



Birthdays of the Month

August

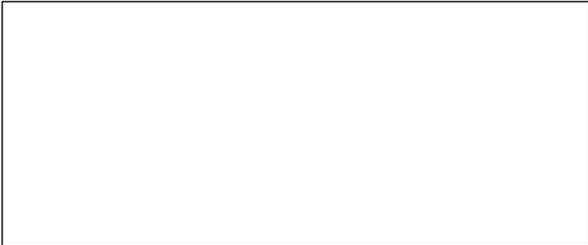
Linda Millien - Aug 11
 Marie McKinnie-Aug 15
 Alfred Reppond-Aug 18
 Clotiel Fields-Aug 18
 Lillie Smith-Aug 18
 Herb Romero-Aug 21
 Joyce Rowland-Aug 24
 Clifton Gilliam-Aug 26



2016		AUGUST					
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	SUNDAY FIRST DAY OF WEEK
31	01	02	03	04 Food Day 1	05	06	
07	08	09	10	11 Marion TRIAD 1:30	12	13	
14	15	16	17	18 Food Day 2	19	20	
21	22	23	24	25	26	27	
28	29	30	31	01	02	03	

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Arthritis Sufferers....use apple cider vinegar for relief!

Here's How:

Warm baths

Combine a cup of apple cider vinegar with 6 cups of water and hold your hands or feet in this mixture. If you feel neck pain you can apply a compress in the painful area.

Massage

Combine two tablespoons of vinegar with a spoonful of olive oil and mix until you get a smooth texture. Using this mixture you can massage the areas that bother you.

Miraculous potion

Put 3 tablespoons of apple cider vinegar in 300 ml (10 oz.) of water or any fruit juice. Drink this potion three times a day before meals. Apple vinegar purifies the body and has antioxidant properties.

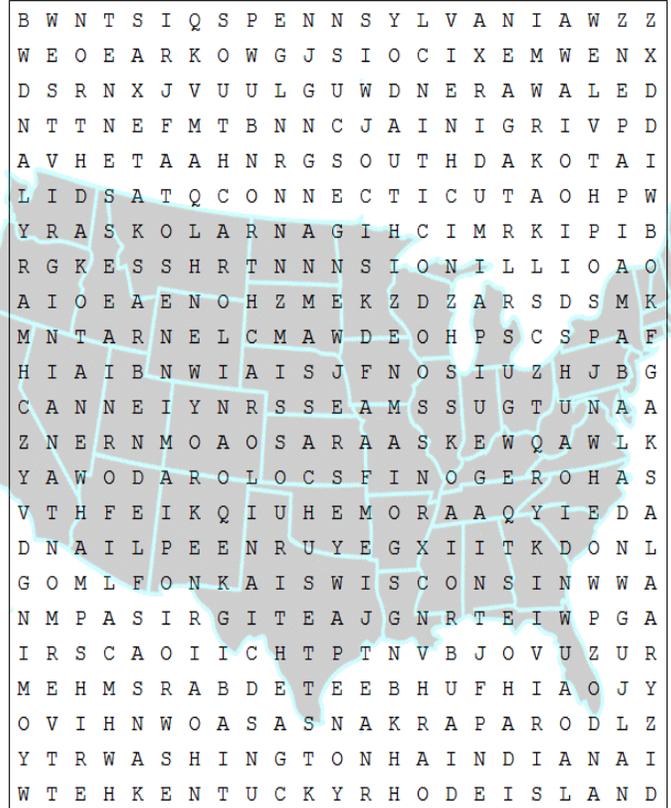


If your camera is ever stolen go to StolenCameraFinder.com. This site allows you to upload an old photo from your camera (with the embedded serial number) and will show you if someone has been posting images with the same serial number on the internet.

Unusual but TRUE facts...

1. Saudi Arabia imports camels from Australia.
2. The closest state to Africa is Maine.
3. Mammoths were alive when the Great Pyramid was being built.
4. It rains diamonds on Jupiter.
5. In Australia you will receive a \$200 fine if you touch an electrified wire that causes instant death.
6. The founder of Match.com, Gary Kremen, lost his girlfriend to a man she met on Match.com.
7. We went to the moon before we thought to put wheels on suitcases.

