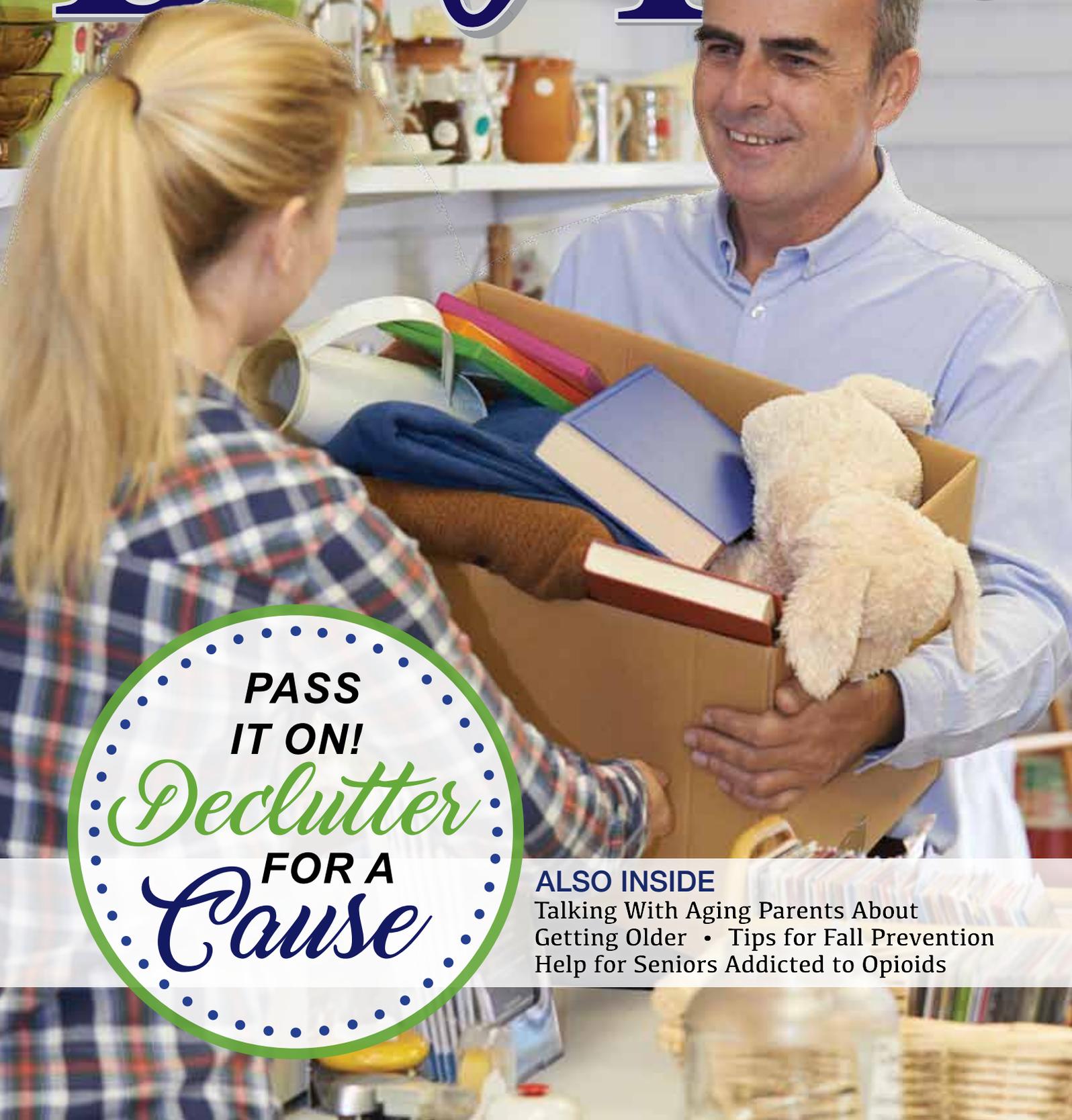


September 2017

The Best Of Times

“Celebrating Age
and Maturity”



**PASS
IT ON!**

Declutter
FOR A
Cause

ALSO INSIDE

Talking With Aging Parents About
Getting Older • Tips for Fall Prevention
Help for Seniors Addicted to Opioids



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the future?*

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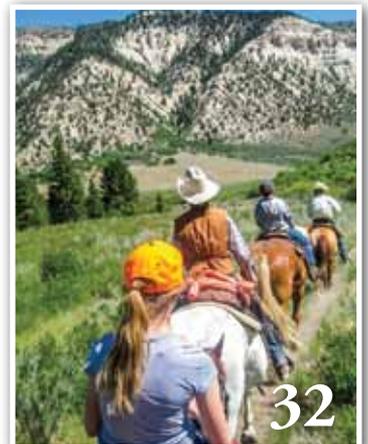
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proudly present

Senior Day

at the Louisiana State Fair



GRAND DOOR PRIZE
10-day trip for 2 to China!
compliments of Nexus Holidays!

Thursday, October 26, 2017

10:00 a.m. to 3:00 p.m.

Hirsch Coliseum at the Louisiana State Fair Grounds

3701 Hudson Avenue in Shreveport

- **FREE** admission to the Expo at entry with a donation of canned goods or non-perishable food items for the Food Bank of Northwest Louisiana.
- **FREE** parking.
- **FREE** admission to the Louisiana State Fair Midway.
- All ages are invited.
- Entertainment by Louisiana State Fair headliners and community performers.
- **FREE** health care screenings.
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- Emcee: Gary L. Calligas, host of The Best of Times Radio Hour

For businesses, organizations, or agencies who wish to exhibit or become a sponsor, please email your request to gary.calligas@gmail.com by October 20, 2017. (Exhibit spaces are subject to availability.)

Pre- Registration Entry Form for Senior Day EXPO at the Louisiana State Fair

(Must be present to win door prizes)

Name: _____

Address: _____

City: _____ State: _____ Zip: _____

Telephone: _____ E-mail Address: _____

*To pre-register for the expo and be eligible to win a special door prize valued at more than \$200, email the above information to seniordayexpo@gmail.com with subject line "2017 Senior Day Registration" OR mail to: 2017 Senior Day EXPO, P. O. Box 19510, Shreveport, LA 71149-0510. **Hurry! The deadline is October 23, 2017!***

Senior Day at the Louisiana State Fair

Grand Door Prize



CHINA DELIGHTS

10 Days

*compliments of Nexus Holidays
valued at \$1,700*

The trip includes a 10 day, 8 night trip for two (2) persons to China, including airfare from LAX or ORD airport and within China, hotel stays, most meals, guided tours, tips, taxes, and fees.

Travel dates: Limited to tours during November 2017 or during November 2018.

Each State Fair Expo attendee will be given ONE electronic entry for this fabulous door prize.

For your entry, visit the AARP of Louisiana Exhibit Booth or the Nexus Holidays Exhibit Booth, from 10:00 a.m. until 2:30 p.m. An eligible entry must contain a valid email address.

The winning entry will be announced at 2:45 p.m. The winner must be present at the Expo to claim the prize. No purchase is necessary to enter or win. The odds of winning this fabulous prize will depend on the total number of entries.

The official rules for winning door prizes at the 2017 Senior Day Expo will be available at The Best of Times Exhibit Booth during the expo and is available online at www.thebestoftimesnews.com.

The China Delights 10 Days Tour Number NHF01B is subject to certain conditions and availability.

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Media radio station in Shreveport, LA.

September 2

"Move or Lose It: Exercise for All Ages"

Guest: Dr. Greg Redmond with Redmond Therapy Services Group, LLC

September 9

"Shreveport Symphony Orchestra's 2017/18 Season"

Guest: Michael Butterman, Conductor & Musical Director

September 16

"Why Seniors Should Stay Active & Busy"

Guests: Marilyn & Vernon Varnell

September 23

"Strand Theatre's Remarkable 2017/18 Season"

Guests: Executive Director Jenifer Hill & Board President Jodi Glorioso

September 30

Assisted Living Facilities Offer Amazing Services

Guest: Lorrie Nunley, Executive Director of Azalea Estates Assisted Living Center

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Stat!

Medical News & Info

- **Researchers found that people were more willing to give away unneeded goods of sentimental value if they took a photo of the items first.**

– *Journal of Marketing*



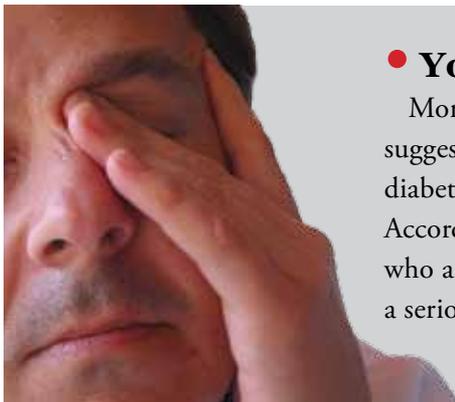
- **It Pays to Speak Up!**

A new University of Michigan study confirms that 27% of individuals between ages 50 and 80 find their prescription drug costs were a financial burden. Only 51% had talked to their doctor about drug costs, but of those, ... **67% received a recommendation for a less expensive drug.**



- **You're Not Yourself When You're Sleepy**

More than a third of Americans don't get enough sleep, and growing evidence suggests it's not only taking a toll on their physical health through heart disease, diabetes, stroke, and/or other conditions, but hurting their mental health as well. According to a recent study cited in the journal *Cognitive Therapy and Research*, those who are sleep deprived lose some of their ability to be positive-minded people which is a serious symptom of depression.



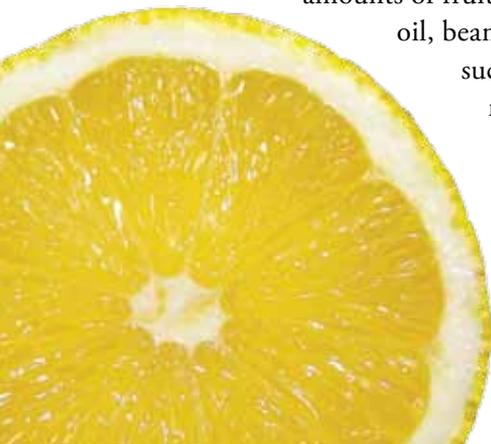
- **Mediterranean Diet May Affect Brain Health**

A new study shows that older people who followed a Mediterranean diet retained more brain volume over a three-year period than those who did not follow the diet as closely. The Mediterranean diet includes large

amounts of fruits, vegetables, olive

oil, beans and cereal grains such as wheat and rice, moderate amounts of fish, dairy and wine, and limited red meat and poultry.

– *Study published in Neurology®.*



- **Loneliness Can Be a Serious Health Risk**

According to AARP research, 35% of those over 45 are lonely. Scientific research has tied loneliness to chronic health conditions ranging from abdominal obesity, depression, and high blood pressure to increased risk of stroke, heart disease, and Type 2 diabetes.



