

September 2016

The Best Of Times

*"Celebrating Age
and Maturity"*

ASSISTED LIVING FACILITIES

*Offering Independence
and Support*

Also Inside

BUILDING A
FINANCIAL
EMERGENCY KIT

8 WAYS TO KEEP
YOUR BRAIN
HEALTHY & SHARP





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In Every Issue

Correction: Ruth Isler, who had recently celebrated her 100th birthday, was spotlighted in a profile in our July issue. We incorrectly noted that Ruth was the mother of two sons, both ministers. She is actually the mother of daughter Jane, a retired educator who lives in Texas and son, Rusty, who is retired and lives in Florida. Her grandson lives in Dubai, not in Dublin. Our sincere apology to Ruth and her family.



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GARY CALLIGAS

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September 3 - Memories and Pleasures Now

Guest: Emily Laurel, poet

September 10 - DNA Ancestry Results and More

Guest: Jim Jones. Ancestry researcher

September 17 - Shreveport Symphony 2016 - 2017
season

Guests: Michael Buttermann and Lois Robinson

September 24 - Heart Disease and Treatments

Guest: Dr. Pavan Katikaneni, Assistant Professor of
Cardiology at LSUHSC

October 1 - The Challenge of Managing Medications

Guest: Dr. Elizabeth Landsverk, founder of ElderConsult
Geriatric Medicine

Streaming live on the Internet at www.710KEEL.com

Previously aired programs at www.TheBestOfTimesNews.com

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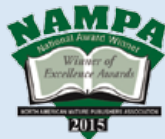
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The Best of Times

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Emcee: Gary L. Calligas, host of The Best of Times Radio Hour

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Stat! Medical News & Info



A Cup of Coffee a Day May Keep Liver Cancer Away

The scientists downgraded a cup of joe from "possibly carcinogenic" and hot mate from "probably carcinogenic" to safe for consumption as long as neither are scalding hot.

In 1991, the WHO gave coffee that classification based on a much smaller database of studies. Now, the scientists highlighted some studies that associated coffee with cancer when the real culprit was probably tobacco smoking, which is highly correlated with heavy coffee drinking, according to the report.

Late last year, Stern participated in a WHO group that concluded consuming processed meat - bacon, salami, sausages, hot dogs and deli meats - causes cancer.

However, the news about coffee was not grim. The researchers estimate that a cup of coffee a day decreases the risk of liver cancer by 15 percent. In other words, the scientists are giving coffee lovers a free pass to drink as much coffee as their bladders can handle.



Beware the Pitfalls of the 'Grandparent' Body

While it might seem natural to gain weight as you age, it's not – and the health-related consequences could be dire

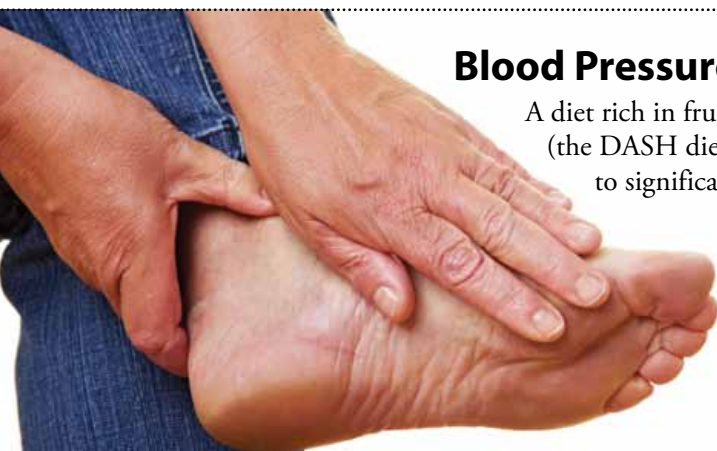
To be blunt, extra weight isn't just a matter of not being able to zip up your jeans – it's actually risky to your overall health. "Being overweight or obese is solidly linked to a higher risk of developing hypertension, diabetes, coronary heart disease, stroke, cognitive function decline and colorectal cancer," says Qi Sun, assistant professor in the department of nutrition at the Harvard T.H. Chan School of Public Health, in Boston.

What can you do to shed weight? "People should pay attention to not gain weight in the first place as losing weight is notoriously difficult," Sun says. But if you need to drop some pounds, eat mostly plant-based foods such as fruits, vegetables, whole grains, nuts and healthful oils, and limit refined carbohydrates, red meats and animal fats. Staying active with moderate to vigorous physical activity may help maintain a healthy body weight and prevent further weight gain. For morbid obesity, Sun says, bariatric surgery, medication and other clinical interventions can help reduce body weight. ~by Nancy Mattia © CTW Features

Blood Pressure Diet Improves Gout Blood Marker

A diet rich in fruits, vegetables, low-fat dairy and reduced in fats and saturated fats (the DASH diet), designed decades ago to reduce high blood pressure, also appears to significantly lower uric acid, the causative agent of gout. Further, the effect

was so strong in some participants that it was nearly comparable to that achieved with drugs specifically prescribed to treat gout, a new study published in *Arthritis and Rheumatology* and led by Johns Hopkins researchers shows.



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Our Featured 5

Little Known College Football Facts



1

1 The bulldog is the most commonly used mascot in Division I football. Most people would guess the Tigers. Most people would be wrong.

2 The longest college football game on record was in 2003 between Arkansas and Kentucky. The game took 4 hours, 56 minutes and went into 7 overtimes, with the Razorbacks winning 71-63.

3 The team with the most national championships is not the University of Alabama. Although their last championship was in 1950, Princeton claims that title, taking home 28 championships in the early 1900s.

4 Calculating first downs using 2 poles attached by a chain has been in use since 1906. It's one of the most antiquated and inexact refereeing methods in all sports.

5 In the early 1900s the forward pass came with a 15 yard penalty for an incompletion, and a pass that was dropped without being touched meant possession went to the defense.

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2



3



4



5

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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/.



According to "Biographical and Historical Memoirs of Northwest Louisiana", **The Phoenix Hotel** was the most stately building erected for hotel purposes in Shreveport. It was designed by Maj. Leffingwell and built in the 1890s by the late Capt. Peter Youree on the corner of Texas and Market streets, where the Tilley hotel stood (The Tilley hotel burned in 1887 or 1888). For the low rate of \$2 per day, guests enjoyed a large comfortable room and three meals.

Strand Theatre, located at 619 Louisiana Avenue, was built by brothers Julian and Abraham Saenger and opened in 1925. The 2,500 seat opera house was built at a cost of \$750,000. The Strand opened as the "flagship" of what would become the Saenger chain of 320 theatres across the south. Nicknamed "Million Dollar Theatre", it was originally a venue for vaudeville. In the 1940s, the Strand was in use as a cinema, until it closed in 1977. The building was saved from demolition by a group of concerned area citizens, who restored it to its original grandeur. Since re-opening in 1984, it has been used as a performing arts venue. In 1977, the theatre was placed on the National Register of Historic Places.





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Snapshot SLEUTH

Do you recognize any of the people in these photographs?

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



Above: Soldiers by bus. Shreveport Times Collection 1968.
Below: Delta airplane at airport. Ca. 1944. Menasco Collection.



KCS Southern Belle, about 1954. Jack Barham collection.

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ASSISTED LIVING FACILITIES

Offering Independence and Support

by Gary L. Calligas

Frances was an active 80 year old widow who lived independently in her own home until this past winter when she slipped on a patch of ice, fell, and broke her hip. Fortunately her neighbor was pulling out of the driveway and was able to come to her aid and call an ambulance. Following surgery and time in a rehabilitation hospital, Frances realized that living alone would be difficult as she now needed a walker and help with showering, dressing, and transportation. She also feared falling again while alone in her home and possibly being unable to call for help.

Considered a middle ground between independent living and nursing homes, assisted living facilities are a combination of housing and personalized support services designed to respond to the individual needs of those who require help with the activities of daily living but do not require complex round-the-clock medical care or total assistance. These facilities may also be referred to as residential care, board and care, congregate care, custodial care and personal care. Licensing requirements vary by state.

Assisted Living Facilities provide care for senior citizens and others who need some help with activities of daily living yet wish to remain as independent as possible. They aim to foster as much autonomy as the resident is capable of, but offer a variety of dining services, housekeeping, laundry, assistance with medications, transportation to shopping and medical appointments, exercise and fitness facilities and classes; social programs and educational presentations, and often programs to stimulate the brain and mental health. Most facilities offer 24-hour supervision and an array of support services, with more privacy, space, and dignity than many nursing homes—and often at a much lower cost.

Facilities can vary greatly in size, appearance and the types of services offered. In general each residential unit has a living area, bedroom, scaled down kitchen, and private bathroom. They deliver a wide variety of services, including assistance with bathing, dressing, grooming, toileting, eating, walking, and assistance

Assisted Living Facility Basics

- Provide care for senior citizens and others who need some help with activities of daily living yet wish to remain independent
- Offer a variety of services such as: dining, housekeeping, laundry, assistance with medications, transportation, exercise, social programs and educational presentations.
- 24-hour supervision and an array of support services
- More privacy, space, and dignity than many nursing homes
- Medicare does not cover the cost of assisted living, but there may be limited financial assistance available.
- Variety of assistance services available including: bathing, dressing, grooming, toileting, eating, walking and assistance with medications.
- * Encourage residents to be as independent as possible

- Residents can obtain needed services to assist them for a short or long term basis.

- Residents can come and go as they please and may continue to drive if they so choose.



with medications. They typically offer three meals a day, housekeeping and laundry services, transportation to shopping and medical appointments, wellness programs, socialization opportunities and recreational activities.

Costs vary depending on the level of care needed by each resident. Residents and/or families pay for a person residing in an assisted living facility. Medicare does not cover the cost of assisted living, but there may be limited financial assistance available. Check your coverage if you have long-term care insurance or other assisted living coverage via veterans and other programs.

