. What senior living offers is greater freedom with the precious time you do have.

6. "I won't be able to control my daily activities or life."

The fact is, assisted living can be a necessary and freeing step for both seniors and their families. If it is already too difficult for a senior to care for themselves independently, or for caregivers to provide the necessary help, then assisted living may be a good option. The emphasis is on safety and security, but also independence and privacy, enabling each resident to have the care they need without compromising individual dignity.

7. "People will forget about me."

It's natural to worry about being alone, especially if you define yourself by those relationships you value. However, moving into senior living doesn't mean you'll lose those relationships. In fact, you just might value them even more. At the same time, a senior community provides new venues for social contact, not to mention onsite help when there's an emergency.



Curb your "snacking" habit with these hints.

There are many remedies as to how to stop emotional eating. Some of them are complicated and not very useful. Here are some tried and true ways to help overcome emotional eating and regain control of your health.

- 1. Take 10.** Before diving into your next meal or snack, wait 10 minutes. Distract yourself- do something to keep your hands and mind busy for 10 full minutes, read a book, call a friend, or go for a short walk.
- 2. Ask yourself.** Pay attention to your body. Before you eat, ask yourself, "Am I physically hungry?" Most of the time, we are more thirsty than hungry. Try drinking a glass of water.
- 3. Test yourself.** If you are craving sweets or carbs, think of eating a vegetable instead. If the answer is no to a veggie, chances are you are not really hungry. Have another glass of water...
- 4. Never.** Never eat while watching television! More empty calories are consumed while watching tv than at any other time.
- 5. Portion Control.** If you are one of the millions of people who have a problem with your sugar level dropping and MUST have a snack every few hours, premeasure your healthy snacks and eat them very slowly. This can be a useful way of both losing weight and maintaining good blood sugar balance.

It takes one nice comment to brighten someones day or it could be one mean comment to push them over the edge. Think twice before you speak.

When I get old,
I'm not going to sit
around knitting.
I'm going to be
clicking my
life alert button
to see how many
hot firefighters show up!



Clean Cabinets Using

- 2 T. Dawn dish detergent
- 2 C. warm water
- 1 C. white vinegar

Then

Wipe down with Orange Oil

Nothing is impossible, the word itself says 'I'm possible!'

DEAR LIFE, I HAVE A COMPLETE GRASP ON THE FACT THAT YOU ARE NOT FAIR. SO PLEASE STOP TEACHING ME THAT LESSON.

Fraud Schemes Against Seniors

The FBI's Common Fraud Schemes webpage provides tips on how you can protect yourself and your family from fraud. Senior citizens especially should be aware of fraud schemes for the following reasons:

- Senior citizens are most likely to have a "nest egg," to own their home, and/or to have excellent credit—all of which make them attractive to con artists.
- People who grew up in the 1930s, 1940s, and 1950s were generally raised to be polite and trusting. Con artists exploit these traits, knowing that it is difficult or impossible for these individuals to say "no" or just hang up the telephone.
- Older Americans are less likely to report a fraud because they don't know who to report it to, are too ashamed at having been scammed, or don't know they have been scammed. Elderly victims may not report crimes, for example, because they are concerned that relatives may think the victims no longer have the mental capacity to take care of their own financial affairs.
- When an elderly victim does report the crime, they often make poor witnesses. Con artists know the effects of age on memory, and they are counting on elderly victims not being able to supply enough detailed information to investigators. In addition, the victims' realization that they have been swindled may take weeks—or more likely, months—after contact with the fraudster. This extended time frame makes it even more difficult to remember details from the events.
- Senior citizens are more interested in and susceptible to products promising increased cognitive function, virility, physical conditioning, anti-cancer properties, and so on. In a country where new cures and vaccinations for old diseases have given every American hope for a long and fruitful life, it is not so unbelievable that the con artists' products can do what they claim.

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Worry gives a small thing a big shadow.

Some days I
amaze myself.
Other days I
put my keys
in the fridge.

ORGANIZED PEOPLE
ARE JUST TOO LAZY
TO LOOK FOR STUFF.



FROM THE OFFICE...

Welcome to spring! May you have a blessed Easter! He is risen!

I often think of things that most children of today will never experience. Things that pop into my mind as I drive down country roads or sit on the porch enjoying a beautiful sunny day. For instance:

1. Popping tar bubbles on a hot road.
2. Swimming in your grandparent's pond.
3. Paying \$100.00 a month for your first new car.
4. Looking for 4-leaf clovers.
5. Chewing resin from a tree.
6. Digging worms for fishing.
7. Playing hopscotch and marbles and pick-up sticks and jacks.
8. And don't forget Red Rover and dodge ball.
9. Picking blackberries.
10. Drawing water from a well.
11. Watching TV on only two channels.
12. Changing channels without a remote.
13. Using encyclopedias. (I loved to read encyclopedias!)
14. Sitting in the balcony at the "picture show."
15. Putting playing cards in the spokes of your bicycle.
16. Buying make-up at the drug store.
17. Making necklaces out of gum wrappers.
18. Going on a date without a cell phone (nobody knew where you were unless your father followed you)
19. Climbing a firetower. (Ten year old: What in the world is a firetower?)
20. Coasting down a hill in the car.
21. Dinner on the ground.
22. Buying a soda for a nickel—in a glass bottle.
23. Lard buckets—we had a long discussion about lard not long ago. I want a lard bucket.
24. Killing hogs, making syrup, frying chittlings, making ice cream, getting whipped with a switch.
25. Riding around on Sunday afternoon.

I'm pretty sentimental and as I read through this list many childhood experiences come to mind. The people that I shared these experiences with are also all grown up and most have grandchildren of their own but I hope that memories of those long-gone days dance through their dreams every once in a while.

- Susan

TRIAD Newsletter

April, 2017



WHAT IS TRIAD?

TRIAD is cooperation between Law Enforcement Agencies and Senior Citizens

TRIAD strives to reduce criminal victimization of older persons

TRIAD assesses the needs and concerns of older citizens

TRIAD leads to a broad dialogue on safety and security issues

TRIAD is the link with elderly members of the community

TRIAD combines common sense and imagination!



2016 TRIAD Academy

2017 TRIAD Academy to be Held

On Friday, April 28, our annual TRIAD Academy will be held at the TRIAD office located at 710 Holder Road in Farmerville. The Academy will begin at 9:30 a.m. and continue until noon, at which time lunch will be served.

The Academy will offer information pertinent to the senior population of Union Parish.

Please make plans to join us on that day. For more information, call TRIAD at 318-368-0469.



Celebrate the
resurrection of
our Lord!

Happy
EASTER

