

2016 FEBRUARY

SUNDAY
FIRST DAY OF WEEK

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
31	01	02	03	04	05	06
				Food Day 1		
07	08	09	10	11	12	13
		Spearsville TRIAD 12:30	Marion TRIAD 1:30			
14 <i>Valentine's Day</i>	15	16	17	18	19	20
			Food Day 2	Farmerville TRIAD 1:00		
21	22	23	24	25	26	27
28	29	01	02	03	04	05

Happy Valentine's Day



Bobbie Wayne - Feb 2
Linda Washington - Feb 3
Carrie Howard - Feb 6
Jamie Russell - Feb 11
Mildred Reeves - Feb 16
Janie Elliott - Feb 21
Cynthia King - Feb 22
Sharon Freer - Feb 27



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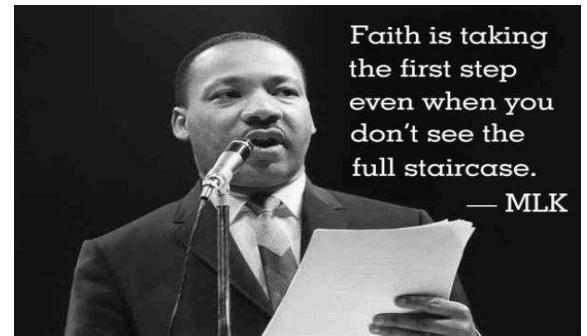
February Wordsearch

CANDLES
CANDY
CARDS
CHOCOLATE
CRUSH
CUDDLE
CUPID
DANCING
DINNER
FEBRUARY
GROUNDHOGDAY
HEART
HUGS
KISSES
LOVE
PINK
PRESIDENTSDAY
RED
ROMANCE
ROSES
SMOOCH
SWEETIE
TEDDYBEAR
VALENTINE

Valentine's Day, Groundhog Day,
President's Day, etc.

Try to find all 24 words on this board.

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



Faith is taking
the first step
even when you
don't see the
full staircase.

— MLK

"I have a dream that one day this nation will rise up and live out the true meaning of its creed - we hold these truths to be self-evident: that all men are created equal."
- Martin Luther King, Jr.

Black History Month began in 1926 as part of an initiative by writer and educator Dr. Carter G. Woodson who launched Negro History Week in 1926.

Woodson proclaimed that Negro History Week should always occur in the second week of February — between the birthdays of Frederick Douglass and Abraham Lincoln.

Since 1976, every American president has proclaimed February as Black History Month. Today, other countries such as Canada and the United Kingdom also devote an entire month to celebrating black history.

Flowers that say "LOVE"

Many flowers express love in some way or other. They are popular for Valentine's Day, but may be better for your budget than a dozen roses. Here is a partial list:

Roses: The red rose is the universal symbol of romantic love. Need we say more!?

The Valentine Flower - Sure, red roses symbolize love. But, did you know there's a flower, and it is not a rose, that is called the Valentine Flower!? Some call it "Bleeding Heart".

Forget-Me-Not - These perennial flowers are a sign of love or friendship. Pretty blue flowers are irresistible.

Love-In-A-Mist - When you are in love, you're on Cloud Nine.

Cyclamen - This popular Valentine's Day gift has heart-shaped leaves. The most popular varieties are those with red flowers. Gee, I wonder why....

Mistletoe - According to tradition, you kiss your intended under the Mistletoe at Christmas. You can also do so on Valentine's Day. Good luck finding Mistletoe in February.....

Passion Flower - ignite your passion.



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

How to Keep Your Mind Sharp

Here are 10 activities you can incorporate into your life to help keep the mind sharp and brain nourished:

1. Exercise

It has long been understood that the mind and body are interconnected. What benefits the body will benefit the brain. Regular exercise goes a long way to keeping the brain healthy.

2. Read a Book

Reading is beneficial on many levels. When you read, not only do you absorb the information contained in the book, but the act of reading itself builds connections within the brain that make it more versatile.

