



September



Happy Birthday!

September, 2017

- Laverne Vaughn – Sept 4
- Juanita Cook - Sept 4
- Josephine Hicks – Sept 4
- Patsy Reeves – Sept 5
- Ann Ballard – Sept 6
- Inez Owens – Sept 15
- Bodie Lankford – Sept 16
- Brenda Hill – Sept 22
- Ruby Wayne Sept 22
- Bonita Wheeler – Sept 22
- Rosie Young – Sept 30

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

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**Activities to Maintain Good Physical and
Mental Health**

If you or your loved one suffers from a disease such as osteoarthritis, where the cartilage wears down between the joints and causes pain, swimming is likely the easiest form of exercise. Since swimming takes the pressure off the joints, it is one activity that you can participate in without aggravating your condition.

Swimming regularly can also help improve not only cardiovascular fitness, flexibility and balance, but also gives greater muscle tone, better posture and less muscle tension. Swimming is also a great way to boost energy through natural fitness endorphins that are easy on the joints, and also fun!

Walking is a tremendously good activity for senior citizens. It's cheap, it's simple and almost anyone can do it. Walking has a multitude of health benefits for everyone, but is especially helpful for seniors as the activity helps maintain mobility and independence. From walking at the mall, around the park, at the local health club and even in independent and assisted living communities, there is no other activity that offers such an inexpensive way to help seniors stay in shape. Walking with loved ones and friends is even better and is a healthy option for seniors to increase their socialization.

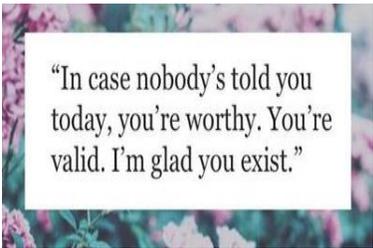
Cards and games are an excellent way for seniors to keep their minds sharp. In fact, research has shown that adults who enjoy mentally stimulating games, from Solitaire to Bridge to Scrabble or Chess, may have bigger brains and sharper thinking skills than their peers. Strategic thinking and crossword puzzles are also great ways to keep the brain fit.

Memorizing poetry or scripture is an excellent way to keep your mind sharp and functioning well for maintaining good mental health.

Dancing is another activity that provides not only exercise, but is also a great way for seniors to have fun and socialize. Dancing can improve balance and gait, helping to reduce the risk of falls, fractures and immobility. Beyond those reasons, a study from Albert Einstein College of Medicine showed that ballroom dancing was associated with a lower risk of dementia. The researchers believed that the mental challenge of following complex dance steps and moving in time with the rhythm of the music are responsible.

Make it a priority in your life to get involved with some activity that keeps your mind and body alert and healthy.

Historians of ancient Rome say that a three-man crew was required to handle a war chariot: The rein handler was responsible for managing the horses, and the shooter focused on launching arrows at the enemy. The straphanger, who stayed at the back of the chariot, had the unenviable task of making sure the other two crew members didn't fall out as the chariot bounced over bodies.



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

7 Simple Tricks To Improve Your Eyesight Without Laser Surgery Or Glasses

Just about everyone's eyes go bad after the years pass. It becomes more difficult to see things that are close to you or things that are further away. At a point in our lives we won't be able to see anything clear anymore.

Wearing glasses or contacts usually helps, but is there a way to repair your vision? Definitely! Here's how:

1. Taking your Glasses Off

If you have to wear glasses every day, try to spend some time not wearing them. According to a study conducted by the Ghana Medical Journal, 64% of Nigerian undergraduate students believe that glasses are harmful to your eyes, and according to a study conducted in Brazil, even medical stuff believes that glasses can cause a serious damage to your vision.

2. Going Outside

You should spend more time in nature. Your eyes will be less exposed to light sources that may damage your vision, if you are hiking or hanging out in a park regularly.

3. Resting your Eyes

We recommend you to give your eyes a break several times every day. You can just close your eyes for a few minutes and calm your eye pressure, or go into a room with low lighting. Make sure to pay attention and adjust the brightness at your computer screen if you have to spend most of your day looking at it.

4. 20-20-20 Rule

Try to use the 20-20-20 Rule, and take regular breaks from looking at your computer. This is very interesting eye exercise, and it's very simple to implement. For every 20 minutes of computer use, take a break and stare at something that is 20 feet away for at least 20 seconds.

