

December 2018

The Best Of Times

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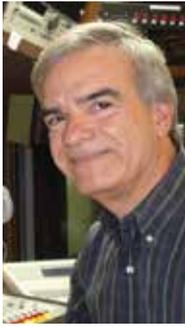
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December 1
Super Ager – Celebrating the Second Half of Life

Elise Marie Collins, author, yoga teacher, & health coach

December 8
Voice, Airway, & Swallowing Problems

Dr. Paul M. Weinberger, Director of the Center for Voice, Airway, and Swallowing at LSU Health Sciences Center in Shreveport

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Electric Power Issues for Seniors

Karen Wissing and Sarah Hebert with SWEPCO

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Dr. Paari Dominic, Assistant Professor in the Department of Internal Medicine at LSU Health Sciences Center in Shreveport

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Special guests

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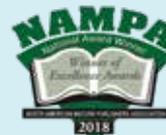
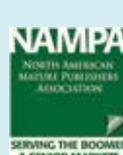
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On the Cover

Mack McCarter, Shreveport native and founder of Community Renewal International, receives the Citizen of the Year Award at the National Conference on Citizenship in Washington, D.C.



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Medical News & Info



The Trust Older Patients Place in Doctors Can Compromise Their Medical Care Placing trust in doctors to advocate for their health needs, older adults rarely ask for referrals to specialists, specific prescriptions, express concerns or follow-up after medical visits, according to a new study from Case Western Reserve University and published in the journal *Clinical Interventions in Aging*. The findings highlight a disconnect between the expectations of older adults and the realities of a changing health-care system, where doctors have less time to spend with patients. The study shows that older adults (defined as 65 and older) are less likely to advocate for their own health concerns the more they trust the role is being taken on by their doctors. The findings strongly suggest that families of older patients should be ready to step in as advocates for their older relatives.

How to Show Your Partner That You Care

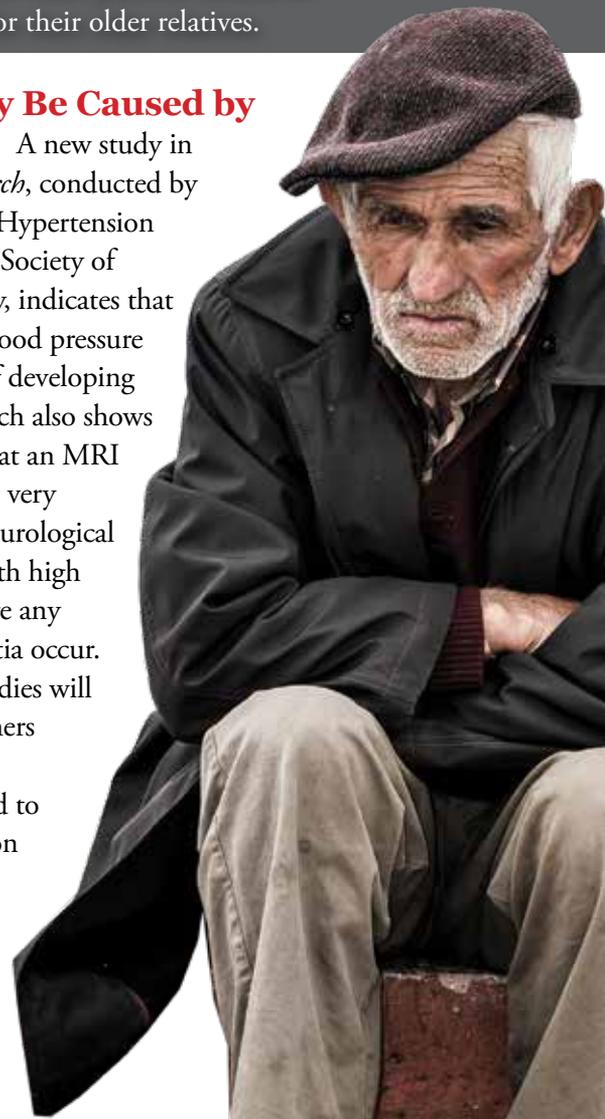
In our primary relationship, we all want to be understood. Whether we're upset or joyful or sad, whether we're disappointed, excited, or discouraged, we want our partner to accept and understand what it is we're feeling. But it turns out that more important than empathic accuracy — when our partner has an accurate read on our emotions — is empathic effort — the fact that our partner wants to understand us and is making that desire abundantly clear. Research reported in the *Journal of Family Psychology* found

that both men's and women's relationship satisfaction was associated more with a perception of effort by a partner than whether the partner was actually accurate in identifying emotions.



Dementia May Be Caused by Hypertension

A new study in *Cardiovascular Research*, conducted by Regional Excellence Hypertension Center of the Italian Society of Hypertension in Italy, indicates that patients with high blood pressure are at a higher risk of developing dementia. The research also shows (for the first time) that an MRI can be used to detect very early signatures of neurological damage in people with high blood pressure, before any symptoms of dementia occur. Although further studies will be necessary, researchers think that the use of tractography will lead to the early identification of people at risk of dementia, allowing timely therapeutic interventions.



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Ditch Quick-Fix Diets

The New Year is just around the corner, which means our mindsets change from loading up on our favorite comfort foods to attempting to manage our weight. Every year, about 45 million Americans go on a diet, yet 2 in 3 adults are still considered to be overweight or obese. If your goal for the New Year is to lose the holiday weight, don't be discouraged by these statistics - instead, aim for a weight loss plan that is healthy, safe, realistic, and sustainable.



McAlister

There is no one-size-fits-all approach to weight loss, but there are some weight loss plans that seem like they don't fit anyone for the long run. When choosing a weight loss plan, avoid programs that promise weight loss without dieting or exercise, those that claim to help lose weight in specific areas of the body (i.e. "lose belly fat"), or anything that promises drastic weight loss in a short time frame (ex: 30 pounds in 30 days). It may come as a surprise to some that rapid weight loss is not ideal for your overall health. In fact, "quick-fix"

The ideal program should **encourage total lifestyle change**, which includes diet, exercise, sleep, stress, self-esteem and other behavior changes.

.....

diets can even bring some health problems, with one of the most common being gallstones. Not to mention, the weight lost on these diets often returns when you quit or even slip up. Safe and sustainable weight loss requires both diet and exercise and sometimes the process can be slow. Good things come to those who work and wait! Avoid diets that rely only on testimonials for proof of their effectiveness, and tread carefully with those that advertise with flashy and attractive language. If a diet sounds too good to be true, it probably is.

The good news is that there are some weight loss programs that are safe and sustainable. The ideal program should encourage a total lifestyle change, which includes diet,



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exercise, sleep, stress, self-esteem, and other behavior changes. Ongoing meetings that provide feedback and support are also important, as they promote sustainability. Programs that incorporate goal-setting and journaling are a plus. Another way to determine if a program is trustworthy is to reflect on weight loss claims. Look for programs that focus on slow and steady weight loss, around 1-2 pounds each week, or that simply focus on reaching a healthy weight on a timeline that fits your needs. Everyone is different in how their bodies lose weight, so a blanket claim of losing “x pounds in x weeks” is simply not realistic, especially as you age. A reputable weight loss program should also always be research-based.



with cholesterol, blood pressure, and blood sugar control. Weight management can also help in preventing diabetes, heart disease, arthritis, and even some cancers. There are healthy ways to manage your weight and it is important to always tread carefully when listening to nutrition advice. Though it is the holiday season, it is never too early to start planning your new year’s resolution. In 2019, ditch

the quick-fix diets and shift your focus towards a healthy lifestyle. This may be the last weight loss resolution you’ll ever need to make!

Abigail McAlister is a Registered Dietitian and nutrition agent with LSU AgCenter for Caddo and Bossier parishes. Her focus is adult nutrition education and promotion. Contact her at amcalister@agcenter.lsu.edu.

Keeping a healthy weight is important, as it can help

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Can Bad Handwriting Cause Legal Trouble?



wasn't the case. She changed the beneficiary from her kids to her boyfriend 3 months before she died. Which means that unless someone had sued to have Buffy declared incompetent before she died, then the Judge would almost certainly have to throw out the life insurance case.

Louisiana law says that in situations like this, there is only one thing that the Judge can look at: the beneficiary change form itself. Unless the form itself showed that Buffy didn't understand what she was doing, the Judge would have to dismiss the case.

When Buffy died, her kids were surprised to find out that she was broke. She had spent a lifetime working in Hollywood and had always been very frugal with her money. So where had all the money gone? To Angel, her 21-year-old boyfriend. Never mind that Buffy was 86.

But what really got the goat of Buffy's kids was that she had also made Angel the beneficiary of her million-dollar life insurance policy. So, her kids sued under something called the Slayer Rule.

Now as ridiculous as it may sound, Louisiana actually does have a law called The Slayer Rule. Here's how it works: no insurance money for you if a Judge finds you to be "criminally responsible for the death, disablement, or injury" of the person who is insured by the life insurance. So, if Angel had killed Buffy by running a wooden steak through her heart, no insurance money for him. But that's not what happened. He had just convinced Buffy to spend all her money on him. Although that may have "injured" Buffy, Angel wasn't "criminally responsible" for the injury, so the Judge threw out that part of the case.

But Buffy's kids didn't base their case only on The Slayer Rule. They also told the Judge that Buffy wasn't competent when she made her boyfriend the beneficiary of her life insurance. In Louisiana, challenging a beneficiary change is no easy task, especially if the insured person has already died. Buffy's kids would have had a stronger case had their Mom changed the beneficiary within 30 days of her death, but that



Aronson

So medical records showing that Buffy had dementia for a year before she died won't matter. Nor would testimony from witnesses saying Buffy had lost her mind long before she passed away be good enough. The only thing that would matter was that change of beneficiary form. Let's say that when Buffy had filled out the beneficiary change form, she had listed Satan as the new beneficiary. Or when the form asked for her age, she wrote 666. That would be some pretty good evidence of Buffy's lack of understanding. But that's not what happened.

