



2017

DECEMBER

SUNDAY
FIRST DAY OF WEEK

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
26	27	28	29	30	01	02
03	04	05	06	07 Food Day 1	08	09
10	11 Pick up at schools	12	13	14	15	16 Marion TRIAD Christmas Party Noon
17	18 Put Boxes Together	19	20	21 Food Day 2	22	23
24	25 Office Closed Christmas	26 Office Closed	27	28	29	30



December, 2017

Bro. David Martin-Dec 6

Maggie Jones-Dec 6

Gladys Riley-Dec 8

Rosia Hogue-Dec 14

Jane Barr-Dec 17

Lessie Jamerson-Dec 29



TRIAD of Union Parish
710 Holder Road
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(318) 368-0469

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A note from Brother David Martin...

Matthew's account of the Christmas Story as recorded in Matthew recounts the visit of the "Wise Men" (Magi) to Bethlehem following the Star, having traveled a great distance. Please note that Jesus and his parents are now in a house rather than the stables. The fact that King Herod had all male babies two years old and younger murdered must indicate that Jesus must have fallen into that age group. These Magi were scholars and scientists (astrologers) who studied the stars and planets, thus the Special Star or sign.

Following that "Star" that led them to Jerusalem and to the exact place where Jesus and the parents were located, they prostrated themselves before the Child Jesus, and then presented gifts of "Gold, Frankincense and Myrrh", which gifts were highly expensive and extravagant. In other words, their highest and best! What about our gifts? Remember the old hymn: "Give You Best to the Master".

The Magi were warned in a dream to return to their home by a different road or route. This was no doubt for their own safety and security, for to return to King Herod, the treacherous and murderous maniac, might well have put them in a precarious situation. Herod had no intent in worshiping the Child but rather to have Him murdered. Herod murdered members of his own family, including his "favorite" wife and anyone else that was a potential threat to his throne and power.

The change of route by the Magi reminds us of a great spiritual truth: to experience Jesus, and to come to Jesus by faith, to trust Him with our lives, places us on a different path in life...we can never travel the old road. There is a change in direction. That is what we mean by repentance; it is an aboutface in our lives, a change of mind, a change in our lives and lifestyles. See 2 Corinthians 5:17

There is a miraculous and radical transformation that takes place in our lives. Read about Paul's conversion and complete turnaround in his life in Acts 9. It is repentance, not mere regret or remorse that makes the difference. Some may have said, "I'm going to change my ways, quit my old bad habits, clean up my life, and start going to church!" That is *Reformation*. We trust Christ as Savior, and allow Him to make that changes, that's *Transformation*.

What will you give The Christ for Christmas? Give Him yourself!



Give the Gift of Caring

Caregivers as a group are notoriously reluctant to ask for assistance, so here are a few ways to help a caregiver and lend the support they may not even realize they need and deserve:

Some of the easiest ways for you to help can mean the most to an exhausted caregiver, whether you do them yourself or pay someone to have them done. These can include cleaning the bathroom or kitchen, dog-walking, grocery shopping or preparing meals (fresh or freezable), mowing the lawn and staying with the person receiving care a couple of times a month so the caregiver can have the day off.

Many primary caregivers sacrifice both their money and time caring for a loved one. Funds allowing, the caregiver can sometimes be paid through the estate – but not always. If you and your siblings are allowed to maintain your status quo because another family member has stepped up, then find a way to help compensate them for their time.

It can be difficult to remind caregivers that they need to look after themselves first, but find a way to be insistent about attention to self-care: it's far too easy to place focus solely on the one receiving care. If there are concerns about the caregiver's physical or psychological health, don't ignore the warning signs: take action before it's too late.

Caregivers need to know they're wanted, included and not left behind by those with freer social calendars. Invite them out for coffee, a meal or to go shopping.

Caregivers often feel very alone and many suffer from depression: a willing ear is often welcome. If you can make them laugh, even better.

Volunteer to be the caregiver's backup and "in case of emergency" person. Be the keeper of essential information should something happen to the caregiver that renders them unable to provide care. Have doctor contact and insurance information, spare keys and swap phone numbers with a neighbor. Know where all important papers and documents are kept.

Don't complain about the small stuff: remember, it's possible they were the only applicant for the job.

