



2018

MAY

SUNDAY
FIRST DAY OF WEEK

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|-------------------|-------------------------------------|---------|---------------------------------|-----------------------------|-------------------------------------|----------|
| 29 | 30 | 01 | 02 | 03 Food Day 1 | 04 | 05 |
| 06 | 07 | 08 | 09 Spearsville TRIAD Noon | 10 Marion TRIAD 1:;30 | 11 | 12 |
| 13 Mothers Day | 14 Farmerville TRIAD 1:00 | 15 | 16 | 17 Food Day 2 | 18 | 19 |
| 20 | 21 | 22 | 23 | 24 | 25 Citizens Academy 9:30-Noon | 26 |
| 27 | 28 Memorial Day Office Closed | 29 | 30 | 31 | 01 | 02 |



May, 2018
 Mary Alderson-May 12
 Susan Edwards-May 14
 Lizzie McElroy-May 20

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

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How to Use the Cash Envelope Budget System

One of the best ways to manage a budget is with **cash envelopes**. The cash envelope budget is easy to set up, easy to maintain and easy to see what you have left. It's also a fantastic way to see where you're overspending and where you may be able to lower your budget because you're under spending!

Here's how it works.

At the beginning of the month, sit down and figure out how much you have coming out for expenses and what those amounts are. Then, you will pull whatever amount of cash you will need to cover your bills and other expenses.

Each expense gets its own envelope. Write the name of the bill or expense on the envelope.

Now, as you pay bills, you will **ONLY** remove cash from that specific envelope. If you're buying groceries, you can **ONLY** remove money from the grocery envelope. Once the money in that envelope is gone, it's gone, and you're done spending money on that category.

It's that easy! A couple of things about this budget though.

No moving money from one envelope to another. The idea here is to help get your spending under control. If you're shuffling money around, you're not controlling your spending in whatever category you must keep feeding.

At the end of the month, if an envelope still has cash in it? You have two choices. Either roll that left-over cash to the next month (meaning it will take less out of your paycheck to re-fund it for the new month) **OR** put that money into savings. Either way, you're saving money.

Medicine is not
healthcare -- Food is
healthcare. Medicine
is sickcare. Let's all
get this straight, for
a change.

You ARE what you eat!

Every 28 days, your skin replaces itself; your liver, every 5 months; your bones, every 10 years. Your body makes these new cells from the food you eat. What you eat literally becomes you. You have a choice in what you're made of!!

Freedom is never more than one generation away from extinction. We didn't pass it to our children through the bloodstream, it must be fought for, protected, and handed on for them to do the same.

- Ronald Regan

Memorial Day, May 28, 2018

Today, we
HONOR
and
REMEMBER



Greater love has no one than this, that he
lay down his life for his friends.

— John 15:13 —

Cemetery on Memorial Day

Each little flag means someone brave
Lost a life and with it gave
Breath to freedom. Watch them wave.

Remember.

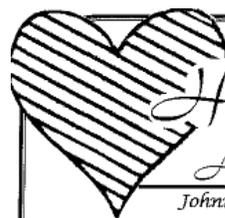
Soldiers died to save
Your right to vote
To learn, to pray,

Don't look away.

Read each name carved cold and deep.
Touch each flag and if you weep
Let the tears that you taste
Remind of what our soldiers faced.

One sacrifice from each grave.
Feel their breath.

The Flag still waves.



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Service Member who died Protecting it.*



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

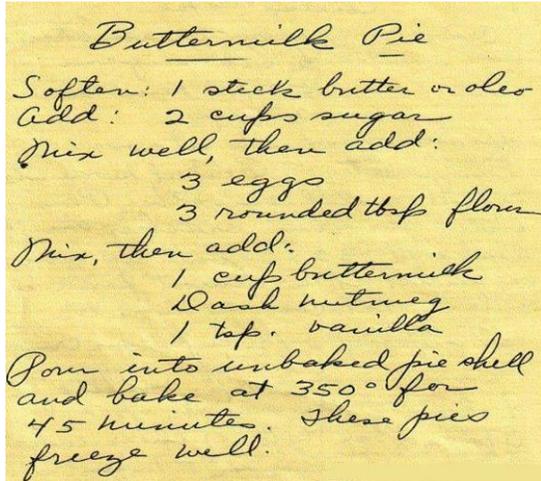
Basal Cell Carcinoma (Skin Cancer)

BCCs are abnormal, uncontrolled growths or lesions that arise in the skin's basal cells, which line the deepest layer of the epidermis (the outermost layer of the skin). BCCs often look like open sores, red patches, pink growths, shiny bumps, or scars and are usually caused by a combination of cumulative and intense, occasional sun exposure.

