

APRIL, 2018

2018		APRIL				
		SUNDAY FIRST DAY OF WEEK				
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
01 EASTER	02	03	04	05 Food Day 1	06	07
08	09	10	11	12	13	14
15	16	17	18	19 Food Day 2	20	21
22	23	24	25	26	27 Citizens Academy 9:30-Noon	28
29	30	01	02	03	04	05

Citizen's Academy @ TRIAD Office, 710 Holder Road
April 27, 9:30-Noon... Come have fun with us!

HAPPY APRIL



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

Don't Forget to bring your 2018 Social Security Award Letter to the TRIAD office at 710 Holder Road in Farmerville to recertify for food box. We MUST have this as soon as possible after you receive it.

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What Is a Detached Retina?

This serious eye condition happens when your retina -- a layer of tissue at the back of your eye that processes light -- pulls away from the tissue around it. Since the retina can't work properly when this happens, you could have permanent vision loss if you don't get it treated right away.

Who's at Risk?

You're more likely to get one if you:

- Are severely nearsighted
- Have had an eye injury or cataract surgery
- Have a family history of retinal detachment

What Are the Symptoms?

A detached retina doesn't hurt. It can happen with no warning at all. But you might notice:

- Flashes of light
- Seeing lots of new "floaters" (small flecks or threads)
- Darkening of your peripheral (side) vision

If you have any of those symptoms, contact your eye doctor immediately.

What is a Retinal Tear?

Sometimes it comes before full detachment. It usually has the same symptoms. If your retina gets torn, the fluid inside your eye can leak underneath and separate the retina from its underlying tissue. That's *retinal detachment*.

Your eye doctor can fix it in the office with a simple laser procedure. If you don't and it detaches fully, you'll need more serious surgery to repair it.

How Is It Diagnosed?

As part of an eye exam. The doctor will give you eye drops that widen your pupil (dilating). A special tool is used to see into it and determine if your retina is detached.

Early diagnosis is key to preventing vision loss from a detached retina.

How Is It Treated?

Your doctor has several options:

Laser (thermal) or freezing (cryopexy). Both methods can repair a tear if it is diagnosed early enough. The procedures are often done in the doctor's office.

Pneumatic retinopexy. This works well for a tear that's small and easy to close. The doctor injects a tiny gas bubble into the vitreous, a clear, gel-like substance between your lens and retina. It rises and presses against the retina, closing the tear. The doctor can use a laser or cryopexy to seal the tear.

Scleral buckle. In this surgical procedure, the doctor sews a silicone band (buckle) around the white of your eye (the sclera). This pushes it toward the tear until it heals. This band is invisible and is permanently attached. Laser or cryopexy treatment can seal the tear.

Vitrectomy. This surgery is used to repair large tears. The doctor removes the vitreous and replaces it with a saline solution. Depending on the size of the tear, combinations of vitrectomy, buckle, laser, and gas bubble may be used to repair your retina. An eye exam can also flag early changes in your eyes that you may not have noticed. Treating those could prevent problems down the road.

Get your eyes checked once a year, or more often if you have conditions like diabetes that make you more likely to have eye disease. Regular eye exams are also important if you're very nearsighted. That makes detachment more likely.

SCAM ALERT-

ENTERGY IMPOSTER SCAM ESCALATION IN NELA SCAM DETAILS:

- "New Meter needed" --Caller ID is 1-800-ENTERGY (1-800-368-3749)
- Scammer wants 3- \$500 prepaid cards from CVS. CVS employees have deterred many scams already!
- BRANDON JENKINS - **ENTERGY IMPOSTER** -at 800-584-1241 x 3504 wants card numbers



Jo Ann Deal

Manager-Public Relations-Sales BBB Northeast LA

BBB Northeast and Central LA and the Ark-La-Tex

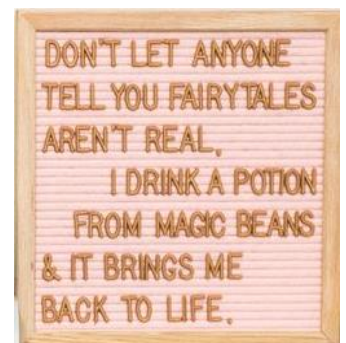
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Ways to Prevent and Treat High Blood Pressure

Although there is no cure for high blood pressure, it is highly treatable with medication and lifestyle changes, including eating a healthier diet that is rich in fruits and vegetables and exercising more.