And the King shall answer and say unto them, Verily I say unto you, Inasmuch as ye have done it unto one of the least of these my brethren, ye have done it unto me. Matthew 25:40

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

Name That Christmas Song

A lyric from the song is given. In what song would you find the lyric?

- "Round you virgin mother and child"
 - Jingle Bells
 - Silent Night
 - I'll Be Home for Christmas
 - We Three Kings
- "And Heaven and nature sing"
 - Away in a Manger
 - Joy to the World
 - White Shepherds Watched
 - White Christmas
- "Tis the season to be jolly"
 - Jingle Bells
 - White Shepherds Watched
 - Deck the Halls
 - God Rest Ye Merry Gentlemen
- "God and sinners reconciled"
 - O Come O Come Emmanuel
 - O come All Ye Faithful
 - Hark the Herald Angels
 - The First Noel
- "Disperse the gloomy clouds of night"
 - O Come All Ye Faithful
 - O Come O Come Emmanuel
 - Hark the Herald Angels
 - The First Noel
- "Joyful and triumphant"
 - O Come All Ye Faithful
 - Joy to the World
 - Deck the Halls
 - Ave Maria
- "Looked down where he lay"
 - The First Noel
 - Little Town of Bethlehem
 - Joy to the World
 - Away in a Manger
- "O tidings of comfort and joy"
 - God Rest Ye Merry Gentlemen
 - The First Noel
 - Diag Dong Merrily on High
 - Away in a Manger
- "On a cold winter's night that was so deep"
 - Away in a Manger
 - The First Noel
 - Ave Maria
 - Deck the Halls
- "Hang a shining star upon the highest bough"
 - O Come O Come Emmanuel
 - Have Yourself a Merry Little Christmas
 - Hark the Herald Angels
 - Frosty the Snowman
- "City sidewalk, busy sidewalks, dressed in holiday style"
 - Joy to the World
 - Deck the Halls
 - Rudolf the Red Nosed Reindeer
 - Silver Bells
- "Please have snow and mistletoe and presents under the tree"
 - Beginning to Look a Lot Like Christmas
 - Silent Night
 - I'll Be Home For Christmas
 - Jingle Bells
- "Somebody switched on me"
 - Bill's Christmas Treat
 - The First Noel
 - Nuttin' for Christmas
 - Deck the Halls
- "Bearing gifts we traverse afar"
 - Jingle Bells
 - Silent Night
 - I'll Be Home for Christmas
 - We Three Kings
- "Come on, it's lovely weather"
 - Deck the Halls
 - White Shepherds Watched
 - Jingle Bells
 - Sleigh Ride

Merry Christmas



WORD SEARCH



See how many of these words you can find in the puzzle. The words can be forward, backward or diagonal.

- | | | | |
|--------------|----------------|---------------|-------------|
| 1. Merry | 5. Friends | 9. Candy | 13. Holiday |
| 2. Christmas | 6. Gifts | 10. Giving | 14. Music |
| 3. Vacation | 7. Decorations | 11. Ornaments | 15. Lights |
| 4. Family | 8. Shopping | 12. Santa | 16. Carols |

12 Impressive Health Benefits of Sage



1. It Helps You to Think Better
2. It's a Powerful Anti-Inflammatory
3. It Soothes Sore Throats
4. It Fires Up Your Immune System
5. Boosts Blood Health
6. It Loosens Stiff Muscles
7. Strengthens Bones and Teeth
8. Prevents Constipation
9. Improves Your Eyesight
10. It's Full of Protein
11. It's an Excellent Antioxidant
12. It Keeps Your Skin Young and Toned

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You're Old When...

'Getting Lucky'
Means
Finding
Your Car
In The
Parking Lot!

Beautiful
Young
People
Are Acts
Of Nature,
But Beautiful
Old People
Are Works
Of Art.

Age Is
A Matter
Of Mind
And If
You Don'T
Mind
It Don'T
Matter!

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

Wow, Some interesting stuff here!
DID YOU KNOW?

