



2018

NOVEMBER

SUNDAY
FIRST DAY OF WEEK

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
28	29	30	31	01 Food Day 1	02	03 Set Clocks back 1 hr at bedtime
04 Daylight Savings Time Begins	05 Farmerville TRIAD 1:00	06	07	08 Marion TRIAD 1:30	09	10
11	12 Veterans' Day Office Closed	13	14 Spearsville TRIAD Noon	15 Food Day 2	16	17
18	19	20	21	22 Thanksgiving Day Office Closed	23 Office Closed	24
25	26	27	28	29	30	01




Happy Birthday!!

- Wordie Payne-Nov 6
- Dot Tarter-Nov 8
- Billy Ray White-Nov 11
- Ann Smith-Nov 14
- Mary Jo Thompson-Nov 22
- Johnnie Nelson-Nov 23
- Jean Cole-Nov 27
- Verdell Ventroy-Nov 27
- Bobby Newton-Nov 28



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Healthy Living with Macular Degeneration

People who are visually impaired benefit from a healthy lifestyle that contributes to overall well-being. This includes regular exercise-adjusted to ensure safety- and a nutritious diet that may help protect remaining vision.

The following suggestions will help protect your vision, improve your overall health, and potentially lower your risk of developing age-related macular degeneration:

- ✓ Eat a varied and nutritious diet that includes leafy green vegetables, fruit, fish, and foods containing vitamins D, E and C, beta carotene, lutein, zeaxanthin, and omega-3 fatty acids.
- ✓ Get regular exercise
- ✓ Maintain a healthy weight
- ✓ Keep blood pressure at a normal level and control other medical conditions
- ✓ Don't smoke
- ✓ Prevent overexposure to sunlight by wearing wide-brimmed hats and high quality sunglasses that have 99-100% UVA and UVB protection
- ✓ Regularly visit an eye doctor for comprehensive exams
- ✓ Perform Amsler grid tests at home

“Vision” Foods to include in your diet:

- Dark Green, yellow, and orange fruits and vegetables. These contain carotenoids, which may defend against a number of medical conditions, including age-related macular degeneration. Lutein and zeaxanthin are two especially important carotenoids related to vision health. They are found in foods such as spinach, collard greens, kale, yellow corn, okra, broccoli, Brussels sprouts, mango, green beans, sweet potatoes, lima beans, squash, green, yellow and orange bell peppers, and egg yolks.
- Fruits and vegetables abundant in vitamin C, including green bell peppers, citrus fruits, tomatoes, broccoli, strawberries, sweet and white potatoes, leafy greens, and cantaloupe.

Sudoku solution:

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

Don't Neglect a Urinary Tract Infection!

Urinary tract infections, also called UTI's, in the elderly are bad news. For the average person, a bladder/kidney infection can be nothing more than a brief nuisance, or it can cause major discomfort and require medicine and rest; however, UTI's can be deadly for senior citizens.

For the elderly, a UTI is an emergency that requires immediate treatment. The elderly are at higher risks of developing UTI's, but don't exhibit the same symptoms as younger sufferers. Because of the apparent lack of signs and symptoms, the entire body can be affected before an infection is even suspected and diagnosed.

When bacteria makes its way into the urethra, bladder, or kidneys, a urinary tract infection can occur. Although both women and men can suffer from urinary tract infections, women are more susceptible. Part of this is due to the urethra being shorter in women, making it easier for bacteria to travel to the bladder.

In men, UTI's become more frequent after the age of 50. As men age, the prostate can enlarge. This can obstruct urine flow, leading to retained urine in the bladder. If women suffer UTI's more often, then men suffer them more *severely*. Almost all cases of male urinary tract infections will require hospitalization.

The elderly may have all the same symptoms as a younger person; however, they may show *none* of the "normal" signs or symptoms. Instead they may experience flu-like symptoms.