BCC almost never spreads (metastasizes) beyond the original tumor site. Only in exceedingly rare cases can it spread to other parts of the body and become life-threatening. It shouldn't be taken lightly, though: it can be disfiguring if not treated promptly.

More than 4 million cases of basal cell carcinoma are diagnosed in the U.S. each year. In fact, BCC is the most frequently occurring form of all cancers. More than one out of every three new cancers is a skin cancer, and the vast majority are BCCs.

Anyone with a history of sun exposure can develop BCC. However, people who are at highest risk have fair skin, blond or red hair, and blue, green, or grey eyes. People who have had one BCC are at risk for developing others over the years, either in the same area or elsewhere on the body. Therefore, regular visits to a dermatologist should be routine so that not only the site(s) previously treated, but the entire skin surface can be examined.



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Memorial Day

WORD SEARCH

| | | | | | | | | | | | | | | | | | | | |
|-------------|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| AMERICAN | B | S | S | S | O | E | S | H | N | S | M | H | O | N | O | R | Q | C | N |
| ANTHEM | R | R | Y | P | R | L | C | I | T | O | I | R | T | A | P | T | K | A | M |
| CEMETERY | E | E | V | J | A | A | P | I | A | C | B | J | N | Q | A | M | J | N | D |
| CEREMONY | M | I | P | J | X | T | W | Y | L | A | I | R | O | M | E | M | P | T | S |
| COMMEMORATE | E | D | V | K | S | Q | P | O | X | X | C | E | I | W | U | T | A | H | R |
| DECORATION | M | L | E | H | O | L | I | D | A | Y | V | G | T | S | X | W | A | E | E |
| FALLEN | B | O | T | T | O | R | S | H | I | A | N | W | A | J | A | Q | S | M | W |
| FLAGS | R | S | F | A | U | U | A | N | R | E | C | T | R | T | D | E | S | P | O |
| FLOWERS | A | R | G | B | S | L | Y | G | L | F | E | U | O | P | O | T | S | A | L |
| FREEDOM | N | V | E | A | F | D | A | L | A | R | M | N | C | R | I | G | A | M | F |
| GRAVE | C | W | V | M | L | Z | A | S | U | E | E | S | E | R | V | I | C | E | C |
| HALF MAST | E | I | A | G | D | F | E | T | K | E | T | H | D | G | U | L | R | R | E |
| HEROES | U | S | J | A | R | V | Y | V | G | D | E | E | O | A | Z | B | I | I | R |
| HOLIDAY | T | V | E | T | E | R | A | N | S | O | R | X | X | C | O | J | F | C | E |
| HONOR | C | B | C | V | S | Y | N | M | N | M | Y | C | C | Q | W | V | I | A | M |
| MAY | G | P | O | B | S | E | R | V | A | N | C | E | Q | B | B | R | C | N | O |
| MEMORIAL | Z | K | S | M | B | C | O | M | M | E | M | O | R | A | T | E | E | M | N |
| OBSERVANCE | N | W | D | K | D | Z | D | X | F | A | I | A | A | B | G | R | Q | B | Y |
| PATRIOTIC | P | V | Y | J | Y | C | A | M | Y | I | X | R | X | N | T | R | H | P | J |

REMEMBRANCE

VETERANS

SACRIFICE

WAR

SALUTE

SERVICE

SOLDIERS

TAPS



If the person who named Walkie Talkies named everything:

- Stamps would be Lickie Stickie
- Defibrillators would be Hearty Starty
- Bumble Bees would be Fuzzy Buzzy
- Pregnancy test would be Maybe Baby
- Bra would be Breastie Nestie
- Fork would be Stabby Grabby
- Socks would be Feetie Heatie
- Hippo would be Floatie Bloatie
- Nightmare would be Screamy Dreamy



Good moms let you lick the beaters... Great moms turn them off first.

In the eyes of its mother, every turkey is a swan!

RELOCATION STRESS SYNDROME

The stress that follows a move is called "relocation stress syndrome", a serious enough syndrome that in 1992, the North American Nursing Diagnosis Association added it as an official diagnosis. Now hospitals and insurance companies across the country are taking it seriously as well.

Relocation Stress Syndrome tends to show up in most of those affected right before a sudden move and within the first three months of a move. Symptoms include anxiety, depression and forgetfulness. Physical symptoms can crop up as well.

The effects of stress on the mind and body are well known. This particular stress is a little bit different in that it is so easily misdiagnosed as a problem to do with aging. When people have stress, they tend to get angry or irritable, they can't focus, they can't think clearly, they have trouble making decisions. These are all also symptoms of dementia.

What you don't want is a misdiagnosis of dementia when what your loved one has is trauma from a move. Signs to look for in a loved one include changes in cognition, changes in eating habits and sleeping patterns, perhaps a new sense of insecurity or lack of trust and a decline in self-care.