3. Eat Right

Many foods, including nuts, fish and red wine, have been linked to a healthy brain. But concentrating on an all-around healthy diet may be the best nutritional strategy for keeping the brain sharp.

4. Maintain Good Posture

Maintaining an upright, un-slouched posture improves circulation and blood-flow to the brain.

5. Sleep Well

A good night's sleep is vitally important to a healthy mind, especially memory. Get enough sleep and, if necessary, take naps.

6. Paint, Draw or Doodle

Whether it's a masterpiece or a mere doodle, simply making a picture is an excellent workout for the brain.

7. Listen to Music

Music affects the brain profoundly, and has been linked to improved cognition and memory functioning.

8. Learn Something New

Many colleges and senior centers offer engaging, low-cost lectures and classes for older adults. Whether you're learning a new language or beefing up your computer skills, ongoing education is a surefire way to keep sharp.

9. Do Puzzles

When you challenge and stimulate yourself intellectually, you exercise your brain and increase your mental capacity. Crosswords are a popular choice, but puzzles of all kinds may be similarly helpful.

10. Write

Writing improves working memory and your ability to communicate. It matters not whether it's an email to family, a private journal or the "Great American Novel." It's important to know that although there are no clinically proven ways to reverse the course of brain diseases like Alzheimer's, leading a healthy lifestyle that's both socially and intellectually stimulating combats normal, age-related mental decline. This may decrease the risk of developing Alzheimer's and other kinds of dementia.



When you receive your 2016 notice of income from Social Security, remember to bring it by the TRIAD office in Farmerville to recertify for your monthly food box.



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From the desk of Bro. David Martin...

February and Valentine's Day go together like "a horse and carriage, love and marriage", as the old song goes. It is an exciting time for so many, perhaps the majority, in the giving and receiving of cards, candy, flowers, balloons, and other gifts.

Now I know I'm old and forgetful, but I don't recall a lot of emphasis in our home given to Valentine's Day. Mother would have been the main recipient of any card or gift in any event.

School was a different matter! In some of these lower grades students would share these little penny cards. Yes, they were a penny, with cute and sweet pictures and messages. I cannot recall receiving a single card from one of those pretty girls in the classroom. And I remember to this day the feelings of disappointment and rejection I felt. It was painful to a young boy who already had feelings of self-worth and self-esteem.

There may be times in our daily living when we face disappointments, rejection, feelings of low esteem and lack of self-worth. Some of you may be experiencing such feelings or thoughts even now.

When all is said and done, we need to know with certainty and confidence that there is that "Someone" who loves and accepts us whoever we are and whatever in this life. God loves us completely, perfectly and unconditionally! And He proved and demonstrated that love. Read for yourself the words of John 3:16 (most can quote that) and Romans 5:8. Wow! What great love and grace!



2016 Groundhog's Day

Date When Celebrated: February 2 each year

Groundhog Day is celebrated in the U.S. each year on February 2nd. On this day in mid-winter, the groundhog awakens from a long winter's nap, and goes outside of his den to see if he sees his shadow. This tradition is big, on an otherwise cold and dreary mid-winter's day.

According to legend, if the groundhog sees his shadow (a sunny morning), there will be six more weeks of winter. He then returns to his den and goes back to sleep. If however, he does not see his shadow (cloudy days), he plays around outside of his hole for a while. If he does not see his shadow, spring is just around the corner.

The Groundhog's Day tradition travelled long ways. It comes from German roots. German immigrants brought the tradition with them from Germany. As they settled in hills of Pennsylvania, they began the tradition of using the Groundhog to predict the arrival of Spring. The tradition is based upon Candlemas, the day that is the midpoint between Winter and Spring. A famous Candlemas poems goes:

If Candlemas be fair and bright,
Winter has another flight.
If Candlemas brings clouds and rain,
Winter will not come again.