The signs and symptoms of UTI for all ages include:

- Painful urination
- Burning when urinating
- Burning sensation in genitals
- Lower abdominal ache or cramps
- Urgency or frequent need to urinate
- Cloudy or foul-smelling urine
- Blood in urine
- Tenderness in back, under the ribs (kidneys)
- Sensation that urethra is swollen or raw (urethritis)
- Painful intercourse (women, from urethral irritation)
- Fever and chills
- Nausea

Symptoms of UTI in the elder may include:

- Confusion
- Dizziness
- Nausea and vomiting
- Shortness of breath
- Cough
- Fatigue
- Malaise

Every elderly person is different, and their unique health status will help their doctor decide which treatment option and preventative measures are the safest and most effective. See your doctor immediately if you are suffering from any of the above symptoms.



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

6 Facts About a Person With Dementia

By Dan Lonigro, CPI Global Professional Instructor

I can still smell the flowers.

I don't garden anymore, but I can still smell the flowers. Bring me some roses. This will remind me of my past.

I can still communicate.

I can't talk the way I used to, but I can still communicate. Be patient as I try. This will help me feel connected.

I can still make decisions.

I don't have the judgment I used to, but I can still make decisions. Give me choices. This will make me feel like I'm a part of things.

I can still wash my face.

I can't take a bath by myself anymore, but I can still wash my face. Assist me with direction. This will help me feel purpose.

I can still sing.

I can't dance anymore, but I can still sing. Help me enjoy music. This will enrich my life.

I can still move my body.

I can't walk unassisted anymore, but I can still move my body. Walk with me, and support me if I stumble. This will help me feel engaged.

You are my lifeline. I depend on you. But please don't do for me what I can do for myself. Recognize what I can do and help me to function as a person.

You are key to the quality of my life.

10 Requests from a Dementia Journeyer

1. **Please be patient with me** — Remember that I have an organic brain disease for which I have no control.
2. **Talk to me** — Even though I cannot always answer you, I can hear your voice and sometimes comprehend your words.
3. **Be kind to me** — For each day of my life is a long and desperate struggle. Your kindness may be the most special and important event of my day.
4. **Consider my feelings** — For they are still very much alive within me.
5. **Treat me with dignity and respect** — As I would have gladly treated you.
6. **Remember my past** — For I was once a healthy, vibrant person full of life, love and laughter with abilities and intelligence.
7. **Remember my present** — I am a fearful person who misses my family and home very much.
8. **Remember my future** — Though it may seem bleak to you, I am always filled with hope for tomorrow.
9. **Pray for me** — For I am a person who lingers in the mists that drift between time and eternity. Your presence may do more for me than any other outreach of compassion you can extend to me.
10. **Love me** — The gifts of love you give will be a blessing from which will fill both our lives with light forever.

Author Unknown

Weight loss goals: To be able to clip my toenails and breathe at the same time.

Can You Say this Tongue Twister?

I thought a thought.
But the thought I thought wasn't the thought
I thought I thought.

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Providing Excellence in End of Life Care!

One of the coolest baking tips ever... Tried and true... If you need to soften butter quickly but don't want to melt it.... Put boiling hot water in a microwave safe glass to heat the glass. Dump the water out and flip it over your stick of butter. In a few minutes it will be softy soft to use! You're welcome!

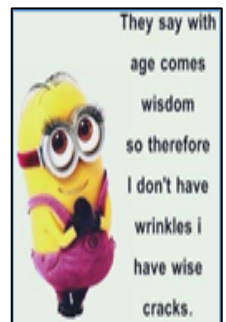
COLD SHOWER: Stimulates immune system, increases alertness, prevents colds, stimulates anti-depression hormones, accelerates your metabolism, frees up the mind, tightens skin, reduces hair loss.

HOT SHOWER: Relaxes muscles, lowers body tension, alleviates migraines, reduces swelling, reduces anxiety, acts as a nasal decongestant, removes toxins from the skin, opens pores and cleans the skin.

What has
4 letters,
Sometimes
9 letters,
but never
has 5 letters.

