

2016

SEPTEMBER

SUNDAY
FIRST DAY OF WEEK

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
28	29	30	31	01 Food Day @8:00am	02	03
04	05 Office Closed LABOR DAY	06	07	08 Marion TRIAD 1:30	09	10
11	12	13	14 Spearsville TRIAD 12:30	15	16 Farmerville TRIAD 1:00	17
18	19	20	21	22 Food Day @ UPSO 8:30am	23	24
25	26 RSVP Banquet 11:00 FMC Monroe	27	28	29	30	01

*Birthdays
of the Month*

September

*Rosie Jackson - Sept 2
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
Ruby Wayne - Sept 22
Bonita Wheeler - Sept 22
Rosie Young - Sept 30*

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September, 2016 is Atrial Fibrillation Month

AFib Feels Like...



**...DRUMS
POUNDING**
IN MY CHEST.



**...THUNDER
RUMBLING**
IN MY CHEST.



**...FISH
FLOPPING**
IN MY CHEST.

According to Wikipedia: Atrial fibrillation is an abnormal heart rhythm characterized by rapid and irregular beating. Often it starts as brief periods of abnormal beating which become longer and possibly constant over time. Most episodes have no symptoms. Occasionally there may be heart palpitations, fainting, shortness of breath, or chest pain. The disease is associated with an increased risk of heart failure, dementia, and stroke. It is a type of supraventricular tachycardia.

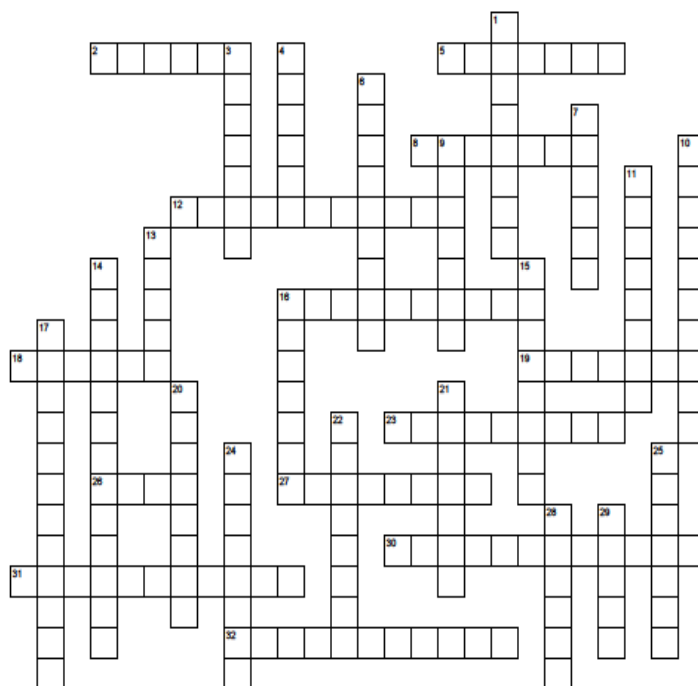
At least 2.7 million Americans are living with AFib. Even though untreated atrial fibrillation doubles the risk of heart-related deaths and is associated with a 5-fold increased risk for stroke, many patients are unaware that AFib is a serious condition.

Get the Facts About the Condition That Puts You At a 500% Increased Risk For Stroke.

Why is lemon juice made with artificial flavor...and dishwashing liquid made with real lemons?

Why is the time of day with the slowest traffic called rush hour?

United States Facts



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ACROSS

- 2 This state's official flower is the hibiscus
- 5 Key West, the most southern point in the continental U.S., is in this state
- 8 Minnesota is in this time zone
- 12 Minnesota's largest city (by population)
- 16 The Gold Rush started when gold was found at Sutter's Mill in this state
- 18 This state is not only called the Sunflower State, but it's official flower is also the sunflower
- 19 This is the state that the Statue of Liberty is in
- 23 The Rock and Roll Hall of Fame is in this city
- 26 Four states all come together at a point called Four Corners. They

are Colorado, Arizona, New Mexico, and this state.

- 27 This state's abbreviation is OK
- 30 This state was established by William Penn
- 31 Head to this state if you want to see Mount Rushmore
- 32 This is the smallest state

DOWN

- 1 Colorado is in this time zone
- 3 This is the Hoosier State
- 4 The Louisiana Purchase was bought from this country
- 6 This state is often called America's Dairyland
- 7 This state was purchased from Russia in 1867
- 9 South Carolina is in this time zone
- 10 This swamp, found in Georgia, is the largest swamp in the U.S.

