



July 2018

2018		JULY					SUNDAY FIRST DAY OF WEEK
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
01	02	03	04 Office Closed	05 Food Day 1	06	07	
08	09	10	11	12	13	14	
15	16	17	18	19 Food Day 2	20	21	
22	23	24	25	26	27	28	
29	30	31	01	02	03	04	



**July Birthdays**

- Nevada Davis-July 1
- Helen Sutton-July 3
- Mary Wainwright-July 7
- Johnny Gilliam-July 21
- Lorece Tettleton-July 21

\*

**PLEASE REMEMBER TO  
BRING IN YOUR 2018  
SOCIAL SECURITY EARNINGS  
STATEMENT TO RE-REGISTER  
FOR YOUR FOOD BOX**



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## Is Sleeping a Problem?

Your sleeping position can influence your health in many ways. It can relieve your back pain or possibly cause it, it can make you snore, it can cause neck discomfort, and it can also affect your level of energy in the morning.

*These are some of the of various sleeping positions and their effects:*

- **On Your Stomach:** This can be a reason for your neck and back pain.
- **On Your Back:** This position makes snoring worse, but it may also cause lower back pain. Put a pillow under your knees before you go to sleep so that you could support the curve of your spine.
- **On Your Side:** Sleep on your side to alleviate back pain. Put a small pillow between your legs and you'll alleviate the pressure from your hips and back.
- **Left side:** This position is especially beneficial because it aids in the transport of nutrients throughout your body and helps improve blood flow.
- **Starfish:** A sleeping position that will decrease acid reflux and also alleviate your back and neck pain.

*Tips for falling asleep and sleeping well:*

- Make your bedroom a pleasant place for sleeping by eliminating tv, computer, led lights, etc.
- Set your temperature to a cooler setting.
- Wear a sleep mask (this works for some).
- Try to go to sleep at the same time every night and get up at the same time every morning.
- Don't eat heavy meals 3 hours before bedtime.
- Don't drink alcohol, coffee or caffeinated drinks before going to bed.
- Avoid using gadgets (computers, etc.) before going to bed. They stimulate the brain and can cause restless sleep.
- Try deep breathing exercises to calm and relax.
- If you hear every little sound and it keeps you awake, try putting a fan beside your bed, blowing away from you, for a constant lulling sound.
- Exercise regularly and try to be as active as you can during the day.
- If you feel sleepy during the day, by all means, take a short nap. Taking a power nap during the day oftentimes gives a renewed burst of energy. Just try not to take one too close to bedtime!

Our health and wellbeing depend on getting at least 7-8 hours of sleep a night. This is normally the amount everyone needs to feel full of energy and well rested the following day!

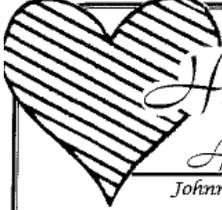


*Remember the Saddle Oxfords? Make your own---* the inexpensive way-- with a pair of cheap white tennis shoes and markers from the dollar store. You can even get creative and do them in a different color or make them wingtips, etc. Have fun with this creative craft and show off your talent!



**STEP 1:** Using your fabric marker, trace the natural middle shape of your shoe. There should be stitching that goes along the front or toe area, and more stitching that goes around the heel. Fabric is porous, so be careful while making your edges, it will want to bleed into other areas if you aren't careful.

**STEP 2:** Fill in the shape. Repeat for other side and two panels on the opposite shoe. Allow to dry a day or so, lace 'em up and get to steppin'!



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For a soothing Lavender Detox Bath, combine 1 cup *Epsom Salt*, 1 cup *Baking Soda* and 2-3 Drops *Lavender Essential Oil*. Run a hot tub of water while adding your Detox Bath Salts. Relax and Enjoy!!



Don't get all weird about getting older!  
Our age is merely the number of years the world has been enjoying us!!



*It ain't the heat.....*  
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\*\*\* Read the TRIAD NEWSLETTER online at [www.unionsheriff.com](http://www.unionsheriff.com) \*\*\*

### **Notice: JULY SCAM**

The U.S. Marshals Service is warning the public of an ongoing jury duty phone scam where the scammer poses as a U.S. Marshal, deputy marshal, or other law enforcement officer. The scammer calls the victim to advise that he or she has missed federal jury duty but can avoid arrest by paying a fine immediately.