There are many steps you can take to prevent transfer trauma:

1. If the senior is being moved from a hospital, the hospital will have an advocate staff to help with the transition and to ensure it's a smooth process.
2. Involve the senior in the decision-making. If they insist on going home, allow them to try it out. If they do indeed need to go to a facility, they need to pick one out and agree to it. Allow them the dignity of being involved.
3. Acknowledge their fears.
4. Validate their feelings.
5. Whenever possible, try to recreate their old home in their new setting by using some personal items.

Transfer trauma typically will subside within 3-6 months. That's the usual time it takes a senior to adjust to their new surroundings. If, after six months, your loved one hasn't been able to settle in, or is constantly sick or very depressed, or there's some really big significant change, then seek the help of their family physician.

10 Health Benefits of Zucchini

- | | |
|-------------------------------|---------------------------------------|
| 1. Helps You to Lose Weight | 7. Reduces Stress and Muscle Tension |
| 2. Keeps Blood Sugar Stable | 8. Keeps Your Brain Happy and Healthy |
| 3. Helps to Lower Cholesterol | 9. Plenty of Antioxidants |
| 4. Reduces Blood Pressure | 10. Gives Eyes a Healthy Boost |
| 5. Improves Immunity | |
| 6. Keeps the Heart Healthy | |



No Noodle Zucchini Lasagna

Ingredients

- 2 large zucchini
- 1 tablespoon salt
- 1 lb. ground beef
- 1 1/2 teaspoons ground black pepper
- 1 small green bell pepper, diced
- 1 onion, diced
- 1 cup tomato paste
- 1 (16 oz.) can tomato sauce
- 1/4 cup red wine
- 2 tablespoons chopped fresh basil
- 1 tablespoon chopped fresh oregano
- hot water as needed
- 1 egg
- 1 (15 oz.) container low-fat ricotta cheese
- 2 tablespoons chopped fresh parsley
- 1 (16 oz.) package frozen chopped spinach, thawed and drained
- 1 lb. fresh mushrooms, sliced
- 8 oz. shredded mozzarella cheese
- 8 oz. grated Parmesan cheese

Directions

1. Preheat oven to 325 degrees F.
2. Grease a deep 9x13 inch baking pan.
3. Slice zucchini lengthwise into very thin slices. Sprinkle slices lightly with salt; set aside to drain in a colander.
4. Cook ground beef and black pepper in a large skillet over medium high heat for 5 minutes. Add green pepper and onion; cook and stir until meat is no longer pink. Stir in tomato paste, tomato sauce, wine, basil, and oregano, adding a small amount of hot water if sauce is too thick. Bring to a boil; reduce heat and simmer sauce for about 20 minutes, stirring frequently.
5. Mix egg, ricotta, and parsley together in a bowl until well combined.
6. Spread 1/2 of the meat sauce into the bottom of prepared pan. Then layer 1/2 the zucchini slices, 1/2 the ricotta mixture, all of the spinach, followed by all of the mushrooms, then 1/2 the mozzarella cheese. Repeat by layering the remaining meat sauce, zucchini slices, ricotta mixture, and mozzarella. Spread Parmesan cheese evenly over the top; cover with foil.
7. Bake for 45 minutes. Remove foil; raise oven temperature to 350 degrees F. and bake an additional 15 minutes. Let stand for 5 minutes before serving.



Urinary Tract Infection

Urinary tract infections typically occur when bacteria enter the urinary tract through the urethra and begin to multiply in the bladder. Although the urinary system is designed to keep out such microscopic invaders, these defenses sometimes fail. When that happens, bacteria may take hold and grow into a full-blown infection in the urinary tract.

Women are at greater risk of developing a UTI than are men. Infection limited to your bladder can be painful and annoying. However, serious consequences can occur if a UTI spreads to your kidneys.

Doctors typically treat urinary tract infections with antibiotics. But you can take steps to reduce your chances of getting a UTI in the first place.

Urinary tract infections don't always cause signs and symptoms, but when they do they may include:

- A strong, persistent urge to urinate
- A burning sensation when urinating
- Passing frequent, small amounts of urine
- Urine that appears cloudy
- Urine that appears red, bright pink or cola-colored — a sign of blood in the urine
- Strong-smelling urine
- Pelvic pain, in women — especially in the center of the pelvis and around the area of the pubic bone

UTIs may be overlooked or mistaken for other conditions in older adults.

Each type of UTI may result in more-specific signs and symptoms, depending on which part of your urinary tract is infected.

Part of urinary tract affected

Signs and symptoms

Kidneys (acute pyelonephritis)

- Upper back and side (flank) pain
- High fever
- Shaking and chills
- Nausea
- Vomiting

Bladder (cystitis)

- Pelvic pressure
- Lower abdomen discomfort
- Frequent, painful urination
- Blood in urine

Urethra (urethritis)

- Burning with urination
- Discharge

Contact your doctor if you have signs and symptoms of a UTI.