Here's what did happen: Buffy's beneficiary change form wasn't filled out in her own handwriting. Based on the handwriting, it looked like it was Angel who filled out the form. But Buffy had signed the form, although her signature was "somewhat shaky." Is that enough evidence to show Buffy's lack of understanding? It wasn't for the Judge and therefore the boyfriend got to keep the million-dollar life insurance money.

Something similar happened in another Louisiana case. Dad changed the beneficiary on his life insurance. Not once; not twice; but 4 times in a 20-month span. When Dad filled out and signed these change forms, his handwriting was "unsteady" at best. In that case, just like Buffy's case, the Judge said that bad handwriting on a form isn't enough evidence to prove that Dad didn't understand what he was doing.

Lee Aronson is an attorney in Shreveport, Louisiana, with Gilsoul & Associates, LLC. His practice areas include estate planning and elder law.



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Rinaudo

One area where the use of this technology really shines is in the phone you carry in your pocket or purse. With the introduction of Bluetooth technology in our phones, we have the capability to pair other electronic devices, allowing resources to be shared to and from our phone. You probably remember a time when it looked like everyone was walking around talking to no one, and mistakenly thought they were talking to you until you saw their phone's ear/head set nestled over their ear on the side of their head. This was made possible by the Bluetooth technology.

This capability has carried over to connecting your phone with your car via Bluetooth, allowing you to communicate hands free while driving down the road. To take advantage of this feature, you will need a phone with Bluetooth capability and a vehicle radio with Bluetooth capability.

The process of connecting your phone with your vehicle's radio or entertainment system is called "pairing" in the Bluetooth world. Once your phone is paired with your car, these two devices now share a bond with each other and they will automatically reconnect when they are in close proximity to each other.

The first step is to ensure your phone's Bluetooth radio is enabled. The most popular phone today is the iPhone. To enable the Bluetooth radio in your iPhone, simply go to Settings and next to Bluetooth you'll need to toggle the switch to the "On" position. If you're carrying an Android based phone, go to settings and there you'll find the symbol for the



Bluetooth radio. Tap on Bluetooth to enter the Bluetooth menu and you'll be able to enable the radio by toggling the switch next to it.

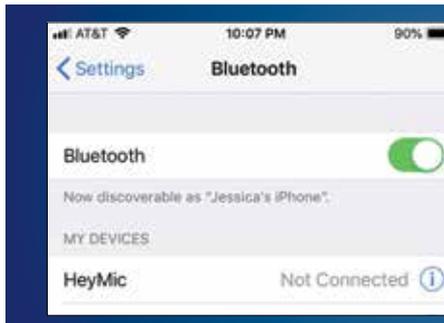
The next step is to pair your phone with your car. To initiate the pairing process within the Bluetooth capable stereo system in your car, you will need to enter the Bluetooth menu and select the pair device function. You'll be presented with a four digit pin that you will enter into your phone in order to pair your phone with your car. If the pin has been entered correctly, you'll be given the option to name the device you are pairing with your phone and the bond will be saved from that point forward.

Once your phone is paired with your vehicle's Bluetooth, you will enjoy the freedom to make calls in your car without taking your eyes off of the road. Most new cars today with Bluetooth capability offer the syncing of your contacts and voice command between your phone and car. This means once your car and phone are paired, you can hit the voice command button and tell the car

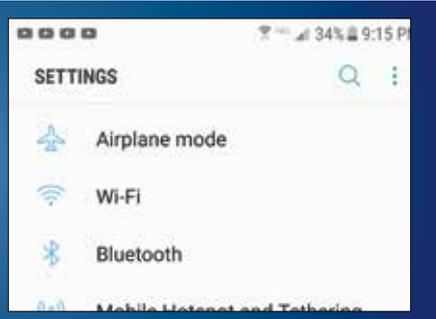
who you want to call. This process helps make our roads safer and will hopefully be standard equipment one day.

One thing to mention is that you may find that the battery life in your phone will take a slight hit as you use the Bluetooth radio, along with all the carrier radios in your phone. I would definitely suggest you plug your phone into a power adapter while you are in your car.

Mark Rinaudo has worked in IT in Shreveport for more than 20 years. He is the owner and operator of Preferred Data Solutions. Email mark@preferreddatasolutions.com to submit a question for this column.



Use the toggle switch in "Settings" to turn on Bluetooth on the iPhone.



Tap "Bluetooth" under settings on Android phones to turn it on.



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If a person is arrested for car burglary, they can face **up to 12 years in prison**. They can also be fined and ordered to pay restitution.



If a person is arrested for car burglary, they can face up to twelve years in prison. They can also be fined and ordered to pay restitution. In addition, a person breaking into a vehicle may also be charged with criminal damage to property, which can carry an additional ten years in jail.

Police officers usually take these crimes very seriously. However, these crimes are difficult to solve as most persons committing these crimes do not usually have prior criminal records. Additionally, it is hard to obtain evidence from a vehicle, like fingerprints or DNA Evidence, which may lead to apprehending the burglar.

The best protection against a car burglar is to pay attention to your surroundings and park where the vehicle can be easily seen. Hopefully, these tips will keep you from getting a bad surprise when you go back to your parked vehicle.

Judge Jeff Cox is judge for the Louisiana Circuit Court of Appeal for the Second Circuit.

usually keep burglars away from vehicles.

If you see someone breaking into a vehicle, do not approach that person. Remember this person may be armed and if startled by your presence, they could harm you. Call the sheriff or police and try to give them a description of the person if you can. If you have cameras on your home, make sure to make these tapes available to law enforcement officers so they can review them and hopefully catch the person committing the burglaries.

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Christmas with Margaret O'Brien

Adorable Margaret O'Brien began her big-screen career at the age of three with a one-minute spot in 1941's "Babes on Broadway." Her career took off the following year as the star of MGM's "Journey for Margaret." Throughout the 1940s, she continued to endear herself to millions seeking Hollywood diversions as World War II came and went.



Thomas

Ms. O'Brien, now 81, is back this holiday season starring in "This is Our Christmas," a sequel to the popular 2015 TV movie "Beverly Hills Christmas," and follows the Foxworth family 7 years after the original picture.

The film had its broadcast premiere on the UPTV network in early November, followed by DVD distribution through Walmart and Target, and will be rebroadcast on UPTV over the holiday season (see www.uptv.com).

"The film was set in a beautiful house in Beverly Hills so it was very comfortable to work in," said O'Brien. "The cast and crew were great and everyone had fun because it was a Christmas movie."

O'Brien is no stranger to holiday classics.

"I appeared in two big Christmas films, 'Meet Me in St. Louis' (1944) and 'Little Women' (1949)," and also "Tenth Avenue Angel" (1948)," she said. "I have special memories of 'Meet Me in St. Louis' where Judy Garland sang to me. That film also had a beautiful house and wonderful Christmas street scenes they created."

Appearing in almost 20 feature films throughout the 40s, O'Brien was one of only a dozen children to receive a Juvenile Academy Award when the prize was intermittently given from 1935-1961. She astonished audiences with a display of adult emotions though she was not yet even a teenager.

"I think movie kids are just a little more mature in some ways," she said. "I knew it was a job, not playacting, and that others depended on me to know my lines. I took my work very seriously."

O'Brien says she can still recall her first brief role in "Babes" starring Mickey Rooney.

"Mickey and I didn't have any scenes together, but I can still remember him walking by and saying 'Hello, what a cute little girl!' I sort of have a photographic memory and can remember all my movies just like I was back there now."

An avid reader as a child, little Margaret was thrilled to tackle many roles based on the books she grew up reading such as "Little Women," "Jane Eyre," and "The Secret Garden."

"How many children get to play a character from their favorite books?" she asked. "I knew them so well, it was just fabulous to create them on the screen."

And unlike many child actors who strayed into the darker side of Hollywood and fame, O'Brien never did.

"My mother raised me to be pretty well-grounded," she says. "So I never had the problems that a lot of child actors faced."

O'Brien says she never watched her own films, so will she tune in to view her new Christmas movie?

"Actually, I'm a little better about watching them now, but as I child I never did. So I might watch this one to get in the Christmas mood," she said. "I watch a lot of Christmas movies as the season approaches and when scripts come up with a Christmas theme, I love to do them because they're just so much fun. Acting has been a wonderful career, and still is."

Nick Thomas teaches at Auburn University at Montgomery, Ala, and has written features, columns, and interviews for over 650 newspapers and magazines.



Above: Publicity still from *Meet Me in St. Louis* with Judy Garland - 1944, MGM • Below: Margaret O'Brien in still from *This is Our Christmas* - Five Arts Films, provided by producer



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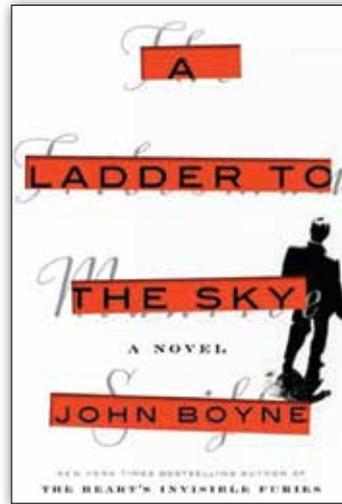
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A Ladder to the Sky

by John Boyne

When I think of novels full of intrigue and suspense, the word “plagiarism” doesn’t naturally come to mind, but in his latest novel, *A Ladder to the Sky*, author John Boyne marries the two concepts with careful plotting and well-developed characters.

Maurice Swift is a young, handsome man of undistinguished background with aspirations to become a famous novelist. He has the ambition, drive and tenacity, but, it turns out, he does not have an imagination.