Scientific research has tied **loneliness** to chronic **health conditions.**

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SHREVEPORT *Then & Now*



Heavy traffic on the Texas Street Bridge, looking east. Notice the sign on the right that says, "3 Way Traffic Ahead". The old buildings on the right are no longer standing. 1950. (Vintage photo by J.Frank McAneny)



Texas Street looking west from Market Street. Notice the streetcar and tracks in the middle of Texas Street. Many of the buildings in this picture are no longer standing. 1920s. (Vintage photo by Bill Grabill)

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- Rectal Pain
- Recurring Stomach Pain
- Swallowing Problems
- Vomiting



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Snapshot SLEUTH

Do you recognize any of the people in these photographs?

The Best of Times has partnered with Archives and Special Collections of the LSU Shreveport Library to identify individuals in old photos. If you know any of the people in these photos or if you have any memory or comments about the images, please email Tina at editor.calligas@gmail.com or Laura at laura.mcmore@lsus.edu



1. St. John's High School football team, September 17, 1947 (Jack Barham Collection). **2.** Byrd High School band members in uniform, September 10, 1953 (Jack Barham Collection). **3.** Nurses posing in front of Tri-State Hospital buildings, September 20, 1947 (Jack Barham Collection). **4.** Pigeon Club members releasing birds, September 1950 (J. Frank McAneny Collection).

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KYLE A. MOORE

Kyle A. Moore of the law firm of Weems, Schimpf, Haines, Landry, Shemwell & Moore, APLC has been selected as the newest member of the Special Needs Alliance. The Special Needs Alliance (SNA) is a national, non-profit collective of many of America's leading disability and public benefits attorneys. Currently in 48 states, the SNA's mission is to help enhance the quality of life for people with disabilities by coordinating private resources with public benefit programs through special needs planning and trusts. Membership to the SNA is extended by invitation only and Moore is one of only three members in Louisiana.



VICKIE T. RECH,
*Client Care Coordinator
and Certified Medicaid Planner™*

Vickie Rech is the Client Care Coordinator in the estate planning practice of Weems, Schimpf, Haines, Landry, Shemwell & Moore, APLC assisting clients with their long-term care planning, including qualification for Veterans Benefits and long-term care Medicaid. Mrs. Rech has achieved the designation of Certified Medicaid Planner™ through the Wealth Preservation Institute. To become a CMP™, a candidate must meet certain educational and experience requirements, successfully pass the certification exam, and agree to abide by the highest ethical/professional conduct. Mrs. Rech is the only CMP™ in Louisiana.

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1



Our Featured 5 TIPS FOR FALL PREVENTION



2

1. **Declutter** your living space and **remove hazards** such as electric cords and loose carpeting.
2. Add or use **assistive devices** such as **canes, walkers, handrails and grab bars**.
3. **Wear proper sized, non-slip shoes**.
4. Light your space by **adding nightlights** and **keep a flashlight handy**.
5. **Stay active and exercise**.



5



3

4



(Tear out and post this friendly reminder)

☐ Register for the 2017 S.A.F.E. Planning community workshop and Learn about Protecting Assets from Nursing Home Costs and Medicaid even if someone is already receiving care.

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- 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 \$3,022.50 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!**



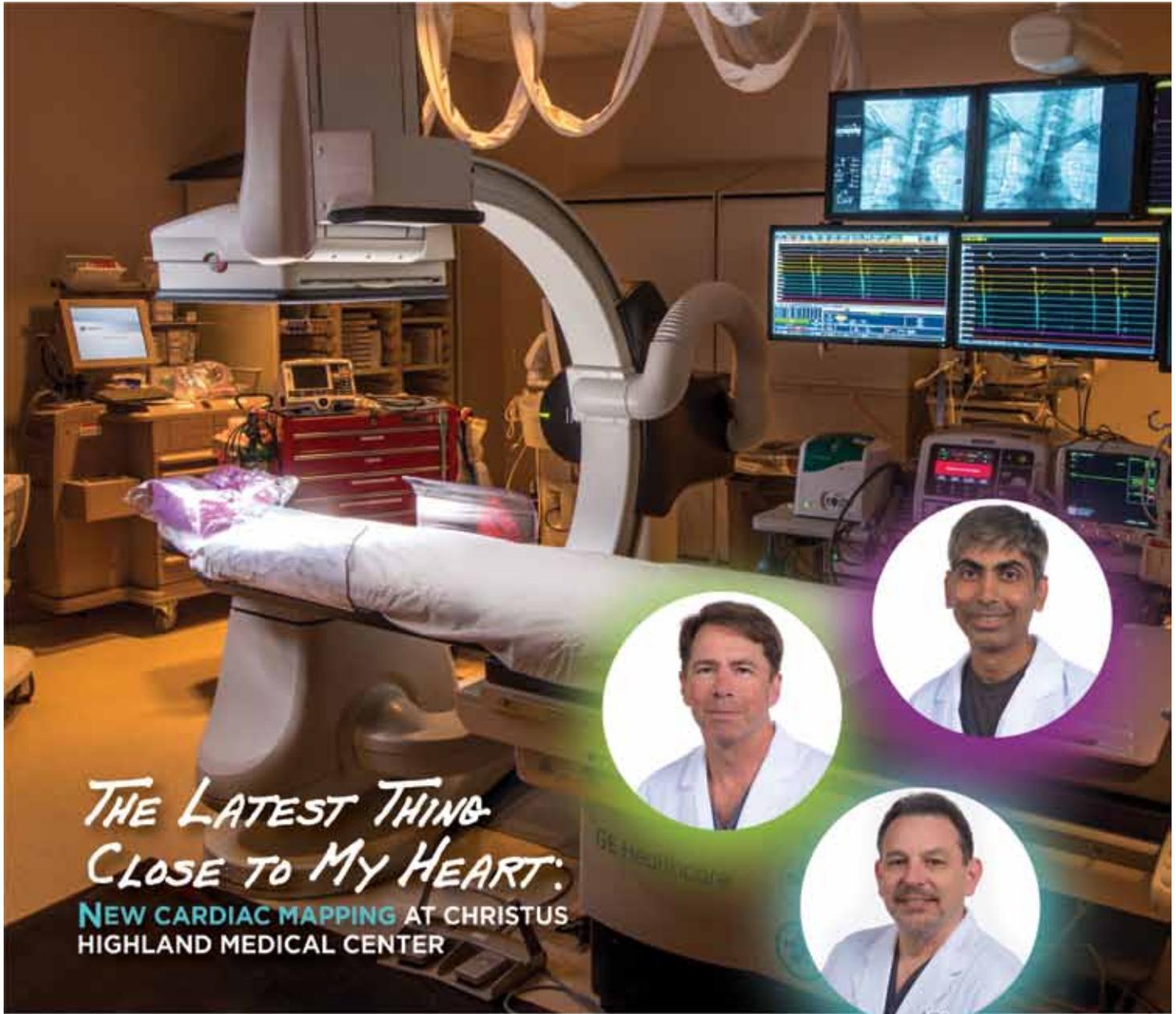
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A client receives assistance at Providence House.

**PASS
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Declutter
**FOR A
Cause**

Local charities repurpose castoffs as free or low-cost necessities for others

by Kathleen Ward

We drive past it all the time – piles of perfectly good clothing and furniture placed near the street to be hauled away.

“When we put furniture in the garbage truck, it is crushed by a compactor and rendered basically useless,” said Fred Williams, Supervisor of the Shreveport Public Works Department’s Solid Waste Division. Williams says it ends up at the Woolworth Road Landfill, a 435-acre dump near Keithville that is between 45% and 50% full of garbage, clothing, crushed furniture and useable items.

Many area organizations gladly take furniture, clothing, books and household items that become treasures to people in need who see the beauty the original buyer once saw.

Providence House

Hundreds of thousands of the homeless have taken refuge in the sprawling white 27-room home on Cotton Street since 1988. Last year, Providence House served 169 families, including 353 children.

“Providence House receives an average of 75 calls per month from families looking for housing. To date, we serve an average of 200 people per day; 77% are homeless

children ages 0 to 13 years,” said Rhonda Watts, CEO. Some arrive with little more than the clothes they are wearing.

“Many do not have the proper documents to even begin to start over. Providence House helps them to obtain documents like Social Security cards and birth certificates, shot records to get kids into school and identification cards. It is impossible to obtain employment or even get kids into school without these very fundamental pieces of information,” said Watts.

As their situation improves, Providence House helps “residents transition from the residential facility to their own apartment and provides all furniture, linens, cleaning supplies, etc. for the family,” she said. “All of the furniture, clothing and household items for clients comes from the community. Volunteers come from school groups, every denomination of churches, college organizations, individuals and corporations throughout the year.”

Through those donations, Providence House helps clients set up a basic comfortable home and clothe everyone from infants to the aged. Several fundraising and education programs support the services offered and promote community involvement. Last year’s successful



Above: The Renesting Project furnishes homes for the homeless using donations and castoffs.



Right: Silent auction at The Renesting Project's annual fundraiser, "Nest Fest."



Above: Young women who are unable to afford formal wear shop at The Cinderella Project to find the perfect prom dress for free.



Left: Nancy Campbell, Co Director Concetta King, and Cissie Smith.

5K run will be repeated this year on September 16, beginning and ending at Providence House.

The Providence House is located at 814 Cotton Street in downtown Shreveport. Free pick-up service is available for furniture donations. Other items can be dropped off any time at any of their green drop box locations found throughout town or at the front entrance of The Providence House, Monday through Friday, 8:00 a.m. to 5:00 p.m.

For more information, visit www.theprovidencehouse.com/ or call 221-7887.

The Renesting Project, Inc.

Interior designer Noel Haacker, founder and executive director of Renesting Project, Inc., was "inspired to create a place that would serve as a conduit between those that had and were willing to share and those that were in great need but unable to provide for themselves."

Haacker and more than 1000 volunteers have helped furnish comfortable homes for the homeless using castoffs and donations thoughtful people saved from the garbage truck.

"As of May 31, 2017, we had served 1112 adults and 736 children in 1031 households," said Haacker, with the primary goal being to furnish each client what is needed "to function with dignity in their dwelling."

Chairs, beds, linens, dressers, kitchen essentials, dining furniture, cleaning supplies and personal hygiene products are distributed, along with whatever is available and needed. The organization's popular annual fundraiser is a combination party, dinner and design show, "Nest Fest," was held on August 5th at the Bossier Civic Center.

"It was a fun-filled Big Easy-inspired night with live jazz and street performers by local artists, New Orleans cuisine catered by Good Eats, one of the largest silent auctions in the area and our fourth annual CHAIRished Beginnings Design Competition," said Haacker."

