

Happy New Year!!!



*Birthdays
of the Month*

- Charlie Barr - Jan 6**
- Connie Cole - Jan 11**
- Ida Bell Albritton-Jan 12**
- Alberta Williams-Jan 14**
- Theda Reininger-Jan 16**
- C.W. Wheeler-Jan 17**
- Betty Tramble-Jan 17**
- Mary Wallace-Jan 18**
- Mike Harrell-Jan 19**
- Annette Burch-Jan 26**
- Inez Jones-Jan 27**
- Fay Rae Day-Jan 27**



2016 JANUARY							SUNDAY FIRST DAY OF WEEK
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
27	28	29	30	31	01	02	
03	04	05	06	07 Food Day 1	08 Marion TRIAD 1:30	09	
10	11	12	13 Spearsville TRIAD 12:30	14	15 Farmerville TRIAD 1:00	16	
17	18 Holiday- Office Closed	19	20	21 Food Day 2	22	23	
24	25	26	27	28	29	30	
31	01	02	03	04	05	06	

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Southern Blackeye Peas

Ingredients

- 4 cups fresh or frozen black-eyed peas
- 4 -5 slices bacon
- 1 large onion, chopped
- 1 stalk celery, diced
- 4 garlic cloves, minced
- 6 cups chicken broth
- 1/2 teaspoon salt
- 1/4 teaspoon ground black pepper

Directions

1. In a 5 quart Dutch oven, cook bacon until crisp; set aside to drain on paper towels.
2. Cook onion, celery and garlic in bacon drippings until tender; add broth, salt, pepper and peas. Bring to a boil and skim top if necessary.
3. Lower heat to simmer; crumble bacon and add to peas.
4. Adjust seasonings to taste, cover and simmer until peas are tender (30 minutes to 1 hour depending on how tender you like them).

A Southern tradition is to eat blackeye peas and cabbage on New Year's day or after the clock rings in the new year at midnight. Blackeye peas mean luck and prosperity. Cabbage, reminding a person of green back dollars, means wealth.



Southern Smothered Cabbage

Ingredients:

- 1/2 pound bacon, coarsely chopped
- 4 cups thinly sliced onions
- 1 1/4 teaspoons salt
- 1/4 teaspoon cayenne pepper
- 3/4 teaspoon freshly ground black pepper
- 1/2 teaspoon sugar
- 3 bay leaves
- 1 head green or white cabbage (about 3 1/2 pounds), cored and thinly sliced
- 1 (12-ounce) bottle beer (or chicken stock!)

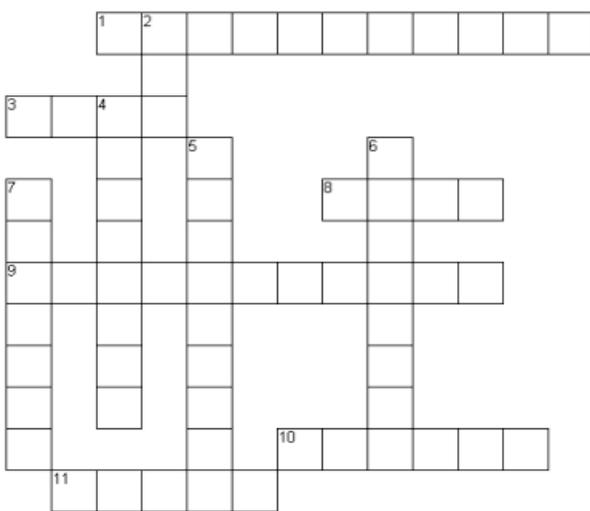
Directions:

Cook the bacon in a large, heavy pot or Dutch oven over medium-high heat, until browned and slightly crispy, about 5 minutes. Add the onions, salt, cayenne, black pepper, sugar, and bay leaves. Cook, stirring, until the onions are soft, about 5 minutes. Add the cabbage and stir to mix well. Cook, stirring, until the cabbage just begins to wilt or soften, 3 to 4 minutes. Reduce the heat to medium-low, and add the beer. Stir to mix.

Cover and simmer, stirring occasionally, for 1 hour. Remove the bay leaves. Remove from the heat and serve warm.

Life is not about how you survive the storm, it's about how you dance in the rain.

New Year's Crossword Puzzle



Across

1. We bring in the new year with a _____.
3. A symbol of the old year is father _____.
8. The New Year symbol is a _____.
9. We use _____ to make lots of noise on New Year's Eve.
10. We often see a _____ with floats and marching bands on New Year's.
11. The day the new month starts is the _____.

