

April 2015

The Best of Times

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Energizing
through the
Arts

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I'M STILL DREAMING BIG!**





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April 4: Physical Therapy
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Guest: Sharon Dunn, with
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Professions

April 11: Fun and Games at
the 2015 Senior Olympics
Guests: Doyle Blasingame
and Gerry Robichaux with
Northwest Louisiana Senior
Olympics

April 18: "The Patriot Threat"
Guest: Steve Berry, interna-
tionally known author and
historian

April 25: "Wednesdays Are
For Remembering"
Guest: Joanne Sherrod
Sigler, local author

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Stat! Medical News & Info

A Sense of Purpose in Life May Protect Your Heart

Having a high sense of purpose in life may lower your risk of heart disease and stroke, according to a new study led by researchers at Mount Sinai St. Luke's and Mount Sinai Roosevelt.



The new analysis defined purpose in life as a sense of meaning and direction, and a feeling that life is worth living. Previous research has linked purpose to psychological health and well-being, but the new Mount Sinai analysis found that a high sense of purpose is associated with a 23 percent reduction in death from all causes and a 19 percent reduced risk of heart attack, stroke, or the need for coronary artery bypass surgery (CABG) or a cardiac stenting procedure.

"Developing and refining your sense of purpose could protect your heart health and potentially save your life," says lead study author Randy Cohen, MD. "Our study shows there is a strong relationship between having a sense of purpose in life and protection from dying or having a cardiovascular event. As part of our overall health, each of us needs to ask ourselves the critical question of 'do I have a sense of purpose in my life?' If not, you need to work toward the important goal of obtaining one for your overall well-being."

The meta-analysis also found that those with a low sense of purpose are more likely to die or experience cardiovascular events. Prior studies have linked a variety of psychosocial risk factors to heart disease, including negative factors such as anxiety and depression and positive factors such as optimism and social support.





Is it Dementia, or Just Normal Aging?

Researchers at Mayo Clinic have developed a new scoring system to help determine which elderly people may be at a higher risk of developing the memory and thinking problems that can lead to dementia. Early detection of individuals at high risk of developing memory and thinking problems, called mild cognitive impairment (MCI), is crucial because people with MCI are at a greater risk of developing dementia. This allows for a wider window of opportunity to initiate preventative measures.

The scoring system took into account factors, such as years of education, number of medications, history of stroke or diabetes, and smoking. Researchers also factored in a test of thinking abilities, symptoms of depression and anxiety, and slow gait. Factors were assigned a score based on how much they contributed to the risk of developing thinking problems. For example, being diagnosed with diabetes before age 75 increased the risk score by 14 points, while having 12 or fewer years of education increased the risk by two points.

Many predictive factors were different for men and women. While the risk of MCI increases with age overall, younger men were at a higher risk of developing MCI than younger women. Conversely, older women have a somewhat higher risk than older men. Variables such as age, diabetes, heart health risk factors, slow gait, depression and anxiety disorders, stand out as contributing most to the risk score. The APOE gene, which has been linked to a higher risk of dementia, was determined in the study to be only a moderate risk factor.

EAT IT UP

Eating a diet rich in fruits and vegetables can go a long way to provide the nutrients you need, according to Carol Bartolotto, registered dietitian and senior consultant at Kaiser Permanente Southern California. "The bottom line is fresh fruits and vegetables," Bartolotto says.

There's a synergistic effect in food you won't find in dietary supplements, according to the dietitian.

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Energizing through the Arts

by Mary Flanders



Do you remember dancing in the living room to the radio or your record player? It really didn't matter if you were alone or with a room full of friends, it just made you happy. Remember how much fun coloring was when you were young? Remember how great a new box of sharp crayons (especially the big box with the built in sharpener) smelled?

As we grow older and especially if we have physical ailments or illness, we tend to slow down, to think that we've lost that spark that makes us imaginative, that makes us feel artistic, makes us feel the music, see the colors, hear the words. We feel like we've seen it all, "settled down" - like our bodies and our brains just can't produce anything new anymore. That is so not true. Our brains and bodies are wonderful things, full of surprises. All we have to do is let go, be brave and try.

It's well known that music is good for the brain. Listening to music, playing an instrument, singing, and dancing all stimulate the brain in good ways. For some time now, music has been used in health care facilities to enhance resident's memories and mood. It has been recommended for use with memory loss patients and there are even cases of some patients, who have lost the power of speech or who have dementia, who can still play the piano.

A great illustration of the power of music combined with movement can be found every Wednesday at 11:15 a.m. at the Willis-Knighton Fitness Center on Greenwood Road when a dozen or so women and men meet. What makes this group so remarkable is that they all suffer from Parkinson's disease. Parkinson's disease is an incurable neurological condition that affects movement. Symptoms include tremors in the extremities and muscle rigidity. These symptoms can also affect balance and

coordination, making everyday movements difficult. Some of the participants use canes or crutches to help them balance, some have tremors and some move very slowly. But on Wednesdays these ladies and gentlemen dance! All are happy participants in the Dancing with Parkinson's class taught by instructors Renee Cheveallier and Anna Kirkes.

The local program was begun about a year and a half ago by Paula Houston, but Dancing for PD® is a worldwide program begun in Brooklyn, New York in 2004 by the Mark Morris Dance Company. Renee is the former head of the Dance Department at Centenary College and is currently working towards certification in the Dancing for Parkinson's program. Anna, who graduated from Centenary in 2009 and is a teacher at Centenary, is a freelance choreographer.

Why dance? According to Dancing for PD®, dance develops flexibility and instills confidence. It is a stimulating mental activity that connects mind to body. Dance breaks the isolation felt so often in Parkinson's sufferers. It invokes imagery in the service of graceful movement and focuses attention on eyes, ears and touch as tools to assist in movement and balance. Dance sparks creativity, tells stories and increases awareness of where all parts of the body are in space. The basis of dance is rhythm and the essence of dance is joy.

It's hard to tell who is enjoying the class most, the instructors or the participants. Smiles and hugs are everywhere as the group of men and women meet and find their spots in chairs placed in a wide circle in the large mirrored exercise room.

Live music from the talented Centenary graduate and composer Costas Dafnis sets the mood. From lyrical classical music to show

tunes to a rousing “Row, Row, Row Your Boat”, every piece he plays enhances the session.

A great deal of the work is done seated, with emphasis on low impact stretching and movement. It could be a ballet class as arms float gracefully and toes point and flex to delicate classical music. Halfway thru the class, Maestro Costas changes the tempo. Anna announces it's time to do the “Academy Award.” She explains “pretend, as you sit in your chair, you are at the Academy Awards ceremony, you have been nominated, and it's time to announce the winner in your category. When you hear your name called, react and stand up to claim your award.” Maestro Costas shifts into tense dramatic music as everyone moves in their seat. A triumphant crash of chords, and lost in the moment, everyone gets to their feet to celebrate. Then, as if coming back to reality, everyone laughs. It's a great way to get moving after 30 minutes of chair exercise. Then, those whose balance is good do floor movement, making the most of the space in the workout room.

Everyone contributes a bit to the improvised choreography while Renee and Anna keep everyone under control...sort of. Laughing, joking and good natured camaraderie abound.

Phyllis Sullivan, who was diagnosed with Parkinson's in 2005, has been coming to the classes since they began. She says, “I enjoy it very much, it's a place where you don't have to be embarrassed.” When asked how she feels about the class, she says simply, “it's a life saver.”

If you are interested in the class, Instructor Anna says, “Come and see! You'll meet lovely caring individuals and Renee and I will do all we can to provide a safe environment.”

Another form of dance therapy is Arodasi®. It is the creation of local Feldenkrais practitioner Dorothy Kristin Hanna. Arodasi®, she explains, is the first name of the world famous interpretive dancer Isadora Duncan spelled backwards. Arodasi® reflects the values Isadora believed in, including lots of sunshine, nutritious whole foods and art education in order to be a complete individual. Arodasi® is a program of healing by moving into wholeness and wellness.

Classes are open to everyone, all ages and abilities. Even if you have never taken a class, the benefits of movement are the same. Ms. Hanna says, “One can change, no matter what age, especially seniors. They learn that the way they move is merely a habit, which has been wired tightly into their brain”. She adds, “By shifting gently through elementary learning, they can change from difficult motion to easy effortless movements. When one begins to

move easier, hip, neck, back, shoulder and internal joint pain lets go.” If you have never attended a movement class or healing table session and are interested, call 318-834-0948. If you are unable to get out, Ms. Hanna will come to you.

Think back to when you were 15. Close your eyes think of a favorite song. Can you hear it? Where are you?

That's how powerful music is. Music can have a profound influence and numerous studies have shown the impact of it on mood, healing and memory retention. Music Therapy is the use of music to achieve a non-musical goal. It strengthens breathing and voice as well as movement. Research shows that music can help the brain “re-wire” itself.

According to Dana Larsen's “Senior Living Blog” from “A Place for Mom”, here are some tips to rekindle an older person's passion for music. There's everything to gain and nothing to lose. If

they used to play an instrument, bring it down from the attic or purchase an inexpensive replacement and encourage them to start playing again. If you and

your older loved one sing or play instruments, strengthen your bond by doing so together. If they loved music, but were not a musician, ask about their favorite music. Get your loved one an easy to use player with his or her favorite songs already preloaded.

Leonard Kacenjar, former director of the Shreveport Symphony and the Marshall Symphony can speak

about the power of music. A graduate of the Julliard School of Music, he is the founder and Artistic Director of the Shreveport Summer Music Festival. Recently retired after nearly 40 years as the Conductor of the Marshall Symphony, he now devotes his time to his “Music for the Health of It” program. For all concerts, the therapeutic value of music is kept in mind. Music for Maestro Kacenjar works with both mature and youth groups through his program with the Festival String Quartet. They specialize in performing for seniors at nursing homes, assisted living facilities and hospitals. The quartet which also includes violinist Mary Eileen Lassiter, who is a board certified music therapist, cellist Pam Martin, Zachary Grant and Pam Martin plays at many different venues in this area including Azalea Estates, The Glen, The Oaks, Booker T. Washington, Montclair and Garden Park.

