

November 2016

# The Best of Times

*"Celebrating Age and Maturity"*



THE  
*Caregiver*  
ISSUE

## Take Care to Give Care

**ALSO INSIDE**

**12 Signs that Everything is Not Fine & What to Do**  
**How to Avoid Caregiver Burnout**

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and  
*Love*  
It!



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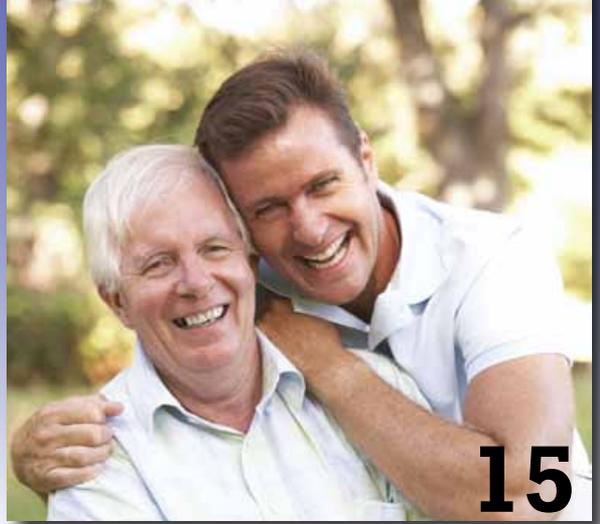
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We're **POPPIN'**  
with **PRIDE!**

## The Best Of Times

*The Best of Times* was awarded a **record 19 awards**, *PLUS* the highly coveted **Best of Show** for our division, at the North American Mature Publishers Association (NAMPA) convention which was held in Denver in September. The organization is a collection of publishers from across the country whose newspapers and magazines speak to the interests of the 50+ community. **Kudos** to our designers, writers and contributors for an exceptional job!

### BEST OF SHOW

#### FIRST PLACE

**Topical Issues** – “Animal Therapy Promotes Hope, Healing & Happiness” by Kathleen Ward

**Column Review** – “Page by Page” by Jessica Rinaudo

**Best Overall Use of Photography**

**Best Use of Color**

**Self Promotion (Outside Source)** – Strand Theatre program ad

**Self Promotion (Awards)** – 2015 NAMPA awards promo

**Self Promotion (Website)**

#### SECOND PLACE

##### Most Improved

**Profile** – Kathleen Ward for “Alan Arthur: Portrait of an Artist”

**Feature Writing** – Kathleen Ward for “Chimps Find Forever Home”

**Briefs/Shorts (Design)** – “Our Featured Five”

**Feature Layout** – “Animal Therapy Promotes Hope, Healing & Happiness”

**Best Banner**

#### THIRD PLACE

##### General Excellence

**Annual Resource Guide or Directory** – *Silver Pages*

**Front Cover Photo** – Twin Blends Photography  
(February 2016)

**Briefs/Shorts** – “Stat! Medical News & Info”

**Senior Issues** – “Laws of the Land” by Lee Aronson  
**Website General Excellence**



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station in Shreveport, Louisiana.

**November 5** - Take Care of Yourself to Give Care

**Guest:** Remote broadcast from the 4<sup>th</sup> annual Caregiver's Celebration at Virginia College in Bossier City featuring Bonita Bandaries and other special guests

**November 12** - 2016 Christmas in the Sky

**Guest:** SRAC President Pam Atchison and other guests

**November 19** - You Can't Plan Your Death, But You Can Plan Your Own Funeral

**Guest:** Robert Lomison, Chairman of the Board of Forest Park Funeral Home and Cemeteries

**November 26** - Aging Gracefully

**Guest:** Sister Martinette Rivers

**December 3** - Multi-Cultural Center of the South

**Guest:** Janice Gatlin, Program Director and others

Streaming live on the Internet at [www.710KEEL.com](http://www.710KEEL.com)

Previously aired programs at  
[www.TheBestOfTimesNews.com](http://www.TheBestOfTimesNews.com)

**Caddo Parish  
Early Voting  
December 10<sup>th</sup>  
Election**



Early voting for the Saturday, December 10<sup>th</sup> election will be held at the Caddo Registrar of Voters office, 525 Marshall Street, Suite 103, at the corner of Milam and Marshall Streets across from the courthouse in downtown Shreveport during the following dates and times:

Open Saturday, November 26 (Closed Sunday, November 27)  
Open Monday, November 28 through Saturday, December 3  
8:30 a.m. – 6:00 p.m. each day

All voters will be eligible to vote in this election. Voters should bring proof of identification such as a driver's license, governmental ID, etc. For more information or for what's on your ballot, please visit [www.caddovoter.org](http://www.caddovoter.org) and click on "Am I Registered?" or "What's on my Ballot?"

ERNIE ROBERSON, CERA  
Registrar of Voters

*The Best of Times*  
November, 2016

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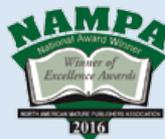
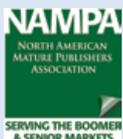
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## Walking in Water May Have Advantages for Post-Stroke Rehab

Aquatic treadmill exercise may be a useful option for early aerobic exercise after subacute stroke, as it may improve aerobic capacity and maximize functional recovery, according to researchers at Jeju National University Hospital, Korea.

In the study, exercise performance was higher on the water treadmill and patients felt they weren't working as hard as on the land treadmill. Treadmill walking is commonly recommended, but may be difficult or impossible because of decreased muscle power. The fact that the aquatic treadmill efficiently provides aerobic exercise without requiring full weight bearing means that it may be highly suitable for rehabilitation after stroke. The buoyancy provided by water reduces musculoskeletal impact while allowing combined aerobic and resistance exercise. Exercising in water also has the psychological benefit of freedom from the fear of falling.



## Study Finds Apple and Lettuce Can Remedy Garlic Breath

Garlic – consumers either love or hate the taste, but one thing is for certain, no one likes it when the scent of it sticks around on their breath. Now, garlic lovers may have a new solution to their halitosis problem. A study published in the *Journal of Food Science* found that eating raw apple or lettuce may help reduce garlic breath. Researchers from the Ohio State University gave participants garlic cloves to chew, and then water (control), raw, juiced or heated apple, raw or heated lettuce, raw or juiced mint leaves, or green tea were consumed immediately. The volatiles responsible for garlic breath were analyzed. Raw apple and raw lettuce decreased the concentration of volatiles in breath by 50%. Apple juice and mint juice reduced the levels of volatiles, but not as effectively as chewing raw apple or raw mint. Both heated apple and lettuce produced a significant reduction of volatiles. Green tea had no deodorizing effect.



## Some is Good, More is Better

Walking briskly, cycling, or sports such as doubles tennis for the recommended 150 minutes a week can reduce a person's risk of developing type 2 diabetes by up to 26%, according to new research by scientists at the University of Cambridge and University College London. People who carry out an hour of moderate to vigorous exercise every day can reduce their risk of getting type 2 diabetes by 40%. The study also revealed that any amount of physical activity can reduce the risk of developing the disease. The research is published in the journal *Diabetologia*.



## Smell Test May Predict Early Stages of Alzheimer's Disease

A decreased sense of smell appears to be linked to Alzheimer's Disease and dementia. Researchers from Columbia University Medical Center (CUMC), New York State Psychiatric Institute, and New York-Presbyterian reported that an odor identification test may prove useful in predicting cognitive decline and detecting early-stage Alzheimer's disease. Their studies suggest that the University of Pennsylvania Smell Identification Test (UPSIT) may offer a practical, low-cost alternative to other tests. The researchers found that low UPSIT scores were significantly associated with dementia and Alzheimer's disease. (Low UPSIT scores indicate decreased ability to correctly identify odors.) Current methods are only capable of clinically detecting Alzheimer's disease in the later stages of its development, when significant brain damage has already occurred. The test could lead to dramatic improvements in early detection and management of the disease.



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# STROKE AWARENESS

---

## FACE

Smile. Is it uneven?

## ARMS

Raise both arms. Is one weak, numb or drifting?

## SPEECH

Say a simple phrase. Is it slurred?

## TIME

Don't delay. Call 9-1-1

For more information on the warning signs of stroke and services at the WK Stroke Center,  
visit [WKHS.com](http://WKHS.com)

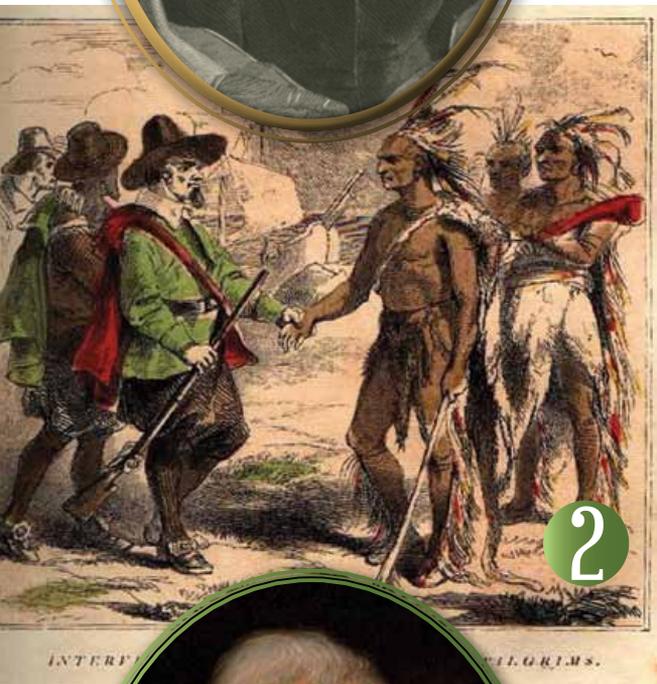
# Our Featured **5**

## Little Known Facts about Thanksgiving



1

1 Abe Lincoln declared Thanksgiving a national holiday, thanks to the tireless efforts of magazine editor, Sarah Josepha Hale. Her other claim to fame? She wrote the nursery rhyme, "Mary had a Little Lamb."