- 11 The largest of the Great Lakes
- 13 The Alamo is in this state
- 14 The Mayflower landed near Plymouth. What state is this in?
- 15 State flower of Mississippi
- 16 This is the largest city in the Midwest
- 17 This is the capital city of the United States
- 20 This state is touched by four of the five Great Lakes
- 21 This is the Green Mountain State
- 22 This was the first state
- 24 The Gateway Arch, a monument that honors the departure point of many pioneers during westward expansion, is in this state
- 25 California is in this time zone
- 28 This is the largest state
- 29 This is one of the states that has the chickadee as its state bird



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

Easy Louisiana Boudin Balls

Ingredients for Boudin Balls:

- 3 pounds Boudin sausage, removed from casings
- 1 cup all-purpose flour
- 1 tablespoon plus 1 teaspoon kosher salt
- 2 cups Panko breadcrumbs
- 2 large eggs
- 1/4 cup milk
- Vegetable oil, for deep-frying

Creole Mustard Dipping Sauce:

- 1 cup Sour cream
- 5 tablespoons Creole mustard, or other whole-grain spicy mustard
- Cajun seasoning, to taste

Method of Preparation:

1. Prepare breading station: Make the seasoned flour by adding 1 tablespoon of salt to the flour and stir. Place seasoned flour, and breadcrumbs in individual shallow bowls. In a third shallow bowl, whisk the eggs together with the milk and the remaining 1 teaspoon salt.
2. Remove boudin
3. from casing into a mixing bowl.
4. Shape the boudin into balls the size of golf balls. Dredge the balls in the flour, and then dip them in the egg wash, letting the excess drip off. Finally, dredge the balls in the breadcrumbs, turning to coat them evenly.
5. Transfer the boudin balls to a parchment-lined baking sheet and refrigerate for at least 30 minutes or up to overnight.
6. Preheat the vegetable oil in a deep fryer to 350°F. Using tongs and working in batches, place the balls gently into the oil and fry until golden, 3 to 4 minutes. Remove from the oil and drain briefly on the prepared baking sheet with rack. Let them cool briefly before serving.
7. While the boudin balls cool, make the Creole Mustard Dipping Sauce. In a small bowl, stir together the sour cream, creole mustard and Cajun seasoning.
8. Serve the boudin balls hot or warm, with the Creole Mustard Dipping Sauce alongside.



Slow Cooker Conversions			
LOW		HIGH	
7 Hours	3 Hours	
8 Hours	4 Hours	
9 Hours	5 Hours	
10 Hours	6 Hours	
11 Hours	7 Hours	
12 Hours	8 Hours	

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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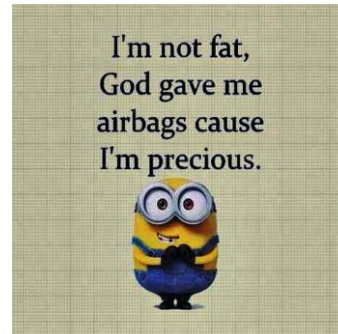
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"Congress shall make no law respecting an establishment of religion, or prohibiting the free exercise thereof; or abridging the freedom of speech, or of the press; or the right of the people peaceably to assemble, and to petition the government for a redress of grievances."

—First Amendment to the U.S. Constitution



Totally Useless Trivia.....or is it?

- Marilyn Monroe had six toes on one foot.
- Neil Armstrong stepped on the moon with his left foot
- The average person in their life time will eat 60,000 pounds of food, the weight of approximately six elephants.
- Men are more likely to be struck by lightning than women.
- Walt Disney was afraid of mice.
- Everybody's tongue print is as unique as their finger print.
- Time magazine's 'Man of the Year' for 1938 was Adolph Hitler.
- Most alcoholic beverages contain all 13 minerals necessary to sustain human life.

If a cow laughed, would milk come out her nose?



From the desk of Bro. David Martin...

In Memory of Brother Joe...

One of my co-workers (Alice Yelton) mentioned on one occasion that I never wrote an article on my younger brother Joe. My older brother Charles and I grew up together and he was about 15 months older, but Joe came along a few years later. As a matter of fact, Joe was born on my 4th birthday.

Joe grew up with that name until later years. His full name was Albert Joseph, and his wife called him Al. As a public school teacher and later principal, his co-workers referred to him as A.J. Martin. But he was simply Joe to family and friends.