5. Eye Massage

Several times a day, give your eyes a massage by gently applying pressure and rubbing the areas around your eye socket. It is very healthy for your eyes to use your index finger and thumb to gently press on the area tight above the inner corner of your eyes. Stimulate the circulation in the eye area by massaging your temples and the area on the back of your skull directly behind your eye sockets.

6. Warm Compression

A commonly used method to treat eye problems is Warm Compression. Gently press a warm, damp cloth against your eyes for half an hour a day. This is a proven method, and it is very helpful for moistening dry eyes.

7. Adding to your Diet

By entering a good amount of sweet potatoes and carrots every day into your diet could improve your eye health. These foods have high vitamin A, a nutrient which is essential to good vision.

IRREGULAR VERBS - WORD SEARCH

Find the past tense forms of the verbs listed below in the puzzle and circle them.

I L T O T V E B E G I N I R V I W T T N G E R S
 S A N O G E R T V T H G U A C E F M T O V C P D
 A P R R G N N I O E D L O T R E W H H A L O U E
 S E W O R E A T R H N I O D L R R D G A K D L T
 I P A D W M T S D S U H D S O E O D U E F D E F
 A T E E R A N B B K O O T C T O T C O D F F I E
 E S G N U C M A W S F O U G T G E H R H E I K H
 N T H G T E H L E G S L M S E L N S B L N O O N
 A O H A I B J J K N K L M F P P Q A L Q R R S A
 G L S T D S H U T U T V O V W T U W U B Y H W D
 E E Z Z A A E B C H H R D E F G H H I I J U E E
 B K L E D T I Z R S G V W A B A Z O Y Y R R R A
 R L P S A W H J O A U W V K S O L D U U W T G T
 A K W U V F G P V R O E Y I N C A H O G O B H P
 N L G O O Y E E R K F L T A S E E W R L H O R A
 G H G R K Y M M U S L F Y J R A W E C S U T L I
 T M Q U K E E Q A C W M Z K R V T R H L I E E D
 N O Q T N Z A T O C T E N D L U H H H E N Q U M
 T M R U A Z N S E S T V P O D G D T T P P N Q S
 T N E S R A T Q Y W U W Z T N F E L T T M V T Z
 N O R T D D B B O U G H T F O F H J L M W U Y Z
 O P S V W E F C E S O H C E W G I M K K N A S B

BECOME	DO	FLY	HEAR	MEET	SING	TAKE
BEGIN	DRAW	FORGET	HIDE	PAY	SINK	TEACH
BREAK	DRINK	FORGIVE	HIT	READ	SIT	TEAR
BRING	DRIVE	FREEZE	HURT	RIDE	SLEEP	TELL
BUY	EAT	GET	KNOW	RING	SPEAK	THINK
CATCH	FALL	GIVE	LEAD	RUN	SPEND	THROW
CHOOSE	FEED	GO	LEAVE	SEE	STAND	WAKE
COME	FEEL	GROW	LOSE	SELL	STEAL	WEAR
COST	FIGHT	HANG	MAKE	SEND	SWEEP	WIN
CUT	FIND	HAVE	MEAN	SHUT	SWIM	WRITE

How to stop time: KISS
How to travel in time: READ
How to escape time: MUSIC
How to feel time: WRITE
How to waste time: SOCIAL MEDIA



Singing in the shower
 Is all fun and games
 Until you get
 Shampoo
 in your mouth,
 Then it just
 Becomes a soap opera.



**I MISS THE GOOD OLD DAYS...
 WHEN YOU COULD ACTUALLY
 HAVE AN OPINION WITHOUT
 OFFENDING SOMEBODY.**



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As an adult, I can quite literally do whatever I want to, but I always end up wanting to just go home

THE FACT THAT THERE'S A HIGHWAY TO HELL AND ONLY A STAIRWAY TO HEAVEN SAYS A LOT ABOUT ANTICIPATED TRAFFIC NUMBERS.

Hiking---Yes You Can!!!

Hiking is a great way for seniors to get out and enjoy a regular walk, and because hiking trails are often softer on joints than asphalt or concrete, hiking can actually be easier for frail seniors than going for a walk on the street.

The benefits of hiking are well documented, showing that seniors who hike regularly experience:

- Improved circulation
- Improved cardiovascular health
- Reduced arthritis, joint and knee pain
- A boost in bone density which can improve bone health and reduce the risk of osteoporosis
- Lower levels of depression and feelings of isolation
- Improved muscle strength when hiking on a slight incline.

Studies also show that seniors who go on one or two hikes per week experience an increase in their cognitive function and higher scores on tests for memory and reaction time.