Don't worry, it took me a while to figure it out too!

My age
doesn't bother
me... It's the
side effects.



I don't want to brag or make anybody jealous, but... I can still fit into the earrings I wore in high school.

Not to brag, but I just went into another room and actually remembered why I went in there.

It was the bathroom, but still....

Remember, if you lose a sock in the dryer, it comes back as a Tupperware lid that doesn't fit any of your containers.

You think English is easy?

- 1) The bandage was wound around the wound.
- 2) The farm was used to produce produce.
- 3) The dump was so full that it had to refuse more refuse.
- 4) We must polish the Polish furniture..
- 5) He could lead if he would get the lead out.
- 6) The soldier decided to desert his dessert in the desert..
- 7) Since there is no time like the present, he thought it was time to present the present.
- 8) A bass was painted on the head of the bass drum.
- 9) When shot at, the dove dove into the bushes.
- 10) I did not object to the object.
- 11) The insurance was invalid for the invalid.
- 12) There was a row among the oarsmen about how to row.
- 13) They were too close to the door to close it.
- 14) The buck does funny things when the does are present.
- 15) A seamstress and a sewer fell down into a sewer line.
- 16) To help with planting, the farmer taught his sow to sow.
- 17) The wind was too strong to wind the sail.
- 18) Upon seeing the tear in the painting I shed a tear..
- 19) I had to subject the subject to a series of tests.
- 20) How can I intimate this to my most intimate friend?

Let's face it - English is a crazy language. There is no egg in eggplant, nor ham in hamburger; neither apple nor pine in pineapple. English muffins weren't invented in England or French fries in France . Sweetmeats are candies while sweetbreads, which aren't sweet, are meat. We take English for granted. But if we explore its paradoxes, we find that quicksand can work slowly, boxing rings are square and a guinea pig is neither from Guinea nor is it a pig.

And why is it that writers write but fingers don't fing, grocers don't groce and hammers don't ham? If the plural of tooth is teeth, why isn't the plural of booth, beeth? One goose, 2 geese. So one moose, 2 meese? One index, 2 indices? Doesn't it seem crazy that you can make amends but not one amend? If you have a bunch of odds and ends and get rid of all but one of them, what do you call it?

If teachers taught, why didn't preachers praught? If a vegetarian eats vegetables, what does a humanitarian eat? Sometimes I think all the English speakers should be committed to an asylum for the verbally insane. In what language do people recite at a play and play at a recital? Ship by truck and send cargo by ship? Have noses that run and feet that smell?

How can a slim chance and a fat chance be the same, while a wise man and a wise guy are opposites? You have to marvel at the unique lunacy of a language in which your house can burn up as it burns down, in which you fill in a form by filling it out and in which, an alarm goes off by going on.

English was invented by people, not computers, and it reflects the creativity of the human race, which, of course, is not a race at all. That is why, when the stars are out, they are visible, but when the lights are out, they are invisible.

The objective of sudoku is to enter a digit from 1 through 9 in each cell, in such a way that:

- Each horizontal row contains each digit exactly once
- Each vertical column contains each digit exactly once
- Each sub grid or region contains each digit exactly once

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

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

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The average person spends 6 months of their life sitting at red lights.

In the United States, a pound of potato chips costs two hundred times more than a pound of potatoes.

Self Defense for Seniors

The concept of self-defense for seniors deals more with not showing fear than with ways to body-slam someone to the pavement. Strength to protect oneself comes from an awareness of surroundings, a fearless presence, and an understanding of your capabilities.

Most self-defense professionals urge people to avoid needing to defend themselves by avoiding situations which may promote crime. Wearing flashy jewelry, carrying expensive handbags or briefcases, or counting cash at an ATM may be all the motivation a criminal needs to target you.

Walk with purpose, with your head up and eyes scanning your surroundings. It's more likely that you will be targeted as a victim if you walk in a pensive, frightened way as this makes you appear weak and vulnerable. Instead, stride with purpose and exude confidence.