Down

2. December 31 is also known as New Year's _____.
4. At the stroke of _____ it is New Year's Day.
5. We watch _____ that display bright lights and loud sounds.
6. We record dates and months on this _____.
7. The month of the new year is _____.



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

12 Life Skills Every Caregiver Should Master

When caregivers suffer stress and stress-related health problems, it affects their ability to provide care. Committing to new habits that put your own well-being at the top of your to-do list can help.

Poor sleep, weight loss, exhaustion, headaches and depression. These are just some of the signs of caregiver stress. Caregivers' top unmet needs include:

- Finding time for one's self
- Managing emotional and physical stress
- Balancing work and family responsibilities

Caregivers who feel overburdened and guilty because they can only spread themselves so far will burn out and potentially develop their own serious health issues, such as heart disease, diabetes or cognitive decline.

As a caregiver, know that you do not have to do everything on your own. People and local resources are available to help. Most importantly, take the necessary steps to lower your stress level to ensure your well-being. Otherwise, you will not be able to care for someone else effectively.

1. Be patient, compassionate and flexible.
2. Accept that you cannot fix everything.
3. Ask for (and accept) help from family members, friends and other caregivers who can relieve you of your responsibilities on a regular basis.
4. Exercise your body and mind at least 10 minutes every day.
5. Seek community resources like in-home assistance, adult day-care centers and meal delivery.
6. Learn to relax mentally and physically; try meditation, yoga or another technique.
7. See your doctor for regular screenings and immunizations.
8. Have a sense of humor.
9. Get a good night's sleep, every night.
10. Eat a balanced diet to lower your risks for medical problems.
11. Vent your frustrations to trusted loved ones or a support group
12. Take classes on caregiving or your loved one's specific condition as a way to educate yourself and stay connected with other caregivers.

****REMEMBER****

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

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" In your hands you hold the seeds of failure or the potential for greatness. Your hands are capable, but they must be used and for the right things to reap the rewards you are capable of attaining. The choice is yours." -Zig Ziglar"

When I woke up this morning lying in bed, I asked myself, 'What are some of the secrets of success in life?' I found the answer right there, in my very room.
The Fan said... Be Cool.
The Roof said... Aim High.
The Window said... See the World.
The Clock said... Every minute is Precious.
The Mirror said... Reflect before you Act.
The Calendar said... Be up to date.
The Door said... Push Hard for your Goals." -Author Unknown



EXERCISE?
i thought you said
"Extra Fries"



I finally realized it that people are prisoners of their phones that's why it's called Cell Phones.

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MAKING SENSE OF INVESTING



From the desk of Bro. David Martin...

You may have heard the old saying, "Good, better, best—never let it rest, until your good is better and your better is best." Another similar saying, "The good is often the enemy of the best."

Former President Jimmy Carter relates the event when as a young Naval officer, he was asked by a tough-minded Admiral, "And did you do your best?" to which Mr. Carter answered, "No, Sir, I did not!" The Admiral swung around in his swivel chair to confront Carter and asked, "Why not?"

In some of my life's experiences as a pastor/preacher, I feel that, according to my ability, I had done my best. But truthfully I cannot but wonder how often I settled for the good. At the time, I may have tried to become better and do better. But the best? A seemingly unattainable goal in so many experiences.

One day we will all face our Lord and Savior. Suppose He were to ask us the question concerning our life's experiences, "Did you do your best?" We would have to confess, "No, Lord, I did not always strive to be my best and do my best". And His question in turn may well be, "Why not?"



Crockpot Brown Sugar Ham

Ingredients

- 3 - 6 lb. fully cooked ham
- 2 tablespoons, plus 1/4 cup cola
- 1/2 cup brown sugar
- 1 tablespoon prepared horseradish
- 1/2 tablespoon ground mustard

Cooking Directions

1. Place ham in the bottom of a slow cooker.
2. In a small bowl, stir together 2 tablespoons cola, brown sugar, horseradish, and ground mustard. Spread over the surface of the ham.
3. Pour remaining cola along the sides of the ham. Cook on low 5-6 hours.
4. Slice and serve with juice from slow cooker.



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Happy New Year

Find and circle all of the words that are hidden in the grid.
The remaining letters spell the name of a popular location for celebrating New Year's Eve.

