



2018

MARCH

SUNDAY
FIRST DAY OF WEEK

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



March, 2018

Linda Richard-March 2

Ethelle Colvin-March 5

Gabe Wayne-March 7

Mattie Levinston-March 11

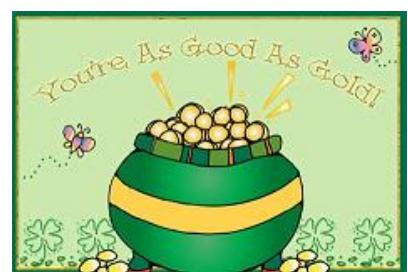
Barbara Sisk-March 16

Donna Miller-March 17

Shirley Jackson-March 20

Rutha B. Fields-March 27

Leroy Cole-March 27



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

Emma Davis
P.O. Box 876
Sterlington, LA 71280

Buttermilk Benefits

You likely know buttermilk from frosting and pancakes, but did you know this dairy product is one of the healthiest things you can drink?

Americans have all but forgotten about buttermilk, except when used to make ranch dressing. So why should you drink buttermilk? Because it's a natural home remedy for a wide variety of ailments!

1. **Cure a cold.** The bacteria in buttermilk will naturally boost your immune system. It also reduces phlegm. To prevent a cold, drink a glass of buttermilk daily and when you are plagued by illness, drink buttermilk in addition to plenty of water.
2. **Soothe an upset tummy.** The probiotic bacteria in buttermilk are important for healthy gut function. They also help absorb nutrients in the intestines and improve metabolism.
3. **Treat diarrhea.** Buttermilk is effective in helping stool bind together. It also helps the body rehydrate. Surprisingly, it is also effective in relieving constipation.
4. **Boost energy.** The vitamin B-2 riboflavin in buttermilk makes the drink a natural energy booster. Buttermilk is also rich in protein. A single glass has 8.1 grams of protein or 15 and 17 per cent of the daily recommended intake for men and women, respectively.
5. **Liver detox.** The riboflavin that gives you so much energy also supports liver function and helps detoxify your body.
6. **Acid reflux.** Buttermilk is helpful in neutralizing acid and treating burning sensations. Buttermilk also helps because it coats the stomach lining, thus reducing irritation caused by acid reflux.
7. **Lower cholesterol and high blood pressure.** When consumed daily, buttermilk is effective in maintaining healthy cholesterol levels and lowering high blood pressure.
8. **Fight dehydration.** Buttermilk is full of electrolytes. Think of it as a natural Gatorade.

Heart's Desire
At Home Care Service
Johnson Jo Nodice Worley - CEO - Monroe office
Serving Northeast Louisiana (Region 8)

Monroe Office
3114 Mercedes Drive
Monroe, LA 71201
TEL: 318-376-8200 • 1-800-261-6492
e-mail: heartsdesire4672@msn.com
FAX: 328-2956

Farmerville Office
Rox Isaac, Director
124 North Main Street
Farmerville, LA 71241
TEL: 328-7475 • 381-4786 • 778-4897

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

Hearts Desire is state licensed



Read the TRIAD Newsletter online at 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

Tips for Leaving a Legacy

Listed below are some questions to start with in order to leave a written legacy for your children or grandchildren that will become a part of your family history.

1. Are there any family secrets or stories that you've never shared (but want to)?
2. Did you ever have a job that you didn't keep for long?
3. Did you ever have a pen pal?
4. Did you ever learn anything surprising about your parents?
5. Did you travel a lot before you had a family? What are the places in the world you really loved visiting? Where do you wish you could go? What would you like to see?
6. Do you have any regrets in life?
7. How did you spend your free time as a child?
8. Is there anything you accomplished that really surprised you?
9. Was there ever a time in your life when you and/or your family really struggled?
10. What are some of your happiest memories?
11. What are you most proud of?
12. What are your earliest memories?
13. What clothing or other fads did you love (or think were silly)?
14. What subjects did you enjoy in school? Did you like school as a child?
15. What things do you wish you had known about your parents?
16. What was the best date you ever went on like?
17. What was your first job?
18. What world events had the most impact on you and our family?
19. Who was your mentor or role model?
20. Who were your childhood friends? Do you/did you keep in touch with any of them?

Maybe you can think of more interesting things that you would like to be remembered for. Now is a good time to write these things down—or better yet, record them in an audio file! Wouldn't it be great to hear your own parents' voices now?!



Glaucoma Facts

Glaucoma is a group of eye diseases which result in damage to the optic nerve and vision loss. The most common type is open-angle glaucoma with less common types including closed-angle glaucoma and normal-tension glaucoma. Open-angle glaucoma develops slowly over time and there is no pain. If you experience any of the following symptoms, you should seek immediate help:

1. Loss of peripheral or side vision.

This is usually the first sign of vision loss due to glaucoma.