The scammer will provide information such as titles and badge numbers of a legitimate law enforcement officer or court official, names of federal judges, and courtroom addresses in an attempt to make the scam appear credible. Scammers are even spoofing their phone numbers to appear on caller ID as if they are from the court or a government agency. The U.S. Marshals have received several calls inquiring about this scam over the past few days and are advising that the public needs to know that this is a scam. If a person receives a jury duty related call, they should not provide any personal identification or money to the caller. Federal Courts DO NOT call prospective jurors or ask for money or personal identification information.

Anyone that receives a "Jury Duty Scam" phone call should report it, with any available caller ID information, to their local United States Marshals Service office, or the local FBI office.

Additional information about the U.S. Marshals Service can be found at <http://www.usmarshals.gov>.



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#### **THINGS VISITORS TO THE SOUTH SHOULD KNOW:**

1. There are "gravel roads". You are going to get dust on your car no matter how slow you drive. 2. The red dirt is called "clay". If you see a big lump of "clay dirt", that's called a "clod". 3. We love to hunt and fish here. Most of us started at a very young age. 4. If you want to get "whipped", call one of our women "cornfed". She will probably be the one to "whip" you. 5. If you are a man and wear earrings, have your nose pierced and long hair, we will probably call you "ma'am. No offense. 6. We have tea. It's sweet and over ice. You want "unsweetened" add a lot of water. 7. "Coke" is brown, wet and served over ice. We don't want any other kind here. 8. We seldom get in a hurry. 9. We wave a lot - we're friendly! 10. Grits are corn. We eat them with butter and salt. No milk or sugar. 11. You don't "putt" on greens here. You boil them with fatback or a ham hock. 12. We eat together with our families. We pray before we eat. We go to church, high school football games and address our "seniors" with 'yes sir' and 'yes ma'am'. We take drives on Sunday and stop to see friends and relatives.

**WELCOME TO THE SOUTH!!**

### **John Wayne Casserole**

#### *Ingredients*

- 2 pounds ground beef, browned and drained
- 1 packet taco seasoning
- 1 16-ounce can large biscuits
- 1/2 cup sour cream
- 1/2 cup mayonnaise
- 8 ounces cheddar cheese, shredded and divided
- 1 medium onion, halved and sliced
- 2 medium tomatoes, sliced
- 1 red bell pepper, halved and sliced
- 1 (4-ounce) can sliced Jalapeno peppers

#### *Instructions*

1. Preheat oven to 350 degrees and spray a 13x9 glass baking dish.
2. Place biscuits in pan in a single layer and press into the pan, joining them together, pressing the dough halfway up the sides of the pan. Place pan on a baking sheet and bake dough in preheated oven for 15-25 minutes; checking every few minutes after 15. The dough should be very light brown where the edges are just starting to get color. Remove from oven and set aside, leave oven on.
3. Combine the browned ground beef with the taco seasoning and water and cook according to packet instructions. Transfer cooked taco meat to a bowl and set aside. Wipe out pan.
4. Sauté remaining onions and bell peppers on the taco meat pan until slightly tender.
5. In a separate bowl, combine sour cream, mayonnaise, half of the cheddar cheese, and half of onions. Stir well and set aside.
6. On top of baked biscuit crust, layer ingredients in the following order: taco meat, tomato slices, bell pepper and onion mixture, Jalapeno peppers, sour cream mixture; sprinkle with remaining shredded cheese. Bake uncovered for 30-40 minutes or until edges of dough are lightly browned and cheese is melted.

## **OFFICE PLUS**

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## Caffeinated Drinks Don't Belong in the Human Body!

The intense sweetness of a Cola, because of its high sugar content, should make us vomit as soon as it enters the body. However, the phosphoric acid in the beverage dulls the sweetness, enabling us to keep the drink down.

Blood sugar levels increase dramatically within 20 minutes of drinking the Cola, causing a burst of insulin. The liver then turns the high amounts of sugar circulating our body into fat.

Within 40 minutes, the body has absorbed all of the caffeine from the Cola, causing a dilation of pupils and an increase in blood pressure. By this point, the adenosine receptors in the brain have been blocked, preventing fatigue.

Five minutes later, production of dopamine has increased - a neurotransmitter that helps control the pleasure and reward centers of the brain. The way a Cola stimulates these centers is comparable to the effects of heroin, making us want another can.

An hour after drinking the beverage, a sugar crash will begin, causing irritability and drowsiness. In addition, the water from the Cola will have been cleared from the body via urination, along with nutrients that are important for our health.

The journal "Respirology" published a study which showed that soft drinks can lead to lung and breathing disorders such as asthma and chronic obstructive pulmonary disease (COPD).