When playing for seniors, the quartet plays different programs of music including a program of military songs and marches and one of Louisiana music including “You are my Sunshine” and the LSU fight song. He relates the story of one performance of marches at a local facility. The string quartet had just begun playing a stirring military march, when an older gentleman stood up and saluted them, and stayed in that salute for the length of



Leonard Kacenjar, former director of the Shreveport Symphony and the Marshall Symphony, now devotes his time to the “Music for the Health of It” program.



the program. Mr. Kacenjar says, “He was obviously a veteran. We saw him and all of us were crying as we played.”

Another poignant story of how music touches the heart and soul, is about an audience member who was wheel chair bound, slumped over, motionless, eyes closed. “He wasn’t moving, I couldn’t even tell if he could hear the music, Mr. Kacenjar said. “Then I looked down at his feet. They were wrapped up, but the toes were exposed, and his big toes were moving in perfect time with the music.”

Mr. Kacenjar would like to extend his program even further, but the lack of funding hinders his efforts to reach more people. “Music for the Health of It” is funded through grants and by support from corporate and individual donors. Contributions toward this community service project are welcomed, and can be made through any board member or by mail to: Friends of the Shreveport Summer Music Festival, P.O.Box 4125, Shreveport LA 71134-4125. Please specify “Music for the Health of It” for support specific to the outreach program, or specify General Fund where your contribution may be used for broader Festival needs that include this outreach program.

Another therapeutic creative outlet, one that is used a great deal, not only in the elderly but across all age groups is art. Art, such as painting or drawing, also provides a

wonderful outlet for creative powers that have often been dormant for many years. Did you know there are even wonderful adult coloring books out there?

Rebecca Thomas, PhD, ATR-BC has earned a Master’s degree in Art Therapy and a PhD in Psychology. In private practice here in Shreveport, she is the only art therapist in the area and uses primary and adjunctive art therapy with children, adolescents and adults and is currently working with private clients at her studio as well as with Brentwood and the Philadelphia Center. She says “art brings out a tremendous amount of unconscious material and it can be very powerful.”

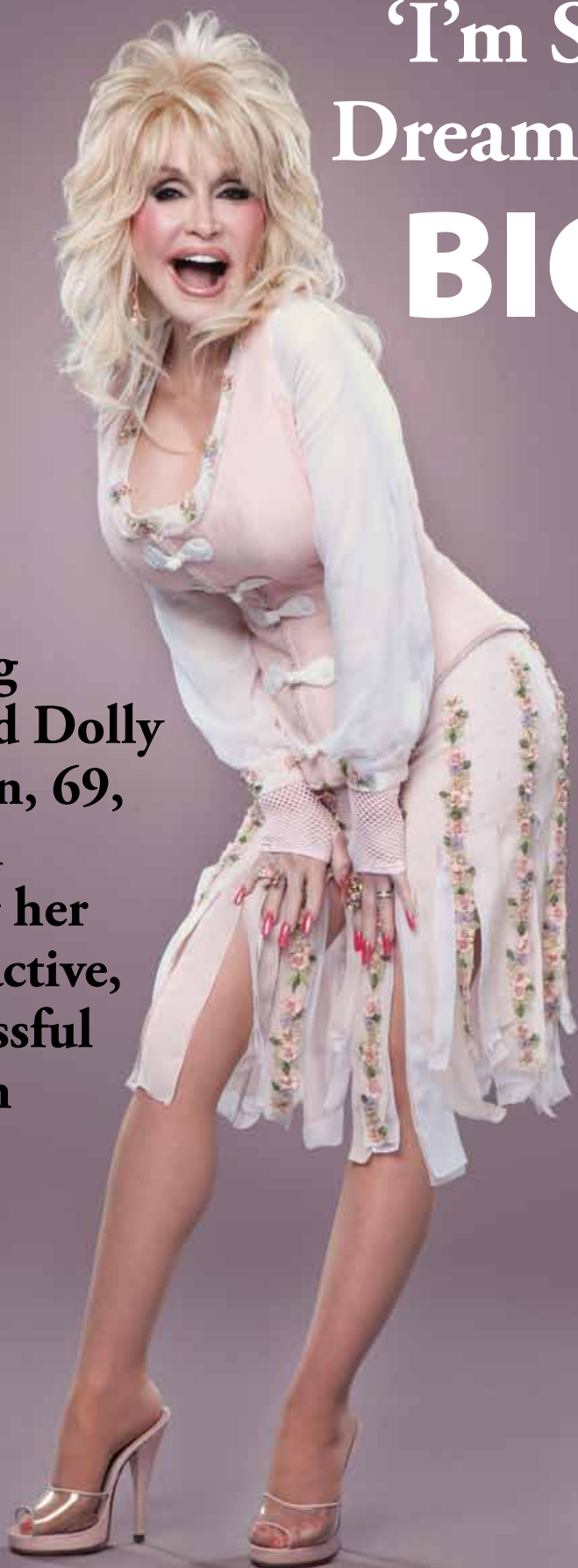
Her philosophy stresses not the product, but the act of doing. In other words, no artist ability or training is necessary to participate in this therapy, but she says, often times when the therapy has begun, latent talent is discovered. There is research that suggests the natural course of aging can be improved by the use of art therapy. Often Ms. Thomas incorporates music into to her classes to enhance the experience. The outcome of art therapy is often a sense of mastery, enjoyment, satisfaction.

The moral of this story is: Don’t just sit there! Get out, dance, draw, sing, and share your talents. You’ve spent a lifetime collecting your experiences, a lifetime seeing the world, now it’s time to share your thoughts, your visions, and your personal story. Buy yourself a new box of crayons – it’ll be great!

If you are interested in the class, Instructor Anna says, “Come and see! You’ll meet lovely caring individuals and Renee and I will do all we can to provide a safe environment.”

'I'm Still Dreaming BIG!

Living legend Dolly Parton, 69, is still living her very active, successful dream



By Lisa Iannucci

Two weeks out of every year, Dolly Parton tunes out the world. She says it's her time to concentrate on songwriting. "I head up into the mountains to my lake house and let the words flow," says the legendary singer. This time the words flowed right into "Blue Smoke" – her newest album that she describes as celebrating the colors of her career.

"On this CD I think there are all of the colors of my life in all the areas of music that you've allowed me to dabble in through the years," says Parton, who has sold a staggering 100 million records worldwide. "You will hear my old world mountain voice on songs like 'Banks of The Ohio' and 'If I Had Wings,' my tender side on songs like 'Miss You – Miss Me' and 'Unlikely Angel.' My country/bluegrass side of songs, like 'Home,' 'Blue Smoke' and 'Don't Think Twice' and my funny tongue-in-cheek side on 'Lover du Jour.'"

Parton's career has spanned nearly five decades, but instead of slowing down and enjoying her successes, she's gearing up for the start of yet another international tour. Putting a concert together is a long process for Parton and her team. "We start about a year and a half before we hit the road," she says. "We got to decide if you really want to do the tour, what we want the show to be and then get with the promoters, sell it and see what time of year is good for a tour. Then we work for weeks and weeks getting the show ready. I just think, 'Oh God, just let me get on the tour so I can rest.'"

At 69, touring must be the only time that Parton, in a sense, cuts back. She is a successful musical artist, contributor of songs to major motion pictures such as "Nine to Five," "Steel Magnolias," "Straight Talk" and "Joyful Noise." She has received two Oscar nominations – one for writing the title tune to "Nine to Five" and the other for "Travelin' Thru" from the film "Transamerica."

She's achieved 25 certified gold,

platinum and multi-platinum awards and has had 25 songs reach No. 1 on the Billboard Country charts, a record for a female artist, has 41 career Top 10 country albums, a record for any artist, and she has 110 career charted singles over the past 40 years.

When she's on the road, Parton makes sure to take care of herself and her crew. "When we travel, we have our own caterer that is with us all the time," she says. "We have some crew members who have health problems and some who are vegetarians. We have a great chef that provides really good food, in addition to junk food if we want it."

During the tour, she makes it a point to rest her most important instrument, her voice. "I don't have anything to do after the show, so I make sure I rest my voice," says Parton. "I read, write and don't do interviews during the day. I have to rest my body and voice. We're all pretty health conscious. We're all older, worked together for a long time and just know what we need to do."

Parton says that she's excited about her new album, but then again, she's excited when any one of her albums comes out. "The songs are my children, and I joke that I hope they support me when I'm old," she says. "I always think the album I've just done is the best one yet. I get a chance to work with the same musicians on my road show and we get excited together knowing we can enjoy them together."

Fans of all ages love Parton's music, too. "People are always going to have the same thoughts and heartaches and we all have our true feelings, whether it's our faith in God or family or love for our children," she says. "I've done things with the little ones and was the aunt on 'Hannah Montana' so the younger ones know me now, too."

Reflecting back on her extensive career, Parton says that she's proud of what she's accomplished. "I'm so fortunate that I was able to see my dreams come true when I think about so many others who were more talented than I am and who didn't see their dreams come true," she says. "It's like that Kris Kristofferson song, 'Why Me Lord?' But I'm still dreaming big."

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5 BEST EXERCISE TRENDS FOR THE 50+ CROWD

Colin Milner, CEO of the International Council on Active Aging in Vancouver, British Columbia, takes us through these trends

POWER TRAINING

One out of three people over the age of 65 fall every year. Fifty percent of these people will fall again within 12 months. One of the reasons for this is our inability to respond quickly, and with force, due to a lack of power. Between the ages of 35 and 70 the average inactive person will lose close to 75 percent of their power. By reversing much of this loss we become better equipped to respond to potential dangers, such as falls, while perform better in sports and athletics, no matter our age.

