

2015

NOVEMBER

SUNDAY
FIRST DAY OF WEEK

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
01	02	03	04	05 Food Day 1	06	07
08	09	10	11 Veterans Day Office Closed	12	13 Marion TRIAD 1:30	14
15	16	17	18 Bernice TRIAD 11:30	19 Food Day 2	20 Farmerville TRIAD 1:00	21
22	23	24	25	26 Thanksgiving Office Closed	27 Holiday Office Closed	28
29	30	01	02	03	04	05



- Wordie Payne Nov 6**
- Ann Towns - Nov 7**
- Dot Tarver - Nov 8**
- Billy Ray White - Nov 11**
- Ann Smith - Nov 14**
- Mary Jo Thompson - Nov 22**
- Johnnie Nelson - Nov 23**
- Artis Smith - Nov 26**
- Jean Cole - Nov 27**
- Bobby Newton - Nov 28**



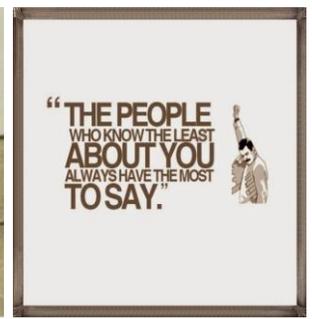
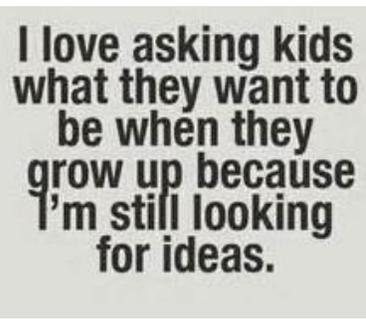
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Remember: Y'all is singular. All y'all is plural. All y'all's is plural possessive.



Carrots Do Help Aging Eyes

Your parents may have told you, "Eat your carrots, they're good for your eyes," and a new study suggests they were on to something.

Pigments called carotenoids -- which give red or orange hues to carrots, sweet potatoes and orange peppers, or deep greens to produce like spinach, broccoli and kale -- may help ward off the age-linked vision ailment known as macular degeneration, researchers said.

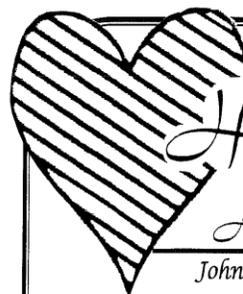
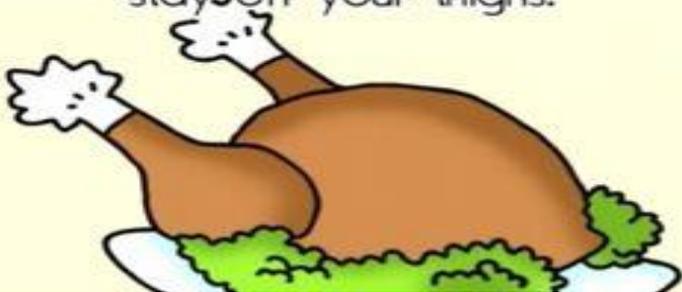
Age-related macular degeneration (AMD) is one of the most common causes of vision loss, especially in the elderly. It affects the macula, the center part of the retina, and can lead to declines in sharp central vision and even blindness, experts say. Scientists have already linked a variety of factors to the condition including genetics, smoking and nutrition.

Instituting a diet high in fruits and vegetables is important, especially colorful vegetables. Consume several servings a day, was the recommendation from the study.

What we're really talking about is a wonderful day set aside on the fourth Thursday of November when no one diets. I mean, why else would they call it Thanksgiving? ~Erma Bombeck

A THANKSGIVING POEM

May your stuffing be tasty,
May your turkey plump,
May your potatoes and gravy
have nary a lump.
May your yams be delicious
and your pies take the prize,
and may your
Thanksgiving dinner
stay off your thighs!