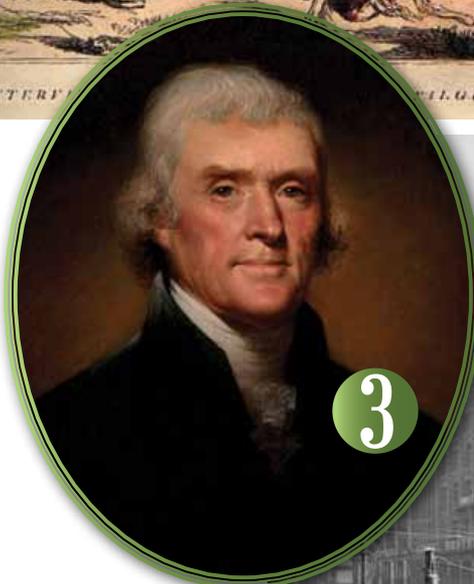
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2 The first Thanksgiving, which lasted 3 days, was held in the autumn of 1621 and included 50 Pilgrims and 90 Wampanoag Indians. Many historians believe that only 5 women were present, as many women didn't survive that difficult first year in the U.S.

3 President Jefferson called a federal Thanksgiving proclamation "the most ridiculous idea ever conceived."

4 The oldest Thanksgiving Day parade was organized by Gimbel's department store in Philadelphia in 1920. The Macy's parade didn't start until four years later.

5 Although 91% of Americans eat turkey on Thanksgiving Day, the Pilgrims most likely ate lobster, deer, rabbit, fish and wildfowl such as goose or duck at the first Thanksgiving.



3



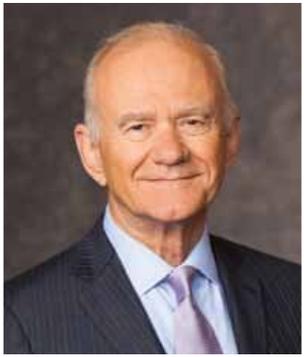
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5

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Joe Gilsoul



Lee Aronson

Joe Gilsoul is pleased to announce the opening of his law firm, Gilsoul & Associates, LLC, and welcomes with pride Lee Aronson as a member of the firm. Joe has over 30 years of experience in elder law and Lee has over 21 years of experience.

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Emails: Joe@Gilsoul-law.com • Lee@Gilsoul-law.com

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# Shreveport

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## Then & Now

These photographs, a blending of vintage and current photos of a particular location, are the result of twin brothers Mike and Mark Mangham's fascination with Shreveport history. If you have comments to share about these photos, please email Tina at [editor.calligas@gmail.com](mailto:editor.calligas@gmail.com). Photos blended and used with permission by Mike and Mark Mangham of Twin Blends Photography. For more photos visit [www.twinblendsphotography.com](http://www.twinblendsphotography.com) or [www.facebook.com/twinblendsphotography/](http://www.facebook.com/twinblendsphotography/).



The Merchant's Bank Building was built in 1917 on the northwest corner of Milam at Market streets. It later became home to City National Bank, City Savings Bank, Home Federal Savings and Loan and the Texas Eastern Company. It was demolished in 1984. The corner is now home to a parking garage.



The First National Bank, built in 1903, was located on the corner of Milam and Market Streets. It sat on the opposite corner of Market and Milam from the Merchant's Bank Building (above). The building still stands, although it has been greatly remodeled.





# FIVE FACTS your doctor should be telling you about CoQ10:

01

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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

## What Brand To Choose

Not every CoQ10 supplement works. The form of CoQ10 you take affects how well it is absorbed into your body. We like Boudreaux's brand CoQ-10 Pre-Emulsified Liposomal (PEL) Delivery System. Evidence has shown that pre-emulsified CoQ-10 delivery forms show increased absorption over powdered forms.



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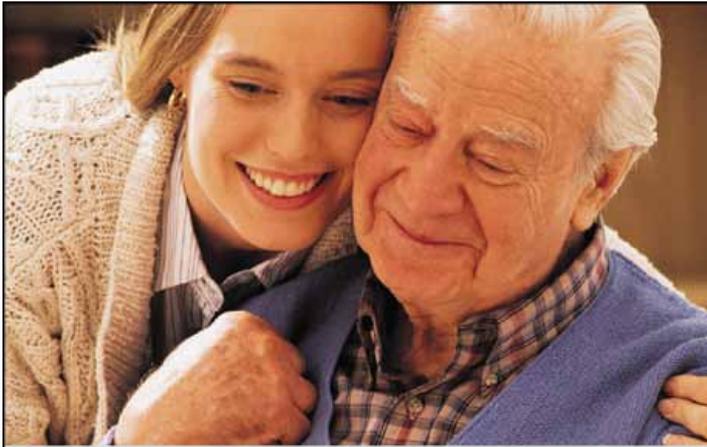
# Snapshot SLEUTH

## Do you recognize any of the people in these photographs?

*The Best of Times* has partnered with the library at LSU Shreveport to identify individuals in photos from their collections. If you know any of the individuals in these photos or if you have any memory or comments about the images, email Tina at [editor.calligas@gmail.com](mailto:editor.calligas@gmail.com) or Laura at [laura.mclemore@lsus.edu](mailto:laura.mclemore@lsus.edu). Photos courtesy of Northwest Louisiana Archives at LSU Shreveport.



All of these images are from Grabill Studios, which was active in Shreveport from 1919 through the 1980s. Burch Grabill and his son Bill chronicled the development of Shreveport commercially, and socially for eight decades by means of city and river aerials, streets, homes, portraits of individuals, industry and organizations.



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- Misuse of alcohol or medications
- Disorientation
- Numerous unexplained physical ailments
- Difficulties coping with daily living
- Excessive fears, anxieties or suspiciousness



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## “Law Enforcement can do a better job of protecting our communities with Judge Cox on the Second Circuit.”

Gary Sexton, Sheriff of Webster Parish

Because of his law and order record, Judge Jeff Cox has been re-elected twice, without opposition, as a District Judge for Bossier and Webster Parishes. He has accepted the challenge to address the law enforcement issues of criminals being released from jail, felony sentences being reversed and other important issues.

### Firm but Fair Record

Judge Jeff Cox has earned a reputation of being firm but fair in ruling on some 36,000 cases. Cox is the only candidate in this race with courtroom experience as a prosecutor and a district judge.

### Law Enforcement and Legal Instructor

Whether training cadets at the Bossier Sheriff’s Training Academy or teaching legal concepts to lawyers for their Continued Legal Education requirements, Judge Cox adheres to the strict interpretation of the U.S. Constitution and Louisiana law.

### Community Service Record

An active member in the community, Judge Cox has been a long time member of the Shreveport-Bossier Military Affairs Council. He has served as President and

a Board Member for the Caddo Council on Aging RSVP Program and Second Vice-President, Secretary and Board Member of the Bossier Council on Aging.

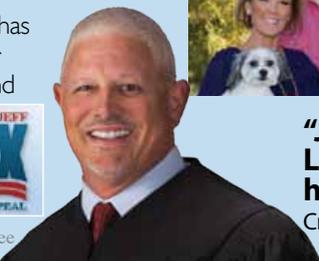
Cox has served on the Board of Directors for the Volunteers for Youth Justice and served as Bossier District Chairman for the Norwela Council of the Boy Scouts of America.

### Supporter of Second Amendment Rights

Cox is a member of the NRA, Ducks Unlimited, National Turkey Federation, Ark LaTex Gun Collectors, Delta Water Fowl and Bassmasters.

### Faith and Family

Judge Cox, originally from Webster Parish, raised his family in Bossier Parish. He and his wife Susan have two children, Gabrielle and Stephen, who are students at Louisiana Tech University. He currently serves as a deacon at First Baptist Church of Bossier City and teaches an Adult Co-Ed Sunday School Class.



**“Judge Cox has earned the support of Law Enforcement because we can trust him to keep criminals behind bars.”**

Cranford Jordan, Sheriff of Winn Parish

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**Seniors' Asset & Family  
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# Clearing up the Confusion

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*For more than 20 years Steve and Blake Rainey have been showing people that they do not have to lose their life's savings in the event that they or a spouse goes into a long-term care facility. The testimonial below is from someone with experience in the nursing home industry.*



*Lani Arnold*

Lani Arnold retired as Admissions Director for a long term care facility after 20 plus years in the business where she witnessed first-hand the financial and emotional devastation when a loved one is admitted to a nursing home.

"I listened to spouse's fears of not having enough money to live on while paying for a nursing home and how these couples had saved all their lives for retirement with hopes of leaving their children an inheritance," Lani says. These situations led Lani to investigate how she could help people protect their assets when a loved one went into a nursing home.

"I attended a S.A.F.E. Planning seminar and I talked with families who had used S.A.F.E. Planning's services to see if they were happy with the outcome," Lani explains. "I also visited with both Steve and Blake Rainey on numerous occasions to make sure they too had a passion for the elderly. I needed to be sure their concern was more about people than profit. I called the Medicaid office and spoke to my case manager and made sure everything that the Rainey's had told me was legal and above board. I had to feel comfortable referring S.A.F.E. Planning to my client-families because my reputation was on the line too."

"I don't recommend a service that I have not investigated and know it is a safe and secure company. Senior adults need protection. They deserve protection. They have earned that right. I can honestly say Steve and Blake Rainey, along with Ric Cochran, have their clients' best interests at heart. I've witnessed these guys go above and beyond for families, and I highly recommend their services. They will walk the family through the Medicaid process and fill out all the lengthy forms. They will fight for your rights and protect as much of your assets as legally possible."