1. Budweiser beer conditions the hair
2. Pam cooking spray will dry finger nail polish
3. Cool whip will condition your hair in 15 minutes
4. Mayonnaise will KILL LICE, it will also condition your hair
5. Elmer's Glue - paint on your face, allow it to dry, peel off and see the dead skin and blackheads if any.
6. Shiny Hair - use brewed Lipton Tea
7. Sunburn - empty a large jar of Nestea into your bath water
8. Minor burn - Colgate or Crest toothpaste
9. Burn your tongue? Put sugar on it!
10. Arthritis? WD-40 Spray and rub in, kill insect stings too
- 11 Bee stings - meat tenderizer
12. Chigger bite - Preparation H
13. Puffy eyes - Preparation H
15. Stinky feet - Jello !
16. Athletes feet - cornstarch
17. Fungus on toenails or fingernails - Vicks vapor rub
18. Kool aid to clean dishwasher pipes. Just put in the detergent section and run a cycle, it will also clean a toilet. (Wow, and we drink this stuff)
19. Kool Aid can be used as a dye in paint also Kool Aid in Dannon plain yogurt as a finger paint, your kids will love it and it won't hurt them if they eat it!
20. Peanut butter - will get scratches out of CD's! Wipe off with a coffee filter paper
21. Sticking bicycle chain - Pam no-stick cooking spray
22. Pam will also remove paint, and grease from your hands! Keep a can in your garage for your hubby



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Tim Tottleton
Senior Vice President
Business Development

Office 318.368.3111
Fax 318.368.7028
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Farmerville, LA 71241

tottleton@ctbonline.com
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December 7, 1941.... "a date which will live in infamy"...

The attack on Pearl Harbor was a surprise military strike by the Imperial Japanese Navy Air Service against the United States naval base at Pearl Harbor, Hawaii Territory, on the morning of December 7, 1941. The attack, also known as the Battle of Pearl Harbor, led to the United States' entry into World War II. The Japanese military leadership referred to the attack as the Hawaii Operation and Operation AI, and as Operation Z during its planning.



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From all of us to all of you, we wish you good health, happy families, success in life, and a great love for Jesus Christ our King.

Merry Christmas

Medicare Card Changes in 2018

New Medicare cards arriving next year will no longer display Social Security numbers, a move designed to protect against fraud and identity theft.

Identity theft has been on the rise among those age 65 and older. According to the latest figures from the Department of Justice, the number of cases reached 2.6 million in 2014, up a half million incidents in just two years.

Here's what you need to know about the new cards:

The Centers for Medicare & Medicaid Services (CMS) will begin mailing the cards to beneficiaries in April, 2018. The cards will automatically be mailed to all 58 million current beneficiaries. You don't need to do anything special to receive one. The new cards will feature a randomly assigned Medicare Beneficiary Identifier (MBI) made up of 11 letters and numbers. Your benefits won't change under the new MBI.

Scams relating to the new card are already surfacing. Some Medicare recipients report getting calls from scammers who tell them that they must pay for the new card and then ask them for their checking account and Medicare card numbers. Don't give out either number. CMS will never need you to tell them what your Medicare card number is because they already know it.

Make this your new "WOW" dish at Christmas Dinner Hot Pineapple Salad

Ingredients

- 1 cup sugar
- 6 tablespoons all-purpose flour
- 2 cups grated sharp cheddar
- 2 (20-ounce) cans pineapple chunks, drained, and 6 tablespoons pineapple juice reserved
- 1 cup cracker crumbs (recommended: Ritz)
- 8 tablespoons (1 stick) butter, melted, plus extra for greasing pan

Directions

Preheat the oven to 350 degrees F.

Grease a medium-size casserole dish with butter.

In a large bowl, stir together the sugar and flour. Gradually stir in the cheese. Add the drained pineapple chunks, and stir until ingredients are well combined. Pour the mixture into the prepared casserole dish.

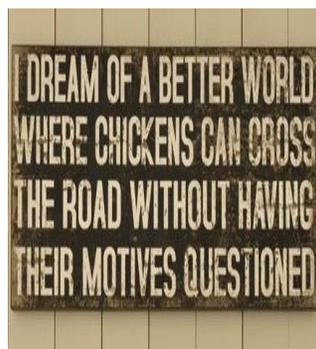
In another medium bowl, combine the cracker crumbs, melted butter, and reserved pineapple juice, stirring with a rubber spatula until evenly blended. Spread crumb mixture on top of pineapple mixture. Bake for 25 to 30 minutes, or until golden brown.

