

March 2019

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Hospice Care

Will vs. Living Will

Save on Funeral Costs

Communicate Effectively  
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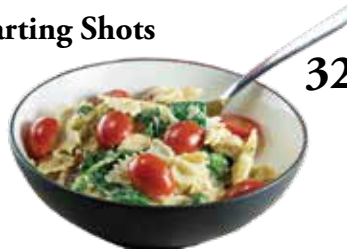
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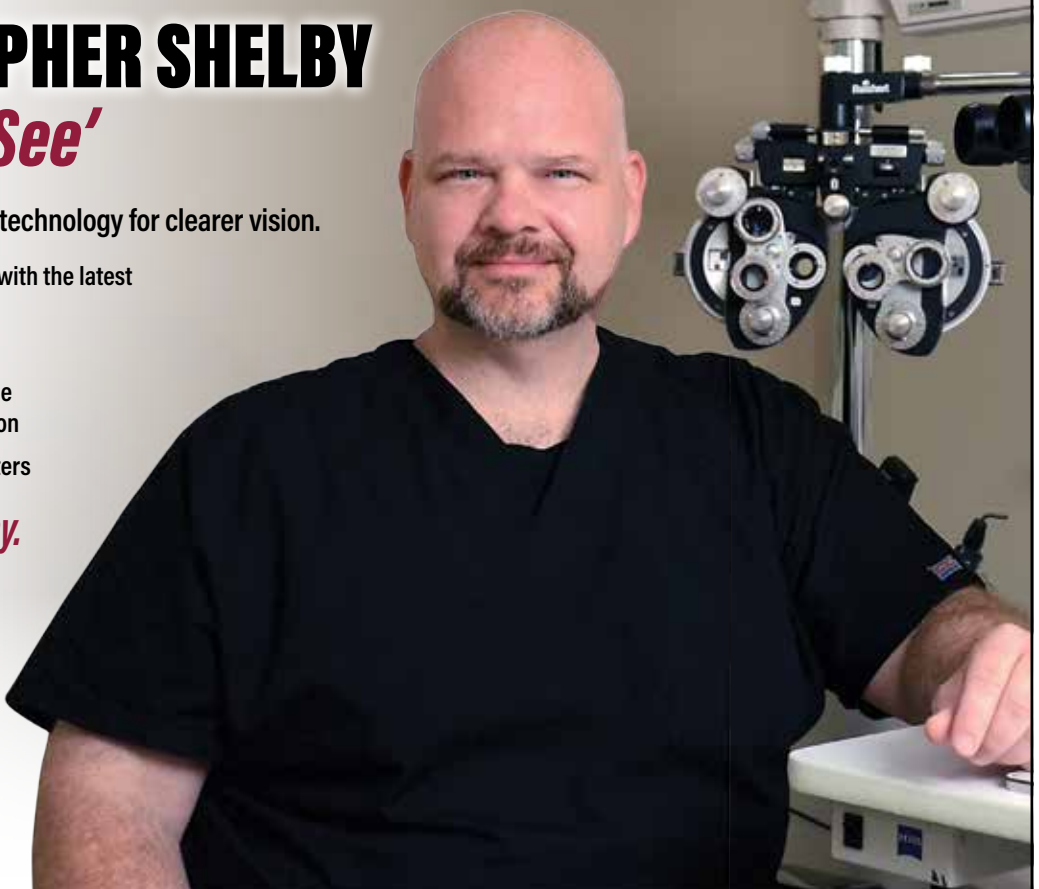
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**March 2**  
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 Counselor and Therapist

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# The Best of Times

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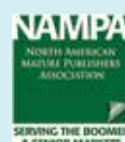
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# Stat!

## Medical News & Info



### Controlling Cancer

A drug originally approved 65 years ago to control blood pressure has the potential to serve as an anti-metastatic drug, according to new findings from a study in an animal model of melanoma. The drug, reserpine, prevented what are known as tumor-derived extracellular vesicles from fusing to healthy cell and sharing their cargo of disease-promoting molecules. Led by researchers from the University of Pennsylvania School of Veterinary Medicine, the study found that moderate doses of reserpine before and after surgery to remove a primary melanoma tumor virtually eliminated lung metastases and significantly prolonged survival.



### End-of-Life Care

Everyone wants a dignified death, yet few actually experience one. Research from the University of Pennsylvania School of Nursing shows that more than half of 13,000 nurses rate their hospital's end-of-life care unfavorably. And that same study reveals that though most older adults prefer to remain at home, they often spend their final days in hospitals, where they're likely to undergo medical care that neither improves survival nor quality of life.

### Music and Memory

Can music improve anxiety and depression for people with memory disorders? That's the aim of a new collaboration between the Penn Memory Center at the University of Pennsylvania and the Curtis Institute of Music. The program gives patients with any level of cognitive impairment - from mild decline to Alzheimer's disease - the chance to interact with undergraduates, grad students, and musicians in a comfortable setting. The success of the recently completed pilot program led to two additional seven-week sessions.



A man and a woman are smiling and celebrating outdoors. The man is holding a cupcake with a lit candle and a "Happy Birthday" topper. The woman is kissing him on the cheek. They are both wearing winter hats and plaid shirts. The background shows trees with autumn foliage. Large purple letters "CELEBRATE" are overlaid on the top half of the image.

Celebrate getting  
younger.

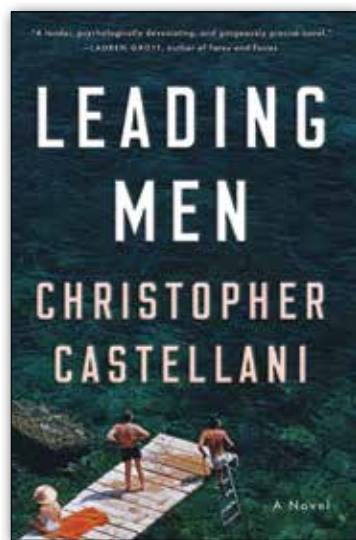
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## Leading Men

by Christopher Castellani

**L***Leading Men* is an alternate history of sorts, a fictional book about real people. In this novel Castellani re-imagines the lives of famous playwright Tennessee Williams and his life with longtime partner Frank Merlo. Other “leading men” make appearances as well, including writers Truman Capote and Jack Horne.

The narrative zips and moves through time, sharing stories of Tennessee and Frank going to Truman Capote’s parties in Portofino in the 1950s, to viewing their life’s story after both men have died through the eyes of their now aging dear friend and famous actress, Anja Bloom.

Castellani presents Tennessee as a man consumed by his writing, often jovial, but beset with periods of dark depression that he attempts to cure with the help of pills. Frank, on the other hand, is the book’s light. He is loved by all he meets, empathetic to his own detriment at times, and an inherent rescuer to those he senses he can help. Despite that, he struggles to find his own place in the world while living in the shadow of Tennessee’s bright and famous spotlight.

When Anja walks into the men’s lives with her parasite of a mother, Frank sees an opportunity to rescue and help Anja do something more with her life. Despite a rocky start, including



Rinaudo

an incident Castellani uses to inspire one of Tennessee’s most successful plays, Frank and Anja eventually form a friendship that lasts through the decades. It is because of this friendship, we learn, that Anja in her sunset years is in possession of Tennessee Williams’ last written play that she has hoarded for years, showing no one. Her story and life after all those famous faces have passed on and what she will do with the play in her possession are told alongside the story of the past. By doing this, Castellani paints a beautiful portrait of these leading men in all their glory and shame.

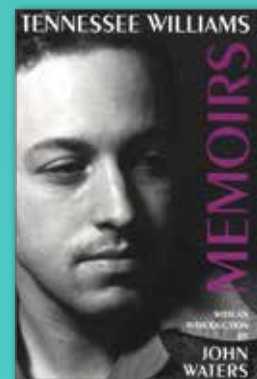
When I picked up *Leading Men*, I expected to read about the lives of the rich and famous: parties, people, tragedies and excitement. And while this book neatly houses those things, it’s much more than that. It is a story of vulnerability and fidelity. It’s a story of love, both romantic and platonic, and about what we are willing to do - and not do - for those we care about the most.