Lani and her husband, Larry, attend Calvary Baptist Church in Shreveport, LA.

# 12 SIGNS THAT EVERYTHING IS NOT FINE – & WHAT TO DO



Parents do a great job reassuring children that everything is fine- and even adult children want to believe them. Stop fooling yourself. Be alert to evidence that things are not OK.

*By Madhusmita Bora*

**C**hildren of aging parents always worry about the wellbeing of their guardians. As our parents head toward their twilight years, problems such as dementia, Alzheimer's, depression become very common. There's no way of being certain when those diseases might strike, or when one should intervene and assume the role of a complete caregiver.

Most elderly couples like the independence of living by themselves and not being dependent on their offspring.

They often resist efforts to changing their lifestyle or living space. They put up a brave front in front of their children and often are good at masking any worrisome health issues. Although it's nice to give them their freedom, it's also wise to be alert for evidence, which indicate that they might be incapable of independent living.

Here are 12 signs to look for before intervening:

## **1. Appearances**

One of the first signs is when they forget daily routines

such as bathing, brushing or wearing inappropriate clothes. Any of that could indicate depression, dementia or physical illness. If they are stressed and overworked, find out what's going on.

## 2. Home upkeep

If the house is messier than usual, there's dust everywhere, the yard is unkempt, dishes piling up in the sink, it maybe a sign that all isn't well.

## 3. Driving

Look for tell tale signs in the car, said Amy Goyer, AARP expert in aging, multigenerational issues and family caregiving. There might be nicks and dents that tell a story. "It's not OK if your mom gets four speeding tickets in a week," Goyer said. "If they are having trouble backing their car from the driveway and are hitting the mailbox, it could be indicative of visual and cognitive impairment."

## 4. Finances

One of the most important indicators is when people forget to pay their bills. If there's repeated missed payments, and financial discrepancies, it's time to take over. Keep an eye also on mounting credit card debt or overpaid and underpaid bills.

## 5. Vulnerable

If scammers dupe your loved ones, it's a worrying sign. Screen for telemarketing calls and keep track of how they are spending their money.

## 6. Health issues

If there are health issues one after the other and the doctor visits become frequent, it's a good reason to intervene.

## 7. Memory loss

Modest memory loss is common with aging and because of medication side effects. But, if your parents are forgetting simple words while speaking, losing themselves in familiar neighborhood, or

having difficulty following directions, it's time to be concerned. "If they are opening mail in strange places such as the bathroom, and not keeping up with the knitting basket, you might want to figure out what's going on," Goyer, AARP expert in aging, multigenerational issues and family caregiving, said.

## 8. Sudden drop in weight

If your parent or parents are losing weight without effort or sickness, that's a sign. Weight loss could indicate that they probably are not eating well. It could be a sign of waning energy that they are struggling with chores around the kitchen and cooking. It could also indicate a serious health issue such as depression or cancer.

## 9. Unsteady walk

Lookout for unsteady gait, frequent falls or difficulty and reluctance to walk usual distances. It could be indicative of the onset of arthritis, knee issues, muscle weakness or joint pains. If they

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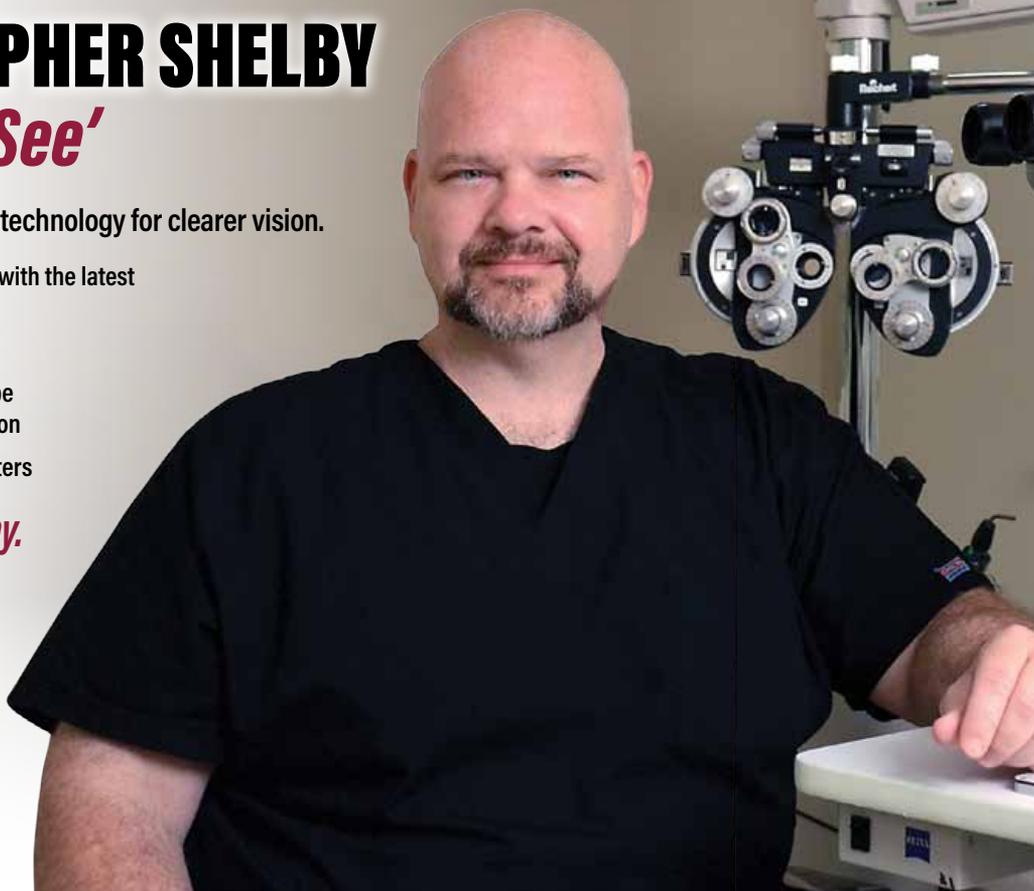
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are unsteady on their feet, you might want to get them an aid such as a cane or walker. Falling can cause major disabilities in older adults.

### 10. How's that mood?

Be receptive to any changes in mood demeanor. If they are sad and anxious without a valid reason, seek help.

### 11. Isolation

Missing social interactions can also be an indicator for a health problem. When older adults are depressed, they stop going to church, hanging out with their friends or attending their bridge club. Keep an eye on their social interactions and activities for any change out of the norm.

### 12. Communication patterns

Be alert for a change in communication patterns. If they are communicating less or more than they used to, it might be a red flag.

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"It all just depends on you and your positive attitude about things," explains Nix. "When somebody tells you that you can't do something, prove them wrong!"

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# How to Avoid Caregiver Burnout

**It's easy to forget to care for yourself when you're caring for someone else. Follow these tips to make sure you can give your best to your loved one.**

By Madhusmita Bora

Caregiving is a fulfilling experience, but it also can be physically, mentally and emotionally daunting. Caregiver burnout is real. The sooner it's recognized and addressed the better it is for the recipient and caretaker. Valuing the Invaluable, a 2015 study on caregiving by AARP, found that more than 55 percent of caregivers felt overwhelmed by the amount of care their family member needs. Caregivers of older adults experience depression, anxiety and greater severity of physical health symptoms such as sleep problems, pain and exhaustion.

"These caregivers are feeling the crunch between work and other responsibilities," said Amy Goyer, AARP family and caregiving expert and author of "Juggling Life, Work and Caregiving" (American Bar Association, 2015). "The average caregiver spends 18 hours per week caring for their loved ones. It's like having another job and they are getting pulled in multiple directions," Goyer says.

She is among 40 million Americans who care for a loved one. She has cared for grandparents and a sister, and is currently taking care of her 92-year-old father, who has Alzheimer's disease and lives with her. She says most caregivers get so immersed, juggling life, work, family and caring for a relative, that they just forget about themselves.

"We take care of ourselves less because we think everyone else is more vulnerable than we are," Goyer says. "We keep going and then we get wiped out."

The burnout problem extends to new mothers, too.

"Newborns need an intensive level of care that's not possible by one person," said Kellie Wicklund, a Philadelphia-based licensed professional counselor for private reproductive health. "And the mother is in such a state of neglect that she starts to go into postpartum depression and anxiety within a couple of weeks of intensively caring for babies."

Some signs of caregiver burnout are: physical fatigue, lack of motivation, lack of identity, substance abuse, detachment from family, lack of sleep, isolation and a surge of negative emotions.

If you have one or more of those symptoms, here are some tips for recharging and self-care:

### Get help

Seek professional counseling. Life coaches and grief counselors can be of immediate help. If you are experiencing extreme sadness and indulging in suicidal thoughts, contact the National Suicide Prevention Lifeline at 1(800)273-8255 or [www.suicidepreventionlifeline.org](http://www.suicidepreventionlifeline.org)

### Start accepting offers of help

Let your friends and extended family help out with the duties. Have someone clean the yard, run to the store or run errands while you spend quality time with the care recipient or by yourself. Goyer says she hires a concierge for a wide variety of tasks so she's freed up to just care for her parents.

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### Be on top of your finances

Work with employment and financial counselors. Explore work from home or part-time and flexible work options. Figure out if you should disclose your caregiving situation with your employer. Often times, bosses are sympathetic and may be OK with you leaving work early to make to that doctor's appointment.

### Form a village

Connect with other caregivers. Sometimes just talking to someone else in a similar situation could help relieve stress or help you gather insight on how to address a problem. You could even share services with another caregiver.

