

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**

Live Here
and
Love
It!



Life at The Oaks: Plan it. Live it. Love it!

Senior adults today don't perceive themselves as "old folks" and why should you? You're a game changer, revolutionizing retirement and reinventing the senior living world. Want a residential option that offers opportunities for personal, educational and creative exploration?

The Oaks of Louisiana life plan community gives you that.

- ☞ Eliminate the daily burden of meal planning, home repairs and maintenance
- ☞ Gain peace of mind knowing you have access to health services at all levels
- ☞ Discover comprehensive wellness programs, services and amenities
- ☞ Be part of a safe, secure environment with new friends who share your interests

The Oaks of Louisiana. Consider it your Plan A.

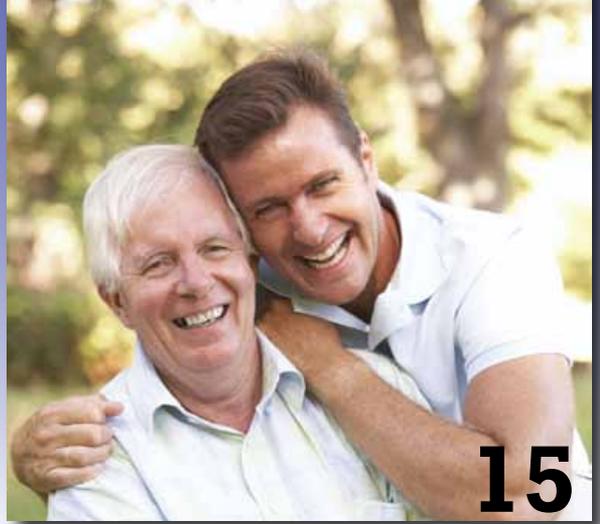
Live here and love it!

**Leasing Office open 9 to 5 weekdays.
After-hours/weekend tours by appointment.**



600 East Flournoy Lucas Road • (318) 212-OAKS (6257) • oaksofla.com • 

November Contents



12 Signs That Everything is Not Fine - & What to Do



In Brief

- 6 **STAT! Medical News & Info**
- 8 **Our Featured 5: Little Known Facts About Thanksgiving**
- 10 **Shreveport Then & Now**
- 12 **Snapshot Sleuth**

Advice

- 22 **Money Matters**
by Nathaniel Sillin
Preparing to Become a Caregiver
- 24 **From the Bench**
by Judge Jeff Cox
Do I Have to Serve on a Jury?
- 26 **Laws of the Land**
by Lee Aronson
I Voted. Want to See?
- 28 **Dear Pharmacist**
by Suzy Cohen, RPh
This Is How You Feed Your Brain

Columns

- 30 **Page by Page**
by Jessica Rinaudo
Review of *Before the Fall*
- 32 **Tinseltown Talks**
by Nick Thomas
One of Britain's Finest: Stephanie Cole
- 34 **Traveltizers**
by Andrea Gross
Architecture, Archaeology and Adventure in Mesa Verde

In Every Issue

- 36 **What's Cooking?**
Bold Boosts for Holiday Leftovers
- 38 **Get Up & Go!**
A Fun November Calendar
- 40 **Our Famous Puzzle Pages**
- 43 **Parting Shots**
Photos of Fabulous Folks



How to Avoid Caregiver Burnout

18

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



ON THE AIR
THE BEST OF TIMES
RADIO HOUR

HOSTED BY
GARY CALLIGAS

Proudly Presented by:

Town & Country
CHRYSLER • DODGE • JEEP • RAM



Broadcasting every Saturday
from 9:05 a.m. to 10:00 a.m.
on News Radio 710 KEEL,
A Townsquare Media radio
station in Shreveport, Louisiana.

November 5 - Take Care of Yourself to Give Care

Guest: Remote broadcast from the 4th 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

Previously aired programs at
www.TheBestOfTimesNews.com

**Caddo Parish
Early Voting
December 10th
Election**



Early voting for the Saturday, December 10th 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 and click on "Am I Registered?" or "What's on my Ballot?"

ERNIE ROBERSON, CERA
Registrar of Voters

The Best of Times
November, 2016

Paid for through your tax dollars by the Caddo Parish Commission.

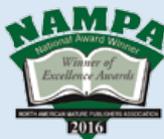
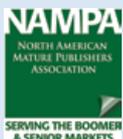
The Best Of Times

Founded in 1992 as *Senior Scene News*
ISSN Library of Congress #1551-4366

A monthly publication from
TBT Multimedia, LLC
P.O. Box 19510
Shreveport, LA 71149
(318) 636-5510

www.TheBestOfTimesNews.com

THE FINE PRINT: All original content published in THE BEST OF TIMES copyright © 2016 by TBT Multimedia, LLC, all rights reserved. Replication, in whole or in part by any means is prohibited without prior written permission from the publisher. Opinions expressed are the sole responsibility of the contributor and do not necessarily reflect those of the publication, TBT Multimedia, its publishers or staff. Always consult properly degreed and licensed professionals when dealing with financial, medical, legal or emotional matters. We cannot accept liability for omissions or errors and cannot be responsible for the claims of advertisers.



November 2016 • Vol. 25, No. 11

Publisher
Gary L. Calligas
Gary.Calligas@gmail.com

Editor
Tina Miaoulis Calligas
Editor.Calligas@gmail.com

Account Executives
Patrick Kirsop
kirsop@sbcglobal.net
Mary Driscoll
Ad.TBT.Mary@gmail.com

Design & Layout
Jessica Rinaudo
Karen Peters

Webmaster
Dr. Jason P. Calligas

Writers
Madhusmita Bora

Contributors:
Lee Aronson,
Suzy Cohen, Judge Jeff Cox,
Irv Green, Andrea Gross,
Jessica Rinaudo,
Nathaniel Sillin, Nick Thomas



Your **LAWN IRRIGATION** specialists
Annual Lawn Irrigation System
Service Agreements

Offering an annual service contract to keep your irrigation system working properly and efficiently

- ✦ Three periodic system inspections
 - ✦ Spring Startup
 - ✦ Midsummer Checkup
 - ✦ Winterization Shutdown

- ✦ Rapid response to irrigation problems

For more information
call (318) 797-6035

9045 East Kings Highway • Shreveport, LA 71115

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.



**WILLIS-KNIGHTON
HEALTH SYSTEM**

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

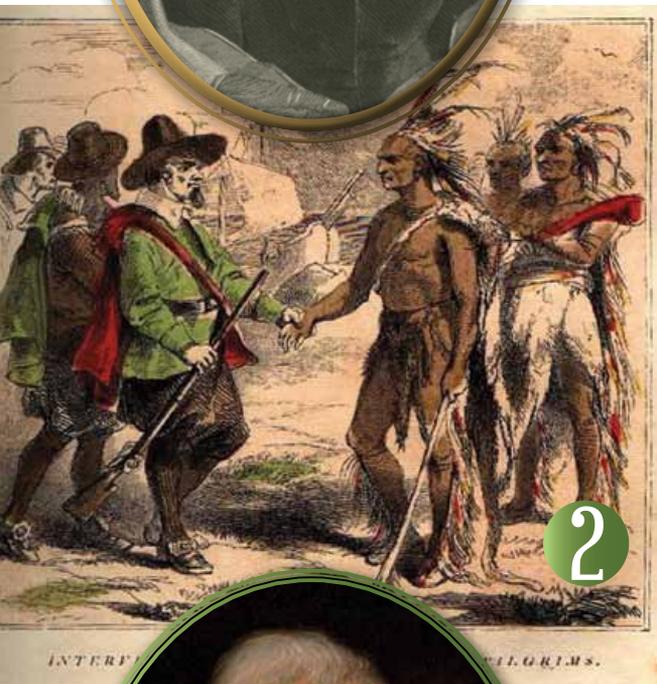
Our Featured **5**

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."



