



Be Watchful—School starts August 14



2017 AUGUST

SUNDAY
FIRST DAY OF WEEK

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



August, 2017

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



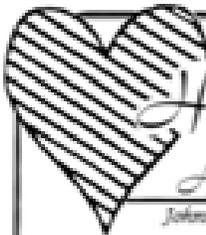
TRIAD of Union Parish
 710 Holder Road
 Farmerville, LA 71241
 (318) 368-0469

This institution is an equal opportunity provider 

U.S. Postage Paid
 Non-Profit Organization
 Permit No. 25
 Farmerville, LA 71241



TRIAD
of
Union Parish
extends our
Deepest Thanks
to our
Advertising
sponsors
for their support!



Heart's Desire
At Home Care Service
Johanna Jo Mollis Worley - CEO - Monroe office

Serving Northeast Louisiana (Region 8)

<p>Monroe Office 3114 Mercedes Drive Monroe, LA, 71201 PH: 337-5765 1-800-263-4492 e-mail: heartdesire4652@aol.com FAX: 337-2706</p>	<p>Farmerville Office Rita Isaac, Director 114 North Main Street Farmerville, LA, 71240 PH: 338-7479 * 338-4786 * 778-6897*</p>
--	---

Private pay care available through our subsidiary company,
Caring Hearts, Inc.
Health Order is Not Licensed

Sudoku solution:

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

Increase in Elderly Male Suicides

There appears to be an overall lack of public awareness regarding the high rates of suicide among men, especially relative to other more highly publicized threats to men's health, such as HIV/AIDS, heart disease, etc. that account for far fewer premature deaths among males each year. Suicide in men has been described as a "silent epidemic." Silent because of a lack of public awareness; epidemic because of its high rate of incidence.

Men, in general – and especially older men, are not as open about sharing their feelings as women. Most were taught that expressing their emotions would be seen as being weak, so they remain silent. Inside, their feelings of self-worth are becoming less and less. Because of physical problems, they can no longer do the things they were accustomed to doing, and depression begins to make itself at home.

Some signs of depression to look for include lack of energy, lack of motivation and lack of interest in things they once enjoyed. A decrease in appetite usually is noticed as well, although some medications may tend to be the cause.

If you notice a change in someone's behavior, take the time to let them know you care. It's okay to ask if anything is going on with them. People who feel connected are less likely to harm themselves. Isolation is never a good thing for anyone of any age. Sometimes they just need to get out and exercise. A good walk and talk can do wonders for depression—and possibly save a life.

**The 3 C's in life:
Choice, Chance,
Change.**

**You must make the
Choice, to take the
Chance, if you want
anything in life to
Change.**

GREAT AUTO INSURANCE RATES

*With Dependable, Local Service
You Know and Trust!*



Tommy Futch

507 Sterlington Road
Farmerville, LA. 71241

PH: 368-9757

AUTO - HOME - LIFE

LBFINSURANCE.COM * LOUISIANA FARM BUREAU CASUALTY INSURANCE CO.
ML CA12(0909)LA * SOUTHERN FARM BUREAU CASUALTY INSURANCE CO.
SOUTHERN FARM BUREAU LIFE INSURANCE CO., JACKSON, MS/SFBLI.COM

MARION
• STATE BANK •



"Growing By Helping Others Grow"

MEMBER FDIC

100 Years of Continuous Service Since 1907

345 Main St., Marion ♦ 718 Sterlington Hwy., Farmerville ♦ 9032 Hwy 165 N., Sterlington

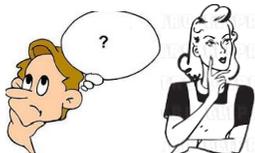
*** Read the TRIAD NEWSLETTER online at www.unionsheriff.com ***

Gray matters: more brain myths busted

Test your knowledge of these common brain myths and truths.

1. Can adult brains grow or change?
 - A. Yes
 - B. No
2. Is memory loss a sure sign of Alzheimer's disease decades later?
 - A. Yes
 - B. No
3. Does physical exercise benefit the brain and make it grow larger?
 - A. Yes
 - B. No
4. Could severe stress and major depression shrink the part of the memory for aging?
 - A. Yes
 - B. No
5. Could your brain grow larger if you learn a new language?
 - A. Yes
 - B. No
6. Does severe head trauma increase the risk for dementia?
 - A. Yes
 - B. No
7. The most important nutrient for the brain is:
 - A. Low-fat foods
 - B. High-fat foods
 - C. Foods and beverages that naturally contain or are fortified with omega-3 fatty acids, such as algal-derived DHA
8. Can your waist size influence the size of your brain?
 - A. Yes
 - B. No
9. Can lack of sleep impact normal brain function?
 - A. Yes
 - B. No
10. Can a poor diet be linked to:
 - A. Poor brain function
 - B. Accelerated brain aging
 - C. Mood disorders
 - D. Neurological problems
 - E. All of the above