### Build a team

Sometimes family doesn't come forward to help. In that case, get an outside mediator to work out a solu-

tion. Maybe someone respected by the family. Build a pool of people who will step in when you can't.

### Take breaks

It's not selfish – it's practical to set aside a few hours for yourself to go to the movies, go for a drive or just a quick weekend getaway.

"What's important is to find good support and recognize your own suffering," Wicklund says. "Put your own care back on the table, take a planned break,

go to your doctor's appointments or to the gym, and eat and sleep well."

There's also the option of finding full-time or part-time work and hiring someone else for the job.

"Taking care of someone round the clock, day after day, is not for everyone," she said.

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**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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## Preparing to Become a Caregiver

Becoming a caregiver for an aging relative is a profound expression of love. You may find that you will begin to take on many of the responsibilities they might have had while raising you. Like raising a family, being a caretaker can be physically, emotionally and financially challenging but it is also extremely rewarding. It's a responsibility that millions of people take on each year out of love for their families.

Whether you are preparing to care for a parent or another relative, understanding and preparing for the financial implications can help you provide the best care possible.

### START THE DISCUSSION WITH YOUR FAMILY

Whether you think you'll provide direct care, decide to hire a caregiver, or both, you can work with your family members, including the relative in question, to create a plan.

Starting the conversation early can help you all reach conclusions without pressure to make a quick decision. You may want to cover the types of care that are available and learn which your

parent prefers. For example, does he or she want to stay at home for as long as possible or prefer to live in an assisted-living home or elderly community?

You should discuss who'll be responsible for managing personal, financial and medical affairs if your parent can't handle those responsibilities anymore. Beyond making a verbal agreement, a parent can give someone legal authority by signing durable power of attorney agreements, which keep the delegation of decision-making authority intact even if your parent becomes incapacitated. There are two durable powers of attorneys, one for medical-related decisions, and a second for legal, personal and financial decisions.

Your parents might also want to execute a living will, also known as an advance directive. It has instructions for the medical treatments they want, or don't want, if they are unable to communicate.

### DETERMINE WHAT RESOURCES ARE AVAILABLE

Your financial situation may



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depend in part on your parent's finances and the assistance that's available to him or her from outside sources. Creating a list of these resources ahead of time can help you all plan for the future.

- Your parent's finances. Together with your parent, and possibly with the assistance of a financial planner, you can create a list of your parent's current financial assets and future income.

- Government and non-profit programs. Medicare and Veteran Affairs benefits may be available for those that are 65 or older. Medicaid, a joint federal and state program, often provides benefits to those with limited income, although the qualifications and benefits can vary by state. There are also non-profit organizations that provide helpful services to the elderly.

- Family assistance. Whether it's unpaid care or financial assistance, also take into account the family's contribution to your parent's care. Call a family meeting with your parent, siblings and extended family to discuss how you'll take care of each other.

- Professional support. You could hire an outside expert as well. A quick internet search may turn up organizations that specialize in working with families and elderly family members to plan for the future.

After gathering this information, you'll have a better understanding of where the caregiving funds will come from and how they can be used. You may also discover gaps in coverage that you may want to fill in on your own.

## LOOK FOR TAX SAVINGS WHILE PAYING FOR CARE

As an adult child and caregiver, there may be ways to structure an arrangement to improve your parent's, and your own, financial situation.

Working with a tax professional, you may find there are ways to use the tax laws to maximize your parent's money. For example, if your mother has gifted you money, you could then use it to pay for her medical expenses. If you're able to claim the expenses as a deduction, you could put your tax savings back into

her "medical care" fund. You might also be able to claim medical expenses you paid on behalf of your parent, which could include supplies and at-home caretaking, as an itemized deduction.

## FIND THE BEST SERVICES YOU CAN AFFORD

There are many different types of programs available, and someone might move back and forth from one facility or service to another as their health and preferences change.

- Home care. Non-healthcare related assistance, such as buying groceries, preparing meals, cleaning the home, helping with bathing and other day-to-day tasks.

- Home health care. At-home health-related support, including services from a physical therapist, nurse or doctor.

- Assisted living. Assisted living homes are non-healthcare providing facilities that may provide supervision, a social environment and personal care services.

- Skilled nursing home. A care facility designed to deliver nursing or rehabilitation services.

Your parent's location can impact which option makes the most sense, and you can research and discuss the pros and cons of your parent moving. For example, some states have Medicaid waiver programs that allow Medicaid recipients to receive care in their home or community rather than in a nursing home or long-term care facility. Also, a parent that lives near or with a relative might only require part-time outside care.

*Bottom line:* As you prepare to take care of aging parents, work with them to understand their wishes, needs and financial situation. Together you can explore the family's ability to provide physical and financial support and learn about the help available from government, non-profit or other programs.

*Nathaniel Sillin directs Visa's financial education programs. Follow Practical Money Skills on Twitter: [www.twitter.com/PracticalMoney](http://www.twitter.com/PracticalMoney).*



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## Do I Have to Serve on a Jury?

**D**uring the last few weeks, we have been having jury trials at our courthouse. Numerous people have been calling or writing letters trying to get out of jury duty. Each day the judges have to turn down numerous requests.

As judges, we know that you have to work. We know that you have families to care for whether it is young children or elderly parents. We know that the economy is tough and that you must work. We understand the difficulties of life that face each family.

We, as judges, also have families. We have children that require us to be at home. We have basketball games and softball games. We have spouses that need our help. We do understand the difficulties of life faced by each person although we are not in your situation.

But, as I have stated in previous articles, our United States Constitution guarantees persons who are charged with certain crimes the right to a jury of their peers. This means you. If you are not here, then the accused does not get a fair trial which will cause all types of problems for the courts in the future and ultimately costs you more as a taxpayer.

Why do you have to serve as a juror? The United States Constitution requires it.

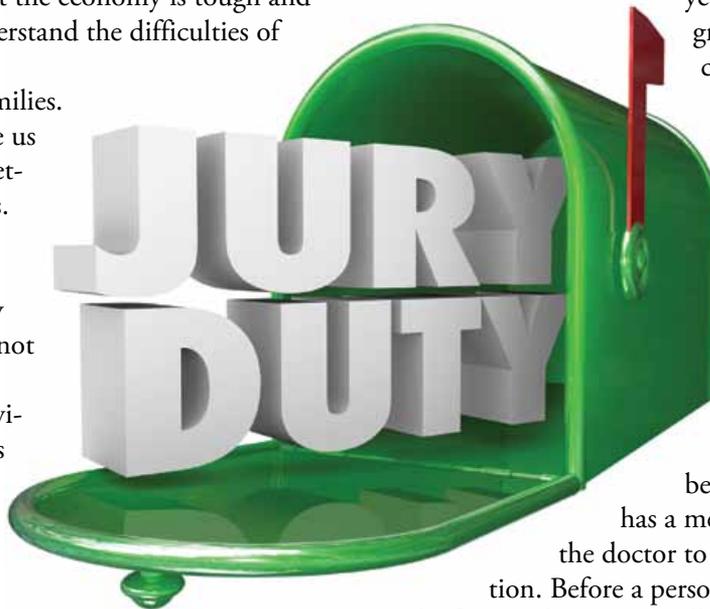
What problems can be caused? If the judges excuse persons from jury duty without valid excuses, the defense attorneys representing the criminal defendants may be able to challenge that the accused did not receive a fair trial due to the fact that a cross section of the parish was not represented.

At the trial court level, we are seeing cases that are years old being brought back for new trials on things that happened years earlier. When new trials are granted on years old matters, the court system is heavily burdened.

Not only must witnesses be relocated, if they are still alive, but evidence must be located, if it is available. Numerous hours have to be spent retrying an old case which costs the taxpayers of the parish thousands of dollars.

In order to avoid this situation, the judges are being more stringent in allowing a person to be excused from jury duty. If a person has a medical condition, we are requiring the doctor to write a note explaining the condition. Before a person will be excused from jury duty in the future, the person will have to document why they wish to be excused so that the excuse can be filed into the record of the court. This protects the court system and makes sure that the taxpayer is not burdened for the cost of another trial.

*Judge Jeff Cox is the 26th Judicial Court Judge for Bossier/Webster Parishes, Division C.*



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law. The Louisiana law makes it a crime (punishable by up to 6 months in jail!) for a voter “to allow his ballot to be seen with an apparent intention of letting it be known that he is about to vote.” (Fortunately there is an exception for handicapped voters who need help casting their ballots.)

Why do some states have laws like these? Apparently, vote buying used to be a big problem. Some people are scared that it could come back because cell phones with cameras could make it very easy for a voter to “take a photo of a marked ballot to prove he or she cast the right vote in order to get the payday.” Voter intimidation also used to be a problem. People with cameras would go to polling places and take pictures in an attempt to intimidate certain voters from going in to vote.

But what about our right to free speech? We can tell whoever we want how we voted. So why can't we show whoever we want a picture of how we voted? Isn't this law a free speech violation? Cliff sure thought so. That's why he sued the Attorney General: he wanted to stop any criminal prosecution from being brought against him by having the law declared unconstitutional. (Although I've changed some of the details, this column is based on a real-life ongoing case.) In August 2015, the Judge agreed with Cliff: a law that made ballot selfies illegal was an unconstitutional violation of free speech.

Before the law was stricken from the books, the Attorney General appealed. Now, over a year later, the Appellate Court in Boston has made its ruling. After weighing “ballot selfies, a powerful form of political free speech” versus “the purity and integrity of our election,” the Appellate Judges said if vote buying was actually going on, then maybe a law like this would be necessary, but the Attorney General had no evidence that ballot selfies had actually encouraged vote buying or voter intimidation. Further, POSSIBLE vote buying schemes or POSSIBLE voter intimidation just isn't enough to infringe on free speech. So the Appellate Court declared the law unconstitutional.