The Renesting Project is located at 1331 Driftwood Drive in Bossier City. Free pick-up service is available for furniture donations. Other items can be brought to the Renesting Project, Tuesday and Thursday, 9:00 a.m. to 3:00 p.m. and the second Saturday of each month, 8:00 a.m. to 11:00 p.m.

For information, call 747.5520 or visit www.RenestingProjectInc.org/.

The Cinderella Project

Excited to be invited to the prom, but unable to afford a dress and accessories, girls can turn to The Cinderella Project.

"The Cinderella Project has provided over 500 local young women with a free prom dress," said Concetta King, co-director with Ashley Busada. "In our five years of existence no girl has ever left without a dress."

The Cinderella Project has fitted young women from sizes 0 to 32 with gowns, accessories and shoes from donations made by individuals and local businesses, including Azarue's Bridal & Formal, Bella Bridesmaids, Bella Amore Bridal, Happily Ever After Bridal Boutique, and Hers Bridal & Special Occasion.

"The Cinderella Project is a 100% volunteer-led organization. Each year for our Dress Giveaway, over 100 volunteers help us provide that Cinderella moment that these young women deserve," said King. Donations of prom dresses, accessories and shoes can be dropped off at Azalea Cleaners, Ayers Career College or Bella Bridesmaids.

"We assist young women in attending their prom with style and

confidence, while at the same time instilling an appreciation for community service,” said King.

Follow them on Facebook at www.facebook.com/CpOfShreveport/ or visit www.cinderellaprojectla.org/.

Dress for Success

Dress for Success helps lift women and their families out of poverty by providing job candidates career clothing, polishing interview skills, training and professional resumes.

“The Confident Suiting program provides interview and employment clothing. Approximately 250 to 300 women are referred to us each year from over 50 other agencies,” said Arien Ragster, Executive Director.

Other programs include The Going Places Network by Walmart, a successful eight-week job readiness program for women seeking employment, and The Career Center, a resource center providing clients with career guidance and technology skills “to conduct a self-directed job search, receive one-on-one support or take computer-based training,” said Ragster.

“The Professional Women’s Group provides job retention skills and support for clients who have recently entered the workforce. It currently has approximately 85 active members with 75% retaining employment,” said Ragster.

Clothing donations can be dropped off at their offices at 1520 N. Hearne Avenue from 11:00 a.m. to 4:00 p.m. Mondays. The popular “Shop for Success” sale is set for fall. **For more information call 828.2983 or visit www.shreveport-bossier.dressforsuccess.org/.**

Centenary Muses Book Bazaar

Bibliophiles and bookworms will flock to the Book Bazaar at the Gold Dome at Centenary College from 4:00 to 9:00 p.m. Friday, September 8th and from 9:00 a.m. to 4:00 p.m. Saturday, September 9th to sort through 80,000 books, movies, DVDs, CDs, games, puzzles and records.

“What they all have in common is their love of books,” said Grace Bareikis, chair of the Book Bazaar Committee. In addition to ministers who supplement their church libraries, “we have collectors hoping to find a rare first edition or complete a collection; high school students seeking Reading List books at bargain prices; mothers who are home schooling; people who are addicted to romance novels; and those searching for beautiful editions of the classics. It is not surprising to see someone carting away over 100 books.”

The Centenary Muses, a group of alumni and staff, work tirelessly to get the books sorted and packed. Paul Madden, 92, “has packed all the books for every sale in the last 30 years.” The Muses have given more than \$1,000,000 to Centenary over the course of thirty years. More than 200 volunteers step in to help during the sale.

Prices range from 25 cents with a few rare treasures priced as high as \$30, but most books sell for between \$1 and \$4, with the money used for gifts to the college that have included “computers, televisions for the dorms, costumes for the choir, new furniture for the art department, sports equipment, new buses, water coolers, and a 3-D printer for the playhouse just to name a few,” said Bareikis.

Books and other related items may be brought to The Book House at 108 East Kings Highway in Shreveport on Mondays or Wednesday, 10:00 a.m. to 3:00 p.m. **For more information, call 219-3409 or follow them at www.facebook.com/Centenary-College-Book-Bazaar-138056840428/.**



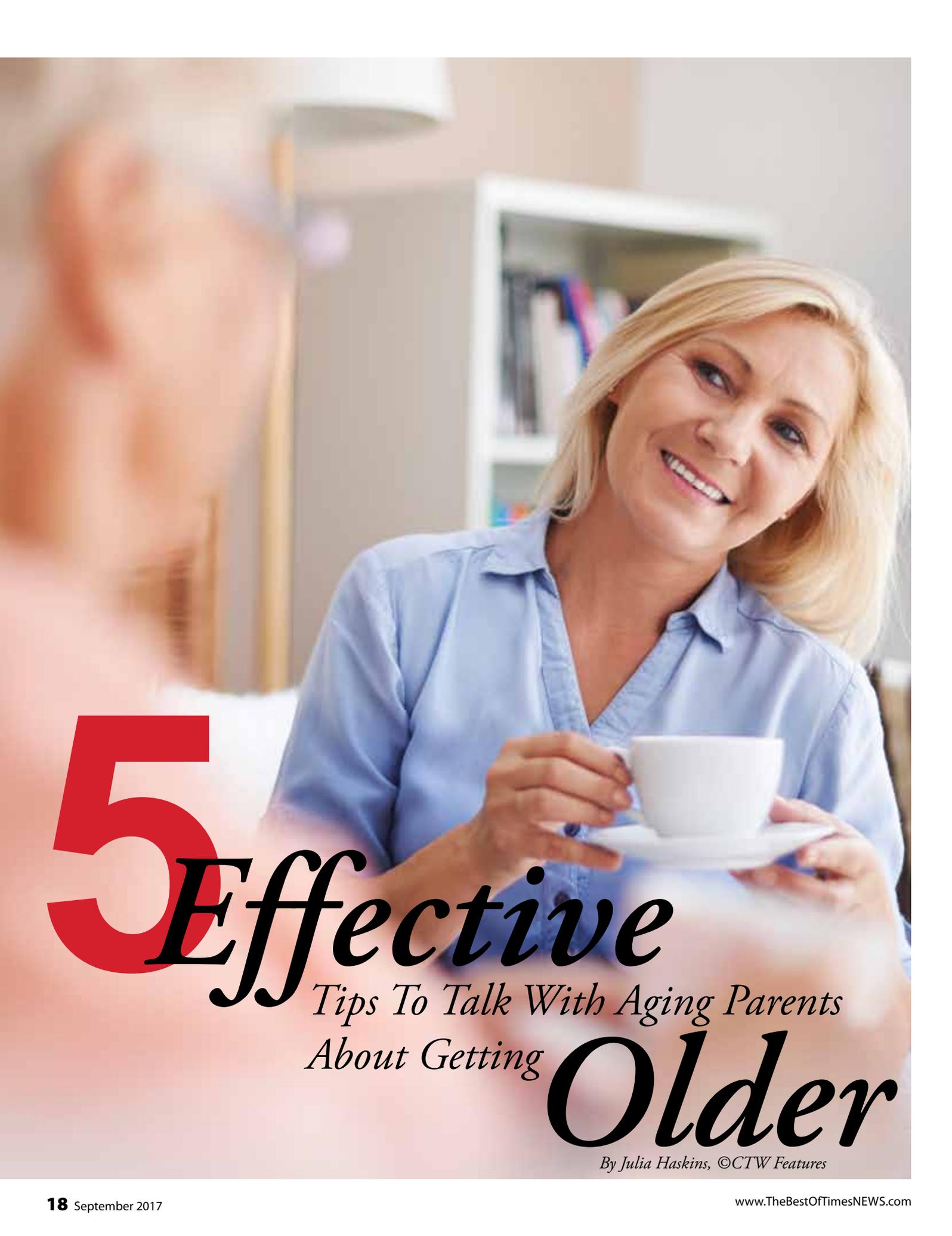
Above: Arien Ragster assisting a client with clothing for an interview at Dress for Success.



Above: Patrons attend the annual Centenary Book Bazaar.

Right: Book drive volunteers Linda Boswell, David Henington, Rita Rodgers, Paul Madden and David Williams.





5 *Effective*
Tips To Talk With Aging Parents
About Getting **Older**

By Julia Haskins, ©CTW Features

As our parents get older we're forced to come to terms with some harsh realities. Our parents may be struggling with health issues or they may feel overwhelmed running their own households. Whatever the situation, we want to help our parents lead their best possible lives. And that often means having tough conversations.

Nobody wants to have conversations with their parents about difficult subjects such as end-of-life care. It's never easy, but you can work with your family to make an uncomfortable situation more manageable.

1 CONSIDER THE SETTING

When, where and how a discussion takes place can make all the difference. Think about how you want the conversation to play out and what factors will promote a successful outcome.

For example, a holiday probably isn't the best time to hold a serious conversation, says Nancy Batchelor, Associate Professor of Clinical Nursing at the University of Cincinnati College of Nursing. She suggests picking a low stakes event when family members are gathered in one place, such as during a weekly meal.

Every family is different, with their own communication preferences, says Ruth Drew, Director of Family and Information Services at the Alzheimer's Association. Some families may opt for a formal meeting, while others may prefer a more casual setting, like a discussion over coffee at home.

2 BE HONEST

It may seem kindest to sugarcoat tough subjects, but this approach will only hold you and your family back from progress. Be honest about what you hope to accomplish. Do you want to talk to your dad about assisted living? Do you think that your mom should consider getting a live-in nurse? Being upfront is key, especially if the topic is uncomfortable to discuss.

"It all goes back to honesty and being respectful," Batchelor says. "[Make] sure that they understand that you're not trying to run their life but you really need to know what they want and how they want to deal with this."

Children need to be completely transparent in the points they want to get across, says Daniel Swagerty, Associate Director of the Landon Center on Aging at the University of Kansas Medical School. Explicit communication is necessary to make progress.

Subtleties and general statements "may be hard for the older adult to actually access," Swagerty says, and prevent them from fully engaging in the matter at hand.

3 BE RESPECTFUL

Respect also means being mindful of the way you speak with your parents. It can be awkward to take on a role reversal by suggesting what your parents should or should not do, but refrain from talking down to them or using infantile →

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language. This is particularly critical if your parents have some form of dementia.

"It's really important to recognize that people with Alzheimer's disease and other dementias are not children and they deserve all the respect that their life and experience has afforded them," Drew says.

4 Provide Options

When talking to your parents about major lifestyle changes, remember that they may be feeling sad or anxious. You can acknowledge the hardships they're facing while also offering a silver lining.

For example, giving up the car keys can be heartbreaking for someone who has been driving for most of his or her life. But there are ways to ease the pain. Drew suggests framing life changes as gains rather than losses. Perhaps you can hire a driver for your parent who can no longer get behind the wheel. Or maybe this presents the perfect opportunity to take a trip by plane or train.