50 State Word Search



- | | | | |
|-------------|---------------|----------------|----------------|
| Alabama | Indiana | Nebraska | South Carolina |
| Alaska | Iowa | Nevada | South Dakota |
| Arizona | Kansas | New Hampshire | Tennessee |
| Arkansas | Kentucky | New Jersey | Texas |
| California | Louisiana | New Mexico | Utah |
| Colorado | Maine | New York | Vermont |
| Connecticut | Maryland | North Carolina | Virginia |
| Delaware | Massachusetts | North Dakota | Washington |
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Elderly Hoarding:

When Your Parent or Loved One is a Hoarder

Transitioning a parent to senior living is already difficult; but dealing with a parent who is a hoarder can really test a family's sanity. Unfortunately, *Diogenes Syndrome*, also known as *senile squalor syndrome*, is more common than you might think.

Many families are dealing with loved ones and parents who were hoarders. Sometimes, forms of frontal lobe impairment and dementia can bring on elderly hoarding, which is characterized by:

- Apathy
- Compulsive hoarding
- Domestic squalor
- Lack of shame
- Self-neglect
- Social withdrawal

According to the American Geriatrics Society, living alone for long periods of time with a lack of cognitive stimulation, a genetic predisposition to the condition and a traumatic event can all be a catalyst for the syndrome. This is why senior living can sometimes trump living alone to keep seniors mentally engaged.

Transitioning a loved one into senior housing is challenging. But having to clean through a hoarder's personal belongings and deciding what to do with the house adds a whole new layer of difficulty to the situation. Here are a few tips to help you get through elderly hoarding cleanup:

1. **Enlist a cleaning crew.** Whether it's your family members or friends, get a group of people together to start the cleaning process.
2. **Find and set a date.** It's inevitable — it has to be done. Schedule a date — preferably a Saturday morning — to start the process.
3. **Work room by room.** Forget about the 5 rooms that need to be done and start sorting through the first room. Huge tasks of outrageous proportions, broken up into small segments, seem more attainable. By taking a room by room approach, your progress will be noticeable on day one.
4. **Use a system.** As you go through each room, set aside a place for each of the following: Charitables and donations, keepsakes and valuables, and finally, trash.

Once you've done this in all rooms, hire a professional to:

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4. Cherries help fight cancer
5. Cherries reduce stroke risk.
6. Cherries help ease arthritis pain
7. Cherries cut your chance of getting gout



When you're stressed,
You eat ice cream,
cake, chocolate
and sweets.
Why?
because
stressed
spelled
backwards is desserts.



WHAT'S MY FAVORITE
CHILDHOOD MEMORY?
**NOT PAYING
BILLS !**

(Elderly Hoarding cont.)

1. **Clear the trash** (such as 1-800-GOT JUNK or a dumpster service).
2. **Professionally clean.**

This process could take a month or so, depending on whether you want to power through. Don't get frustrated. Set goals and know that your mission will eventually get accomplished.



From the desk of Bro. David Martin...

In my last article I spoke of some individuals who touched or influenced my life through the years. It would be impossible to mention all of them, but at the same time I'll mention some special ones.

When we lived at Gilbert (1945-1949) there was a sweet elderly lady by the name of Ms. Chennault. Once in a while my older brother Charles and I would visit her because she served us homemade cookies. But we had to sing for the cookies as she played the piano. One little song I remember was, "I am so glad that Jesus loves me..." Thank goodness she sang along with us to partially drown out our voices! I have many precious memories of that precious Christian lady.

Fast forward a few years and I'll tell you about my best friend in the Navy, Preston Trotman from Demopolis, Alabama. We met and made friends while we were stationed in Japan for two years. We were blessed to continue that friendship as we were both stationed in Long Beach, California. We made some civilian friends from First Baptist Church of Long Beach. After those services were over, we would eat a quick lunch and rush to the Municipal Auditorium to attend the Old Time Revival Hour with the well-known preacher, Charles E. Fuller and his wife "Honey" - "Read the letters from listeners, Honey." Their men's quartet was the best, and I have been searching for some of their music over the years. They are still played occasionally on the Christian station BBN, 89.5. Preston lived in California, married a lovely lady from our gang, and died some years ago. I talked to him by phone on his deathbed.

One other person who has touched my life over the years is Brother James Miller, pastor of First Baptist of Spearsville. James and I began our friendship around 1956 when for a time we were roommates at Louisiana College. James was more involved in some of the activities than I was, and that's why he was a more devoted or dedicated person than this writer. James's first wife, Shirley, passed away a few years ago on the very day they were to celebrate their 50th wedding anniversary at the church. He married a sweet Christian lady, Mary Bowen, in July, 2015, and celebrated their first anniversary July 9 this year. James has two children, - son Alan Miller, a preacher; and a daughter, Jan, who lives in Central Louisiana.

...more of my memories to come.....

