



February, 2018



**February, 2018**

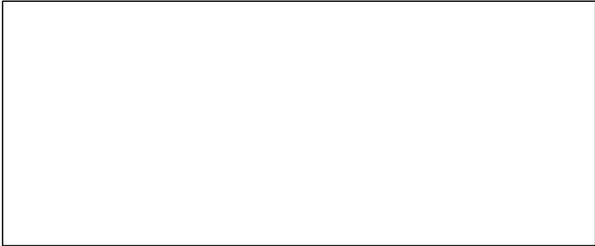
- Bobbie Wayne – Feb 2
- Linda Washington-Feb 3
- Carrie Howard – Feb 6
- Jamie Russell – Feb 11
- Mildred Reeves – Feb 16
- Janie Elliott – Feb 21
- Cynthia King – Feb 22
- Sharon Freer – Feb 27



2018 FEBRUARY							SUNDAY FIRST DAY OF WEEK
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
28	29	30	31	01 Food Day 1	02	03	
04	05	06	07	08 Marion TRIAD 1:30	09	10	
11	12 Farmerville TRIAD 1:00	13 OFFICE CLOSED	14 Spearsville TRIAD Noon	15	16	17	
18	19	20	21	22 Food Day 2	23	24	
25	26	27	28	01	02	03	

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



Recipe submitted by David Reppond. Thanks, David!

### Brownies Fudge

- |              |                |
|--------------|----------------|
| 1 cup Butter | 1/3 cup Cocoa  |
| 2 cups Sugar | 1 cup Pecans   |
| 4 Eggs       | 1 Tsp. Vanilla |
| 1 cup Flour  |                |

Cream butter, sugar add eggs and other ingredients. Mix. Bake at 350 degrees in floured pan.



**Community Trust Bank**

Tim Toffleton  
Senior Vice President  
Business Development

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

toffleton@ctb.com  
www.ctb.com



**Heart's Desire**  
At Home Care Service

Johanna Jo Mills Worley - CEO - Monroe office

**Serving Northeast Louisiana (Region 8)**

<p>Monroe Office 3114 Mercedes Drive Monroe, LA, 71291 PH: 337-476-1488 1-800-261-6492 e-mail: heartdesire@tdc.com FAX: 337-206</p>	<p>Farmerville Office Rte 100, Ste 100 126 North Main Street Farmerville, LA, 71241 PH: 337-545-7475 1-337-476-7784</p>
---	---

*Private pay care available through our subsidiary company,  
Caring Hearts, Inc.*

Heart's Desire is a 501(c)(3) organization

### Sudoku Solution:

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



Pray for kings and all those in authority, that we may live peaceful and quiet lives in all godliness and holiness.

I Timothy 2:2 Presidents' Day is February 19, 2018

### Pursuing Your Passion Can Improve Your Health

Pursuing your passion can not only improve your psychological well-being, it can also improve your physical health. An abstract published by Springer Open defines 'passion' as "a strong inclination toward a self-defining activity that people like (or even love), find important, and in which they invest time and energy on a regular basis."

A personal passion can be anything that you enjoy doing, including:

- Baking and cooking
- Being active – sports, yoga, etc.
- Collecting – antiques, stamps, etc.
- Crafting and creating
- Music
- Spending time outdoors – fishing, hiking etc.
- Spending time with family
- Volunteering
- Writing

Some of the many physical benefits of pursuing your passion:

- Improved brain health, including memory and mental agility
- Improved sleep quality
- Lower blood pressure
- Lower risk of heart disease
- Lower risk of stress, anxiety and depression (and the physical symptoms that go along with them)

There is no denying that pursuing your passion can improve your overall health, however, how do you go about discovering what it is that ignites a fire inside of you?

The following are five suggested steps:

1. Inventory your talents.
2. Notice when you lose track of time, or what you hate to stop doing.
3. Pay attention to what makes you jealous.
4. See your passion hunt as a fun, joyful adventure.
5. Think of what you loved to do as a child.



**Self-discipline begins with the mastery of your thoughts. If you don't control what you think, you can't control what you do.**

*And do not be conformed to this world, but be transformed by the renewing of your mind, that you may prove what is that good and acceptable and perfect will of God. (Rom.12:2)*

Read the TRIAD Newsletter online at [www.unionsheriff.com](http://www.unionsheriff.com)

## **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

## What Music Therapy Does to the Brain

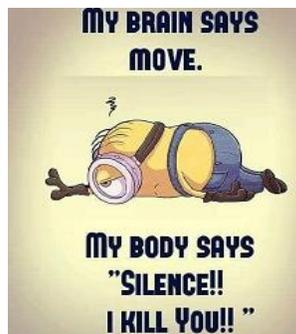
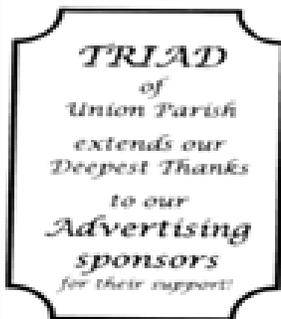
Depending on the type and tempo, music can reduce stress and agitation, prompt word retrieval, calm and motivate, lower blood pressure and heart rate, and control pain.

