



2018

AUGUST

SUNDAY
FIRST DAY OF WEEK

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
29	30	31	01	02 Food Day 1	03	04
05	06	07	08	09	10	11
12	13	14	15	16 Food Day 2	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	01

August 2018

- Clotiel Fields-Aug 18
- Lillie Smith-Aug 18
- Herb Romero-Aug 21
- Joyce Rowland-Aug 24
- Clifton Gilliam-Aug 26

*

**PLEASE REMEMBER TO
BRING IN YOUR 2018
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*** Read the TRIAD NEWSLETTER online at www.unionsheriff.com ***

20 August 1911: The first telegram is sent around the world in just 16.5 minutes

The first telegram was sent from the New York Times office to discover how long it would take for a message to cross the world by telegraph cable. The message, which travelled more than 28,000 miles, simply read "This message sent around the world".

After being transferred by 16 operators across the globe, including those in San Francisco, Saigon and the Azores, the reply to the message was received by the New York Times office just 16.5 minutes after being sent. This made the telegram the fastest message to be sent by a commercial cablegram since the Commercial Cable Company first launched the Pacific cable in 1900.



Volunteering is good for your health!

Are you aware that . . .

- It keeps one's mind actively engaged.
- It increases social interaction, allowing us to meet new people.
- It gives a feeling of satisfaction to help others no matter the frequency of the task.
- It fulfills vital needs in the community.
- It makes one feel needed and gives purpose as it builds relationships.
- It allows for continued value as we all age.
- It guards against isolation.
- It helps with time management and it boosts our self-esteem.
- It gives us a chance to do something we desire, that we may never have had time for before retirement.
- It brings needed skills to the opportunities afforded us.
- It gets us physically moving and motivated.

Do these reasons all sound good to you? Then give TRIAD a try! Call us at 318-368-0469.

"Volunteers are not paid -- not because they are worthless, but because they are priceless."

Do small things with great love.

- Mother Teresa -



Cooking Terms

WORD SEARCH

AL DENTE
BASTE
BEAT
BLANCH
BLEND
BLIND BAKE
BOIL
BRAISE
BROIL
CHOP
CLARIFY
COAT
CREAM
CRUSH
CUBE
DASH
DEEP FRY
DICE
DILUTE
DREDGE
DUST
EMULSIFY
FILET
FILTER
FOLD
GLAZE
GRATE
GREASE
GRILL
GRIND
HULL
JULIENNE

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

KNEAD	ROUX	STIR
MARINATE	SAUTÉ	TOSS
MASH	SCALD	TRUSS
MIX	SCORE	WHIP
MOISTEN	SEAR	WHISK
MULL	SEASON	ZEST
PARE	SHUCK	
PINCH	SIFT	
POACH	SIMMER	
PUREE	STEAM	
REDUCE	STEEP	



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Fibromyalgia

Fibromyalgia is a disorder characterized by widespread musculoskeletal pain accompanied by fatigue, sleep, memory and mood issues.

Symptoms sometimes begin after a physical trauma, surgery, infection or significant psychological stress. In other cases, symptoms gradually accumulate over time with no single triggering event. A painful disease like arthritis or an infection raises your chances of getting fibromyalgia.

Emotional or physical abuse. Children who are abused are more likely to have the condition when they grow up. This may happen because abuse changes the way the brain handles pain and stress.

Researchers believe that fibromyalgia amplifies painful sensations by affecting the way your brain processes pain signals.

Many people who have fibromyalgia also have tension headaches, temporomandibular joint (TMJ) disorders, irritable bowel syndrome, anxiety and depression.

The widespread pain associated with fibromyalgia often is described as a constant dull ache that has lasted for at least three months. To be considered widespread, the pain must occur on both sides of your body and above and below your waist.

People with fibromyalgia often awaken tired, even though they report sleeping for long periods of time. Sleep is often disrupted by pain, and many patients with fibromyalgia have other sleep disorders, such as restless legs syndrome and sleep apnea.

A symptom commonly referred to as "fibro fog" impairs the ability to focus, pay attention and concentrate on mental tasks.

Fibromyalgia often co-exists with other painful conditions, such as:

- Irritable bowel syndrome
- Migraine and other types of headaches
- Interstitial cystitis or painful bladder syndrome
- Temporomandibular joint disorders

While there is no cure for fibromyalgia, a variety of medications can help control symptoms. Exercise, relaxation and stress-reduction measures also may help. Consult a doctor for medical advice.

The older I get the earlier it gets late.

I'm at that delusional age where I think everyone my age looks way older than I do.

**I have reached an age where my mind says 'I can do that' ...
But my body says 'try it and die fat girl'**

My siblings had a fight once and it went like this
Tyler: "Anything that comes out of your mouth is stupid!"
Sam: "Tyler."
To this day I still laugh out loud in inappropriate settings because I randomly think of it.