Enter Erich Ackermann, an aging, famous German author. Maurice sees their meeting as an opportunity to use his beauty as a tool to gain Erich’s trust. As their friendship builds, Erich finds himself confiding intimate details of his early life to Maurice: the unraveling tale of a German man who grew up as a member of the Hitler youth, complete with a shameful secret. Once Erich conveys the final details of his story to his companion, Maurice disappears from his life, only to emerge again with a hit new novel entitled, *Two Germans*, and within its pages lies Erich’s story.

This first act of grossly successful story

stealing gives Maurice an intoxicating taste of success. And so, he begins to deliberately and dispassionately, latch on to vulnerable writers, doing anything and everything to make their works his own.

The rest of the book contains moments of horrifying ambition, cut throat decisions, deluded self-justification, painful childhood memories and a glorious ending. The novel often feels like several short stories: one for each period of Maurice’s life, that culminate with the perfect storm. And while this book started off slowly, its plot develops in such a way that I found it nearly impossible to put down once Maurice’s ruthless ambition truly took flight.

A Ladder to the Sky is also a book about writing books, and so within it lies the fascinating world of competition among writers, what it takes to get short-listed for “the prize,” and even a look at how jaded relationships can affect whose stories get published, and whose don’t make the cut.

Boyne does a great job of confusing the reader’s emotions about right and wrong, and does so with talented storytelling.

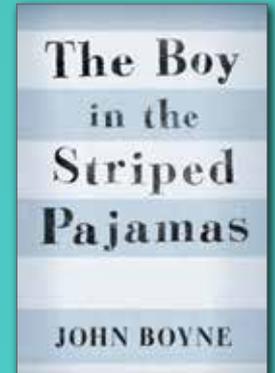
Grade: B+

Jessica Rinaudo is an editor and writer who has fostered a love of reading since childhood. She lives in Shreveport with her husband and four children.

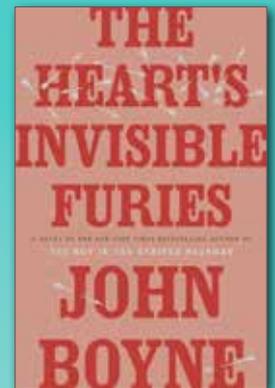


Rinaudo

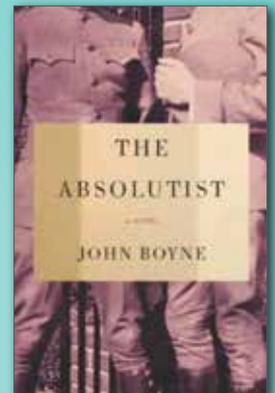
More Books by John Boyne



A family move brings two boys together with devastating consequences.



The coming of age story of an adopted boy in Ireland.



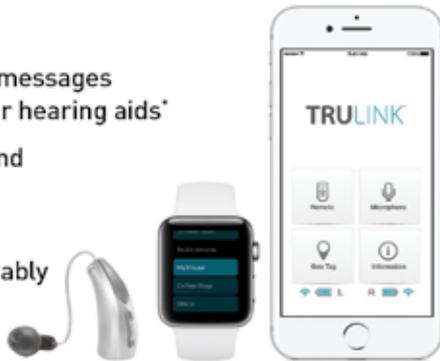
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Holiday Celebrating Without the Guilt

The holidays are a fairly emotional time of the year for most of us. For some people, the holiday period brings memories of warm family gatherings and happy times. For others, it may bring feelings of depression related to loved ones who have passed on, or simply of childhood memories and experiences that weren't very pleasant.

While our memories and experiences of holidays past are not something we can change, we can try to ensure that the current holidays don't add to any emotional burden we may already have. That may sound complicated, but actually all it means is having a little more awareness of the emotions we face at this time of the year, and of taking a little more control of our lives and actions so that we don't end up feeling bad about this year's holiday season.

An easy starting point? Pay more attention to your food and drink intake. Yes, Christmas dinner and holiday parties offer many opportunities to over-indulge. But, you are the one in control of your actions and choices. Limiting yourself to one helping of dessert, or refusing Uncle Waldo's constant offers of more wine, doesn't mean that you're depriving yourself, but simply enjoying the holiday in moderation.

And, most importantly, you won't feel guilty the day after, or face January with the problem of an expanded waistline. For most of us, the holiday period can be a stressful time. Your job is to try and be sensible and not add more anxiety and stress to what you may already be feeling.

That's especially true when it comes to holiday parties. Yes,



these are additional opportunities to be tempted by too much of too many wrong things to eat, but far too often a bigger problem is the opportunity to consume too much alcohol. All it takes is one office party and one drink too many and suddenly you've said or done something that you'll not only regret the next day but that may negatively affect your career.

Yes, you want to enjoy this holiday season, but it's important to remember that you, at all times, are the one in control of you. Keeping your actions sensible and reasonable doesn't mean you can't have a great time, but hopefully can mean you won't have anything to regret. •

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Our Favorite **5** Facts About Hanukkah

1 The Hebrew word **Hanukkah** means **dedication**, and the holiday is colloquially called the Festival of Lights.

3 The holiday lasts 8 days because when the Maccabees re-conquered the temple, they lit a lamp. They only had enough oil for one day, **but it burned for eight**.

5 Traditionally, Jews celebrated Hanukkah by **giving their kids and relatives gelt (money)** rather than wrapped gifts. Due to the influence of holidays like Christmas, however, modern Jews tend to prefer gift giving.

2 The holiday remembers the **brave Maccabees** who recaptured the Holy Temple in Jerusalem from the Syrian-Greeks.

4 Because the holiday is based on the Hebrew calendar, **there's no set Gregorian date range for Hanukkah**. This year Hanukkah will begin December 2 and end the evening of December 10.





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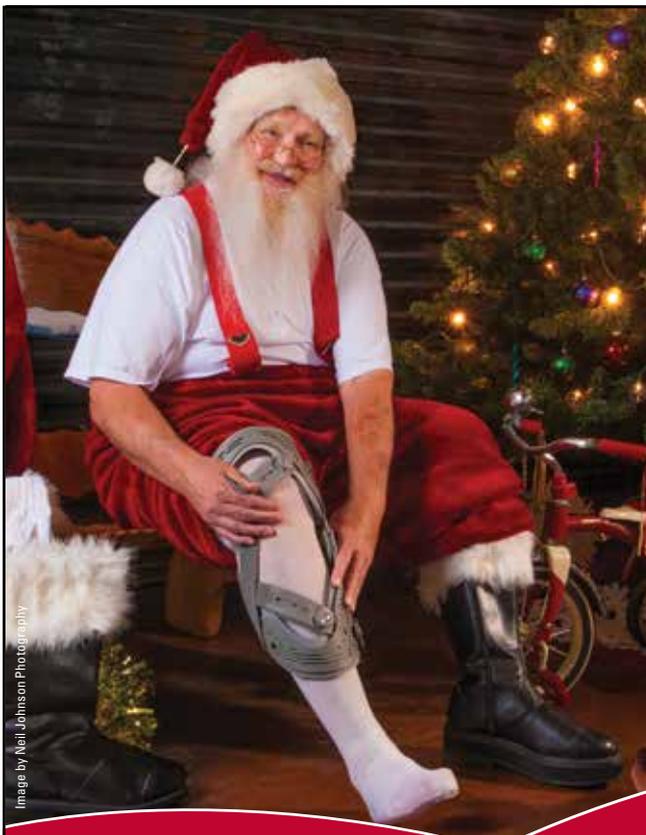
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EVEN SANTA CAN USE SOME SUPPORT

For several years James Marshall, a retired special education teacher for Caddo Parish Public Schools, has been delighting children of all ages in his second career as a Santa model. Working together with area photographers during the holiday season, James makes "house calls" to help create beautiful photos and fond memories for local children and their families.

However, there are a few things that most kids don't know about Papa Noël. First of all, James wears an Unloader One® knee brace by Össur to keep the pain of his knee osteoarthritis from holding him back. Second is that when James isn't portraying "the big man in the red suit" he spends time in his studio creating beautiful glass skull art, which can be found in galleries like the Agora Borealis Art Market in Downtown Shreveport.

With a hearty HO, HO, HO we're honored to help James keep the twinkle in his eye.



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One Man's *Vision* is Reshaping Our Neighborhoods

Community Renewal's Mack McCarter Named National Citizen of the Year

by Kathleen Ward

G. S. "Mack" McCarter, III grew up in Shreveport during a time when neighborhoods were, for the most part, safe havens where most people knew and helped each other. He has worked decades to return that sense of security, kindness, civic pride and positivity to both the best and poorest, most troubled communities.

He was a pastor in Texas until he returned to Shreveport in 1991 to create Community Renewal International. Through CRI, McCarter has touched many lives and his efforts have been honored with 25 humanitarian, civic and religious awards from both local and national organizations.

In October, his community enrichment efforts in Shreveport/Bossier, Washington, D.C. and other areas earned him the Citizen of the Year Award at the National Conference on Citizenship in Washington, D.C. by the National Conference on Citizenship, a nonprofit organization dedicated to strengthening civic life in America.

"I grew up in the mid-40s, 50s and 60s. Like a child of that era, my parents, my teachers, my pastors, Sunday School teachers, and youth group leaders were collectively my role models," said McCarter.

McCarter received a B.A. in religion from Texas Christian University and a Master of Divinity degree from TCU's Brite Divinity School. He and his wife, Judy, met at TCU and married in 1967. They have two children and four grandchildren.

Today, he oversees programs that have connected 50,000 people through the "We Care" communities, with 2,000 volunteers working around 40,000 hours a year to help more than 3,500 children and young people. Working with these many volunteers are his staff of 34 full-time and 30 part-time employees. CRI's steady presence has resulted in a 52% drop in the number of crimes in some of Shreveport's most neglected neighborhoods.

