



Happy Birthday!
October, 2017

- Betty Baker-Oct 6
- Billy Ray Jamerson-Oct 8
- Alyce Milford-Oct 10
- Mary Jo Green-Oct 13
- Ernestine Benson-Oct 22
- Ernestine Benson-Oct 24
- Lee Washington-Oct 30
- Barbara Romero-Oct 31

2017		OCTOBER					SUNDAY FIRST DAY OF WEEK
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
01	02	03	04	05 Food Day 1	06	07	
08	09 Farmerville TRIAD 1:00	10	11 Spearsville TRIAD Noon	12 Marion TRIAD 1:30	13	14	
15	16	17	18 Bingo with Tina 10:30 F'ville TRIAD	19 Food Day 2	20	21	
22	23	24	25	26	27	28	
29	30	31 Halloween	01	02	03	04	

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I ALWAYS mean what I say...

...I may not always mean to say it out loud, but I always mean it.

SOMETIMES I OPEN MY MOUTH AND MY MOTHER COMES OUT

Sudoku solution:

7	1	4	6	9	3	8	5	2
5	2	3	7	4	8	9	6	1
8	6	9	1	5	2	3	4	7
6	5	8	4	1	7	2	9	3
9	7	1	2	3	5	4	8	6
3	4	2	9	8	6	7	1	5
1	8	7	5	2	9	6	3	4
2	3	5	8	6	4	1	7	9
4	9	6	3	7	1	5	2	8

Coping with Agoraphobia

Panic attacks are very real and can be extremely difficult to manage. The attacks typically start with feelings of dread and apprehension, followed by disturbing physical symptoms. During a panic attack a person may experience somatic sensations such as shortness of breath, numbness, and tingling, shaking, excessive sweating, chest pain, and feelings of choking.

The physical symptoms of panic and anxiety are often accompanied by upsetting thoughts and emotions. Often when panic attack symptoms escalate, it is not uncommon to be afraid that you are having a medical emergency, losing control of yourself, or even "going crazy."

Many panic sufferers find these attacks to be frightening and stressful experiences. If panic attacks are leading to a sense of lack of safety, it may indicate that the person has developed *agoraphobia*, a separate mental health disorder that is often related to panic disorder.

Agoraphobia encompasses a fear about having panic attacks in certain places or situations. Agoraphobics are afraid of experiencing panic-like symptoms or full-blown panic attacks in circumstances from which it would be difficult to escape, such as on a plane, while driving, crowded shopping mall, in front of co-workers or in a wide-open space. Despite the challenges faced by people with agoraphobia, it is still possible to learn to manage these symptoms and live a fulfilling life.

Your doctor or mental health specialist can assist you in receiving a proper diagnosis and treatment plan. Treatment often involves a combination of medication to help reduce anxiety, and psychotherapy to assist you in skill building, and self-care practices.

Self-care practices involve any activities that you participate in to increase your overall sense of health and wellbeing. These involve paying attention to your physical needs, such as eating healthy, getting enough sleep, and exercising regularly. It is also beneficial to address your spiritual needs, such as reading inspiring books, attending your place of worship, or spending time in nature. Tend to your creative side through self-care activities, such as painting, cooking, or journal writing. Regardless of what self-care looks like to you, try to make some time to engage in these activities. Taking care of yourself can be a fun and valuable way to cope with agoraphobia. Remain forgiving and kind with yourself as you learn to manage your symptoms.

Don't limit your challenges, challenge your limits!

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

Tinnitus

The word tinnitus is from the Latin *tinnire* which means "to ring". Tinnitus is the hearing of sound when no external sound is present. While often described as a ringing, it may also sound like a clicking, hiss or roaring. Rarely, unclear voices or music are heard. The sound may be soft or loud, low pitched or high pitched and appear to be coming from one ear or both. Most of the time, it comes on gradually. In some people, the sound causes depression or anxiety and can interfere with concentration.

Tinnitus is not a disease but a symptom (not usually a sign) that can result from a number of underlying causes. One of the most common causes is noise-induced hearing loss. Other causes include: ear infections, disease of the heart or blood vessels, Ménière's disease, brain tumors, emotional stress, exposure to certain medications, a previous head injury, and earwax. It is more common in those with depression.

The diagnosis of tinnitus is usually based on the person's description. A number of questionnaires exist that assess how much tinnitus is interfering with a person's life. The diagnosis is commonly supported by an audiogram and neurological examination. If certain problems are found, medical imaging, such as with MRI, may be performed. Other tests are suitable when tinnitus occurs with the same rhythm as the heartbeat. Occasionally, the sound may be heard by someone else using a stethoscope, in which case it is known as objective tinnitus. Prevention involves avoiding loud noise. If there is an underlying cause, treating it may lead to improvements. Otherwise, typically, management involves talk therapy. Sound generators or hearing aids may help some. It is common, affecting about 10-15% of people. Most, however, tolerate it well, and it is a significant problem in only 1-2% of people.