The primary differences between assisted living facilities and nursing homes are the level of care residents receive and the degree of freedom given to the resident. Assisted living facilities encourage residents to be as independent as possible. They can obtain needed services to assist them for a short or long term basis. They can come and go as they please and may continue to drive if they so choose. Residents may have to move to a skilled nursing facility if they require a higher level of care in the future.

Assisted living facilities often have a striking diversity in the design and size of their buildings, apartments, meals, activities and other services. Before beginning your search, decide what services and amenities are important. Identify those facilities that appear to best suit your needs and its location, then schedule a visit for yourself and/or family members. Take special note of the staff and residents. The staff should be caring, warm and interacting with the residents. Residents should be clean, well-groomed, engaged and appear happy.

Before making your final decision, consider the following:

- Do you have adequate finances to cover the costs?
- Did the size of the facility suit you? Some people prefer a small, intimate environment while others prefer a large facility that is busy with activity.
- Did the facility offer activities and amenities that interest you?
 - Was the food tasty? Are there dining options?
 - How does the staff handle emergencies?
 - Does the facility offer a continuum of care? What happens if your health situation changes and you require additional care?
- Is the apartment furnished or will you be able to bring your own furniture and possessions?

Assisted living facilities offer a unique late in life surge of social and mental activity that can often make you or your loved one more energetic, lively, and healthier for many years to come.

This is the second of a three part series on senior housing options. Next month we will feature nursing homes.

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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.



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All In The family: How to navigate disagreements in managing parent care with siblings

Deciding on a parent care plan can get complicated when siblings are involved. Emotions tend to get heated when making decisions about loved ones, and everyone wants their voice heard when it comes to their parents' health and happiness. Here's how you can make sure that everyone's opinions are respected while keeping your parents' best interests in mind:

1. Set an Agenda

Keep everyone on topic by setting an

agenda before the conversation. Figure out what you hope to accomplish and the steps you'll take as a family to get there. You can always circle back to tie up any loose ends.

2. Meet All at Once

Important points can get lost in translation if all siblings aren't present for the conversation. Avoid this outcome by meeting in person. Also be sure to keep a record of the points discussed so that there's no confusion

about what was actually said.

3. Embrace Individual Opinions

Your parents' welfare means a lot to all of your siblings, even if you each have different ideas about a plan of care. Prevent one sibling from dominating the conversation by giving everyone a chance to speak and offering thoughtful feedback. And as is the case with any potentially thorny conversation, never hesitate to bring in a mediator who can keep family members in line.






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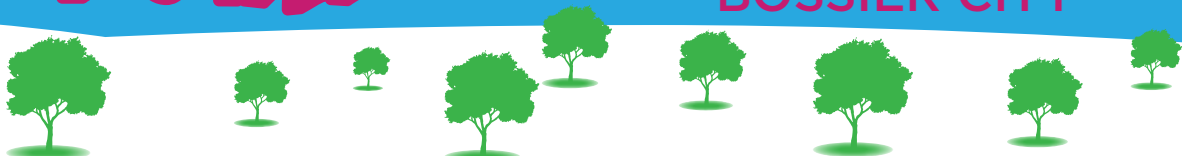
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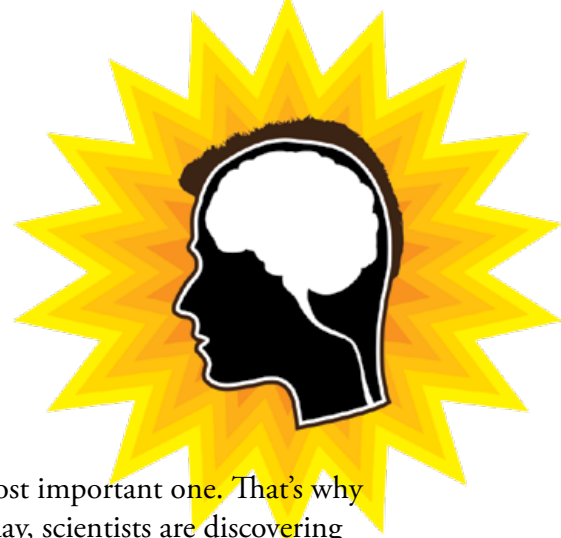
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8 Ways to Keep Your Brain

Healthy & SMART



The brain is the body's most complex organ. It's also the most important one. That's why keeping it healthy is critical, especially as you age. Every day, scientists are discovering how closely our minds and bodies are connected. As it turns out, the things that you do to keep your body and heart healthy may also be good for your brain. Incorporate these eight healthy habits and activities into your daily life to help you optimize brain health and stay sharp in the years ahead.

1 Get Moving

Physical activity is good for your health at every age. Studies show being active is associated with a lower risk of brain issues. Whether it's nightly walks, playing with the grandkids or taking your favorite yoga class, find an activity that meets your needs and gets your heart pumping for at least 30 minutes every day.

2 Eat to Thrive

The antioxidants in nutrient-dense foods like berries, broccoli and legumes, including some fats such as olive oil, may lower some risks to your brain. Try eating a healthy, low-fat, low-cholesterol diet with lots of vitamin-rich fruits and vegetables, as well as whole grains such as oatmeal and brown rice.

3 Your Blood Pressure

High blood pressure can have serious effects on your brain health. If your blood pressure is high, get it under control. It may help reduce some risks to your brain.

4 Drink Moderately

How the body handles alcohol can change with age. Some older adults can feel "high" without increasing the amount of alcohol they drink. This can make them more likely to become confused or have accidents. So limit the amount of alcohol you drink – or don't drink it at all.

5 Get Good Sleep

Poor sleep, or inadequate sleep, due to issues such as insomnia or sleep apnea, doesn't just leave you feeling tired. It can have serious physical effects and can impact memory and thinking, too. Get comfy and go to bed. Seven to eight hours is a good night's rest.

6 Discover New Talents

When you learn new things, you engage your brain. Try something you haven't done before – learning French, ballroom dancing or carpentry, for example. Challenging your brain on a regular basis is fun and beneficial.

7 Stay Connected

Science has shown that regular engagement in social activities can help reduce some risks to your brain. Stay connected and invite family or friends over for a healthy meal, go on a hike together or just hang out.

8 Talk to Your Doctor

As you age, some changes in brain function, including short-term memory, happen more frequently than when you were younger. If you have questions or are concerned, ask your doctor at your next appointment.

For more tips on keeping your brain healthy and thriving, visit BrainHealth.gov.



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Quilters Group

commemorates life's events with gifts of quilts

Red River Quilters devote hours to vets, the homeless, stressed mothers and kids

By Kathleen Ward



Center block of one of the quilts made to give to veterans.

"Sewing 'Quilts of Valor' is one of my favorite projects as it is through our quilts that we can express appreciation and love to our veterans for all they give to us and our country," said Ward.



Cathy Ward standing in front of a baby quilt. She will teach anyone wants to learn to quilt. In return, the student's first quilt top is a donation through Red River Quilters. A "Loving Comfort from Red River Quilters Mission Outreach" label is attached to each quilt.

We grew up sleeping under them. Made from beautiful new fabrics or remnants of torn or worn clothing, feed sacks, gingham and calico fabrics that were cheap and plentiful, the three-layer quilt was the bedcovering of our grandparents and great-grandparents and their grandparents and great-grandparents, who handed them down to be treasured for generations, whether works of art or works of love.

"In the 100 years between 1750 and 1850 thousands of quilts were pieced and patched, and many of them are preserved. Many of these quilts were so elaborate that years were spent making and quilting them," according to Quilting in America, a website created by Lisa J. Allen, MEd, MSIS, a librarian in Lubbock, Texas.

Cathy Ward started with the double-wedding-ring quilt, an intricate circular design of small pieces on a white background that was first printed in 1928. Her daughter, Barbara Ward McGuire, wanted one so Ward asked her mother-in-law, Juanita Ward, to teach her to quilt. That led to making a quilt for her other daughter, Kendra Ward McDougal.

Almost 25 years later, she is quilting constantly and giving them away as a member the Red River Quilters, a non-profit group that meets the first Monday of each month at Broadmoor Presbyterian Church.

The group also has "Tributaries" or "Bees," small groups that meet in Houghton, Minden, Shreveport and Bossier City at different times each month.

Ward started a sewing group at her church and the group partnered with Red River Quilters, a 225-member organization started in 1983, "to teach interested women and men to sew quilts," she said. The group gives away between 300 and 500 quilts each year, mainly made from donated materials. She can make a quilt from start to finish in three hours.

"The need is so great we can't make enough of them." The group makes "baby quilts that are donated to local charitable organizations and to local neonatal intensive care units" and other organizations for families and children, Ward said.

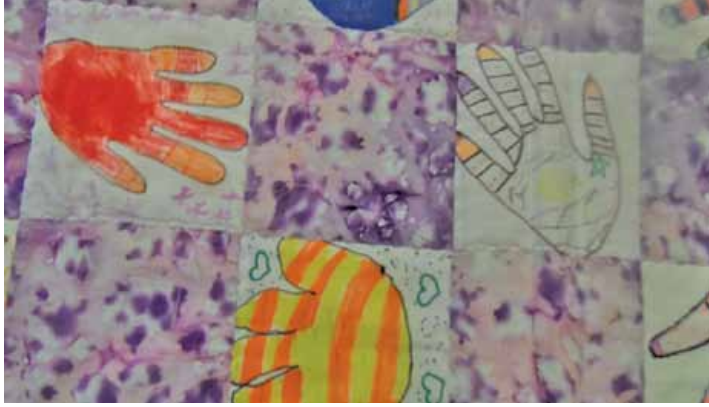
First responders are given quilts to give children who are at the scene of a fire, accident or other catastrophe. The group is especially proud of gifts to the Veterans' Hospital.

"Sewing 'Quilts of Valor' is one of my favorite projects as it is through our quilts that we can express appreciation and love to our veterans for all they give to us and our country," said Ward.