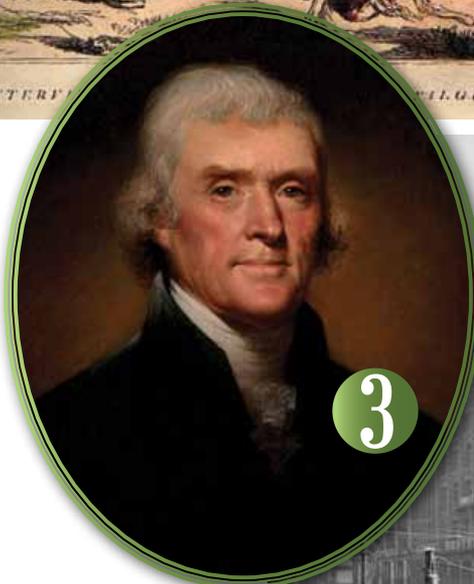
2

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



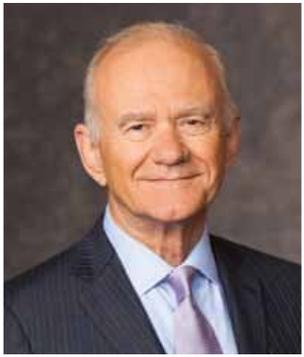
4



5

GILSOUL & ASSOCIATES, LLC

ELDER LAW ATTORNEYS



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.

Temporary address (Moving on Nov. 1):
6425 Youree Dr., Ste. 355, Shreveport, LA 71105

Phone: 318-524-9966

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

Here are legal services they provide:

- Protecting assets from nursing home costs and qualifying for Medicaid
- VA benefits for veterans and their spouses
- Estate planning and trusts to optimize protection for families
- Protection from creditors
- Powers of attorney
- Probate and successions
- Trust and estate litigation
- Social Security disability benefits.

ULTIMATE COMFORT & STYLE

WHEREVER YOU GO.

2016 JEEP CHEROKEE LIMITED

LEATHER-TRIMMED SEATS

PASSIVE ENTRY

W/ KEYLESS ENTER 'N GO™

UCONNECT®

W/ AN 8.4" TOUCHSCREEN W/ VOICE COMMAND

18" POLISHED WHEELS

AUTOMATIC HEADLAMPS

Uconnect® (SiriusXM) Bluetooth®



NOW AVAILABLE AT

HEBERT'S
Town & Country

CHRYSLER • DODGE • JEEP • RAM

UCONNECT® 8.4
WITH VOICE COMMAND



IN THE SHREVEPORT AUTOMALL! HEBERTSTANDC.COM 318-221-9000

Shreveport

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. Photos blended and used with permission by Mike and Mark Mangham of Twin Blends Photography. For more photos visit www.twinblendsphotography.com or 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

Sparks Energy – Many cases of heart failure are actually caused by a lack of CoQ10. CoQ10 sparks energy in every cell of your body including your heart which is your body's largest energy user. Without enough CoQ10, your heart doesn't pump blood as efficiently as it should.

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.



BOUDREAUX'S
SPECIALTY  COMPOUNDING

2551 Greenwood Rd, Suite 110
Shreveport, LA 71103
(318) 631-2005



The Future of Your
Medicare or
Insurance Benefits
May Seem HAZY...

But your vision doesn't have to be.

Right now, there are so many unknowns in medicine.

If you're over 50 or a Medicare recipient, it's tough to predict what will happen to your medical care coverage next year.

Right now is the time to visit Planchard Eye & Laser Center for your cataract screening and take advantage of your current health insurance or Medicare plan.

Right now is the time to call Planchard Eye & Laser Center at **318-230-7083** for your cataract evaluation.



318-230-7083 | www.PlanchardEye.com
Flex Plans, HSAs, Medicare and Most Major Insurances Are Gladly Accepted!



*Gracious hospitality
in a comfortable and
elegant atmosphere*

- 24-hour access to trained friendly associates
- Restaurant-style dining program
- Linen and housekeeping services
- Scheduled transportation
- Assistance with medication and personalized resident service plans
- Specialized services for those with Alzheimer's disease or related memory impairment
- Fun and meaningful activities



Assisted Living and Memory Support Residence

Savannah Grand of Bossier City
4770 Brandon Boulevard, Bossier City, LA 71111

318-549-1001

www.SavannahGrandBossierCity.com

License #2203782248

Signature Community of Senior Living Management Corporation

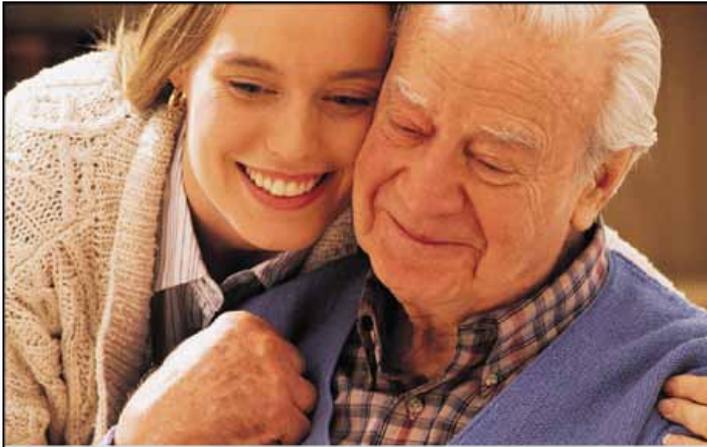
Snapshot SLEUTH

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 or Laura at 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.



Senior Care at Brentwood Hospital

Levels of Care

- Inpatient
- Partial Hospitalization (Day Treatment)
- Outpatient

Call us, we can help!

Brentwood
Senior Care Unit
(318) 678-7500
www.brentwoodbehavioral.com

Warning Signs

That May Indicate the Need for Treatment

- Depression, extreme sadness
- Confused thinking, difficulty concentrating
- Hallucinations; hearing voices
- Misuse of alcohol or medications
- Disorientation
- Numerous unexplained physical ailments
- Difficulties coping with daily living
- Excessive fears, anxieties or suspiciousness



LIBRARY OF VAPOR

Bossier Crossroads Shopping Center
1700 Old Minden Road, Suite 101-C
Bossier City, LA 71111

(318)584-7227

<http://www.libraryofvapor.com>

“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

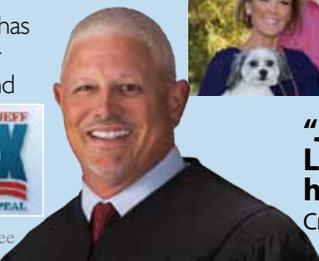
Cox is a member of the NRA, Ducks Unlimited, National Turkey Federation, Ark LaTex Gun Collectors, Delta Water Fowl and Bassmasters.