"I am most inspired by the members of the CRI team, from the staff to the Adult Renewal Academy teachers, to all of the volunteers and block leaders," he said.

CRI focuses on three strategies – building a strong and supportive "Renewal Team" of individuals, businesses, faith groups, civic groups; connecting caring individuals and families in local neighborhoods by creating "Haven Houses" where trained volunteers with the "We Care" sign in their yards help nurture their neighborhood; and creating safe places where children and young people meet with volunteers for educational and social activities at "Friendship Houses."



Shreveport's 10 Friendship Houses, spread over five neighborhoods, provide after-school education programs; promote character building; foster service projects; teach GED courses; provide tutoring, computer training, art and music lessons; hold frequent family nights; and offer other programs and services that give these neighborhoods a homelike community center.

"We must intentionally and measurably rebuild the caring infrastructure necessary for 'community' to exist," McCarter wrote in describing his motivation.

"What was started here was a method and model to start, grow, sustain and nourish safe and loving community based on historian Arnold Toynbee's definition of society as a 'system of relationships.' To do that, we developed wholly new paradigms," said McCarthy.

"That understanding is basic to all of our efforts, because it means that if society becomes 'sick,' then it is sick in its system of relationships," McCarthy wrote in 1995. "In a 'sick' society, the caring infrastructure, which is essential to and characteristic of true 'community,' has evaporated. Therefore, to get a sick society 'well' one must systematically restore the system of relationships critical to the very existence of society."

"As a young adult, I came under the influence and mentorship of the great Quaker philosopher and theologian,

D. Elton Trueblood. I am doing what I am doing today because of Dr. Trueblood's friendship and mentorship."

Trueblood wrote 33 books, but was probably best known as a presidential advisor and chaplain at both Harvard and Stanford.

The McCarters live in Shreveport and Washington, D.C., where he is working with former Secretary of the Navy John H. Dalton to create Community Renewal Capital Area using the same successful formula as CRI in Shreveport.

"All of the nations of the world have a presence in Washington D.C. Our task is to establish the work of CRI in our nation's capital in order to take what started in Shreveport and Bossier City and change the whole world," he said.

CRI has frequently served as a model for organizations and individuals from around the country and the world with a desire to foster civic renewal and is being replicated in neighborhoods in cities in Texas, Minnesota and Oklahoma, as well as in Cameroon, Africa.

"We tell leaders and people from all over, 'If you want to find hope again, come to Shreveport/Bossier City and see what is happening! We have had people come and see from over 200 cities and towns in America and from 11 nations overseas. Hope is restored. That is their testimony."

To learn more about Community Renewal, visit www.communityrenewal.us. •



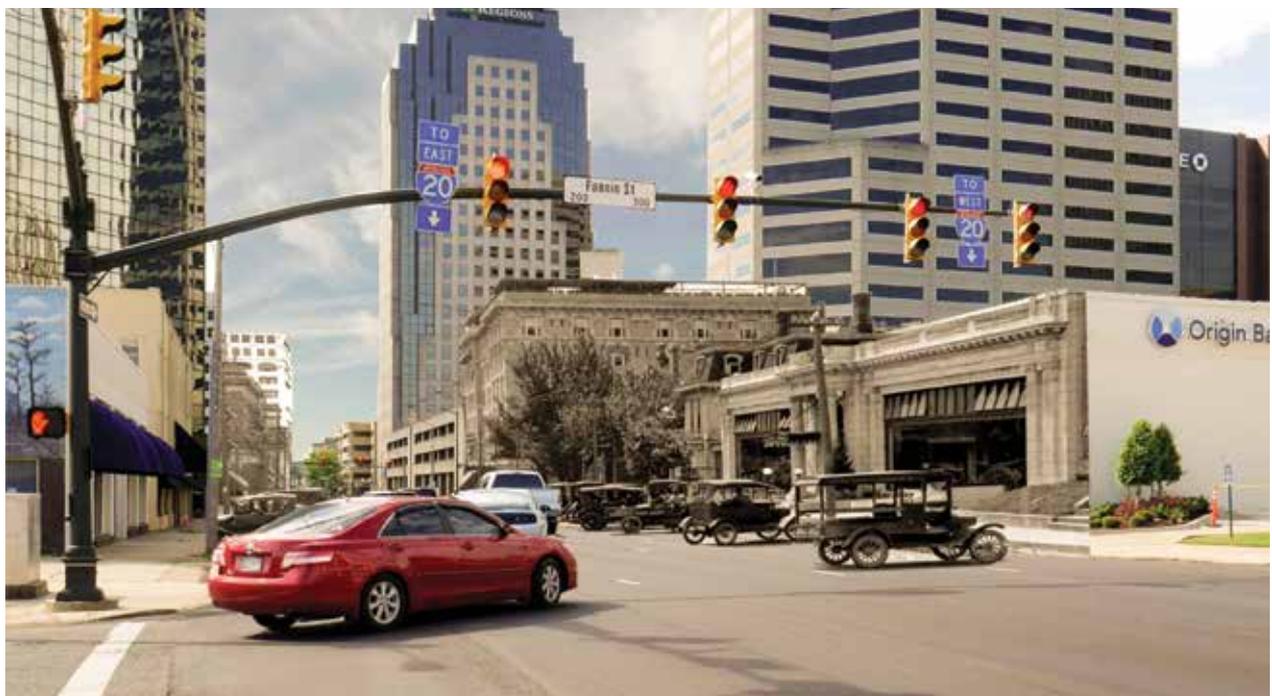
Georgia Flook, Sherry Brown, David Westerfield, Mack McCarter, and Russell Minor

SHREVEPORT *Then & Now*

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Market Street looking south from Fannin Street in Downtown Shreveport. The Wray Dickinson building is on the right, and past that the Washington Youree Hotel. Notice the house between Wray Dickinson and the Washington Youree.



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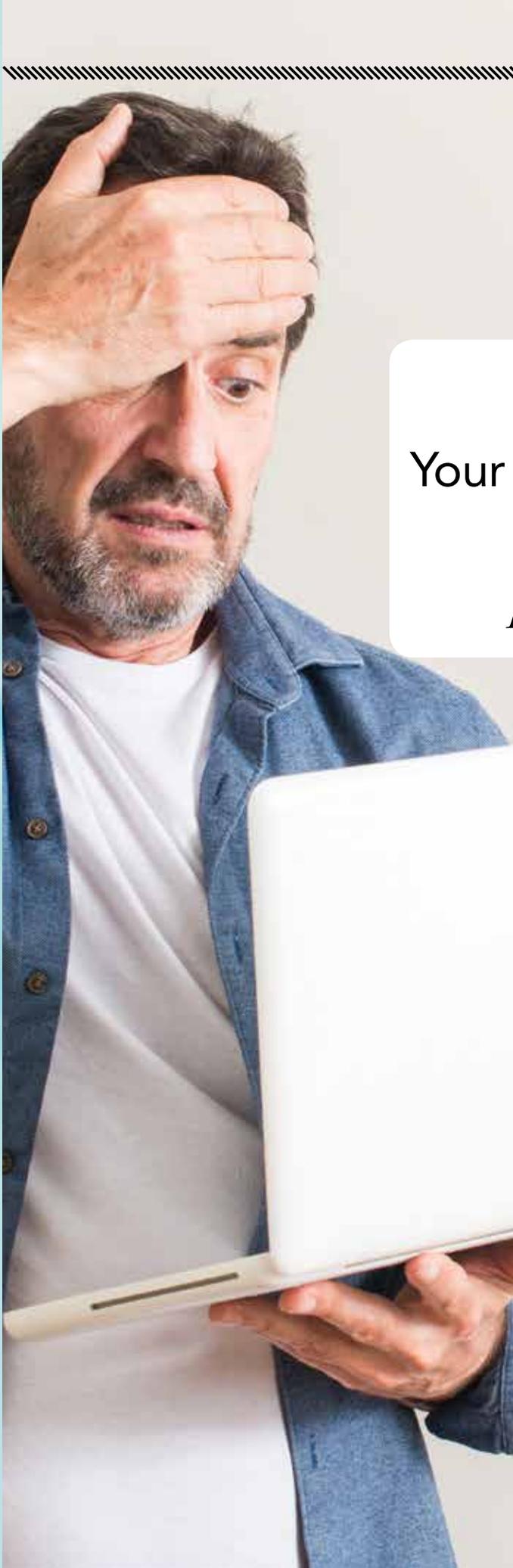
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SCAMS

PROTECT Your **Money**, Your **Resources** and Your **Pride**

Especially During the Holiday Season

by Teresa Ambord

WILL THE SCAMS NEVER CEASE?

The answer is, not as long as there's money out there to be plucked out of someone's pocket, piggy bank, retirement account, credit card account – whatever. Never assume that your elderly parent or your grandchildren or anyone in between has too much common sense to fall for a scam that seems obvious to you. Some enormously successful people have been sucked into lottery scams, Ponzi schemes, and fallen prey to the thievery of scoundrels.

Here are some of the most recent scams making the rounds, some of which are old and dusty, but still effective.

CELEBRITIES ASKING YOU TO DONATE?

It may be flattering. But chances are, if your favorite celebrity has reached out to you on Facebook or other social media, you should assume it's probably a trap. Scammers have been posing as celebrities asking fans to send money for various reasons. It might be to support a charity or to claim a prize of some sort, warns the Federal Trade Commission (FTC). With the wide variety of natural and man made disasters occurring regularly, a lot of people are trying to raise money to alleviate suffering. And a lot of people are trying to raise money... because they're greedy and lazy. In the holiday season, many will step up their effort to pull your heart strings.

Of course, famous people do lend their names to causes they support. But thieves capitalize on that tendency, especially on social media where they can impersonate someone else anonymously. Even if you only contribute a few dollars, keep in mind that you may be giving away the keys to your bank account or credit card account if you use one of those methods to pay.