When her grandchildren began participating in Caddo Middle Magnet's Colonial Days, she represented Red River Quilters to share the history of quilting in America.

"Another service project is the making and giving of Comfort Caps to the women at the Cancer Center. The caps give comfort and encouragement to the ladies during that so difficult time in their lives," she said.

"The donations of supplies that we can't directly use we pass on to other



Above: Blocks made by children for baby quilt projects. "Fourth graders come to the Revel and color six-and-one-half inch squares of white fabric with permanent markers, which are later sewn into the 'Love Wrappers', then given to the babies,"

groups in our area who will put them to use. Susan Reid at North Shreveport Baptist Church takes some of the supplies and her group makes projects for many missions including making blankets for Rescue Mission. Nona Sales (of Little Country Quilt Shop) and her loyal group of sewers in Minden make many of the quilts that I deliver to the Veterans' Hospital. Jeri Knutz (of Fabric Boutique) collects finished quilts that also go to the Veterans. Renesting organization has shared items that we in turn recreate and give back in a more useful product for the households that organization ministers to," Ward said.

The 42 inch x 54 inch or larger quilts are not heirloom quality - they are meant to take hard knocks and frequent washings. Ward said that she will teach anyone wants to learn to quilt. In return, the student's first quilt top is a donation through Red River Quilters. A "Loving Comfort from Red River Quilters Mission Outreach" label is attached to each quilt.

The group's 2016 quilt show includes special events and exhibits from September 30 through October 2 at Riverview Hall in Shreveport in conjunction with the Red River Revel Arts Festival.

"We developed Children Sew Day in partnership with Red River Revel, and we provide a hands-on activity for children of all ages to draw, design and stitch," said Jeannine James, coordinator of the event which will be held Saturday, October 8th. So they can take something home with them, the children make a water bottle tote.

"Fourth graders come to the Revel and color six-and-one-half inch squares of white fabric with permanent markers, which are later sewn into the 'Love Wrappers', then given to the babies," said Ward.

"The staff will put the quilt over the incubators (at NICUs) and the family will come back and find it," she said.



Take Your Stress For A Walk In The Woods



Yes, today's world is a very hectic place. Our cities and towns are crowded with more people and traffic. Constantly-changing technology is always seeking our attention, and daily living has become more stressful. We are overstimulated and often overwhelmed.

Most of us have learned to cope with our busy lives, but there is a price we are paying for the almost constant stress we face. We may appear to ignore a lot of the stimulation coming at us each day, but doing so takes almost constant unconscious effort. Studies have found that stressful environments can lead to anxiety and depression, and may also be at least part of the reason for headaches, drinking problems, and various other serious health issues.

So how do we deal with a world that is constantly making demands upon us? The simplest answer, according to many experts, is simply to get away from it all, even if just for a short time. While most of us don't want to move to some remote cabin, experts advise adding just a little nature to our daily lives can make an important difference.

Studies find that even small, simple changes help reduce stress. People who have worked in an office with no windows or just a view of a blank

wall, report finding their work environment much more pleasant if they are able to look out and simply see a tree or two.

Something as easy as adding a potted plant or two to the area where you spend a good part of your day can also help reduce daily stress.

The biggest benefit appears to come from actually getting outdoors and into nature. Yes, a walk in the woods really can help soothe you and give you a break from a busy life. But there are also benefits from just taking a lunch time stroll through a nearby park or down a tree-lined street.

This time with nature isn't an opportunity to worry about the day's problems or upcoming issues, but rather a chance to actually listen to the quiet of nature, to admire the beauty of an old tree, or just to smile at those squirrels chasing one another.

No, a walk in the woods is not going to be a miracle cure for all of life's stresses, but it does give your mind a chance to relax and regroup, and that's a positive thing.

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- How does one pay for long term nursing home care?
- Health eating
- Training the brain
- Diabetes and arthritis care
- Council on Aging Programs
- Caddo Parish Sheriff's Office Programs to protect the elderly
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Resource tables: Senior retirement living, hospice, caregiver and home health agencies, Caddo Council on Aging, long term care insurance, blood pressure and glucose screenings.

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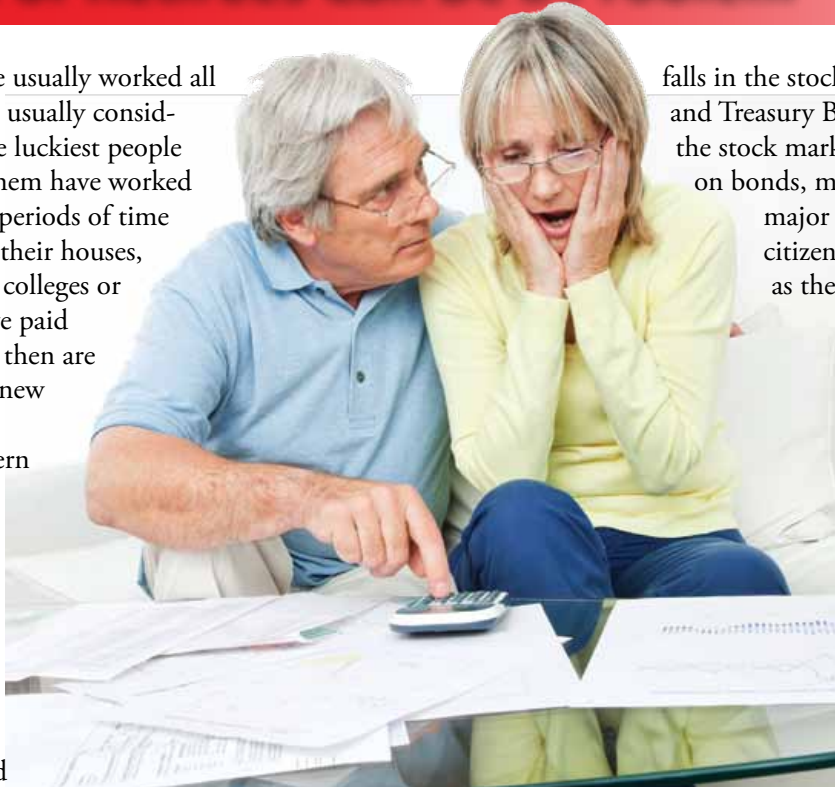
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Debt For Retirees Can Be a Problem

Retirees who have usually worked all of their lives are usually considered some of the luckiest people in the world. Most of them have worked for companies for long periods of time and most have paid off their houses, gotten their kids out of colleges or into jobs, and most have paid off all their debts. Why then are so many retirees facing new problems with debts?

Debt is a major concern in this economy. We have seen the Federal Government raise their Debt Limit in order to avoid default on its obligations in the past. In the last few months, we have seen huge rises and



falls in the stock market and lower bond and Treasury Bill Rates. With the fall of the stock market and lower interest rates on bonds, most retirement plans took a major hit. Unfortunately, private citizens do not have the same luxury as the Government to be able to borrow and raise the limit they borrow if they have too much debt.

According to a poll cited by the American Association of Retired Persons (AARP), one-third of retirees described their current personal debt levels as a problem. Seven percent of those polled called it a major problem.

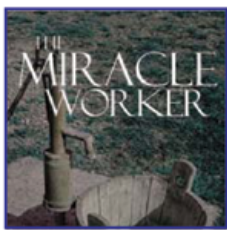
What is causing this increase in debt? Many

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factors probably come together to cause retirees and seniors more debt. In recent years, people are living longer which causes many to outlive their savings. In addition, higher costs of living including gas, food, drugs, and utilities to name a few. Finally, longer life means longer health care needs and higher medical expenses which some of these expenses may not be covered.

What should a retiree try to avoid in order not to get into debt problems? First, do not use credit cards unless it is an emergency. Most credit card companies will extend credit to any person with a great credit history. However, most of these credit cards have interest rates which can vary between 18% to 20%. Consider that most banks at the present time will make a loan at an interest rate of 4% or less and you can see the difference in using credit cards versus a bank loan.

Second, do not borrow against your house unless you have to borrow. Mortgages against a home which a retiree already owns is not a good idea unless

that retiree has to borrow due to the fact that retiree does not make as much income as when they were working. In addition, retirees need to be careful of reverse mortgages as these mortgages become due in the future when they do not have the income to pay the mortgage back or may not leave an asset as they intended for their heirs.

Third, if you find yourself in debt and find that you cannot afford the necessities of life, do not be afraid to consult a credit counselor or an attorney. In fact, before making a decision to borrow, you should consult one of these persons regarding your options before going into debt. There are laws in place which you, the retiree, may not be aware of that may prevent you from having to go into debt. None of us knows what the future holds, but we can try to prepare and have the best information we can to meet it. With these uncertain times and uncertain economy, we need all the information we can get.

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



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Building a Financial Emergency Kit

What would a sudden financial emergency be in your life? It could be a storm causing massive property damage to your home. It could also be something more personal, like an accident that would cut off your ability to make a living.

Whatever it is, if someone else had to step in to help you in an emergency situation, it's important to have a plan in place so they know what to do.

A financial emergency kit is a crucial component in financial planning. In short, a financial emergency kit involves identifying and planning for potential financial emergencies that could affect you and your loved ones. Building a successful one goes beyond sorting paperwork – it involves looking at a variety of potential situations in your life and then asking, "What's the worst that could happen?"

