

2015 OCTOBER

SUNDAY
FIRST DAY OF WEEK

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|--------|--------|---------|----------------------------------|------------------|--|--------------------|
| 27 | 28 | 29 | 30 | 01 Food Day 1 | 02 | 03 |
| 04 | 05 | 06 | 07 | 08 | 09 Marion TRIAD 1:30 Firestation | 10 |
| 11 | 12 | 13 | 14 Spearsville TRIAD 12:30 | 15 | 16 Farmerville TRIAD 1:00 | 17 |
| 18 | 19 | 20 | 21 Bernice TRIAD 11:30 | 22 Food Day 2 | 23 | 24 Election Day |
| 25 | 26 | 27 | 28 | 29 | 30 | 31 Halloween |



- Betty Baker - Oct 6
- Billy Ray Jamerson- Oct 8
- Alyce Milford - Oct 10
- Dorothy Hanner - Oct 13
- Mary Jo Green - Oct 13
- Octavia Webb - Oct 15
- Ernestine Gray - Oct 22
- Ernestine Benson - Oct 24
- Lee Washington - Oct 30
- Barbara Romero - Oct 31

TRIAD of Union Parish
710 Holder Road
Farmerville, LA 71241

(318) 368-0469

U.S. Postage Paid
Non-Profit Organization
Permit No. 25
Farmerville, LA 71241

«AddressBlock»

Many thanks to our faithful **TRIAD** volunteers!!!



"Ghosts" of Halloween's Past at Union Parish Sheriff's Office.....



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

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

What is Sitting Disease?

We all know exercise is one of the keys to a long, healthy life, but scientists are now finding out that lack of exercise can be downright dangerous to health.

A new study from Northwestern University looked at adults age 60 and older, and found that sedentary behavior is a major risk factor for future physical disability, including problems with basic activities like bathing, eating and dressing oneself. "Every additional hour a day you spend sitting is linked to a 50% greater risk of being disabled regardless of how much moderate exercise you get," says the official press release.

Earlier studies have suggested a connection between the amount of time spent sitting and the risk of health conditions like chronic kidney disease and heart disease, as well as cancer, circulatory problems and musculoskeletal issues. All these studies bolster the argument that we need to get off our duffs, and the sooner the better, before our sedentary lifestyles start killing us slowly.

Lack of mobility isn't the only danger from this so-called "sitting disease." For seniors, inactivity can lead to an increased risk of illness, social isolation and an overall lower quality of life.

Healthy Activities for Seniors and Their Families

For seniors, getting out and about with family has the dual benefit of spending time with loved ones and increasing everyone's level of activity. Here are just a few suggestions to keep everyone moving:

1. When you go out as a family, whether it's to the grocery store or a movie, park at the far end of the parking lot and work in a walk.
2. Do low-impact activities together, such as yoga or tai chi.
3. Plan a weekly walk or bike ride as a family to get caught up on what everyone is doing.
4. Start a new hobby that you can do together, and make it something that gets you off the couch, whether it's planting a vegetable garden or going to museums.

Don't just sit there - get moving!



I'll bet living in a nudist colony takes all the fun out of Halloween. -Author Unknown

A grandmother pretends she doesn't know who you are on Halloween. -Erma Bombeck

For Halloween you should go as the person you claim to be on Facebook.

Thanks to Halloween... the cobwebs in our house have just become decorations!

I'd dress up as Siri for Halloween if my life didn't already entail being asked stupid questions all day.



****October 24 is Election Day - Geaux Vote!!!**

Arbor Lake

Skilled Nursing and Rehabilitation

Where YOUR Family becomes OUR Family!

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

**Specializing in Your Care
between Hospital and Home**

PHONE 318-368-3103

1155 Sterlington Hwy
Farmerville, LA71241

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 Salon Services*

For more information, contact
Arbor Lake or Sister Facility

ARBOR ROSE AT 368-1848

YOU'RE RETIRED. YOUR MONEY ISN'T.

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

To help ensure your retirement stays on track, you need a clear picture of your investments. Moving your accounts to Edward Jones can give you a more focused view, and having a single statement allows you to help make sure all your investments are working together.

To learn why consolidating your retirement accounts to Edward Jones makes sense, call your local financial advisor today. We'll meet with you face to face to help you achieve your financial goals.



Ricky Walbritton, AAMS®
Financial Advisor

310 N Main St
Farmerville, LA 71241
318-368-9000

www.edwardjones.com Member SIPC

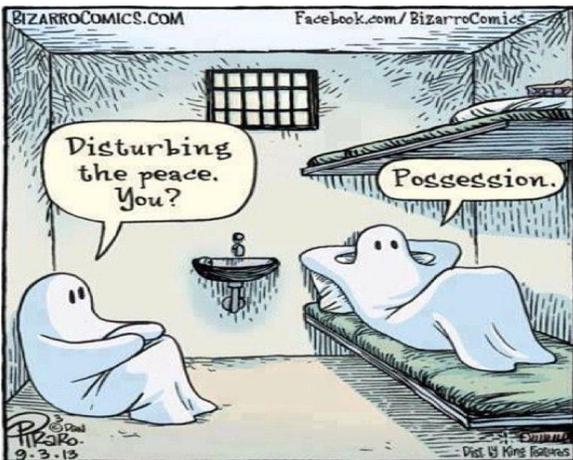
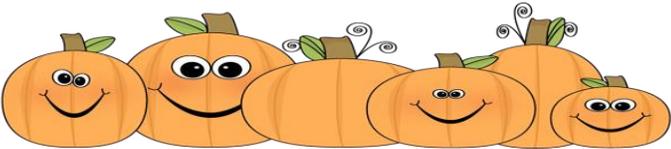
Edward Jones
MAKING SENSE OF INVESTING