Here's what the FTC advises when you get a message that appears to be from a celebrity, asking for donations:

* Don't be rushed into a decision. Thieves depend on urgency. Why? Because they want you to act before common sense kicks in. Send no money until you've taken the time to ask someone you trust what they think. If you don't have a friend or family member you want to discuss the issue with, ask your accountant or your pastor.

* Do an online search on your own. Enter the celebrity's name and the word "scam" and see what comes up. Do the same with the name of the charity or cause they claim to support. Here are a few sites that exist to report on the validity of charities. Give.org (through the Better Business Bureau); Charitynavigator.org (looks at financial health and transparency); Charitywatch.org (does an independent deep dive into the efficiency of a charity; Guidestar.org (provides updated information on not-for-profits).

* The FTC goes as far as saying not to send money to anyone you don't know or haven't met, even celebrities you believe you know from Facebook or other social media.

* What if you've sent money to a charity scam? FTC says contact your bank or other company that you used to send the money (such as Western Union or a prepaid debit card) and explain that you think you've been defrauded. Ask them to reverse the transaction if possible.

* Report what happened on social media, and to the FTC at ftc.gov.

GOFUNDME IS REAL, BUT CHECK IT OUT,

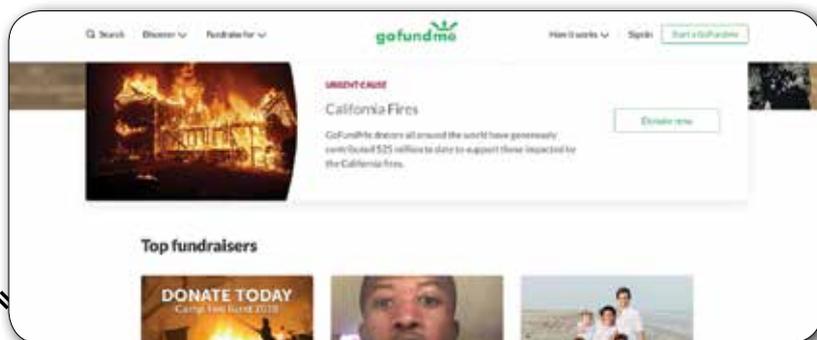
If you spend much time online, you've seen GoFundMe accounts. It's a great idea. Huge amounts of money can be raised, a few dollars at a time. Accounts generally tell a compelling story, and ask for donations. I personally have a friend whose 10-year-old son is undergoing brain cancer treatment. I've contributed to his account, and others, but only to people I know.

With some, the backstory makes me wonder if they're real. In fact, you may have heard that one homeless man is suing the people who started a GoFundMe account for him. Why? He says he has reason to believe the \$400,000 they raised has been waylaid, used to fund their own wishes.

So how can you tell when a cause is real? Here's what GoFundMe says:

GoFundMe's number one goal "is to ensure that all of the funds raised on our platform are used only as stated in the campaign story, and to ensure that all donations are delivered securely to the right person." Toward that end, GoFundMe says, when you read the backstory, you should be able to answer these questions:

1. Is the campaign organizer related to the intended recipient of the donations?
2. What is the purpose of the campaign and how will the funds be used?
3. Are direct family and friends making donations and leaving supportive comments?



“
**Don't be
rushed into
a decision.**

Thieves
depend on
urgency.

”

4. Is the intended recipient in control of the withdrawals? If not, is there a clear path for the funds to reach them?

If these points are not answered, GoFundMe says click the envelope icon by the organizer's name and ask for more information.

What if all those questions are answered in the campaign story, but you still have doubts? GoFundMe says if you:

* Notice factually incorrect or misleading information.

* Have reason to believe the funds are being misused, or

* That the account creator is impersonating someone else or copying their story, or

* If you have other concerns about the validity of the account.

Report it to GoFundMe. Go to <https://support.gofundme.com> and arrow down to "contact us."

SWEETHEART SCAMS LIVE ON

A lot has been said about sweetheart scams that originate on the Internet. I have an acquaintance who told

me she was getting married. That is, she was getting married as soon as she met her new online boyfriend, face-to-face for the first time. A mutual friend tipped her off that this was a scam, but she'd already begun to doubt, when Mr. Right started asking her for loans. Make no mistake, he (or she) is not interested in you, only your money.

You may think your elderly relatives are safe from this type of scheme if they don't get on the Internet. But keep in mind, sweetheart scams started long before the Internet. And you can bet, thieves know that older people may not have a computer, but many of them have money and are lonely. Even those who don't have serious money are susceptible. The woman I described who was going to marry the man she'd never met had nothing but a Social Security check. Thieves will take what they can get.

Here's a story reported on "Unsolved Mysteries" not long ago. It took place a while back, but among older people, it's still popping up.

The phone rings, the lonely woman (or man) picks it up, and a friendly voice is on the line. Using her name, he says something like this: "Susan, do you remember me? It's Gary. We met about a year ago when I was in your area." Even if she says she has no memory of him, he'll press on. "After some friendly chat, he'll ask, "Would you consider having dinner with me while I'm in town?"

If he can persuade her to meet, the wooing begins. In this particular case, he made no sexual advances and behaved like the perfect gentleman. He told her all about his family, his late wife, his solid employment history (which required him to travel a lot). He wined and dined her, and in a few weeks, began talking marriage. With the hook firmly set, he told her he had some checks arriving soon. But till then, he needed to borrow some money. In exchange for his personal, post-dated check, she took money out of her bank to keep him funded temporarily. Of course, when he did pay her back, she deposited the check and it bounced. By then, he was long gone.

That's how he made his entire income, romancing vulnerable women, all over the country, for years. That is, until he got caught and landed in prison. The only reason he was able to carry on for so long was that most of his victims were too embarrassed to report to the police that they'd been duped.

If you suspect your elderly relative has been the victim of such a scam, report it to the police, and to a local advocate for the elderly. Also, look up elder care advocacy groups in your area and tell them what happened. You may not only keep your loved one safe, but keep others from falling into the same trap.

Keep in mind that as the holiday season grows nearer, lonely people get lonelier and more vulnerable, so keep an eye on your loved ones. •

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Snapshot SLEUTH

Do you recognize any of the people or events in these photographs?

The Best of Times has partnered with Archives and Special Collections of the LSU Shreveport Library to identify individuals and events in their collections. Please email Tina at editor.calligas@gmail.com or Laura at laura.mclemore@lsus.edu if you have any memory or comments about these images.



1. Mothers on safety patrol at Arthur Circle Elementary School, Shreveport, Louisiana, December 1960.
2. Caddo-Foundation Receives Check from Sorority, December 1963.
3. Shreveport City Hall Fall Out Shelter signage, December 4, 1962.
4. North Caddo High School; Majorettes & Band, 1963 (All photos by Jack Barham)



Have you made prearrangements for your family, or do you still have that to do?

Leaving these decisions to your children on the worst day of their lives is a terrible emotional burden.

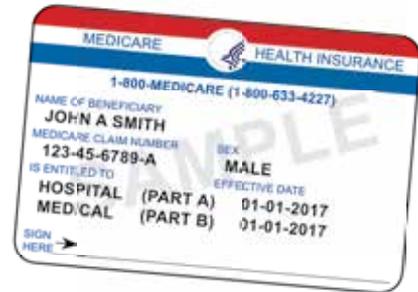
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Photo courtesy of Getty Images

Savor *Simplicity*

Holiday recipes worth sharing

FAMILY FEATURES

Most great holiday gatherings start with great food and end with quality time spent with loved ones. This holiday season, rely on simple recipes that let you spend less time in the kitchen and more time celebrating special moments with family and friends.

As a holiday host, it may be tempting to explore complicated new recipes to lend a festive air to your seasonal celebrations. However, with the right ingredients, a simple recipe can be equally impressive.

Find more simple recipes to enjoy during the holidays at Bertolli.com.

Chocolate Chunk Banana Bread

Recipe courtesy of Justin Schuble on behalf of Bertolli Olive Oil

- $\frac{3}{4}$ cup olive oil
- 3 ripe medium bananas, divided
- $\frac{1}{2}$ cup applesauce
- 1 large egg
- 1 large egg white
- 1 teaspoon vanilla extract
- 1 $\frac{1}{2}$ cups all-purpose flour
- 1 cup sugar
- $\frac{1}{2}$ teaspoon baking soda
- $\frac{1}{2}$ teaspoon salt
- $\frac{1}{2}$ teaspoon cinnamon
- $\frac{1}{2}$ cup semi-sweet chocolate chips
- $\frac{1}{4}$ cup nut spread

Heat oven to 350 F. Coat 9-by-5-inch loaf pan with olive oil.

In mixing bowl, mash 2 bananas. Add applesauce, egg, egg white and vanilla to bananas and whisk.

In separate bowl, combine flour, sugar, baking soda, salt and cinnamon. Slowly



add wet ingredients to dry ingredients and mix. Add olive oil slowly and mix until combined.

Fold in chocolate chunks. Pour batter into loaf pan.

Heat nut spread in microwave until it reaches pourable consistency. Swirl spread into top of batter. Thinly slice long, flat strips of banana. Add slices to top of batter for decoration.

Place loaf pan in oven and bake 1 hour. Remove bread and cool before slicing.

Cranberry Riesling Brined Turkey

- 1 quart water
- 6 bay leaves
- 2 tbsps. whole black peppercorns
- 1 tbsp. mustard seeds
- 1 $\frac{1}{2}$ cups kosher salt
- 1 bottle Riesling wine
- 2 large shallots, thinly sliced, divided
- 8 cloves garlic, crushed but left in skins
- 1 bunch fresh thyme, divided
- 2 cups fresh cranberries, slightly crushed, divided
- 1 turkey (16 lbs.), giblet package & neck removed
- $\frac{1}{2}$ cup olive oil
- salt & pepper, to taste

In pot, bring water, bay leaves, peppercorns, mustard seeds and kosher salt to boil. Stir until salt is dissolved. Cool to room temperature.