The Attorney General is now considering appealing to the United States Supreme Court. How would you decide?

My advice? Vote, but leave your cell phone at home.

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

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## This is How You Feed Your Brain



The biggest fear that older people face is Alzheimer's disease, where memory and cognition begin to fade. I recently reviewed a client's list of medications and he was taking two drugs to preserve brain function, Aricept and Namenda. These drugs are useful to some degree, but I feel that there are foods, spices and herbs in your own kitchen that go a long way to preserve cognitive function, stabilize mood and lower levels of anxiety.

I absolutely love spices that heal, so much so that I have a free ebook "Spices that Heal" which you can download right now at my website [suzcohen.com](http://suzcohen.com). This ebook talks about spices that heal all kinds of conditions. Now, here is how you properly feed your brain:

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**SPRINKLE MY RECIPE FOR BRAINPOWER SEASON SALT.** Mix together the following six (6) seasonings in equal amounts and put into an empty salt shaker. Sprinkle as desired: Rosemary, powdered gotu kola (get from an apothecary), himalayan salt, onion

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**DRINK JUICE.** We all think of antioxidants as a dietary supplement, like Vitamin C, for example. Citrus juice is a great source of natural vitamin C so a few ounces of orange juice would provide natural C which helps you make dopamine, serotonin and other neurotransmitters that a healthy brain requires.

**EAT FOLIAGE.** By foilage, I mean salads and greens to give you folate, the natural form of the synthetic vitamin "folic acid." Leafy greens like kale, spinach, broccoli, Swiss chard and lettuce have a lot of folate. Greens also provide powerful antioxidants so eat something green every day. I recommend you cook cruciferous vegetables in order to reduce goitrogens. Obviously you don't cook the lettuce.

**SAY "YES" WHEN THEY OFFER BLACK PEPPER.** The servers will often ask if you want black pepper on your salad at restaurants. Say yes next time because piperine, the primary component of black pepper slows the breakdown of serotonin and raises other feel-good endorphins. Studies are ongoing for black pepper's role in Alzheimer's and Parkinson's disease.

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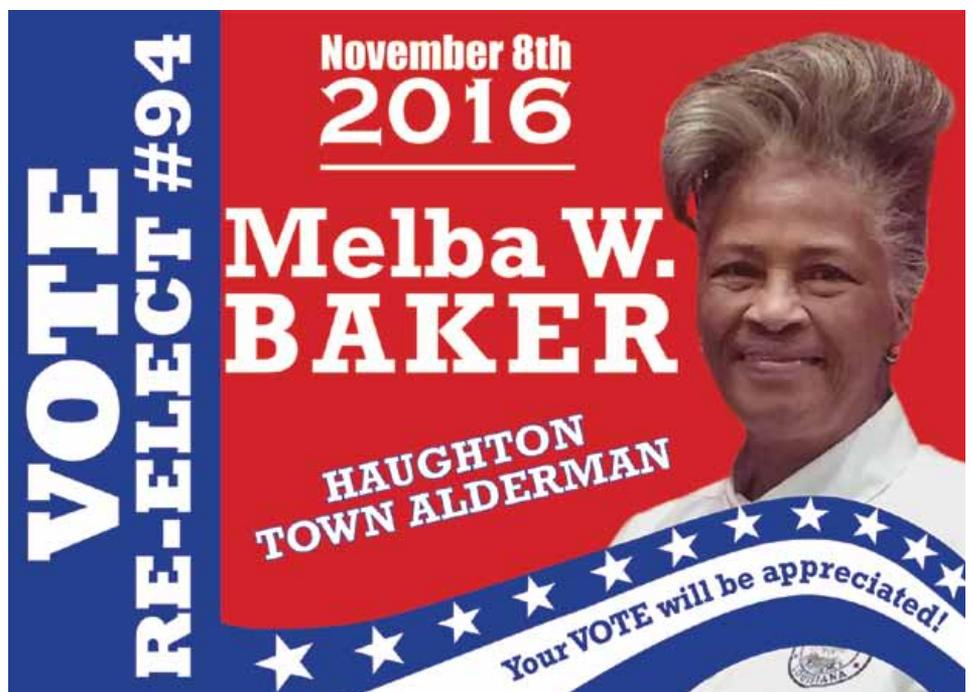


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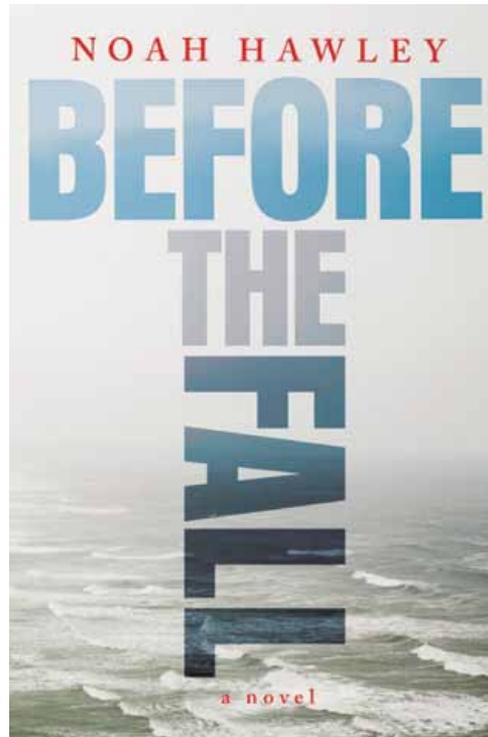


## Review of *Before the Fall*

*Before the Fall* by Noah Hawley is, at its most basic level, the story of a private plane crash and its two survivors. But what seems like a devastating tragedy quickly escalates into a whodunit, as the “why” of the crash is drawn into the focus of the story.

In order to understand why anyone would want to crash that specific flight, the book tells the back stories of each person on board, including the flight crew, splicing them with the frenzied hunt for answers after the plane crash.

As the book unfolds, it quickly becomes evident that one person on board the flight was involved with something illegal and another, as the abundantly wealthy head of a



controversial news station, was often the target of extremely angry and often insane individuals. Together all of their stories build a spider web of connections that form more intrigue and suspense.

And the stories of the two survivors after the crash are equally as fascinating and fast paced as those before the fall. In the great hunt to discover why the plane crashed rushes forward, the hero begins to become a source of suspicion, heightened by the discovery his incredibly realistic artwork of “disaster scenes,” an over ambitious FBI agent and the ravenous media.

But perhaps one of the most intriguing parts of *Before the Fall*, is the examination of the 24 hours

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news channels, and the transformation of journalism from non-biased response reporting to stations who create their own biased news for ratings. It's a dive into the ethics of uncovering a story, and stringing together unrelated facts to create sensationalism. Words are taken out of context, information is obtained illegally and unethically, and interviews are spun to create scandal and draw more viewers. The news station in this book takes on a life of its own, becoming one of the essential players in rousing suspicion and creating instant celebrities out of the survivors.

The pace of uncovering the mystery of the plane crash was set just right. Between detectives unearthing the parts of the plane and piecing together the evidence and the revelations of deceased characters' actions, the book held my attention like the 24-hour news station and its viewers at the heart of the story. And like any good mystery, there are red herrings, false leads and intriguing plot twists.

I found this book especially poignant as we enter the final stage of the presidential election and emphasis is being placed more and more on how the media portrays and spins candidates and events.

### Grade: A

*Jessica Rinaudo is an editor and graphic designer who has fostered a love of reading from a very young age. She lives in Shreveport with her husband and four children.*

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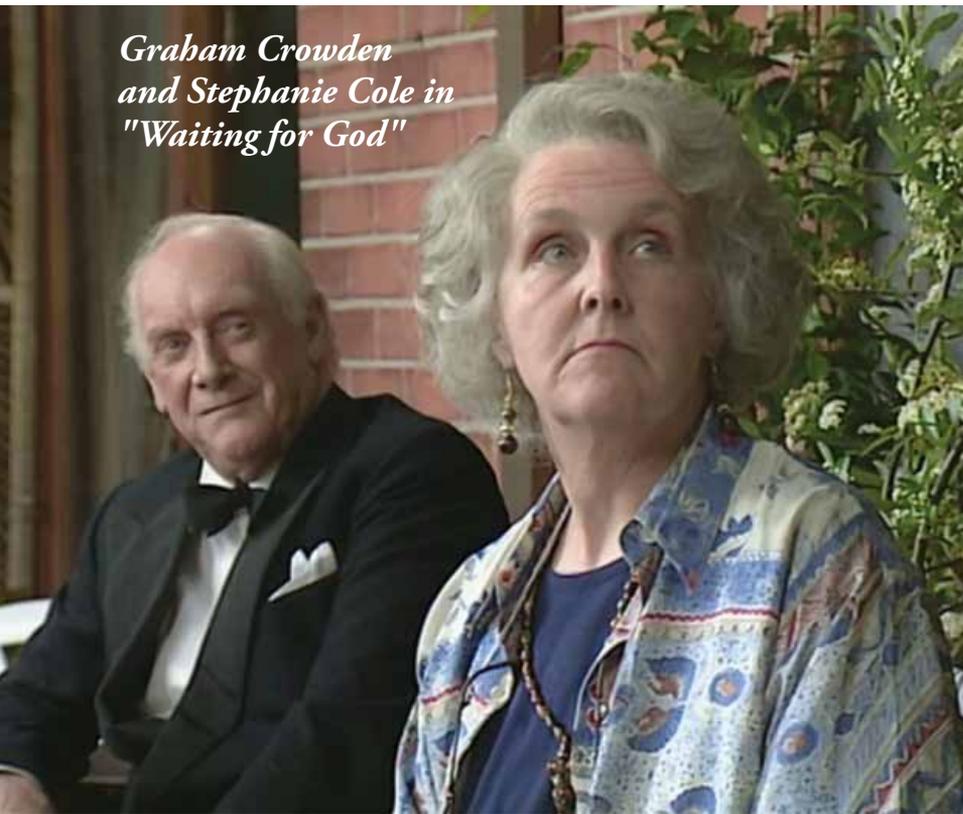
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## One of Britain's Finest: Stephanie Cole

*Graham Crowden and Stephanie Cole in "Waiting for God"*



American audiences were introduced to British actress **Stephanie Cole** when she portrayed grumpy, sharp-witted Diana Trent, a resident of the Bayview Retirement Village in the 90s sitcom "Waiting for God." A decade later, Cole was back on U.S. Public Television playing a more congenial matriarchal character in another popular British comedy import, "Doc Martin."