14 Rules For a Good Old Age

Some of us have reached our golden years, and some of us have not. But these suggestions are for everyone. They have been collected from seniors, each with his or her own piece of advice. Some you know, some may surprise you, and some will remind you of what's important. So read well, share with your loved ones, and have a great day and a great life!

1. **It's** time to use the money you saved up. Use and enjoy it.
2. **Keep** a healthy life, without great physical effort. Do moderate exercise, eat well and get your sleep.
3. **Don't** stress over the little things.
4. **Regardless** of age, always keep love alive.
5. **Don't** lose sight of fashion trends for your age, but keep your own sense of style.
6. **ALWAYS** stay up-to-date. Read newspapers, watch the news. Go online and read what other people are saying.
7. **Respect** the younger generation and their opinions. Give advice, not criticism.
8. **Never** use the phrase: "In my time". Your time is now.
9. **Be Happy**. Life is too short to be grumpy.
10. **Get** a hobby.
11. **Experience** something new. Get out of the house.
12. **Be** a conversationalist. Talk less and listen more.
13. **Forgive**, forget and move on with your life.
14. **Live** true to your beliefs.

AND REMEMBER: "Life is too short to drink bad wine."



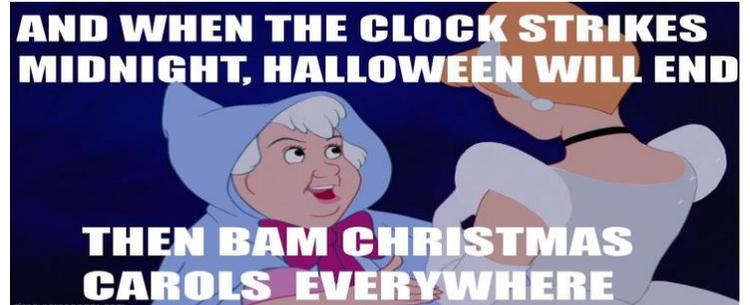
Pumpkin Gingerbread

Ingredients

- | | |
|--------------------------------|------------------------------|
| 3 cups sugar | 3 1/2 cups all-purpose flour |
| 1 cup vegetable oil | 2 teaspoons baking soda |
| 4 eggs | 1 1/2 teaspoons salt |
| 2/3 cup water | 1/2 teaspoon baking powder |
| 1 (15 ounce) can pumpkin puree | |
| 2 teaspoons ground ginger | |
| 1 teaspoon ground allspice | |
| 1 teaspoon ground cinnamon | |
| 1 teaspoon ground cloves | |

Directions

1. Preheat oven to 350 degrees F (175 degrees C). Lightly grease two 9x5 inch loaf pans.
2. In a large mixing, combine sugar, oil and eggs; beat until smooth. Add water and beat until well blended. Stir in pumpkin, ginger, allspice cinnamon, and clove.
3. In medium bowl, combine flour, soda, salt, and baking powder. Add dry ingredients to pumpkin mixture and blend just until all ingredients are mixed. Divide batter between prepared pans.
4. Bake in preheated oven until toothpick comes out clean, about 1 hour.



TRIAD
of
Union Parish
extends our
Deepest Thanks
to our
Advertising
sponsors
for their support!





From the Desk of Bro. David Martin...

In my last article I mentioned Martinsville, Mississippi on December 6, 1934. My two brothers and I were born at home in Martinsville, while our sister was born at our paternal grandparents' home. The picture below is of this home. It was made several years ago although the carport was not a part of the original home. The old home was destroyed by a fallen tree in recent years.

Martinsville was named by my great-great grandfather, Benjamin Franklin Martin. In order to have a post office in his store, he had to give an official name to the community, so he called it "Martinsville".

In 1908 there was a tornado in Martinsville, which killed several members of the Martin family--our grandfather's brother, Uncle Dave, (my namesake) and another brother's wife and children.

There is a Martinsville exit off of Interstate 55. My understanding is that some person on the Highway Commission or other important position, had his home there through the Martinsville exit.

We moved away from Martinsville when I was about seven years old, which was one of the saddest days of my life.



Heart's Desire
At Home Care Service
 Johnnie Jo Hollis Worley - CEO - Monroe office

Serving Northeast Louisiana (Region 8)

| | |
|--|---|
| <p>Monroe Office 3114 Mercedes Drive Monroe, LA. 71201 PH: 387-5765 1-800-261-6492 e-mail: heartsdessire4652@aol.com FAX: 329-2936</p> | <p>Farmerville Office Rita Isaac, Director 116 North Main Street Farmerville, LA. 71241 PH: 368-7475 * 381-4786 * 778-0597*</p> |
|--|---|

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

Hearts Desire is State Licensed

CLERGY APPRECIATION MONTH

Celebrate your PASTOR



October is Clergy Appreciation Month.