Hiking is an excellent form of exercise for all activity levels —depending on the trail you choose. Start off with a short, flat, easy trail and then increase the trail's length and difficulty level over time. Depending on where you live, there may or may not be the right trail near you. Don't be afraid to drive to a trail – most have trail heads with parking, and this is a great way to spend a sunny Saturday or Sunday. Lake D'Arbonne State Park has excellent hiking trails—and it's free for seniors!

Seniors with arthritis and joint pain can use mobility aids for hiking to reduce the risk of injury or a fall.

No matter what age you are it's important that you do a little preparation for your hike before you set off. For senior citizens to hike safely, it's important to:

- Stay hydrated – bring lots of water and if carrying traditional bottles of water is too much consider a water backpack
- Wear a good pair of walking shoes
- Wear layers to adjust for changes in weather – light clothes in the summer and warm clothes in the fall
- Wear a sun hat and apply sunscreen
- Bring along an emergency kit, which must contain:
 - A first aid kit
 - Food/water
 - A way to communicate in case you run into trouble (remember that cell phones don't always get reception in the forest)
 - Know the trail and have a map in case you get lost
 - Don't hike alone and be sure to let someone know where you're planning on going hiking, your route and when you'll be back.



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I am not
needy.
I am
wanty.

Rabbits jump and they live for 8 years.
Dogs run and they live for 15 years.
Turtles do nothing and live for 150 years.
Lesson learned.



Singing in the shower
Is all fun and games
Until you get
Shampoo
in your mouth,
Then it just
Becomes a soap opera.



Mister Rogers did
not adequately
prepare me for the
people in my
neighborhood.

AT TIMES,
I'M GRATEFUL
THAT THOUGHTS
DON'T APPEAR
IN BUBBLES
OVER OUR
HEADS.

You're always
one decision
away from
a totally
different life.

Sleep Apnea

Sleep apnea is a serious sleep disorder that occurs when a person's breathing is interrupted during sleep. People with untreated sleep apnea stop breathing repeatedly during their sleep, sometimes hundreds of times. This means the brain -- and the rest of the body -- may not get enough oxygen.

There are two types of sleep apnea:

- Obstructive sleep apnea (OSA): The more common of the two forms of apnea, it is caused by a blockage of the airway, usually when the soft tissue in the back of the throat collapses during sleep.
- Central sleep apnea: Unlike OSA, the airway is not blocked, but the brain fails to signal the muscles to breathe, due to instability in the respiratory control center.

Sleep apnea can affect anyone at any age, even children. Common risk factors for sleep apnea include:

- Being male
- Being overweight
- Being over age 40
- Having a large neck size (17 inches or greater in men and 16 inches or greater in women)
- Having large tonsils, a large tongue, or a small jaw bone
- Having a family history of sleep apnea
- Gastroesophageal reflux, or GERD
- Nasal obstruction due to a deviated septum, allergies, or sinus problems

If left untreated, sleep apnea can result in a growing number of health problems, including:

- High blood pressure
- Stroke
- Heart failure, irregular heartbeat, and heart attacks
- Diabetes
- Depression
- Worsening of ADHD
- Headaches

In addition, untreated sleep apnea may be responsible for poor performance in everyday activities, such as at work and school, motor vehicle crashes, and academic underachievement in children and adolescents.

Common sleep apnea symptoms include:

- Waking up with a very sore or dry throat
- Loud snoring
- Occasionally waking up with a choking or gasping sensation
- Sleepiness or lack of energy during the day
- Sleepiness while driving
- Morning headaches
- Restless sleep
- Forgetfulness, mood changes, and a decreased interest in sex
- Recurrent awakenings or insomnia

If you think you may have sleep apnea, talk to your physician about taking a sleep apnea test. There are many varied treatments for this very common problem.

Hot Corn Dip

Ingredients

- 2 cans of corn, drained
- 1 small can green chilies
- $\frac{1}{4}$ cup diced sweet onion
- $\frac{1}{2}$ tsp garlic powder
- 4 oz. cream cheese, softened
- $\frac{1}{2}$ cup sour cream (can sub with Greek yogurt)
- $\frac{1}{2}$ cup shredded pepper jack cheese
- $\frac{3}{4}$ cup shredded Monterey jack cheese

Instructions

1. Preheat oven to 350 degrees.
2. In a mixing bowl, stir together sour cream, cream cheese, spices, and shredded cheese (saving out at least $\frac{1}{4}$ cup of shredded cheese for topping).
3. Gently add in the corn, green chilies, and onions.
4. Spread mixture into a 2 quart baking dish. Top with remaining shredded cheese.
5. Bake for approximately 25 minutes, until heated through & cheese is bubbly.
6. Remove from oven & serve hot with tortilla chips

3 John 2: Beloved, I wish above all things that thou mayest prosper and be in health, even as your soul prospers.





FROM THE OFFICE...