FUNCTIONAL FITNESS

(Exercising for daily life)

As we get older, many of us lack the fitness levels needed to function as they could, whether walking up stairs or to the store, getting up and down off the ground or having the strength to lift 10 pounds. Ensuring we keep our capabilities as high as possible will help us to age well. With this in mind, a major trend is on providing the services and choices that can help the 50-plus crowd to maintain or improve their abilities to function day to day. Whether increasing strength, cardiovascular capacity, balance, power or flexibility, the

goal is to make daily life filled with opportunities.

GREEN EXERCISE

Growth of “green exercise” and green communities see a rise in hiking, trail walks, meditation gardens, labyrinths, cycling paths, gardening and eco tourism. Research has shown that 5 minutes of exercise in a park, working in garden, or in another green space benefits self esteem and mood. What’s more, boomers are fueling a new era of social responsibility and environmental stewardship, and are active participants in organizational “green teams.”

MIND/BODY 2.0

As boomers seeks answers to life questions, stress release, and a desire to manage their emotions and

mental health, a greater focus on mind/body exercises and environments will continue to rise. Rather than focusing solely on just burning calories, programs now teach participants how to really “listen to their bodies” and become more aware of how to initiate slower, more deliberate and functional movements with good form. Think meditation and meditation gardens, Tai-Chi and other mind-body offerings.

WALKING

It may not make Hollywood’s “Best Ways to Get a Great Body” list, but walking is the No. 1 activity for 50-plus adults. The cost is right, as are the results. Whether walking with a group or with your grandchild, in a customized setting or with poles, utilizing outcome tracking technology or in the latest walking shoes and clothing, walking is not only a crucial means of transportation, walking speed and distance also is a predictor of health and disability. It is No. 1 for a reason: Almost everyone can do it.

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TAKE

Miracles don't come in pill bottles, so don't believe everything the label claims. Here's how to exercise caution when using over-the-counter dietary supplements.

STEPS TO SUPPLEMENT CAUTION

By Bev Bennett

You can find an over-the-counter dietary supplement for any health concern you have as a mature adult, from bone strength to sexual vitality.

Using non-prescription supplements may seem beneficial, and it's certainly popular among older adults.

More than 85 percent of women and more than 70 percent of men age 50 or older said they took any kind of dietary supplement, including herbals, in a Kaiser Permanente member survey. (Estimates are from the 2011 Kaiser Permanente Northern California Member Health Survey. This is conducted by the KPNC Division of Research and funded by KPNC's Community Benefit Program.)

But self-medicating with dietary supplements can be risky, according to health experts.

You could be getting more of a product's active ingredient than you expect when you read the label. You could also risk your health by taking mega-doses touted to be "even more effective."

In addition, a supplement could interact with prescribed medications you're taking leading to serious consequences.

"It's unfair to say dietary supplements aren't worthwhile, but there's no mechanism for assuring that what's on the label is in the capsule," says Rebecca B. Sleeper, PharmD, associate dean of curriculum associate and professor of pharmacy practice, geriatrics, at Texas Tech University Health Services Center in Lubbock.

Quality testing of dietary supplements

is a full-time job for Tod Cooperman M.D., president of ConsumerLab.com in White Plains, N.Y.

Here's what he and Sleeper would like you to know about taking dietary supplements.

1 The recommended dosage for a dietary supplement may not necessarily be what you should be taking. "It could be developed by marketing people," says Cooperman.

"You need to go in knowing what you need, not just rely on what's on the bottle," he says.

2 Take a good look health and nutrition studies before starting a dietary supplement, or ask for your physician's or your pharmacist's input into the research.

You want to know which population benefited from the supplement. "Ask what does this mean for me. Who does the data apply to?" Sleeper says.

"For some patients you don't want to supplement with calcium; for others you do," she says.

3 Be wary of "super pills." "If a product says it's delivering 1,000 percent, that's not necessarily a benefit," says Cooperman.

Consuming excessive amounts of vitamins and minerals over time could be toxic to your system, especially if you're also eating fortified foods. Stick with recommended intake levels.

You can find more information on vitamins and minerals, and the recommended intake for various age groups, as well as

descriptions of other dietary supplements at the government website: <http://ods.od.nih.gov/factsheets/list-all/>

4 The product you're taking may not contain the dosage that's on the label. You could actually be getting more than you need, according to Cooperman.

Very simple vitamin or mineral products tend to be fine, according to Dr. Cooperman. However, he found that some brands of vitamin D contained 170 to 180 percent of what they claimed.

5 Talk to your physician before you take a dietary supplement to find out whether the supplement could adversely interact with a medication you're taking.

For example, you may consider taking vitamin K because you've heard it builds bones. But it also aids in blood clotting, and if you're also taking a medication to slow blood clotting you could reduce its effectiveness.

6 Tell your health care provider everything you're taking. This includes sexual enhancement supplements, says Dr. Cooperman, who recommends being wary of those products.

7 Consult your health care provider if you're altering your regimen. "Let your physician know what you're doing. Your physician can advise on what may happen as you change dietary supplements," says Sleeper.

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How to Avoid an Online Vacation Rental Scam

by Jason Alderman

Imagine renting a home on a beautiful beachfront from a trusted website, arriving to start your vacation and finding out you've been scammed?

This scenario reflects thousands of complaints placed with the U.S. Federal Trade Commission (FTC) last year involving local vacation rentals. The FTC reports some victims lost money by wiring cash to thieves posing as property owners. Others lost money through fake websites replicating legitimate sites.

In today's economy in which

home sharing has become more popular, how do travelers protect themselves from a range of potential online scams? Here are some suggestions:

Review rental contracts carefully. Check the address of the property you're interested in with on-the-ground resources like the local tourism office or the leading real estate brokerage in the community. While you're speaking with the tourism office, ask if there have been any specific complaints against the rental service you have consulted or if there might be more reliable and possibly more affordable rental resources in town.

Be wary of your source. Legitimate property owners may use free print or web classified ads to save money, but it's important to vet any free listing very carefully. Also, confirm with a live representative to ensure the site is legitimate.

Compare rental rates in the immediate area. A good deal might be tempting to seize immediately, but the FTC notes that severely below-market pricing for rentals and other vacation services in a community might indicate a scam. Crosscheck the pricing of home rentals and related services in the community before you make a reservation.



Information and Referral

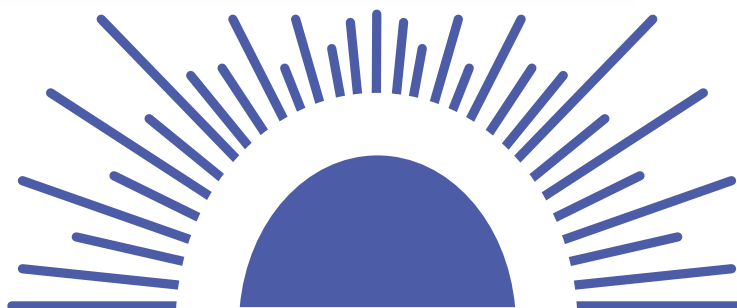
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Given the example above, don't rely on the Internet alone. Pick up the phone and talk directly to a representative.

Check transient license law in your destination city. Transient licenses regulate properties rented to guests for time periods generally 30 days or less. Call your destination city to get details on their transient license law and whether you can confirm the registration of the property you're considering. Ask the property owner for a copy of his or her transient license and see if the city will share the same license for your inspection to make sure they match. Also ask the city whether any specific complaints are available for the property you are considering.

Be wary of phishing scams. Be on the lookout for email and phone scammers who masquerade as employees of businesses you trust – they're after your bank or credit information. If you receive emails or phone calls demanding advance payments, contact the original website to confirm your reservation and payment policy. Recently, travel site Booking.com had to pay out compensation to more than 10,000 customers from the U.S., UK, France, Italy, Portugal and the UAE who were victims of a phishing scam.

Follow recommendations. Personal recommendations from friends and family can ensure a safe transaction. If you know someone who has visited a destination or rented property recently, ask which companies or individuals they would recommend.

Report fraud. Inform the local police at your vacation destination, the local Better Business Bureau and the FTC. When you get home, notify your local police or your state attorney general's consumer protection office to alert them to this particular cybercrime if you made the money transfer from your home state.

Bottom line: As online vacation rentals grow, so does cybercrime. Be cautious when booking arrangements online to protect your payments data.

Jason Alderman directs Visa's financial education programs. To Follow Jason Alderman on Twitter: www.twitter.com/PracticalMoney.





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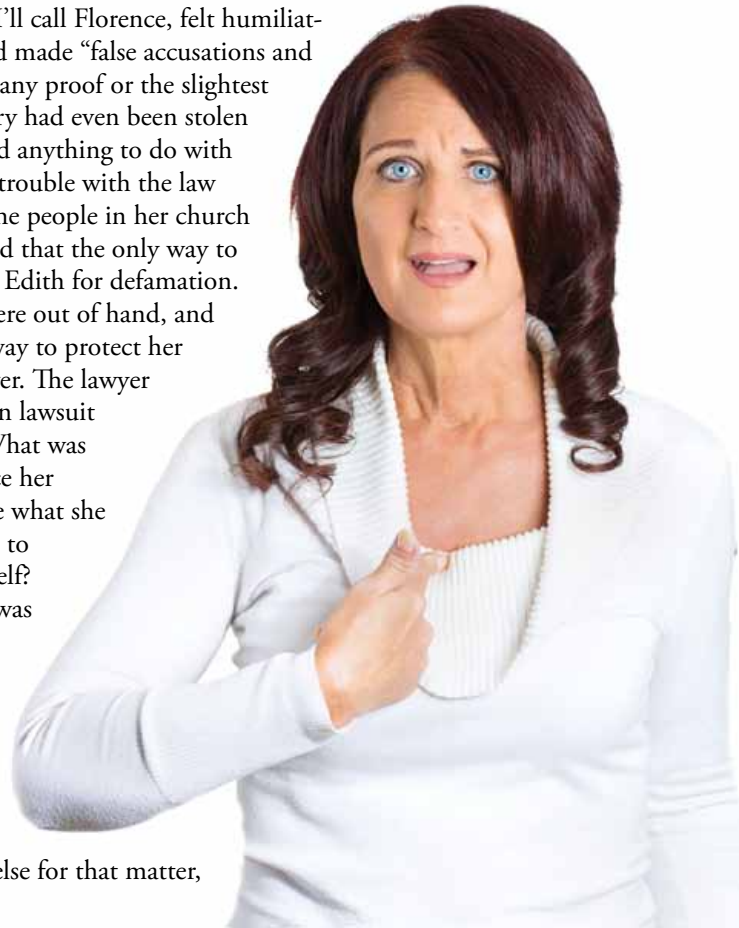
by Lee Aronson

When Edith (not her real name) started having trouble with her balance, her daughter hired a sitter. The sitter was a perfectly lovely woman who had impeccable references, but soon after she started, Edith claimed that some of her jewelry was missing. Gloria, Edith's daughter, wasn't too worried. Edith, who had always been one to lose things, could get confused. Gloria was sure that the jewelry, which wasn't worth very much anyway, would soon turn up, but that's not how Edith saw things: she was sure that the sitter had stolen the jewelry, so, without telling her daughter, she called the police.