"It is typical for [older adults] to retain a sense of self even into the very late stages," Drew says. "That's a strength for them. We want to honor and respect that but also capitalize on those strengths."

In that same vein, children must be able to recognize the situations in which their parents can safely exercise their own decision-making, Swagerty says.

"The older adult should still be afforded some deference if they can make those decisions," he says. "That takes some open communication."

5 Seek Outside Counsel

If the conversation isn't going in a productive direction it might be best to bring in objective counsel. A lawyer, caregiver or other mediator who specializes in elder issues can help your family determine the best course of action.

Batchelor recommends seeking out a lawyer who deals with older adults to ensure that legal documentation and other nitty-gritty items are dealt with properly. Having outside counsel can also help you facilitate a cut-and-dry conversation.

"Discussing the topic in terms of having your affairs in order is a great thought because it's one-two-three – What do we want to do here? It can be finances, who owns the house and how are we going to deal with turning that over if need be?" Batchelor says.





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Do You Feel That You Matter?

Professional counselors call it "mattering," and while it's a term most of us may seldom use, it's something that's important to all of us -- being needed by others.

We all want to feel that we matter to others.

That feeling of being needed, of being significant to others, of "mattering," puts meaning in our lives. We need others to pay attention to us, take interest in us, consider us important and care about what we think and do.

How much we matter to others comes in a variety of levels. At the most basic is "attention," which is simply feeling we have the interest or notice of another person.

Another step up is "importance," believing we are important to someone else and may even be the object of his or her concern.

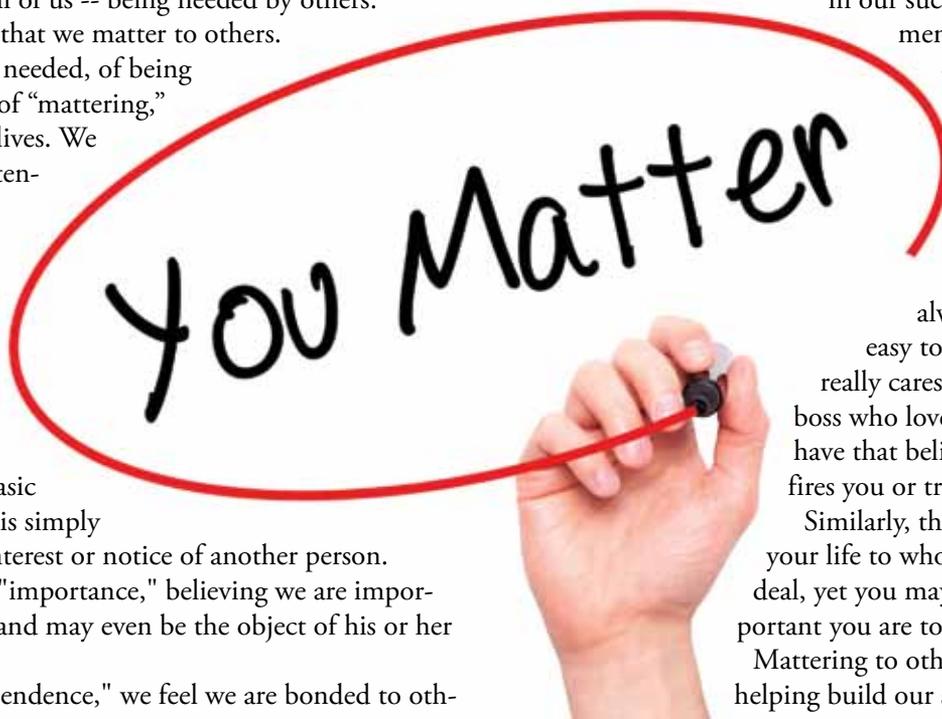
At the level of "dependence," we feel we are bonded to oth-

ers by our dependence on them, and their dependence on us. "Ego extension" is when we believe that others are interested in our successes and disappointments, and are truly concerned with our fate.

All of these levels of mattering are our perceptions about how much we matter to others, but they may not always be accurate. It's easy to believe that someone really cares about you, like that boss who loves your work, and to have that belief shattered when he fires you or transfers you.

Similarly, there may be people in your life to whom you matter a great deal, yet you may not realize how important you are to them.

Mattering to others is important in helping build our self-confidence and



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overall happiness. It helps us understand how we fit into the bigger picture that lends meaning to our lives. If you feel at times that you don't matter to others, take some time to really think about those relationships and try and see if you're evaluating them accurately.

If you find that you are experiencing strong feelings of not mattering to others, it's a good time to consider meeting with a professional counselor. Counseling is a means of helping correct and strengthen perceptions about mattering, a means of giving you a more accurate understanding of your relationship with others.

It's also worth remembering the value of reinforcing, to those who matter to you, how much they really do matter. We all need to know that we matter to others.

Counseling Corner is provided by the American Counseling Association. Comments and questions to ACAcorner@counseling.org or visit the ACA website at www.counseling.org.

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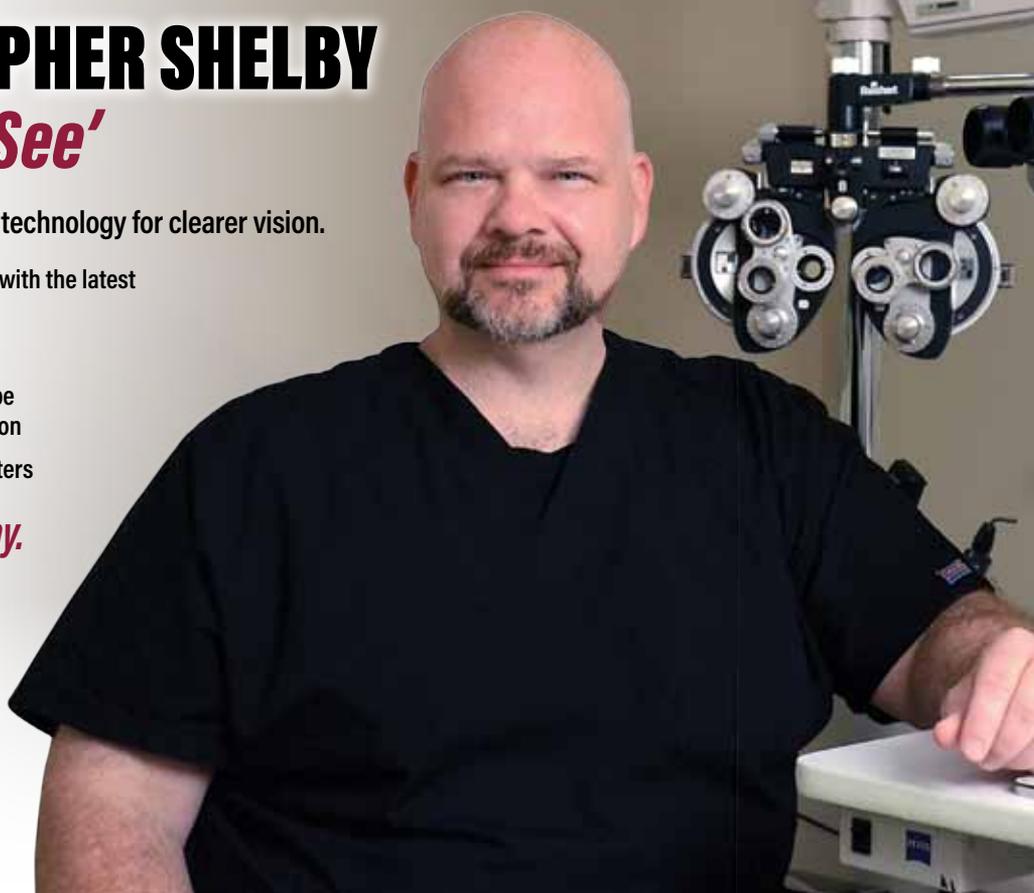
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Why Should I Have To Pay?

My good friend Tim Taylor (not his real name) has always been kind of accident prone, so a trip to the emergency room was nothing out of the ordinary. He had great health insurance that always paid the bill. (Remember those days?)

It came as a big surprise when the hospital sued him. The lawsuit said that Tim had come to the emergency room over two years ago, the bill was for \$4,300 and Tim had yet to pay.

Tim immediately called his insurance company who told him that the hospital had never filed a claim for this particular emergency room visit. They stated if the hospital doesn't file a claim within one year, then the insurance company won't pay.

Tim wanted to know why the hospital hadn't asked for payment from the insurance company. After all, he had given his insurance card to the hospital when he arrived at the emergency room. But the hospital never explained why they hadn't submitted a claim to Tim's health insurer. In fact, the hospital refused to admit that it hadn't filed a claim. When the Judge asked the hospital for proof that they had



An advertisement for Gastrointestinal Specialists. On the left, a man with dark curly hair is shown in profile, holding his head with both hands, suggesting discomfort. Below him is a roll of white toilet paper on a metal dispenser. The background is a light blue and white gradient. In the top right corner, it says 'A service of GS GASTROINTESTINAL SPECIALISTS, A.P.C.' with a logo. In the center, there is a circular graphic with a clock face and the text 'DIARRHEA CARE IN A DAY...'. At the bottom, there is a call to action: 'Loose, frequent, urgent bowel movements? Gastrointestinal Specialists now offers same or next-day appointments to patients suffering from digestive issues like diarrhea. Get quicker access to our experts and receive specialized treatment. See us within 24 hours (M-F) by calling (318) 213-4532 now!'.

filed a claim, the hospital had nothing.

Instead the hospital made a big deal about the paperwork Tim had signed when he arrived at the hospital. The paperwork said that Tim promised to pay the bill in full. Is Tim stuck?

Well, the paperwork that Tim had signed also said something else. It said that “upon acceptance of proof of insurance,” the hospital “will file a claim for the benefits.”

Here’s what the Judge said: Tim handed over his insurance card when he got to the emergency room. That’s “acceptance of proof of insurance.” The hospital then had to “file a claim for benefits.” There’s no evidence that they did, therefore, the hospital is out of luck.

Which was not what the hospital wanted to hear, so it appealed to the Louisiana Supreme Court. Or tried to; but it didn’t get its legal paperwork in on time. (Noticing a pattern here?) Because the paperwork was late, the hospital’s appeal was thrown out.

But what if the hospital’s paperwork had been different? Suppose when Tim arrived at the emergency room he had signed something that said, “I agree to be responsible for this bill. I understand that the hospital MAY, but does not have to, file a claim with my health insurance company. And whether or not they file a claim, I agree to be responsible for this bill.” Would that have made a difference? Although he didn’t say so directly, the Judge did hint that even if the paperwork had said something like that, Tim may still have won his case.