Answers: 1A, 2B, 3A, 4A, 5A, 6A, 7C, 8A, 9A, 10E



Watermelon Blueberry Salad

Ingredients

- 1 tablespoon honey
- 3/4 teaspoon lemon juice
- 1/2 teaspoon minced fresh mint
- 1 cup seeded diced watermelon
- 1/2 cup fresh blueberries

Directions

In a small bowl, combine the honey, lemon juice and mint. Add watermelon and blueberries; toss gently to coat. Chill until serving. Yield: 2 servings.

The unique combination of flavors in the dressing that tops the fresh fruit in this salad is so refreshing on a hot summer evening!



WATERMELON & HEART HEALTH

Watermelon, has the highest concentrations of **LYCOPENE** of any fresh fruit or vegetable which helps fight heart disease & several types of **CANCER** especially prostate. It contains the amino acids citrulline & arginine, which can help maintain arteries, blood flow & overall **CARDIOVASCULAR** function. Watermelon plays an important role in the treatment of many infections in the body, including **INFLAMMATION** of the joints. It is rich in **CALCIUM** which aids in the preservation & strengthening of bone structures. It can also help with healing **GOUT**.

10 BENEFITS OF BLUEBERRIES FOR SKIN, HAIR, & HEALTH

- Helps Fight Signs Of Aging
- Prevents And Cures Acne
- Provides Fiber
- Facilitates Hair Growth
- Prevents Premature Graying
- Aids Weight Loss
- Fights Against Cholesterol
- Improves Binocular Vision



AGAPÉ HOSPICE GROUP

510 Trenton Street, Suite 100, West Monroe, Louisiana 71291
318-387-1115

Providing Excellence in End of Life Care!

OFFICE PLUS

Your Sign & Printing Headquarters

Office - Teacher - Religious Supplies
Printing - Signs - Banners
Decals - Stamps - License Plates

105 Miller Street
Farmerville, LA, 71241
officeplusupply@aol.com

PH: 318-368-2951
1-800-575-5445
FAX: 318-368-6477

Elder Abuse

An estimated one in 10 older adults have experienced elder abuse, but only a portion of elder abuse cases are believed to be reported to authorities. Elder abuse can include physical abuse, emotional abuse, sexual abuse, financial exploitation, or neglect and/or self-neglect. It often is committed by someone the person knows, such as a family member, friend, or caregiver, and it can occur in the older person's home, in a residential facility, or elsewhere in the community.

Warning signs of elder abuse include:

- Changes in an older adult's physical appearance, such as weight loss or unexplained bruising or bleeding
- Changes in an older adult's personality or mood
- Changes in an older adult's finances or money management
- A dominating, threatening caregiver or new "best friend"
- Exclusion from other family members or friends
- Changes in an older adult's home environment

Risk factors include social isolation, bereavement, cognitive decline, dependence on another for care, and depression or other mental issues. Victims may be reluctant to report abuse for fear of being moved from their home or being harmed.

For assistance or more information about Elder Abuse issues, contact *Susan Edwards at Union Parish TRIAD 318-368-0469 or the Union Parish Sheriff's Office 318-368-3124.*



Tim Tottleton
Senior Vice President
Business Development

Community Trust Bank

Office 318.368.3111
Fax 318.368.7028
Mobile 318.548.4598
200 North Main Street
Farmerville, LA 71241

ttottleton@ctbonline.com
www.ctbonline.com



Arbor Lake
Skilled Nursing and Rehabilitation
Where **YOUR** Family becomes **OUR** Family!

Arbor Lake provides you with a superior choice in Farmerville. The care created the moment you step into our home will instill the confidence you need to make a once difficult decision an easy choice.

Specializing in Your Care between Hospital and Home

PHONE 318-368-3103
2155 Sterlington Hwy
Farmerville, LA 71241
Re-Defining Health Care for Seniors

*Long - Term Nursing Care
*Physical, Occupational & Speech Therapy
*Skilled Nursing Care
*Nursing Suite Available
*Respite Services
*Specializing in Short - Term Rehabilitation
*Full Calendar of Activities
*Cable TV and Salon Services

For more information, contact
Arbor Lake or Sister Facility
ARBOR ROSE AT 368-1948

Apparently you have to eat healthy more than once to get in shape. This is cruel and unfair.

YOU'RE RETIRED. YOUR MONEY ISN'T.