Researchers are finding that there can be changes in neurochemicals when people either hear music they like or make music singing, chanting, or playing instruments such as drums. To put it simply, music activates the pleasure centers of the brain. Music therapy gives our brains (and bodies) a workout through breathing, vocal, musical memory and movement exercises. In scientific terms, music releases the chemicals dopamine and serotonin in the brain that make us feel good.

Music can help in recalling memories, which is really important for people starting to lose their memory.

Music triggers the brain for non-dementia conditions, too, such as stroke, Parkinson's, Huntington's. Parkinson's patients who have trouble walking can often glide effortlessly across a room.

Experts advise caregivers to play, make or sing music from their patient's late teens or early 20s, or even when they were younger children. Their favorite pieces or singers can bring back sweet times. We can use music as a means of maintaining relationships when we lose our words.



Don't ruin a good Today by thinking about a bad Yesterday. Let it go.

## Easy 30 Minute King Cake Recipe for Mardi Gras (Feb 13, 2018)

### Ingredients

- 1 12oz. tube refrigerated crescent rolls
- 4 oz. cream cheese, softened
- 1/4 cup powdered sugar
- 1/2 teaspoon vanilla extract
- 1/2 cup chopped pecans
- 1/4 cup brown sugar

### FROSTING

- 3 cups powdered sugar
- 1/4 cup water
- 1/2 teaspoon vanilla extract
- Purple, gold and green sugar sprinkles

### Instructions

1. Preheat your oven to 350 degrees and line a cookie sheet with parchment paper.
2. Roll out tube of crescent rolls on parchment lined cookie sheet, pressing the seams of the dough together to form one large layer of dough.
3. Mix cream cheese, 1/4 cup powdered sugar and 1/2 teaspoon vanilla extract and spread it along the center of your dough.
4. Cut a few slits in the sides of the dough to make flaps that can be folded over the filling.
5. Sprinkle brown sugar and pecans over the cream cheese.
6. Fold the flaps over the filling to make a "braid" and pinch together any holes along the bottom so the cream cheese doesn't leak out while it's baking.
7. Gently form the dough into a ring on the cookie sheet.
8. Bake in the oven for 15 minutes.
9. While cake is baking, mix together the frosting: 3 cups powdered sugar and 1/4 cup water with 1/2 teaspoon vanilla extract. This mixture will be rather thick.
10. When your cake is out of the oven, spread it in a ribbon around the top of the cake, a section at a time. You have to work quick to add your sprinkles before the icing hardens after you put on the icing.
11. The finishing touch is the baby. Slip it under the cake and see who gets to hit the kitchen next to bake up another cake!

Bon Appetit' !!

## ***A Note from Brother David Martin....***

Note: This is written from a man's perspective and addressed primarily to husbands!

That special time of the year that we celebrate as Valentine's Day has arrived again so swiftly. I would look for that day with eagerness like other boys and girls as I was growing up, but was often disappointed with the results: I didn't receive any of those little penny valentines.

But in my later years, I have fresh and fond memories of Valentine's Day. I enjoyed the giving and receiving of Valentines from my family members and friends. I was especially thrilled in exchanging Valentines with my wife, but also in giving her candy and flowers, and receive a hug and "thank you" in return.

My Valentine Pat was called home to be with the Lord on November 6, 2016. As much as I loved Pat, I know the Lord had loved her in a greater way and so much longer. He wanted Pat to be at home, her true home, with Him in Heaven. How grateful and thankful I am that the Father graced her to me for almost twenty-four years!

As I reminisce, and that on a regular and even daily basis, I've often thought that I could have been a lot kinder, tenderer, gentler, and patient and understanding. I suspect that many others share those same feelings following the loss of a loved one.

In my reflections on my life together with Pat I prefer to focus on or "accentuate the positive" experiences. How precious and meaningful are the ordinary and simple pleasures as: a hug or embrace; a tender kiss; a touch; the holding of hands; teasing; laughter; and most of all, the everyday exchanges of the meaningful, "I love you!". Our rule was, "never leave home without saying it!". What I would give today to be able to relive these precious moments and memories.