Why? Because Louisiana has a “mitigation of damages” law. Here’s how it works: I come into your house and break a water pipe, causing a leak. If you had called a plumber right away, the damage would have been minimal. It might have cost you \$800 to fix everything. But you don’t call the plumber right away. You look at the leak and decide that if you wait a while, there’s going to be all kinds of flooding damage and you could sue me for big money. By the time you call the plumber, so much damage has been done that it’s going to cost \$7,000 to make everything right. Can you come after me for the full \$7,000? Nope. You had a duty to mitigate, or lessen, your damages. But you didn’t, so I’m not responsible for the extra damage.

In Tim’s case, the Judge hinted that the same principal might apply: Tim didn’t pay his bill. Even if the paperwork Tim had signed had said that the hospital MAY, but does not have to, file a claim with his health insurance company, the Louisiana mitigation of damages law might require the hospital to mitigate or lessen its damages by filing the claim with the health insurance company. If they don’t, then Tim possibly may not be responsible.

Who knew health insurance was so complicated?

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



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Finding Help for Seniors Addicted to Opioids

*Dear Savvy Senior,
I'm worried about my 72-year-old mother who has been taking the opioid medication Vicodin for her hip and back pain for more than a year. I fear she's becoming addicted to the drug but I don't know what to do.*

Concerned Daughter

Dear Concerned,
The opioid epidemic is a national problem that is hitting people of all ages, including millions of older Americans. Here's what you should know and do to help your mother.

THE CAUSE

The main reason opioid addiction has become such a problem for people over age 50 is because over the past two decades, opioids



have become a commonly prescribed (and often overprescribed) medication by doctors for all different types of pain like arthritis, cancer, neurological diseases and other illnesses that become more common in later life.

Nearly one-third of all Medicare patients – almost 12 million people – were prescribed opioid painkillers by their physicians in 2015. That same year, 2.7 million Americans over age 50 abused painkillers.

Taken as directed, opioids can manage pain effectively when used for a short amount of time. But with long-term use, people need to be screened and monitored because around 5 percent of those treated will develop an addiction disorder and abuse the drugs.

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Your mother may be addicted to opioids if she can't stop herself from taking the drug, and her tolerance continues to go up. She may also be addicted if she keeps using opioids without her doctor's consent, even if it's causing her problems with her health, money, family or friends.

If you think your mom's addicted, ask her to see a doctor for an evaluation. Go to the family or prescribing physician, or find a specialist through the American Society of Addiction Medicine (see ASAM.org) or the American Academy of Addiction Psychiatry (AAAP.org). It's also important to be positive and encouraging. Addiction is a medical matter, not a character flaw. Repeated use of opioids actually changes the brain.

TREATMENTS

Treatment for opioid addiction is different for each person, but the main goal is to help your mom stop using the drug and avoid using it again in the future.

To help her stop using the drug, her doctor can prescribe certain medicines to help relieve her withdrawal symptoms and control her cravings. These medicines include methadone (often used to treat heroin addiction), buprenorphine, and naltrexone.

After detox, behavioral treatments such as individual counseling, group or family counseling, and cognitive therapy can help her learn how to manage depression, avoid the drug, deal with cravings, and heal damaged relationships.

For assistance, call the Substance Abuse and Mental Health Services Administration confidential help line at 800-662-4357, or see SAMHSA.gov. They can connect you with treatment services in your state that can help your mom.

Also, if you find that your mom has a doctor who prescribes opioids in excess or without legitimate reason, you should report him or her to your state medical board, which licenses physicians. For contact information visit FSMB.org.

Send your questions to: Savvy Senior, P.O. Box 5443, Norman, OK 73070, or visit SavvySenior.org. Jim Miller is a contributor to the NBC Today show and author of "The Savvy Senior" book.



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02

Feel Younger — The lack of energy we call "aging" is often just a CoQ10 deficit. Your body naturally produces CoQ10 throughout your life, but production drops as you get older. When people start taking CoQ10, they often feel 10 years younger.

03

Coq10 Is A Powerful Antioxidant — It cleans up the destructive free radicals that are by-products of the energy production process.

04

On A Statin Medication? — If you're on a statin medication, you MUST take CoQ10. Not only do statins stop cholesterol production, but they also hinder your body's production of CoQ10. That's why many people end up with muscle aches and weakness while taking statins.

05

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Pipeline Easement Considerations for Landowners

In the last few months, pipelines have been in the national and state news. Where a pipeline goes and the property it crosses affects all the people around the pipeline. In fact, national news has shown people that protested the construction of certain pipelines across their property.

Louisiana residents are used to pipelines as we are a state blessed with oil and gas resources. When an oil or gas field is developed, oil and gas companies will approach landowners in order to secure pipeline easements in order to transport the minerals from their wells.

With oil or gas rights coming on line, many property owners will be asked to lease or sell a right-of-way or easement for pipelines to cross their property. The gas company will usually ask for a 50 foot easement across the property. Once this easement is granted, whether by lease or sell, the pipeline company will have



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access to the property via the pipeline.

The property owner must consider some of the following factors.

- The first factor to consider is whether it is better to lease or sell. With a lease, the property owner must consider the length of the lease, the price per year for the lease, what can be done on the pipeline area by the property owner, and how the lease will terminate. If you sell the property for the pipeline, the property owner must understand that the property is gone, however, they may be able to negotiate to use the surface rights for grazing and other activities that do not interfere with the pipeline use. In either case, if the property is used for growing timber, trees and brush will not be allowed to grow on the pipeline as this will interfere with the pipeline.

- The next thing to consider is the value of the property lost by allowing a pipeline easement. If you grow timber on the property, you will need to have a licensed forester come to the property and determine the value of any timber on the property at the time of the sell or lease. In addition, you will want an appraisal of any future lost income from the lease or sell of the property.

If you are not growing trees and decide to sell the property, you will need an appraiser to determine the fair market value of the property lost. In addition to these appraisals, most pipeline companies will work outside of the pipeline while constructing the

pipeline. The property owner will need a rental value and damages on any property outside the pipeline easement and a contractual understanding that once the pipeline is completed, no other work can or will be done outside the pipeline easement.

- Finally, the land owner must understand that this easement will usually last for a long period of time. Most companies want at least a ten year lease with an option to renew for another ten year period if they are leasing the easement. The landowner may want to consider increased lease payments for the property each time the lease is renewed.

In addition, the landowner will want to have a clause that once the lease terminates, the pipeline must be removed at the expense of the oil company and any cleanup and damages caused by removal of the pipeline must be paid by the oil company.

These are some of the considerations when leasing or selling land for a pipeline. As in every case, if you are approached by an oil company wishing to lease or buy land for a pipeline, you need to consult an attorney knowledgeable in Oil and Gas Law. The little money spent for consultation with an attorney may save you big money in the future.

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



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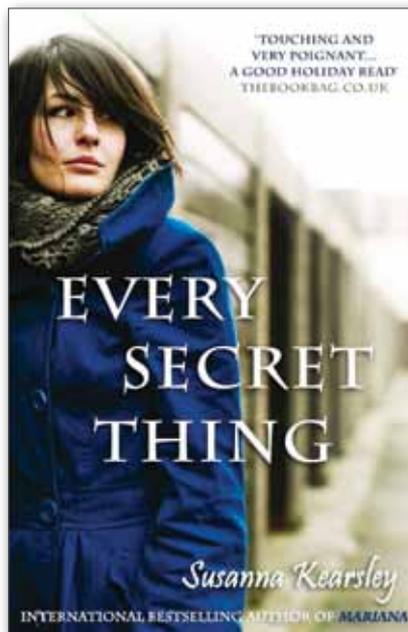
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Every Secret Thing

by Susanna Kearsley

reviewed by Jessica Rinaudo

I almost always pick new books to review for this column, but in this instance, I found myself scanning the shelves for an author I knew I would enjoy from the moment I turned the first page.

Susanna Kearsley's books usually contain common elements: a modern story line and a historical story line running parallel to one another, a mystery, a dash of romance and usually a bit of the supernatural. *Every Secret Thing* delivers on these things, expertly and entertainingly working them into the story.

In this book, journalist Kate Murray meets a stranger on a bus. During their brief exchange, Kate learns that the old man recognizes her and knows her grandmother. He wants to tell her the story of an unsolved murder. With a promise to meet later, they part. Later never comes though, as the old man is hit by a car and dies.

Soon after, Kate speaks with her grandmother and learns that the man, Deacon, and her grandmother worked together in the war, feigning a marriage in their work as spies for the government. After telling her story of Deacon, Kate's grandmother is killed, and Kate quickly realizes that any time she begins to investigate Deacon's story, someone winds up dead.

Fearing for her own life, Kate goes into hiding while still working to uncover the truth of the murder Deacon first mentioned to her.

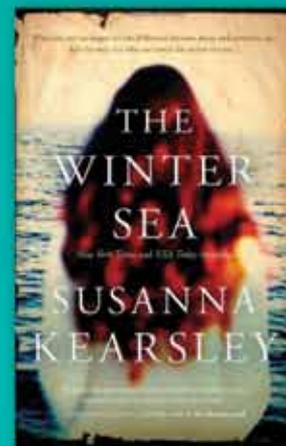
Every Secret Thing twists and turns through a series of characters, meandering back and forth between present day and Deacon's war time story. As the plot advances, more is revealed about who Deacon was and his work in the war, and about Kate's own grandmother. The tale is a whodunit, looking for the killer of the past, while Kate tries to evade her own death in the present.

While the mystery of *Every Secret Thing* is interesting and fast paced, I sometimes questioned the lead character's motives. Why did she keep brazenly plowing into known danger, for instance? The more interesting part of this book is the second plot line - that of Deacon and Kate's Grandmother and their secret wartime work.

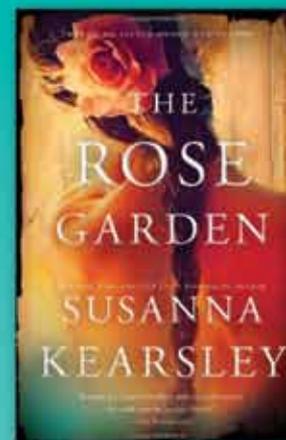
As far as mysteries, *Every Secret Thing* is an interesting one, but for a Kearsley book it falls somewhere in the middle. Still though, I enjoyed the story as I knew I would, taking comfort in good writing and page-turning storytelling.

Grade: B

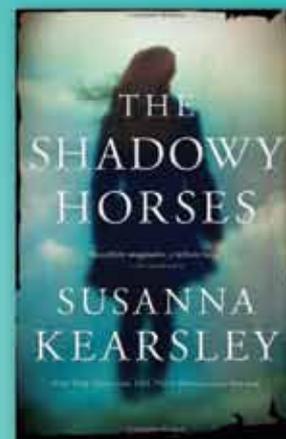
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CONSERVATION AND PRESERVATION AT A COLORADO RANCH

Story by Andrea Gross; photos by Irv Green



High Lonesome Ranch is larger than 25 of the nation's national parks. Wranglers take people on daily trail rides.