Staying aware of your surroundings is particularly important as your vision, perception, and hearing decline. Get into the habit of frequently scanning your surroundings, which will help avoid trouble.

The best self-defense is to avoid physical altercations altogether. Use de-escalation techniques to turn a situation around before it gets physical. Commanding words, spoken loudly, can make a would-be criminal rethink their plan. Most criminals want an easy target and seek meek victims who will not put up much of a fuss.

If a situation turns physical, fight back with vigor as if your life depended on it (it might). Remember this: the eyes of a body builder and the eyes of a petite person are equally vulnerable, so they make excellent targets in an altercation.

Almost anything can be used to inflict harm: keys, an umbrella, a pen, a cane, and even canned food from your shopping bag. If you must use one of these items to defend yourself, think of where it will have the most impact, eyes, bridge of nose, throat, solar plexus. Use the first opportunity to get away as fast as you can and call authorities.

No-Bake Pumpkin Pie

Ingredients

- 1 cup pumpkin puree
- 1 3.4 oz. box instant vanilla pudding
- 1/4 cup milk
- 2 teaspoons pumpkin pie spice
- 8 ounces Cool Whip
- 1 (9-inch) graham cracker crust
- Whipped Cream for serving

Instructions

1. Stir together pumpkin puree, pudding mix, milk, and pumpkin pie spice. Stir until no lumps remain.
2. Carefully fold in Cool Whip.
3. Spread pumpkin mixture in prepared crust. Chill at least 3 hours or until it sets enough to slice. Serve with whipped cream.



Need a new side dish for Thanksgiving Dinner? Try this...

Uncle Ben's Casserole

- 1 Box Uncle Ben's Rice "Original Recipe", cooked
- 4-Chicken Breasts, boiled and diced
- 1-Can Cream of Celery Soup
- 1-Can French Cut Green Beans, drained
- 1-Cup Hellman's Mayonnaise
- 1-Small Jar Pimentos
- 1-Small Onion, chopped and diced
- Salt and Pepper to taste

Mix all ingredients and pour into casserole dish. Bake at 350° for 30 minutes. Yum!!

(Recipe courtesy of Dy. Sonya Atkins)

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Photo Hack: Tilting your head to the right and slightly up makes you look more attractive. Tilting it to the right makes you look more intelligent.

I put the thingamabob inside the whatchamacallit, turned the doohickey and the wuteveritis still doesn't work. Any idea's?

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FROM THE OFFICE It's almost Thanksgiving, folks! Which means—it's almost Christmas! Oh, my! Which means—it's almost 2019! Oh, my!

When did I get so old? Just last week, I was 22. Just hours ago, I became a mother. Just minutes ago, I retired from teaching. And in just a few months, I will be able to get Medicare. **MEDICARE!!!** Good grief, old people get Medicare. Sooooo, that must mean that I am officially OLD. How do I know that I am old? There are a LOT of ways that I know that I'm old:

1. I've always prided myself that I know ALL the songs. Good Night, I don't know country from rap or opera from hip hop. I've never even heard of half the people on the radio. If I hear somebody talking about Nickelback, I think they are wanting change!!!
2. I go to bed with the chickens. In my youth (oh, so many moons ago) I would stay up half the night to finish a book. Now, half the night is 9:30—at the latest! If I'm not in the bed by 8:30, I begin to get anxious!
3. I CANNOT sleep late! When I was a kid, I could sleep til noon. My noon is now 6:30—and then I'm bragging—"Can you believe that I slept til 6:30 this morning?"
4. I can no longer wear 4- inch heels. I LOVE HIGH HEELS! I taugth in 4- inch heels for YEARS. Now, if I am shopping for heels, the first thing I look at is the heel height. I have never checked the height of a heel before I looked at how cute it is!
5. I have always been a television addict, now I'm a Hallmark addict. How many Hallmark movies can I watch in a week? A LOT.
6. I want to be home before dark. This drives my son crazy. I've never been like this before. If we go out to eat, "Let's be there between 4:30 and 5:00 so I can get home before dark." My son—"I'll be hungry again before 7:00."
7. One of my new favorite television channels is—that's right—THE WEATHER CHANNEL.
8. I don't like to drive at night—saying that makes ME feel really old. If someone else is riding in my car, they are the designated driver. I love to be chauffeured!
9. I WATCH the weather. What does that mean? I actually stand on the patio or the carport and WATCH the weather. My grandfather watched the weather.
10. I have never seen SpongeBob Squarepants. I can't believe that I even wrote that.
11. I have to Google MOST movie stars and I have seen one movie in the last five years (in a theatre).
12. A really exciting day involves a dipped cone (if you don't know what a dipped cone is, you are very young) or a Snoball (I love Snoballs—there is no cold weather involved in the making of these Snoballs.)
13. My left hip hurts, my knees hurt, I have the beginnings of cataracts, and stairs just about do me in.