Sign on church billboard: You have to wonder about humans. They think God is dead and Elvis is alive!

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Farmer's Almanac August 2016 Planting Guide

- 1st-5th** Best for killing weeds, briars, poison ivy, and other plant pests. Clear wood lots and fencerows.
- 6th-8th** Excellent for sowing grains, winter wheat, oats, and rye. Plant flowers. Good days for planting aboveground crops.
- 9th-10th** Plant seedbeds. Plant peas, beans, tomatoes, peppers, and other aboveground crops in southern Florida, California, and Texas. Extra good for leafy vegetables.
- 11th-13th** Cut winter wood, do clearing and plowing, but no planting.
- 14th-15th** A good time to plant aboveground crops.
- 16th-17th** Barren days, fine for killing plant pests.
- 18th-19th** Excellent for any vine crops such as beans, peas, and cucumbers. Good days for transplanting. Favorable days for planting root crops.
- 20th-21st** Neither plant nor sow on these barren days.
- 22nd-23rd** Good days for transplanting. Root crops that can be planted now will yield well.
- 24th-25th** Any seed planted now will tend to rot.



How to get rid of droopy eyelids

Droopy eyelids can be extremely disturbing, making the skin look wrinkled and can even make a person look older. Normally, the droopy eyelid is a process of aging, but this problem can occur as a result of certain diseases or injuries in the area.

This can occur in a variety of conditions and diseases, including diabetes, stroke, Horner syndrome, myasthenia gravis, brain tumors or other cancers that affect nerve or muscle reactions.

Try this simple home remedy to lessen the effect of droopy eyelids:

Gently cleanse the skin and let it dry. Using cotton pads, apply a beaten egg yolk to area around the eyes. Avoid direct eye contact. Keep your eyes closed until the yolk has dried completely. Finally, rinse with cold water and pat dry with a towel.

Because this is a natural treatment, you can use it daily. You should be able to see results after just a few days.



August 3, 1492 - Christopher Columbus set sail from Palos, Spain, with three ships, *Nina*, *Pinta* and *Santa Maria*. Seeking a westerly route to the Far East, he instead landed on October 12th in the Bahamas, thinking it was an outlying Japanese island.



No Bake Banana Split Dessert

Delicious, rich and creamy, with all the ingredients you love in a banana split, this no-bake Banana Split dessert will be one you make again and again.

Ingredients

- 1 stick butter, melted
- 1 box graham cracker crumbs
- 1 (8 oz.) cream cheese, softened
- 1/4 cups butter, softened
- 3 cups powdered sugar
- 4 bananas, sliced
- 1 (20 oz.) can crushed pineapple, drained
- 1 (16 ounce) container Cool-Whip, thawed or 1 1/2 cups heavy whipping cream
- 1 (4 ounce) jar maraschino cherries, stemmed
- 1 cup walnuts or pecans, chopped
- hot fudge sauce, slightly warmed
- 1 tablespoon rainbow sprinkles

Instructions

1. In a medium bowl, combine graham cracker crumbs and melted butter.
2. Firmly press into a crust in the bottom of 9x13 glass or porcelain dish, let it chill in the freezer for about 10 minutes to firm up.
3. In a medium bowl, cream together the cream cheese, 1/4 cup butter, and the powdered sugar until creamy, about 5 minutes. Don't be tempted to add milk, it will take a few minutes, but the mixture will blend up perfectly!
4. Spread the cream cheese mixture over the cooled graham cracker crust.
5. Add a layer of sliced bananas over the cream cheese mixture.
6. Spread pineapple chunks evenly over the bananas.
7. Evenly spread the Cool-Whip over the pineapple-banana layer using a rubber spatula.
8. Garnish with the pecans/walnuts and maraschino cherries.
9. Drizzle the chocolate fudge over the dessert and then sprinkle the rainbow sprinkles over the surface.
10. Chill for at least 4 hours before cutting to allow the layers to set.



Conway Baptist Church held their Vacation Bible School in June. As part of their mission emphasis, they collected canned goods. Thank you Conway Baptist for your generous donation to TRIAD.



FROM THE OFFICE...

(You may recognize this article as it was written over a year ago. I visited with some folks yesterday and we discussed the importance of happiness. I see a lot of people that have chosen another road—the road of depression or despair or lingering sorrow.

No person can make us happy. No situation can bring joy into our lives. Happiness and joy are chosen situations.)

“Happiness is a journey....not a destination.”

“Being happy doesn't mean that everything is perfect. It means that you've decided to look beyond the imperfections.”

“The present moment is filled with joy and happiness. If you are attentive, you will see it.”