You may have given up your traditional job, but your retirement money still needs to work.

To help ensure your retirement stays on track, you need a clear picture of your investments. Moving your accounts to Edward Jones can give you a more focused view, and having a single statement allows you to help make sure all your investments are working together.

To learn why consolidating your retirement accounts to Edward Jones makes sense, call your local financial advisor today. We'll meet with you face to face to help you achieve your financial goals.



Ricky Walbritton, AAMS*
Financial Advisor
310 N Main St
Farmerville, LA 71241
318.368.9000

www.edwardjones.com #edw001

Edward Jones
MEMBER SERVICE BY MAIL



The Dean of Flowers

Leslie Cobb
800.368.8452
318.368.9272
www.deanofflowers.com

Thought for the Day:

"The first method for estimating the intelligence of a ruler is to look at the people he has around him."

Riddle me this...

1. Which is faster, hot or cold? **Hot. You can always catch a cold.**
2. Forwards I am heavy, backwards I am not. What am I? **ton**
3. What has teeth but cannot eat? **Comb**
4. From what number can one take half and leave nothing? **8**
5. What has a face but no eyes, hands but no feet, tells but does not talk? **Clock**
6. What do tigers have that no other animal has? **Baby Tigers**
7. I have cities but no houses, forests but no trees, rivers but no water. What am I? **Map**
8. What appears once in every minute, twice in one moment, but never in a thousand years? **M**
9. The more you take away, the bigger I become. What am I? **A hole**
10. What should you keep after giving it to someone else? **A promise**

MYTHS ABOUT THE AGING BRAIN REVEALED

Who says you can't teach a mind new tricks at any age? Recent research shows that Americans have the power to positively influence their brain function throughout life - an important realization that is especially relevant for the more than 78 million baby boomers in the United States.

Dr. Majid Fotuhi, a leading neurologist and author of "The Memory Cure," says "... we can maintain and even improve our brain health as we age. In fact, our brains have the ability to grow and change throughout life."

Dr. Fotuhi debunks four common myths surrounding the brain and aging.

1. The brain stops growing after childhood. A decade ago, many experts would have scoffed at the idea that the brains of adults, particularly older adults, could grow or develop in any significant way. But that has changed. Research increasingly suggests that each time a new skill is learned, such as playing an instrument, speaking a foreign language or even dancing, new pathways are formed and areas of the brain may grow, even well into the later years. Physical and mental exercise can alter specific brain regions, improving in cognitive function. Brain growth isn't just for kids.

2. Once I start experiencing memory loss, it's all downhill and there's not much I can do. Actually, there are a number of things you can do to improve your memory throughout life, even if you are already noticing changes. Exercise, challenging mental activities, social engagement and diet adjustments have all been shown to have positive effects on cognition and memory.

3. Memory problems must mean Alzheimer's disease. Many people, young or old, worry that mild forgetfulness must be a sign of Alzheimer's disease. But most people are worrying needlessly - research shows that more than 80 percent of people will never get Alzheimer's disease. Emerging research indicates that many people experiencing memory loss and dementia actually have mixed pathologies in their brains. In fact, very few senior citizens have "pure Alzheimer's disease." Instead, late-life cognitive impairment may be a result of multiple "hits" to the brain, from a variety of risk factors such as hypertension, obesity, sedentary lifestyle, chronic stress, head trauma and poor diet. The good news? There is the opportunity to influence brain health and function by incorporating lifestyle factors like exercise, a healthy diet, stress reduction and intellectual and social engagement. Regardless of family history, the choices a person makes in life may be able to slow the progression of age-related cognitive decline or help prevent it altogether.

Sudoku is easy to play and the rules are simple. Fill in the blanks so that each row, each column, and each of the nine 3x3 grids contain one instance of each of the numbers 1 through 9.

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

IF YOU DON'T UNDERSTAND HOW A WOMAN COULD BOTH LOVE HER SISTER DEARLY AND WANT TO *wring her neck* AT THE SAME TIME. THEN YOU WERE PROBABLY AN *only child.*



Remember—Short people have the best prospective on life because they are always looking up!

I'M EATING JUST IN CASE I GET HUNGRY LATER.

I have hunger management issues.

(Aging Brain myths cont.)

4. Brightest equals youngest. Today's society does place an emphasis on age but, keep in mind, people over 65 rule the country. The majority of legislators, CEOs, doctors, lawyers, judges, economists and CEOs are not in their 30s or 40s, but seasoned veterans who bestow several decades of experience and expertise. Along with gray hairs come both knowledge and wisdom and you do not have to look far to find inspiring stories of accomplishment, creativity and reinvention in the second half of life.