The police talked to the sitter, to Edith's daughter and to Edith's doctor and decided not to press charges against the

sitter, but the sitter, who I'll call Florence, felt humiliated. She felt that Edith had made "false accusations and baseless claims...without any proof or the slightest indication" that the jewelry had even been stolen let alone that Florence had anything to do with it. She had never been in trouble with the law before, and what would the people in her church think? So Florence decided that the only way to clear her name was to sue Edith for defamation.

At this point, things were out of hand, and Gloria felt that the only way to protect her mother was to hire a lawyer. The lawyer tried to get the defamation lawsuit thrown out by asking, "What was Edith supposed to do once her jewelry went missing? Use what she learnt from watching CSI to investigate the crime herself? She did exactly what she was supposed to do when she called the police." The lawyer also argued that Edith has the right to freedom of speech; if Edith wants to say bad things about Florence, or the President, or anyone else for that matter, she is free to do so.

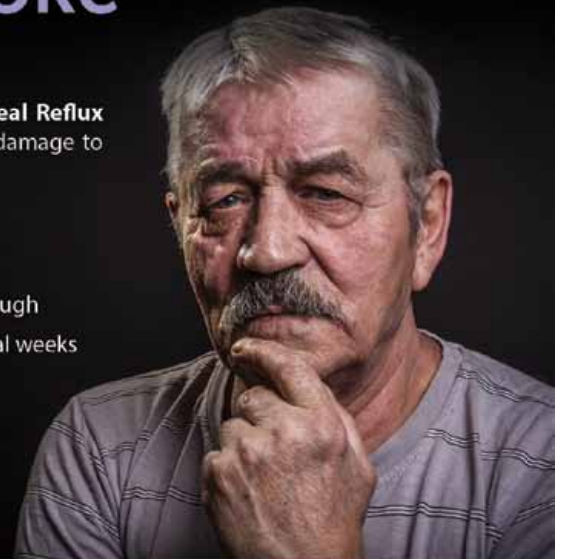


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Here's what the law says in Louisiana: a Judge has to ask some very specific questions when determining whether to throw out a defamation lawsuit. The first question the Judge must ask is whether the case involves "a matter of public concern." In Florence's case, the Judge noted that Florence was a professional sitter. She made her living by sitting with and attending to people who were having health problems, and although the case was between two private individuals, if Florence was stealing from her customers, then "it would implicate and concern anyone" who hired her. As a result, the Judge said that the case did involve "a matter of public concern."

Because Florence's defamation case involved "a matter of public concern," Louisiana law says her case would have to be thrown out unless Florence could prove that when Edith called the police and told them that Florence stole the jewelry, that Edith "knew that matter to be false or acted in reckless disregard of its truth or falsity." Edith told the Judge that she wasn't lying when she called the police: Edith said that she was convinced and remained convinced that Florence had stolen the jewelry.

Florence explained that she didn't think that Edith was intentionally lying to the police, but because of her mental condition, Florence felt that Edith had "acted in reckless disregard of the truth." The law says that someone acts "in reckless disregard of the truth" when "a story is fabricated by the [storyteller], is the product of his imagination, or is so inherently improbable that only a reckless man would have communicated it." Florence felt that Edith's story was "a product of her imagination," thereby making it a statement "in reckless disregard of the truth."

The Judge agreed with Florence that some of the details Edith had given the police seemed highly unlikely, and that Edith and her daughter could have done a better job of searching for the jewelry before calling the police, but the Judge also pointed out that Louisiana law says that the failure to investigate a matter fully before contacting the police does not mean that a statement was communicated with reckless disregard of the truth. In other words, even though the case ended up going all the way to the Louisiana Supreme Court, Florence's case did eventually get thrown out.

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



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Every Moment of Every Life Matters



Managing Stress: It's In Your Power!

by Karen Kersten, MA, LPC, LMFT

At one time or another, we each have experienced that feeling called STRESS.

The Merriam-Webster dictionary defines stress as a “constraining force or influence exerted on one’s health; an organism’s total response to environmental demands or pressures *perceived* as straining or exceeding the adaptive capacities and threatening well-being.”

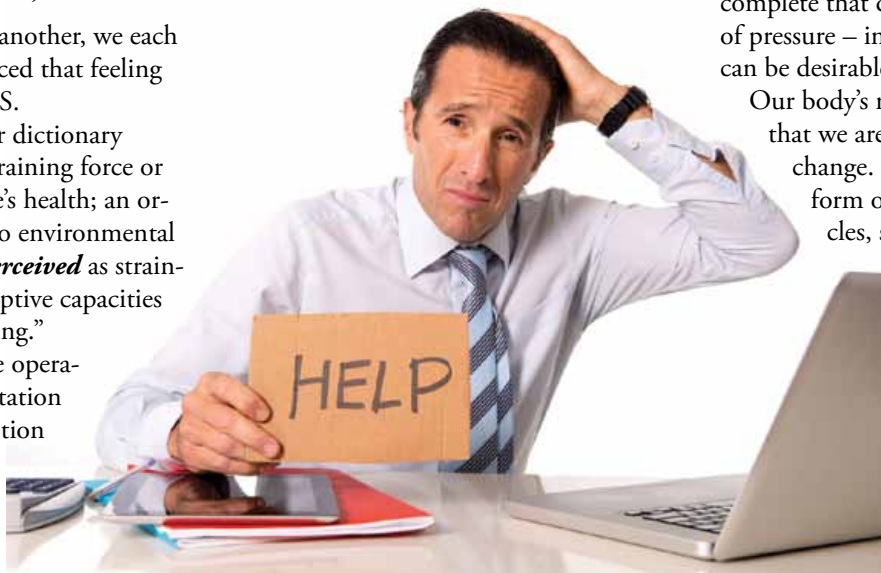
Perception here is the operative word, one’s interpretation of a stressor. This perception can be driven by one’s personality, one’s physical health and one’s psychologi-

cal health. For example, one person may dismiss the idea that public speaking is a stressor (even considering it as enjoyable) whereas another person would perceive it as very stressful.

The American Psychological Association (APA) describes stress as a “feeling of being overwhelmed, worried or worn down; an uncomfortable emotional experience accompanied by predictable

biochemical, physiological and behavioral changes.” And yet, on a positive note, there exists something called “good stress” (also called “eustress” from the Greek root “eu” meaning “good”)! This wonderful type of signal from our body produces an intense burst of energy that motivates us in finding relief for a perceived challenge... such as rushing to catch that bus or the effort it takes to research and complete that dissertation! Small amounts of pressure – in short bursts - therefore can be desirable and even helpful!

Our body’s responses to stress are such that we are alerted to prepare for a change. Such alerts can come in the form of a headache, tight muscles, shallow or rapid breathing, and increased heart rate along with other physiological reactions. These body messages have been correlated with what is known as a “flight or fight” event. So, when it comes down to it, we all experience this universal



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neglected and abused Papillons, French Bulldogs, and Collies for more than 30 years, so the dogs in her care also indirectly benefit from the work we do. That’s exactly the type of heartwarming story that inspires Snell’s experienced team of practitioners and technicians to consistently strive to provide the highest quality prosthetic and orthotic devices available.

dynamic. Question here is...what can we do about it? These surprisingly easy steps – well within our control – can make managing stress, well...easier!!

When we are aware; tuning in to our body's messages – we are well on our way to managing this challenge.

STEP #1: Stop, Breathe (deeply) and RELAX – Mindfully decide to “Take 5” (or 10, 15, even 20) minutes that is. Set this step as a priority. Stop, step away from the worry emotionally, take those breaths as the very first steps. This helps to release the tension inside the body which then allows your mind to clear further. With a clearer mind, solutions and strategies can be forthcoming. If possible, find a familiar, quiet, comfortable and peaceful spot to sit, breathe, clear your head, release the concern and just let the tension go. Using a mantra (familiar phrase) simultaneously can help a great deal, as well since this interrupts a negative thought (worry) from taking hold in your mind.

STEP #2: We all know the value of EXERCISE so choosing this option as a stress reducer is VITAL!

Choosing a mild type of exercise and so importantly an exercise you like is paramount to continuing with it on a regular basis! Not only does exercise release the tension, but it also is an opportunity to distract the brain from negative thinking allowing it to refresh, taking a “mini-vacation” if you will. Another advantage of exercise is that it elevates the mood. When your mood is better, you feel more empowered and hopeful. Optimism can result; thus propelling you into a happier frame of mind and into positive choices! Also, as an added bonus, certain types of exercise lend themselves to being a social activity also. For instance, walking or biking with a friend or joining a dance class.

Ideally, we prefer to manage our stressors without the aid of medications. However, please consider all options when your instincts tell you a trip to the doctor could be helpful.