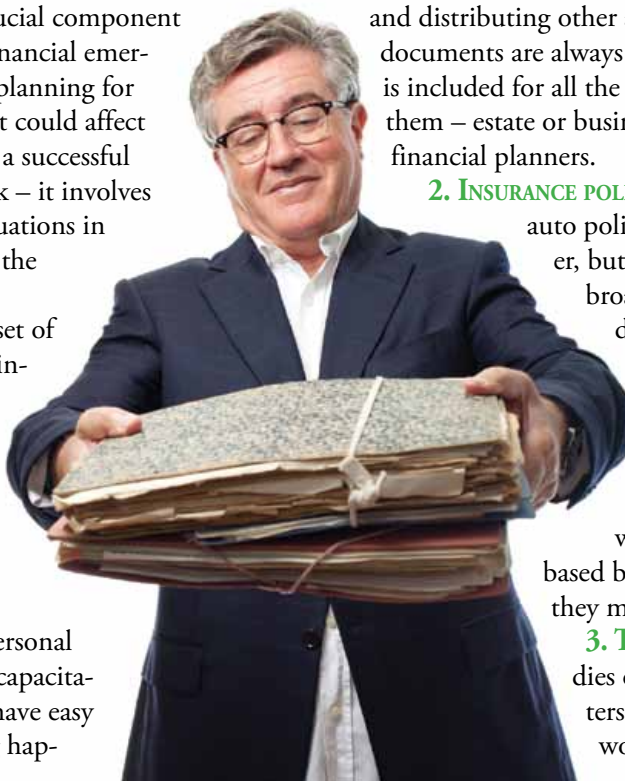
You will want to create a kit – a set of physical or digital documents and instructions – that can help you or someone else you trust manage in a crisis. Here are some items you'll likely want to include:

1. ESTATE DOCUMENTS. Estate planning is really the highest form of financial emergency planning, because it addresses the ultimate personal financial emergencies – medical incapacitation or death. Would your family have easy access to this material if something hap-

pened to you? In your family financial emergency kit, estate documents would include copies of current wills (for you and your spouse or partner), your advanced directives (which instruct doctors on end-of-life or other stages in medical care), health/financial powers of attorney (which designate specific individuals to step in to manage your money or healthcare if you cannot do so) as well as other documents that provide additional guidance for operating businesses and managing and distributing other assets you have. Make sure these documents are always current and that contact information is included for all the qualified experts you used to prepare them – estate or business attorneys, tax professionals and financial planners.

2. INSURANCE POLICIES. Being able to find home and auto policies in a natural disaster is a no-brainer, but it's important to think a little more broadly. File as much policy and contact detail as you can for any health, disability, business, life and accident coverage you have – and remember that it's particularly important to note or file documentation on this coverage at work, too. Sometimes we sign up rather blindly for work-based benefits only to realize how important they may be in a financial emergency.

3. TAX MATERIALS. If a family member dies or becomes incapacitated, tax matters still need to be attended to. If you work with a tax professional, make sure



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their contact information is in the digital or physical kit (see indexes, contacts and guides, below), but it's also important to keep past returns and relevant supporting data based on your individual tax situation.

4. INVESTMENT, SAVINGS AND RETIREMENT DOCUMENTS. If you work with a qualified financial planner or tax expert, you may have access to a particular system that lists and track this information in an organized way that many of us don't have at home. However you plan and track your investments, it should be included in your kit.

5. INDEXES, CONTACT SHEETS AND GUIDES. Some people need a little guidance, others need a lot. A family financial emergency kit needs to be usable by all designated family members. Put yourself in the role of a friend or family member who's been called in to help you in a crisis. If you had to step in to settle an estate, healthcare or disaster emergency for a friend or family member and they weren't around to advise you, what information would you need to get started? In any category of information you include in a financial emergency kit, include a separate file or digital instruction that details people to call, account numbers if necessary, relevant online and physical addresses and other key data to advise that person about what's in front of them and what they should do. If you work with qualified financial experts, make sure their contact information is included.

6. EASY ACCESS TO ESSENTIALS UNDER LOCK AND KEY. If you're away from home when damage occurs or if family members need to access vehicles or other spaces, make sure you have keys and access codes locked safely in your emergency kit. You will also want to ensure that your emergency contacts have the necessary access to your emergency kit in order to retrieve these materials. You or loved ones might also need access to funds, particularly cash in an emergency. If you don't have a bank account established strictly for emergencies that allows specific family members to write checks or make cash withdrawals, you should consider it.

Bottom line: Building a financial emergency kit requires some thinking, but it can help you avoid major losses and speed up decision making in a crisis. Work with people you trust to make it accessible and useful to your family and trusted individuals.

Nathaniel Sillin directs Visa's financial education programs. Follow Practical Money Skills on Twitter: www.twitter.com/PracticalMoney.



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What Did My Doctor Say?

Gloria went to visit her mother, Edith, in the hospital, only to find that she has been discharged. She called her dad, Archie, who tells her that the hospital had discharged Edith early that morning. Gloria was upset that her father hadn't called her to come help take Edith home, but Archie said that it was very early and that he didn't want to wake her. When Gloria went to their house, she found a bunch of new prescriptions for Edith and pages and pages of discharge instructions from the hospital. Gloria asked her dad about Edith's aftercare, but Archie was kind of vague. He knew that there were some new prescriptions to refill and he thought that Edith should keep her head elevated, but he wasn't sure for how long. This scared Gloria because when she went to check on her mother, Edith was sleeping with her head down on the pillow.

Unfortunately, situations like this are all too common. One report through AARP that I recently read said, "Millions of Americans help their loved ones to live independently at home - keeping them out of nursing homes. These family caregivers have a huge responsibility - that gets even more difficult when their loved one goes into the hospital and then transitions back home."

So I'm glad to report that our Louisiana legislature has done



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something to actually help in these situations. They passed a new law called the Louisiana Family Caregiver Act.

Here's what the law says: if you are admitted to a hospital, the hospital is supposed to ask if anyone will be helping to take care of you when you go home. If you have a caregiver, and with your permission, the hospital is supposed to let your caregiver know about your discharge "as soon as possible prior to" your discharge. Additionally the hospital is supposed to consult with you and your caregiver in order to educate and instruct the caregiver about your aftercare needs. This would have been a great opportunity for Gloria. Imagine if, rather than having to rely on Archie's sketchy memory, she had been given a chance to sit down with a health care professional from the hospital and ask questions and get good explanations about Edith's aftercare. That would have been better for Gloria's stress level, better for Archie who's no spring chicken himself, and better for Edith's health and recovery.

This new law goes on to say something else. Suppose that Edith had made Gloria her designated caregiver. And suppose that the hospital had contacted Gloria about Edith's discharge date and Gloria had come and had asked a

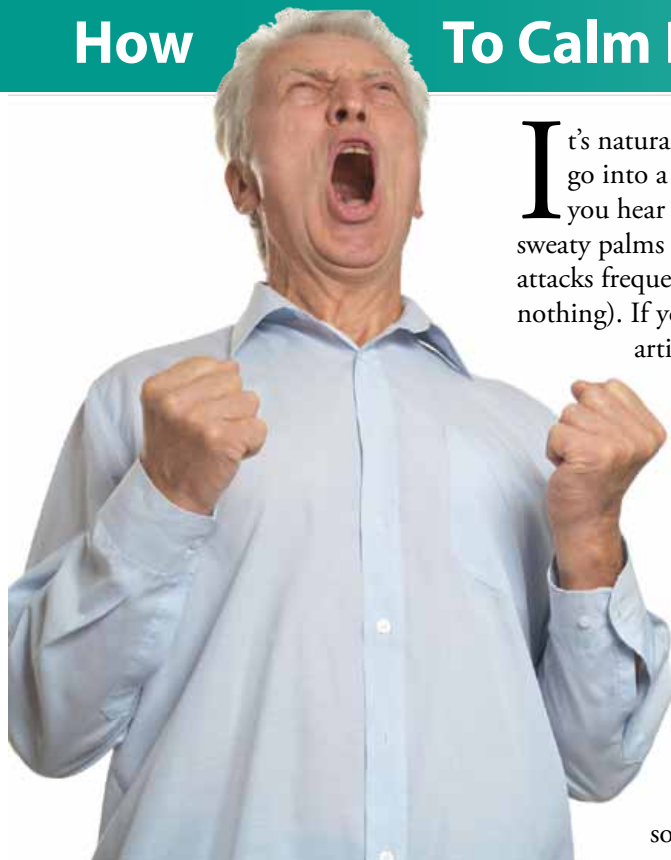
lot of questions and had gotten a lot of good information on how to care for Edith once she went home. And suppose that Edith then goes home and Gloria spends a whole bunch of time helping her mother with her aftercare. And suppose that Gloria then gives her Mom and Dad a bill for \$7,000, saying something like, "I did all of that work to take care of you and I sure don't work for free. Because you made me your official designated caregiver in the hospital records, I have the right to charge you for my services. So pay up!" Sound legal to you?

It's not. The new Louisiana Family Caregiver Act specifically says that a designated caregiver "shall not accept compensation in exchange for aftercare provided to the patient." I'm glad that the law says that. I can't tell you the number of times I've seen someone get away with financially exploiting a senior with memory problems by claiming that the senior had hired them to perform some made up service. So congratulations to our Legislature for actually getting one right.

Lee Aronson is a Shreveport attorney with Lineage Law, LLC, an estate and business planning law firm serving clients throughout Louisiana.



How To Calm Down Quickly



It's natural to get stressed out, or go into a state of mild shock if you hear bad news. Maybe you get sweaty palms a lot, or slip into panic attacks frequently (and over much of nothing). If you're prone to anxiety, this article is intended to offer you help before you take prescriptions.

Millions of prescriptions are written annually for anxiolytic drugs like alprazolam (Xanax), clonazepam (Klonopin) and lorazepam (Ativan). These drugs are all in the category of benzodiazepines, and they have severe withdrawal symptoms. I bet some of you suffer on a daily

basis because you don't want to get on a benzodiazepine. Now I'm going to offer you five ways to calm down quickly:

Breathe - You might think this is silly to list but it's number one on my list because when you are anxious, your breathing becomes shallow. Be conscious about breathing and make sure you inhale longer than you exhale during times of stress. The inhalation is a gift to yourself, hold it a second or two, then exhale. Do it five times, preferably with your eyes closed since that instantly puts you into an alpha brain wave state.