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

Paid for by the Judge Cox for Court of Appeal Campaign Committee



**Seniors' Asset & Family
Estate Planning**
Providing Financial Protection Programs



Clearing up the Confusion

Don't Lose Everything Paying for Nursing Home Care

If any churches, groups or organizations would like a **FREE workshop**, call our office at (318) 869-3133 to book us. We have information, and we don't mind traveling.

*You may watch our
online videos at
safepanningseminars.net
which are available 24/7.
Download the free
materials, including our
**Risk Assessment
Worksheet.***

S.A.F.E. PLANNING
920 Pierremont Road, Suite 105
Shreveport, Louisiana 71106

(318) 869-3133
www.safepanning.net

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

Children 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

DR. CHRISTOPHER SHELBY

is the man to 'See'

Always incorporating the newest technology for clearer vision.

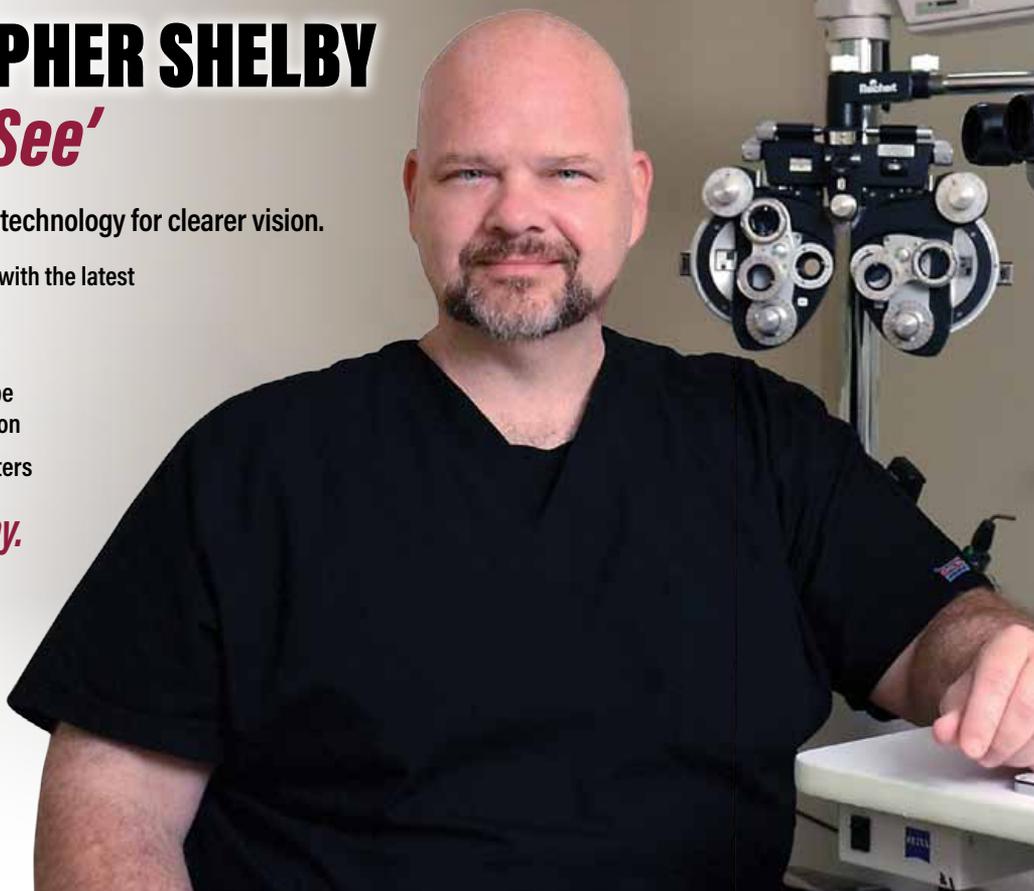
- Laser cataract surgery techniques with the latest in multifocal and toric lens
- I-Stent technology for glaucoma
- The implantable miniature telescope for age related macular degeneration
- Laser treatment for removal of floaters

Trust your eyes to Dr. Shelby.

For more information,
call or go online to:

7607 Youree Drive
(318) 212-EYES (3937)
wkeyeinstitute.com

WKEYE INSTITUTE
PIERREMONT



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.

© CTW Features

ON CALL

Medical Alert Systems

by **Acadian Total Security**
Home | Business | Fleet | Video | Medical



On Call by Acadian Total Security provides help 24 hours a day, 365 days a year from Emergency Medical Dispatch-certified EMTs and paramedics at the touch of a button.

HOME + MOBILE GPS MEDICAL ALERT



No home phone line required.
Protects you at home or while on the go. Service is nationwide.

800.259.1234 | AcadianOnCall.com



Giving the Human Touch

The hours James Nix spends with his grandchildren are perhaps his most cherished time. After all, he almost never got the chance to even see his grandchildren.

Back in 1981, while working for an electric company, James came in contact with some high voltage wires that left him critically injured and seriously burned. Both of his arms were amputated as a result, but with strong determination James has been able to overcome new challenges one day at a time.

"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!"

That same kind of determination drives our practitioners and technicians to keep improving the devices we fit and fabricate. We want to make life a little easier for those we serve. But we also believe that while biomechanics, technology, and mathematical precision play a large part in the services we provide, the true heart of our work is based on the human touch rather than the scientific one.



www.SnellsOnline.com

*Returning Independence to Our Patients
for More than 100 Years*

1833 Line Avenue • Shreveport • (318) 424-4167 • Toll-Free 1-800-219-5273

211 Hall Street • Monroe • (318) 388-3126 • Toll-Free 1-800-685-2268

1404 Jackson Street • Alexandria • (318) 443-6391 • Toll-Free 1-800-289-3260



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 than 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

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.

Regional Hospice CARE GROUP Of N.W. Louisiana

Over 95 years combined Hospice Experience

**TEAMWORK ~ KNOWLEDGE
COMPASSION & EXCELLENCE**

For Information call:

**Shreveport (318) 524-1046
or Minden 382-9396**

8660 Fern Ave., Suite 145
Shreveport, LA 71105

Locally Owned and Operated

"I Prefer Home"



Our experienced caregivers provide the extra care needed to remain in your home.

No minimum hours, no long-term commitment

- Companionship
- Light Housekeeping
- Meal Preparation
- Incidental Transportation
- Post Surgery Recovery
- Medication Administration
- Personal Hygiene Assistance
- Alzheimer's/Parkinson's Care

LA Dept. Health and Hospitals License# 2203781693



318.861.4632

Preferred Care at Home
of Northwest Louisiana
Scott H. Green, Owner
Certified Senior Advisor®



THE MANY FACES OF WATERVIEW COURT



BILL GIDDINGS
Resident since 2013
Bill was married in 1940 and has three children. He has been retired since 1982 and worked for Shreveport City Bus Driving.

"I love the restaurant-style dining and all the items on the menu. There is a nice variety of planned meals that are well-prepared!"

Shreveport's Premier Senior Living Community
2222 E Bert Kouns Industrial Loop
Shreveport, LA 71105
318-524-3300



There's something to satisfy every passion. Become the next "face" of Waterview Court.

www.waterviewcourtseniorliving.com   

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.

© CTW Features

Caregiving is a fulfilling experience, but it also can be physically, mentally and emotionally daunting.