These small steps can make a big stride in your life. Give it a try and you'll see.

Karen Kersten, MA, LPC, LMFT is a counselor with The Center for Families, a nonprofit counseling agency serving North-west Louisiana.

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Natural Remedies That Help From Head to Toe

by Suzy Cohen, R.Ph.

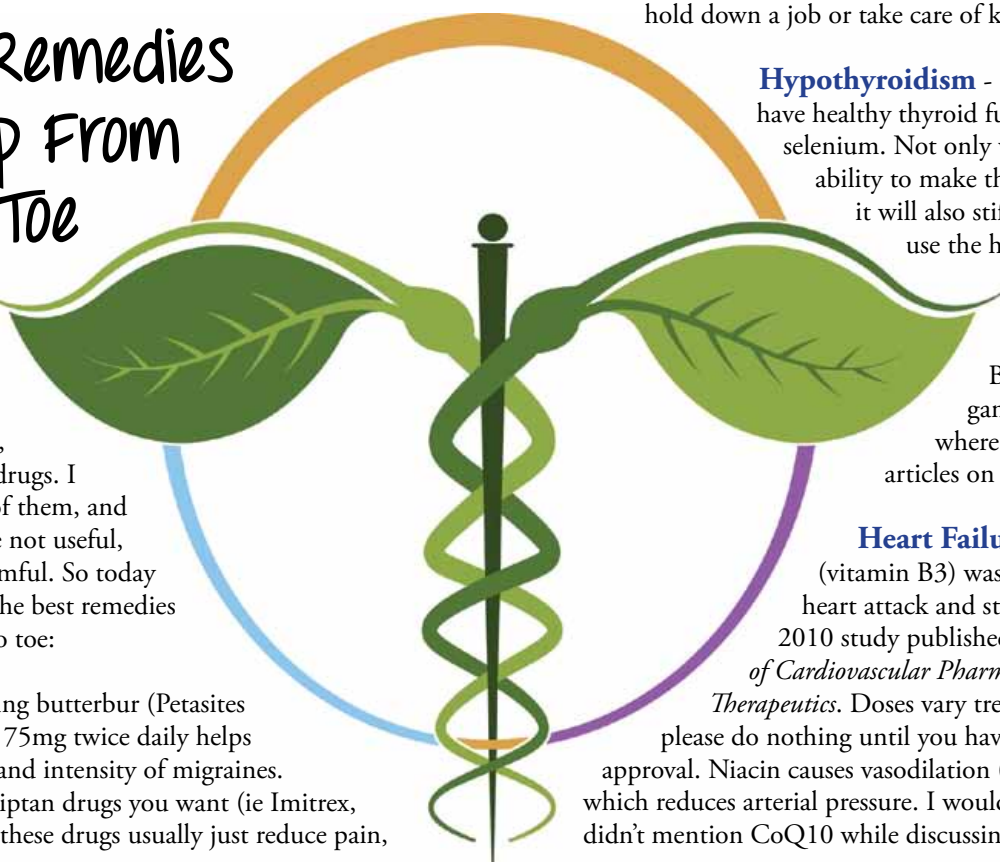
I've been a pharmacist for 25 years now. Let's face, I know the good, the bad and the ugly drugs. I know we need some of them, and I know that others are not useful, or worse, they are harmful. So today I've decided to share the best remedies that help from head to toe:

Headaches - Taking butterbur (*Petasites hybridus*) at a dose of 75mg twice daily helps reduce the frequency and intensity of migraines. You can take all the triptan drugs you want (ie Imitrex, Zomig or others) but these drugs usually just reduce pain,

sometimes they abort a headache. The butterbur may slash the number of attacks in half. This is HUGE if you have to hold down a job or take care of kiddos.

Hypothyroidism - It's impossible to have healthy thyroid function without selenium. Not only will it hinder your ability to make thyroid hormone, it will also stifle your ability to use the hormone inside the cell. There's more about selenium, iodine, B12 and ashwagandha at my website where I archive other articles on thyroid health.

Heart Failure - Niacin (vitamin B3) was found to reduce heart attack and stroke risk in a 2010 study published in the *Journal of Cardiovascular Pharmacology and Therapeutics*. Doses vary tremendously, so please do nothing until you have your physician's approval. Niacin causes vasodilation (opens vessels) which reduces arterial pressure. I would be remiss if I didn't mention CoQ10 while discussing the heart or



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heart failure. CoQ10 also lowers blood pressure. I like about 100 to 200 mg daily but again, please always ask your doctor what's right for you.

Digestive disorders - My number one go-to supplement is probiotics. These improve digestion and support a healthy immune system and mood. Digestive enzymes break down the food you eat into absorbable molecules. For heartburn, I recommend slippery elm or marshmallow root. As for nausea and vomiting, ginger tea is gentle and popular. It's a mild blood thinner though, so be careful. And finally peppermint supplements can help with irritable bowel syndrome. The value of peppermint has been discussed many times, even in the *British Medical Journal* in 2008.

Bone loss - We all know about calcium. But did you know without enough magnesium, vitamin D or K2, you don't even incorporate the calcium into your bones?! So keep in mind the best bone-building supplements contain key minerals, you don't just push one like calcium all by itself. Natural strontium is another over-the-counter mineral used for bone integrity.

Painful knees - Glucosamine sulfate promotes cartilage formation. Collagen is another supplement that reduces pain in the knee joint of osteoarthritis sufferers. A 2012 study in the *Annals of Rheumatic Disease* found that losing weight helped reduce the amount of cartilage loss while increasing proteoglycan content (squishiness).

Toenail fungus - Apply essential oil of tea tree, and eliminate all sugars. You should also be checked for diabetes if you have a lot of toenail fungus.

This information is not intended to treat, cure, or diagnose your condition. Always consult your physician for all medical matters. Please visit www.SuzyCohen.com. ©2015 Suzy Cohen, R.Ph. Distributed by Dear Pharmacist, Inc.



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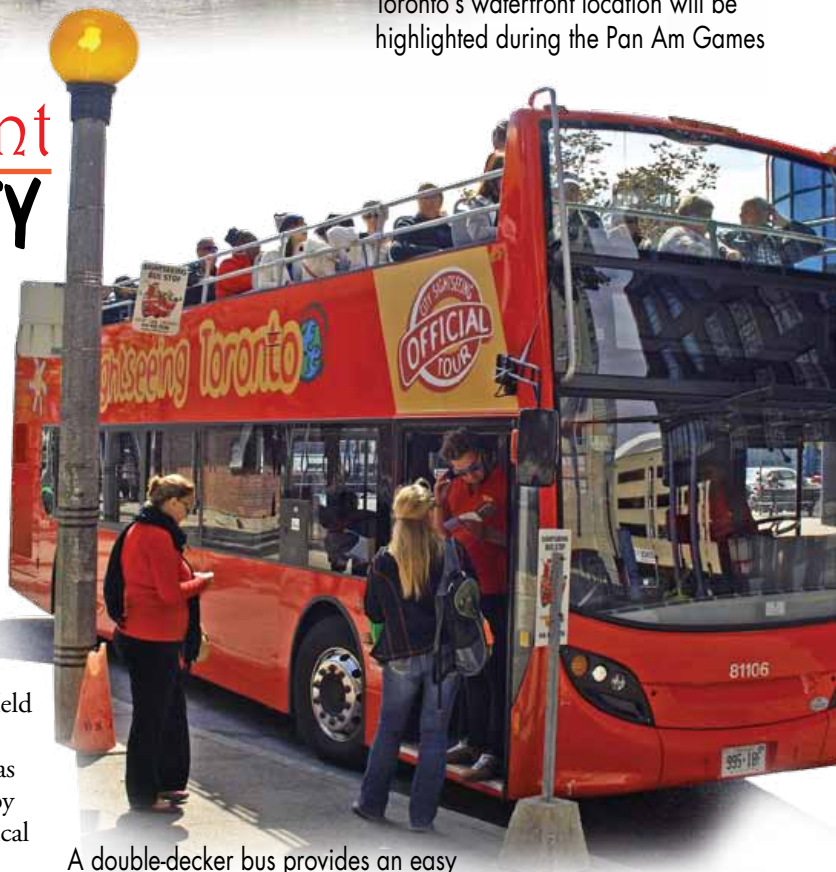
Story by Andrea Gross/photos by Irv Green

The elevator rises; my stomach drops. Zooming upwards at fifteen miles an hour, it takes only 58 seconds to reach the observation deck of the CN Tower in Toronto, one of the world's tallest buildings. Now, from 1,465 feet above street level, I get a wide-angle view of Canada's most populous city — a labyrinth of buildings interspersed with green parks, traffic-filled freeways and, not much more than a mile away, the northwestern shore of Lake Ontario.

This summer Toronto will gain international attention when it hosts the Pan Am Games, the third largest international multi-sport competition in the world. (It is surpassed only by the Olympic Summer Games and the Asian Games.) Held every four years since 1951, the Games bring together amateur athletes from more than forty countries throughout the Americas who compete in 36 sports. They are followed twelve days later by the Parapan American Games, during which athletes with physical disabilities compete in fifteen sports.

This means that during sixteen days in July and another nine in August, Toronto and its surrounding burghs will host upwards of a quarter million tourists as well as thousands of athletes, coaches and team officials.

We figure we'd better learn how to navigate the city now, in preparation for then.



A double-decker bus provides an easy way to tour Toronto's many neighborhoods.

Although the powers-that-be are spending megabucks readying the area for the Games, and while much of this is earmarked for transportation, we suspect that in many cases walking will still be the easiest way to get around. Thus we choose to stay at

the newly-renovated and centrally-located Radisson Admiral Hotel.

The location is especially perfect for sports enthusiasts. Athletes' Village, the mini-city that's being built for participants, is less than a half-hour stroll along the waterfront, and we only have to walk across the street to get to Rogers Centre, the large multi-purpose stadium that will be the site of the most anticipated event of the Games, the opening ceremony, which will be produced by Cirque de Soleil.