Sudoku is easy to play and the rules are simple. Fill in the blanks so that each row, each column, and each of the nine 3x3 grids contain one instance of each of the numbers 1 through 9.

7				9	3			
5							6	1
		9	1					
6	8			7			9	
			2	3		4		6
3								5
	8				9			4
2		5			4		7	
		6						8

The biggest lie I tell myself is
"I don't need to write that down, I'll remember it."

You never realize how boring your life is until someone asks what you like to do for fun.

The only thing worse than having a spider in your room is LOSING a spider in your room!

Common Sense is the flower that doesn't grow in everyone's garden...

Some days I amaze myself, other days I put my keys in the fridge.

The secret to keeping a clean kitchen is simple, don't ever cook!

Bingo with TINA October 18, 10:30 a.m. at the TRIAD office in Farmerville. Come and have fun with us!



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Why does Swiss cheese have holes in it?

Believe it or not, the holes - also known as eyes to the Swiss cheese makers - are from tiny microorganisms acting on the cheese as it is fermenting. These harmless organisms give off a gas that actually causes the cheese to explode, leaving holes in the cheese.



YOU'RE RETIRED. YOUR MONEY ISN'T.

You may have given up your traditional job, but your retirement money still needs to work.

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How do you like your eggs?

Some believe how you like your eggs tells a lot about your personality -

- **POACHED:** Speedy, peppy, intelligent
- **SCRAMBLED:** Artistic, nervous, passionate
- **OVER EASY:** Versatile, magnetic, dominant
- **SUNNY-SIDE UP:** Healthy, happy, wise
- **HARD BOILED:** Persistent, dynamic, sincere
- **SOFT BOILED:** Gentle, patient, kind



How much sleep is enough?

Sleep is very important for us. We spend one third of our lives asleep. Most people struggle with either getting enough or knowing how much is enough for them. This becomes more of an issue as we get older, too. Lack of sleep can lead to many health problems such as weight gain, heart issues, and Type 2 diabetes. The National Sleep Foundation recommends seven to nine hours of sleep for most adults aged 26 to 64. That recommendation changes to seven to eight hours once we reach 65 and up.

Those are just some general recommendations though. There is no one size fits all approach to sleep. Ask yourself some questions to see if you are getting enough sleep. "Are you productive during the day?", "Do you depend on caffeine to get through the day?", "Do you feel sleepy while driving?" etc. If you answer "Yes" to more than a few of them, you might not be getting enough sleep for having and maintaining good health.

Here are some simple tips for getting more sleep:

1. Stick to a sleep schedule as much as possible.
2. Exercise more often.
3. Limit alcohol and caffeine consumption hours before bedtime.
4. Avoid computer screens before going to bed.
5. Practice some type of relaxing bedtime ritual (reading, meditating, etc.)

If you are having more severe problems with sleep such as prolonged insomnia or difficulty breathing while sleeping, you should consult a physician or sleep professional to determine the cause of your sleep issues.

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Medicare Card Changes in 2018

New Medicare cards arriving next 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.



Spice Harvest Muffins

The aroma of these delectable treats, fresh out of the oven on a misty autumn morning, makes getting out of bed so worth it!

Ingredients:

- 1 1/2 cups all-purpose flour
- 1 cup sugar
- 1/2 cup uncooked quick or old-fashioned oats
- 1 Tbs. ground cinnamon
- 2 tsp. baking soda
- 1/2 tsp. salt
- 2 cups apples, peeled and diced
- 1 1/2 cups grated carrots
- 3/4 cups dried cherries, coarsely chopped
- 1/2 cup chopped walnuts or pecans
- 3 large eggs
- 1/2 cup, melted butter
- 1/2 cup applesauce
- 2 tsp. vanilla

Directions:

Heat oven to 350°. Place paper baking cups into 18 muffin pan cups or grease muffin pan cups; set aside. Combine flour, sugar, oats, cinnamon, baking soda and salt in bowl. Add apples, carrots, dried cherries and nuts; stir until well mixed. Whisk eggs in bowl. Stir in melted butter, applesauce and vanilla. Add egg mixture to flour mixture; stir until just moistened. Spoon batter evenly into prepared muffin pan cups. Bake 18-25 minutes or until toothpick inserted into center comes out clean. Cool 5 minutes; remove from pan. *(Tested and tried through Alice's Kitchen....they are YUM!)*

**FOOD IS
THE MOST
ABUSED ANXIETY DRUG
EXERCISE IS
THE MOST
UNDERUTILIZED
ANTIDEPRESSANT**

**STRENGTH:
ANYONE CAN WORKOUT FOR
AN HOUR, BUT TO
CONTROL WHAT GOES
ON YOUR PLATE
THE OTHER 23
HOURS...THAT'S HARD WORK**

Add A Couple Of Large Marshmallows To Brown Sugar To Keep It From Clumping And Drying Out.