The writing in *Leading Men* is beautiful and the characters so well developed that I found myself researching Tennessee, Frank and Truman to examine their faces closely, to listen to their voices, and was amazed at how well Castellani matched the real people to the fictionalized versions of themselves in this book.

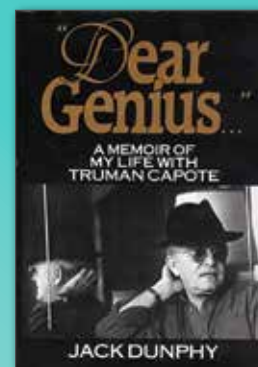
### Grade: A-

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

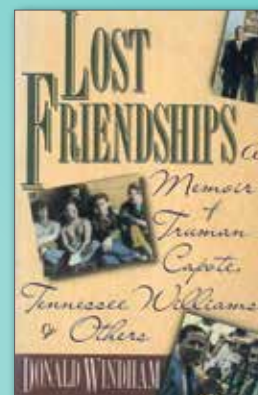
## Non-Fiction Books About Williams & Capote



Williams writes an intimate tale of his own private and public life.



Capote's partner of more than 30 years pens a tale about their tumultuous lives.



A friend to Capote in his early career and to Williams near the end of his, Windham shares his story.





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# Carl Reiner Says Keeping Busy Keeps You Going

**T**urning 97 in March, Carl Reiner shows no sign of slowing down. "I wake up with ideas!" the veteran actor, writer, director, and producer said from Los Angeles.

One of those ideas was to colorize episodes of his crown television jewel, "The Dick Van Dyke Show." Two color episodes were produced in 2017 and last year Reiner selected a couple more favorites, with plots loosely based on his family's experience, which aired on CBS over the holiday season.

"I've done a lot in my life but have to say that show is what I'm most proud of," said Reiner. "We couldn't afford to shoot it originally in color and make a profit, but I'm so pleased with the colorized episodes – they look fantastic."

In "Where Did I Come From?" young Richie (Larry Matthews) questions his parents about his birth, much like Reiner's own children did, while in "Never Bathe on Saturday" Laura (Mary Tyler Moore) gets stuck in a hotel bathtub, ruining a vacation for hubby Rob (Dick Van Dyke).



Thomas



Colorized scene from The Dick Van Dyke Show episode "Where Did I Come From?" - courtesy of CBS

"I wrote that based on the time my wife and I were away, and she noticed the faucet dripping while taking a bath and wanted to get a plumber," Reiner recalled.

Reiner says it was important to produce colorized versions close to the originals.

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"Luckily some enterprising photographers were on hand during the original filming and took color photos of the set and actors," he noted. "So some colors are very accurate, like the rooms. Colorization has come a long way and I wish we could do all 158 episodes, but it's very expensive."

Reiner's 2017 HBO documentary "If You're Not in the Obit, Eat Breakfast" was also recently released on DVD in which he narrates a series of interviews with active nonagenarians.

"In my opening section, I'm reading the newspaper obituary section and remark if I'm not in it, I'll have breakfast," he said. "They thought that would make a good title."

The documentary features 90+ year-old guests still active in areas such as sports, fashion, music, comedy, and acting such as Dick Van Dyke, Kirk Douglas, and Reiner's long-time cohort in comedy Mel Brooks. "Truly a collection of remarkable people," said Reiner.

But of all the people Reiner has known, he has the highest praise for his late wife Estelle to whom he was married for 65 years.

"While you do live in your memories as you get older and especially after losing a spouse, if you've had a good marriage it sustains you," he said. "She was perhaps the most extraordinary



Carl Reiner, front left, with George Shapiro, Mel Brooks, and Norman Lear who appear in *If You're Not in the Obit, Eat Breakfast* - courtesy of HBO

woman I ever met and could do everything better than anyone else. I think about her every night I go to bed, so she's still alive in me, no question."

A prominent comedy writer throughout his career, Reiner also continues to work on new book projects this year.

"If you have something to do every day, you'll hang around," he said.

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

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# SHREVEPORT Then & Now

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The Washington Youree Hotel sat on the corners of Market and Travis and Edwards and Travis Streets, where the Louisiana Tower Capital One Bank building and parking lot are now located. The Hotel Youree was built in 1910 by Peter Youree at the southwest corner of Market and Travis Streets. It later merged with the Washington Hotel (built in 1922) to become the Washington Youree. It closed in 1973 and was demolished in 1980.



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 HOSPITAL MEDICAL (PART B): 07-01-1996  
 DATE HERE: Jane Doe



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 PART A: 03-03-2016  
 PART B: 03-03-2016

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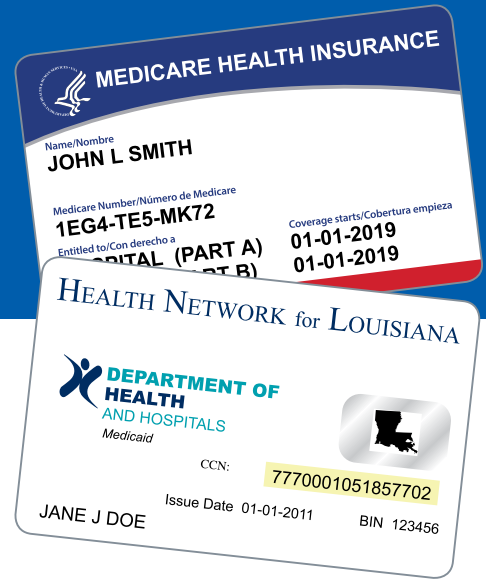
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# Hospice Care

## Enhances the Quality of Remaining Life



by Gary Calligas

**A**lthough hospice care has been available for almost 50 years, it is often misunderstood. The biggest misconception about hospice care is that it's about giving up hope or hastening death, when the truth is that patients are referred to hospice to enhance the quality of remaining life. It offers the individual comfort and dignity while giving the family needed respite and emotional support so they can spend the patient's last days with purpose and grace.

Anyone who has a terminal diagnosis with a prognosis of six months or less to live is eligible for hospice care. The patient is not discharged from hospice if they live past the six months unless physicians determine that they are no longer terminal. A patient can go on and off hospice care as needed, or if they decide to return to curative treatment. Certain treatments are allowed if they are for comfort or symptom control, and are not intended to prolong life. A hospice patient isn't necessarily homebound. If they are

**Choosing a hospice provider for your loved one has been described like "picking a friend," as the relationships with the staff are as important as the services provided.**

provide medical, psychological and spiritual care for the terminally ill, as well as a strong support system and grief

able, they can leave the home, and are actually encouraged to do so if they so desire.

Hospice care involves a team of skilled professionals and volunteers who

counseling for the patient's family. Hospice is often referred to as "end of life care" because the focus changes from cure and healing to making the patient as comfortable and pain free as possible when an individual is deemed to be in the last phases of an incurable disease. Although hospice care can be administered in the home or other senior residence, some provide their services on-site in their own facilities.

Although hospice does not generally provide round-the-clock care, most patients have services at their disposal 24 hours a day, seven days a week as needed. Doctors, nurses, therapists, aides, clergy, counselors, and trained volunteers form the team that develops an individualized care plan based on each patient's needs. They typically provide drugs, therapies, medical supplies and equipment. Aides assist with personal care and offer respite for family caregivers. They may offer light housekeeping and meal preparation. Counselors and clergy provide emotional and spiritual support according to the family's wishes and are available to assist with end of life decisions, funeral preparations, and afterwards in dealing with grief.

Medicare, Medicaid, the Department of Veterans Affairs, most private insurance plans, HMOs, and other managed

care organizations cover most of the costs for hospice care. Additionally, community contributions and foundation gifts allow many hospices to give free services to patients who can't afford payment.