Keith Carter
Owner

Always®
BEST CARE
ABC
SENIOR SERVICES

Home Health, Private Sitters & CNAs

for your Parents or
Grand Parents in their

- Home
- Hospital
- Rehab
- Assisted Living
- Nursing Home

Care that allows seniors to stay HOME!

(318) 424-5300

abc-shreveport.com

- State Licensed
- Fully insured & Bonded
- Covered by workers comp
- Background Checked
- CPR Certified



Insured, Licensed and CPR Certified. VA and Long Term Care Insurance Accepted – In Shreveport/Bossier since 2011 – Christian Values Company

ELDER LAW ATTORNEY KYLE A. MOORE
CALL TODAY TO SCHEDULE AN APPOINTMENT 318-222-2100

AFRAID YOU CAN'T AFFORD TO PAY FOR YOUR LONG-TERM CARE?

WE CAN HELP.

We offer our clients sound legal advice and work with each family to develop an individualized plan to protect their assets from potentially devastating nursing home costs. Whether you are planning for the future or already in the nursing home, we can help. Do not make these difficult decisions alone.

Schedule an appointment with us today.

LONG-TERM CARE PLANNING • MEDICAID/ VETERANS BENEFITS
ESTATE PLANNING • SUCCESSIONS



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.

WEEMS, SCHIMPF, HAINES, LANDRY, SHEM WELL, & MOORE, APLC
912 KINGS HIGHWAY, SHREVEPORT, LA 71104 | WWW.WEEMS-LAW.COM



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



DISCOVER WHAT'S NEW AT SCI-PORT!

Members-Only Preview November 19-20, 2016

Public Opening November 21, 2016

sciport.org/pop

A POP
membership
starts at just
\$130
for a family
of five.



Sci-Port Discovery Center | 318.424.3466 | sciport.org | #DiscoverSciPort | 820 Clyde Fant Parkway Shreveport, LA

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.



CLASSICS WITH A Twist
2016 2017
The Strand

The Nitty Gritty Dirt Band
FRIDAY, SEPTEMBER 9, 2016

NEIL SIMON FESTIVAL'S
Driving Miss Daisy
FRIDAY, OCTOBER 7, 2016

Live And Let Die
A SYMPHONIC TRIBUTE TO
THE MUSIC OF PAUL MCCARTNEY
FRIDAY, NOVEMBER 18, 2016

Fame The Musical
THURSDAY, DECEMBER 1, 2016

Shanghai Acrobats
FRIDAY, DECEMBER 9, 2016

Pippin
FRIDAY, JANUARY 27, 2017

42nd Street
SATURDAY, MARCH 4, 2017

The Black Jacket Symphony
MICHAEL JACKSON'S "THRILLER"
SATURDAY, MARCH 18, 2017

RODGERS & HAMMERSTEIN'S
Cinderella
SUNDAY, JUNE 11, 2017

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



Do I Have to Serve on a Jury?

During 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.

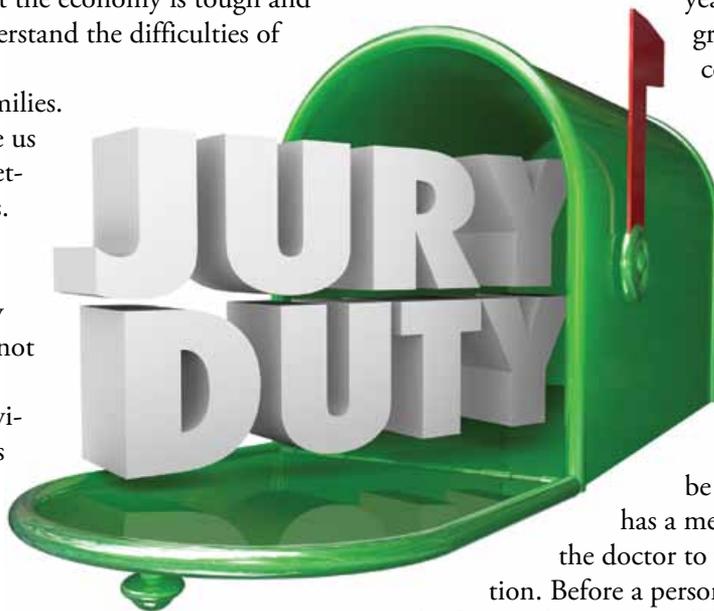
What problems can be caused? If the judges excuse persons from jury duty without valid excuses, the defense attorneys representing the criminal defendants may be able to challenge that the accused did not receive a fair trial due to the fact that a cross section of the parish was not represented.

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.



AZALEA ESTATES

ASSISTED LIVING AND RETIREMENT COMMUNITY

When it's time to make a decision on Assisted and Retirement living, be sure you make the right choice... Consider Azalea Estates.

516 E. Flournoy Lucas Rd.
Shreveport, LA 71115
Call Lorrie Nunley or Tori Self
318-797-2408
www.azaleaestates.com



Voted *BEST* Plumber by *SB Magazine*

Rinchuso's

PLUMBING & HEATING INC.

WITH OVER 50 YEARS OF
CONTINUOUS SERVICE TO
THE INDUSTRY

- Repairs
- Remodeling
- New Construction
- Water Heaters
- High Velocity Water Jetting
- Sewer & Drain Service
- Dishwashers
& Disposals Installed

24 HOUR
EMERGENCY SERVICE

671-1820

607 Mount Zion Rd.
Shreveport, LA 71106



LMP-125
L.A. MECH. CONTRACTOR # 19734



Care with
Compassion



318-222-5711

8720 Quimper Place, Ste. 100
Shreveport, LA 71105

www.lifepathhospicecare.com

We accept Medicare, Medicaid and most
private insurances.

Be Tested For **HEPATITIS C** — Take Charge —

Did you know that people born from 1945-1965 are five times more likely to have Hepatitis C? Most people don't know they are infected and can live with the virus for decades without any symptoms. If left untreated, Hepatitis C can lead to liver damage, liver cancer, and ultimately liver failure.

Take charge of Hepatitis C. Call (318) 631-9121 or visit gis.md to schedule an appointment and get tested!

GIS GASTROINTESTINAL
SPECIALISTS A.M.C.



I Voted. Want to See?



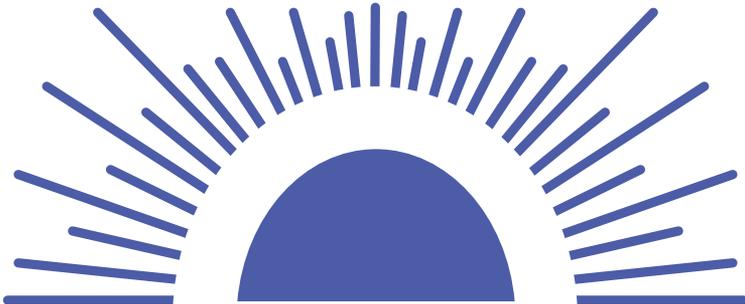
Do you love your cell phone? Cliff Clavin (not his real name) does. He takes his everywhere he goes. To work. To his favorite bar. Even to the bathroom, which I find especially disturbing as almost all cell phones have built in cameras.