2. Seeing halos around lights.

If you see rainbow-colored circles around lights or are unusually sensitive to light, it could be a sign of glaucoma.

3. Vision loss.

Especially if it happens suddenly.

4. Redness in the eye.

Sometimes accompanied by pain, which may be a sign of injury, infection, or acute glaucoma.

5. Eye that looks hazy.

A cloudy-looking cornea is the most common early sign of childhood glaucoma.

6. Nausea or vomiting.

Especially when it accompanies severe eye pain.

7. Pain in the eye and in the head.

This often occurs in angle-closure glaucoma, a type of glaucoma which can develop quickly.

8. Narrowing of vision (tunnel vision).

You may start to lose vision around the edges of your visual field.

One of the keys to glaucoma prevention is knowing whether you or your loved ones are at increased risk. Those with a higher risk should get a complete eye exam every one to two years.

You may be at risk for glaucoma if you:

- Are of African-American, Asian, Hispanic, Inuit, Irish, Russian or Scandinavian descent.
- Are over age 40, and particularly if you are over age 60.
- Have diabetes.
- Have a family history of glaucoma.
- Have hypertension or extremely low blood pressure.
- Have had an eye injury in the past.
- Have poor vision, particularly if you have extreme nearsightedness or a very thin cornea.
- Take certain steroid medications, such as prednisone.

Though most types of glaucoma cannot be prevented, early detection and ongoing monitoring of eye health can limit the vision loss caused by the disease. See your optometrist on a regular basis for eye checkups.

Out of all of my body parts I feel like my eyes are in the best shape. I do at least a thousand eye rolls a day.

SOMETIMES WHEN I CLOSE MY EYES I CANNOT SEE

A Note from Brother David Martin....

I can't help but wonder if most of you who read this column are asking what I and many must be asking today: "What in the world is going on in our beloved nation?" It seems we see on a regular and sometimes daily basis rampant madness, meanness, mass confusion and the morass of evil. We wonder if we have lost our corporate minds. Or is it rather that we have lost our moral compass?

Now I don't claim to have all the truth or wisdom; I'm an average or regular guy. What I do have to say may be my OWN suggestions rather than solutions. What I do have to say or suggest comes from fifty-three years of preaching God's Word, plus a great deal of experience of life. I think I understand a little about human nature, whether yours or mine. It seems to me, and so many others, that we as a nation have indeed lost our moral compass. We have attempted in some areas to displace the only True God and replace Him with our False gods or idols. Vast numbers of citizens of our great nation have decided that we don't need God. There can be no question that this nation was built on Christian truth, standards and principles. Alas! Many or most of these have been discarded by certain groups or individuals. Either corporately or individually great numbers have decided to embrace the philosophy we read about found in the Book of Judges in the Old Testament, which words are so tragically, vividly and emphatically recorded: "Everyone did what was right in his own eyes." They decided for themselves, set their own rules and standards for what was right and best for themselves. As it turned out they were more concerned with doing the wrong than what was right, and they reaped what they had sown. Today that kind of thinking is called relativism: "Do your own own thing!" "Live your own life!" And today we are being told and sold the great lie that there are no moral absolutes. And we also are reaping a harvest that we have sown: crime, corruption, contempt, confusion, crises—and the list goes on and on!

Most honest and honorable people believe, and truthfully so, that this nation was founded on Christian/Judeo principles and standards found in the Word of God. There are some arguments and debates to the contrary, but history proves it to be true that most Founding Fathers were either Christians or at least believers in the God of the Bible. Is it too late to turn back the clock and to return to the principles and practices of God's Word? I choose to believe that there can and will be another Great Awakening in America. But it will take an almost whole-sole time of fervent praying on the part of God's people. And surely sincere repentance and replacing the doing what seems right in our own eyes and genuinely seeking and doing what is good and holy and righteous in God's eyes.

Daylight Savings Time Begins Sunday, March 11. Be sure to set your clocks AHEAD one hour Saturday night, March 10.



Don't Forget to bring your 2018 Social Security Award Letter to the TRIAD office at 710 Holder Road in Farmerville to recertify for food box. We MUST have this as soon as possible after you receive it.

May Good luck be with you wherever you go, and your blessings outnumber the Shamrocks that grow!



Leslie Cobb
800.366.8452
318.368.9272
www.deanofflowers.com

You don't have to attend every argument you are invited to.

Give without remembering and receive without forgetting.