Lavender - They make pure lavender roll-ons, and if you can't find that just keep a tiny bottle of the essential oil nearby, or in your purse. Take a whiff and put some on your wrists and

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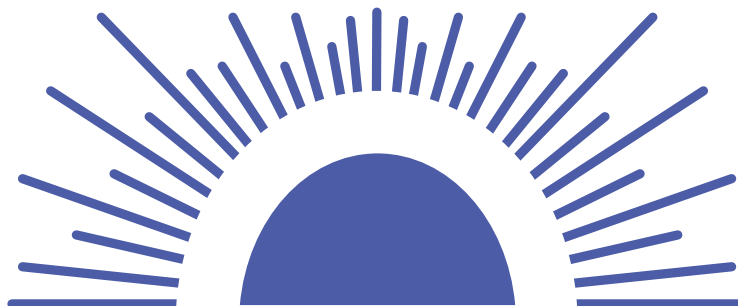
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temples for immediate action. You can use this to sleep too. And you can find commercial preparations of lavender tea as well.

Rescue Remedy - Rescue Remedy is a combination of 5 flower extracts including Star of Bethlehem, which is known to help with trauma and shock. You can carry the tiny bottle in your purse and put drops in your mouth (or in your water bottle) all day long if you want.

California Poppy Extract - It's a great herbal anxiolytic, and sometimes also used for kids with Attention Deficit, or bedwetting problems. You can buy it in dropper form at any health food store and online. One of the active compounds is Eschscholzia californica, and that's been shown to promote higher catecholamines in the brain, thus a happier mood over time. Some can make you sleepy.

Magnesium - This is a natural mineral abundant in leafy greens and edible seaweeds. Numerous studies show a correlation to low magnesium and depression and/or anxiety. It works pretty quickly, especially the magnesium "threonate" form which has been clinically shown to penetrate brain tissue quickly. A double-blind placebo-controlled study tested women with PMS-induced anxiety, mood swings and nervous tension. The researchers combined 200 mg of magnesium with 50mg vitamin B6 and gave it to the women for one month. It helped some of the women, but not all.

I have a few other options, however I am out of space here. Please sign up for my newsletter at my site (suzycohen.com) and I will email a longer version of this. Please make sure your physician approves of any supplements you want to try.

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.



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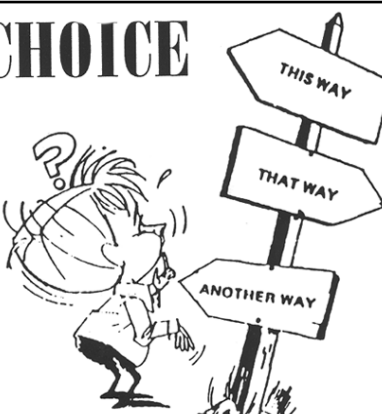
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WE'RE OFF TO SEE THE *Wizard*

The Oz and Aahs of San Diego

Story by Andrea Gross

Coronado is known for sparkling beaches, sunny skies, artsy galleries and a Main Street that's been honored by the National Trust for Historic Preservation.

All this is great, but it's not why I'm here in this small town near San Diego. I'm here because of its connection to OZ, the magical kingdom at the heart of L. Frank Baum's bestselling novels. In 1939, twenty years after his death, these books spawned one of America's best-loved films, *The Wizard of Oz*, a movie I must've seen a dozen times.

How could I forget 16-year-old Judy Garland, who portrays Dorothy, dressed in a blue checked frock and glittering ruby shoes, skipping down the Yellow Brick Road and belting out the words to the Academy Award winning song, *Over the Rainbow*? Now I want to see where Baum lived when he imagined Dorothy's adventures.

To do this, my husband and I don't have to go over a rainbow. We just have to go over the 2.1 mile bridge that separates Coronado from San Diego proper.

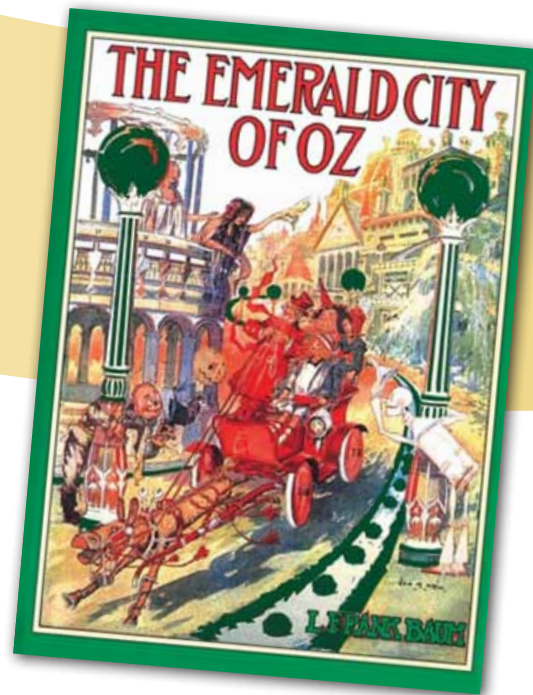
The Oz of Coronado

Baum wrote the first book in what became a series of fourteen Oz novels while he was living in Chicago, but three of his subsequent Oz stories were written between 1904 and 1910, when he spent much of his time in Coronado. Today the town is rife with Oz-related stories and sites.

Our first stop is the Hotel del Coronado, where Baum wintered for five years before moving to a nearby house. There they are — the red turrets that are pictured on the first edition cover of Baum's sixth book, *The Emerald City of Oz*, which is on display at the Coronado Museum of History and Art.

A tour of The Del (as locals call it) takes us through the grand building, detailing the Queen Anne architecture, telling tales about the other luminaries who have stayed there — folks such as Babe Ruth, Brad Pitt and Oprah Winfrey — and, of course, showing us the four chandeliers that were designed by Baum when he needed a break from his writing.

For an up-close look at Dorothy's traveling companions —



Above: The red turrets of Hotel del Coronado are pictured on the cover of the sixth of Baum's fourteen Oz books.

Below: Queen Califia's Magical Circle sparkles with giant mosaic sculptures.





L. Frank Baum, author of the Wizard of Oz books, wintered at the Hotel del Coronado.



Giant glass panels depicting Oz characters greet visitors at the Coronado Public Library.

the cowardly Lion, the heartless Tin Man and the brainless Scarecrow — we go to the Coronado Public Library, where giant glass panels perfectly capture the light-hearted magic that infuses the books.

From there it's just a short walk to Baum's rental home. It's now privately owned, but the owners have a good sense of humor. They've posted a large sign out front that marks their street as Wizard of Oz Avenue.

Then, humming the tune of Ding Dong! The Witch is Dead, we drive back over the bridge to explore other parts of San Diego's wonderland.

The Aahs of San Diego County

L. Frank Baum would have loved Queen Calafia's Magical Circle. So do we. Here, hidden in a grove in Escondido's Kit Carson Park, are larger than life mosaic sculptures made from thousands of pieces of sparkling glass and jewels. The brainchild and work of internationally acclaimed French sculptor Niki de Saint Phalle, it's as close to Oz as most of us will ever get.

Note: The Circle is undergoing extensive repairs and maintenance and hours are limited. Check the website before going: www.queencalifia.org.

At first glance the Flower Fields at Carlsbad Ranch remind me of the poppy fields of Oz. Like the poppies, they're a dazzling sea of color, but these flowers hold none of the Oz poppies' hallucinogenic dangers. Better yet, these flowers,

which bloom in the spring, are backed by another dazzling sea of color, the blue of the Pacific Ocean.

That night we go to the Tierra del Sol Observatory east of San Diego, where Star Parties are held every month during the dark of the moon. While Dorothy famously wished upon a star that would take her over the rainbow, we get to look through a giant telescope to view deep-sky objects such as nebulae and star clusters. There we get a better understanding of galaxies that are every bit as wondrous as Oz.

Finally we figure that since Dorothy arrived in Oz via a cyclone, we should experience a fast flight of our own. Thus we head to La Jolla Zip Zoom, the longest zip line in California. Flying at more than fifty miles an hour (fast but still much slower than a cyclone!), we look down at thick forests and winding rivers. Oz? Not exactly. Worthy of Aahs? Most definitely.

Dorothy only had to click her heels to return home, but we have an airplane to catch. Before leaving, we spend one last day at the beach. After all, San Diego is where the magic of a Kansas Oz meets the magic of a California beach. •

For more information about nearby destinations as well as entertaining trivia about Oz, see our companion website, www.traveltizer.com.

Photos by Irv Green, San Diego Tourism Authority and Coronado Public Library.

Barbara Bain's Many Features



Two decades ago, Barbara Bain embarked on a mission many might have considered impossible: to convince children that books and reading could be fun.

"I volunteered in a daycare and just started reading to the kids one day as we sat on the lawn," said Bain, who starred in the TV series "Mission: Impossible" and "Space 1999." "They seemed to really enjoy it and were very responsive."

The actress soon recognized the potential of her simple act of kindness.

"I thought of all my acting colleagues in the Screen Actors Guild (SAG). Every one of them has to read well in order to get a role and, of course, actors love an audience. So I went to SAG and our mayor, and we created BookPALS" (see www.bookpals.net).

Today, the program has branches around the country with over 2,000 volunteer actors reading to students in classrooms, shelters, and hospitals. "The readers love it and the kids are absolutely enthralled. Who better to take the words from a page and bring them to life than actors?"

Bain, who turns 85 this month, can also still bring words from a script to life in a theater or on the big screen.

One of her recent films, "Silver Skies" (see www.roarproductionsinc.com), also featured some show business veterans.

"It's about a group of retirees who are getting thrown out of their apartment complex," explained Bain. "It's a wonderfully written story with each character incredibly well-defined. The casting was brilliant with veteran actors like George Hamilton, Mariette Hartley, (the late) Alex Rocco, and Howard Hesseman. At times we would look at each other and laugh, because we were still making movies and having such a good time."