Punxsutawney, Pennsylvania is the site of the annual Ground Hog event. Our little rodent friend (yes, Groundhogs are classified as rodents) is called Punxsutawney Phil. He has been making this annual winter prediction since 1887. There are a few other "predictors" around the country, but they all pale in comparison to Phil's ability to predict the remainder of winter.

For the Record Phil sees his shadow about 9 out of 10 times

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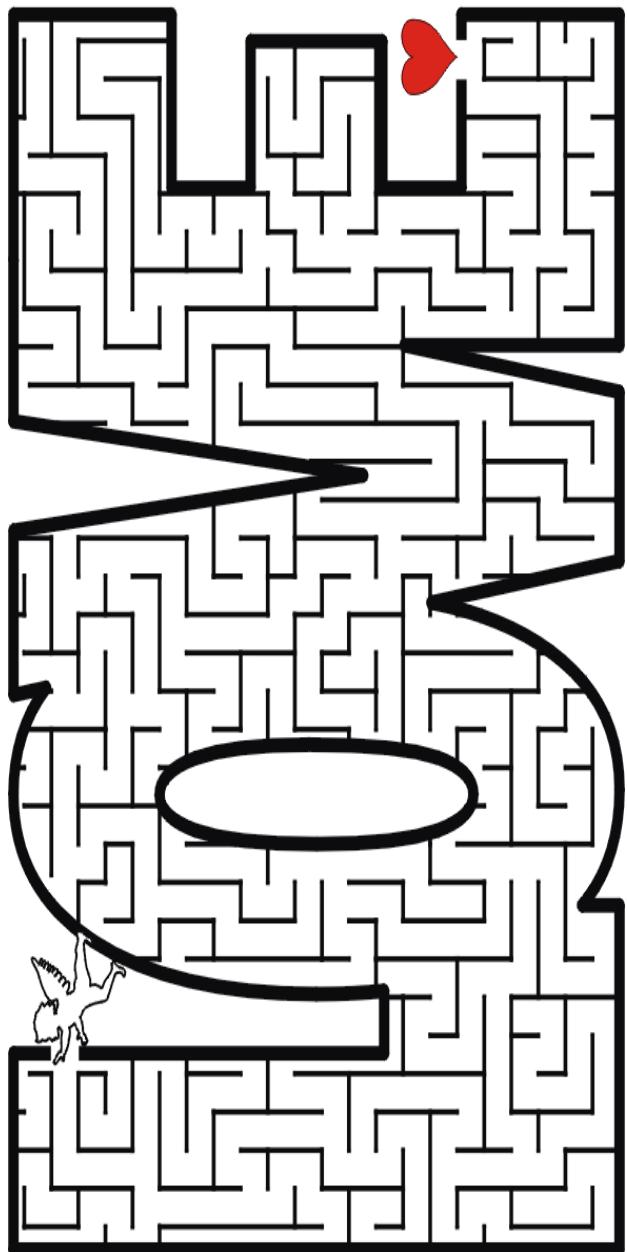
George Washington's Birthday

Although George Washington's birthday is celebrated on February 22, it is observed as a federal holiday on the third Monday of February. To complicate matters, Washington was actually born on February 11 in 1731! How can that be? During Washington's lifetime, people in Great Britain and America switched from the Julian to the Gregorian calendar (something most of Europe had done in 1582). As a result of this calendar reform, people born before 1752 were told to add 11 days to their birth dates. Those born between January 1 and March 25, as Washington was, also had to add one year to be in sync with the new calendar. By the time Washington became president in 1789, he celebrated his birthday on February 22 and listed his year of birth as 1732. Upon entering office, Washington was not convinced that he was the right man for the job. He wrote, "My movements to the chair of government will be accompanied by feelings not unlike those of a culprit, who is going to the place of his execution." Fortunately for the young country, he was wrong.



If you think that George Washington chopped down a cherry tree and then admitted his wrongdoing by saying to his father, "I cannot tell a lie," think again. He didn't say it; he didn't even chop down the tree! Parson Mason Weems (1759-1825), one of Washington's biographers, made up the story, hoping to demonstrate Washington's honesty.