Lifestyle changes that may decrease blood pressure include:


1. Avoiding sugar-sweetened beverages. Choose safe drinking water, low-fat milk or tea instead.
2. Being active for 30-60 minutes most days of the week.
3. Being smoke-free. Smoking increases the risk of developing heart problems and other diseases.
4. Choosing fruit or low-fat foods as desserts and snacks.
5. Consuming less salt.
6. If you are overweight, losing at least 10 lbs. Reducing your weight to within a healthy range for your age and gender will lower your blood pressure even more.
7. Limiting alcohol to no more than 2 drinks a day, to a weekly maximum of 10 for women and 3 drinks a day to a weekly maximum of 15 for men.
8. Monitoring your blood pressure regularly and taking your medication as prescribed.

**** Recent revisions to the guidelines made by the American Heart Association and the American College of Cardiology for high blood pressure will now be defined as 130/80 millimeters of mercury or greater. ****


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Prevents lung, prostate, and breast cancer.
Anti-inflammatory properties.

Happy Eating.



I enjoy a glass of wine each night for it's health benefits. The other glasses are for my witty comebacks and flawless dance moves.



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Keep your mouth closed in two situations: when swimming and when angry.

It isn't so much what a person says as the number of times they say it that makes a person boring.

Slow Cooker Cheesy Potatoes

Serves: 5-6

Ingredients

- 1 (28-32 oz) bag frozen hashbrowns
- 1 (10.75 oz) can cream of chicken soup
- 1 cup sour cream
- 1 1/2 cups sharp cheddar cheese
- 2 tablespoons butter, melted
- 2 tablespoons diced onion
- 1/2 cup sharp cheddar cheese (optional topping)
- green onions, sliced (optional topping)

Instructions

1. Spray slow cooker with non-stick cooking spray. Place all ingredients, except for 1/2 cup sharp cheddar cheese if you are using it as a topping, in a 4-5 quart slow cooker and mix until completely incorporated. Place lid on top of slow cooker and cook on low for 4-5 hours.
2. Remove lid and top potatoes with additional 1/2 cup cheddar cheese. Let cook for 10-15 more minutes or until cheese starts to melt.

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## Digital Information to Include in a Power of Attorney or Will

1. List of all account numbers, banks and institutions that are managed online.
2. List of all credit card accounts managed online including the name of the card issuer and card number.
3. List of cloud photo storage software/website and password.
4. List of email, internet and messaging programs used and their passwords.
5. List of monthly subscriptions and their passwords, i.e. Amazon Prime, Netflix, etc.
6. List of social media accounts and passwords.
7. Master password for your password saver software or list of current passwords.
8. Passwords for audiobook software if separate from phone operating system or another online account such as Amazon.
9. Passwords for music software such as Amazon Music, iTunes or Spotify.
10. Phone unlock code and operating system password.
11. URLs of online journals or individual blog articles.

As our population ages and more of our lives involve our online presence, digital assets will continue to be an important issue for everyone. Digital estate planning is in its infancy and laws and legal guidelines are just being set. Only a handful of states have laws regarding estate planning and most of the regulations around it are being set by the user agreements of the companies where your digital information is stored.