Meanwhile, we pay an early visit to the Centre, which is home to both the Blue Jays (Toronto's major league baseball team) and the Argonauts (the city's professional football team). It's the next-to-last game of the season, and the crowd goes wild as the Blue Jays beat the top-ranked Baltimore Orioles.

A slightly longer walk gets us to the Distillery Historic District, an area that was once home to the largest distillery in the British Empire. We admire the Victorian architecture that has caused the neighborhood to be designated a National Historic Site and explore the trendy galleries, boutiques and eateries that line the pedestrian-only streets.

I could happily spend the rest of my vacation right here, but we've more, much more, to see. In addition to the Distillery District, there's a Financial District, Fashion District and Garden District, as well as a Greektown, Chinatown, Little India and Little Italy. In fact, according to The Toronto Star, there are 239 separate enclaves in this city, which bills itself as "a city of neighborhoods." We don't know whether to be dazed or amazed, but we do know that we need help in order to visit even a small proportion of them.

Thus we climb aboard a bright red bus where, from our seats on the upper deck, we can get an unobstructed view of street-level Toronto. A non-stop tour would take about two hours, but our ticket gives us hop-on, hop-off privileges for three consecutive days. Therefore, we hop off in the Theatre District (the third largest live theatre venue in the English-speaking world, after London's West End and New York City's Broadway); visit Casa Loma Castle, once the largest private residence in Canada and today a location site for movies such as Harry Potter and the Deathly Hallows, Part 2, and attend a neighborhood festival.

Finally, we hook up with The Tour Guys to get a more in-depth look at two of Toronto's most famed areas, Chinatown and Kensington. Our guide entertains us with stories and peppers us with facts as he leads us down alleyways, past walls filled with murals and art-graffiti and into small shops we'd never have discovered on our own.

But before we leave, there's one more neighborhood we have to explore, the one by our hotel that houses some of the city's top breweries. Steam Whistle Brewing is known for what many consider to be some of the best Pilsner in the world, while Amsterdam Brewhouse offers a variety of seasonal and experimental beers.

I confess to not being an expert on beer, but the pretzels can't be beat!



(left) The CN Tower is Toronto's most famous landmark and one of the world's tallest buildings.

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Conrad Janis: TV Pioneer

by Nick Thomas

A fixture on television since the late 1940s, Conrad Janis's trademark baldness and youthful face made him a recognizable character actor throughout his 65-year-long show business career.

As a teenager, Janis was already a veteran of several Broadway shows, and was just 17 when his first film, "Snafu," was released in 1945 with costar Robert Benchley.

"Benchley was a famous New York writer and drama critic before playing the bumbling expert in those comedy shorts of the '30s like 'How to Sleep' where everything goes wrong," explained Janis, who turns 87 in February. "I learned a tremendous amount about naturalistic acting from him, years before that style became popular."

Janis soon became a pioneer of early television.

"It was an exciting time because everything was live," he recalled. "You had to memorize the entire show for the night of broadcast. We'd do 1-hour shows six or seven nights a week, with very little time for rehearsal. If people forgot their lines or a prop gun didn't fire, you just had to adlib your way out of it."

Many film legends also got their start alongside Janis.

"There were about 50 of us who were regulars on all those early, live comedies and dramas, including Grace Kelly, Eva Marie Saint, Paul Newman, and Robert Redford. For a leading role on a 1-hour show you

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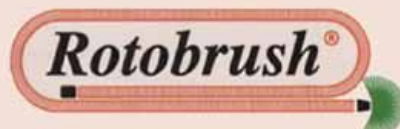
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would make \$400,” said Janis.

But that changed when a studio brought in Robert Cummings.

“Bob was a big movie star,” said Janis. “They paid him something like \$20,000 to take the lead role in one of the shows such as ‘Playhouse 90.’ It changed the entire concept of television production because Hollywood stars realized they could work for just a few days on a TV show and make a lot of money.”

Janis says he made around 700 TV appearances, although many early live performances were not recorded and are lost.

Beginning in 1978, he became a regular on “Mork and Mindy” playing Mindy’s father who worked, appropriately, in a music store. Janis is a noted jazz trombonist, having been inspired by legendary musician and bandleader Kid Ory in the 1940s.

Janis also vividly remembers comedians Robin Williams, who played Mork, and Jonathan Winters who played Mearth.

“If Jonathan caught you off set, he would push you up against a wall and do two hours of comedy in your face. Robin had a photographic memory and could

read a script once and know it. He would constantly adlib. If anyone in the cast made a mistake, Robin would run up into the audience and start doing his shtick.”

Janis has enjoyed success as a director and producer with his 2012 horror-thriller, “Bad Blood: The Hunger” – a sequel to “Bad Blood” six years earlier – both written by his wife, actress Maria Grimm.



“She based it on a rather unpleasant incident that occurred as a child when living in Casablanca when she found a shish kabob with a finger on it under a table,” recalled Janis.

Despite the gruesome premise, the films were more character driven than gory, with Janis starring in both alongside Piper Laurie.

In addition to several new film projects currently in development, Janis and his wife are preparing a documentary on his life (see www.conradjanis.com).

But it’s television where Janis left his mark, even reaching today’s younger audiences who watch retro cable TV channels, says wife Maria, recalling a recent incident in Hollywood where the couple waited in line to attend a film.

“This kid standing near us was covered in tattoos and staring intensely at Conrad,” Maria recalled. “Then he put his hands out and gave the Mork ‘nanu nanu’ sign. When we asked how he knew that, he just said ‘Nick at Night, man, Nick at Night.’ It was wonderful!”

“Conrad truly is a man for all seasons,” she added.

Nick Thomas teaches at Auburn University at Montgomery, Ala. His features and columns have appeared in over 550 newspapers and magazines. Follow on Twitter @TinseltownTalks.

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Garden Park’s senior adults are using email and surfing the internet with the help of LCP students.

Investing Our Hearts in Champagne

by David White

"Here you have this wonderful, miraculous thing, with hundreds of thousands of little tiny bubbles that are defeating gravity and exploding in this gentle fragrant foam on the lip of the glass. There is something beautiful -- in a kind of giddy way -- about just the sight of Champagne."

It was slightly surprising to hear wine importer Terry Theise make this statement.

Since the dawn of global wine consumption, large producers like Moët & Chandon and Veuve Clicquot have dominated the Champagne market. These companies purchase their grapes from thousands of growers across the region to deliver a consistent product each year -- and spend millions trying to convince us that their wines are best enjoyed when celebrating.

Theise has spent the past 20 years urging Americans to ignore these companies and instead drink "farmer fizz," or Champagne produced by the farmers who grow the grapes. And he's worked harder than anyone to dispel the notion that Champagne should only be consumed on New Year's, Valentine's Day, and other

special occasions.

But Theise recognizes that Champagne carries an emotional charge. There is, to put it simply, something special about Champagne. As Theise writes in his most recent catalog, "we invest our hearts in it."

Theise and I connected because I wanted to find out why he started importing Champagne.

Theise first brought in wines from the region in 1997. He was already a well-known importer of serious wines from Germany and Austria, countries that were -- and still are -- curiosities for most Americans. Convincing consumers to drink grower Champagne must have seemed like yet another Sisyphean effort. After all, while the region and its wines were always associated with prestige and luxury, only serious wine enthusiasts knew that top Champagne was on par with the finest



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wines of Bordeaux and Burgundy.

For good reason, everyday Americans poo-pooed Champagne. The good stuff was too expensive -- and rarely seemed worth it. The imitation Champagne served at weddings -- think Cook's and cheap Prosecco -- was, well, gross.

Theise's professional history with Champagne dates back to the early days of his relationship with Odessa Piper, the well-known restaurateur and chef. When they began dating, Piper lived in Wisconsin and Theise was settled in Washington, D.C.

"As happens in long-distance relationships," he explained, "you have a lot of misery and heartbreak when you're apart. But when you come together, it's a big celebration. So we quickly ran through all the grower Champagnes that were available in the U.S. market and I found myself thinking, 'Is this really all? There have to be more good growers than this.'"

So Theise planned a trip to Champagne with Piper, armed with advice from other serious wine geeks.

"This was all personal," he continued. "All I wanted to do was to buy some

Champagne to ship back to myself so I'd have stuff in the cellar to open up with Odessa. So we visited a number of producers. And I came away with my mind expanded -- I had not realized the profound degree to which Champagne was a wine of terroir, just like every other wine of Northern Europe."

By the conclusion of his trip, Theise decided to add Champagne to his import portfolio. And slowly but surely, he found an audience for his new offerings. Consumers appreciated the fact that these wines had personality -- and couldn't be found at the local corner store. Sommeliers appreciated the opportunity to advocate for Champagne at the dinner table.

Sales for Theise really began to take off in 2003 -- and the growth has been impressive. While growers accounted for just 0.62 percent of America's Champagne market in 1997, they now account for about 5 percent of it. That percentage continues to rise. And overall shipments of Champagne to the United States have been climbing steadily since 2009.

Theise doesn't like the fact that large Champagne producers have relegated their

wines to "beverages of ceremony," but only because their marketing "presumes that ceremonies are few and far between." As he explained, "there are weekly, if not daily ceremonies."

Champagne warrants such romanticism, especially from Theise. Shortly after that first trip to Champagne, Theise and Piper tied the knot.

David White is the founder and editor of Terroirist.com, which was named "Best Overall Wine Blog" at the 2013 Wine Blog Awards. His columns are housed at Grape Collective.

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"A Spool of Blue Thread" by Anne Tyler

© 2015, Knopf/Bond Street Books, \$25.95, 368 pages

reviewed by Terri Schlichenmeyer

Cut from the same cloth. That's what your grandma said about you and your siblings, but it couldn't have been further from the truth: you were different as sun and rain. You came from the same set of parents, and that's about all you had in common.