So I was at Walmart earlier
A lady was looking at frozen turkeys, but she couldn't find one big enough.
She asked the stock boy, "do these turkeys get any bigger?"
He replied with a straight face, "No ma'am, they're dead."
Made my week

"Things may come to the ones who wait, but only things left by those who hustle!" – Abraham Lincoln

Vanilla Wafer Cake

(Courtesy of Michael Reppond)

Ingredients

- 2 sticks Oleo
- 6 eggs
- 2/3 cup milk
- 2 cups sugar
- 1 (1 lb.) box vanilla wafers, crushed
- 1 cup flaked coconut
- 1 cup chopped pecans
- 1 tsp salt

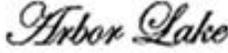
Directions

1. Preheat oven to 350 degrees. Grease and flour a Bundt pan.
2. Cream butter or margarine; add sugar and beat until smooth. Add eggs, one at a time, beating well after each addition. Stir in crushed vanilla wafers alternately with milk. Add coconut and pecans and mix until blended. Pour batter into prepared pan.
3. Bake at 350 degrees till done. (1 to 1 1/2 hrs.) Cool.



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This easy, homemade old-fashioned lemonade recipe is one of the best you'll taste. It's as classic as it gets, using only simple ingredients.

Old-Fashioned Lemonade Recipe

Ingredients:

- 1 cup lemon juice (4-6 lemons)
- 1 cup sugar
- 5 cups water

Directions:

Make simple syrup by dissolving the sugar into 1 cup of water in a small saucepan over medium heat. Combine the lemon juice and the simple syrup in a two-quart pitcher. Add 4 cups of cold water. Refrigerate. Serve in a tall glass filled with ice and lemon slices. Enjoy!

What to do about heat rash

Heat rash occurs when the skin's sweat glands are blocked, and the sweat produced cannot get to the surface of the skin to evaporate. This causes inflammation that results in a rash.

Common symptoms of heat rash include red bumps on the skin, and a prickly or itchy feeling to the skin (also known as prickly heat).

The rash appears as reddened skin with tiny blisters and is due to inflammation. It often occurs in skin creases or areas of tight clothing where air cannot circulate.

Heat rash usually fades when the skin is allowed to cool. Medical treatment is necessary only if the area becomes infected.

Heat rash can be prevented by avoiding hot, humid conditions, wearing loose fitting clothes, and using air conditioning or fans to allow air to circulate.

Bathe or shower in cool water with nondrying soap, then let your skin air-dry instead of toweling off. Use calamine lotion or cool compresses to calm itchy, irritated skin. Avoid using creams and ointments that contain petroleum or mineral oil, which can block pores further.

Below are some home remedies to successfully treat this condition.

1. Baking Soda

After a cool bath, use a soft cloth to dry yourself. Dust some baking soda all over the area of heat rash. The baking soda will help absorb the excess moisture and control the itching. Apply this powder as often as you can.

2. Oatmeal Bath

If you can't find Oatmeal Bath Powder in the store, grind plain oatmeal to a powder and put it in a muslin or cheese cloth bag. Put this bag in your bath water. The anti-inflammatory properties of the oatmeal will bring about relief and soothe the affected skin.

3. Essential Oils

Peppermint, Eucalyptus, Lavender, Spearmint, and Chamomile essential oils have anti-inflammatory properties which are very effective in treating heat rash. They may be used in bath water to relieve itching and promote healing.

6. Milk of Magnesia

Milk of Magnesia has natural drying properties which will help remove the extra moisture from the skin. Apply it to the rash, leaving on until it dries. Rinse off and dry with a soft cotton cloth, or air dry if possible.

"What are you doing?"

"Praying for forgiveness. This weather has me feeling ill-prepared for Hell."



Heat makes things expand. So I don't have a weight problem, I'm just hot.

"It's a sure sign of summer if the chair gets up when you do." -Walter Winchell

"Some of the best memories are made in flip flops." » Kellie Elmore

"Being a child at home alone in the summer is a high-risk occupation. If you call your mother at work thirteen times an hour, she can hurt you." » Erma Bombeck

For more advanced Sudoku lovers, try this one!!

		1		8					1	4		8		9					
		5	9			1			5										
8		4	6	3				9	2										
	4							5											
6			3	4				1	7										
		7																	
			4		7	3	8	9	1		5	4	6	7		5		8	
		8					7						2	7		8	4	1	
9		6		1	3			4	3	6			9	1			4	7	5

				7	3	2	6							9					
													5	3					
				1			8						2						

				9			1	7								1				8	
		1		2				3		9						3				4	
		6	1					4	5		7	3		1				4	2		
	6					8									7					9	3
9		4			3										2	1	9	8			6
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1						7	6									1		4		8	
5	8			9	6										5		6	8			
2																6				3	7