Every woman's dream is that a man will take her in his arms, throw her into bed... and clean the whole house while she sleeps.

Creole or Cajun??

All you really need to know is that **Creole cuisine uses tomatoes and proper Cajun food does not**. You can stop reading now. That's how you tell a Cajun vs. Creole gumbo or jambalaya. However, if you'd like to know more, please continue reading so that you can learn why the terms "Cajun" and "Creole" that have become used so loosely and interchangeably when describing Louisiana food, are not at all the same.

A vastly simplified way to describe the two cuisines is to deem Creole cuisine as "city food" while Cajun cuisine is often referred to as "country food." While many of the ingredients in Cajun and Creole dishes are similar, the real difference between the two styles is the people behind these famous cuisines. They say in order to really know someone, meet their family. The same goes for food. In Louisiana, the best place to find authentic Cajun and Creole cooking is in homes across the state, which is what makes the food so special. Many of Louisiana's most talented chefs learned their trade from their parents or grandparents. Cajun and Creole are two distinct cultures, and while over the years they continue to blend, there is still a vast distinction in Louisiana, and both have their own unique stories.

The only place to get true Creole and/or Cajun food is in Louisiana, or at least in someone from Louisiana's kitchen!



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.

March Planting Guide

1st - 2nd A most barren period, best for killing plant pests or doing chores around the farm.

3rd - 4th Fine for sowing grains, hay, and forage crops. Plant flowers. Favorable days for planting root crops.

5th - 6th Start seedbeds. Good days for transplanting. Excellent time for planting root crops that can be planted now. Also good for leafy vegetables.

7th - 9th Barren days, do no planting.

10th - 11th Any root crops that can be planted now will do well.

12th - 14th A barren period, best suited for killing plant pests. Do plowing and cultivating.

15th - 16th Good for planting cucumbers, melons, pumpkins, and other vine crops. Set strawberry plants. Good days for transplanting. Favorable days for planting beets, carrots, radishes, salsify, turnips, peanuts, and other root crops.

17th - 18th Cultivate and spray, do general farm work, but no planting.

19th - 21st Favorable for planting crops bearing yield above the ground.

22nd - 23rd Seeds planted now tend to rot in ground.

24th - 25th Excellent for sowing seedbeds and flower gardens. Best planting days for aboveground crops, especially peas, beans, cucumbers, and squash where climate permits.

26th - 29th A most barren period, best for killing plant pests or doing chores around the farm.

30th - 31st Fine for sowing grains, hay, and forage crops. Plant flowers. First day is an excellent time for planting corn, beans, peppers, and other aboveground crops where climate permits. Second day is a favorable day for planting root crops.



Irish Brown Bread



Ingredients

- 2 1/4 cups whole-wheat flour
- 1 3/4 cups all-purpose flour (plus more for dusting)
- 1 1/2 teaspoons baking soda
- 1 teaspoon fine salt
- 2 cups well-shaken buttermilk
- 4 tablespoons unsalted butter (1/2 stick), melted

Instructions

1. Heat oven to 400 degrees and arrange a rack in the middle. Lightly dust a baking sheet with all-purpose flour; set aside.
2. Place both flours, baking soda, and salt in a large bowl and whisk to combine, breaking up any lumps.
3. Add buttermilk and melted butter and mix with your hands until almost all of the flour is moistened and the dough holds together (about 1 minute).
4. Lightly flour a clean work surface and turn out the dough kneading until it forms a fairly smooth ball with no visible pockets of flour (about 1 minute).
5. Work the dough into a flat round about 7 inches in diameter and 2 inches thick. Place on the prepared baking sheet and, using a sharp knife, slice an "X" across the top, edge to edge about 1/2 inch deep.
6. Bake until the bread makes a hollow sound when tapped (about 35 to 40 minutes).
7. Transfer to wire rack and cool completely before slicing, about 2 hours. (If you slice the bread before it has completely cooled, it will be crumbly or fall apart.)

Arbor Lake

Skilled Nursing and Rehabilitation

Where YOUR Family becomes OUR Family!

Arbor Lake provides you with a superior choice in Farmerville. The care created the moment you step into our home will instill the confidence you need to make a once-difficult decision on easy choice.

*Specializing in Your Care
between Hospital and Home*

PHONE 318-368-3103
1155 Sterlington Hwy
Farmerville, LA 71241

Re-Defining Health Care for Seniors

*Long-Term Nursing Care
*Physical, Occupational & Speech Therapy
*Skilled Nursing Care
*Hospice Suite Available
*Respite Services
*Specializing in Short-Term Rehabilitation
*Full Calendar of Activities
*Cable TV and Saloon Services

For more information, contact
Arbor Lake or Sister Facility
ARBOR ROSE AT 368-1848



FROM THE OFFICE

One of the best things that we do in our office is wander down memory lane. Most of us are “of a certain age” and we feel comfort in the memories of our youth. When I first came to TRIAD, I did not think that I had many memories of my childhood, but when you hear the experiences of others, many times yours come flooding back.