To say that High Lonesome Ranch, which is located in the high mesas of northwestern Colorado, is immense is an understatement. With nearly square miles of leased and permitted land, it's bigger than 25 of the nation's national parks.

To say that it's lonesome requires some elaboration. It's not lonesome in the sense of barren, although vegetation is sparse due to the dry climate and high altitude (5,000 to 9,000 feet). But the endless vistas are interspersed with valleys of green, thus creating a landscape that is both open and welcoming.

It's also not lonesome in the sense of empty. There are animals aplenty—deer, elk, bear, moose, antelope, mountain lion, Big Horn Sheep and, more recently, wolves, which returned to Colorado after a seventy-year hiatus.

But the ranch is lonesome in the sense of secluded. Although it's just a few miles from Interstate 70, the main route across the Rockies, stars shine undisturbed by passing lights, and the night silence is broken only by the rustle of a tree or the distant sound of an animal.

The decision to open the ranch to wannabe cowboys was as idealistic as it was practical. Obviously it makes good business sense to bring in paying guests, but more than that, says general manager Scott Stewart, "we want children to experience and appreciate the great outdoors. They are the policy makers of tomorrow, and we want them to understand the importance of land conservation and preservation."

But while the ranch wants to attract guests and spread its message, seclusion and privacy are still of prime importance. Thus there are rarely more than twenty guests per week.

My group of twenty was a diverse lot. We ranged in age from 4 to 74, in home location from Colorado to Connecticut and in ability from horse-savvy to horse-shy. Our trail boss took pains to fit each of us with a horse that had the right temperament as well as the right fit. I told her that I wanted a horse that knew what to do, because I didn't. "No problem," she said, and she asked one of the wranglers to bring out Giant Bob, who, she said, was "slow and steady."

Pretty soon we were all in the arena, ready for our orientation. Those of us who weren't familiar with horses got lessons in saddling and bridling. Others practiced controlling their horse by leading it around an obstacle course. I practiced not falling off.



An orientation session on the first day helps both the horse-savvy and the horse-shy become familiar with their horse.



Over the next several days, we went on multiple horseback rides. Giant Bob and I plodded along on a few of the easy trails, but by midweek I decided I'd rather do something else. I asked one of the wranglers if I could see the upper reaches of the ranch by car rather than by horse.

"No problem," he answered. "I'm sure one of us can take you on a personal wildlife safari either today or tomorrow. You'll be able to go into the back roads and, if we're lucky, spot some animals."

No matter what any of us wanted to do, the answer was always the same: "No problem." The small number of guests allows the staff to customize activities to fit each person.

My granddaughter wanted to picnic with the ponies, my daughter-in-law wanted to fly-fish, my son wanted to hike, and my husband wanted to go on a photo shoot. My grandson, who quickly turned out to be the best cowboy among us, wanted to become a good enough rider to participate in the end-of-the-week cattle drive.

The ranch has non-equestrian activities as well, from massages and mountain biking to cooking classes, from visits to area wineries to interactive experiences with scientists who are working on nearby conservation and restoration projects.

Meals are ranch-hearty (lots of beef) and heart-healthy (even more fruits and vegetables). Best of all, they include a weekly "Elevated Dining Experience." For adults this means a seven-course dinner replete with beverage pairings.



Guests look forward to the end-of-the-week cattle drive.

For kids this means a campfire cookout that, depending on the age of the participants, can morph into an overnight.

The end of the week came much too soon. After a farewell dinner, we sat around the campfire and each of us made one last, gooey s'more. A ranch hand read cowboy poetry. Then other people chimed in with their thoughts — how they stretched themselves physically and mentally, how they enjoyed the camaraderie as well as the solitude, how they fell in love with the blue sky, brown earth and thin air.

But it was a fourteen-year-old girl who cut to the chase. "I had such a good time that I didn't even miss my cell phone," she said with a smile that creased her sun-burned face.

In just one week she'd turned from city slicker to real wrangler.

www.highlonesomeduderanch.com

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Dean Martin and Barbara Rush
in *The Young Lions*
(Twentieth Century Fox)

Barbara Rush and Her Leading Men

The list of actors with whom Barbara Rush shared the big screen is impressive.

"I did work with a lot of interesting and talented men," said Ms. Rush from Los Angeles. "And actresses, too, such as Jane Wyman. I found the nicest people were actually the biggest stars because they were all so gracious and helpful."

Just considering 1958's "The Young Lions," she worked alongside Marlon Brando, Montgomery Clift, and Dean Martin.

"It was a serious war film, but Dean still made me laugh – a lovely man. He would say 'I don't drink anymore... I don't drink any less, but I don't drink any more!' I never saw him drunk, it was all an act."

With a career that includes extensive television and theatrical roles, Rush was prolific on the big screen throughout the 50s including three films with Rock Hudson. "You couldn't help but love someone like Rock who had a wonderful sense

of humor and just loved to laugh. He was just the funniest actor I ever worked with."

Playing a pair of Indians in the western "Taza, Son of Cochise," Rush's character was named Oona. "Off camera, Rock would call me Oona, dos, tres!"



Rock Hudson and Barbara Rush in
Taza, Son of Cochise (Universal Pictures)



The many faces of Barbara Rush in *Captain Lightfoot*,
The Black Shield of Falworth, and *It Came from Outer Space*
(Universal Pictures)

But laughs were scarce in 1956's "Bigger than Life" where Rush's character suffered abuse at the hands of a drug-crazed James Mason. "It was based on a true story about a teacher and the side-effects he experienced from addiction to the new drug cortisone. James was fascinated by the story and wanted to produce and star in the movie." And she adds, he was "truly a wonderful actor with an unforgettable voice."

Rush was also married to

popular leading man Jeffrey Hunter.

“We never really did a film together. He was always wandering around the world making movies and so was I. There was a period of about a year and a half when we never saw each other. I told him that was ridiculous and he agreed. We divorced but remained friends.”

Rush also counted the late Turner Classic Movies host Robert Osborne among her many entertainment friends.

“I remember Bob calling me up one time and saying ‘We’re playing one of your old films tonight.’ There was a time when I didn’t like seeing myself in those early films, but I watched that evening and thought ‘Hey, I was actually pretty good!’ If you work with great actors it rubs off on you. I think I gave some performances I can be quite proud of.”

And at 90, she recently found herself in front of the camera again to complete a short promo – “Bleeding Hearts: The Arteries of Glenda Bryant” – for a new TV series her niece, “General Hospital” actress Carolyn Hennesy, is pitching to networks.

“I play a kind of vampire – something quite new for me! But it was fun to do.”

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



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5 TIPS to Avoid Binge-Watching Guilt

FAMILY FEATURES

Streaming video providers are making it easier than ever to watch the TV programming you want when you want it, and programming released an entire season at a time is transforming the way Americans watch TV. The flip side of this convenience is a surge in binge-watching, which can have some negative side effects, including binge eating. The trick to keeping it in check and getting rid of the guilt is to exercise good habits when you head to the kitchen.

1. Opt for snacks that include valuable vitamins and minerals.
2. Keep your kitchen stocked with ingredients such as high quality, ready-to-eat jarred fruit so you can create quick and easy snacks with a serving of fruit in between episodes or during a commercial break.
3. Look for quick solutions that help trim prep time and skip the cutting, peeling and mess.
4. Avoid waste or spoilage with convenient, re-sealable lids that let you use what you need for a single serving and save the rest for later.
5. Get creative to satisfy cravings. Dip fruit in melted chocolate and pop it in the freezer. Let it sit while you watch a few episodes of your favorite show and then enjoy.

Find more quick and easy snacks that can be made during a commercial break at dolesunshine.com.



Fruity Flatbread

Pre-made flatbread crust
Broccoli rabe

Cooked turkey bacon
Jarred Mandarin Oranges

Cover flatbread with chopped broccoli rabe, turkey bacon and oranges.



Brightened Up Caprese Salad

Fresh mozzarella cheese
Jarred Sliced Peaches
Fresh basil

Salt, to taste
Pepper, to taste
Balsamic glaze

Arrange alternate slices of mozzarella and peaches. Sprinkle fresh basil, season with salt and pepper, to taste, and drizzle with balsamic glaze.



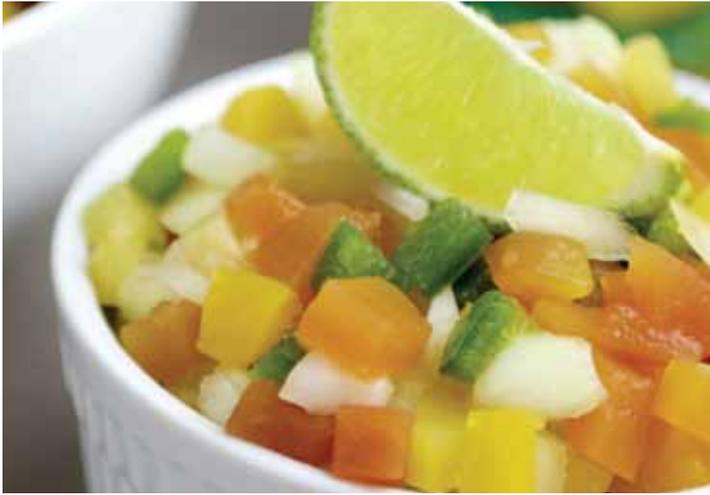
Avocado Toast

Avocado
Whole-wheat bread
Jarred Sliced Peaches

Salt
Pepper
Crushed red pepper flakes

Slice avocado in half, remove pit and scoop out avocado into bowl. Smash until desired consistency.

Toast bread, layer with avocado and top with peaches. Season with salt, pepper and crushed red pepper flakes.



Tropical Fruit Salsa

- | | |
|-----------------------|----------------|
| Jarred Tropical Fruit | 1 jalapeno |
| 1 white onion | 1 lime, juiced |
| 1 bunch cilantro | Tortilla chips |

Chop 2 cups fruit, dice onion, chop cilantro and seed and mince jalapeno.

Combine ingredients and stir in lime juice. Serve alongside tortilla chips.



Peach Parfaits

- | | |
|----------------|-----------------------|
| Low-fat yogurt | Jarred Sliced Peaches |
| Granola | Mint |

In cup or jar, alternate layering yogurt, granola and chopped peaches. Top with mint and serve immediately.