Pour brine into 5-gallon stock pot or container. Pour in wine then add one shallot, garlic, thyme (reserving some for stuffing turkey) and 1 cup cranberries. Slowly lower in turkey.

Pour ice water into pot to cover turkey. Place lid on pot and refrigerate at least 24 hours.

Heat oven to 500 F. Remove turkey from brine, pat dry and stuff with reserved shallot, thyme and cranberries.

Place turkey in roasting pan. Generously massage olive oil into skin of turkey. Sprinkle with salt and pepper, to taste. Use kitchen twine to tie legs together so turkey will keep its shape. Place in roasting pan and roast 20 minutes. Lightly brush skin again with olive oil, reduce heat to 350 F and roast until internal temperature reaches 155-160 F on meat thermometer.

Allow turkey to rest, loosely covered with foil, 30 minutes before carving.



Rustic Minestrone

- 3 tbsps. Extra Virgin Olive Oil, divided
- 1 small zucchini, sliced in
- ½-inch half moons
- 2 cups tightly packed, thinly sliced Tuscan kale leaves
- 1 jar (23 ounces) Bertolli Rustic Cut Three Cheese with Aged Asiago, Romano and Parmesan Sauce
- 1 carton (32 ounces) vegetable broth
- 1 can (15 ounces) cannellini beans, rinsed
- ⅓ cup shaved Parmigiano Reggiano cheese

In 6-quart pot over medium-high heat, heat 2 teaspoons oil. Add zucchini and kale; cook, stirring frequently, about 1-2 minutes, or until kale begins to wilt. Reduce heat to medium; add sauce, broth and beans. Simmer 5-7 minutes, or until heated. Top with shaved cheese before serving.

Tips: Substitute garbanzo beans, kidney beans, pinto beans or tri-bean blend for cannellini beans. For heartier soup, add 3 cups (9 ounces) refrigerated tortellini pasta with broth and beans. Simmer soup 8-10 minutes more, or until pasta is cooked through.

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Learn to **PREVENT, DETECT** and **REPORT** possible Medicare fraud. To report fraud or for more information, call: **877-272-8702**




Sponsored by eQHealth Solutions and funded in part through a grant from the U.S. Administration for Community Living.

QUEENS is the KING of BIG APPLE'S DIVERSITY

by Victor Block

Not hungry enough for a sit-down breakfast, I munched on Tibetan dumplings purchased from a food truck which was decorated with a sign that touted “Himalayan Fresh Food.” Lunch was a hurried affair at a five-table eatery where the menu special was yak meat washed down by salty yak milk tea.

For dinner I chose a small restaurant that gives new meaning to the word “eclectic.” The Ecuadorean-born chef transformed basic South American fare with hints of Spanish, Chinese and other cuisines from a number of other countries.

Pictured: Flushing Street.





Rockaway Beach 97th Street Concessions

This dining experience provided a perfect introduction to a virtual world tour without having to board a plane or set foot on a ship. My destination was the New York borough of Queens, and my reason for going there was to check out a destination which ranks first in ethnic diversity among urban areas throughout the world.

Over half of its residents were born outside of the United States. They came from more than 120 countries and speak over 135 languages. The Tower of Babel had nothing on this enclave.

A good way to experience this cultural conglomeration is to stroll through some of its 50-plus distinct neighborhoods, which are adjacent in terms of geography, but worlds apart in ambience and atmosphere. For example, a stretch of Roosevelt Avenue would be right at home in Ecuador, Peru and other Central and South American countries.

The feeling, food and fun are very different in Flushing, which is one of the largest Chinese enclaves outside of Asia. Exploring Astoria provides a personal and close-up introduction to authentic Greek culture, including lively tavernas that serve up a parade of traditional mezza appetizers.

Astoria contains mini-neighborhoods which are predominantly occupied by immigrants from India, Korea, Romania and other far-flung countries. Given the name, it's not surprising that the Jamaica area has strong roots in the Caribbean. Adding to the fascinating mix are sections known as Little Egypt, Little India, Little Colombia and Little Manila.

In places, the cultural blending becomes apparent in the length of a single block. On one street, Cuban, Chinese and Italian restaurants are next door neighbors. Diners seeking sustenance in another block have a choice of Cypriot, Philippine, Czech and Peruvian fare.

As if choosing which cuisine to enjoy from a virtual United Nations of possibilities isn't enough of a challenge, the selection of things to see and do is equally daunting – in a good way.

Fans of baseball and tennis have a rare opportunity for behind-the-scenes looks at landmarks of those sports. Even many non-New York Mets fans enjoy a tour of Citi Field which includes the dugout, playing field, Mets Hall of Fame and museum.

The USTA Billie Jean King National Tennis Center offers an even more interactive experience. In addition to tours of its



Museum of the Moving Image

expansive facility, visitors who enjoy the game may reserve time to play on its indoor and outdoor courts.

One of Queens' biggest surprises is several miles of inviting beaches line its coast. Rockaway Beach, nestled on a peninsula between Jamaica Bay and the Atlantic Ocean, has a long boardwalk lined by eateries, entertainment venues and more. Jacob Riis Beach is on the Atlantic side of the spit of land, and has waves large enough to attract surfers.

Those who prefer indoor pursuits have a welcome choice of about two dozen museums. The Queens Museum is the logical place to begin. The building was erected to house the New York City Pavilion at the 1939 World's Fairs, and its permanent collection includes memorabilia from both that and the 1964 exposition.

The most intriguing exhibit to me is the Panorama of New York City – a 9,335 square foot model that encompasses some 900,000 tiny structures built in intricate detail to exact scale. In this mini-metropolis, the Statue of Liberty is less than two inches tall.

Visitors to the Museum of the Moving Image are immersed in the history, technology and art of motion pictures, television and video games. Set designs, costumes and other exhibits are enhanced by unique experiences like recording voice-over dialogue for a film, and choosing sound effects for sequences from well-known movies and TV shows.

If you're still not convinced that Queens warrants a visit, or at least a day-trip from Manhattan, add in a Resorts World Casino, a pre-Revolutionary house and working farm, one of the major bird-watching sanctuaries in the Northeast, and a 24-square-block arts district.

A sightseeing itinerary also can include homes in which a virtual alphabet-long list of celebrities once lived. Among them were Louis Armstrong, Ella Fitzgerald, the Marx Brothers, Mae West, Jackie Robinson and Malcolm X. I left Queens convinced that if it was good enough for them, it's great for me.

For more information about all that Queens has to offer visitors, log onto itsinquenes.com or call (718) 263-0546. •

Victor Block has traveled throughout the United States and to more than 75 other countries around the world, writing about what he sees, does and learns. He loves to explore new destinations and cultures, and his stories about them have won a number of writing awards.

SAVE the *Date*



James Burton Christmas Concert • Dec. 8

CONCERTS

• Holiday Pops

Presented by Shreveport Symphony Orchestra. Sunday, **December 16** at 6:00 pm. The Strand Theatre, 619 Louisiana, Shreveport. Two-time Tony award-winner, Brian Stokes Mitchell, will



Holiday Pops • Dec. 16

bring his warm baritone to the stage. Mitchell's career spans Broadway, television, film, and concert appearances. \$66 to \$22. For tickets

visit shreveportsymphony.com, email tickets@shreveportsymphony.com or call 318-227-8863.

EVENTS

• Christmas in the Sky

December 8 at 7 p.m. at Harrah's Louisiana Downs, Bossier City. Bi-ennial fundraiser for the Shreveport Regional Arts Council. This year's theme is Broadway. Featuring elaborate sets, costumed characters, fabulous buffets, open bar, live and silent auctions, live music and entertainers. \$300 per person. For tickets visit www.shrevearts.org or call (318) 673-6500.

• **James Burton Christmas Concert: Memories of Elvis** **December 8th** at Margaritaville Casino in

Bossier City, on Saturday, December 8th, at 8:00 p.m. Featuring James Burton, Estelle Brown of the Sweet Inspirations and Johnny Earthquake as Master of Ceremonies. Christmas music as well as some of the artists' favorite songs and, a tribute to Elvis. Tickets are \$30 each for general admission, and \$100 each for VIP. VIP tickets grant access to a very special experience at 6 pm. Hear personal stories regarding Elvis and have a chance to ask questions. Tickets are available at www.ticketmaster.com, by phone at 318-424-5000 or

at the Margaritaville Retail Store.

SEMINARS

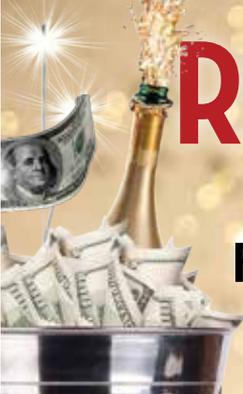
• Estate Rescue Changes for 2019

Presented by SAFE Planning on January 10, 10 am to noon at the Broadmoor Branch Library, 1212 Captain Shreve Drive, Shreveport. Learn about protecting assets from nursing home costs and Medicaid, even if someone is already receiving care. Reserve your seat at safeplanningseminars.net/event1 or by calling 318-869-3133.

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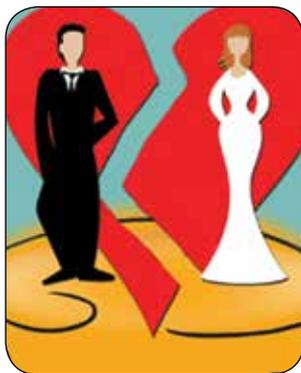
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• **Medicare 101**

The basics of Medicare, Medicare Supplement and Medicare Advantage Plans. **November 8** from 10 a.m. to 12 noon. Seminar will be repeated on **December 13**. Bossier Central Library, 2206 Beckett Street, Bossier City. Register at the Reference Desk or by calling (318) 746-1693. Registration is suggested, but not required. Refreshments will be served.