With the shepherd doing so much to encourage the flock, wouldn't it be nice if the flock returned the favor? As teachers, counselors, comforters and the ones who unselfishly serve, your pastoral staff and their families could use an extra pat on the back. So go ahead and find your special way to say thanks. You'll be glad you did.



We have added a new decal to our marked units "In God We Trust".

Just wanted to take this opportunity to say "thank you" to all the citizens of Union Parish for allowing me to go unopposed for the office of Sheriff. I feel so blessed, honored, and humbled to be able to serve this great Parish and its fine citizens. I will continue to do my best to serve each and every one of you to the best of my ability. I will continue to work every day to ensure your safety and work to help make Union Parish a great place to live, work, and raise our families. Again, thank you from the bottom of my heart and may God bless each and every one of you!! – Sheriff Dusty Gates

AGAPÉ HOSPICE GROUP

510 Trenton Street, Suite 300, West Monroe, Louisiana 71291
 318-387-1115

Providing Excellence in End of Life Care!

OFFICE PLUS
 Your Sign & Printing Headquarters

Office - Teacher - Religious Supplies
 Printing - Signs - Banners
 Decals - Stamps - License Plates

105 Miller Street
 Farmerville, LA. 71241
 officeplusupply@aol.com

PH: 338-368-2951
 1-800-575-5445
 FAX: 338-368-8477



FROM THE OFFICE:

I love fall. I love the cool temperatures, the falling leaves, sitting on the deck without melting. Especially, the sitting on the deck without melting part.

I have been blessed to have great people in my life. People that have made my life better. People that have changed my way of thinking and my perspective on things. People that have made me laugh and those that have hurt my heart. But—where would we be without people?

Where do the people of our life come from?

Family is our first group of people. The ones we know the most about. The ones that know the most about us. Our family was far reaching. Many aunts and uncles and cousins. And amazing grandparents. I have a cousin that is more like a sister. These are the people that share much, much more than DNA.

School was another group. I still remember the reading groups from 2nd grade and many of the antics of the class clowns. We shared many things with this group of people since we were together for a lot of years

Church was another. The small church in which I grew up was a haven. A place of safety and surrounded by people that you loved and that loved you. Those people continue to be dear to me. We see each other at funerals and remember old times. I married into a most wonderful church family. We laugh together and pray together and worry about each other. Some of my favorite people in the world are a part of my church family.

Your married family. I married into a great group of people. My husband's parents loved me like I was their own. I always told him he better not leave me because they would keep me anyway. I was never Aunt Susie to my nieces and nephews (just Susie to them) but I am still Aunt Susie to his nieces and nephews.

Your work family. I have been SO BLESSED to have worked with wonderful people—always! I have either worked with a preacher or a preacher's wife in every job I've ever had. And my bosses were more like brothers to me!--yes, Bob and Dusty and Mike and Steve and Johnny.

Others. Wow! Think of the others in your life. Neighbors, class mates, checkers at Wal-Mart, nurses, hairdressers (some of my mother's best friends were her hairdressers), walking buddies, fellow volunteers, BINGO buds, Bunko pals. I have soooo many “other” friends! The people that I have met through my association with the Sheriff's Office and TRIAD have enriched my life tremendously.

“My” TRIAD members are so dear to me and the people that we serve through our food programs have become friends—they may not recognize me in Wal-Mart because I look quite different on Food Day, but I know them.

Cherish your friendships. They are what makes life so interesting and so exciting. Next time you are in Brookshires or Wal-Mart, speak to the checkers or the stockers—who knows? You might just make a new friend.

Susan

TRIAD Newsletter

October, 2015



WHAT IS TRIAD?

TRIAD is cooperation between Law Enforcement Agencies and Senior Citizens

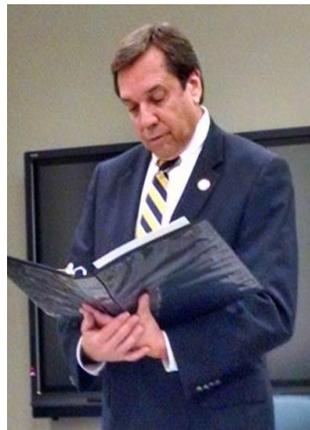
TRIAD strives to reduce criminal victimization of older persons

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!



Representative Rob Shadoin led a Devotional Gathering for all Law Enforcement and First Responders at the Lincoln Parish Safety Complex at 11:30 and at the Union Parish Safety Complex at 1:30 on Monday, September 14, 2015. We are blessed to have some leaders who are not afraid to call upon the Lord for guidance and safety. Please continue to be in prayer for our men and women in uniform who have sworn an oath to keep us safe and for our leaders to have wisdom in governing our state and our nation.



Many Thanks for the outpouring of love and support by the community for our men and women who daily risk their lives so that we may live in peace and safety.