If hospice care is recommended for your loved one by their physician, begin your search by asking them, friends, and other family members for their recommendations. Ask each hospice for brochures outlining services, eligibility requirements, costs, and references. Choosing a hospice provider for your loved one has been described like "picking a friend," as the relationships with the staff are as important as the services provided. Determine if the same hospice workers will be assigned on a regular basis.

Remember that hospice is not about giving up hope, but rather is a compassionate approach to the last phase of life.

Do seek the assistance of hospice care for your loved one during their last phase of their life to provide the end of life care in a compassionate and comfortable manner. •

**Remember that hospice is not about giving up hope, but rather is a compassionate approach to the last phase of life.**

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# Ways To Communicate More Effectively With An Aging Parent

People today are living longer and, for a growing number of families this means dealing with the issue of aging parents no longer able to care for themselves as they once did.

These situations can lead to a variety of highly emotionally-laden decisions, often strong push-back from the elderly parent, and the kinds of issues that require difficult family discussions.

Simply talking over some of the problems a parent faces can be extremely complicated. Questions such as where elderly parents should live, what health services are needed, their financial situation, existence of a current will, giving up the car keys and many related topics are all hard. And while talking over such issues with an aging parent may be awkward, reaching needed decisions can be even more painful.

As frustrating as such discussions may be, they are necessary. Still, there are ways to approach such talks that can make them less prone to disagreement and more apt to lead to productive results:

- Pick a good time and place for important conversations to make your parent feel comfortable.
- Try including someone you and your parent mutually trust, but don't make your parent feel he or she is being ganged up on.
- Talk in statements that use "I" rather than "you." Discuss "your feelings" about an issue, rather than acting like whatever you believe is correct while your parent's views are simply wrong.
- Respect your parent's right to argue and disagree.
- Accept that making these decisions may take time. Initial discussions are door openers, chances to get things started.



- Don't dominate the discussion. Listen to your parent's views and ideas, especially when the subject involves major decisions.
- Try not to be judgmental. It takes time for an aging parent to accept a loss of independence. Dictating to him or her what "has to be" is only setting the stage for a stubborn fight.
- Realize that your job is to offer advice and support, not demand how things "must" change.

It's emotionally difficult for parent and child when an aging parent can no longer handle everything on his or her own. Holding effective discussions on changes to be made can be much more productive, and far less traumatic, than simply trying to dictate decisions. If extra help is needed, seek out a professional counselor who specializes in geriatric issues. •

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

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A close-up photograph of a person's hands writing in a spiral-bound notebook. The person is wearing a silver chain-link bracelet on their left wrist. The background is a soft-focus green field.

# 4 TIPS for Writing your Own OBITUARY

by Sarah (Sally) Hamer

*Since you are like no other being ever created since the beginning of time, you are incomparable. – Brenda Ueland*

**H**ow is our story told? Sometimes, the only opportunity we have is through an inch-high notice in the newspaper – an obituary – which may be written during the throes of grief by our families.

Writing your own obituary can be difficult. After all, it's "The Last Hurrah" and, for most of us, may be the only time we're mentioned in the newspaper. Do you really want it to be nothing more than your birth and death date, funeral arrangements and names of close family?

Imagine if you could tell your own story. If you could:

- Have the opportunity to say what you want to say about yourself
- Include items that your family may not be aware of or have forgotten
- Exhibit your personality instead of a resume
- Leave a lasting legacy for your descendants
- Alleviate some of the stress of your death for your family
- Have your wishes honored

How do you write an obituary? By creating a document that reflects who you really are. Here are four tips to get you started:

## *1. Face your own mortality*

Most people who attend my classes to write their own obituary are courageous and genuine and caring. They realize that death is just part of living and that by taking care of their business, they are relieving their loved ones of a sad duty. They're willing to take some of the burden away by documenting the important things so their family doesn't have to.

## *2. Gather Information*

A lovely lady who is a true force to be reckoned with in my home town decided to write her obituary and asked me to help. She had scrapbooks full of newspaper clippings and pictures that documented her years as a community leader and business owner. We sat together and, as I took notes, we laughed and cried over her accomplishments, the foremost of which was her great pride in her sons.

She knew that her loved ones may not easily and quickly find all the information they'd need to create the massive obituary she wants placed in the paper, so we put it into order for them. They won't have to worry about missing something important when the time comes.



Your own endeavors may not include speaking before Congress, as hers does. But no matter what you have accomplished, your family will find it important.

### 3. Just do it.

We'd all like to think that we're immortal or that "I have plenty of time." But chances are that neither are true. I suggest that today is the day for you to sit down and write down your thoughts.

Take your time. Write some today and some tomorrow.

Think about the things that are important to you. The people you loved. The achievements that make you proud. The things you'd like to be remembered for.

These are the things that people want to know about you, now and in the future.

### 4. Final tips

Don't worry that what you write isn't perfect. You're not perfect either.

Make it real. Make it sincere. Make it you.

Write as you feel comfortable, like you're sitting across the table from someone you love, telling them the story of your life. If you're funny, be funny. If you're philosophical, be philosophical. But be yourself, no matter what.

Don't worry about length. Write what you want. It can be shortened for the newspaper later.

Remember, this may be the greatest gift you can leave your family. And, it allows you to tell the world how

incomparable your life actually was.

Have you written your own obituary? Why not?

*Sarah (Sally) Hamer is a lover of books, a teacher of writers, and a believer in a good story. Writing in many genres - mystery, science fiction, fantasy, romance, medieval*

*history, non-fiction - she has won awards at both local and national levels, including two Golden Heart finals. She has been a teacher of memoir, beginning and advanced creative fiction writing, and screenwriting at Louisiana State University in Shreveport for over twelve years. You can find her at hamerse@bellsouth.net.*

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# Will vs. Living Will?

Donald Duck thought that he was rich, rich, rich. That's because Scrooge, his wealthy uncle, had just died and Donald Duck had his living will. But what Donald didn't understand is that there's a big difference between a will and a living will.

Let's say that you were in a horrible accident and you end up in a coma. Two doctors examined you and both of them were sure that you will not be coming out of the coma. The doctors say that your condition is terminable and irreversible, but they could keep you alive if they hooked you up to the machines. Would you want to be hooked up to the machines? A living will is a legal document that gives everyone your answer to this question. Some people have a living will that says, "Don't hook me up to the machines." Others having living wills that say, "Do hook me up!"

Donald's rich uncle didn't know what he wanted, but he trusted his nephew to make this decision for him. Uncle Scrooge's living will said that if he ended up in a situation like



Aronson

In Louisiana, if you don't have a will, **then the government has one for you.**

this, Donald Duck would be the one to tell the doctors what to do.

But that's all that a living will does. It doesn't give Donald the right to make any other health care decisions for his uncle. That's what a health care power of attorney is for. It doesn't mean that Donald has authority to take care of Uncle Scrooge's business. That's what a financial power of attorney is for. And it doesn't mean that Donald is Uncle Scrooge's heir. That's what a will is for.

A will talks about what happens to your stuff after you die. And by stuff, I mean everything you own: your personal possessions, your car, your house, your money, your investments, and everything else.

This was Scrooge's logic: he had a wife and 3 young kids. And he knew that if he had serious health problems, his wife would be an emotional wreck and in no condition to make



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any serious decisions. But Donald was a doctor who made life and death decisions every day. So, Scrooge put Donald in his living will, making Donald the one responsible for deciding whether Scrooge should be hooked up to the machines. But putting Donald in the living will did not mean that Donald inherits his uncle's stuff. Scrooge's will controls who inherits his stuff. In this case, Scrooge wanted his wife and kids to inherit his stuff. So, although his living will said Donald is in charge of life sustaining medical care, his will said his wife and kids get all of his stuff when he dies. And much to Donald's surprise, that's exactly what happened.