Which brings up something I don't get: selfies. Some people get a big kick out of using their cell phones to take pictures of themselves. That's exactly what Cliff had done about 4 years ago, the last time he voted. He took his phone into the voting booth, filled out his ballot and took a picture of it. Then he posted his "ballot selfie" (it's a real thing and that's what they

call it) on Facebook.

The next thing you know, he was sitting around having a beer and his phone rang. It was someone from his state's Attorney General's office who told him that he was under investigation for a crime. At first Cliff thought he was about to be prosecuted for mail fraud (he was a mailman), but it turned out he was being accused of voter fraud. That's because his state has a law that makes it illegal for a voter to show his ballot to someone else "with the intention of disclosing how he plans to vote." According to the Attorney General, Cliff's ballot selfie had done exactly that.

Before you laugh, you should know that Louisiana has a similar

<p>Information and Referral</p> <p>▲</p> <p>Skills Training</p> <p>▲</p> <p>Consumer Center</p> <p>▲</p> <p>Loan Closet – Durable Medical Equipment</p> <p>▲</p> <p>CPR/First Aid</p> <p>▲</p> <p>Employment Services</p>	 <p>NEW HORIZONS INDEPENDENT LIVING CENTER</p> <p><i>Enabling people with disabilities to live independently</i></p> <p>Non-Profit Non-Residential</p> <p>There was a time when people thought "independent living" was limited to "accessible doorways" and "special parking..." but that day is OVER!</p> <p>318-671-8131 1-877-219-7327</p> <p>Website: www.nhilc.org www.Facebook.com/NHILC 1111A Hawn Avenue, Shreveport, Louisiana 71107</p>	<p>Hearing Aids</p> <p>▲</p> <p>American Sign Language Interpreting</p> <p>▲</p> <p>Advocacy</p> <p>▲</p> <p>Peer Support</p> <p>▲</p> <p>Personal Attendant Services</p> <p>▲</p> <p>Telecommunications Access and Equipment</p>
---	--	---

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.

**I STAND FOR GOD,
FAMILY, AND FREEDOM!**

**AS "YOUR" SENATOR I WILL
LEAD THE FIGHT FOR:**

- NATIONAL SECURITY
- EDUCATION
- JOB CREATION
- HEALTHCARE
- VETERAN SUPPORT
- JUDICIAL REFORM

Join us today and **HELP** us put our priorities in order to ensure a better, more prosperous future for our families!

Sincerely,
Beryl

**Beryl
Billiot
for
US Senate**

#1

**You're Retired.
Your Money Isn't.**

To learn why consolidating your retirement accounts to Edward Jones makes sense, contact your Edward Jones financial advisor today.

John L Albritton, AAMS®
Financial Advisor
1023 Provenance Place Blvd
Suite 160
Shreveport, LA 71106
318-671-1991

www.edwardjones.com
Member SIPC

Edward Jones
MAKING SENSE OF INVESTING

CENTURIES & HILL CREST
FUNERAL HOMES - CEMETERIES - FLORISTS

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

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

Call Today To Receive a **FREE** Family Planning Portfolio

Centuries Memorial
8801 Mansfield
Shreveport, LA 71108
(318) 686-4334

Hill Crest Memorial
601 Hwy. 80 East
Haughton, LA 71037
(318) 949-9415



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 suzycohen.com. This ebook talks about spices that heal all kinds of conditions. Now, here is how you properly feed your brain:

PUT HEMP SEEDS IN YOUR SALAD. Hulled hemp seeds put healthy fats into your body, and offset the bad fats typical of an American diet. Hemp seeds have practically no THC, the psychoactive compound found in marijuana. They have a perfect 3:1 ratio of omega 6 to omega 3 fatty acids. Put a tablespoon (daily) on your salad, scrambled eggs or roasted vegetables.

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

— MEET —

WAITR®

Discover. Order. Eat.

SEE YOU IN OCTOBER

CARRYOUT OR DELIVERY
DOWNLOAD NOW FOR FREE

ANDROID APP ON Google play Download on the App Store

powder, powdered garlic (not garlic salt) and powdered turmeric.

EAT MUSHROOMS. I'm not talking Portabello's, I'm referring to Lion's Mane which gives us the active ingredient of *Hericium erinaceus*. Lion's Mane is sold as a dietary supplement, and known for its potent neuroregenerative powers. I buy the real mushrooms in the fresh produce section and butter saute them with Brussels sprouts and garlic. Lion's Mane is a neurotrophic so my pick for you if you have any kind of brain damage from anything (trauma, benzos, mold, etc).

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.

This information is not intended to treat, cure, or diagnose your condition. Always consult your physician for all medical matters. Visit www.SuzyCohen.com. ©2016 Suzy Cohen, R.Ph. Distributed by Dear Pharmacist, Inc.

Please join us for
our 68th Season!

La Boheme
November 12, 2016 • Riverview Theater

Fiddler on the Roof
March 4, 2017
Riverview Theater

Così fan tutte (Concert)
April 29, 2017
The Strand Theatre

SHREVEPORT
OPERA

318-227-9503 • www.shreveportopera.org

**BALENTINE
AMBULANCE**

Basic and ADVANCED Life Support
Medicare & Medicaid Approved
Known for Quality & Caring

318.222.5358

3516 Mansfield Rd.
Shreveport, LA 71103

**VOTE
RE-ELECT #94**

November 8th
2016

**Melba W.
BAKER**

HAUGHTON
TOWN ALDERMAN

Your VOTE will be appreciated!

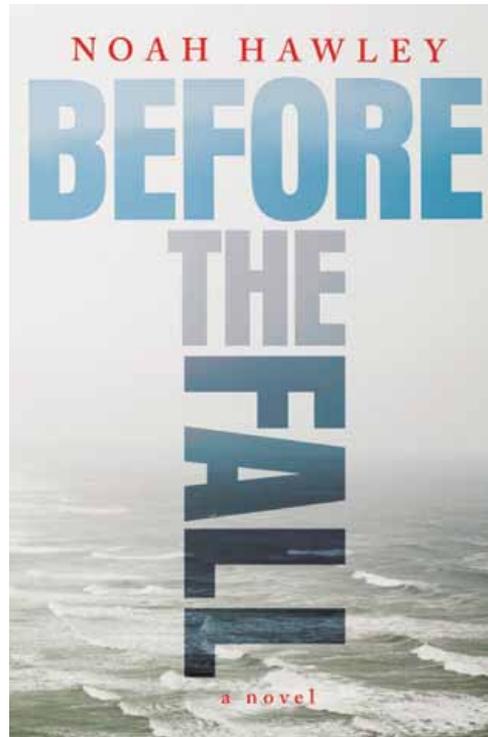


Review of *Before the Fall*

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

Winner of the SPECIAL EVENTS INTERNATIONAL MAGAZINE “BEST GALA IN THE WORLD” Award

SATURDAY, DECEMBER 10
Harrah's Louisiana Downs

7:00 PM - 3:00 AM | Black Tie Optional

BENEFITING: Shreveport Regional Arts Council

Live and Silent Auction
Entertainment and Dancing
Cocktail Buffets | Open Bars | Valet Parking

More than 700 area businesses, artists and individuals donate items and services for the **CHRISTMAS IN THE SKY** Live and Silent Auction. In addition, a corporate community of more than 200 businesses and individuals contribute sponsorships to underwrite the gala.

To become a sponsor, or purchase a ticket call (318) 673-6500

WWW.SHREVEARTS.ORG



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.