This tale is not the only myth about Washington. His wooden dentures? They weren't made of wood. Instead, they were made of hippopotamus teeth that had been filed down to fit Washington's mouth.



10 Health Benefits of...

Blueberries

1. SUPERFRUIT!
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3. Slows Breakdown of Bones
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9. Prevents Cancer
10. Enhances Mood



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FROM THE OFFICE...

We must live in Louisiana because the weather has been REALLY crazy. Shorts one day and insulated underwear the next.

February, the month of love. The day after Christmas I started seeing heart shaped boxes and pink and red balloons. Don't get me wrong, I'm all about love but it seems that we could at least wait until the first of February to see all the pink.

Do we really need all of this hoopla (I love that word) to prove that we love somebody? Must we give candy, send cards, flowers and balloons? Don't get me wrong, I love to get flowers (my husband always sent flowers and my son has continued that tradition) but they are not necessary for me to know that I am loved. It almost seems that it is a contest to see who gets the most flowers or the most candy. There are easier ways to show love—every day.

1. Just say it—"I love you." Say it often and say it with meaning.
2. Send a note—it does not have to be pink or red and it does not have to have hearts on it.
3. Make a phone call. You don't have to talk for an hour—maybe, just ask about their day.
4. Do you see something in the grocery store that they might like?
5. Does someone's yard need to be raked?
6. Tell your grandkids how proud you are of them.
7. Call a shut in and offer to go to the grocery store.
8. Go watch a child play baseball or basketball—it doesn't have to be your kid.
9. Offer to help someone in the grocery store. I often need help—why do they put stuff that I need on the highest shelf?
10. Let the person with one item go ahead of you in the check out line.
11. Take somebody a hamburger for lunch.
12. Give someone a compliment—you can easily make someone's day!
13. Buy somebody a present—for no reason.
14. Just show up at a friend's house for coffee—take the coffee with you.
15. I just had a phone call from a very nice lady. Since I've been a little under the weather, she just called to check on me. Made my day!!

My pat statement is that it takes very little to make me happy and I think that most people feel that way. This Valentine's Day, let's see if we can make somebody happy! Oh, and you can send flowers or candy if you want to!!

-Susan



TRIAD Newsletter

February, 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!



The History of Valentine's Day

At a turbulent period of Roman History, when a crumbling Roman empire was facing hostilities from all sides, the country needed valiant soldiers who would be ruthless and able to lay down their lives for the cause of the motherland. Emperor Claudius II felt that marriage was becoming a serious impediment in building a strong national defense as married soldiers felt disinclined to stay away from home for a long time. He issued an edict forbidding marriage to assure quality soldiers. But a kindly priest Valentine came to the rescue of young Romans and secretly married them off. But this good time was not long to last for Claudius II soon got wind of Valentine's actions and had him arrested. Though initially impressed by Valentine's personality and courage, the emperor tried to force his order on him and is even said to have attempted to convert him. When Valentine refused to obey both royal orders, the incensed emperor ordered his execution.

While awaiting his sentence in prison, Valentine is believed to have restored the sight of the jailer's daughter with his reported mystical powers. This earned him the friendship of the jailer Asterius as well as his daughter. A little time before his death, Valentine is said to have asked for a pen and paper from his jailer, and wrote a farewell message to Asterius' daughter signing it as "From Your Valentine," a phrase that lived ever after.

The Roman Empire was soon to fall, and its end brought everything back to normalcy. The people never forgot Valentine and they created a holiday in memory of their loving priest. Along with "Valentine's Day", the tradition of sending personal messages also gained popularity among love birds and such handwritten notes of love came to be known as "Valentine", a name drawn from the signature of Valentine's last letter to Asterius' daughter.

The first modern valentines reportedly became popular from the early 15th century. Following his defeat in the battle of Agincourt, the young French Duke of Orleans was captured and confined in the Tower of London for many years. During his captivity, he wrote many poems to his wife. About sixty of these remain and have been preserved among the royal papers in the British Museum.