Turning 75 last month, Ms. Cole's current work schedule might be the envy of many actors.

"I'm in two popular series ('Man Down' and 'Still Open all Hours') and do one in the spring and the other in autumn," said Ms. Cole from her home near Bath, west of London. "That gives me time to fit a play in between."

This year, that summer theatrical diversion was a production of "King Lear" at the Bristol Old Vic Theatre (see [www.bristololdvic.org.uk](http://www.bristololdvic.org.uk)).

"It's their 250th anniversary making it the oldest continually working theatre in the British Isles," explained Cole. "For this year's King Lear production they used third-year students in all the roles except for Lear, Gloucester, and the Fool – I played the Fool! But it was very special for me."

Cole began her career at the Bristol Old Vic Theatre School in the 50s and rubbed shoulders with theater greats such as **Laurence Olivier**. An encounter at a small comedy theater early in her career was especially memorable.

"A gentleman came backstage and wanted to visit someone in the dressing room. I recognized him immediately as **John Gielgud**. I led him to the room and as I raised my

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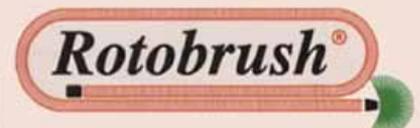
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hand to knock on the door preparing to announce him, I turned and asked 'Who shall I say it is?' He said 'It...it's John Gielgud.' I said 'Yes, yes, of course, I'm sorry' and felt an utter twit, but was so thrilled to be face to face with such a great actor."

In the early 80s, Cole's big TV break came in "Tenko," a sobering BBC drama that followed the hardships of woman prisoners held in internment

camps after the Japanese invasion of Singapore in 1942.

"When you're seen every week in a very popular series it changes your career," she said.

While "Tenko" is less known in the U.S., it was "Waiting for God" that made Cole a household name to Public Television viewers across the country.

"I laughed when I first read the script and knew I wanted the part," said Cole. "I thought it was wonderful to have two elderly characters in the starring roles. Parts for older actors and actresses are often not interesting or their characters are just there to be made fun of."

Cole became a patron of British Age Concern, an organization that offers support and services to seniors. She also worked with the British Schizophrenia Fellowship, and for all her work was awarded an O.B.E.

"I'm not sure if I made an impact," she said modestly, "but it would be nice if I did."

Beginning in 2004, Cole appeared in the first 4 seasons of "Doc Martin" playing aunt to star **Martin Clunes**. The show was filmed on the beautiful Cornwall coast, but Cole's involvement was bittersweet.

"My husband was ill when we filmed the first series and I signed on with the proviso that if he got worse they would immediately release me," she explained. "Unfortunately he did and I had to rush back home, but sadly he died. So although I worked with wonderful people in a beautiful setting, the show is not something I look back on with particular joy as it was such a sad and difficult personal time for me."

But there was no hint of trepidation surrounding her October birthday, an anniversary she says means less and less.

"After a certain age you don't feel old in your head, although your body might occasionally remind you!" she laughed. "The passage of time, to coin a phrase, is a matter of complete embuggerance as far as I'm concerned."

*Nick Thomas teaches at Auburn University at Montgomery, Ala., and has written features, columns, and interviews for over 600 magazines and newspapers.*

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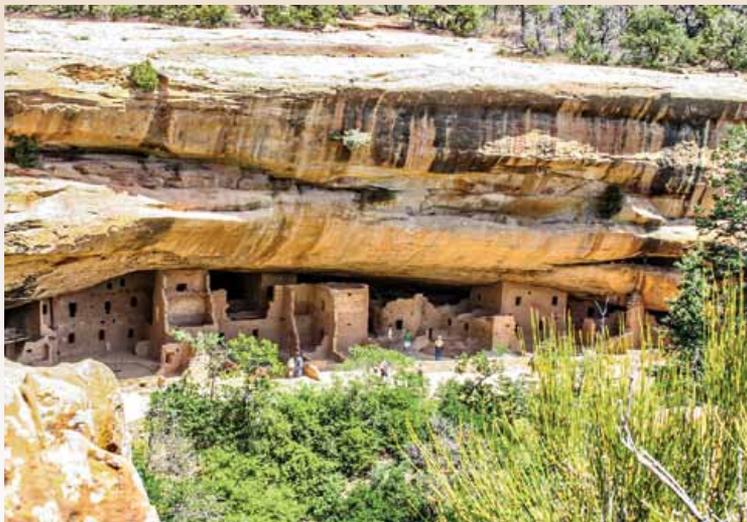


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# Architecture, Archaeology AND Adventure AT MESA VERDE

story by Andrea Gross photos by Irv Green



Cliff Palace is the largest dwelling in Mesa Verde. It contains 150 rooms and once housed approximately 100 people.



Mesa Verde, which means "green table" in Spanish, is between 6,000 and 8,500 feet above sea level.

I take a deep breath, reach for the side rails, and scramble up a ten-rung ladder. There before me is a small city, tucked into a shelf on a canyon wall, protected by a huge overhang. Some of the buildings are circular, like tall towers. Others are rectangular, with sharp, crisp angles; all are made of sandstone bricks and have small, open windows.

I'm in the Cliff Palace at Mesa Verde National Park, one of only 59 places that the United States Congress has declared worthy of this designation. Here in the southwest corner of Colorado, using nothing but rocks and sticks as tools, an ancient people created not only a city, but an entire society. They farmed, prayed, made pottery and wove sandals for approximately 700 years, from roughly 600 to 1300 AD.

There are more than 600 archeological sites at Mesa Verde, ranging in size from small one-room huts to large multi-storied compounds. They are so unusual, so well preserved and awe-inspiring, that in 1906 President

Theodore Roosevelt signed a special Mesa Verde National Park Bill, granting protected status to the 52,000-acre site.

Ten years later the National Park Service was created to oversee the 84 million acres set aside "to preserve unimpaired the natural and cultural resources and values of [this country] for the enjoyment, education, and inspiration of this and future generations," and Mesa Verde

was officially put under the jurisdiction of the new agency.

Today Mesa Verde is the only national park devoted exclusively to archeological remains and one of only fourteen national parks also designated as a World Heritage Centre.

Several of the remains are visible from roadside overlooks; a few can be explored independently; others can only be visited during ranger-led tours. My husband and I begin with a tour through Cliff Palace, Mesa Verde's largest cliff dwelling. We climb uneven steps and ladders, peer into alcoves, look down into kivas (circular structures used for religious, ceremonial or political purposes), and marvel at the architectural skill

**There are MORE THAN 600  
ARCHEOLOGICAL SITES  
AT MESA VERDE, ranging in  
size from small one-room huts to  
large multi-storied compounds.**

as well as the communal structure that existed so many years ago.

The actual walk through Cliff Palace is short, only about ¼ mile round trip, and the steps, though uneven, aren't that steep. But the park is approximately 7,000 feet above sea level, meaning that the air is thin and short walks seem long. For those who are reasonably fit — and who've taken a few days to acclimate themselves to the high elevation — the tour is worth every huff and puff.

After Cliff Palace, we're ready to tackle a more difficult site. A sign at the Visitor Center encourages folks "to begin the day as the Ancestral Pueblo people have for generations." I like the idea of getting into the skin of ancient people and am all ready to sign up for a tour of the Balcony House, when I read that I'll not only have to climb a 32-foot ladder, but I'll also have to crawl through an 18-inch-wide tunnel. It occurs to me that far from getting into the skin of the ancients, my hips might not even get into the tunnel.

I convince my husband to go to Wetherill Mesa instead so we can see Step House on a self-guided exploration that's open to people of all ages — and presumably all hip widths — as long as they can carry ½ gallon of water. This is definitely more my style.

No one knows exactly why the ancient folks left the dwellings they'd so carefully constructed, but for the Pueblo people of the Southwest, who they were is no mystery at all. They claim the cliff dwellers as their ancestors.

Anasazi, the word previously used when referring to



Visitors to Cliff Palace must climb five 8 to 10 foot tall ladders.



The Petroglyph Point Trail on Chapin Mesa takes people on a 2.4 miles round trip hike past prehistoric rock drawing.

the inhabitants of Mesa Verde, is a Navajo word, given to them by those who discovered the deserted dwellings in the 1880s. It means "ancient ones," but it implies, say today's Puebloans, that the ancient ones were ancestors of the Navajo people rather than of the Puebloans.

What's more, the Navajo word for "ancient" can also be translated as "enemy," and today's Pueblo people are understandably reluctant to have their ancestors described not only by a Navajo word but by one that can be interpreted as meaning an enemy.

"That's why we now call the cliff dwellers 'Ancestral Puebloans,'" says a park ranger. "It's a more accurate description of who they were." Point well taken, although personally, I could have found an even better description. "Genius" is the one that immediately comes to mind.