People who drink soft drinks regularly have a 48% higher risk of having a heart attack or stroke as compared to people who do not. Plus, carbonation in soft drinks causes calcium loss in bones, which softens and weakens the bones, and makes them prone to damage.

Regular consumption of these ingredients in the high quantities you find in Coke and other processed foods and drinks, can lead to higher blood pressure, heart disease, diabetes and obesity. However, a small amount now and then won't do any major harm. The key is moderation.

Therefore, even though it is not suitable for consumption, you can use a caffeinated drink as a household cleaning product. Below are some ways to use it.

- Remove grease from fabrics.
- Destroy slugs and snails.
- Descale a kettle.
- Remove blood stains from clothes.
- Use it to clean engines.
- Clean grout.
- Clean battery terminals with Coke.
- Polish pennies by soaking them in some Coke.
- Use it to clean the toilet.
- Clean oil stains on garage floor.
- It can be used to remove hair dyes.
- Polish chrome by mixing it with aluminum foil.
- To clean burnt pans, pour some Coke and let it set to dissolve the grease and dirt, then wash the pan.
- You can use it to clean vitreous china.

## US Presidents Word Search

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

Washington	Taylor	Harrison	Eisenhower
Adams	Fillmore	Cleveland	Kennedy
Jefferson	Pierce	McKinley	Johnson
Madison	Buchanan	Roosevelt	Nixon
Monroe	Lincoln	Taft	Ford
Adams	Johnson	Wilson	Carter
Jackson	Grant	Harding	Reagan
Van Buren	Hayes	Coolidge	Bush
Harrison	Garfield	Hoover	Clinton
Tyler	Arthur	Roosevelt	Bush
Polk	Cleveland	Truman	Obama



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## Being Prepared for the Unexpected

Many situations can require documents and these situations tend to be unexpected. That's why it's wise to proactively locate and organize these materials rather than waiting until some incident or situation makes them necessary.

### Vital financial documents include:

- List of all bank accounts
- Pension documents 401(k) information, and annuity contracts
- Tax returns
- Savings bonds, stock certificates or brokerage accounts
- Partnership and corporate operating agreements
- Deeds to all property
- Vehicle title
- Documentation of loans and debts, including all credit accounts
- Durable financial power-of-attorney (financial proxy)

### Important health care documents include:

- Health care proxy (durable health power-of-attorney)
- Authorization to release health-care information
- Living will (healthcare directive)
- Personal medical history
- Insurance card (Medicare, Medicaid, Independent)
- Long-term care insurance policy

### Essential end-of-life documents include:

- Will
- Trust documents
- Life-insurance policies
- End of life instructions letter (regarding wishes not covered in will, for example regarding memorial, or items not covered in the will)
- Organ donor card

### Here's a list of some other essentials:

- Marriage papers
- Divorce papers
- List of online usernames and passwords
- List of safe deposit boxes and the location of their keys
- Military records
- Birth certificate
- Driver's license
- Social Security card
- Passport

***Watching the sunrise outdoors statistically increases your odds of having a good day. And needing a nap after lunch.***



- |                                |   |
|--------------------------------|---|
| 1. Boy named Sue               | ___ Player who just needs a little bit of variety         |
| 2. Convoy                      | ___ OMG! Like Totally! For Sure!                          |
| 3. Disco Duck                  | ___ Disturbing predictions for the future                 |
| 4. Barbie Girl                 | ___ Dude with extremely high self esteem                  |
| 5. Doggie in the Window        | ___ Rule breaking at school                               |
| 6. Don't Worry Be Happy        | ___ Don't Look Ethel!                                     |
| 7. Short Shorts                | ___ She loves her fantastically plastic world             |
| 8. Kung Fu Fighting            | ___ mad scientist throws party for legendary creatures    |
| 9. Mambo No. 5                 | ___ Royal Teens' showing lots of leg                      |
| 10. Monster Mash               | ___ His Daddy just wanted him to grow up strong           |
| 11. Smokin' in the Boys Room   | ___ McFerrin's great advice on life                       |
| 12. Pac Man Fever              | ___ A pocket of quarters will lower his temperature       |
| 13. The Streak                 | ___ Trucker rebellion orchestrated through CB's           |
| 14. In The Year 2525           | ___ Inquiring as to the cost of the canine                |
| 15. Tiptoe Through The Tulips  | ___ High falsetto carefully walking in a perennial garden |
| 16. Valley Girl                | ___ Seventies dancin' aquatic                             |
| 17. I'm Too Sexy               | ___ Still raining at Camp Granada                         |
| 18. Hello Muddah, Hello Faddah | ___ Funky men performing ancient Chinese martial art      |

There are so many proven benefits of laughter.