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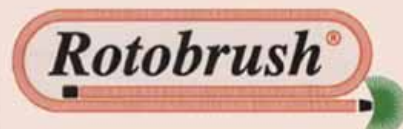
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Unlike some TV stars from the '60s and '70s whose careers were often defined by a single role in a popular series, Bain is recognized for creating two iconic characters: scientist Dr. Helena Russell in "Space 1999" and Cinnamon Carter in the spy series "Mission: Impossible."

She is especially proud of the Carter character, which led to Emmy Awards each year between 1967-1969, the first actress to win three consecutive Emmys.

"Very few shows at the time depicted strong women characters," she said. "You either played a wife stirring a pot in the kitchen in a sitcom, or the dance hall girl in a western – a good girl or bad girl."

Even today, 45 years since she undertook her last impossible mission, Bain continues to hear stories from women inspired by the character.

"They stop me at the supermarket and explain how they got into law school or some other profession because of the character," noted Bain. "Carly Fiorina, the former CEO of Hewlett-Packard (and presidential candidate in the 2016 Republican primary) wrote in her autobiography that the character also inspired her. So no question it was a groundbreaking role."

But away from the cameras, Bain's off screen mission to promote an interest in reading among children has proven to be a possible and sustainable one.

"I hope the kids involved in the BookPals program have been inspired to learn," she said. "I've always found joy in my work and hope they will too."

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

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Festive Papas Tapas

Servings: 6
2 - 4 medium Wisconsin russet or gold potatoes
2 tablespoons olive oil
¼ teaspoon pepper
½ teaspoon sea salt

Heat grill or oven to 400° F. Thinly slice potatoes lengthwise to ¼-inch thick, discarding ends.

Toss with olive oil, salt and pepper.

Place on grill or prepared baking sheet in single layer. Cook 10 minutes on each side. Add toppings.

Topping Ideas

Bruschetta: In bowl, mix together 2 medium tomatoes diced, ¼ cup chopped fresh basil leaves, 2 cloves minced garlic and 1 tablespoon olive oil and spoon on top of potatoes.

Baked Potato: In bowl, mix together ½ cup plain nonfat Greek yogurt, ¼ cup shredded reduced-fat cheddar cheese, 2 tablespoons fresh chives, chopped, and spoon on top of potatoes. Garnish with 1 tablespoon chives.

Mediterranean: In bowl, mix together 1 container (6 ounces) feta cheese; 1 can (2¼ ounces) sliced olives, drained; 1 medium tomato diced; salt and pepper, to taste; and spoon on top of potatoes.

Creamy Greek Yogurt with Lemon and Herbs: In bowl, mix together ½ cup plain nonfat Greek yogurt; 2 tablespoons chopped fresh dill; juice from ½ lemon; salt and pepper, to taste; and spoon on top of potatoes. Garnish with dill sprigs.

Find more potato recipes at eatwisconsinpotatoes.com.

Pan Roasted Maple Dijon Chicken with Butternut Squash and Brussels Sprouts *(Servings: 4)*

1 tablespoon olive oil
4 chicken thighs
4 chicken drumsticks
¾ teaspoon kosher salt
½ teaspoon freshly ground pepper
1 tablespoon unsalted butter
16 Brussels sprouts (about 8 ounces), bottom trimmed, outer leaves removed and halved
2 cups diced (½ inch) butternut squash
1½ cups chicken stock
2 tablespoons maple syrup
2 teaspoons Dijon mustard

In saute pan large enough to hold chicken in single layer, heat olive oil over medium-high heat. Season chicken with salt and pepper. Add chicken to pan, skin side down, and saute about 4-5 minutes per side, or until chicken is browned.

Remove chicken from pan and reserve. In same pan, add butter. Allow butter to melt over medium heat. Add sprouts and squash to pan and saute, tossing occasionally, until outside are golden brown, about 3-4 minutes. Remove from pan and hold separately from chicken.

Turn heat to high and add stock, syrup and mustard. Stir and bring to boil, stirring to scrape up brown bits on bottom of pan. Add chicken back to pan, cover and reduce heat to medium-low. Cook over medium-low heat 20-25 minutes, or until chicken registers 170 F with instant read thermometer.

Add vegetables back to pan, cover again and cook another 8-10 minutes until vegetables are tender. Move chicken and vegetables to serving platter, placing vegetables around chicken. Turn heat to high and boil sauce until it is reduced and slightly thickened, about 2-3 minutes.

Spoon sauce over chicken and serve.

To find more main dish ideas, visit eatchicken.com.





Mixed Berry Shortcakes

Recipe courtesy of Nestlé; Servings: 6

- | | |
|--|--|
| 2 pounds fresh strawberries, sliced (about 6 cups total) | ½ teaspoon salt |
| 2 containers (6 ounces each) fresh blueberries (about 2½ cups total) | ¼ cup cold unsalted butter, cut into pieces |
| 7 tablespoons granulated sugar, divided | ⅔ cup lowfat milk |
| nonstick cooking spray | ¼ cup lowfat Greek yogurt or sour cream |
| 2 cups all-purpose flour | sparkling sugar (optional) |
| 1 tablespoon baking powder | 3 cups light or Slow Churned Light Ice Cream |

In large bowl, combine strawberries, blueberries and 3 tablespoons granulated sugar; stir gently. Let stand, stirring occasionally, for 30 minutes.

Heat oven to 425 F. Spray baking sheet with nonstick cooking spray.

In large bowl, whisk flour, remaining granulated sugar, baking powder and salt; cut in butter with pastry blender or two knives until mixture resembles coarse crumbs. Add milk and yogurt; stir just until moist dough forms.

Turn dough onto floured work surface. With floured hands, knead 6-8 times until dough is smooth. With rolling pin, roll dough into 9-by-6-inch rectangle, or about ½-inch thick. Cut

into six 2½-inch circles.

Transfer to prepared baking sheet. Sprinkle with sparkling sugar.

Bake 10-12 minutes, or just until golden. Transfer biscuits to individual plates; split open. Top each with about 1 cup berry mixture and ½ cup vanilla ice cream.

For more dessert ideas, visit nestleusa.com/nestle-kitchens.





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CONCERTS

Nitty Gritty Dirt Band 50th Anniversary Tour - Friday, September 9 at 8:00 p.m. at Strand Theatre, 619 Louisiana Avenue, Shreveport. \$52.50, \$42.50, \$32.50. Call 318-226-8555 or visit www.thestrandtheatre.com.

Opening Night: Brahms & Beethoven - Shreveport Symphony Orchestra. Saturday September 24 at 7:30 PM, RiverView Theater, 600 Clyde Fant, Shreveport. Featuring rising star violin sensation Benny Tseng. Tickets \$59 - \$19. Call 318-227-TUNE (8863) or visit www.shreveportsymphony.com

EVENTS

9th " Annual Style Show & Lun-

cheon - Presented by St. Pius X Ladies' Guild at Trinity Heights Baptist Church, 3820 Old Mooringsport Rd. Saturday, Oct. 1, 12:00 noon til 2:00 PM. Fall fashions by Dillards of St Vincents Mall. Door Prizes. Lunch will be served by "Le Louisiana Catering". \$25 purchased in advance from any Guild member or contact Earline Davis at 453-5700.

13th Annual Highland Jazz and Blues Festival - Saturday, Sept. 17, 12 - 5 p.m. at Columbia Park in Shreveport. The **FREE** festival will feature live music as well as food and art vendors. Bring chairs and blankets. Pets on leashes are welcome. A free shuttle will be offered by iShuttle and Mall St. Vincent. The shuttle will circulate continuously, 11 a.m. - 6 p.m.. Board in the Mall St. Vincent parking lot near the Dillard's entrance. For festival details, visit www.HighlandJazzandBlues.org.

"Balance Does Matter" Program - Presented by LSUHSC School of Allied Health and Caddo Council on Aging. Thursdays, September 22 & 29, October 6, & 13. 9:30 - 11:30 a.m. St Marks Cathedral Garden Room, 908 Rutherford St., Shreveport. **FREE** but reservations are requested. Call Caddo Council on Aging @ 318.676.7900.

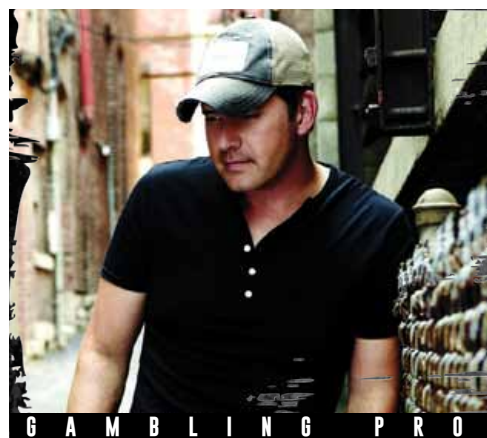
Health and Wellness Fair - Hosted by Bossier Council on Aging. 706 Bearcat Dr., Bossier City. Thursday, September 29. 9 a.m. - 12:30 p.m. Vaccinations available with Medicare card, along with St. Luke's Episcopal Mobile Medical for

screenings and basic health information. Open to the senior public.

How to Keep Yourself Safe? - Fall Forum hosted by Church Women United Shreveport-Bossier unit. Friday September 9 at 10 a.m. First United Methodist Church-Bossier, 201 John Wesley Blvd., Bossier. Speakers include Mark Natalie, Bossier City Public Information Officer; Sgt. Brandon Huckaby, Bossier City Police Dept.; and Caddo Parish Sheriff's Office. For info call Beth Foster at 318.458.8212 or bethlww@yahoo.com.

Krewe of Elders Coronation Bal - 6:00 p.m., September 16, at Knights of Columbus Hall, 5400 East Texas Street, Bossier City. Bar-B-Que Buffet, silent auction, cash bar, booze wagon. Entertainment will be provided by Eric Craig Band. \$45 members; \$50 non-members; \$25 visiting Krewe (max 3). Attire: Favorite team gear (tailgate). 631-8865; 752-9175.