But what if Scrooge didn't have a will? Then would Donald be the heir? After all, he's the only one listed in the living will. That's not how it works. In Louisiana, if you don't have a will, then the government has one for you. The Louisiana government will say that if you don't have a will when you die, then it doesn't matter who is listed in your living will; if you have a wife and kids, then they will inherit your stuff.

And what if Scrooge didn't have a living will? In Louisiana, if you don't have a living will, then the government has one of those for you too. In most cases, the government living will




say that if you can't make the decision yourself, then your spouse needs to make the decision about whether or not you should be hooked up to the machines. If you don't have a spouse or your spouse is unable to make a decision, then a majority of your adult children will have to decide.

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


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# Save on Funeral Costs



In the last few weeks, I have been visiting with various groups around the local parishes. The topic always comes up on where I was raised and what my family did before I was a judge. When I tell them that I grew up in the funeral home and cemetery business, people always have questions about the costs related to a funeral and how to pay for those costs.

As I read the paper each morning, I have been noticing the local funeral homes and cemeteries are offering different types of package deals. When I say package deals, cemeteries usually offer packages that include the grave plot, marker, vault, opening and closing of the grave, and escort costs of hiring police to escort the funeral procession to the cemetery if the funeral home is not located in the cemetery. A package deal from the funeral home will usually include the casket, professional services to embalm the body, use of the funeral home, and costs of the hearse and other vehicles used in the funeral procession, along with other items depending on what the family selects or is offered. Another item that may be offered in a package deal is cremation and an urn to store the ashes.

In looking at the paper and talking to various friends of mine in the funeral home and cemetery industry, costs of these services are rising daily. Most people do not want to consider these costs until they absolutely have to deal with them and most people are having a difficult time in this



Cox

economy even making ends meet. Unfortunately, we will all face this difficult time at some point and there are some things that may make the financial burden a little less on the surviving family members.

First, if you can pre-plan your funeral and buy your cemetery spaces pre-need, you will always save money. Funeral homes and cemeteries will run package deals from time to time that offer certain discounts. If you can afford to take advantage of these opportunities, these package deals can save several hundred dollars. Both the cemeteries and funeral homes will allow you to pay a monthly amount in order to pay for the package deals. Pre-planned cemetery packages and funeral packages can be paid for in monthly installments that last a definite amount of time and not be paid for over your lifetime. Pre-planning allows you to freeze the costs in today's prices.

Second, you can buy life insurance. Life insurance policies can be used to purchase funerals and cemetery plots at the time of need. The only problem with purchasing these items at the time of need is that you do not receive a discount. Further, depending on when the person passes away, costs may have doubled or tripled from today's prices. Buying a life insurance policy can help with the costs of these items, but the family may need the funds from a life insurance policy

**If you can pre-plan your funeral and buy your cemetery spaces pre-need, you will always save money.**

for other expenses. Additionally, depending on when a person applies for the life insurance policy, health considerations may keep them from qualifying to buy life insurance.

Finally, you can save the money you may need. Unfortunately, no one knows how much cash they will need at the time someone passes away. Depending on the health of the person and final needs, the cash may be gone by the time the person passes away.

The best solution is to try to pre-plan and take care of your final wishes before something happens. By pre-planning, you can save money and make sure your final wishes are followed.

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



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Advice  
Eat Well Live Well  
by Abigail McAlister

## Beneficial Nutrients

As you age, getting the right balance of nutrients may become more difficult for a variety of reasons. Your digestive system may start slowing down, which means your body is not absorbing nutrients as effectively as it used to. Certain medications you take may be blocking the absorption of nutrients in foods you eat or you may be battling an illness that used up the vitamin stores that you previously had, causing a vitamin deficiency. Regardless of the cause, it's important to be mindful of the nutrients you consume and those you may need. A few of the nutrients important for aging adults include vitamin B12, calcium, vitamin D, and potassium.



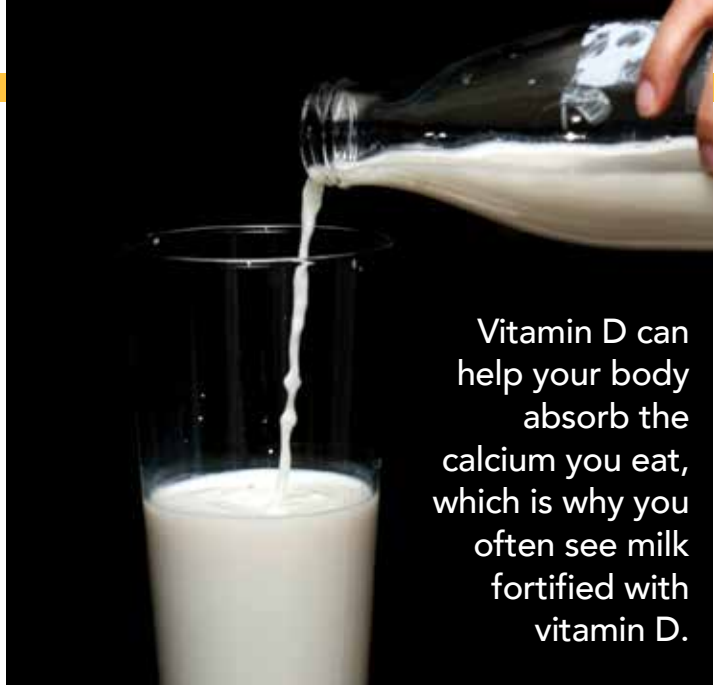
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**Vitamin B12:** Vitamin B12 helps the body make DNA, red blood cells, and nerves and plays a role in several body functions. Many adults over the age of 50 do not meet their vitamin B12 needs due to either poor intake or poor absorption. As you age, your body makes less of the chemical in your body needed to absorb vitamin B12. Those who have Crohn's disease, Celiac disease, or have had weight-loss surgery may also have more trouble with absorption. Some heartburn drugs can even lower B12 absorption because they reduce stomach acid, which helps absorb the nutrient. People who follow a vegetarian or vegan diet may be at risk for deficiency due to poor intake of vitamin B12. If you have a B12 deficiency or are at risk for becoming deficient, your doctor may put you on a B12 supplement. Otherwise, focus on incorporating B12-rich foods in your diet, including lean meats, fish, eggs, poultry, seafood, dairy, and fortified cereals.

**Calcium:** Known as the body's most abundant mineral, calcium plays numerous roles in keeping us healthy. Calcium mainly aids in building strong teeth and bones, but it also helps with heart rhythm, blood clotting, nerve signaling, hormone and chemical release, and muscle function. As you age, your body may need more calcium to maintain strong and healthy bones. Some medications may also reduce the amount of calcium your body absorbs. Dairy foods contain a form of calcium that is more easily absorbed by the body, which makes foods like milk, yogurt, buttermilk, and cheese the best source of this mineral. Other sources of calcium include dark green leafy vegetables, fortified juices and cereals, fortified milk alternatives, almonds, sunflower seeds, and canned fish with soft bones.

**Vitamin D:** Vitamin D can help your body absorb the calcium you eat, which is why you often see milk fortified with vitamin D. This nutrient also helps grow and maintain healthy bones and cells, promotes immune function, and aids





Vitamin D can help your body absorb the calcium you eat, which is why you often see milk fortified with vitamin D.

in reducing inflammation. Pairing your calcium-rich foods with vitamin D sources can help optimize these nutrients' benefits. Vitamin D is commonly called the "sunshine vitamin" because your body can make vitamin D from sunlight you are exposed to. Research suggests that about 5-30 minutes of sun exposure twice a day is enough to reap the benefits of vitamin D. Keep in mind though that too much sun exposure can lead to skin cancer and should be avoided if you are at risk. The best food sources of vitamin D are fatty fish (tuna, salmon, mackerel) and fish liver oils. Beef liver, egg yolks, and cheese also contain small amounts of vitamin D.

**Potassium:** Studies show that most older Americans don't meet their recommended daily intake of 4,700 mg of potassium. Potassium helps reduce blood pressure, keeps your bones strong, and reduces your risk of kidney stones. Vegetables, fruits, and beans are all good sources of potassium, with potatoes, bananas, prunes, and plums being some of the richest sources. Incorporating fruits and vegetables in every meal will help ensure you are getting enough potassium.