One Slight Hitch • Dec. 2

• **Smart Portions Weight Management Program**

Offered by the LSU AgCenter. Participants will learn the basics of nutrition, meal planning, portion control, physical activity, eating away from home, self-esteem, and diet sustainability. 8-week program will meet every Tuesday at 6:00 pm, starting on **January 8th**

and lasting until **February 26th**. If interested you must attend one of the orientation meetings which will be held on **December 7th** at 3:30 pm or **December 20th** at 5:00 pm at the LSU AgCenter office at 2408 E 70th Street, Shreveport. Spots are limited, so timely registration is encouraged. The cost is \$65, which includes all 8 classes, resource binder, journal of personal progress, food demonstrations and tastings, and take-home tools to help keep you on track. To register, contact Abigail at 318-226-6805 or amcalister@agcenter.lsu.edu.

SENIOR CENTER FUN

• **Caddo Council on Aging**

9:30 Coffee and Cookies; 10 am program. Valencia Community Center, 1800 Viking Drive, Shreveport. **FREE**. For more information call 676.7900.

- Thursday, **December 6**, 10 a.m. “Senior Scams”, Sheriff Steve Prator & District Attorney James Stewart.
- Thursday, **December 13**. 10 a.m. “Shreveport Symphony Trio.”
- Thursday, **December 20**, 10 a.m. “Banking Scams,”

Tammy Young, Citizens Bank.

• Thursday, **December 27**. 10 a.m. Fall Prevention- Safety Strides,” Vivian Locking.

• Fridays, **December 7, 14, 21, 28**. 10:00 a.m. Senior Tech Talk.

Introduction to laptops, tablets, smart phones and other tech tips.

THEATRE

• **A Charlie Brown Christmas Live**

Thursday, **December 20** at 7:00 p.m. at The Strand Theatre, 619 Louisiana, Shreveport. All-new touring stage adaptation of Charles M. Schulz’s classic award-

winning animated television special. Join the gang as they put on their own Christmas play, including a concert of beloved Christmas carols. \$55, \$45, \$35. Call 318-226-8555 or visit www.thestrandtheatre.com.

• **One Slight Hitch**

December 1, 7, & 8 at 7:30 p.m.; **December 2 & 9** at 2:00 p.m. Shreveport Little Theatre, 812 Margaret Place, Shreveport. What starts as a happy and busy wedding day turns into a non-stop comedy of errors. \$22 adults, \$20 seniors, students and active military. For tickets call 424-4439 or visit www.shreveportlittletheatre.com.



A Charlie Brown Christmas • Dec. 20

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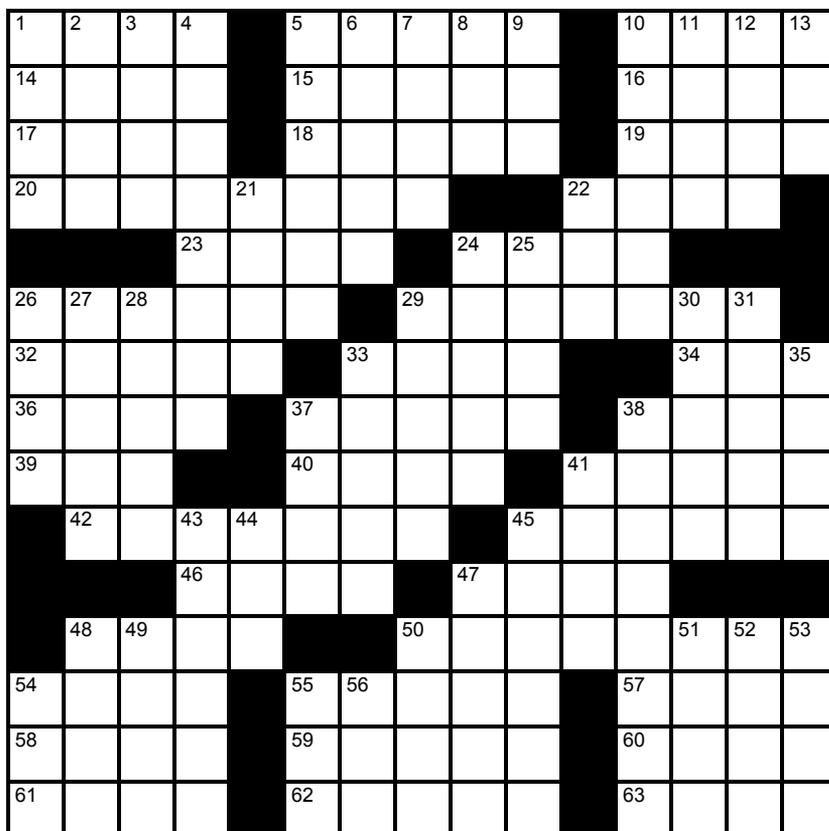
Across

- 1 Forget about
- 5 Grayish
- 10 "Auld Lang ___"
- 14 ___ Verde National Park
- 15 Talked
- 16 Throw in the towel
- 17 Polio vaccine developer
- 18 Walked nervously
- 19 Garden decorations
- 20 Kind of reaction
- 22 It may be tempted
- 23 Bumpkin
- 24 Ship's front
- 26 Truant
- 29 Pickle
- 32 Kind of paint
- 33 Let go of
- 34 Capture
- 36 Antarctica explorer
- 37 Some sausages
- 38 Impose, as a tax
- 39 Former French coin
- 40 Overhaul
- 41 Diamond weight
- 42 Offense
- 45 Chimney part
- 46 Works in the garden
- 47 "Lulu" composer
- 48 Depressed
- 50 Military training exercise
- 54 Castle defense
- 55 Indian rupee part
- 57 Letter after theta
- 58 Kind of bread
- 59 Prank
- 60 Criticize severely
- 61 Secluded valley
- 62 Vista
- 63 Assistance

Down

- 1 Russian city
- 2 Bell curve figure
- 3 Bermuda, e.g.
- 4 Listen carefully
- 5 Appearance
- 6 Fire starter
- 7 Pawn
- 8 Supplement, with "out"
- 9 Nancy Drew's boyfriend
- 10 ___ box
- 11 Circular domed dwelling
- 12 Supreme Court count
- 13 Sci-fi figures
- 21 Curse
- 22 Supporting
- 24 Snapshot
- 25 Theater companies
- 26 Priests' vestments
- 27 Swampy lake
- 28 Pull strings?
- 29 Rank
- 30 Like some gases
- 31 Part of U.S.N.A.
- 33 Coffee grounds
- 35 Memory unit
- 37 Highlands hillside
- 38 Pine away
- 41 Give a hoot
- 43 Himalayan kingdom
- 44 Caviar
- 45 Threaten
- 47 Place to wash up
- 48 Recipe direction
- 49 Overdue
- 50 Speck
- 51 Mouselike animal
- 52 Common Latin abbr.
- 53 Highway exit
- 54 Car ad abbr.
- 55 Dance step
- 56 Mandela's org.

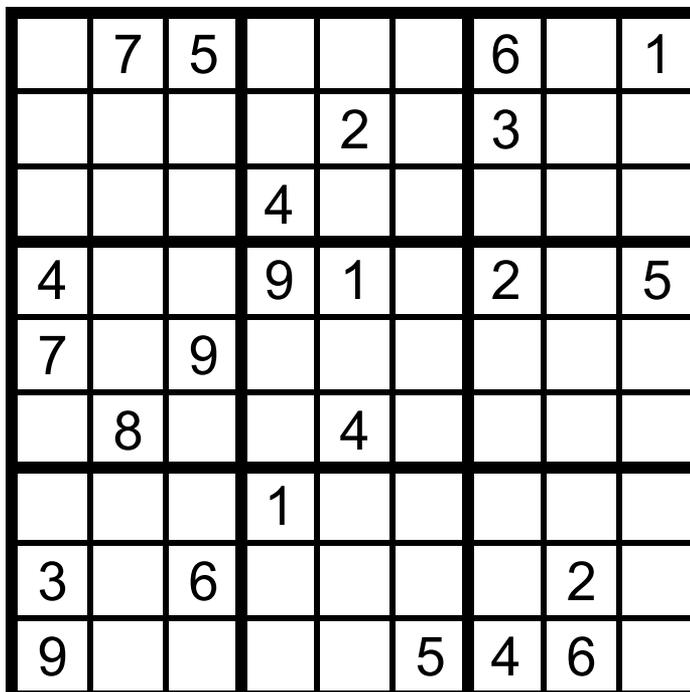
Crossword



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Sudoku

To solve the Sudoku puzzle, each row, column and box must contain the numbers 1 to 9.