15 HEALTH BENEFITS OF PINEAPPLE

Boosts The Immune System
Relieves Inflammation
Improves Circulation
Helps Prevent Cancer
Defends Against Arthritis
Protects Against Heart Disease
Helps Lower Blood Pressure
Helps Combat Cancer
Improves Digestion
Relieves Constipation
Helps Fight Infection
Helps Slow Aging
Aids In Weight Loss
Promotes Fat Burning
Rejuvenates The Skin

5 THINGS TO QUIT RIGHT NOW.

1. Trying to please everyone.
2. Fearing change.
3. Living in the past.
4. Putting yourself down.
5. Overthinking



Some days
I amaze myself.
Other days I put the
laundry in the oven.



FROM THE OFFICE...

Awww, Christmas! It's always fun for me to look at the new decorations at Wal-Mart and I look every time I go.....since September!

As I have said many times, "I LOVE Christmas!" Yes, I know that I am old (hang on, let's just say OLDER) but I still get excited about the simple things of the season. My mind goes back to simpler times and simpler celebrations. For instance:

- Cutting down your own tree. Don't you remember going to the woods with your parents to cut down a cedar tree? Doesn't seem like there are many left. A couple of years ago I decided that I wanted a real tree out of real woods. I got it. It smelled wonderful. I know that you could throw a couple of cats through the holes but I didn't even notice.
- We always had fruit and nuts and orange slices for Christmas. Our mother would put it in a box under the tree. After Christmas, she usually made an orange slice cake.
- We made many of our own decorations. There is nothing any more special than a pine cone or a gum ball frosted with glitter, It is not necessary to buy ALL the ornaments. I start looking for holly with red berries before Thanksgiving.
- Angel biscuits and cheese straws and raisin pie and 5 cup salad and fresh coconut cake all say Christmas to me. These are things that my mother and mother in law always made for the holiday. My mother's last Christmas was made even more special because she made my sister her favorite raisin pie.
- Are you a "peeker"? I've ALWAYS been a peeker. When I finally found out about SC, I was like a bloodhound searching out those presents. AND I always found them. My mother was not a great hider. My husband, on the other hand, would get someone to wrap and deliver my presents—usually on Christmas Eve (He knew me pretty well.) By the way, I'm STILL A PEEKER!
- I love—no. I LOVE to give presents. And it does not just have to be Christmas, but I especially love to give presents at Christmas. I just love it when people say, I don't want anything for Christmas. That makes me even more determined to get the RIGHT gift. And when the gift comes, don't say, "I really didn't need this" just say, "Thank you, I love it." (Maybe you did need that shirt!)
- I love to see houses and churches "dressed" for Christmas. I never go all out but there are certain things that I always do—holly with red berries, greenery, Christmas tree. My dining table centerpiece was given to me by my husband for our first Christmas. I had it redone a couple of years ago and I'm still using it—it is very special.
- Christmas church services are very special. Carols and hymns and special songs. Poinsettias and holly and candlelight. Little children and shepherds and wise men. The wonder of a baby born that would save the world. The wonder of His birth!

We here at TRIAD of Union Parish wish you and yours a most wondrous and beautiful Christmas!!

Much love,

Susan, Alice and Brenda

TRIAD Newsletter

December, 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!



*It came upon a midnight clear,
That glorious song of old,
From angels bending near the earth,
To touch their harps of gold:
"Peace on the earth, goodwill to men,
From heaven's all-gracious King."
The world in solemn stillness lay,
To hear the angels sing.*

*Still through the cloven skies they come,
With peaceful wings unfurled,
And still their heavenly music floats
O'er all the weary world;
Above its sad and lowly plains,
They bend on hovering wing,
And ever o'er its Babel sounds
The blessèd angels sing.*

*Yet with the woes of sin and strife
The world has suffered long;
Beneath the angel-strain have rolled
Two thousand years of wrong;
And man, at war with man, hears not
The love-song which they bring;
O hush the noise, ye men of strife,
And hear the angels sing.*

*And ye, beneath life's crushing load,
Whose forms are bending low,
Who toil along the climbing way
With painful steps and slow,
Look now! for glad and golden hours
come swiftly on the wing.
O rest beside the weary road,
And hear the angels sing!*

*For lo!, the days are hastening on,
By prophet bards foretold,
When with the ever-circling years
Comes round the age of gold
When peace shall over all the earth
Its ancient splendors fling,
And the whole world give back the song
Which now the angels sing.*