Charles and I teased Joe unmercifully as our kid brother. For instance, in his middle grades there was a little girl in his grade who, bless her heart, was unattractive to say the least—and I'm trying to be kind. Her name was Alberta. So with a play on words, Charles and I would say "Albert--ta", making sure the emphasis was on the last syllable. Then Albert became Alberta. Joe would scream and cry and we would get some firm warnings and probably a few "whoopings" from our Dad.

Joe was in the band at Lake Providence High School, and won the Philip Sousa Award one year as the outstanding band member. He was musically inclined, and even studied music at Louisiana Tech in the 50's. His singing was superior to his older brother to be sure.

My brother Joe started out at LA Tech, transferred to Louisiana College in Pineville, and graduated with a Bachelor's and Master's from Mississippi College in Clinton, MS. After several years as a teacher he became an assistant principal and then principal in Houma, LA.

Some years later Joe had cancer which spread to his bones. That bone cancer led to some literally unbearable pain and his death in 2001 was a blessed relief and release of that pain. Joe was buried (entombed) in south Louisiana. He loved Houma and south Louisiana and the Cajuns so much that he was made "Honorary Cajun".

He was survived by his wife (a teacher) Mary Ann and two blessed sons, Matthew and Marc. We regrettably never got to visit him and his family much over the years due to distance and our professions and duties.

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Farmer's Almanac Planting Guide - September, 2016

1st Clear ground, turn sod, or kill plant pests.

2nd-4th Excellent for sowing grains, hay, and forage crops. Plant flowers. Good days for planting peas, beans, tomatoes, peppers, and other aboveground crops in southern Florida, Texas, and California.

5th-6th Start seedbeds. Excellent time for planting aboveground crops that can be planted now, including leafy vegetables which will do well.

7th-9th Clear fencerows, wood lots, and fields, but do no planting.

10th-11th Any aboveground crops that can be planted now will do well.

12th-13th Poor planting days. Kill plant pests.

14th-16th Extra good for vine crops. First two days are favorable days for planting aboveground crops. Last day is a good day for transplanting. Last day is also a good day for planting root crops.

17th-18th A poor time to plant.

19th-20th Good days for transplanting. Good days for planting root crops.

21st-22nd Seeds planted now tend to rot in ground.

23rd-24th Plant seedbeds and flower gardens. Good days for transplanting. Fine planting days for fall potatoes, turnips, onions, carrots, beets, and other root crops.

25th-29th Clear ground, turn sod, or kill plant pests.

30th Excellent for sowing grains, hay, and forage crops. Plant flowers.



Mom: What do IDK, LY & TTYL mean?
Son: I don't know, love you, talk to you later.
Mom: OK, I will ask your sister.

I told the kids I never want to live in a vegetative state, dependent on some machine and fluids from a bottle. So they unplugged my computer and threw out my wine.

A police officer jumps into his squad car and calls the station. "I have an interesting case here," he says. "A woman shot her husband for stepping on the floor she just mopped."
"Have you arrested her?" asks the sergeant.
"No, not yet. The floor's still wet."

I've given up social media and am trying to make friends outside Facebook while applying the same principles. Every day, I walk down the street and tell passersby what I've eaten, how I feel, what I did the night before, and what I will do tomorrow. Then I give them pictures of my family, my dog, and me gardening. I also listen to their conversations and tell them I love them. And it works. I already have three people following me—two police officers and a psychiatrist.



DANCING MAKES YOU SMARTER

It's been scientifically proven that the only physical activity to offer protection against **dementia** is frequent dancing.

- Reading - 35% reduced risk of dementia
- Bicycling and swimming - 0%
- Doing crossword puzzles at least four days a week - 47%
- Playing golf - 0%
- Dancing frequently - 76%.

Study made suggestion: do it often. Seniors who took dance lessons 4 days a week had a measurably lower risk of dementia than those who did it only once a week.

Fred Astaire Dance Studio of Coral Springs

Did you know?... September begins the same days as December every year, and is one of 4 months with 30 days. September in Northern Hemisphere is the same as March in the Southern Hemisphere.

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Medications Can Affect Your Driving Ability

Driving is a mentally and physically complicated process requiring a number of tasks from the person behind the wheel. It's necessary to be alert, to be able to concentrate, and to be able to react quickly and in a coordinated manner any time something happens while you're driving your car. Over-the-counter medications come with warning labels that encourage drivers to pay extra attention to the potential side effects. Prescription medications often come with an even more complicated list of warnings, and drivers may even be charged with a DUI violation.