In closing allow me to remind husbands of the writing of Paul in Ephesians 5:25: "Husbands, love your wives as Christ also loved the church and gave Himself for it." The word for love there is *agape*, the God-type of love, the strongest love. It is the self-sacrificing and self-giving love, the unconditional love without demanding anything in return. It is that love which discourages loving self too much and others too little. Loving your wife in such a way is not an option; it's an order and an opportunity! It's God's good will and pleasure!

Husbands, fathers: Be godly role models for your wives, and certainly for your sons and daughters! (They need that! The church needs that! Our culture and country need that! You and I need that! We all need that! And the Heavenly Father desires and demands that!)



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.

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

***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.***

It's always darkest before dawn. *So if you're going to steal your neighbor's newspaper, that's the time to do it!*

### *February's Child*

Abstract thoughts. Loves reality and abstract. Intelligent and clever. Changing personality. Attractive. Sexiest out of everyone. Temperamental. Quiet, shy and humble. Honest and loyal. Determined to reach goals. Loves freedom. Rebellious when restricted. Loves aggressiveness. Too sensitive and easily hurt. Gets angry really easily but does not show it. Dislikes unnecessary things. Loves making friends but rarely shows it. Daring and stubborn. Ambitious. Realizing dreams and hopes. Sharp. Loves entertainment and leisure. Romantic on the inside not outside. Superstitious and ludicrous. Spendthrift. Tries to learn to show emotions.

The gemstone *Amethyst* is the Birthstone for February. Amethyst is associated with spirituality, wisdom, sobriety, and security. The name "amethyst" comes from the Greek and means "not drunken." This was perhaps due to a belief that amethyst would ward off the effects of alcohol, but most likely the Greeks were referring to the almost wine-like color of some stones that they may have encountered.

## For your information.....

- The only president to be unanimously elected was George Washington (1732-1799). He also refused to accept his presidential salary, which was \$25,000 a year.
- Because the KKK was a powerful political force, Truman was encouraged to join the organization. According to some accounts, he was inducted, though he was “never active.” Other accounts claim that though he gave the KKK a \$10 membership fee, he demanded it back and was never inducted or initiated.
- Grover Cleveland was the only president in history to hold the job of a hangman. He was once the sheriff of Erie County, New York, and twice had to spring the trap at a hanging.
- The “S” in Harry S Truman doesn’t stand for anything; therefore, there is no period after his middle initial.
- Thomas Jefferson and John Adams once traveled to Stratford-upon-Avon to visit Shakespeare’s birthplace. While there, they took a knife to one of Shakespeare’s chairs so they could take home some wood chips as souvenirs.
- James Madison and Thomas Jefferson were once arrested together for taking a carriage ride in the countryside of Vermont on a Sunday, which violated the laws of that state.
- Three presidents died on July 4th: Thomas Jefferson (1826), John Adams (1826), and James Monroe (1831). Calvin Coolidge is the only president to have been born on the Fourth (1872).
- Martin Van Buren was the first to be a United States citizen. All previous presidents were born British subjects.
- President Dwight David Eisenhower (1890-1969) was the only president to serve in both WWI and WWII.
- James Earl “Jimmy” Carter (1924-) was the first president to be born in a hospital.
- Jimmy Carter is the first known president to go on record as seeing a UFO.
- Abraham Lincoln (1809-1865) is the only U.S. president who was also a licensed bartender. He was co-owner of Berry and Lincoln, a saloon in Springfield, Illinois.
- Ulysses S. Grant (born Hiram Ulysses Grant, 1822-1885) smoked at least 20 cigars a day and, after a brilliant war victory, a nation of well-wishers sent him more than 10,000 cigars. He later died of throat cancer.
- John Tyler (1790-1862) had more children than any other president. He had eight by his first wife and seven by his second. He was 70 when his last child, Pearl, was born. He was also the first president to get married in office, though his eight children from his first wife did not approve of the wedding and did not attend.
- George Washington made the shortest inauguration speech on record—133 words and less than two minutes long.
- William Henry Harrison (1773-1841) holds the record for the longest inauguration speech in history at 8,578 words long and one hour and 40 minutes. Unfortunately, he gave the speech during bad weather and a month later, he was dead from pneumonia, making his the shortest presidency on record.
- No president has ever been an only child.

## Medicare Card Changes in 2018

**Please take note of these changes!**

New Medicare cards arriving this 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.



The  
Dean of Flowers

Leslie Cobb  
800.366.8452  
318.368.9272  
www.deanofflowers.com

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

Arbor Lake provides you with a superior choice in Farmville. 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  
1155 Sterlington Hwy  
Farmville, LA71241  
Re-Defining Health Care for Seniors

\*Long - Term Nursing Care  
\*Physical, Occupational & Speech Therapy  
\*Skilled Nursing Care  
\*Hospital 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 RISE AT 368-1848**

A Negative mind will NEVER give you a Positive life!!