The human body needs over 40 nutrients for optimal health. Vitamin B12, calcium, vitamin D, and potassium are just a few of the nutrients that are even more important as you age. Since dietary needs differ in each person, choosing nutrient-rich foods from all food groups will help ensure you are adequately nourishing your body. If you suffer from a nutrient deficiency, your doctor may advise that you begin a supplement. Otherwise, try to obtain your vitamins and minerals from food sources, as they are more easily absorbed by the body. It's important to include a variety of foods in your diet, as no one food can provide all of the nutrients you need. Aim for variety in colors, textures, tastes, and food groups to benefit from all the perks of a balanced diet.

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

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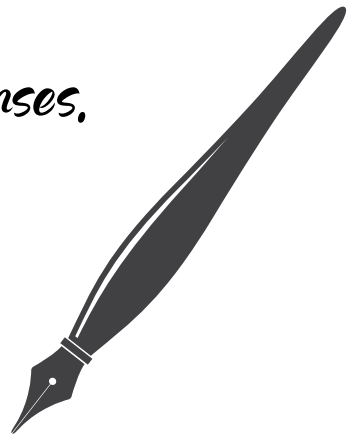
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# 5 Things TO ENSURE YOUR Affairs ARE IN ORDER

from *"Leaving a Legacy: A Lasting Gift to  
Loved Ones"* by Merrill Lynch

- 1 *Create a will or trust.*
- 2 *Discuss end of life matters with loved ones.*
- 3 *Have enough money to cover expenses.*
- 4 *Organize important documents.*
- 5 *Document healthcare preferences.*





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# Nepal

## Changing Lives One Library at a Time

by Fyllis Hockman

**A**t age 52, Tulasi Shrestha, whose parents wouldn't let her attend school because she was a girl, is finally learning to read. Shikha Gauchan, after receiving training on a computer, has vastly increased her business to foreign trekkers by promoting her guesthouse on Facebook. Children who once couldn't pass the entrance exams to further their education have so excelled that the community built a secondary-level school to accommodate them.

All of this is thanks to READ (Rural Education and Development) Global, which is transforming the lives of villagers throughout Nepal. READ is an independent 501(c)3 created in 1991 by the tour company Myths and Mountains. Although Myths and Mountains conducts tours to as many as 17 different countries, visiting the READ libraries of Nepal adds a whole new dimension to traditional sightseeing itineraries.

I early on recognized that the term "library" was a misnomer; "community resource center" is a much more accurate description. Yes, there are books — numbering from 900 in the smaller centers to 8000 and growing, in Nepalese, English, Tibetan and Hindi, in the larger ones — but the list of services offered, which vary according to the specific needs of the village, include literacy classes, computer training, early childhood education and day care, women's empowerment programs, micro-financing and credit services, health, nutrition and AIDS-awareness information and more.

But first, some background. Dr. Antonia (Toni) Neubauer, president of Myths and Mountains, first visited Nepal in 1984, and started her tour company four years later. During a trek to the Everest region that same year, knowing she wanted to give something back to the country she had come to love, she asked her guide, Ang Domi Lama Sherpa, "What is it your village needs most?" His reply: a library.

She started collecting money herself and then through Myths and Mountains. As a result, 8 porters carried 900 books over a 12,000 foot pass into the remote village of Junbesi, and READ's first Community Library and



photo Richard Sobel

Women are gathering together in village after village to not only **learn to read but become economically self-sufficient...**

Resource Center opened in Domi's hometown in 1991.

Early on, Toni learned of other well-meaning efforts in many countries which ultimately failed because they had been started and abandoned without becoming economically viable. A local headmaster told her, "Westerners build us clinics, build us schools and then leave and expect us to take care of them, but we are just poor farmers." And she realized that although "we had the best of intentions, we were just creating liabilities for a village rather than funding an asset." From the beginning she knew that if the library was not self-sustaining, it would not work; it had to be an economic asset as well as a social and educational one.

Thus, the village of Tukche has a furniture factory; Jhuwani operates an ambulance service; Jomsom rents out storefronts which sell crafts, produce and other necessities, and the Laxmi Library in Syangia built a radio station that galvanized the whole community and supported a staff of 33 people enabling the library to pay off all its loans and become financially secure. The more successful the underlying financial enterprise, the more successful the community center.

And the centers' impact on the villages is life-altering. Many are in remote areas in which children did not attend school, women could not read, and men could not support their families. Now, teachers and librarians trained by READ are providing education for young children throughout Nepal. Women are gathering together in village after village to not only learn to read but become economically self-sufficient while finding strength through numbers to resist the



domestic violence that is often so pervasive among families in poverty. According to READ, the return rate on investment of micro-financing projects for women is 99%. And men and women are working together to create financially successful projects to support and sustain the libraries.

Because there was ongoing political turmoil in Nepal, all libraries and the different factions within the communities had to agree in writing to be Zones of Peace — non-political, non-religious, non-governmental. As of 2018, there are 66 centers from one end of the country to another, 128 sustaining enterprises supporting the centers, and 1,900,000 Nepalis have access to READ Library Centers. Moreover, libraries across the country have formed a coalition — the Nepal Community Library Association — and are now trading ideas and success stories and are themselves lobbying the government for even more support in building in rural areas.

According to Toni, this is a crucial development: “The idea of Nepalese having a sense of their own power in furthering the libraries has tremendous potential for future development.”



photo READ Global

Traveling from library to library, hearing story after story of how the centers have brought hope and prosperity beyond imagination, affected me in ways no monument, scenic byway or sightseeing tour ever could. The excitement, so emotionally heartfelt, among all the people there was infectious. I left each library filled with awe and respect for what all these people — young and old, men and women, READ staffers and community volunteers — have

accomplished, and though admittedly misplaced, even a sense of personal pride on Toni's behalf.

So yes, we visited temples, shrines and monasteries galore. We trekked the Annapurna Circuit for hours. We rode elephants in the Chitwan Jungle. And learned of the Buddhist and Hindu cultures. In that sense it was a tour like any other. But seeing the country through the eyes of READ Global was an enlightening and inspirational experience that no ordinary tour can equal. •

**For more information about Myths and Mountains, visit [mythsandmountains.com](http://mythsandmountains.com); for READ Global, contact [readglobal.org](http://readglobal.org).**

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# Snapshot SLEUTH

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

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



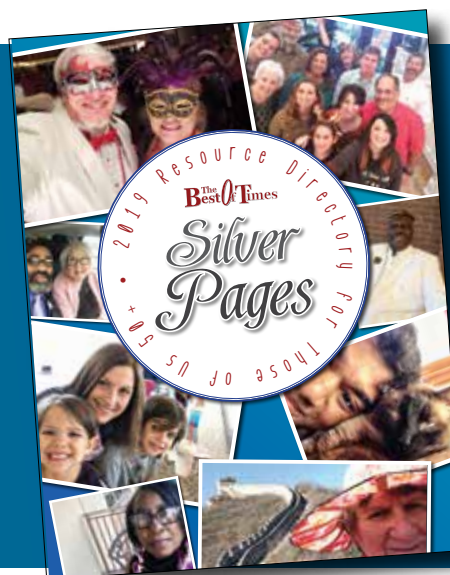
Edmund L. Staggs owned and operated a printing business in Shreveport for 60 years. These images are from the Edmund L. Staggs' collection of metal plate negatives (1930-1994) used in printing. They are two of several unidentified plates among the 79 that Staggs donated to LSUS Archives. Unfortunately, only a few of the plates are still distinguishable. These are probably from early 1960s (1960-1962).

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5/18 234893011

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# Dairy-inspired dishes for weeknight dinners

## FAMILY FEATURES

**W**arm meals that come together quickly are a necessity for busy families, especially on weeknights filled with homework, practices, meetings and more. Serving up comfort foods that require less time in the kitchen make for more moments spent together at the table.