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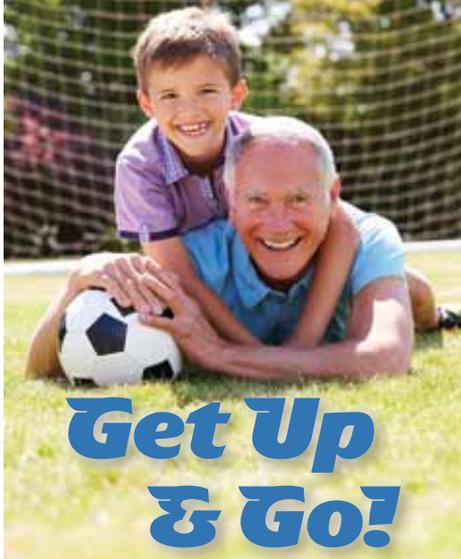
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Senior Center Fun - Randle T. Moore Center, 3101 Fairfield Avenue, Shreveport. Caddo Council on Aging. Coffee and cookies at 9:30 AM. Programs with speakers on Thursdays beginning at 10 AM. Senior Tech Talk, with emphasis on beginner skills on Fridays at 10 AM. **FREE.** 676.7900.

- Thursday, September 7: 10 a.m. "Krewe of Elders" by Wanda Smith
- Thursday, September 14: 10 a.m. "Louisiana Association for the Blind" by Non Magness
- Thursday, September 21: 10 a.m. "Ignite Your Passion with Exercise" by Dorothy Lindsay
- Thursday, September 28: 10 a.m. "Seniors and Personal Safety" by Sgt. Lifford Jackson
- Fridays, September 8, 15, 22, 29: 10 a.m. Senior Tech Talk - Introduction to Laptops, tablets and smart phones.

CLASSES

Balance Matters Class - Tuesdays,

September 5, 12, 19, 26, 9:30 - 11:30 a.m. St. Mark's Cathedral, The Garden Room, 908 Rutherford Street (corner of Kings Hwy and Fairfield Avenue), Shreveport. Classes are by Paula Click Fenter, DHSc, PT. Participants will learn techniques to improve their balance, coordination and strength. **FREE.** Call the Caddo Council on Aging at 464-8004 to reserve a seat.

Bridge Lessons - A 6 week course featuring the Audrey Grant series. Lessons on Tuesdays, beginning September 12 at the Woman's Department Club. 9:30 a.m. to 11:30 p.m. Taught by certified ACBL Director Randy Kenyon. \$40 for 6 lessons; \$35 for Woman's Department Club members. To register call 865-7486 or email prijkenjoy@aol.com.

CONCERTS

Opening Night: Beethoven and Schumann - Shreveport Symphony. September 16 at 7:30 PM. RiverView Theater, 600 Clyde Fant Parkway, Shreveport. Beethoven's Symphony No. 4 and Schumann's beloved Piano Concerto, performed by 2015 Wide-man Gold Medalist Aristo Sham, plus Beethoven's rarely performed Choral Fantasy featuring the Centenary College Choir. Tickets are \$20 - \$66. For tickets call 318-227-TUNE (8863) or visit www.shreveportsymphony.com.

Stepping Out With Ben Vereen - Saturday September 30 at 8:00 p.m. at the Strand Theatre, 619 Louisiana Avenue., Shreveport. An evening of song and

dance with a tribute to Broadway, Frank Sinatra, and Sammy Davis Jr. \$52.50, \$42.50 & \$32.50. Call 226-8555 or visit www.thestrandtheatre.com.

EVENTS

Centenary Book Bazaar - September 8 from 4 to 9 p.m. & September 9 from 9 a.m. to 4 p.m. in the college's Gold Dome. Sponsored by the Centenary Muses. Featuring over 50 categories of books, DVDs, tapes, and puzzles. For more information call 219-3409.

Meet the Maestro and Shreveport Symphony Guild Membership Mixer - Thursday, September 14, 5 to 7 p.m. Symphony House, 2803 Woodlawn, Shreveport. Featuring "Symphony Opening Night Preview" with Aristo Sham, piano. Meet Maestro and Mrs. Butterman, and see what membership in the Shreveport Symphony Guild is all about. RSVP to Maggie Malone at mag-sterm@bellsouth.net by September 11.

The Airline High School Class of 1968 50th Class Reunion - Homecoming weekend, September 28-30. Celebrating the 50th anniversary of winning the State Football Championship. For more information, check out the Facebook page at Airline High School Class of 1968, or contact Janey Cooper Jones or Debbie Sonntag Matos on Facebook.

MEETINGS

The Arklatex DNA Interest Group - Wednesday, September 13 at 12:30 PM in the large meeting room of the



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Broadmoor library, 1212 Capt. Shreve Drive. Information on DNA testing from AncestryDNA and Family Tree DNA will be included along with information on using third party DNA tool GedMatch. No prior experience or knowledge of DNA testing or Genetic Genealogy is required. **FREE** and open to the public. For information contact Jim Jones, phone (318) 773-7406 or email jjones09@gmail.com.

Ark-La-Tex Genealogical Association Meeting - Saturday, September 9 from 1 to 3 p.m. at the Randle T. Moore Center, 3101 Fairfield Ave (corner of Fairfield Ave and Kings Hwy), Shreveport. Guest speaker Sarah Hamer, Writer and Instructor will present "Battling the Basics of Writing Memoirs" Also, genealogist Suzanne LaCour will present "Planning a Trip to the Courthouse". This program is **FREE** and open to the public. For information call 746-1851 or email jjohnson747@suddenlink.net.

SUPPORT GROUPS

Caregivers' Memory Loss Support Group - Support group for those caring for loved ones suffering from memory loss related illnesses. 5:30 – 6:30 PM, on the first Thursday of every month at Harrell Library at The Glen (Access via Main Entrance on Flournoy Lucas Road). **FREE**. For information call 798-3500 or email info@theglensystem.org.

Grief Support Group - Emmanuel Baptist Church, 5850 Buncombe Road, Shreveport. Tuesdays, April 11 – July

18. 6:30 PM – 8:30 PM. For more info call Kay Asher at 318-617-4085 or kayasher@gmail.com

Weight Loss Support Group - The All Women's chapter of Take Off Pounds Sensibly (TOPS) meets every Monday at 5:30 PM at Fitness Lady, 1800 Old Minden Road. Contact 318-773-5923 for more information.

THEATRE

Drop Dead Comedy, Mystery Farce - Performances September 14, 15, 16, 22, and 23 at 7:30 pm; September 17 and 24 at 2:00 pm. The Shreveport Little Theatre, 812 Margaret Place, Shreveport. What happens when you get a hilarious group of has-been actors looking to revive their careers with a new play yet everything falls apart and people start getting killed! You get Drop Dead! For tickets call 424-4439 or visit www.shreveportlittletheatre.com.

Stage Center's School of Performing Arts production of "A Chorus Line" - September 7, 8, and 9 at 7:00 p.m.; September 9 and 10 at 2:00 p.m. at East Bank Theatre, 630 Barksdale Blvd. in Bossier City. This high school edition is a musical about a Broadway chorus audition. Exploring the inner lives and ambitions of professional Broadway gypsies, the show features one memorable musical number after another. Tickets are \$18.00 for Adults/Seniors; \$15.00 for students. For tickets call 318.218.9978 or email StageCenter-BoxOffice@gmail.com

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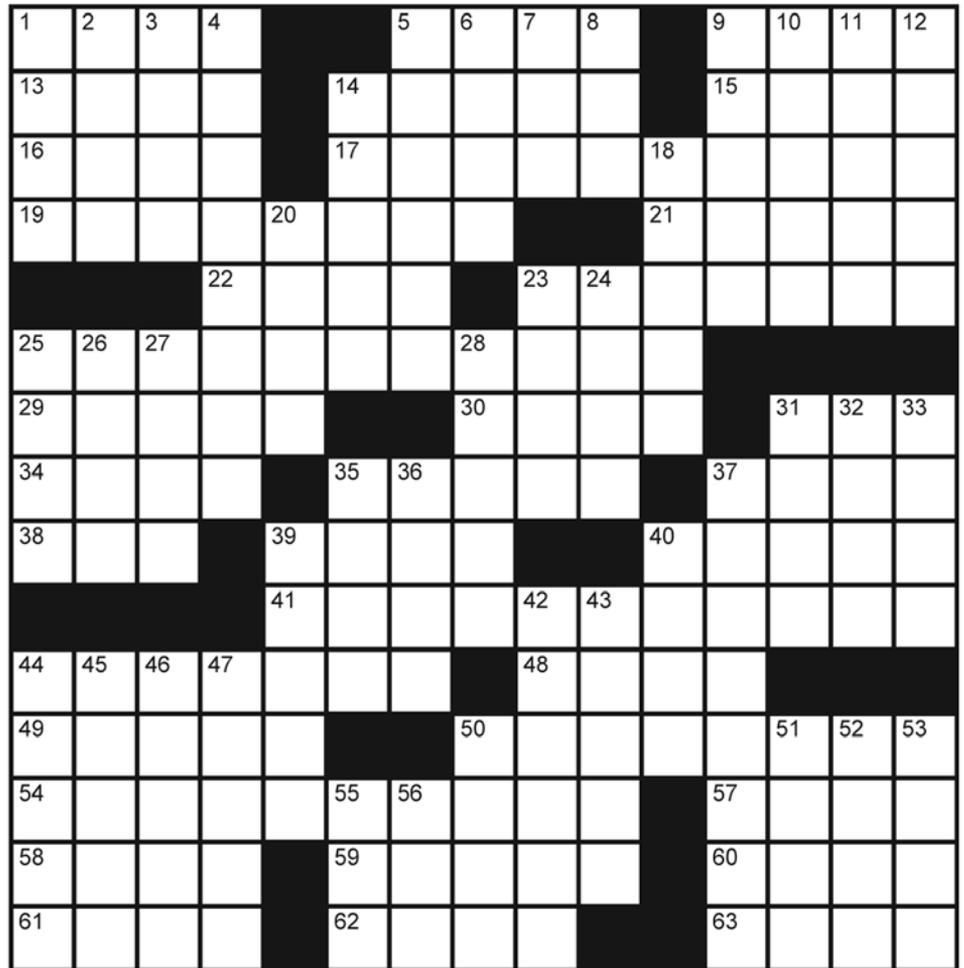
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The Best of Times Crossword (answers on page 42)



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Across

- 1 Fair share, maybe
- 5 "The Haj" author
- 9 Skier's aid
- 13 Humdinger
- 14 Chinese zodiac animal
- 15 Sacramento's ___ Arena
- 16 Nevada city
- 17 Unchaste
- 19 Open horse-drawn carriage
- 21 Quartz variety
- 22 Proof goof
- 23 Building facings
- 25 Diet choice
- 29 Cronus or Oceanus
- 30 Red Cross and the like, in brief
- 31 Plum part
- 34 John Irving's "A Prayer for ___ Meany"