It is known to:

1. Reduce tension (Lighten up guys!)
2. Promote cooperation (OK, we'll try it)
3. Reduce Belly Fat (Only belly laughs work)
4. Inspire a positive outlook (It's all good!)
5. Remove barriers between people (Hmmm...)
6. Make New Friends (really???)
7. Improve memory (I know your name...)
8. Enhance the immune system (What bugs?)
9. Lower blood pressure (Yep, I'm mellow now)
10. Improve alertness and creativity (I saw that on Pinterest, I can do that!!)

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## FROM THE OFFICE

Happy Birthday, America! I offer thanks for being able to live in a country that gives us massive freedoms, including the freedom to worship God freely!

HIGH SCHOOL—it conjures up soooo many feelings. Some of these feelings are wonderful, the best times of some people's lives. Some feelings not so wonderful—never want to think of that place again!!

I fully remember the first day that I walked into Farmerville High School (substitute the name of your high school here). I was in the 7<sup>th</sup> grade. Our high school consisted of 7<sup>th</sup> through 12<sup>th</sup> grades. I was as scared as if I had stepped into a pit of rattlers. First, I was scared because that was the biggest building that I had ever seen. I was also scared because my hair was greasy. Let me explain that. I was blessed (!!???) with curly hair—really curly hair when everybody else (or so it seemed to me) had long stick- straight hair. On the night before I started to FHS, my mother decided to give me an oil treatment WITH VO 5! Needless to say, I washed my hair 3 times that night but the next morning my hair still could have been used to change the oil in a tractor. I was mortified!! But, as I always say, it makes for a great story!

Do you have good memories of high school? Let me share a few of mine.

- My teachers: Bertha Lou Edwards-tall, pretty lady-great teacher.
- Mrs. Harper taught me junior high science—I loved to tease her.
- When I was in the 8<sup>th</sup> grade, we had a young new teacher that we were not very nice to—my sister always said that was the reason that I had a rough time in my first year of teaching—payback!
- Annette Daniels—that woman can teach!! She made me love geometry AND algebra! I can still do algebra after all of these years! She was not only my high school teacher but also a co-worker and then became one of my VERY BEST FRIENDS.
- Margie Benefield. She taught English. I went to LA Tech fully prepared for English. She also loved to read as did I.
- Mary Louise Read. A beautiful lady. Taught the upper maths and physics.
- E. J. Albritton. Taught Louisiana History, which I loved. We argued a lot.
- David Clinton—my principal for most of my high school years. Also the father of one of my best friends, David, Jr. I never knew how funny he was until I was well out of high school. He was a real cut up and he never forgot anybody's name!
- Ronnie Nolan taught Chemistry. He left us too soon.

There are so many more that I could talk about: Lillian Miller, Margie Wade, Blake Albritton, Frank Wilson, Chiles Carpenter, Don Shows (could play a mean game of Rook), Charles Morgan, Mrs. Johnson, Mrs. Stewart, and of course, no one that attended Farmerville High at that time will ever forget Howard!! High school was a good time for me. I read A LOT of books, I was in the band, I had good, even great, teachers. I have always looked at school as preparation for your future life. I personally think that I was very well prepared!

- Susan

Union Parish  
**TRIAD Newsletter**

July 2018



**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!*



**Susan Edwards and long-time Hill Oil employee Larry Gilbert**

Many years ago when TRIAD began to distribute Food for Seniors, the dilemma was, "Where will we put all of these people and how will we load the trailers?" I'm sure that there was a lot of thinking and discussing. The solution was Hill Oil Company. The president of Hill Oil, Mr. James Hill and his sons, Kerry and Scott, welcomed the seniors of Union Parish to use their parking lot and their equipment once a month for all these many years. After Mr. James' death, Kerry and Scott continued to allow TRIAD to use their facilities. Not many years ago, Hill Oil partnered with Reladyne. The Reladyne/Hill Oil Company has continued to let us invade their grounds on the first Thursday of every month for a longggg time.

Since the building of the new sheriff's facility, I have wanted to move our food distributions here. Well, that day has finally come! Beginning in the month of July, all food distributions will take place on the Union Parish Sheriff's Office grounds. We don't know how to thank Reladyne/Hill Oil for their years of service to the seniors of Union Parish, except to say, **"Thank you!! From the bottom of our hearts!"**