Reaping the Harvest - Red River Coalition of Community Gardeners celebrates Reaping the Harvest at the We Grow Together campus, 1613 Martha Street (near Herndon Street), Shreveport, September 10, 10 a.m. to noon. **FREE** and open to the entire family. Sample the flavors of creations by Melissa Stewart of Now You're Cooking, Gabriel Balderas of soon-to-open El Cabo, Hardette Harris of Your Chef Concierge, Andrew Parsons of Lagniappe Foods, and brothers Rodrigo and Eleazar Mondragon of Ki' Mexico. **FREE** health



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Serve for Good Volunteer Fair and Food Truck Throwdown - Hosted by The Louisiana Initiative for Non-profit and Community Collaboration (LINCC) and the Rotary Club of Shreveport. Saturday, September 10, noon to 3 p.m. in the Red River District in downtown Shreveport. Attendees can visit more than 75 local nonprofit booths to learn about the different volunteer opportunities in the community and enter to win a drawing for various gift cards. Local food trucks will sell food and compete for bragging rights as "the best food truck in town". **FREE**.

MEETINGS

Arklatex DNA Interest Group meeting - Wednesday September 14 from 12:30 PM until 3:00 PM in large meeting room of Broadmoor Library, 1212 Captain Shreve Drive. Learn how to use DNA testing to discover your family tree lines. **FREE** and open to the public. For info contact Jim Jones, at (318) 773-7406 or email jgjones09@gmail.com.

Ark-La-Tex Genealogical Association Meeting - Saturday, September 10 from 1 to 3 PM at the Randle T. Moore Center, 3101 Fairfield Ave, Shreveport. Eric Gipson, Community Relations, Forest Park Funeral Home and Cemeteries, will present "Fascinating Burials at Forest Park Cemeteries". **FREE** and open to the public. For info call 746-1851 or

email jjohnson747@suddenlink.net.

GENCOM Genealogical Computer Society - monthly meeting on September 25 at 2:00 p.m. in the large meeting room at the Broadmoor Library, 1212 Captain Shreve Drive, Shreveport. **FREE** and open to the public. For information call Kathy Love (318) 393-7634 or email kllovegencom@gmail.com.

SEMINAR

Health and Information Fair: Caring for Your Aging Parents - Saturday, September 24, 10 a.m. to 1 p.m. at Praise Temple, 4725 Greenwood Road, Shreveport. Presented by attorney Kyle Moore. This health and information fair will cover a wide range of topics dealing with caring for aging parents. **FREE** but reservations are recommended. Call Linda at 222-2100 or email at linda@weems-law.com

THEATRE

Steel Magnolias - Presented by Stage-

Center. Fridays, September 16 & 23 @ 7:30 PM Saturday, September 17 @ 7:30 PM Sunday, September 18 @ 3:00 PM Saturday, September 24 @ 2:00 PM & 7:30 PM. All performances at East Bank Theater, 630 Barksdale Blvd., Bossier City. The play follows the lives of six Southern women as they share their personal triumphs, tragedies, beauty tips, recipes, and more than the occasional piece of scandalous gossip in Truvy's beauty shop in Chinquapin, LA. Tickets: \$20. For info or tickets, call 218-9978 or email stagecenterla@gmail.com.

The Butler Did It - September 15, 16, 17, 23, and 24 at 7:30 pm. September 18 and 25 at 2:00 pm. Shreveport Little Theatre, 812 Margaret Place, Shreveport. Miss Maple invites detective writers, disguised as their own characters, for a "clever" weekend party. Then a real murder takes place! "Who done it?" Seniors and students \$18, Adults \$20. Call (318) 424-4439 or email boxoffice@shreveportlittletheatre.com

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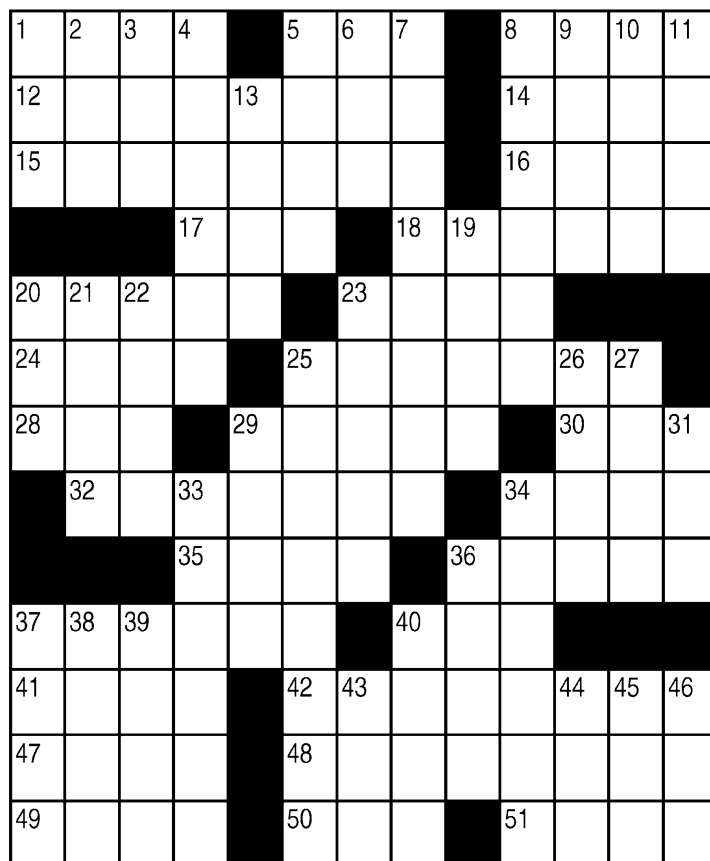
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- 17 Greek consonants
- 18 Electrical resistance
- 20 Some silverware
- 23 Soon, in verse
- 24 Individuals
- 25 "Hamlet" Oscar winner
- 28 Schedule abbr.
- 29 "Once upon — ..."
- 30 Periodical, for short
- 32 Semisweet sherry
- 34 Location
- 35 Study of the past (Abbr.)
- 36 Wild
- 37 Craze one
- 40 Silent
- 41 Sandwich cookie
- 42 Quadrennial games



- 47 Elvis' " — Las Vegas"
- 48 Fatherly
- 49 Paradise
- 50 Ordinal suffix
- 51 Catch sight of
- 8 Graduates
- 9 1492 vessel
- 10 Advanced math
- 11 Old German duchy name
- 13 Responsibility
- 19 Hoisted, at sea
- 20 Enemy
- 21 Aware of
- 22 Authentic
- 23 Preferred invitees
- 25 Ear doctor's device
- 26 Eastern potentate
- 27 — -tat-tat
- 29 Operatic solo
- 31 Toothpaste style
- 33 Buckeye
- 34 Always, in music
- 36 Show anger
- 37 Relocate
- 38 Desert-like
- 39 Actress Campbell
- 40 Legend
- 43 Long. crosser
- 44 — and outs
- 45 Baseball hat
- 46 Crafty

DOWN

- 1 Chinese chairman
- 2 Ailing
- 3 Witness
- 4 "Much obliged"
- 5 Unopened roses
- 6 Exploit
- 7 Apache leader

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Sudoku

by Linda Thistle

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

Place a number in the empty boxes in such a way that each row across, each column down and each small 9-box square contains all of the numbers from one to nine.

Difficulty: ♦♦♦

♦ Moderate ♦♦ Challenging
♦♦♦ HOO BOY!

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

Find the listed words in the diagram. They run in all directions forward, backward, up, down and diagonally

Anchored	Hangered	Shelved	Tabled
Banked	Moored	Stashed	Tethered
Berthed	Parked	Stored	Tied up
Filed	Planted	Stowed	

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❧ Bossier Council on Aging ❧

Info & referrals - 741-8302

Caption Call System - Hard of hearing telephone system available @ no cost. Must have landline & internet services.

Caregiver - Support services are provided for family caregivers including in-home respite care for the caregiver, education for the family, and material aid and sitter services for the patient. \$3/visit suggested.

Home Delivered Meals - Provided Monday - Thursday for homebound seniors in Bossier parish. \$2 suggested contribution.

Homemaker - Trained employees provide light housekeeping for se-

niors having difficulty maintaining their homes. \$3/visit suggested.

Legal Services - Education on elder legal issues. Counseling for individuals is accessible monthly with a local lawyer or by referrals.

Medicaid Food Stamp Applications - Application center and assistance filling out the forms. By appointment only.

Medical Alert - With a referral from BCOA, an auto dial unit is available for installation on your phone. Necklace, wristband, or pocket clip styles provided. Press the button for immediate help. \$25/per month.

Outreach - Home visits are made

to help qualify seniors for services.

Senior Centers - Recreation, crafts, educational seminars, and health information. Also: day trips, extended trips, exercise/dance classes, bingo, cards, dominoes, health screenings, exercise equipment room, games and Thursday night dances with a live band. Hot, nutritious meals served at 11:30 AM at the sites, Monday - Friday. \$2 per meal is suggested.

- Bearkat Site (741-8302), 706 Bearkat Dr., Bossier City. Monday through Thursday 8 am - 4:30 pm; Friday 8 am - 2:30 pm.
- Plain Dealing Site (326-5722),

101 E. Oak St., Plain Dealing, 9 AM - 1 PM

- Benton Site (965-9981), 102 Bellevue, Benton, 10 AM - 1 PM, Monday - Thursday.

Transportation - Wheelchair accessible vans available to transport seniors to grocery shopping, senior centers & BX (with military ID). \$3 suggested contribution. Medical appointment transportation provided with a \$10/roundtrip charge. Also contracts with Medicaid for referrals.