- 35 Fragrance
- 37 Kind of list
- 38 Publicize
- 39 Simpleton
- 40 "Get ___ of yourself!"
- 41 Easily frightened
- 44 Surfing stop
- 48 Mars (Prefix)
- 49 Adage
- 50 Actresses on the way up
- 54 Robust, like some wines
- 57 Auditory
- 58 Advantage
- 59 Phileas Fogg's creator
- 60 Hearty party
- 61 Roger of "Nicholas Nickleby"
- 62 Assist in crime
- 63 River of Flanders

Down

- 1 ___ d'oeuvre
- 2 Dill seed
- 3 Siberian river
- 4 Figurehead for a scam
- 5 Camera support
- 6 Dash
- 7 Old White House nickname
- 8 Cambodian coin
- 9 Northern subarctic forests
- 10 Vast
- 11 Critical
- 12 Kentucky Derby prize
- 14 Incline
- 18 Carpet fasteners
- 20 Song of praise
- 23 Not soft
- 24 Pond dweller
- 25 Ancient gathering place
- 26 Fuzzy fruit
- 27 Roman road
- 28 Sullen
- 31 Needy
- 32 Inactive
- 33 Mrs. Lincoln's maiden name
- 35 Hopped off
- 36 Function
- 37 Study of religion
- 39 Scale
- 40 Allege as fact
- 42 Underlying
- 43 Decree of the former Sultan of Turkey
- 44 Thin biscuit
- 45 Give off
- 46 Ship part
- 47 Undersides
- 50 "Your majesty"
- 51 Greek letters
- 52 Scrabble piece
- 53 Mark left by Zorro?
- 55 Egg cells
- 56 Cotillion girl

Choose Your Weapon

(answers on page 42)

- Bat
- Bayonet
- Blade
- Bola
- Boomerang
- Bow and Arrow
- Broad Ax
- Cannon
- Club
- Cudgel
- Dagger
- Fists
- Flamethrower
- Grenade
- Harpoon
- Hatchet
- Knife
- Lance
- Mace
- Machete
- Pike
- Pistol
- Rifle
- Shiv
- Slingshot
- Snee
- Spear
- Stun Gun
- Sword
- Tomahawk

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

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Sudoku

Each row, column and box must contain the numbers 1 to 9. (Answers on page 42)

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

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Will Medicare cover my mother's care in a nursing home?

While Medicare does not pay room & board fees for one actually "living" in a nursing home, there are portions of nursing home care that are covered. Medicare covers 100 days of skilled nursing care when the doctor feels that either nursing or rehabilitation services for Medicare Part A insured persons are needed following a recent hospitalization of 3 or more days. Additionally, Medicare Parts B & D may pay for your mother's medications and physical, speech or occupational therapies ordered by a physician while she is in a nursing home. Depending upon the financial situation, nursing home room & board is generally paid by the individual, Medicaid, or Long Term Care Insurance.



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See our ad on page 31.

How long do the positive effects of CK last? Will I ever have to wear reading glasses again?

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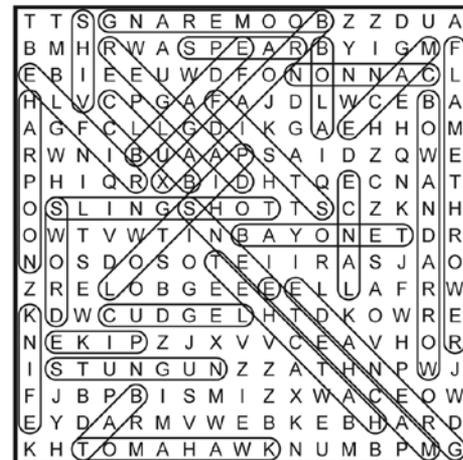
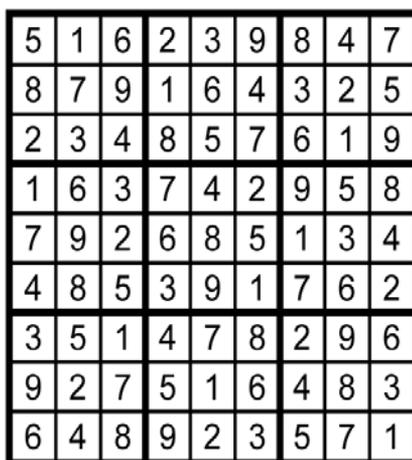
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Meniscus tears are the most common surgical condition involving the knee. Medial meniscus (inside) tears are 3 - 4 times more common than lateral tears (outside). The meniscus support 50% of the body weight with the knee extended and 90% with the knee flexed 90°. Because the meniscus supports body weight every attempt should be made to repair or maintain as much meniscus tissue as possible. Popping, giving way, locking, tenderness at the joint line, stiffness, and swelling are some of the signs/symptoms of cartilage tears. Arthroscopic surgery is generally done on an outpatient basis and recovery is from a few days to a weeks.



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puzzles on pages 40-41



September PARTING SHOTS

Share your photos with us. Email to editor.calligas@gmail.com

AARP volunteer training workshop was held on August 4 at The Hilton in downtown Shreveport.

Rebecca Stahr and John Storey



(l to r standing) Bob Franklin, Carolyn Franklin, Lindy Alberts, Sandra Sayles, Earnestine Tyner; (seated) Betty Sorrells, Marilyn Varnell, Vernon Varnell

(l to r) Vince Scholtes, Troy Broussard, Johnny Covington, Beverly Bowers, and Rosylh Thibodeaux Goodall



(l to r standing) Dorothy Britton, Emma Shepard, May Sanders, Barbara Britton; (seated) Dorothy Anderson, Carolyn Tillman



Ann Jacobs, Claire Gates, and Beth Hedgecock

St. George Greek Orthodox Church held tours of their sanctuary on August 12 which showcased the church's history, architecture, Byzantine iconography, and Orthodox traditions. A light reception followed in the Activities Center.



Jim Schmidt, Sophie Duke, Claudine Schmidt, Wilda Smith, and Shirley Craft



Janet Brossett, Father Ioannis Krokos, and Dotye Stanford

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PARTING SHOTS *September*

CONTINUED

C *(Community Health Education Network)* University offered attendees health care information on August 9 at Riverview Center.



Toni Camp closes Buddy Forrest in the prize blowing machine



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Tori Self and Lorrie Nunley



Dr April Patton and Amanda Rogers



Priscilla Griffin and Josh Lindsey

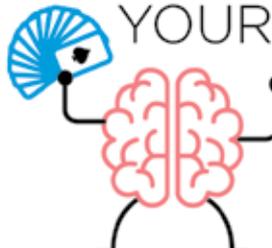
Sue Thomas, Carla Anderson, and Joanna King



Angie Hayes and Somanya Jackson

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September PARTING SHOTS CONTINUED

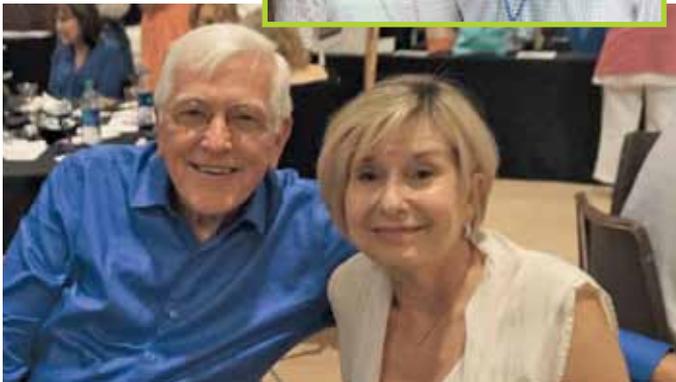
The Renesting Project's annual fundraiser "Nest Fest", held on August 5 at the Bossier Civic Center, was a New Orleans inspired evening of food, live jazz, a silent auction, and a design competition.



Paula and Ken Hickman



Renesting Project Executive Director Noel Hacker with Susan Colvin



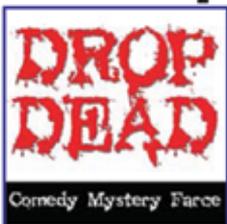
Michael and Linda Jarrell



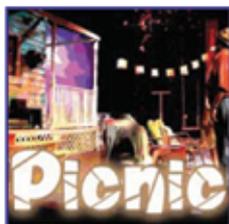
Kathleen Ward with Rod and Ruth Taylor

THE SHREVEPORT LITTLE THEATRE 96th SEASON 2017-2018

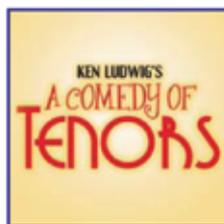
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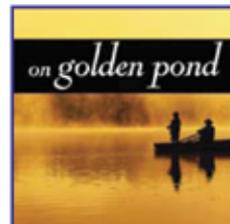
September 14-24, 2017



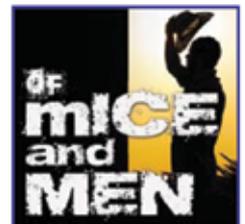
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PARTING SHOTS CONTINUED

Friends and family celebrated the grand opening of McCary's Jewelers new location on the Fern Loop on August 11.



Kathy Plante (left) and Lynn McCary Thomas



(l to r) David McCary, RL McCary, Lynn Thomas, Miles Thomas, and Anne Thomas



(l to r) Lisa Skamagas, Darlene Smith, and Debbie Stratton



(l to r) Soc Lorant, Carol McCary, Jane Lorant, David McCary

A STAND-UP SALUTE TO INDEPENDENCE

How about a famous Fertitta's "Muffy" --and a salute to your host? Robert McCall, husband of Agatha Fertitta McCall, is proud to show off his American Flag/Eagle prosthesis while on duty at the Shreveport landmark restaurant. "I don't own the place, I just work for Agatha," he laughs.

It was no laughing matter, though, when Robert injured his right ankle in 2012. "I thought it was just a sprain... Turns out it was a fracture and delaying treatment ended up destroying my ankle," he said.

When complications compromised his kidneys, "...my doctor said that either I was going to have the foot amputated, or it was going to kill me."

In 2015, when he needed a replacement for his original prosthesis, Robert consulted Clint Snell, a frequent Fertitta's customer.

"I wanted some kind of artwork on my new leg. Russell at Snell's showed me the flag and eagle design and I knew that was the one for me. My son is in the National Guard, and my father also served. Now everybody that sees my leg wants to know where I got it.

"Snell's did me good. I really appreciate them."

Robert now enjoys restored health, and the independence of standing on two good legs.



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For more information, please visit our website at www.gilsoul-law.com or email firm@gilsoul-law.com.

Joe offers over 32 years of experience in elder law, and Lee over 22 years.

Both have appeared on The Best of Times Radio Hour, and Lee is the author of an award-winning monthly column for The Best of Times magazine. Each gives frequent lectures to the public on elder law related issues, and Joe has presented at seminars for attorneys at LSU Law School and the Louisiana State Bar Association.