Hearty and satisfying, this Chicken and Wild Rice Soup can bring everyone together for a warm, soothing meal.

For a rich, creamy, one-dish dinner solution, Pasta and Chicken in Garlic Cream Sauce requires less than 45 minutes of kitchen duty, making it an ideal weeknight family-favorite.

These dairy-fueled recipes from Milk Means More of Michigan can be part of a healthy diet that includes fruits, vegetables, grains, fat-free or low-fat dairy and a variety of protein foods.

*Find more weeknight meal solutions at [milkmeansmore.org](http://milkmeansmore.org).*

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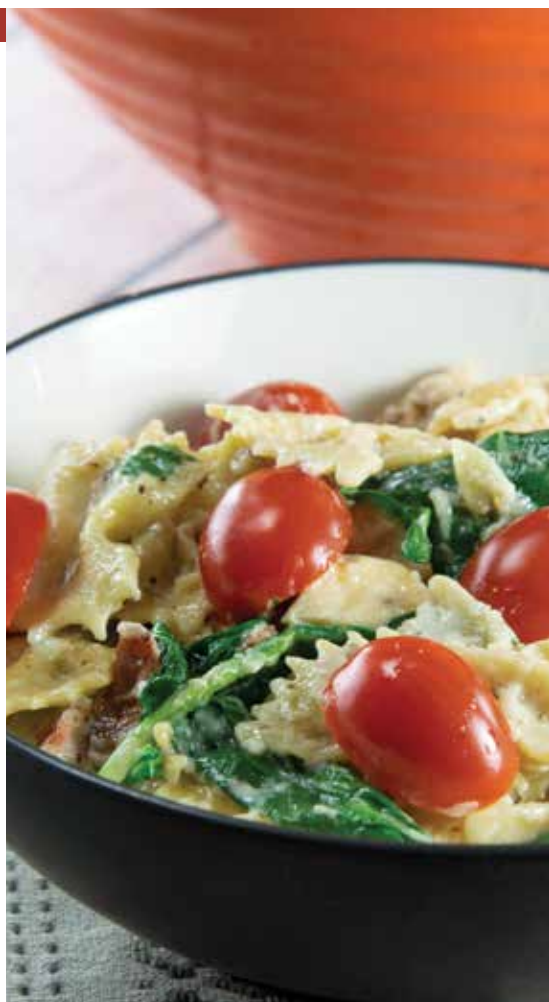
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## Pasta and Chicken in Garlic Cream Sauce

*Recipe courtesy of Milk Means More*

- 4 slices bacon, cut crosswise into ½-inch-wide pieces
- ¾ pound boneless, skinless chicken breasts, cut into ¾-inch pieces
- 10 ounces (about 4 cups) farfalle (bow tie) pasta
- 2½ cups reduced-sodium chicken broth
- 4 cloves garlic, minced
- 1½ teaspoons dried Italian seasoning
- ½ teaspoon coarsely ground black pepper
- 1 cup heavy cream
- 1 cup grated Parmesan cheese
- 3 cups baby spinach leaves
- 1 cup halved cherry tomatoes, for garnish

Place removable pan inside programmable pressure cooker. Using saute function, cook bacon, uncovered, until crisp. Use slotted spoon to remove bacon from pan. Drain bacon on paper towels. Leave 1 tablespoon drippings in

pan; discard remaining.

Add chicken to bacon drippings in pan in two batches. Using saute function, stir-fry chicken 2-3 minutes, or until cooked through. Use slotted spoon to remove chicken from pan. Repeat until all chicken is cooked. Press cancel.

Stir pasta, broth, garlic, Italian seasoning and pepper into drippings in pan. Secure lid and set pressure release to sealing function. Select high pressure setting and cook 5 minutes. Press cancel.

Allow pressure to release naturally 5 minutes. Move pressure release to venting function to release any remaining steam. Remove lid.

Stir cream into pasta mixture. Using saute function, cook and stir, uncovered, until boiling. Boil, uncovered, about 4 minutes, or until sauce generously coats pasta, stirring frequently. Press cancel. Stir in chicken and Parmesan cheese.

Place spinach and bacon in large bowl. Pour pasta mixture over top. Toss until combined. Ladle into serving bowls. Top each serving with tomatoes.

# Family-Favorite Comfort Foods

## Chicken and Wild Rice Soup

*Recipe courtesy of Milk Means More*

Cook time: 1 hour

- 1 cup shredded carrots
- ½ cup finely chopped onion
- ½ cup sliced celery
- 2 cloves garlic, minced
- 2 tablespoons butter
- 4 cups chicken broth
- 4 ounces (about ⅔ cup) wild rice, rinsed and drained
- 1 teaspoon dried thyme leaves
- ¼ teaspoon salt
- ¼ teaspoon pepper
- 12 ounces skinless, boneless chicken breast halves, cut into ¾-inch pieces
- 1 cup plain low-fat Greek yogurt

- 2 tablespoons flour
- ½ cup whipping cream

In Dutch oven, cook carrots, onion, celery and garlic in hot butter about 2 minutes, or until tender, stirring occasionally.

Stir broth, wild rice, thyme, salt and pepper into vegetable mixture. Bring to boil. Reduce heat. Simmer, covered, 40 minutes. Stir in chicken pieces. Return to simmer, covered, 10-15 minutes, or until rice is tender and chicken is done.

In small bowl, whisk together yogurt and flour. Gradually whisk in cream. Stir into chicken mixture. Cook and stir over medium heat until boiling. Boil 1 minute. Ladle into bowls.



# SAVE the Date



Celebrate the Brass • March 16



Gumbo • March 23

## CONCERT

### • Celebrate the Brass

Shreveport Symphony.  
Saturday, **March 16** at 7:30 pm at First Baptist, 543 Ockley, Shreveport. Preconcert discussion begins at 6:40 p.m. Tickets are \$55, \$45, \$35, \$20, \$15. For tickets call 227-8863 or visit [www.shreveportsymphony.com](http://www.shreveportsymphony.com).

## COUNCILS ON AGING

### • Bossier Council on Aging Weekly Dances

Every Thursday evening from 7:00 to 9:30 p.m. at 706 Bearkat Drive, Bossier City. \$6/ person. Call 318-741-8302 or visit [www.bossiercoa.org](http://www.bossiercoa.org) for which band is playing on a particular date or for more information.

### • Caddo Council on Aging

Valencia Community Center, 1800 Viking Drive, Shreveport. 9:30 a.m. coffee and cookies; 10:00 a.m. program. **FREE**. Call 676.7900 for more information.

• Friday, **March 1, 8, 15, 22, 29** Senior Tech Talk Introduction to Laptops, tablets and smart phones and other tech tips.

• Thursday, **March 7**, "Osteoarthritis Research Project", Dr. Daniel Flowers, LSU Health

• Thursday, **March 14**, "Generation Rx", Andrew Ameen, CADA

• Thursday, **March 21**, "Banking Scams", Tammy Young, Citizens Bank

• Thursday, **March 28**, "Putting Your Heart Into your Health", Johnetta Rhone

## EVENTS

### • Annual Scrabble Tournament

Fundraiser for Literacy

Volunteers at Centenary College. Saturday, **March 30** from noon to 5 pm at the Kilpatrick Auditorium at Centenary College in Shreveport. Two-person teams will compete in beginner or intermediate levels. Prizes in each level. Registration is \$25 for adults in advance and \$10 for students in advance. To register, please call 318-869-2411 or email to [lvcent@bellsouth.net](mailto:lvcent@bellsouth.net). For more info visit [www.shreveportliteracy.org](http://www.shreveportliteracy.org)

### • 7th Annual Battle of the Gumbo Gladiators

Saturday, **March 23**, noon – 4:00 p.m. at Festival Plaza in downtown Shreveport. Fundraiser for Volunteers for Youth Justice which helps at risk local children and families.