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My children have my husband's eyes. They can't see what's right in front of them either.

I want my children to have all the things I couldn't afford. Then, I want to move in with them.

PHYLLIS DILLER

You know you're a Mom when you understand why the Mama Bear's porridge was cold!

THE PHRASE "WORKING MOTHER" IS REDUNDANT

When I get a headache, I take two aspirin and keep away from children, just like the bottle says.

mothers are like glue.
EVEN WHEN YOU CAN'T SEE THEM, THEY'RE STILL HOLDING THE FAMILY TOGETHER.

SUSAN GALE

A worried mother does better research than the FBI

A MOTHER UNDERSTANDS WHAT A CHILD DOES NOT SAY.



FROM THE OFFICE

I have been at TRIAD for ten years! That really does not seem possible but, as you know, time flies. Have you ever sat down and just thought about your life? And the people and things and places that have been a part of that? As you know, I stroll down memory lane often. So today, I will make that walk again. In the past, I have called this kind of musing

RANDOM RAMBLINGS

1. I was born in Farmerville in May, 1954, and was raised in Truxno. As they always said on Green Acres, the country life is the life for me. We lived on a working farm with chickens (LOTS of chickens) and cows and hogs. I have drawn water from a well, seen syrup made with a grinder and a mule, gone to drive-in movies. I had two sets of grandparents that lived about a mile from us on either side and MANY aunts and uncles and first cousins. Life was good—we say colorful. We knew our neighbors, visited our grandparents often (really often) and shopped at the small country stores right down the road. Our mother could cook like nobody's business and our dad was a hard worker who took care of his family.
2. School was not a happy thing for me to begin with. I cried—daily. For the first two years until my father got sick of it and whipped me—hard. I gladly went to school from then on. I attended Farmerville Elementary and Farmerville High School. I rode the bus every day from Truxno to school. I was the first one on the bus and the last one off. Once again, colorful. I eventually learned to like school because I learned to read. And I loved to read and still do. My saying: I've traveled a million miles between the pages of a book. Louisiana Tech followed FHS, majored in education, actually starting teaching before I graduated and taught in Union Parish for over thirty years.
3. I eventually met a Claiborne Electric boy. He fell in love with me at first sight (that sounded good, didn't it?), we got married a short time later and lived a good life. In the midst of that life, we had a son (still say that's the BEST thing I ever did). Our lives revolved around work and child and each other. We enjoyed hunting and camping and showing livestock. (that's not all, but I can't list everything we were a part of) We attended church at Salem Baptist Church and enjoyed the fellowship of a wonderful church family. As most of you know, I lost my husband almost 12 years ago.
4. Life throws you curves sometimes and one of the curves in my road was retirement. Since I was young when I started teaching, I was still relatively young when I retired from education. Going home to draw my retirement was not an option, so, wonder of wonders, I began to look for a job. This was something that I had NEVER done. But, once again, wonder of wonders, I was hired on the first interview. I had worked there about a month, when former Sheriff Buckley called me and asked if I would like to come to TRIAD. My reply, No, I would love to come to TRIAD. And so, here I am, ten years later. I have met SO MANY wonderful people. I have worked with SO MANY wonderful people. I have had 2 of the greatest bosses that were ever made. Needless to say, this job was a God sent one. And speaking of that, I need to tell you that NONE of this would have been possible without HIS guiding hand. I began my walk with Jesus a long time ago. The path has not always been perfect but, then again, we won't reach perfection until we leave this realm. HE has been my leader, my sustainer, and my heavenly Father. I thank Him for this life that he has allowed me to live. - Susan



Union Parish
TRIAD Newsletter

May 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!



"M" is for the million things she gave me,
"O" means only that she's growing old,
"T" is for the tears she shed to save me,
"H" is for her heart of purest gold;
"E" is for her eyes, with love-light shining,
"R" means right, and right she'll always be.

Put them all together, they spell "Mother,"
A word that means the world to me.

*When she speaks she has something worthwhile to say,
and she always says it kindly.*

*She keeps an eye on everyone in her household,
and keeps them all busy and productive.*

Her children respect and bless her;

her husband joins in with words of praise:

*"Many women have done wonderful things,
but you've outclassed them all!"*

Charm can mislead and beauty soon fades.

*The woman to be admired and praised
is the woman who lives in the Fear-of-God.*

Give her everything she deserves!

Festoon her life with praises!

(Prov. 31:26-30 The Message)

Sunday, May 13, 2018 is Mother's Day....a day set aside in the United States to honor our Mothers and Mother figures. From all of us at TRIAD, we sincerely wish you a

Happy
MOTHER'S
Day