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6. Oily skin cleanser
7. Reduce the appearance of varicose veins
8. Eliminate under-eye puffiness
9. Soothe wounds
10. Stop an itch
11. Help dry up poison ivy
12. Refine your pores
13. Astringent/skin refresher
14. Use with shampoo to prevent frizz
15. Balance out skin moisture
16. Treat dandruff
17. Reduce the redness / appearance of pimples
18. Treat chicken pox blisters
19. Soothe sunburn
20. Prevent razor burn
21. Remove the sting from bug bites
22. Fight psoriasis and eczema
23. Jewelry Cleaner
24. Bathroom cleaner (mix with baking soda)
25. Thin out paint
26. Floor cleaner (mixed with a bucket of water)
27. Stain remover (mix with white toothpaste)
28. Disinfectant and sanitizer
29. Streak-free cleaner for chrome
30. Eyeglass and mirror cleaner



FROM THE OFFICE

Mr. Editor:

Having been involved with the senior population of Union Parish for the past 10 years, I feel compelled to address the subject of financial scams. It seems that nothing else could be said on this subject but the abuse of senior citizens continues. In our small parish alone, a number of these scams have been perpetrated upon our most vulnerable citizens.

Please understand a few things: 1) if something seems too good to be true, it usually is. If you win a prize, you WILL NOT be asked to pay for it and you will not be sent to Wal-Mart to purchase a loaded credit card. 2) if you get a call from the IRS or a federal entity asking for money or threatening to arrest you if you do not send money, it is not real. The IRS will send information by mail and federal marshals do not call you to come to jury duty, they send an agent to get you. 3) if you receive a call or an e-mail that a friend is stranded in another country, call your friend to make sure that it is true. 4) if a grandchild calls and tells you that they are in jail in another city or another country, check with them or their parents to make sure that it is true. **DO NOT AUTOMATICALLY SEND MONEY.**

These are only a VERY FEW of the scams that are being used DAILY in our country. Please be aware that there are people out there that want your money and will go to any means to get it and once they get it, it is almost impossible to get it back!

Susan Edwards

Union Parish Sheriff's Office—TRIAD

P.S. I recently sent this to the local newspaper in the parish. I know that we at TRIAD seem to just keep talking about this subject, but we must be diligent in our efforts to prevent this kind of abuse. Please, if you are contacted by someone that you do not know, or caller I.D. displays an area code that you do not recognize, just do not answer or just hang up. **PLEASE DO NOT BECOME A VICTIM.**

Union Parish
TRIAD Newsletter

August 2018



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!



Summer Health Tips for Seniors to Beat the Heat

The summertime is a time of fun and relaxation for most people. But as we age, we should be more aware of the potential health risks that are uniquely associated with both our age and the changing seasons.

Typically, heat-related illnesses are a direct result of prolonged exposure to the sun. This includes simple sunburns, heat exhaustion and sometimes even heat stroke. There are many ways to combat these illnesses, some of which are very simple and easy to do. Here are some of the easiest ways to stay safe from the heat this summer:

1. Drink plenty of liquids. Drink eight or more 8-ounce glasses per day of water and/or fruit juices every day to stay hydrated.

2. Avoid caffeinated and alcoholic beverages. Alcohol, soda, coffee and even tea can leave you dehydrated quickly. If at all possible, try to reduce the amount of these beverages, especially during hot weather. Plain or flavored water is a good substitute.

3. Dress appropriately. Wear loose-fitting clothes in natural fabrics like cotton. Dress in light colors that will reflect the sun and heat instead of darker colors that will attract them.

4. Use Sunblock. When outdoors, protect your skin from damage by wearing hats, sunglasses, and a sunscreen of SPF 30 or higher.

5. Stay indoors during extreme heat. In extreme heat and high humidity, evaporation is slowed, and the body must work extra hard to maintain a normal temperature. Keep your home cool. Temperatures inside the home should not exceed 85 degrees Fahrenheit for prolonged periods of time. If you do not have air conditioning in your home, go somewhere that does.

6. Take a cool shower or bath. If you are unable to leave the house and do not have air conditioning, take a cool bath or shower to lower your body temperature on extremely hot days.

7. Signs of heat stroke. Know the signs of heat stroke (e.g. flushed face, high body temperature, headache, nausea, rapid pulse, dizziness and confusion) and take immediate action if you feel them coming on.

8. Be Good to Your Eyes - protect your vision at work and at play, wear protective eyewear. When outdoors, wear sunglasses that block at least 99% of ultraviolet A and B rays. Sunglasses can help prevent cataracts, as well as wrinkles around the eyes.

9. Exercise Smart and take frequent breaks. If you enjoy outdoor activities such as walking or gardening, make sure to wear the proper clothing and protective gear. It is also important to keep track of time. Do not stay out for long periods and make sure to drink even more water than usual when exercising. Also consider getting outdoor exercise earlier in the morning or later in the evening when the sun is not at its peak.

10. Check on your friends and family. The heat can be especially difficult on young children and the elderly, so make sure to check regularly on your family, friends and neighbors during hot spells. Often heat-related issues arise before you have a chance to ask for help.