Keep Your Potatoes From Sprouting By Storing Them With Apples!

Keep Avocados Fresh Longer By Storing Them With A Slice Of Onion.

Put a wooden spoon on the cooking pot to prevent the water from boiling over.



FROM THE OFFICE...

A while ago a friend was going to a concert. When I asked about the artist, I (now don't faint or anything) had NEVER heard of them. I do not listen to much what I would call modern music, but I LOVE the Statler Brothers (I know they retired years ago!). I still play CD's and one of my favorites is from their group. One of my favorite songs from their CD is called Do You Remember These? Now you know that is right up my alley!!

Do YOU Remember These?

1. Saturday morning cartoons. Mighty Mouse, the Roadrunner, Bugs Bunny
2. Penny Loafers—yes, I always put a penny in it.
3. Flat top haircuts—you had to add hair oil.
4. Blue suede shoes—they really did exist. It was not just a song.
5. Using daddy's car on Saturday night. I used Daddy's car one day. I cut the turn just a little short and made contact with another vehicle. Little scrape on Dad's car but nothing on the other. I NEVER told a soul. After a few years, Daddy decided to sell the car. He saw the scrape. "Wonder how that happened?" I never said a word.
6. Root beer floats. A friend and I were talking about the A&W just the other day. Couldn't beat a papa burger and curley Q's!
7. Rolled up sleeves on a t-shirt—with a pack of cigs in it.
8. Wearing gloves and hats at Easter.
9. Men wearing suits to football games and ladies wearing dresses.
10. Girls having to wear dresses to school.
11. Converse hightops. They call them Chuck Taylors these days.
12. Passing notes instead of sending texts. Seemed a little more personal to me.
13. Getting that first box of Valentine candy—from a boy!
14. Actually being called for a date. No text. No Facebook. (I suggested this to a young person once and they looked at me like I had three heads.)
15. Picking up glass soda bottles.
16. Churning homemade ice cream. Not with an electric freezer. What fun it was to take a turn when you were little.
17. Swimming in a pond. I wouldn't swim in a pond now if my life depended on it!
18. Climbing a fire tower. I don't think there are any left. Tell your grandchildren about fire towers. (Many young men and women shared their first kiss at a fire tower.)
19. Public telephones. I have not seen one in years. Most of your grandchildren have NEVER seen one.
20. Sleeping in rollers or curlers. My sisters and I had a long discussion about curlers the other day. One of my best days was when we got a hair dryer and I no longer had to sleep in curlers.

I know that I write a lot about the past, but old memories become very sweet memories. When I reminisce, faces of those that I loved come flooding to my mind and that makes the memories even sweeter.

-Susan

TRIAD Newsletter

October, 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!



Thoughts of Autumn

As Autumn arrives, many people get a little melancholy while others see this as a time of beauty and reflection. God continually paints a living picture each and every day, changing the scene second by second, minute by minute before our very eyes. Stop and enjoy the beauty of each day, giving thanks to our Creator for loving us so much that He even wants us to be blessed by the beauty of His creation. - Alice

“I would rather sit on a pumpkin, and have it all to myself, than be crowded on a velvet cushion.” — Henry David Thoreau

“Fall has always been my favorite season. The time when everything bursts with its last beauty, as if nature had been saving up all year for the grand finale.” — Lauren DeStefano,

“Autumn is the hardest season. The leaves are all falling, and they're falling like they're falling in love with the ground.” — Andrea Gibson

“No spring nor summer beauty hath such grace as I have seen in one autumnal face.” — John Donne

“Autumn...the year's last, loveliest smile.” — William Cullen Bryant

“Autumn carries more gold in its pocket than all the other seasons.” — Jim Bishop

“There is something incredibly nostalgic and significant about the annual cascade of autumn leaves.” — Joe L. Wheeler

“I loved autumn, the one season of the year that God seemed to have put there just for the beauty of it.” — Lee Maynard

“The leaves fall, the wind blows, and the farm country slowly changes from the summer cottons into its winter wools.” — Henry Beston

“Two sounds of autumn are unmistakable...the hurrying rustle of crisp leaves blown along the street...by a gusty wind, and the gabble of a flock of migrating geese.” — Hal Borland

“The goldenrod is yellow, The corn is turning brown...The trees in apple orchards With fruit are bending down.” — Helen Hunt Jackson

“I cannot endure to waste anything so precious as autumnal sunshine by staying in the house.” — Nathaniel Hawthorne,

 *...So, get out and enjoy God's gift of Autumn!* 