MACULAR DEGENERATION

Imagine A Pair Of Glasses That Can Help You See Better!

Ever look through a pair of field glasses or binoculars? Things look bigger and closer, and easier to see. Dr. Mona Douglas is using miniaturized binoculars or telescopes to help people who have decreased vision, to see better.

In many cases, special telescopic glasses can be prescribed to enhance visual performance. She can often help people read, watch TV, see the computer and sometimes drive.

Telescopic glasses cost between \$1900-\$2600. It is a small price to pay for the hours of enjoyment with better vision and more independence.

For more information and a FREE telephone interview call: 1-888-243-2020



Dr. Mona Douglas, Optometrist

Shreveport . Monroe . Lafayette

www.IALVS.com

318-868-3652 | 3310 Line Ave Shreveport, LA 71105

NEW HOURS

8:00am - 4:00pm

Restaurant & Boutique



•Shop •Dine

*Book your next event with us

- Birthday Party
- Bridal Shower
- Baby Shower

NOW SERVING
BREAKFAST & LUNCH

FIND US



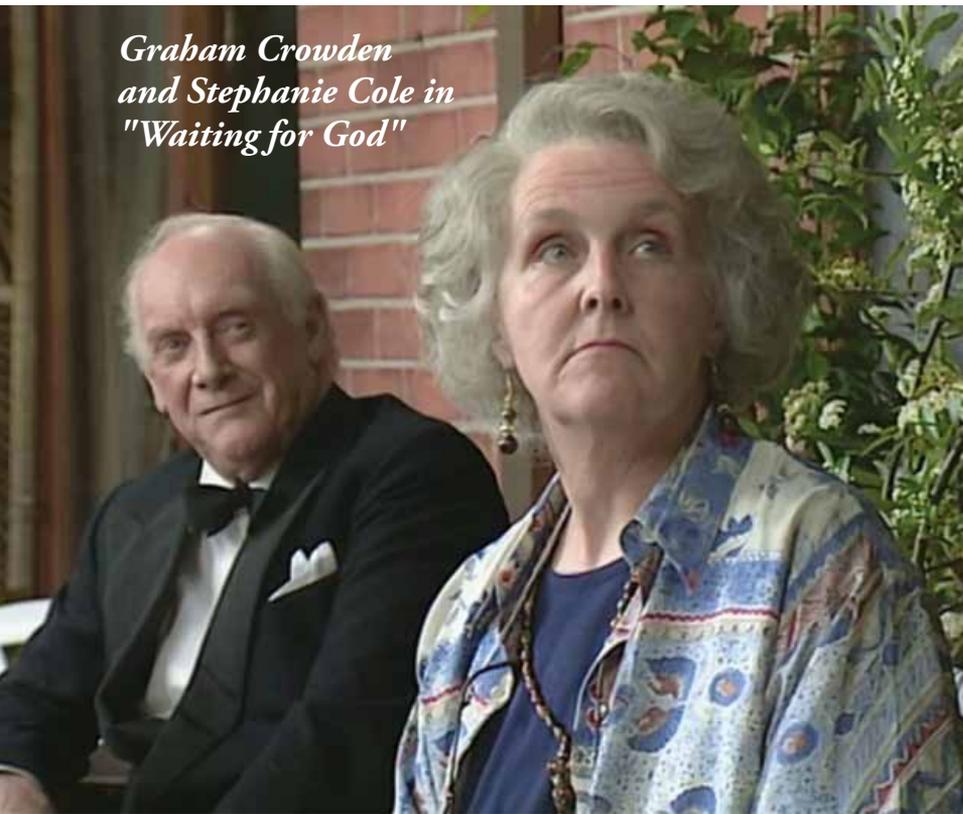
GlenwoodTeaRoom.com

Feel rejuvenated every morning while enjoying handcrafted Breakfast favorites.



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).

"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

AC Duct Cleaners

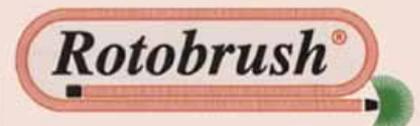
Air Duct Cleaning • Odor Removal • Air Purification System

"Respiratory problems including asthma and allergies are on the rise and is the 6th leading cause of chronic disease in the United States, costing the health care system \$18 billion annually. It can be attributed to dust and mildew spores; pet hair, dander and outdoor pollens that become trapped in your AC duct system."

Call Today For a
FREE Inspection
(318) 218-0770



What you can't see
CAN hurt you





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.

CONGRATULATIONS
TO OUR FRIENDS AT LOYOLA COLLEGE PREP
THIS YEAR’S RECIPIENTS OF THE

**2016 GROUP VOLUNTEER
of THE YEAR**

Award Presented by the Louisiana Nursing Home Association



MAX HYDE, ALLIE JOHNSTON, AND BEN HYDE

THE RESIDENTS OF GARDEN PARK APPRECIATE YOUR CONTINUED
DEDICATION AND SERVICE TO OUR COMMUNITY.

Garden Park
NURSING & REHABILITATION CENTER, LLC
An oasis just off Unacad Avenue at I-49 E LA 3132
GARDENPARKNURSINGANDREHAB.COM | 318-688-0961

Giving you the hand
you need



to live
independently at home ...

Companion Home Services provides support services 24/7. From assistance with personal hygiene, mobility and meals to routine house-keeping, grocery shopping, companionship and more, we can provide the support needed to help our clients remain living independently at home!

For more info call 429-7482 today!

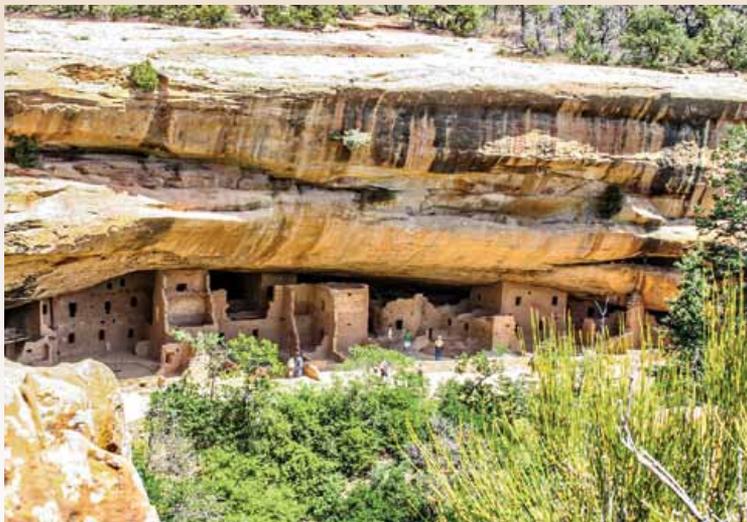


COMPANION Home Services

820 Jordan Street, Ste. 240 ♦ Shreveport

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.