Good things about gaining maturity (now doesn't that sound better than being old?) One good thing is the alternative. Watching your children become adults. Having grandchildren. Retirement. Growing in grace.

I can assure that I would not go back—I only want to go forward!! REMEMBER—I'LL SOON BE ON MEDICARE—YESSSSSSSSSSS!
Susan

Union Parish
TRIAD Newsletter

November 2018



WHAT IS TRIAD?

TRIAD is cooperation between Law Enforcement Agencies and Senior Citizens

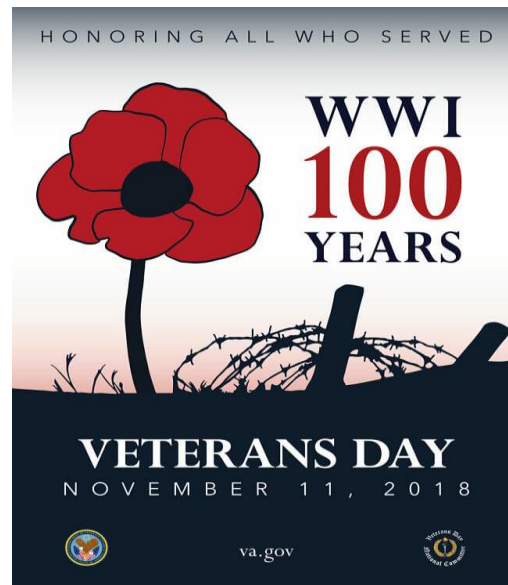
TRIAD strives to reduce criminal victimization of older persons

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!



2018 marks the Centennial Commemoration of the end of World War I on November 11, 1918. The theme for the 2018 Veterans Day Poster is: “The War to End All Wars”. This year’s poster depicts the remembrance poppy and a barbed wire fence. The poppy has been used since 1921 to commemorate military personnel who have died in war, being inspired by the World War I poem “In Flanders Fields”. The barbed wire represents the thousands of miles of wire that was spread by both sides in WWI.

For many individuals across the Department of Defense, caring for wounded, ill, and injured service members, families, and those who support them is a year-round mission. However, November is an especially important time for all of us to reflect on how best to provide exceptional care and support for those who have sacrificed for our Nation.

In 2008, Robert Gates, then-secretary of defense, established November as “Warrior Care Month” to raise awareness of programs and resources for our wounded, ill, and injured service members. Today, nearly a decade later, Secretary of Defense Mattis said that there is “no higher priority for this Department than caring for those who have sacrificed so much.”

Warrior Care Month remains a highly visible, department-wide opportunity to educate military and civilian audiences of the programs and resources to aid wounded, ill, and injured service members – as well as their families, caregivers, and others who support them – through recovery, rehabilitation, and reintegration back to duty or transition into the community.

This November take the initiative to become more informed about and share warrior care resources; explore new ways to exhibit your own strength by helping our wounded, ill, and injured service members, families, and caregivers realize their own potential.

For more information on the various programs available to both service members and their care givers, go to www.warriorcare.dodlive.mil.