Surveys show that people aged 65-79 receive more than 27 prescriptions per year. Taking five or more daily medications can greatly affect one's ability to drive safely. Risks from daily medications while driving include:

- Drowsiness
- Slowed reaction time
- Trouble concentrating or distraction

Any medication has the ability to cause side effects that can negatively impact your driving ability. Allergy medications, muscle relaxers, and pain relievers are particular culprits that can cause serious problems when you're behind the wheel. Those side effects are often increased by being combined with other medications, including herbal supplements and over-the-counter medications. This is one of the reasons why it's so important to disclose every medication you're taking to your doctor and your pharmacist. Combining your medications with alcohol can severely intensify the side effects.

They can also limit your attention span, cause problems with your reaction time, or make it difficult for you to concentrate well enough to remember how you should respond. Blurred vision, fainting, nausea, and excitability are also known side effects of many medications. Because these side effects are unpredictable, it's important to never drive until you're sure how a medication will impact your body.

If you have no choice but to drive while taking medications, make sure you know how they will impact you first. Discuss your need to drive with your doctor, who may be able to change your dose in order to moderate side effects or choose a medication that is known to cause fewer potential problems.

When starting a new medication or supplement, always make sure you know how it will impact you before you head out on the road, and keep in mind that as you age, your body's response to those medications may change. If you've been prescribed something new, test it out before you drive.



FROM THE OFFICE...

Another summer has come and will soon be gone. Thank you, Lord, You have walked by our sides.

I recently read a story on Facebook that touched me deeply. The story of a woman that was shopping in a bookstore. When she got ready to check out, she noticed a college student behind her with his text books. She turned to him, "I want to pay for your books!" "Oh, no mam, I can't let you do that!" "I insist! And you need some chocolate. Here's some chocolate for you." The young man was very embarrassed but thanked the lady profusely.

The clerk was deeply touched by the exchange and told the lady how wonderful she thought it had been. She told the young woman: "It's important to be kind. You can't know all the times that you've hurt people in tiny, significant ways. It's easy to be cruel without meaning to be. There's nothing you can do about that. But you can choose to be kind. So, just be kind."

Once again, I told her how wonderful I thought she was for helping the young man. "My son is a homeless meth addict. I don't know what I did. I see that boy and I see the man my son could have been if someone had chosen to be kind to him at just the right time."

The story reminded me of times that people have offered kindness to me and of times that the Lord has prompted me to kindness for others.

*Be kind to one another, tender-hearted, forgiving each other,
just as God in Christ also has forgiven you.*

Ephesians 4:32

TRIAD MEETINGS

September means that we start having meetings again. I'm looking forward to seeing everyone again and we are hoping that our numbers begin to grow. If you know someone that needs to have a little fun and a little social interaction, please invite them to one of our meetings!!

FARMERVILLE TRIAD: Third Friday of each month. We meet at the TRIAD office at the UPSO. 1:00 P.M.

MARION TRIAD: Second Thursday of each month. We meet at the TRIAD office on Stewart Street in Marion. 1:30 P.M.

SPEARSVILLE TRIAD: Second Wednesday of each month. We meet at the Council on Aging meal site. 12:30 P.M.

Susan



TRIAD Newsletter

September, 2016

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!



UACT

Union Parish Alliance for Community Transformation

Permanent Prescription Drug Drop Box Unveiled at the Union Parish Sheriff's Office

Northeast Delta Human Service Authority's Union Parish Alliance for Community Transformation (U-ACT) and Union Parish Sheriff Dusty Gates are proud to announce a Permanent Prescription Drug Drop Box has been established for the community of Union Parish. The permanent drop box will be available for all residents of Union Parish on a daily basis at the Sheriff's Office located at 710 Holder Rd, Farmerville, LA 71241 between the hours of 8 a.m. and 5 p.m.

Drug overdose is the leading cause of accidental death in the U.S. and more than six million Americans age 12 and above misuse a prescription drug every month. Non-Medical Use of Prescription Drugs is a health hazard nationally and locally.

Through incredible partnerships with the Children's Coalition for Northeast Louisiana, the University of Louisiana – Monroe School of Pharmacy, Brookshire's Pharmacies and the North Delta Highway Safety Partnership, the national initiative for safe disposal of prescription drugs is now a reality in Union Parish. Residents can bring unused/old/unwanted prescription medicines to the box with no questions asked.

On Wednesday, August 10, 2016 at 10:00 a.m., the permanent drop box was unveiled at the Union Parish Sheriff's Office in Farmerville, La. Please join us to support this vital program for our community.

For additional information, please call the Union Parish Sheriff's Office at 318-368-3124 or Susan Thompson at 318-323-8775.

