

Write it on your heart that every day is the best day in the year.

-By Ralph Waldo Emerson



January, 2017

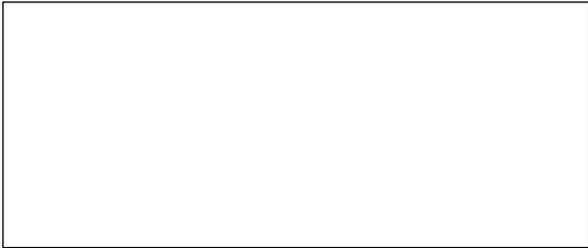
- Charlie Barr-Jan 6
- Connie Cole-Jan 11
- Ida Bell Albritton-Jan 12
- Alberta Williams-Jan 14
- Theda Reininger-Jan 16
- C.W. Wheeler-Jan 17
- Mary Wallace-Jan 18
- Mike Harrell-Jan 19
- Annette Burch-Jan 26
- Inez Jones-Jan 27



2017 JANUARY							SUNDAY FIRST DAY OF WEEK
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
01	02	03	04	05 <i>Food Day 1</i>	06	07	
08	09	10	11 <i>Spearsville TRIAD Noon @ Town Hall</i>	12 <i>Marion TRIAD 1:30</i>	13	14	
15 <i>Office Closed</i>	16	17	18	19 <i>Food Day 2</i>	20 <i>Farmerville TRIAD 1:30</i>	21	
22	23	24	25	26	27	28	
29	30	31	01	02	03	04	

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Foods Diabetics Should Avoid

If you or a loved one has diabetes, there are a handful of crucial foods whose intake absolutely must be limited. It doesn't mean you have to go through your kitchen and chuck every grain of sugar, but it does mean paying attention to how much of these items you consume:

- **Eat less fat.** In particular, avoid foods containing saturated fat or trans-fat.
- **Eat less salt.** Canned, packaged, and processed foods are often culprits when it comes to hidden sodium. You want to aim for 2,000 mg per day or less.
- **Eat less sugar.** Watch out for extra sugar in drinks and packaged snack foods.
- **Eat less cholesterol.** The Mayo Clinic suggests no more than 200 mg per day.
- **Limit alcohol intake.**

Foods That Belong on Every Diabetic's Shopping List

So what *can* seniors with diabetes eat? Here's a sampling of foods to fill your shopping cart:

- **Healthy carbohydrates:** whole-grain breads, rice, and cereals; legumes, such as beans, peas, and lentils; fruits and vegetables; low-fat dairy products.
- **Fiber:** oatmeal, whole grains, fruits, vegetables, nuts, legumes, wheat bran.
- **Fruits and Vegetables:** pick a variety—the CDC recommends dark green veggies such as broccoli and spinach, orange veggies like carrots and sweet potatoes, and plenty of beans and peas.
- **Lean Protein:** low-fat or nonfat dairy, skinless poultry, fish, lean cuts of beef and pork.
- **"Good" Fats:** eat these in sparing amounts — avocados, olives, nuts

Sugar-Free Blueberry Muffins



Ingredients:

1-1/2 C. Flour

3/4 C. Splenda

2 tsp baking powder

1 tsp baking soda

1/2 tsp salt

2/3 C. plain non-fat yogurt

2/3 C. water

3/4 C. Blueberries (can sub. other fruit)

Directions:

Combine and mix dry ingredients. Then add water and yogurt, mix then add berries and stir carefully. Fill greased muffin cups 3/4 full. Bake at 400 F. for 18 minutes. Makes 12 muffins.

****The toughest part of a diet isn't watching what you eat. It's watching what other people eat. ****



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Healthy Foods Hard Word Search

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New email scam targeting Amazon shoppers

According to a recent report, scammers have sent thousands of emails to consumers that appear to be from Amazon -- claiming there's a "problem" with their order.

To resolve the "issue," the customer must confirm "certain information" by clicking on a link provided in the email -- and if they don't, they won't be able to access their Amazon account. The link then takes you to a fake website that appears to be legit, making it easy for the thieves to trick unsuspecting shoppers into handing over their personal information.

What's even more deceiving about this particular scam is that after you've entered your information, the site prompts you to click a "save & continue" button, which then takes you to Amazon's official website.

As a general rule of thumb, if you receive an email you weren't expecting, **do not click on any links inside the email**. Even if you **are** expecting an order confirmation or package to be delivered soon, do not click on any links in an email notification. Go to the company's website directly to get any delivery or order information.

Here are some more tips to help you protect yourself from online scammers:

- Be wary of unexpected emails containing links or attachments: If you receive an unexpected email claiming to be from your bank or other company that has your personal information, don't click on any of the links or attachments. It could be a scam. Instead, log in to your account separately to check for any new notices.
- Call the company directly: If you aren't sure whether an email notice is legit, call the company directly about the information sent via email to find out if it is real and/or if there is any urgent information you should know about.
- If you do end up on a website that asks for your personal information, make sure it is a secure website, which will have "https" at the beginning ("s" indicating secure).
- Look out for grammar and spelling errors: Scam emails often contain typos and other errors -- which is a big red flag that it probably didn't come from a legitimate source.
- Never respond to a text message from a number you don't recognize: This could also make any information stored in your phone vulnerable to hackers. Do some research to find out who and where the text came from.
- Don't call back unknown numbers: If you get a missed call on your cell phone from a number you don't recognize, don't call it back.
- Be cautious of any notification from an "automated message system" that states "Click on this link for details."

For basic protection, use anti-virus and anti-malware software on all of your devices and make sure to keep it up to date.