Just the other day I was on vacation and was people watching. I saw a young woman and it came to my mind: "I wish I was a little bit taller." As the thought entered my mind, other wishes came also.

I WISH:

1. There would be no cruelty in this world—my thing is that many times words hurt more than an open hand.
2. There would be no cheaters or scammers or pick pockets or thieves.
3. All children would know that they are loved. Parents, grandparents, aunts, uncles.....feed good into your children and love, love, love them. Be their biggest cheerleader.
4. Everyone knew their worth and their beauty—inside and out. So many young men and women never reach their potential because they don't know their importance.
5. The world was a sweeter place and all could live in peace.
6. No one would be lonely. If you know lonely people, please reach out to them and let them know that you are there for them.
7. People would realize that a problem will not last forever.
8. People knew that being kind never hurt anyone.
9. That all children could go to bed with full tummies.
10. That cancer and diabetes and arthritis and depression and MS and ALS and so many more diseases would just GO AWAY.
11. That EVERYONE could feel loved and that EVERYONE could feel and know the love of God.

But, alas, I know that wishes do not always come true. A brilliant man one wrote, "If wishes were horses, beggars would ride." SO TRUE.

AS YOU KNOW THE TRIAD YEAR BEGINS IN SEPTEMBER. IN THE MONTH OF SEPTEMBER, ALL TRIAD MEETINGS WILL RESUME.

FARMERVILLE TRIAD: SECOND MONDAY OF EACH MONTH AT THE TRIAD OFFICE, WHICH IS LOCATED AT THE SHERIFF'S OFFICE. THE MEETING TIME IS 1:00 P.M.

*******PLEASE NOTE THAT THIS IS A NEW MEETING DATE.**

SPEARSVILLE TRIAD: SECOND WEDNESDAY OF EACH MONTH AT THE TOWN HALL IN SPEARSVILLE. THE MEETING TIME IS NOON.

MARION TRIAD: THURSDAY BEFORE THE SECOND FRIDAY AT THE TRIAD BUILDING IN MARION. THE MEETING TIME IS 1:30 P.M.

-Susan

TRIAD Newsletter

September, 2017

Labor Day in the USA

Labor Day in America is on the first Monday of September every year. It was originally organized to celebrate various labor unions' strengths of and contributions to the United States' economy.

The first Labor Day was held in 1882. Its origin stems from the desire of the Central Labor Union to create a holiday for workers. Labor Day became a federal holiday in 1894. One of the reasons for choosing to celebrate Labor Day on the first Monday in September, and not on May 1, which is common in the rest of the world, was to add a holiday to break up the long gap between Independence Day and Thanksgiving.

Organizers originally intended that the day be filled with a street parade to allow the public to appreciate the work of the trade and labor organizations. After the parade, a festival was to be held for the benefit of local workers and their families. In later years, prominent men and women used the opportunity that the holiday provided to hold speeches to the crowds. This is less common now, but is still sometimes seen in election years. Today, we celebrate with backyard barbecues, other family related activities, fireworks, or a last summer vacation before the fall season begins. Sometimes the reason for the holiday is lost in the celebration thereof! But, by far, it remains a much needed holiday for the American worker.

If you are traveling this Labor Day weekend, here are some tips to help make it more enjoyable:

- For up-to-date road closures and detour information visit www.511la.org and download the mobile app.
- Schedule your road trip at times to help avoid the holiday travel madness. Leaving before rush hour Friday or early Saturday morning and driving back Monday before 4 p.m. or after 10 p.m. should make for fewer traffic hassles.
- Make sure your car is in shape to make the travel. Have a first aid kit, bottled water, energy bars, and car adapter for your cell phone in case you get stranded.
- NEVER leave people or pets inside a parked car. Even with the windows cracked open, temperatures inside a vehicle can reach 100 degrees in less than 10 minutes.

Many government and private businesses still celebrate Labor Day by closing to allow employees a paid day of rest. In keeping with tradition, **the Union Parish Sheriff's Office and Union Parish TRIAD office will be CLOSED Monday, September 4.** Have a safe and happy holiday! We will reopen Tuesday, September 5 resuming regular hours.



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!

Happy Labor Day