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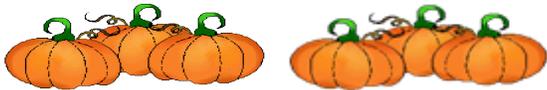
Homemade Pumpkin Pie Spice Coffee Creamer

Ingredients

- 14 ounce can of sweetened condensed milk
- 14 ounces of milk
- 3 tablespoons pumpkin
- 3 tablespoons maple syrup
- 1 tablespoon vanilla
- 1 teaspoon pumpkin pie spice

Instructions

1. Put ingredients in blender and blend until smooth
2. Store in the refrigerator for up to 2 weeks. Too Easy!!! Enjoy.



HOW TO COOK A TURKEY

- Step 1. Buy a turkey
- Step 2. Have a glass of wine
- Step 3. Stuff turkey
- Step 4. Have a glass of wine
- Step 5. Put turkey in oven
- Step 6. Relax and have a glass of wine
- Step 7. Turk the bastey
- Step 8. Wine of glass another get
- Step 9. Hunt for meat thermometer
- Step 10. Glass yourself another pour of wine
- Step 11. Bake the wine for 4 hours
- Step 12. Take the oven out of the turkey
- Step 13. Tet the sable
- Step 14. Grab another wottle of bine
- Step 15. Turk the carvey!

Psalm 100 (KJV) Song of Thanksgiving

1 Make a joyful noise unto the Lord, all ye lands.

2 Serve the Lord with gladness: come before his presence with singing.

3 Know ye that the Lord he is God: it is he that hath made us, and not we ourselves; we are his people, and the sheep of his pasture.

4 Enter into his gates with thanksgiving, and into his courts with praise: be thankful unto him, and bless his name.

5 For the Lord is good; his mercy is everlasting; and his truth endureth to all generations.

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From the desk of Bro. David Martin...

The words of a great old hymn are, "Count your blessings, name them one by one". It would be a challenging and almost impossible task to number all of our blessings, but take a sheet of paper and begin naming blessings: material, physical, social, and spiritual blessings.

One of my blessings is to enjoy both the privilege and pleasant times I share with the TRIAD office crew: Director Susan Edwards, Alice Yelton, and Brenda Hill, all dedicated Christians. Also to enjoy the fellowship and friendship of our many volunteers, without whom we could not perform the various tasks we are called on to do. Nor would I fail to mention the group of inmates who help us in so many ways.

My greatest joy is visiting seniors, particularly the homebound or shut-ins. Many of them have little or no company at all. They need someone to share with, simply to listen to their problems or needs, to hear of their joys and sorrows. One of my sorrows is to lose so many of my friends to death. I miss so many of them daily.

My goal is to place more persons on my list with whom I would love to spend time and share your joys and sorrows. If you are interested, call the TRIAD office at 368-0469.

My prayer is that each of you will have a joyful and peaceful Thanksgiving in 2015. May God's blessing continue to rest upon you!

Dangers of Seniors Living Alone

The results of a decades long study from the University College London on the impact of loneliness and isolation has shown that both loneliness and infrequent contact with friends and family can, independently, shorten a person's life.

According to AARP, nearly 90% of people over age 65 want to stay at home for as long as possible. Living at home and staying in a familiar community may offer benefits to seniors' emotional well-being — but research indicates that a staggering number of seniors who should be receiving assisted living care are still living at home — in many cases, alone.

To some of us, the answer may seem obvious: make the move to an assisted living community where social activity, health monitoring and medication management is all included. However, moving to senior living can be a difficult decision, particularly if your loved one is not keen on moving.

If you notice that your loved one needs help with daily activities such as eating, bathing and dressing, they may have decreased cognitive functioning associated with early or middle stage dementia. Even in their own home, the combination of poor eyesight and minor safety hazards can put seniors at risk for falls, broken hips and even death.

Keeping track of physical symptoms, mental health, and senior nutrition is of critical importance. Warning signs that living alone is no longer safe for an older adult include:

- Medication management issues
- Poor eyesight
- Social isolation
- Forgetting appointments
- Unable to keep up with daily chores and housekeeping

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November 11, 2015 is Veterans Day. Please remember to thank them for their service to our country and doing their part to keep America free.

On the 11th hour of the 11th day of the 11th month of 1918, an armistice, or temporary cessation of hostilities, was declared between the Allied nations and Germany in the First World War, then known as "the Great War."

In November 1919, President Wilson proclaimed November 11 as the first commemoration of Armistice Day with the following words: *"To us in America, the reflections of Armistice Day will be filled with solemn pride in the heroism of those who died in the country's service and with gratitude for the victory, both because of the thing from which it has freed us and because of the opportunity it has given America to show her sympathy with peace and justice in the councils of the nations..."*

November 11th became a legal federal holiday in the United States in 1938. In the aftermath of World War II and the Korean War, Armistice Day became Veterans Day, a holiday dedicated to American veterans of all wars.