## ATRIAL FIBRILLATION

- Heart palpitations
- Faint spells
- Lack of breath
- Chronic chest pain
- Heart failure
- Dementia
- Stroke



### CAUSES OF ATRIAL FIBRILLATION

- High blood pressure
- Coronary artery disease
- Mitral stenosis
- Mitral regurgitation
- Lung cancer
- Pulmonary embolism
- Sarcoidosis



### SIGNS AND SYMPTOMS

- Palpitations
- Exercise intolerance
- Chest pain
- Angina
- High blood pressure
- Diabetes
- Heart failure
- Rheumatic fever



### INCREASED HEART RATE

- Palpitations
- Discomfort
- Breath shortage
- Shortness of breath
- Dizziness
- Shortness of breath



### RISK FACTORS FOR ATRIAL FIBRILLATION

- Age
- Family history
- Heart Diseases
- Other medical conditions
- Substance abuse



### DIAGNOSIS OF ATRIAL FIBRILLATION

- Screening
- Evaluation
- Medical history
- Blood work
- Electrocardiogram
- Exercise Stress testing



### PREVENTION FROM ATRIAL FIBRILLATION

- Diet
- Physical activity
- Smoking
- Weight Control
- Substance abuse
- Stress relief
- Medication use



### TREATMENT FOR ATRIAL FIBRILLATION

- Anticoagulant medication
- Rate control
- Cardioversion
- Ablation
- Surgical intervention



## HOW TO COOK A HUSBAND.

GODERICH, LAKE HURON, CANADA.

In a lecture room, before a cooking school,  
For cooking a husband was given this rule:  
First, in selecting, to market don't go;  
The best you'll not find there, most surely no.  
For although there are many, yes, galore,  
The prime will always be brought to your door.  
Don't think for a moment, to bake or broil,  
Much better tie in the kettle to boil.  
Use a silken cord called comfort —'twon't break,  
But one called duty is apt to be weak.  
To make him secure it is well, no doubt,  
Yes! for aught we know, he'd be falling out.  
And then, too surely if your back were turned,  
He'd become, alas! both crusty and burned.  
In cooking a husband you'll plainly see,  
Like lobsters and crabs, alive they must be.  
Should he sputter and fuss, help there is none;  
Some husbands do it until they are done.  
Some sugar add, in the form of kisses;  
You'll find to absorb, he rarely misses.  
Vinegar and pepper, use none at all;  
But of spice you may add a sprinkling small.  
Stir some, lest to the kettle he adhere,  
Thus making him useless, I greatly fear.  
Please not in his side some instrument stick,  
For when he is done you will know it quick.  
With proper treatment and excellent care  
You'll find him, indeed, delicious and rare.

## 10 Tips to Erase Debt Quickly

### 1. Face up to debt by writing it down

A person who doesn't have a firm grip on how much he or she owes nor how much interest is compounding each month stands very little chance of achieving financial freedom anytime soon.

Collect all your account statements for the month (or call creditors for the figures). Then, calculate the total amount of the debts, the interest rates, the monthly minimum payments, and the payment due dates. For bonus points, calculate how long it will take to pay off each debt if you only pay the minimum payments each month.

Those who know what they owe, and to whom they owe it, can make moves and strategize.

### 2. Quit borrowing money

Stop borrowing money at all costs. That means no new credit cards, no new credit spending, and no frivolous purchases.

### 3. Save up a \$1,000 emergency fund

A \$1,000 emergency fund can be the difference between getting out of debt fast or never getting out. If disaster strikes when you are already struggling with debt, you will likely need to borrow more just to get by. It may be tough to save that much, but it's the far more prudent alternative to driving up your debt even further.

### 4. Pay above the minimum, but be strategic

Don't just arbitrarily start paying above the minimum on all your debts. The best plan is to meet the monthly minimums and then allocate additional funds to a specific debt to get rid of it entirely. By strategically choosing a debt to focus on, you can get out of debt much faster. Two ways to choose which debt to eliminate first are: (1.) Focus on the debt with the smallest total balance first. (2.) Focus on the debt with the highest interest rate first.

### 5. Spend less with a budget

Making a budget isn't as hard as you think; simply tally your income and subtract expenses. Then, allocate a portion of the remainder to paying down debts.

### 6. Earn more on the side

A few hours here, a few shifts there; suddenly, you have extra cash to pay down debts faster without seriously cutting back on spending.

### 7. Negotiate credit card interest rates

Many people don't realize that they may be able to lower their credit card interest rates with a simple five-minute phone call. It doesn't always happen that way, but it doesn't hurt to ask.