I decided a long time ago that I would be happy. Now don't get me wrong, I have not had a perfect life. I have had sadness and heartache and problems. But I also know that happiness is a choice and my choice is to be happy.

I also know that it does not take much to make me happy. For instance:

1. A hay meadow—nothing any prettier in my book.
2. Changing leaves in the fall.
3. Drinking coffee with friends.
4. Watching Blue Bloods—I think Tom Selleck is gorgeous.
5. A road trip with my sisters—Is everything really that funny?
6. Riding the back roads of Union Parish—do you even know how many dirt roads there are here?
7. Reading a good book—on the deck—on a beautiful fall day. Or then again, reading a good book on any day.
8. Buying presents—I love to make other people happy.
9. Sharing Sunday morning with my Sunday School class—what a GREAT group of ladies!!!
10. Livestock barns—my husband, son, and I spent a lot of time in barns—good memories.

Each and every day we have choices to make—happy or sad; get up or stay in bed; be positive or be negative; love or hate. It is up to each of us. Me—I am going to choose—well, you know what I am going to choose! Have a great one!!

Susan

(A special thanks to a wonderful friend—you know who you are!! I love getting flowers!)

TRIAD Newsletter

August, 2016



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!



What is Bell's Palsy?

Bell's palsy is a form of temporary facial paralysis resulting from damage or trauma to the facial nerves. The facial nerve-also called the 7th cranial nerve-travels through a narrow, bony canal (called the Fallopian canal) in the skull, beneath the ear, to the muscles on each side of the face. For most of its journey, the nerve is encased in this bony shell.

Each facial nerve directs the muscles on one side of the face, including those that control eye blinking and closing, and facial expressions such as smiling and frowning. Additionally, the facial nerve carries nerve impulses to the *lacrimal* or tear glands, the saliva glands, and the muscles of a small bone in the middle of the ear called the *stapes*. The facial nerve also transmits taste sensations from the tongue.

When Bell's palsy occurs, the function of the facial nerve is disrupted, causing an interruption in the messages the brain sends to the facial muscles. This interruption results in facial weakness or paralysis. Generally, Bell's palsy affects only one of the paired facial nerves and one side of the face, however, in rare cases, it can affect both sides.

What are the Symptoms?

Symptoms of Bell's palsy can vary from person to person and range in severity from mild weakness to total paralysis. These symptoms may include twitching, weakness, or paralysis on one or rarely both sides of the face. Other symptoms may include drooping of the eyelid and corner of the mouth, drooling, dryness of the eye or mouth, impairment of taste, and excessive tearing in one eye. Most often these symptoms, which usually begin suddenly and reach their peak within 48 hours, lead to significant facial distortion.

Other symptoms may include pain or discomfort around the jaw and behind the ear, ringing in one or both ears, headache, loss of taste, hypersensitivity to sound on the affected side, impaired speech, dizziness, and difficulty eating or drinking.

How is it Treated?

Recent studies have shown that steroids such as the steroid prednisone -- used to reduce inflammation and swelling --are effective in treating Bell's palsy. Other drugs such as acyclovir -- used to fight viral herpes infections -- may also have some benefit in shortening the course of the disease. Analgesics such as aspirin, acetaminophen, or ibuprofen may relieve pain. Because of possible drug interactions, individuals taking prescription medicines should always talk to their doctors before taking any over-the-counter drugs.

Another important factor in treatment is eye protection. Bell's palsy can interrupt the eyelid's natural blinking ability, leaving the eye exposed to irritation and drying. Therefore, keeping the eye moist and protecting the eye from debris and injury, especially at night, is important. Lubricating eye drops, such as artificial tears or eye ointments or gels, and eye patches are also effective.

Other therapies such as physical therapy, facial massage or acupuncture may provide a potential small improvement in facial nerve function and pain.

In general, decompression surgery for Bell's palsy -- to relieve pressure on the nerve -- is controversial and is seldom recommended. On rare occasions, cosmetic or reconstructive surgery may be needed to reduce deformities and correct some damage such as an eyelid that will not fully close or a crooked smile.

What is the Prognosis?

The prognosis for individuals with Bell's palsy is generally very good. The extent of nerve damage determines the extent of recovery. Improvement is gradual and recovery times vary. In a few cases, the symptoms may never completely disappear. In rare cases, the disorder may recur, either on the same or the opposite side of the face. With or without treatment, most individuals begin to get better within 2 weeks after the initial onset of symptoms and most recover completely, returning to normal function within 3 to 6 months. For some, however, the symptoms may last longer.