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

- | | | | |
|------------|------------------|---------------|----------------|
| APPETIZERS | DECORATIONS | HATS | PARADES |
| BABIES | END OF DECEMBER | HOLIDAY | PARTY |
| BALLOONS | EVENTS | HORNS | PUNCH |
| BANNERS | FAMILY | KISS | RESOLUTIONS |
| BUFFET | FATHER TIME | MIDNIGHT | SINGING |
| CELEBRATE | FEAST | MUSIC | STREAMERS |
| CHAMPAGNE | FESTIVITIES | NEW YEARS DAY | THIRTY FIRST |
| CONFETTI | FIREWORKS | NEW YEARS EVE | TIARAS |
| DANCE | FIRST OF JANUARY | NOISEMAKERS | WINE |
| DAY ONE | FRIENDS | OCCASION | YEAR IN REVIEW |

to do list

1. Make vanilla pudding. Put in mayo jar. Eat in public.
2. Hire two private investigators. Get them to follow each other.
3. Wear shirt that says "Life." Hand out lemons on street corner.
4. Get into a crowded elevator and say "I bet you're all wondering why I gathered you here today."
5. Major in philosophy. Ask people WHY they would like fries with that.
6. Run into a store, ask what year it is. When someone answers, yell "It worked!" and run out cheering.
7. Become a doctor. Change last name to Acula.
8. Change name to Simon. Speak in third person.
9. Buy a parrot. Teach the parrot to say "Help! I've been turned into a parrot."
10. Follow joggers around in your car blasting "Eye of the Tiger" for encouragement.



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FROM THE OFFICE...

Welcome to 2016! What happened to 2013? It amazes me how fast time passes. You know the old saying, “Time flies when you're having fun!”

As we know, New Years is a time to begin again. I have never been one to make many resolutions but this year I am thinking that some resolutions may just be in order.

- **BE KIND.** I have a sign in my office that says: “Everyone you meet is fighting a battle that you know nothing about. Be kind. Always,” That about sums it up—don't you think?
- **DO NOT LISTEN TO OR REPEAT GOSSIP.** Words can be so hurtful. I have been hurt by words—I think I would rather be hit.
- **LOOK FOR WAYS TO HELP OTHER PEOPLE.** I know that you have heard about random acts of kindness. Does your neighbor need a ride to the doctor or does he need help raking his yard? Dropping off a casserole without prior notice is a random act of kindness.
- **CALL A SHUT IN.**
- **READ TO A CHILD.**
- **TURN OFF THE TV AND READ A BOOK.**
- **SEND A NOTE TO A FRIEND.**
- **TELL YOUR SIGNIFICANT OTHERS THAT YOU LOVE THEM.** I like to hear those words.
- **SEND A FRIEND SOME FLOWERS.** People have often told me that they don't want flowers when they die but it was such a comfort to me to see all of those flowers when my husband died. They said, “I am thinking about you today.” I love to send flowers and I love to receive flowers. My husband often sent me flowers—for no reason other than that he loved me.
- **LISTEN TO PEOPLE WHEN THEY NEED TO TALK.** You know how we always want to put in our two cents worth? Sometimes we just need to sit and listen and not offer any advice other than maybe a hand on the shoulder.
- **DON'T SHARE YOUR PROBLEMS WITH EVERYONE.** When someone asks you how you are, they really don't want to know that your right hip is killing you.
- **BE POSITIVE.**
- **GET HEALTHY.**
- **LOVE OTHERS AS YOU LOVE YOURSELF.** That's what the Word says.
My prayer is that each of you have a wonderful, marvelous, super happy 2016!!

-Susan

TRIAD Newsletter

January, 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!



*New years come and New Years go,
Pieces of time all in a row.*

*As we live our life, each second and minute,
We are so privileged to have you in it.*

*Our appreciation never ends
For our greatest blessings: our family and friends.
Happy New Year!!*



A New Year's resolution is something that goes in one Year and out the other.

"Cheers to a new year and another chance for us to get it right." – Oprah Winfrey

"Tomorrow, is the first blank page of a 365 page book. Write a good one." – Brad Paisley

*Your success and happiness lies in you. Resolve to keep happy, and your joy and you shall form an invincible host against difficulties.
Helen Keller*

May you get a clean health bill from your dentist, your cardiologist, your gastro-entomologist, your urologist, your proctologist, your podiatrist, your psychiatrist, your plumber and the I.R.S.

*May you remember to say, "I love you" at least once a day to your spouse, your child, your parent, and your siblings, but **not** to your secretary, your nurse, your masseuse, your hairdresser or your tennis instructor.*