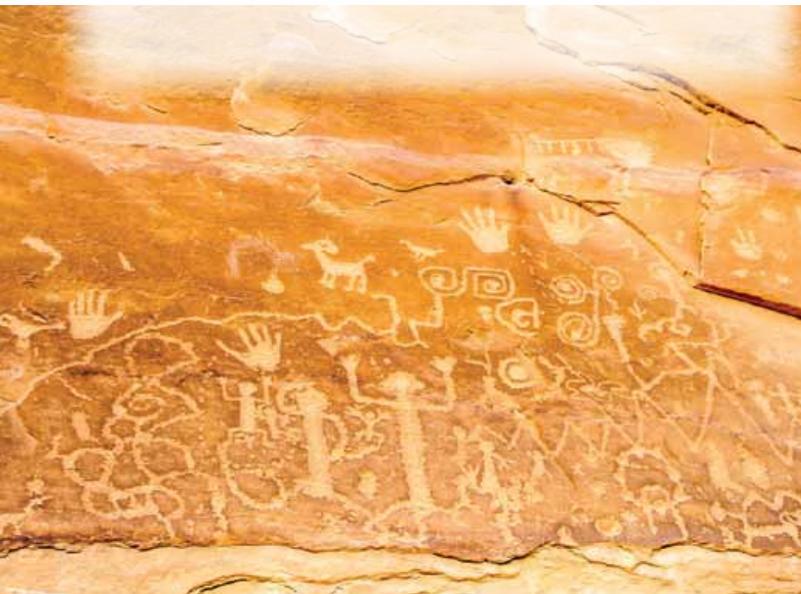
I convince my husband to go to Wetherill Mesa instead so we can see Step House on a self-guided exploration that's open to people of all ages — and presumably all hip widths — as long as they can carry ½ gallon of water. This is definitely more my style.

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



BOLD BOOSTS FOR HOLIDAY LEFTOVERS

FAMILY FEATURES

Transforming 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.

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.

BEYOND DIGITAL IMAGING, LLC

MEMORY CATCHERS



Beyond Digital Imaging:
 Restore and capture memories

Services include:

- Photo Restorations
- Printing
 - Small and large format (up to 44 inches wide)
 - Posters
 - Banners,
 - Personalized note cards
 - Giclee printing from artwork
 - Paper variety including canvas
- Slide Show Compilation
- High Resolution Scans
- VHS-DVD Transfers

318-869-2533

www.beyonddigitalimaging.com

Beyond Digital Imaging, L.L.C. 106 E. Kings Hwy, Suite 103 Shreveport, LA 71104

NOW LEASING!



CANAAN TOWERS

SENIOR APARTMENTS

"Home is where the heart is. Come be a part of ours!"

- Rent Based on Income
- All Utilities Paid
- Social Services
- Barrier Free Apartments
- Gated Community
- Video Security
- Community Room
- On-site Laundry Room
- On-site Beauty Shop

CALL TODAY (318) 222-4230, Ext.2



Canaan Towers Senior Apartments
 400 N. Dale Avenue – Shreveport, LA 71101



CADDO COUNCIL ON AGING

Senior Center Fun - Randle T. Moore Center, 3101 Fairfield Avenue, Shreveport. Caddo Council on Aging. Coffee and cookies at 9:30 AM. Programs at 10:00 AM. **FREE.** 676.7900.

- Thursday Nov. 3. 10:00 a.m. "Self Protection" by Johnny Hamilton
- 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.

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.

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.

Medicare 101 - "Medicare 101. Turning 65? You Must Learn How To Navigate The Complex System. Over 65? You Must Learn About Open Enrollment" by Executive Director Mary Alice Rountree or Bridget Lyman, Caddo Council on Aging. **FREE.** Info: 676.7900

- Tuesday Nov. 1 - 10:00 AM at Mami Hicks SPAR, 200 Mayfair.
- Tuesday Nov. 2 - 10:00 AM at St. Mark's Cathedral Community Center, 908 Rutherford
- 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

BRET MICHAELS
The Party Starts Now 2016 Tour
NOVEMBER 11

ticketmaster® overstock.com PETSMART

711 DiamondJacks Blvd | I-20, Exit 20A | 1-318-678-7777
1-866-5JAXMAX (552-9629) | www.diamondjacks.com

DIAMOND JACKS
CASINO & HOTEL
BOSSIER CITY

G A M B L I N G P R O B L E M ? C A L L 1 - 8 7 7 - 7 7 0 - 7 8 6 7

North Highland Neighbor Association,
835 Poleman

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



If you care enough to send a text, care enough to wait. Especially if you know your friends are driving – even if they might be. Don't risk being a dangerous distraction. **At AT&T, we want everyone to stay connected, but safety comes first. Always.**



© 2016 AT&T Intellectual Property. All rights reserved.

What Makes Us Different...

- Wide range of hearing aids to fit your budget
- Best customer service
- **FREE** hearing screening
- **FREE** follow-up visits
- **FREE** lifetime programming and adjustments to your hearing aids



Sammy San Angelo, Jr.
Owner, L-HIS
54 Year Hearing Aid User

AUDIBEL.
American. Hearing. Excellence.™

Audibel of Shreveport
701 Jordan St, Suite D • Shreveport, LA 71101
Call **(318) 425-5417** today!
Visit us online at: www.audibelofshreveport.com

We Will File Your Insurance!

★ **YOUR CHOICE**

CONFUSED?
GOD has only ONE way!!
It is found in The BIBLE!!

BIBLE STUDY IS IMPORTANT



To enroll in a free, non-denominational Bible Correspondence Course send your name and mailing address to:

BIBLE CORRESPONDENCE COURSE
2045 East 70th St.
Shreveport, LA 71105



SALUTE TO THE MUSIC OF
PRINCE
DECEMBER 3 | *ticketmaster*®

711 DiamondJacks Blvd | I-20, Exit 20A | 1-318-678-7777
1-866-5JAXMAX (552-9629) | www.diamondjacks.com



G A M B L I N G P R O B L E M ? C A L L 1 - 8 7 7 - 7 7 0 - 7 8 6 7

The Best of Times Crossword

Puzzle answers on page 42.



MICHAEL BUTTERMAN, MUSIC DIRECTOR

Better Together

WILLIS-KNIGHTON MASTERWORKS SERIES

A Tribute to Ella Fitzgerald

SAT., NOVEMBER 19—7:30 PM

RiverView Theater, 600 Clyde Fant Pkwy
Michael Berkowitz, conductor
Carmen Bradford, vocalist

Carmen Bradford joins the SSO to pay tribute to "The First Lady of Song," Ms. Ella Fitzgerald. With performances on four Grammy Award-winning albums, sold out concerts the world over, and 16 recordings, Carmen is considered to be one of the greatest jazz vocalists alive today.

*"A force to be reckoned with—
a virtual tornado of talent and
imagination" ~JazzTimes*



Tickets start at \$20; Students \$12!

www.shreveportsymphony.com
318.227.TUNE (8863)



SUPPORTED IN PART BY A GRANT FROM THE SHREVEPORT REGIONAL ARTS COUNCIL WITH FUNDS FROM THE CITY OF SHREVEPORT

1	2	3	4		5	6	7	8	9		10	11	12	13	
14					15						16				
17					18						19				
20				21					22	23					
				24				25							
26	27	28	29				30					31	32	33	
34							35					36			
37							38					39			
40					41						42				
43				44						45					
				46					47						
48	49	50						51				52	53	54	55
56							57	58				59			
60							61					62			
63							64					65			

Copyright ©2016 PuzzleJunction.com

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 gues

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				

Copyright ©2016 PuzzleJunction.com

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

Copyright ©2016 PuzzleJunction.com

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

MIGHTY MOVERS
MOVING • PACKING • DELIVERIES
(318) 429-7592

Giving Thanks
For 12 Years of Serving YOU

DOT #1470525
MC # 555318
LPSC #7254

323 Hamilton Road
Bossier City, LA



Now Leasing!