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Word Search

World Languages

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| BASQUE | LATIN |
| BENGALI | MANDARIN |
| CHINESE | NAVAJO |
| CREOLE | POLISH |
| DANISH | RUSSIAN |
| ESTONIAN | SPANISH |
| FRENCH | SWAHILI |
| GAELIC | SWEDISH |
| GERMAN | TAGALOG |
| GREEK | TIBETAN |
| HEBREW | TURKISH |
| IRISH | YIDDISH |
| ITALIAN | ZULU |

DR. CHRISTOPHER SHELBY

is the man to 'See'

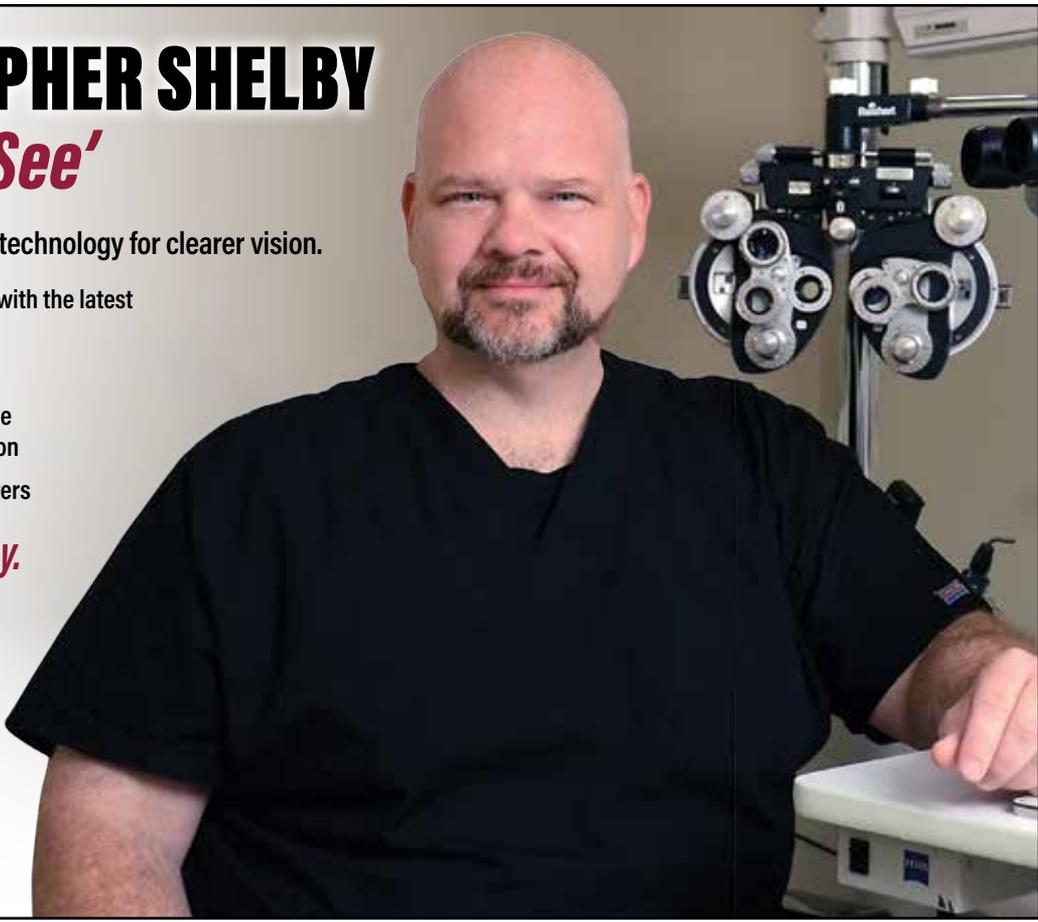
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Answers from the Experts



EXPERTS: If you would like to help your community by answering a question here, call 636-5510
READERS: Send your questions to The Best of Times, Box 19510, Shreveport, LA 71149

I am told once I choose hospice I cannot return to the hospital. If I choose hospice care, am I able to return to the hospital?

YES, once you select hospice care, your care and options are actually expanded, not limited. The hospice team is there to help you manage your healthcare decisions. Call Regional Hospice at 318-524-1046 any day of the week to arrange an informational visit.



Toni Camp
Regional Hospice Care Group
8660 Fern Avenue, St. 145
Shreveport, LA 71105
(318) 524-1046
See our ad on page 48.

After a person is admitted to a nursing home, how long will they stay there and will they ever return to their home?

Length of stay varies and is generally dependent on 3 things:

1) the potential for improvement to the point that the individual is able to resume caring for themselves and meet their own vital needs (this is frequently the case after health management and rehab), 2) the ability of the family to provide the care themselves in a home environment, and 3) the comfort level of the physician that the person's needs can be met outside a medical setting.



Vicki Ott
Highland Place
1736 Irving Place
Shreveport, LA 71101
(318) 221-1983
See our ad on page 28.

I have heard about a couple of supplements that have been advertised on the radio that may help with eye problems. Can they help me?

This is a very common question. Certain forms of Macular Degeneration can be helped by using high doses of antioxidant vitamins. A daily multivitamin and a healthy diet is usually enough to satisfy the daily requirements. If you have been diagnosed with Macular Degeneration, you can purchase OcuVite or other eye vitamins at a health food store or drug store. Regardless of your ocular status, it's always a good idea to take a daily multivitamin.



Chris Shelby, MD
WK Eye Institute
7607 Youree Dr.
Shreveport, LA 71105
318-212-3937;
See our ad on page 41.

Is Osteoarthritis (OA) hereditary?

OA does have a genetic predisposition. Common forms of OA of the hands has a familial component. Obesity is a modifiable risk factor for bilateral (both) knee OA and weight loss will reduce the risk of OA in the knee. Obesity, surprisingly, does not show an increased risk of hip OA, but does show increased risk of hand OA. Whether adipose tissue releases OA-causing growth factors or hormones is not known at present, but what is known is that weight loss does have an identifiable improvement in OA of the knee.



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AARP

AARP Tailgate Party was held on October 21st at DiamondJacks Resort in Bossier City to watch the Dallas Cowboys vs the Washington Redskins. Special guest was Everson Walls, former Dallas Cowboy and NY Giants defensive cornerback.



Everson Walls, Karen Bell, and Troy Broussard



Catherine Collins, Shreill Walls, and Irene Sterling



Ray Miles, Linda Miles, Rosa Terrell and Chuck Terrell



Arthur and Kathy Duston



Martha Hays, Larry Hays, Davis Stevens, Rhoda Stevens



2018 | 2019



LEE GREENWOOD

Saturday
September 22, 2018 - 8 pm

CHINESE WARRIORS OF PEKING

Saturday
October 13, 2018 - 8 pm

JERSEY BOYS

Sunday
October 21, 2018 - 7 pm

A CHARLIE BROWN CHRISTMAS

Thursday
December 20, 2018 - 7 pm

PRESERVATION HALL JAZZ BAND

Friday
January 25, 2019, - 8 pm

THE OTHER MOZART

Saturday
March 9, 2019 - 8 pm

JEFFERSON STARSHIP

Saturday
April 13, 2019 - 8 pm

SPAMALOT

Sunday
April 28, 2019 - 7 pm

THE STRAND THEATRE
(318) 226-8555 or thestrandtheatre.com

EXPO

Thousands joined TBoT publisher Gary Calligas at the Senior Day Expo at the Louisiana State Fair on October 25 in the Hirsch Coliseum.



Mary Cook, Tim Jones, Nancy and Robert Boone



James Sauce and Janet Landon



Brenda Boudreaux, Latoya Jones, Mary Changler, and Frances Menhennett

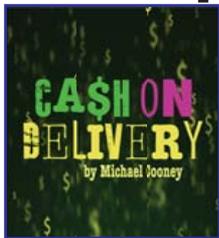


TBoT door prize winners Ola Williams, Miyoko Horns, Odessa King, and Marilyn Varnell

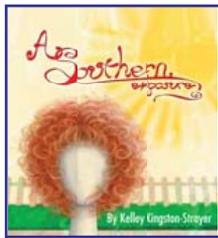
THE SHREVEPORT LITTLE THEATRE

97th SEASON 2018-2019

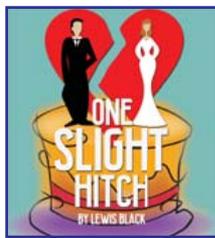
Shreveport Little Theatre... American Theatre at its best!



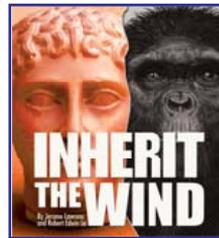
September 13-23, 2018



Oct. 25 - Nov. 4, 2018



Nov. 29 - Dec. 9, 2018



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April 18 - 28, 2019

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Winners of TBoT Poker Rally J. R. Robinson, Will Pollard, Tara Illies, Odessa King, Frankie Newman



Winners of the TBoT Poker Rally Johnnie Ford, Jackiet Thompson, William Bumgarder, Carolyn Seegers, Beatrice Griffin

Puzzle ANSWERS

Crossword

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

Sudoku

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

Word Search

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

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CAREGIVER

Kick-off to November National Family Caregivers Month event was held at CCOA on November 1st.



Gwen Hampton, Bonita Bandaries, Ernell Brown, Ric Cochran

PINK

(PHP) People Helping People outreach held their Pink Cause event to promote breast cancer awareness at the Wyndham Hotel.



Candy Welch, Opal Marshall and Joann Howard

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(Tear out and post this friendly reminder)

Register for this important S.A.F.E. Planning community workshop.
Learn about Protecting Assets from Nursing Home Costs and Medicaid even if someone is already receiving care.

JAN. 10th (Thursday) at 10 am-Noon

At the Broadmoor Branch Library – 1212 Capt. Shreve Drive – Shreveport
ESTATE RESCUE CHANGES FOR 2019

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Or by Phone: 318-869-3133

Don't Lose Everything Paying for Nursing Home Care

- *Avoid losing all your savings and investments!*
- **Your home is now a bigger target than ever—learn ways to protect it!**
- *Avoid leaving a spouse financially devastated!*
- **Does your will leave everything to your spouse? It might be a HUGE MISTAKE!**
- *How could **changing Medicaid rules and Expanded Medicaid** affect you?*
- **Do you know how a spouse can receive up to \$3,090 per month of the income of their spouse in a nursing home and have their care paid for even while owning substantial assets?**
- *Do you understand **Gifting Rules, Look-Back Periods**, how Medicaid treats common **“tax loopholes”** and ignores **pre-nuptial agreements**? Find out!*
- **Could an Irrevocable Trust become your worst enemy? Learn the pitfalls and traps!**
- *Do you know why it may be a bad idea to put **kids names on your accounts**?*
- *Do you know how preserving assets can better **assure a patient's quality of care and quality of life**?*
- **Is a loved one already in a nursing home or receiving care? Find out why it may not be too late to save their estate!**



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- Chaplain to provide spiritual support
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