FROM THE OFFICE...

Has this been a strange summer or what?

Recently on Facebook, people have been challenged to list 20 things about themselves that others may not know. I came up with 15. Here goes:

1. I am the baby of my family. I have always liked to entertain them and guess what? I still do. Some people call me witty.
2. I love to read. Have always said that I have traveled a million miles between the pages of a book.
3. As a child, I was scared of EVERYTHING—storms, wind, you name it. Now I am scared of very little. (Well—snakes—yes!) Being married to a Claiborne Electric man, I quickly got over fear since I spent almost every storm by myself!
4. I would rather give than receive.
5. I was called to teach for 31 years. I knew when it was time to leave.
6. I am a people pleaser. I do not like for people not to like me. I never deliberately hurt anyone.
7. My sisters are my best friends. I do not know what I would do without them. They have brought me through some dark times. (The third sister knows who she is.)
8. I have 20 first cousins. I come from a large family.
9. I love my son. I think he is smart, handsome, funny. I am his cheerleader.
10. I am very good at putting stuff together. I follow directions very well.
11. I like mountains, not beaches. Sand and I don't get along.
12. I can tow a trailer very well, but don't ask me to back it up! A lot of people have offered to “teach” me how—I know my limitations.
13. I grew up in Truxno. (Actually between Truxno and Oakland) I worked in chicken houses (siblings would disagree with that). Learned to drive on a Volkswagen. I have drawn water from a well. Saw my mother wring chickens' necks. Have always wanted to drive an eighteen wheeler. Learned to swim in “Big Loutre”. I could eat chicken everyday.
14. My mother thought I was beautiful when I wore black horned rim glasses and had the curliest hair you could imagine. She was our cheerleader.
15. I got saved at Bird's Chapel United Methodist Church when I was 16 years old. The Lord loves me. This is what I believe: He loves me sooooo much that if He had a refrigerator, He would have my picture on it. (He loves you that much too!)

I have a few additions to my list:

16. I love puzzles. Do the crossword almost everyday. I'm hoping it will keep my mind active.
17. I ALWAYS wear red lipstick and I ALWAYS wear red nail polish. My favorite lip stick is Cherries in the Snow.
18. I was NEVER an athlete but I love to watch baseball and softball. Somehow, I even know the rules. Oh, and I believe that you should yell for your person that is playing!
19. I don't do new things easily. I guess that is why I taught in the same classroom for 20 years. Changing schools was very traumatic for me. Changing jobs was even more traumatic. I have decided to TRY to step out of the box and do some new things—hopefully without a full-blown panic attack.
20. At the ripe age (notice that I did not say OLD) of 56, I started drinking coffee. Everybody in my family drank coffee EXCEPT me. I love coffee now although it MUST be doctored—3 Splendas and heavy cream. Some people don't even think that is coffee—just milk with a little coffee in it.

Susan

TRIAD Newsletter

August, 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!



Dog Days of Summer



According to the dictionary, dog days is described as:

1. The hot period between early July and early September
2. The sultry part of summer when Sirius, the Dog Star, rises at the same time as the sun.
3. A period marked by lethargy, inactivity, or indolence.
4. A period of stagnation.

The dog days or dog days of summer are the hot, sultry days of summer. They were historically the period following the heliacal rising of the star Sirius, which Greek and Roman astrology connected with heat, drought, sudden thunderstorms, lethargy, fever, mad dogs, and bad luck. They are now taken to be the hottest, most uncomfortable part of summer in the Northern Hemisphere.

***Dog Days bright and clear
indicate a happy year.***

***But when accompanied by rain,
for better times our hopes are vain.***

Some summer facts: Suicides actually increase during the summer months. Research suggests several reasons, including increased interaction with other people and seasonal hormonal changes.

Leprosy is more readily contracted during the summer. Each year about 150 Americans contract leprosy, the same skin-disease that is mentioned in the Bible. In the United States, the source of leprosy is usually armadillos. The disease is transmitted when people, particularly in the southern U.S., hunt, kill, and eat infected armadillo.

Popsicles, a popular summer treat, was accidentally invented by an 11-year-old boy in San Francisco in 1905. He left a glass of soda sitting outside in the cold winter and by the next morning the soda had frozen. He began selling them at an amusement park in New Jersey.

Contrary to popular belief, crime rates do not increase during the summer. However, the *types* of crimes change as the seasons change. The researchers found that "serious violence was significantly higher during the summer than during the winter, spring and fall seasons." That includes rape and sexual assault, robbery, and aggravated assault. Among adults, simple assault is also more common in summer than in other months.