**AFFORDABLE
SENIOR HOUSING**

****Rent based on Income****

**Call Today
318-227-2591 ext. 2**

“ANSWERS FROM THE EXPERTS”

Send your question to TBT, P.O. Box 19510, Shreveport, LA 71149 | Experts: Call Gary at (318) 636-5510

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
See our ad on page 16.

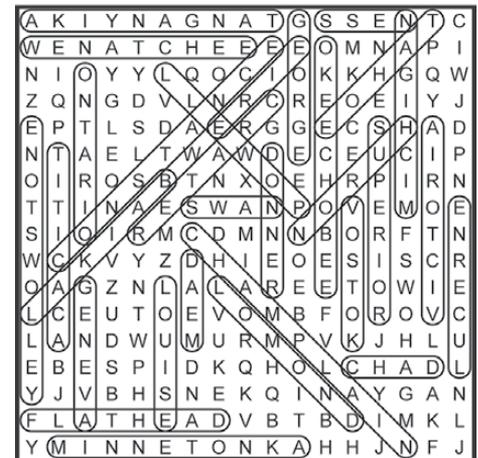
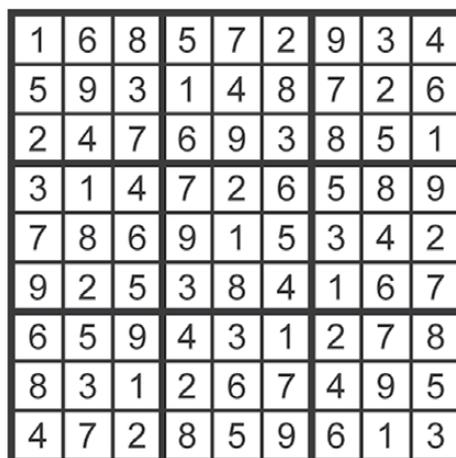
My shoulder hurts. Should I play through the pain?

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 74th 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.

Call Today & Schedule Your Tour!



Cedar Hills

Senior Apartment Homes

We pride ourselves in excellence and aim to provide all our residents with the gold standard in senior living. With rent based on income, and all utilities included, our seniors can enjoy luxury living worry free. Come home to Cedar Hills. "Where apartments become homes and friends become family."

7401 St. Vincent Ave 318-861-6915 (Ext 2)




Le Louisiane Catering

Catering for All Events

Our weekly menu is available for pickup at Sleek Physique, located at 6607 Line Avenue in Shreveport from Monday through Thursday.

Check out our Facebook page!

For information, call us at

318-294-3081

Debbie Grant McGuire



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

PARTING SHOTS CONTINUED

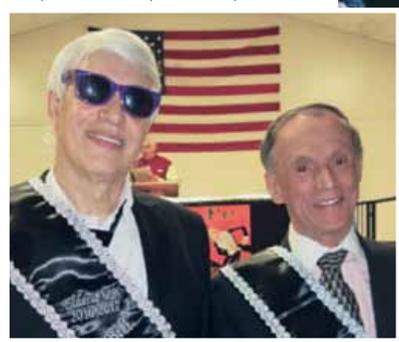
Krewe of Elders Coronation XIX was held on September 16 at the Knights of Columbus Hall in Bossier City.

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

PROUD SPONSOR

YOKEM

318-798-3773

THANK YOU FOR MAKING US #1

IN NEW CAR SALES, USED CAR SALES, SERVICE, & COLLISION.

YOKEMTOYOTA.COM

HIGHER STANDARDS, LOWER PRICES!

This Could Be Your New Bathroom IN JUST ONE DAY!



Unclean and Unsafe
Step-In Bathtub

Beautiful and Safe Low-Rise Entry Shower
From Bathwraps

ONE-DAY
No Mess
Professionally Installed

CALL NOW!
FREE
Safety Upgrade*
(\$599 value)

Fits Your Existing Tub Space

Give us ONE DAY and we'll give you a NEW and beautiful shower with luxurious new fixtures - all in your choice of colors and styles.

INCREDIBLE FINANCING! | LIFETIME WARRANTY! | FULL SENIOR DISCOUNT!

Bathwraps Showers and Bathtubs are installed by experts at a price you can afford. So give us a call TODAY to start enjoying your safe new shower or bathtub! Your satisfaction is 100% Guaranteed.

These Great Incentives Expire Soon...SO CALL NOW!



Call Now For **FREE** Safety Upgrade Package!*

800.214.0634
www.getsafeshower.com

*With purchase of any complete bath or shower system



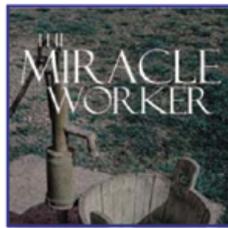
THE SHREVEPORT LITTLE THEATRE

95th SEASON 2016-2017

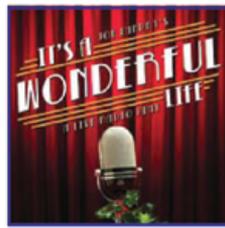
Shreveport Little Theatre... a **GEM** in American Theatre!



September 15-25, 2016



November 3-13, 2016



December 1-11, 2016



March 2 - 12, 2017



April 20 - 30, 2017

ALL FIVE MAINSTAGE SHOWS

For only: \$95 (adults) or \$87 (seniors, students, active military)

a savings of \$10 off individual ticket price

SLT

SHREVEPORT LITTLE THEATRE

www.shreveportlittletheatre.com

FOR MORE INFORMATION
Call (318) 424-4439

or online at www.shreveportlittletheatre.com

Or visit our Box Office 812 Margaret Place

Noon - 4 p.m. Monday - Friday

SHREVEPORT-BOSSIER OPERA GUILD PRESENTS

THE Great OUTDOORS

NOVEMBER 17 - 19, 2016

BOSSIER CIVIC CENTER

Shopping Days AND HOURS

THURSDAY, NOVEMBER 17
9AM - 6PM

FRIDAY, NOVEMBER 18
10AM - 9PM

SATURDAY, NOVEMBER 19
10AM - 5PM

For more information visit lesboutiquesdenoel.com



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 27th 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



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

Highland Place Rehab & Nursing Center

1736 Irving Place, Shreveport, LA 71101
www.highlandplacercnc.com

Main Number: (318) 221-1983

Admissions: (318) 841-8704

“Asking for assistance is not easy and could be your greatest fear. Let us partner with you to care for your loved one”



Highland Place Rehab & Nursing Center

Home of Transitions Rehab

- ♥ Post Acute Therapy & Nursing Care
- ♥ Physical, Occupational & Speech Therapy
- ♥ One-site Nurse Practitioner
- ♥ IV Therapy
- ♥ Respiratory Therapy
- ♥ Wound Care Management
- ♥ Dialysis Management
- ♥ Chemo & Radiation Transportation
- ♥ Transportation to Appointments
- ♥ Restorative Nursing Program
- ♥ Exciting Activities
- ♥ Nutritious Meals with daily alternatives
- ♥ Resident Computers available with internet access
- ♥ Free WiFi available

**Call today for more information
at (318) 221-1983.**



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.