*For an expanded version of this article as well as information on other Colorado attractions, see our companion website: [www.traveltizers.com](http://www.traveltizers.com)*



# BOLD BOOSTS FOR HOLIDAY LEFTOVERS

## FAMILY FEATURES

**T**ransforming that leftover holiday turkey or ham from an ordinary dish you heat up in the microwave or, let go to waste, into an extraordinary meal may be easier than you think. These recipes from Guy Meikle, corporate chef for Mizkan America, Inc., show how easy it is to whip up a new twist on holiday leftovers. Find more recipes and tips at [HollandHouseFlavors.com](http://HollandHouseFlavors.com).

## Family Barbecue Turkey Mini Flatbread *(Servings: 4)*

2 cups Marsala cooking wine  
 ½ cup barbecue sauce  
 1½ cups roasted turkey, large diced  
 1 tablespoon olive oil  
 2 tablespoons yellow onion, small diced  
 1 cup zucchini, large diced  
 ½ teaspoon garlic salt  
 1 tablespoon grated Parmesan cheese

1 cup smoked Gouda cheese, shredded  
 1 cup fontina cheese, shredded  
 2 flatbreads (approximately 8 inches each)  
 2 teaspoons cilantro, chopped  
 Heat oven to 400 F.  
 In small saucepan, reduce cooking wine to about ½ cup. Mix with barbecue

sauce. Toss diced turkey with about 1 tablespoon of sauce and set the entire mixture aside.

Heat oil and saute onion and zucchini about 3 minutes over high heat. Season with garlic salt and remove from heat; mix in Parmesan cheese. Set aside.

In small bowl, mix Gouda and fontina cheeses together

and set aside.

Spread each flatbread with an even layer of barbecue sauce. Top each with 1 cup cheese and half the zucchini and turkey mixtures.

Bake 10 minutes.

Garnish with chopped cilantro then cut flatbreads in half to serve.

# Turkey and Caramelized Onion Jam Stuffed Empanadas



*Servings: 15*  
 2 tablespoons butter  
 1 cup turkey, diced into ½-inch cubes  
 2 tablespoons dried figs, diced into ½-inch cubes  
 1 cup button mushrooms, minced  
 3 tablespoons caramelized onions  
 2 tablespoons Marsala cooking wine  
 salt, to taste  
 pepper, to taste  
**Empanada Dough** (recipe below)  
 1 egg, beaten  
**Cranberry Dipping Sauce** (recipe below)

Heat oven to 350 F.

In pan, heat butter; add turkey, figs, mushrooms and caramelized onions.

Deglaze pan with cooking wine; season with salt and pepper, and cool.

Roll out empanada dough 1/8- to ¼-inch thick and cut into 15 3-inch circles.

Brush egg on entire disc of dough, eliminating any air bubbles, and place 1 tablespoon filling in center of each circle.

Fold dough in half and crimp with fork; prick top with toothpick to let steam out.

Place empanada on greased sheet tray and brush with remaining egg; bake 15 minutes until golden brown.

Place on plate and serve with Cranberry Dipping Sauce.

### **Empanada Dough:**

2¼ cups all-purpose flour    1 egg  
 1½ teaspoons salt            ⅓ cup ice water  
 4 ounces butter               1 tablespoon apple cider vinegar

Sift flour and salt.

Cut butter into small cubes and blend into flour.

Whisk together egg, ice water and vinegar.

Add egg mixture to flour and mix until just incorporated.

On table, knead dough; wrap and chill 1 hour.

### **Cranberry Orange Marsala Dipping Sauce:**

1½ cups whole cranberry sauce  
 2 tablespoons whole unpeeled orange, finely chopped  
 3 tablespoons Marsala cooking wine  
 Mix all ingredients thoroughly.

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- Thursday Nov. 10. 10:00 a.m. "Be Remembered" by Charles Hartman
- Thursday Nov. 17. 10:00 a.m. "Non-Prescription Treatment Of Arthritis" by Valerie Scott
- Friday Nov. 4, 11, 18. 10:00 a.m. Senior Tech Talk. Introduction to Laptops, tablets and smart phones
- Nov. 24 & 25 - closed

### CONCERTS

**A Tribute to Ella Fitzgerald** - Shreveport Symphony Orchestra. Saturday, November 19 at 7:30 PM. RiverView Theater, 600 Clyde Fant Pkwy, Shreveport. Featuring Carmen Bradford, one of today's greatest jazz vocalists. \$19 - \$59. For tickets call 227-TUNE (8863) or visit [www.shreveportsymphony.com](http://www.shreveportsymphony.com).

**Live and Let Die** - Tribute to the music of Paul McCartney. Friday, November 18 at 8:00 PM at the Strand The-

atre, 619 Louisiana Avenue, downtown Shreveport. Featuring a four-piece band led by veteran of the Broadway hit, *Beatlemania*, Tony Kishman. \$39.50, \$32.50, \$20.50. For tickets 318-226-8555 or [www.thestrandtheatre.com](http://www.thestrandtheatre.com).

**Red River Ringers Handbell Group** - Christmas concert. Saturday, December 3 at 2:30 p.m. at Live Oak, 600 Flournoy Lucas, Shreveport. **FREE** and open to the public.

### EVENTS

**4th Annual Family Caregivers' Celebration** - Saturday, November 5, from 9 am to 1:30 pm at Virginia College, 2950 E. Texas St. Ste. C (Pierre Bossier Mall), Bossier City. For family caregivers and interested persons. Featuring caregiver info, speakers, drawings, and refreshments. Hosted by Bonita Bandaries, author of caregiver books. From 9 to 10 am Gary Calligas will be hosting *The Best of Times Radio Hour* live from the event. For info, call 318-402-5618. **FREE.**

**Christmas in the Sky** - Saturday December 10 at Harrah's Louisiana Downs in Bossier City. 7 PM - 3 AM. Benefit-

ing Shreveport Regional Arts Council. Live and silent auction, cocktail buffets, open bars, entertainment, and dancing. Tickets are \$280 each. For tickets call 673-6500.

**Les Boutiques de Noel** - Thursday, Nov. 17, 9 AM to 6 PM; Friday Nov. 18, 10 AM to 9 PM; Saturday, Nov. 19, 10 AM to 5 PM. Bossier Civic Center, 620 Benton Road, Bossier City. The areas signature holiday shopping event featuring a variety of holiday gifts and decorations. All proceeds are dedicated to the Shreveport Opera. \$10; Seniors \$5.

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- Tuesday Nov. 1 - 10:00 AM at Mami Hicks SPAR, 200 Mayfair.
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- Thursday Nov. 3- 10:30 AM at Martin Luther King Community Center, 1341 Russell Rd
- Thursday Nov. 3 - 10:00 AM at Lakeside SPAR, 2200 Milam St.
- Wednesday Nov. 9 - 10:00 AM at Airport Park SPAR, 6500 Kennedy Dr.
- Monday Nov. 14 - 10:00 AM at Southern Hills SPAR, 1002 Bert Kouns
- Thursday Nov. 17 at 6:00 PM at

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**Rockets Over the Red Fireworks Festival** - Saturday, Nov. 26. Festivities begin at 2 p.m. with live music and a parade on Commerce Street in downtown Shreveport. At 6:45 p.m., giant, lighted Christmas trees will be lit in downtown Shreveport and at Louisiana Boardwalk Outlets in Bossier City, followed by a 20 minute fireworks show set to music. Both viewing areas will offer live entertainment, kids' activities, food vendors and arts and crafts booths. Rainout date will be Sunday, Nov. 27. **FREE.**

**WAM (Wine, Art, & Music)** - Presented by Bossier Arts Council, Boomtown Casino, and Eagle Distributing. Wednesday, November 9 from 5:30 pm - 8:00 pm in 1800 Prime Steakhouse in Boomtown Casino in Bossier City. This quarterly event features wine tastings, food pairings, live music and the artwork of Carola Nix. \$25 per person.

**THEATRE**

**The Miracle Worker** - November 3, 4, 5, 11, and 12 at 7:30 pm. November 6 and 13 at 2:00 pm. Shreveport Little Theatre, 812 Margaret Place, Shreveport. Set in 1880s Alabama, the true American classic story of Annie Sullivan and her student, blind, deaf, and mute Helen Keller. Adults \$20; seniors \$18. For tickets call 318-424-4439 or visit [www.shreveportlittletheatre.com](http://www.shreveportlittletheatre.com)



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# The Best of Times Crossword

Puzzle answers on page 42.



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### Across

- 1 Joint problem
- 5 Water conduits
- 10 Butts
- 14 Wagon part
- 15 Santa's reindeer, e.g.
- 16 Falco of "The Sopranos"
- 17 Ivy League team
- 18 Greek letter
- 19 Waistcoat
- 20 Grabs
- 22 They might be potted
- 24 Survey choice
- 25 Big loser's nickname?
- 26 Drink of the gods
- 30 Church adornments
- 34 Airfield part
- 35 Eye drops

- 36 Biblical judge
- 37 Lampblack
- 38 Formal orders
- 39 Horse course
- 40 Brouhaha
- 41 Steak \_\_\_\_
- 42 Out of gas
- 43 Clemency
- 45 Swift
- 46 Stuffing ingredient
- 47 Hit the slopes
- 48 Toils
- 51 Venomous ocean menace
- 56 Riyadh native
- 57 Corolla part
- 59 French bread
- 60 Bubbly drink
- 61 Bikini, for one
- 62 De novo
- 63 Water pitcher
- 64 Scruffs
- 65 Estate starter

### Down

- 1 Empty spaces
- 2 Big bovines
- 3 Forearm bone
- 4 It may be pitched
- 5 Before goose or hen
- 6 Has a yen
- 7 Suffix with social
- 8 After-tax amount
- 9 Paper fasteners
- 10 Overhaul
- 11 Gulf port
- 12 Spray
- 13 Match parts
- 21 Shade of blue
- 23 Prevaricates
- 25 Utter
- 26 Twangy, as a voice
- 27 Lyric poem
- 28 Sing softly
- 29 Diaper wearer
- 30 Paris bisector

- 31 Embankment
- 32 African antelope
- 33 River bottom, at times
- 35 Vestige
- 38 Eagle's measurement
- 39 Reveal, in poetry
- 41 Expensive
- 42 Washer cycle
- 44 Meteorologist's line
- 45 Special abilities
- 47 Timeworn
- 48 Delicate fabric
- 49 Lined up
- 50 Cotton unit
- 51 Organ knob
- 52 Equipment
- 53 Mysterious letter
- 54 Atlas stat
- 55 Cry of pain
- 58 Capt.'s guess

# Sudoku *(Answers on page 42)*

Each row, column and box must contain the numbers 1 to 9.