Zumba classes - Monday & Wednesday @ 5:30 pm, Sat. @ 10 am. Open to the public, free for seniors.

❧ Caddo Council on Aging ❧

Information Referral - Call 318.676.7900 for specific problems

Resource Directory:
www.caddocouncilonaging.org

Aging & Disability Resource Center of Northwest LA - Serving Seniors & Disabled Adults in Northwest Louisiana Parishes. Call 1.800.256.3003 or 318.676.7900

- Long Term Care Resources & Options - Help navigate complex system of Long Term Care

- Medicare Counseling - Answer Medicare coverage questions

- Medicare Part D Application - Assist you to find the best plan through www.medicare.gov

- Medicine Assistance - Help seniors and disabled adults complete applications to drug companies for free or discounted medicine.

Community Choice Waiver - Case manager for Region 9.

Family Caregiver - Short-term temporary relief care is provided for caregivers so that they may have a break from senior care. A donation is requested.

Foster Grandparent - 318.676.7913. Seniors age 60+ can serve as mentors, tutors & caregivers to youth with special needs. Foster

grandparents must meet federal income requirements. A modest tax-free salary is given for 20 hours' per week service.

Homemaker - A trained worker will perform light household tasks for house-bound persons. A \$5 monthly donation is requested.

Legal Services - Referrals for individual counseling

Meals on Wheels - Hot meals are delivered to homes of seniors unable to shop or cook for themselves. A yearly wellness check is included. A \$5 weekly donation is requested.

Medical Alert - Senior emergency response system provided by Acadian on Call for a \$22 monthly fee. This system gives immediate access to medical care in case of accidents.

Medicaid Applications - Application center and assistance filling out the forms. By appointment only.

Nursing Home Ombudsman - Advocate will investigate and resolve senior's nursing home complaints.

Personal Care - Personal care provided weekly for homebound seniors.

Senior Centers/Dining Sites - Fun activities. Lunch served. Suggested \$1.50 donation accepted.

- A.B. Palmer SPAR, 547 E.

79th St., Shreveport. 673-5336. Mon thru Thur 9 am - 1 pm. Lunch @ 11:30 am.

- Airport Park SPAR, 6500 Kennedy Dr., Shreveport. 673-7803. Mon thru Thurs 9 am - 1 pm. Lunch @ 11:00 am.

- Cockrell SPAR, 4109 Pines Road, Shreveport. 629-4185. Mon thru Thurs 10 am - 12 noon. Lunch @ 10:30 am.

- David Raines Center, 2920 Round Grove Lane, Shreveport. 673-5342. Mon - Fri 9 am - 1 pm. Lunch served at 11:30 am. City Bus #2 Metro Loop.

- Lakeside SPAR, 2200 Milam St., Shreveport. 673-7812. Mon through Thurs - 10 am - 12 noon. Lunch @ 11:30 am. Breakfast served Wed, Thurs & Fri @ 9 am.

- Martin Luther King Community Center. 1422 Martin Luther King Blvd, Shreveport. 222-7967. Mon through Fri: 9:30 am - 1:30 pm. Lunch @ 11:30 am. Transportation available on a limited basis. Call for more info.

- Mooringsport. 603 Latimer St., Mooringsport. 318-996-2059. Tues, Wed, & Thurs. 9 am - 12:30 pm. Lunch @ 11:30 am.

- New Hill. 8725 Springridge Texas-Line Rd, Keithville. 925-0529. Tues and Thurs - 9 am - 12 noon. Lunch @ 11:00 am.

- Oil City, 110 Furman St., Oil City. Mon & Fri - 9 am - 12:30 pm. Lunch @ 12:00 pm.

- Randle T. Moore Senior Activity Center, 3101 Fairfield Ave., Shreveport. 676-7900. Thurs & Fri. Coffee @ 9:30 am. Program @ 10 am. Fri @ 11 am Senior Tech Talk.

- Southern Hills SPAR, 1002 Bert Kouns Industrial Loop, Shreveport. 673-7818. Mon through Thurs 10 am - 12:30 pm. Lunch @ 12:00 noon

- Valencia Park Community Center SPAR, 1800 Viking Drive, Shreveport. 673.6433. Mon - Thurs 9 am - 5 pm. Lunch @ 11 am.

Sheriff's Operation Safeguard - Caddo Parish Sheriff's Office helps reunite persons with Alzheimer's who have become lost with their families. Participants are given a special ID bracelet containing info stored in the Sheriff's Office database. Call 318.681.0875 to register. Free.

Telephone Reassurance - Volunteers call seniors to offer comfort, support and a chat.

❧ Webster Council on Aging ❧

Minden Senior Center (371-3056 or 1-800-256-2853), 316 McIntyre St., Minden, LA 71055; 8 am to 4 pm

Cotton Valley Senior Center (832-4225), Railroad Ave., Cotton Valley; 8:30 am to 12:30 pm

Springhill Senior Center (539-2510), 301 West Church St., Springhill; 8 am to 4 pm

Congregate Meals - nutritionally balanced meals for persons 60+ and spouses provided at senior centers, served 5 days a week.

Family Care-Giver Support

- support services that provide a temporary break in the tasks of caregiving. For family caregivers who are providing care for an older individual who is determined to be functionally impaired because of inability to perform instrumental functions of daily living without substantial supervision and assistance. This service is provided to persons caring for a homebound relative 60+, for a relative 60+ caring for a homebound child or grandchild.

Home-Delivered Meals - Noon meal delivered to eligible home-

bound elderly (illness, disability or while caring for spouse who is), 5 days a week.

Homemaker services - Provided to those meeting specific requirements.

Information and Assistance - Provides the individual with current information on opportunities and services within the community.

Legal Assistance - providing legal advice, counseling, and representation by an attorney. Lectures are scheduled on a quarterly basis.

Medicaid enrollment center -

take initial Medicaid applications

Medical Alert - linking clients with in-home emergency response system.

Recreation - Art, crafts, hobbies, games, and trips.

Transportation - transporting older persons to and from community facilities and resources. Assisted transportation also provided and must be scheduled weekly in advance.

Wellness - designed to support/improve the senior's mental/physical well-being through exercise, physical fitness, and health screening.

September PARTING SHOTS



Verna Murray and Nina Murray had a great time at Hollywood's Greatest Game Shows Live!, hosted by Bob Eubanks, at Horseshoe Casino and Resort's Riverdome on August 6th.



Theatre of the Performing Arts of Shreveport held their 24th annual Yazzy Event, a celebration of "The Lates, the Greats, and Moore!" on July 29 at Riverview Theatre. (l to r) Larry Pierson, Gloria Gipson, Robert Jefferson, Tony award winner and Grammy nominated artist Melba Moore, Carl Staples and Candy Welch.

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

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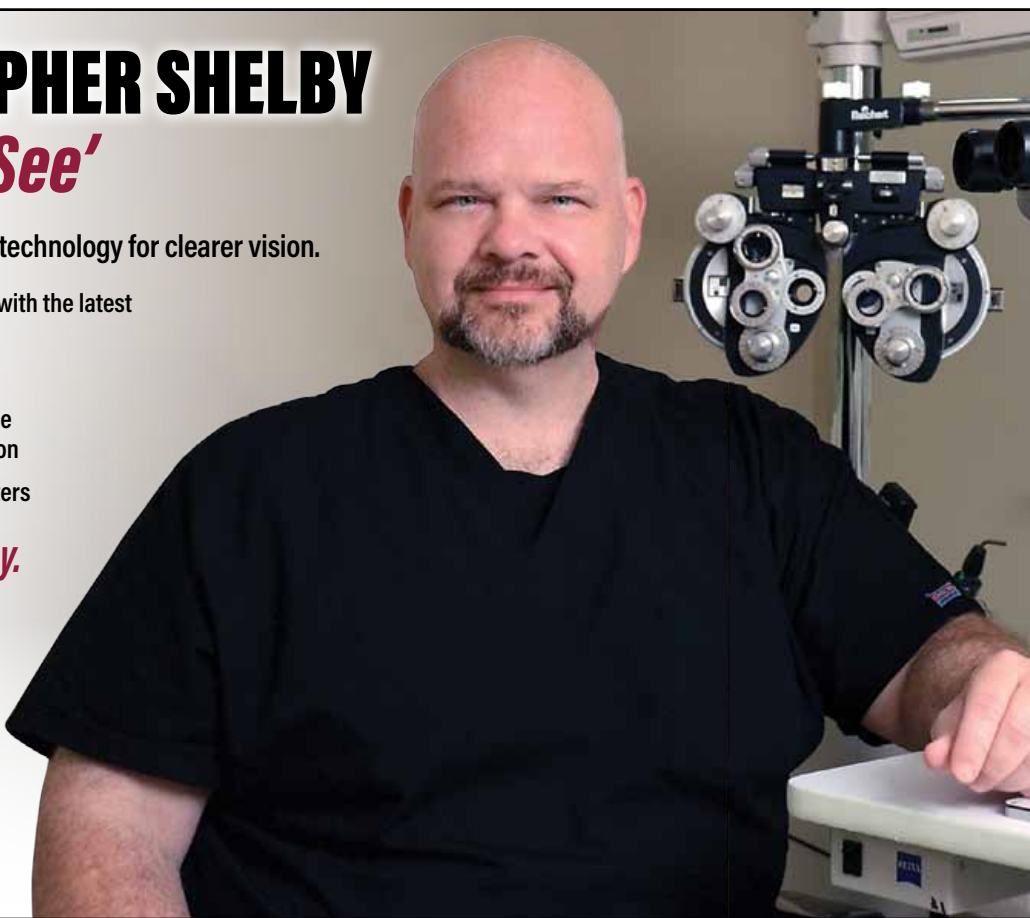
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As the region's leader in healthcare, here are a few numbers to know regarding WK's commitment and benefit to our community.

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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!



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CARING FROM THE HEART



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



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

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- ♥ Dialysis Management
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