### 8. Leverage windfalls whenever possible

The best example of an unexpected windfall is a tax refund. This money will do more good sitting in a savings account or applied to an outstanding debt.

### 9. Resist temptation and avoid triggers

Luxury stores and persuasive friends are fun, but they can also be triggers for spending. Staying away from them (or at least setting clear boundaries) is the best way to avoid frivolous spending.

### 10. Consider debt consolidation

With debt consolidation, you combine various debts into one, often at a lower interest rate. The result can be lower short-term and long-term costs as well as a faster, clearer path toward becoming debt-free. While not for everyone, this may be an option for you.



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## How to know you're getting old...

- Everything hurts, and what doesn't hurt, doesn't work...
- The gleam in your eyes is from the sun hitting your bifocals...
- You feel like the morning after, and you didn't go anywhere the night before
- Your little black book contains only names ending in M.D.
- You get winded playing chess
- You join a health club and don't go
- You decide to procrastinate but never get around to it
- You look forward to a dull evening
- Your favorite part of the newspaper is "25 years ago today"
- You turn out the light for economic rather than romantic reasons
- You regret all those mistakes resisting temptation
- You're surprised the first time you are addressed as "Old-timer"
- You remember today that yesterday was your wedding anniversary
- You can't stand people who are intolerant

I'm going to retire and

live off my savings.

What I'll do the second day, I have no idea.



### Quote of the Year

When you're dead, you do not know that you are dead. All the pain is felt by others.

The same thing happens when you're stupid.

### WHAT DOES YOUR BIRTH MONTH SAY ABOUT YOUR CAREER?

#### APRIL

Because you are ambitious and charismatic, you're a born leader and attract many people to you. You make your own decisions and aren't swayed by people around you. You also have difficulty working with others, so it's best to choose a career where you can work alone or make most decisions for yourself. You're suited to almost any profession.

### 15 GREAT REASONS TO EAT MORE RAISINS

Aids In Digestion  
Helps Lower Blood Pressure  
Reduces Stroke Risk  
Aids In Cancer Prevention  
Promotes Good Cardiac Health  
Helps Manage Diabetes  
Detoxifies The Body  
Relieves Constipation  
Helps Treat Erectile Dysfunction  
Rich In Alkalinity  
Reduces Acidity  
Loaded With Antioxidants  
Promotes Good Eyesight  
Promotes Strong Teeth  
Increases Energy

Ladies, if a man says he will fix it, he will. There is no need to remind him every 6 months about it.

When life gives you a rainy day, play in the puddles

March 31 is Farmerville Town Clean-up Day from 9a.m. - 12 Noon. If you would like to participate, be at the Union Parish Court House Parking Lot at 9:00 a.m. Please make plans to come out and help Clean Up Our Town. Judging for the Cleanest City will take place on April 5.

## Garden Word Search



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

Apple  
Asparagus  
Beans  
Beds  
Bucket  
Cabbage  
Carrot  
Compost  
Corn  
Eggplant  
Fence  
Flower  
Fruit

Garden  
Gate  
Greenhouse  
Harvest  
Herbs  
Jalapeno  
Ladybug  
Leaf  
Lettuce  
Manure  
Mulch  
Onion  
Oregano

Pear  
Peas  
Pecans  
Pepper  
Potato  
Rhubarb  
Roots  
Rosemary  
Sage  
Seeds  
Shed  
Shovel  
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Vegetable  
Weeding  
Wheelbarrow  
Worms

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## FROM THE OFFICE

Welcome to spring!! I love Bradford pears blooming, azaleas, dogwoods and the new beginning that Easter brings to mind.

As I was strolling through Facebook (don't judge me, I enjoy it) the other day, I read about someone who had recently eaten at the Piccadilly in Monroe. She remembered going there as a child and also how much her father had enjoyed dining there. And, of course, as I am want to do, I started thinking of some firsts in my life.

For instance, I well remember the first time that I went to the Piccadilly. As I rounded that corner, my first sight was blue jello. Not just jello!--blue jello. I had to have it! I continued down the line and there I saw watermelon. I don't really even like watermelon but I just had to have it! "Can I get it?" I asked my parents and they both said, "Yes." I thought I had died and gone straight to Heaven!!