Still, there are always things in life that stitch families together and in the new book "A Spool of Blue Thread" by Anne Tyler, the Whitshanks needed that kind of mending.

When Junior Whitshank built the house on Bouton Road just after the Depression, folks noticed that he threw his heart into it, but no one fully understood.

They didn't know that Junior aimed to someday live there himself, even though Bouton Road was part of the well-to-do section of town, and Junior wasn't. Even so, eyeing a dream that would surely come true, he insisted that every door, newel, and window were the finest his clients' money could buy.

Red Whitshank knew that the house he inherited from his father was a great place to raise a family but he never thought much past that. Over the years, as he and Abby brought each baby home, Red remodeled some, moved the girls to make room for boys, and added a bathroom - but for him, there were other things more pressing to consider. Like work, for instance.

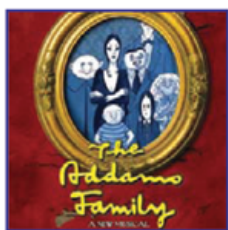
For Abby Whitshank, the house on Bouton Road was the heart of her family, though there were times when she didn't understand where



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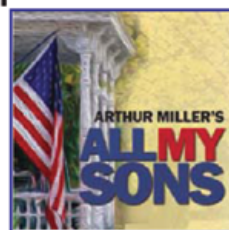
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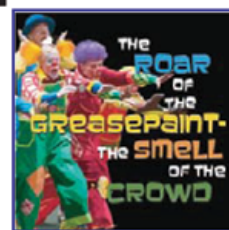
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things went wrong - especially with her oldest son, Denny. He'd always been the Black Sheep child, the one who flitted from here to there and could never settle down. It wasn't unusual for him to disappear, for years to pass before they heard from him again.

That hurt Abby because, deep in her heart, Denny was her favorite and she'd never admit that to anybody but Red. She wasn't even sure Red listened anymore (he was just like his father); he said she worried too much but wasn't that a hallmark of a good mother? And wasn't a good mother the ribbon that tied the family together?

Much as I loved "A Spool of Blue Thread," I struggle to define it because it's really not about anything in particular: through the eyes of three generations of average people, author Anne Tyler spins a tale of love and family dynamics. The Whitshanks marry, they squabble, they grow, they deal with tragedy, that's all.

Then again, that's not all.

Tyler makes this book feel like a long conversation on the front porch with a friend (or two) whose family is going through a rough spot. You'll listen, you'll raise eyebrows in gentle surprise, you'll nod, you'll sympathize - but you just can't turn away.

Nor can you put this heart-striking novel down because it feels just right for a few winter afternoons. And so, if the next book club pick is yours or you want a good family drama to read, "A Spool of Blue Thread" has that all sewn up.

Terri Schlichenmeyer has been a professional book reviewer for over a decade.



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**Recent DVD
 Releases**

by Mark Glass,
*an officer & director of the
 St. Louis Film Critics Association*



Interstellar



(PG-13) One of the most anticipated movies of the Fall will also rank among the longest (close to three hours) and most confusing. This space opera is set in a dystopian near future, in which Earth has become another Dust Bowl, with food becoming harder to grow for what's left of the populace. One surviving family of farmers includes Matthew McConaughey, his two kids and father-in-law (John Lithgow). Matthew was just beginning his career as an astronaut when disaster struck, ending the program and much of modern communication and technology. His daughter shares his love of science, but that's not considered much of an asset when brutal climatic conditions threaten global starvation...or worse.



But Matthew stumbles upon arcane clues from some mysterious source that lead him to a secret surviving NASA facility. He's recruited to fly through a wormhole that could be a shortcut to another galaxy for colonization, since Earth's habitability can't be restored. It's a race against time while bending time, hoping to find a new world before everyone on ours dies out. Leaving his family is agonizing, but essential. Anne Hathaway is one of the scientists on the mission to find which of the previous dozen explorers, if any, found potential new homes for our species.

The visuals and f/x elements are stunning - especially if seen in an IMAX theater, where one can viscerally share a number of big moments. This one raises the bar over last year's Gravity in terms of compelling space-flight simulations. The scientific components might be more coherent than my kind of book-learnin' prepared me to appreciate, but seemed to careen between cogent principles with plausible applications and over-the-top speculations about space, time, gravity, etc. Even worse, the screenplay pummels a few emotional facets (father/daughter and other familial bonds; personal self-interest vs. survival of the species, among the major ones) into mind-numbing, if not alienating, submission. Confuse the heads, then wrench the hearts. Subtlety be damned.

A scattering of insights and perspectives of arguable social and political relevance elevate the product beyond the thrill ride of boldly going where few have gone before, possibly with the guiding hand of extraterrestrial allies, whose nature and motives might be discovered on the other side. But the last 30-45

minutes lower the IQ of all the preceding activity in a vain quest for satisfying conclusions on each subplot. Many theater exiters might be scratching their heads from ambivalence about what it all meant, and how much they enjoyed the experience, ala viewers of Stanley Kubrick's *2001: A Space Odyssey*. If you go, try for an IMAX venue, since that rush is too big perk to ignore. Despite its flaws, *Interstellar* is an impressive accomplishment, and a fine transportation upgrade for McConaughey over those ubiquitous Lincoln commercials.

The Hunger Games: Mockingjay - Part 1 ★★★★★☆

(PG-13) As a mild disclaimer to this high rating, consider that some sequels work well as stand-alone products; others fill in enough backstory for newcomers to catch up without much effort. This third installment of a four-part dystopian future epic absolutely exemplifies neither. If you haven't seen the first two, and aren't already salivating over the finale (now in post-production), skip to the next review. Dilettantes have no chance of enjoying this one without recalling the others, or having read the popular novels that spawned them.

Young, heroic Katniss (Jennifer Lawrence) is being urged to serve as the face of revolution for the oppressed Districts of Panem to rise up against their corrupt, vicious overlords in The Capitol. This film covers the movement's early struggles against these tyrants with challenges more daunting than those facing the Jedi against The Empire, the current St. Louis Rams vs. The Greatest Show on Turf, or this U. S. Congress doing anything useful. These rebels get their movement started with a few successes, but they suffer much along the way, and are still in deep doo-doo when the credits start to roll. The Las Vegas odds against our heroes would likely be worse than those of Luke, Leia and the captured Han Solo against Lord Vader at the end of *The Empire Strikes Back*.

But for intrepid fans committed to the whole journey, the acting and f/x are all you've been hoping for. Most of the prior surviving characters return. That includes a certain bittersweet element of seeing the late Philip Seymour Hoffman in his final movie role as political advisor Plutarch Heavensbee. The film is longer on dialog and shorter on action than the first two, but there's a lot of prep work needed to launch a grassroots revolt against such a superior force. The Capitol's "one-percenters",

led by James Bond villain-esque Donald Sutherland, use overwhelming military might, pervasive surveillance, mental and physical torture, economic domination, media manipulations, distortions and distractions to control a submissive, impoverished populace, while convincing them this is the only path to lasting peace.

Gee. Where do fiction writers find the inspiration for such wild concepts?



The Best Of Times

New Book by Local Author!

Local author, **Joanne Sherrod W. Sigler**, has just published her third book *Wednesdays Are for Remembering* relating to memories of growing up in Shreveport and its early history. In her book, she lovingly describes the many changes in transportation, education, dress, the work place, entertainment, parties, medicine, neighborhoods, and friendships. She recalls the lives of family, welcomed strangers, and life-long friends whose memories come to life in her book. These stories of Shreveport's past will be truly relived and cherished by many.



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The onion is one of the most versatile vegetables, and is commonly found among the many fresh flavors of this fare. The growers and shippers of the Idaho-Eastern Oregon Onion Committee and the National Onion Association offer the following tips:

- One large onion, diced equals about 1 cup fresh and ¼ cup cooked.
- Grill and sauté onions over low to medium heat. This will bring out a savory, sweet, mellow flavor.
- Store onions in a cool, dry, well-ventilated place with minimal exposure to light.
- Keep peeled and cut onions in a sealed container in the refrigerator for 7 to 10 days.

For more tips, visit www.onions-usa.org and www.usaonions.com.

Turkey and Onion Meatball Kebabs with Yogurt Dipping Sauce

Servings: 6 large or 9 small kebabs

- 1 tablespoon cumin seed
- 1 cup plain yogurt
- 1 tablespoon chopped cilantro
- 1 tablespoon chopped chives
- ¾ teaspoon honey
- ¼ teaspoon salt
- 1 pound ground turkey
- 3 cloves garlic, chopped
- 2 teaspoons lemon zest
- ¼ teaspoon kosher salt
- ¼ teaspoon cayenne pepper
- 1 large yellow onion, peeled and cut in thin wedges
- 1 green pepper, cut into 1-inch dices
- 12 cherry tomatoes

Heat small pan over medium heat. Add cumin seeds to toast. Stir frequently, for about 3 minutes or until seeds are fragrant and slightly browned. Remove seeds to spice grinder or mortar and pestle; grind to moderately fine powder.

In medium bowl, combine yogurt, cilantro, chives, honey, salt and 1 teaspoon ground toasted cumin. Cover and refrigerate at least 1 hour.

In second medium bowl, combine turkey, garlic, lemon zest, salt, cayenne and 1 teaspoon ground toasted cumin; mix gently but thoroughly. Shape into eighteen 1½-inch meatballs.

Preheat grill. On metal skewers (or bamboo skewers soaked in water 30 minutes), thread meatball, onion wedge, pepper square and cherry tomato. Repeat. Finish skewer with another meatball and onion wedge.

Grill until meatballs reach internal temperature of 160°F, turning as needed. Serve immediately with dipping sauce.

For mini-skewers, use 2 meatballs, 2 onion wedges, 1 cherry tomato and 1 pepper square on each skewer.