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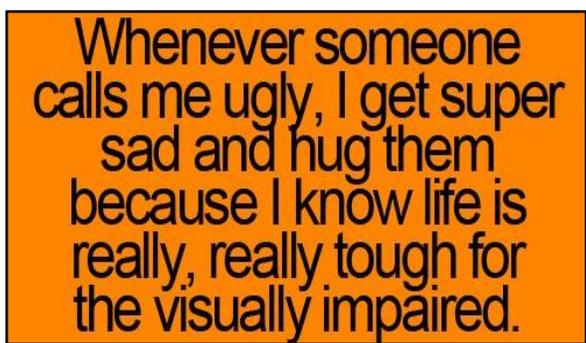
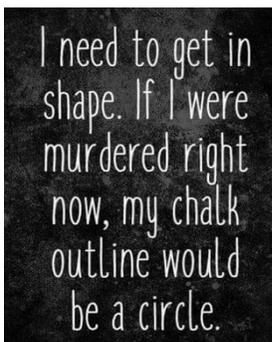
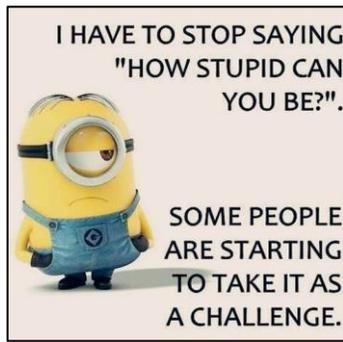
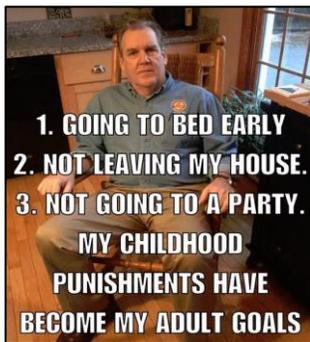
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Farmer's Almanac Planting Guide January, 2017

- 1st** A good time to kill plant pests or do plowing. Poor for planting.
- 2nd-3rd** Extra good for peppers, tomatoes, peas, and other vine crops. Fine for planting any aboveground crop where the climate permits.
- 4th-5th** Barren days, do no planting.
- 6th-7th** Fine for planting beans, peppers, cucumbers, melons, and other aboveground crops where climate is suitable.
- 8th-9th** Poor days for planting, seeds tend to rot in ground.
- 10th-11th** Plant seedbeds and flower gardens. Best planting days for aboveground crops, especially peas, beans, cucumbers, and squash where climate is suitable.
- 12th-16th** A barren time. Best for killing weeds, briars, poison ivy, and other plant pests. Clear wood lots and fencerows.
- 17th-18th** A favorable time for sowing grains, hay, and forage crops. Plant flowers. Favorable days for planting root crops.
- 19th-21st** Start seedbeds. Good days for transplanting. Plant carrots, turnips, onions, beets, Irish potatoes, other root crops in the South. Also good for leafy vegetables.
- 22nd-23rd** Do no planting.
- 24th-26th** Good planting days for root crops where climate permits.
- 27th-28th** A good time to kill plant pests or do plowing. Poor for planting.
- 29th-30th** Extra good for peppers, tomatoes, peas, and other vine crops. Fine for planting any aboveground crop where the climate permits.
- 31st** Barren day, do no planting.



Many, many THANKS to the wonderful people, businesses, schools and churches—and volunteers who made the Christmas boxes for the low income seniors of Union Parish such a success! Because of your generous donations of food, time and labor, over 250 families were served. You have all earned a jewel in your crown! Happy New Year!!





FROM THE OFFICE...

Welcome to 2017! Where does time go? 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 THE BEST IN PEOPLE.
- TRY DESPERATLY NOT TO HURT OTHER PEOPLE. There is enough hurt in this world without trying to inflict it on others.
- 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 or that your hot water heater went out.
- BE POSITIVE. Negativity breeds negativity.
- GET HEALTHY. Walk around the house a couple of times a couple of times a week.
- 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 2017!!

Susan

TRIAD Newsletter

January, 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!



****Philippians 3:13-14** *"No, dear brothers and sisters, I am still not all I should be, but I am focusing all my energies on this one thing: Forgetting the past and looking forward to what lies ahead, I strain to reach the end of the race and receive the prize for which God, through Christ Jesus, is calling us up to heaven."* (NLT)

****Revelation 21:5 (ESV)** *"And he who was seated on the throne said, 'Behold, I am making all things new.'"*

God makes everything new. This simple thought is one of the most profound, and can carry you through any change: God is always on the throne, and He is always making all things new.

****Ecclesiastes 9:7 (ESV)** *"Go, eat your bread with joy, and drink your wine with a merry heart, for God has already approved what you do."*

This verse is not intended as justification for any careless decision that we make. But it does speak about God's love for us and His desire for us to enjoy ourselves. If you've made a new year's resolution or life decision in prayer and in keeping with God's Word, then according to this verse, you now have permission to relax and enjoy the results of your new decision.

****Hebrews 4:16 (ESV)** *"Let us then with confidence draw near to the throne of grace, that we may receive mercy and find grace to help in time of need."*

Sometimes a new year or a new beginning may not arrive with feelings of joy or excitement. But this verse is an important reminder that we can come to God with any need, and we will receive His help. If you're facing a difficult decision or an uncomfortable transition, come boldly to God's throne and receive His grace and love.

****Jeremiah 29:11** *"For I know the plans I have for you," says the LORD. "They are plans for good and not for disaster, to give you a future and a hope. (NLT)*

Have a blessed and prosperous New Year!