Attendance is **FREE**. Gumbo samples available. Visit [www.gumbogladiators.com](http://www.gumbogladiators.com).

### • Balance Does Matter

Mondays, **March 11, 18, and 25**. 9:30 – 11:30 a.m. Presented by Caddo Council on Aging at Hamilton-South Caddo Library Meeting Room, 2111 W Bert Kouns Industrial Loop, Shreveport. Dr. Paula Click Fenter will offer techniques to prevent falls and improve participant's balance, coordination and strength. **FREE** and open to the public. Call 676-7900 for more info. ruary 12 by calling 222-4186.

### • Miles for Meals 5K Run & Mosey Mile

Sunday, **March 31**. Presented

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by Caddo Council on Aging and benefitting Meals on Wheels. Mosey Mile begins at 3 p.m. 5K at 3:15 p.m. Beginning and ending at 1700 Buckner St., Shreveport. Featuring live entertainment, food trucks, and activities. \$25/runner for 5K until Feb. 28th, and \$35/runner Mar 1st thru Race Day. Mosey Mile is \$15. Participants receive a t-shirt and a food/beverage coupon. For more info call 676.7900 or visit [www.caddocoa.org/MFM19](http://www.caddocoa.org/MFM19)



End of Life Expo • Mar. 23

#### • Mini Medical School

Tuesdays, **March 5, 12, 19 and 26**, 5:30 – 7:00 p.m. Topics include Sleep Medicine & Disorders; Critical Care Medicine & Extracorporeal Life Support Service; Arts in Medicine at Feist-Weiller Cancer Center; and Center for Excellence in Arthritis and Rheumatology. \$40 and includes a white lab

coat. Past participants pay \$20. To register, visit: [www.lsuhsfoundation.org/minimed](http://www.lsuhsfoundation.org/minimed). Space is limited.

#### EXPO

##### • End of Life Planning Expo

Saturday, **March 23**, 8:30 a.m. – 1:00 p.m. at Diamond Jacks Casino & Resort ballroom, 711 Diamond Jacks Blvd, Bossier City. Sponsored by AARP Louisiana and *The Best of Times*. Live remote broadcast of The Best of Times Radio Hour at 9 a.m. Learn about advance care planning, advance directives, wills and trusts, other legal decisions, grief counseling, florist services, hospice, funeral arrangements, and cemeteries. **FREE** admission and parking, educational presentations, door prizes, distribution of 2019 Silver Pages.

#### MEETINGS

##### • Ark-La-Tex Genealogical Association Meeting

Saturday, **March 9** from 1:00 to 3:00 p.m. at the Broadmoor Branch Library, 1212 Capt Shreve Dr., Shreveport. Guest speaker is Rusty Beckham. His topic is "Remembering the Spanish Influenza Epidemic of 1918." **FREE** and open to the

public. For info call 746-1851 or visit [www.altgenealogy.com](http://www.altgenealogy.com).

##### • Creative Art Connection Monthly Meeting

**March 11**; 6:00 – 8:00 p.m. at 630 Barksdale Blvd., Bossier City in The Annex. Award-winning artist Ron Kidwell will demo a landscape, talk about photos and composition. **FREE** and public is invited. For more info call 318-549-1251.

#### SEMINARS

##### • The Caregiver's Journey: Living Your Best Life

Friday, **March 29**, 12:00 p.m. to 1:30 p.m. Solutions for Specific Caregiving Challenges: Mobility, Falls, Isolation, Dementia, and More...A User's Guide. Presented by Brookdale Shreveport and the Alzheimer's Agency of Shreveport/Bossier at 7110 University Drive, Shreveport. Refreshments.

RSVP to Ellie Watson at 318-524-2100.

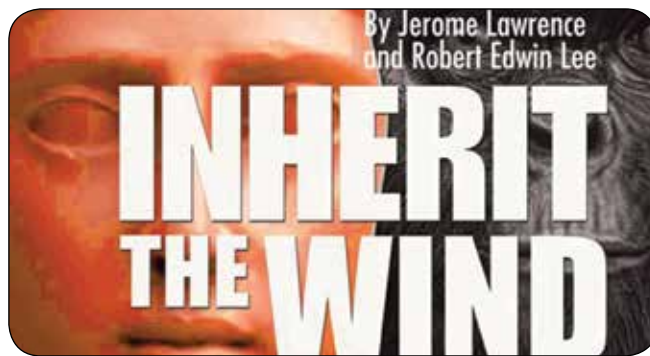
##### • Women Empowerment Symposium

A Focus on Living A Positive and Productive Life. Saturday, **March 16**. 10:00 a.m. to 12:00 p.m. Registration begins 9:30 a.m. Hamilton/South Caddo Resource Center, 2111 Bert Kouns, Shreveport. Speakers are Dr. Raymond A. Hicks, Gwendolyn Hampton and Bonita Bandaries. For info call Sarah Lee 687-6824.

#### THEATRE

##### • Inherit the Wind

**March 1, 2, 8, and 9** at 7:30 p.m.; March 3 & 10 at 2 p.m. Shreveport Little Theatre, 812 Margaret Place, Shreveport. The story fictionalizes the 1925 Scopes "Monkey" Trial. \$22 adults, \$20 seniors, students, active military. For tickets call 424-4439 or visit [www.shreveportlittletheatre.com](http://www.shreveportlittletheatre.com)



Inherit the Wind • Mar. 1, 2, 8, 9

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# PUZZLE page

Turn to page 39 for solutions.

## Crossword

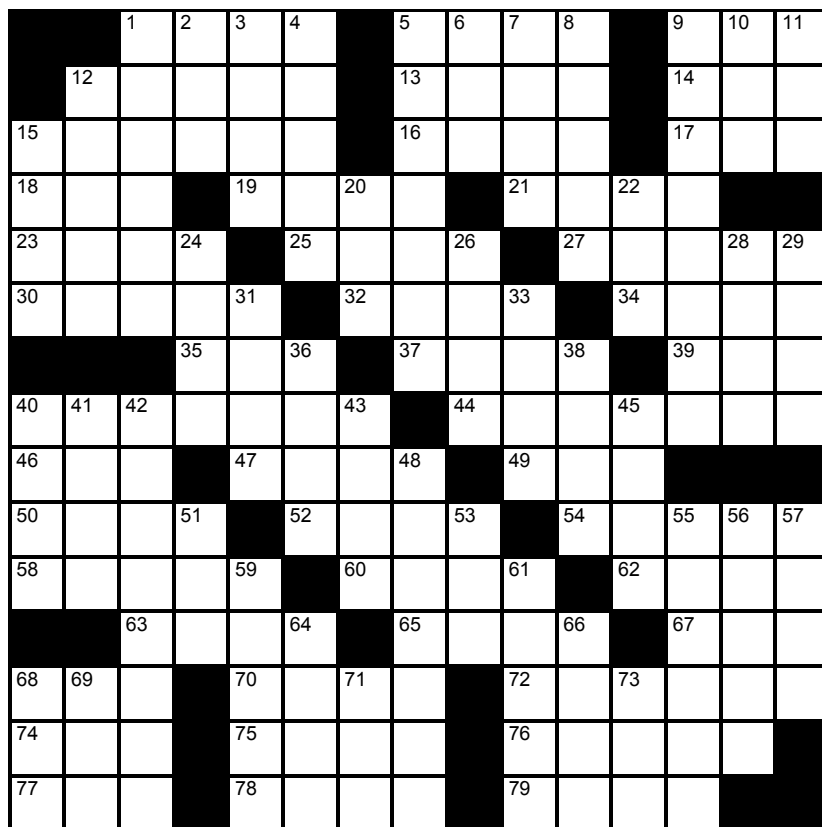
### Across

- 1 Sulk
- 5 Parks in 1955 news
- 9 "The Matrix" role
- 12 Flirt with
- 13 Diabolical
- 14 Peculiar
- 15 Traffic summons
- 16 Food fish
- 17 Water tester
- 18 Convened
- 19 Heavy cart
- 21 It may contain a tree
- 23 Opera highlight
- 25 Flatfoot's lack
- 27 Ann \_\_\_\_, Mich.
- 30 Russian alternative
- 32 Extended family
- 34 Cram, with "up"
- 35 Hit hard
- 37 Mideast chief
- 39 Wood sorrel
- 40 Tangled
- 44 Laugh quietly
- 46 \_\_\_\_, Khan
- 47 Hammer or sickle
- 49 Common street name
- 50 Plum variety
- 52 Court order
- 54 Access the Web
- 58 It may get you to first base
- 60 German idealist philosopher
- 62 Likable
- 63 From scratch
- 65 Detail
- 67 Annoy
- 68 Possess
- 70 Penpoints
- 72 Echo
- 74 Resinous deposit
- 75 Bushy do
- 76 Lustrous fabric
- 77 Moistureless
- 78 Gravitates (toward)
- 79 Joie de vivre