Veterans Stats

Here are some facts about the current veteran population of the United States.

There are approximately 23.2 million military veterans in the United States.

- 9.2 million Veterans are over the age of 65.
- 1.9 million Veterans are under the age of 35.
- 1.8 million Veterans are women.
- 7.8 million Veterans served during the Vietnam War era (1964-1975), which represents 33% of all living veterans.
- 5.2 million Veterans served during the Gulf War (representing service from Aug. 2, 1990, to present).
- 2.6 million Veterans served during World War II (1941-1945).
- 2.8 million Veterans served during the Korean War (1950-1953).
- 6 million veterans served in peacetime.

Thanksgiving Day

C P O T A T O E S P I G
 Y E K R U T Z P I I N P
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CELEBRATION	INDIANS	POTATOES
CORNUCOPIA	MAYFLOWER	PUMPKIN PIE
HARVEST	NOVEMBER	STUFFING
HOLIDAY	PILGRIMS	THANKSGIVING
	PLYMOUTH	TURKEY
		YAMS



FROM THE OFFICE...

“Happiness is a journey....not a destination.”

“Being happy doesn't mean that everything is perfect. It means that you've decided to look beyond the imperfections.”

“The present moment is filled with joy and happiness. If you are attentive, you will see it.”

I decided a long time ago that I would be happy. Now don't get me wrong, I have not had a perfect life. I have had sadness and heartache and problems. But I also know that happiness is a choice and my choice is to be happy.

I also know that it does not take much to make me happy. For instance:

1. A hay meadow—nothing any prettier in my book.
2. Changing leaves in the fall.
3. Drinking coffee with friends.
4. Watching Blue Bloods—I think Tom Selleck is gorgeous.
5. A road trip with my sisters—Is everything really that funny?
6. Riding the back roads of Union Parish—do you even know how many dirt roads there are here?
7. Reading a good book—on the deck—on a beautiful fall day. Or then again, reading a good book on any day.
8. Buying presents—I love to make other people happy.
9. Sharing Sunday morning with my Sunday School class—what a GREAT group of ladies!!!
10. Livestock barns—my husband, son, and I spent a lot of time in barns—good memories.

Each and every day we have choices to make—happy or sad; get up or stay in bed; be positive or be negative; love or hate. It is up to each of us. Me—I am going to choose—well, you know what I am going to choose!

PLEASE DON'T FORGET THAT WE WILL SOON BEGIN OUR FOOD DRIVE FOR CHRISTMAS BOXES FOR LOW INCOME SENIORS

IF YOUR CHURCH OR ORGANIZATION WOULD LIKE TO HELP, JUST CALL THE TRIAD OFFICE AT 368-0469.

ANY AND ALL HELP WILL BE GREATLY APPRECIATED

SUSAN

TRIAD Newsletter

November, 2015



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!



History of Thanksgiving in America

The first Thanksgiving Day, set aside for the special purpose of prayer and celebrations, was decreed by Governor William Bradford in July 30, 1623. There were harvest festivals, or days of thanking God for plentiful crops because that year the Pilgrim's fall harvest was very successful and plentiful after a period of drought. There was corn, fruits, vegetables, along with fish which was packed in salt, and meat that was smoke cured over fires. The Governor proclaimed a day of thanksgiving that was to be shared by all the colonists and the neighboring Native American Indians.

The event, however, was a one-time celebration and was not intended to be an annual festival. It was not even repeated the following year. It was only after 55 years that another Thanksgiving Day was officially proclaimed. The Governing Council of Charlestown, Massachusetts convened on June 20, 1676 to weigh how to best express thanks for the good fortune that had secured the establishment of their community. By unanimous vote, Edward Rawson (the Clerk of the Council) was instructed to announce June 29 as a Day of Thanksgiving that year. But this time also the event proved to be just a one-time event.

Then the Continental Congress suggested a day of national thanksgiving during the American Revolution in late 1770's. In 1817 New York State adopted Thanksgiving Day as an annual custom, and by the middle of the 19th century many other states also did the same.

In 1863 President Abraham Lincoln appointed a national day of thanksgiving. Since then each president has issued a Thanksgiving Day proclamation, usually designating the fourth Thursday of each November as the holiday for Thanksgiving in America.