“Memories, like the corners of my mind. Misty water-colored memories of the way we were.”

1. One of my oldest memories is of sitting in a little red rocking chair (which I still have) while eating cinnamon toast and watching Captain Kangaroo. My siblings all say that I was spoiled rotten but I think that no one gets rotten by themselves!
2. A favorite memory involves Christmas and a Shetland pony—a very mean one. I rode that crazy thing ONE time.
3. Fishing in Little Loutre—talk about snakes!
4. Swimming in Big Loutre—the community swimming pool.
5. I recently lost a dear childhood friend whose grandfather built a playhouse when she was a little girl. I thought that was the greatest thing in the world!! I think of that little house often.
6. My grandparents' house. I still see it in my mind. My sister dreams about it. It was VERY cold in the winter—3 quilts cold. Space heaters. Green formica table. A million memories. My grandfather's meal blessing. My grandmother's apron and her coconut pie. Sunday afternoons with aunts and uncles and cousins. We all loved them unconditionally as they loved each of us.
7. Nieces. I have 6 of them. My oldest niece stood on the kitchen cabinet and told us to “Go way way!” and she would jump into our arms. (We still say go way way) One named herself WaWa and my dad had a western belt made with THAT name on the back. She still has it. My parents kept 2 of them that were close in age. When we said one name, we usually said both. I still find myself wanting to say both names together and they are almost 40!! They all turned out great. I love them like they are my own.
8. Crying every day for the first two years of school. I got away with it until the day that my dad (who worked evenings) got enough of it and “tanned my hide”. I went to school for YEARS after that!!
9. Last week I told the story of waking up on Easter morning to our mother at the sewing machine finishing up on those Easter dresses—for 3 girls! My favorite was orange and I had orange gloves AND orange socks—I thought I was something.
10. Speaking of Easter—egg hunts with sooooo many cousins. The year that my cousin and I had the measles and they hid eggs in the house for us! (I guess we were all rotten.)
11. Rolling my hair. I had very curly hair and the only way to manage it was to roll it on wire rollers. (and I know that I was not the only one!) We did not have a hair dryer at the time and I slept with those things sticking into my head for years! I still remember my first blow dryer—I thought I had died and gone to Heaven!!!
12. Speaking of going to Heaven—I visited my childhood church for a funeral not long ago and thought of the many that have left this world of woe and are in SUCH a better place-- Both sets of grandparents, Sunday School teachers, family members, family friends, and sadly, childhood friends.

“Can it be that it was all so simple then? Or has time rewritten every line? If we had a chance to do it all again—Tell me, would we, could we?”

I don't know about you, but I think I would. 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**

March, 2018



What is a PALM SUNDAY?



Palm Sunday is a Christian moveable feast that falls on the Sunday before Easter. The feast commemorates Jesus' triumphal entry into Jerusalem, an event mentioned in all four canonical Gospels. In many Christian churches, Palm Sunday is marked by the distribution of palm leaves (often tied into crosses) to the assembled worshippers.

Carrying palms (or olive or willow branches, etc., if palms aren't available) in procession goes way back into the Old Testament, where it was not only approved but commanded by God at the very foundation of the Old Testament religion. In the fall of the year, after the harvest, when the people gathered for the Feast of Tabernacles God said in Leviticus 23:40: *And you shall take to you on the first day the fruits of the fairest tree, and branches of palm trees, and boughs of thick trees, and willows of the brook: And you shall rejoice before the Lord your God.*

Again we read of palms in the II Maccabees 10:6-8: *And they kept eight days with joy, after the manner of the feast of the tabernacles, remembering that not long before they had kept the feast of the tabernacles when they were in the mountains, and in dens like wild beasts. Therefore they now carried boughs and green branches and palms, for him that had given them good success in cleansing his place. And they ordained by a common statute, and decree, that all the nation of the Jews should keep those days every year.*

And in the 7th chapter of the Revelation, we see that those who were "sealed" are seen by John carrying palms: Revelation 7:9-10: *After this, I saw a great multitude, which no man could number, of all nations and tribes and peoples and tongues, standing before the throne and in sight of the Lamb, clothed with white robes, and palms in their hands. And they cried with a loud voice, saying: Salvation to our God, who sitteth upon the throne and to the Lamb.*

Celebrate Palm Sunday, March 25, 2018