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

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# World Lakes *(Answers on page 42)*

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

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- |           |          |            |
|-----------|----------|------------|
| Baikal    | Erie     | Louise     |
| Chad      | Flathead | Lucerne    |
| Champlain | Geneva   | Mead       |
| Constance | George   | Michigan   |
| Crater    | Huron    | Minnetonka |
| Donner    | Lomond   | Ness       |

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*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 19.

*My father is taking many prescription medications and is about to be admitted to a nursing home for rehab care from hip surgery. How will he get prescriptions refilled and will Medicare cover them?*

The hospital's discharging physician will write orders for medications. Generally, the nursing home's primary pharmacy will dispense the meds and they will be delivered to the center the same day. As to cost, if your father admits under Medicare Part A, the medications are paid for by the nursing center. If he admits as private pay, either your father or his prescription drug plan will be billed for the costs. If he is eligible for Medicaid and has been awarded benefits, the pharmacy will bill Medicaid for reimbursement.



**Vicki Ott**  
Highland Place  
1736 Irving Place  
Shreveport, LA 71101  
(318) 221-1983  
See our ad on page 48.

*My mother is in her 70s and over the past few months has had extremely dry eyes. We are concerned that she is over-medicating with over-the-counter eye drops. What could suddenly cause dry eyes and should she see an eye doctor before it gets worse?*

Dry eye syndrome is very common among the elderly. It generally develops and worsens over time. There are some diseases and medications that cause dry eyes. Over-the-counter medications are fine to use up to 4 times a day. If your mother is having to use tears more than 4 times a day she needs to see an Ophthalmologist. There are treatments to relieve the symptoms and restore ocular health. Call today at (318) 212-3937 to find out more.



**Chris Shelby, MD**  
Pierremont Eye Institute  
7607 Youree Dr.  
Shreveport, LA 71105  
318-212-3937;  
[www.ShelbyEye.com](http://www.ShelbyEye.com)  
See our ad on page 16.

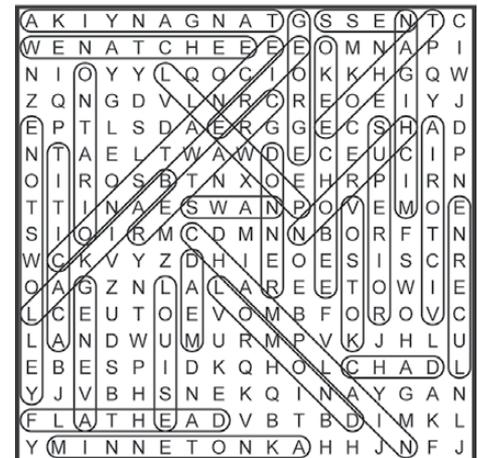
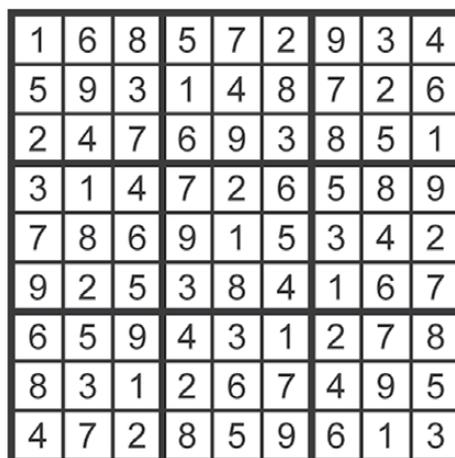
*My shoulder hurts. Should I play through the pain?*

Over 12 million people visit a doctor's office for a shoulder problem annually. Athletes are particularly prone to shoulder injuries due to repetitive, cumulative stress/injuries. Injuries occur during sports, as well as every day home and work activities. Most shoulder problems involve muscles, tendons, and/or ligaments and can be treated effectively with exercises, medications, physical therapy, etc. Steady pain, limitation of motion, difficulties with work activities of daily living or difficulty with sleep should alert you to seek an orthopedic surgeon for help in diagnosing and treating your shoulder pain.



**John J. Ferrell, M.D.**  
Mid South Orthopaedics  
7925 Youree Drive;  
Suite 210  
Shreveport, LA 71105  
(318) 424-3400

Puzzles on pages 40 - 41





# PARTING SHOTS

**The adult Sunday School Class** of First United Methodist Church of Shreveport was hosted to a Fall festival at Johnny and Dianne Brock's ranch located in east Texas.



(Left to Right) Jan Moss and Jean Fouts



Johnny Brock with Betty Vaughan



Left to Right front: Johnette Barnes, Dianne Brock, pastor Dr. Pat Day. In back: Jim Barnes



**Opal Marshall's 74<sup>th</sup> Birthday** Hat Showcase was held at Word in Action Community Center on September 14.

(Left to Right) Candy Welch, Linda Bryant, Latonya Lewis and Opal Marshall.

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**318-294-3081**  
Debbie Grant McGuire

Mention you saw our ad in The Best of Times and receive a 10% discount.

# PARTING SHOTS CONTINUED

**K**rewe of Elders Coronation XIX was held on September 16 at the Knights of Columbus Hall in Bossier City.

Newly crowned 2017 Queen Lawanda Turner and King Rick Turner

Co-Captain Bill Stell and Captain Randy Mobley



Duchess & Duke of Longevity Dianne & Jerry Harmon, and Duchess & Duke of Wisdom Pamela & Michael Brown



Outgoing 2016 Queen Wanda Cunningham and King Charlie Raybine

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\*With purchase of any complete bath or shower system



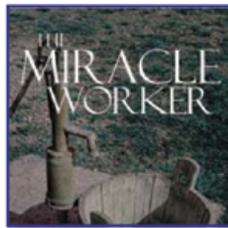
# THE SHREVEPORT LITTLE THEATRE

## 95th SEASON 2016-2017

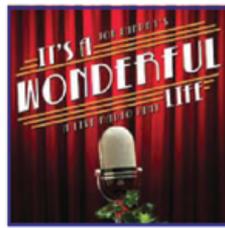
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November 3-13, 2016



December 1-11, 2016



March 2 - 12, 2017



April 20 - 30, 2017

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or online at [www.shreveportlittletheatre.com](http://www.shreveportlittletheatre.com)

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BOSSIER CIVIC CENTER

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9AM - 6PM

FRIDAY, NOVEMBER 18  
10AM - 9PM

SATURDAY, NOVEMBER 19  
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# HOMEGROWN

..... *in Your* .....

## HOMETOWN

**Willis-Knighton proudly supports our community in many ways.**

As the region's leader in healthcare, here are a few numbers to know regarding WK's commitment and benefit to our community.

**7,200**

People employed by Willis-Knighton, making WK the largest non-government employer north of Interstate 10

**627**

Providers forming the region's most comprehensive employed physician network and hospital based physicians

**913 Beds**

Making WK the 27<sup>th</sup> largest hospital by bed count in the United States

**\$3.0 Billion**

Annual gross revenue

**\$2.1 Billion**

Financial impact of WK on our area's economy

**\$120 Million**

Investment in current construction projects

**\$100+ Million**

Funding to LSU School of Medicine for joint community programs and residency training

**#1**

**in Technology**

Unsurpassed technology including the world's first compact proton therapy unit with pencil beam precision

**2,838**

Number of students from 9 area nursing programs trained since the opening of the WK Innovation Center's Virtual Hospital

**10**

Indigent care clinics serving Medicaid and underserved populations in NW Louisiana and SW Arkansas

**\$63.9 Million**

Unreimbursed charity care WK provided in fiscal year 2015

**10%**

Percentage of annual earnings tithed by WK to support local not-for-profit organizations, activities and projects

**However the most important number**

**to Willis-Knighton is 1, YOU!**



WILLIS-KNIGHTON HEALTH SYSTEM [wkhs.com](http://wkhs.com)



# CARING FROM THE HEART



Front Row (L to R): Chasity Ellis, Vicki Ott, Jennifer Cole  
Seated (L to R): Somanya Jackson, Kacee Ferrier  
Back Row (L to R): Angie Hayes, Charlotte McCune, Donnie Flint



*Vicki Ott*, Executive Administrator  
*Angie Hayes*, Assistant Administrator  
*Donnie Flint*, Director of Nursing  
*Charlotte McCune*, Assistant Director of Nursing  
*Kacee Ferrier*, Director of Rehab  
*Chasity Ellis*, DPT/Assistant Rehab Director  
*Jennifer Cole*, Admissions Director  
*Somanya Jackson*, Clinical Liaison

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**Admissions:** (318) 841-8704

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- ♥ One-site Nurse Practitioner
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- ♥ Chemo & Radiation Transportation
- ♥ Transportation to Appointments
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Highland Place welcomes all persons in need of our services without regard to race, age, disability, color, national origin, religion, marital status, gender and will make no determination regarding admissions or discharges based upon these factors. We comply with Section 504 of the Civil Rights Act.