Other firsts jump into my mind:

- my first day at Farmerville Elementary School. I cried like a baby (well, I really was the baby). I continued to cry every day for a long time. I thought Hazel Harston was very old until I also became a teacher and we belonged to the same sorority. She insisted that I call her Hazel and she was one of the funniest, loveliest ladies that I have ever known (And I kept on going to school—I eventually learned to like it.)
- Going from elementary school to "high school." 7<sup>th</sup> grade. Could I be any more frightened? Would I be able to find my classrooms? Would I have to go up those stairs?
- Getting my driver's license. One of my most favorite (I know it's not a word) days. Not only did I get out of school early but I got to drive home by myself after I got that beautiful piece of paper!
- Starting college. I remember that first day VERY well. My sister was supposed to come to help me register, but SHE DID NOT SHOW UP!! (I still talk about this is and it was 44 years ago) I didn't even know where to go much less what to do. But you know what, I actually got registered and even managed to get a degree.
- My first teaching assignment. Kindergarten. Little red building. Spearsville High School. I have never wiped more noses or tied more shoe laces.
- Meeting my husband. Let's just say that he visited my parents' home and saw me—fell instantly in love and immediately got down on one knee and proposed and we married the next day. Oh, wait, that was a Hallmark movie!

He saw me, asked somebody about me, called me for a date and 10 month later we were married. I still remember all of those important dates.

- Becoming a mother. I still say it is the best thing I ever did!!
- Other firsts: walking to Dr. Booth's office to have my ears pierced; singing solos in church; cutting up a chicken (I think I learned how the day before I got married—I can cut the neck, the back, AND the pulley bone); pulling a loaded trailer (I had to do this when our son was showing animals and then when I came to TRIAD, I found out that pulling trailers was part of my job--Bob neglected to mention this—I'm glad I knew how!)

Put your thinking caps on and dredge up those memories of your first things first!!

-Susan



## 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!*



# Union Parish **TRIAD Newsletter**

April 2018



*But God proves His love for us in this: While we were still sinners, Christ died for us. (Romans 5:8)*  
*He is not here: for he is risen, as he said. Come, see the place where the Lord lay. Matthew 28:6*  
*...and He died for all, so that all those who live would no longer live for themselves, but for Him who died and was raised for their sake. (2 Cor. 5:15)*  
*Jesus said to her, "I am the resurrection and the life. The one who believes in me will live, even though they die; (John 11:25)*  
*I am he that liveth, and was dead; and, behold, I am alive for evermore, Amen; and have the keys of hell and of death. (Rev. 1:18)*

Easter is the celebration of the resurrection of Jesus from the tomb on the third day after his crucifixion. Easter is the fulfilled prophecy of the Messiah who would be persecuted, die for our sins, and rise on the third day. (Isaiah 53). Remembering the resurrection of Jesus is a way to renew daily hope that we have victory over sin.

The early Christians began remembering the Resurrection every Sunday following its occurrence. In A.D. 325, the Council of Nicaea set aside a special day just to celebrate the Resurrection. The problem with an official day was deciding whether the Resurrection should be celebrated on a weekday or always on a Sunday.

Many felt that the date should continue to be based on the timing of the Resurrection during Passover. Once Jewish leaders determined the date of Passover each year, Christian leaders could set the date for Easter by figuring three days after Passover. Following this schedule would have meant that Easter would be a different day of the week each year, only falling on a Sunday occasionally.

Others believed since the Lord rose on a Sunday and this day had been set aside as the Lord's Day, this was the only possible day to celebrate His resurrection. As Christianity drew away from Judaism the Council decided Easter should be celebrated on the Sunday following the first full moon after the vernal equinox. Since the date of the vernal equinox changed from year to year, calculating the proper date can be difficult. This is still the method used to determine Easter today, which is why some years we have Easter earlier than other years.

***HAVE A HAPPY AND BLESSED EASTER!***