## FROM THE OFFICE

Wasn't our winter wonderland beautiful? I really love snow. I got up early to see if it had started to snow (like I was about 12) and was really disappointed to only see rain, but the morning brought the pretty white stuff! I hope you enjoyed it as much as I did.

All of this cold weather has brought to mind some “cold stories”:

1. Since we were raised in a frame house, winter could be a challenging time. Our mother would warm towels by the heater and wrap our feet in them so that our feet would be toasty warm.
2. Our grandmother would back up to the heater, raise her skirt and singe the backs of her legs to get warm. When I see a fireplace or heater, I always do the same thing.
3. A friend tells me that his father always stayed up until the last coal in the heater went out so that the sparks would not catch the roof on fire. I wonder if daddys would do that now?
4. One of my favorite mental pictures of my father is when he dressed to feed cows in the winter: thermals, jeans, flannel shirt, insulated coveralls, face mask, orange stocking cap and a ball cap on top of that. It is cold feeding cows in the winter.
5. When you stayed at my grandparent's house in the winter, you could expect to be covered with at least three of the heaviest quilts that were known to man. They were so heavy that your feet would literally be straight!
6. The year that I got married, we had a VERY cold winter. Christmas morning was 5 degrees. My husband, a coon hunter, loved to hunt when it was cold. Being a new wife, I went right along with him—it was 11 degrees on one of those hunting trips and we literally broke ice as we walked through the woods.
7. Our camp was only heated with a wood stove and had NO bathroom and NO electricity and NO running water. But, we loved it—even when it was 11 degrees. You know those 3 quilts that my grandmother used?--we used more than that at the camp!
8. When our son was little, there came a big ice storm. Of course, our electricity was out and my husband, who worked for Claiborne Electric, was working. Our only source of heat was the fireplace and I could not build a fire. My neighbor, John Drew Taylor, showed up at my door and built a fire. I WILL NEVER forget that kindness.
9. Remember sliding down a snow covered hill on a box or in a dishpan?
10. Remember making snow ice cream?
11. Remember pulling somebody on an old truck hood with the tractor—wait a minute. That's one of my favorite memories. We had an absolute blast that day!!
12. Remember waiting for the 10:00 news to see if school was cancelled the next day? (Is there ANYTHING better than a snow day?)
13. Remember watching people in Wal-Mart going crazy trying to get milk and bread? Oh, wait a minute, that was ME going crazy in Wal-Mart trying to get milk and bread!!
14. Remember waking up in a very cold house because the electricity went out? (That is NOT one of my favorite memories!)
15. Remember drinking hot chocolate and cinnamon toast and sitting in front of the fireplace being toasty warm? Those are the memories that bring a smile to my face and a warmth to my heart.

**STAY WARM, PEOPLE!!**

Love, Susan



## 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!*



Union Parish

# TRIAD Newsletter

February, 2018

## The Way of Love

**If** I speak with human eloquence and angelic ecstasy but don't love, I'm nothing but the creaking of a rusty gate.

**If** I speak God's Word with power, revealing all his mysteries and making everything plain as day, and if I have faith that says to a mountain, "Jump," and it jumps, but I don't love, I'm nothing.

**If** I give everything I own to the poor and even go to the stake to be burned as a martyr, but I don't love, I've gotten nowhere. So, no matter what I say, what I believe, and what I do, I'm bankrupt without love.

*Love never gives up.*

*Love cares more for others than for self.*

*Love doesn't want what it doesn't have.*

*Love doesn't strut,*

*Doesn't have a swelled head,*

*Doesn't force itself on others,*

*Isn't always "me first,"*

*Doesn't fly off the handle,*

*Doesn't keep score of the sins of others,*

*Doesn't revel when others grovel,*

*Takes pleasure in the flowering of truth,*

*Puts up with anything,*

*Trusts God always,*

*Always looks for the best,*

*Never looks back,*

*But keeps going to the end.*

**Love** never dies. Inspired speech will be over some day; praying in tongues will end; understanding will reach its limit. We know only a portion of the truth, and what we say about God is always incomplete. But when the Complete arrives, our incompletes will be canceled.

**When** I was an infant at my mother's breast, I gurgled and cooed like any infant. When I grew up, I left those infant ways for good.

**We** don't yet see things clearly. We're squinting in a fog, peering through a mist. But it won't be long before the weather clears and the sun shines bright! We'll see it all then, see it all as clearly as God sees us, knowing him directly just as he knows us!

**But** for right now, until that completeness, we have three things to do to lead us toward that consummation: Trust steadily in God, hope unswervingly, love extravagantly. *And the best of the three is love.*

(I Cor. 13, TMB)