### Down

- 1 Jelly ingredient
- 2 Poison \_\_\_\_
- 3 Like some bookstores
- 4 Aquarium fish
- 5 Utilize again
- 6 Some germ cells
- 7 Knights
- 8 Part of many stars' names
- 9 Laptop
- 10 Old name for Tokyo
- 11 "\_\_\_\_ to Joy"
- 12 It may be fit for a queen
- 15 Bygone despot
- 20 Rainbow shape
- 22 Heavenly body
- 24 Field measure
- 26 Radio operators
- 28 \_\_\_\_ in a blue moon
- 29 Kind of admiral
- 31 Sentry's cry
- 33 Supreme Court count
- 36 Feline line
- 38 Small brook
- 40 Go ballistic
- 41 Ice cream thickener
- 42 Homelessness
- 43 Jerk
- 45 "Let's go!"
- 48 Go-between
- 51 Many, many moons
- 53 Big bang producer
- 55 Yield
- 56 Neptune's realm
- 57 Waiting room call
- 59 Kind of artery
- 61 Brusque
- 64 Ring bearer
- 66 Kind of ticket
- 68 Antiquated
- 69 Children's card game
- 71 Car protector
- 73 Bake sale org.

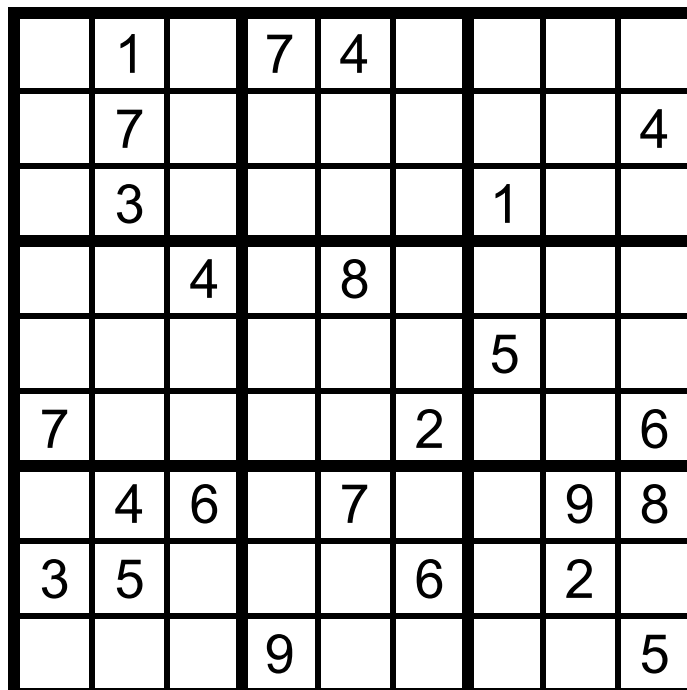
## Crossword



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## Sudoku

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



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# Answers from the Experts

EXPERTS: If you would like to help your community by answering a question here, call 636-5510

READERS: Send your questions to The Best of Times, Box 19510, Shreveport, LA 71149

*My mother has been recently diagnosed with Alzheimer's disease, does she qualify for hospice care under her Medicare benefits?*

Medicare will pay 100% for hospice services for Alzheimer's disease and any diagnosis where patients are determined to have a life expectancy of less than six months. Our hospice would need to obtain a physician's order to evaluate your mother to see if she meets the hospice Medicare guidelines of a 6 month prognosis to qualify for hospice care services.



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See our ad on page 40.

*I am a 50-year-old female who has worn contacts and glasses for my nearsighted condition for years. Will the new eye procedures eliminate my need for contacts or glasses?*

After age 40, most people become presbyopic, meaning you lose your near vision. There are many options for people who want to reduce their dependence on glasses or contacts. Some people are great candidates for LASIK, while others would benefit more from the ReStor Multifocal Lens Implant. In order to know exactly which procedure is best for you, you should be examined. Call 212-3937 today to learn about all of the options available to you.



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See our ad on page 3.

*What are the symptoms and treatment of torn cartilage?*

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



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**LEE GREENWOOD**

Saturday  
September 22, 2018 - 8 pm

**CHINESE WARRIORS OF PEKING**

Saturday  
October 13, 2018 - 8 pm

**JERSEY BOYS**

Sunday  
October 21, 2018 - 7 pm

**A CHARLIE BROWN  
CHRISTMAS**

Thursday  
December 20, 2018 - 7 pm

**PRESERVATION HALL  
JAZZ BAND**

Friday  
January 25, 2019, - 8 pm

**THE OTHER MOZART**

Saturday  
March 9, 2019 - 8 pm

**JEFFERSON STARSHIP**

Saturday  
April 13, 2019 - 8 pm

**SPAMALOT**

Sunday  
April 28, 2019 - 7 pm

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

# parting ●● ●●●shots

## WAM

Bossier Arts Council hosted Wine Arts and Music (WAM) on February 6th at BoomTown in Bossier City.



Sheryl Leritte, Charlette Powell, Frances Mandina, and Beverly Maleby



Wesley Touchstone

## FAMILY

Cancer and health screenings were offered at the Family Health Day event at Feist Weiller Cancer Center in Shreveport on February 9th.



Dr. Jennifer Singh, director of Lifestyle Medicine Services with TBoT publisher Gary Calligas



Merrial Mansour, Joanne Mills, and Tootie Guy

## JAZZ

The Woman's Department Club held their annual Mardi Gras Brunch on February 16.



Dee Gutshall, Sandy Bounds, Norma Taylor, Ann Rhoads, and Carl Rhoads



Andrienne and Bob Critcher

## BIRTHDAY



Birthday Girl Doll Moore celebrated with Beth Hayes, Joel Johnston, and Kay Butcher



Liz Beck and Brenda Traylor



Shirley Kelley with Sally and Bill Bowden



Dianne Brock celebrated her birthday with husband, Johnny at Chianti's in Shreveport



## Crossword



## Sudoku

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



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family, or do you still have  
that to do?

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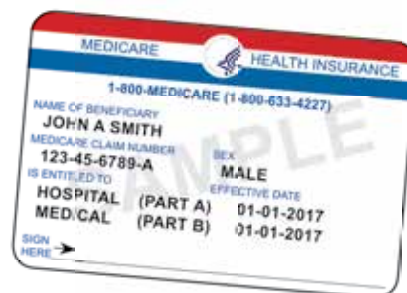
**Centuries Memorial**  
8801 Mansfield  
Shreveport, LA 71108  
(318) 686-4334

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



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- RN available 24 /7 including holidays and weekends
- Full time Physician available 24/7
- Full time Respiratory Therapist on staff
- Aide services for bathing, personal care, and feeding
- Social Worker to assist with resources
- Chaplain to provide spiritual support
- Medical equipment delivered to your home
- Medications provided and delivered to your door

Shreveport  
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Minden  
318.382.9396

Homer  
318.927.9217

Coushatta  
318.932.9465

*Locally Owned and Operated*

*home: patient's home, nursing home, or assisted living*



WE HONOR VETERANS