Lentil Salad with Marinated Onions, Roasted Tomatoes and Olives

Servings: 6-8

- | | |
|---|---|
| 2 – 3 medium tomatoes cut into eight wedges | sliced |
| 1 (9.5-ounce) jar whole, pitted Greek olives, drained | 1½ Tbs. red wine vinegar |
| 4 Tbs. extra-virgin olive oil | 2 garlic cloves, pressed |
| 1 Tbs. balsamic vinegar | 1 medium cucumber, chopped |
| 8 thyme sprigs, leaves removed | 1 (12-ounce) jar artichoke hearts, sliced |
| Sea salt | ¼ cup parsley, chopped |
| 1½ cups lentils | 3 Tbs. chives, chopped |
| ½ medium red onion, thinly | 2/3 cup crumbled feta |
| | 1 Tbs. lemon juice |
| | Fresh ground black pepper |



Cook lentils according to package directions, approximately 20 minutes.

While lentils are cooking, place red onion in small bowl. Pour red wine vinegar over onions and sprinkle with sea salt. Stir and let stand at room temperature while lentils are cooking.

When lentils finish cooking, drain if needed. In large bowl combine lentils, marinated red onion, garlic and remaining olive oil. Mix well and cool completely. When cool, combine rest of ingredients with lentils. Serve cold.

Orange, Mint and Onion Salad

Servings: 6

- | | |
|--|----------------------------|
| 3 navel oranges | <i>Vinaigrette:</i> |
| ½ sweet yellow onion, peeled and thinly sliced | ⅓ cup cider vinegar |
| ¼ cup fresh mint leaves, torn | 2 tablespoons honey |
| ¼ cup black olives, oil cured, pitted | 2 teaspoons Dijon mustard |
| | ½ teaspoon ground cinnamon |
| | ½ teaspoon salt |
| | ¼ cup canola oil |

For salad, cut top and bottom off each orange so it sits flat on cutting surface. Remove peel and pith (white part) by taking sharp knife and running it down sides of orange from top to bottom, following shape of each orange. Slice oranges into rounds.

Arrange slices, overlapping each other slightly, on large platter. Scatter onion, mint and olives over oranges.

For vinaigrette, whisk vinegar with honey, mustard, cinnamon and salt. Slowly add oil while whisking constantly, until well combined.

Drizzle vinaigrette over salad and serve immediately.

Note: Any leftover dressing can be stored, tightly covered, in refrigerator for up to 5 days.



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Quota International of Bossier City Spring Style Show & Lunch - 12 Noon, Tuesday, April 14. Doors open at 11:15 a.m. Hilton Garden Inn, 2015 Old Minden Rd., Bossier City. Clothing from Dillard's and Simply Chic Boutique. \$25. For tickets see any Bossier Quotarian or call 746-0383 or 470-4116

The Northwest Louisiana Master Gardeners Spring Plant Sale - Saturday, April 11, from 8 a.m. until 12 p.m. at the Randle T. Moore Center, corner of Fairfield Avenue and Kings Highway. There will be a wide selection of perennials, shade plants, native plants, unique vines, and fragrant herbs for sale. There will also be a Gardening Help Clinic hosted by LSU AgCenter Horticulturist, Jennifer Williams. For more info call (318) 698-0010 or www.lsuagcenter.com/nwlamg.

MEETING

GENCOM Genealogical Society monthly meeting - Sunday, April 26, 2:00 to 4:00 p.m. at the Broadmoor Branch Library, 1212 Captain Shreve Drive, Shreveport. To recognize and honor the history of the Confederate States of America during Confederate History

Month, Jon Oliver will present, "A survey of the Red River Campaign of 1864: the last major conflict in Louisiana." Jon will provide details on the strategies, personalities and results of the confrontation between Confederate and Union forces over the control of Shreveport. Everyone is welcome and the meeting is free and open to the public. For details call (318) 773-7406 or email jgiones09@gmail.com.

SENIOR OLYMPICS

The 2015 Northwest Louisiana District Senior Olympics runs from March 27-June 2. The April schedule is:

Senior Residence Communities Competition

- Friday, April 10 - Washer Pitch, 9 A.M., Bellaire Fitness Center, 4330 Panther Drive, Bossier City.

Open Division

- Saturday, April 18 - Bocce Ball (with Special Olympics), 9 A.M. Knights of Columbus, 5400 E. Texas, Bossier City
- Friday, April 24 - Golf, 9 A.M., Shreveport Country Club, 3101 Esplanade Ave., Shreveport.

- Saturday, April 25 - Bocce Ball (Seniors), 9 A.M. Knights of Columbus, 5400 E. Texas, Bossier.

- Sunday, April 26 - Chip & Putt Competition, 2 P.M. The Practice Tee, Benton Road at 1-220.

- Monday, April 27 - 8-Ball Pool, 9 A.M. Randal T. Moore Senior Center, 3101 Fairfield Avenue, Shreveport

- Thursday, April 30 - Marksmanship, 1 P.M. 22 rifles and pistols, Shooters USA, 357 Magnum Drive, Bossier City.

- Thursday April 30 - Table Tennis, 5:30 P.M. Bossier Recreation Offices, 3223 Old Shed Road.



- Friday, May 1 - Tennis, 10 A.M., Bossier Tennis Center, 4330 Benton Road, Bossier City (Through May 2 if necessary)

- Friday May 1 - Dominos, 9 A.M. NW La. War Veterans Home, Teague Parkway, Bossier City.

MOVIE

Sci-Port's Golden Days Matinee - Weekdays 1 - 4 p.m. On the Shreveport riverfront. Seniors enjoy an IMAX film, **FREE** admission to Sciport galleries and a frozen yogurt. Games & activities available. All for \$9. Groups call (318) 424-8660 to schedule.

PERFORMANCES

Million Dollar Quartet - Thursday, April 23 at 8:00 p.m. at the Strand, 619 Louisiana Ave., Shreveport. Million Dollar Quartet is the smash-hit musical inspired by the famed recording session that brought together rock 'n' roll icons



WIN \$25,000

APRIL 25 • 11PM

DRAWINGS EVERY FRIDAY & SATURDAY

G A M B L I N G P R O B L E M ?



Elvis Presley, Johnny Cash, Jerry Lee Lewis and Carl Perkins for the first and only time. \$68.50, \$55.50, \$35.50. For tickets call (318) 226-8555 or email strand@thestrandtheatre.com.

Rising Water - May 8 & 9 at 7:30 p.m., May 10 at 3. Emmett Hook Center at First United Methodist Church, 550 Common at Milam, Shreveport. A stage reading. In the aftermath of Hurricane Katrina, a couple awaken in the middle of the night to find their pitch-dark house filling with water. Clambering into their attic, and then onto their rooftop, they struggle not only to survive but also to keep the guttering flame of their love from being extinguished. \$16 adults, \$14 senior, \$12 students. Call 318-429-6885 or email info@EmmettHookCenter.org

Rossini's Cinderella Story, Cenerentola - Presented by the Shreveport Opera. Saturday, April 11 at 7:30 p.m. at

the Riverview Theatre, 600 Clyde Fant Parkway, Shreveport. Sung in Italian with English Supertitles projected above the stage. \$90 - \$15. For tickets call (318) 227-9503 or email boxoffice@shreveportopera.org.

Season Finale: Tchaikovsky Violin Concerto - Shreveport Symphony. Saturday, May 2 at 7:30 p.m. @ Riverview Theatre, 600 Clyde Fant Parkway, Shreveport. Featuring: Guest Artist Vadim Gluzman Tickets are \$17 - \$58. Call 318-227-TUNE (8863). www.shreveportsymphony.com

The Roar of the Greasepaint – The Smell of the Crowd - Presented by Shreveport Little Theatre, 812 Margaret Place, Shreveport. April 23, 24, 26, 30, May 1, and 2 at 8 pm.; April 26 and May 3 at 2:00 pm. The musical production examines the relationship between the upper and lower classes of British society in the 1960s. For tickets call (318) 424-4439 or email: boxoffice@shreveportlittletheatre.com

RANDALL T. MOORE SENIOR CENTER

Senior Center Fun - Randle T. Moore Center, 3101 Fairfield Avenue, Shreveport. Caddo Council on Aging. Every Thursday and Friday. Coffee and cookies at 9:30 a.m. Fridays Senior Tech Talk at 10 a.m., 1on1 Tech at 11 a.m. **FREE**.

SEMINAR

Asset Protection Planning for Your Long Term Care - Tuesday, April 14 from 3:00 - 4:00 pm at Montclair Park Assisted Living, 9100 East Kings High-

way, Shreveport. Presented by attorney Kyle Moore and Client Care Coordinator Vickie Rech. Learn how to protect your family from devastating nursing home costs by qualifying for Medicaid; how Veterans Aid and Attendance pension benefits are available while you live at home, in a senior residential facility, or in a nursing home; and how to protect yourself from financial predators. **FREE** but reservations are required. RSVP to 318-222-2100, ask for Kyle's group.



318-222-5711

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Shreveport, LA 71105

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2014 | 2015
SEASON
Happy
30th
Anniversary!



Restless Heart

Saturday, August 16, 2014

**Black Jacket Symphony Presents
Fleetwood Mac's Rumours**

Saturday, September 13, 2014

The Oak Ridge Boys

Friday, September 19, 2014

Smokey Joe's Café —Featuring The Coasters

Friday, October 10, 2014

1964 — The Tribute (Beatles)

Saturday, November 15, 2014

Darlene Love Christmas Show

Friday, December 5, 2014

Charles Dickens' A Christmas Carol

Saturday, December 6, 2014

Guys and Dolls

Thursday, February 5, 2015

Seven Brides for Seven Brothers

Friday, March 13, 2015

Million Dollar Quartet

Thursday, April 23, 2015

Broadway by Jeri (Jeri Sager)

Saturday, May 16, 2015

Mamma Mia!

Thursday, June 18, 2015

THE STRAND THEATRE
(318) 226-8555

www.thestrandtheatre.com

King Crossword

Puzzle answers on
page 42

ACROSS

- 1 Wound cover
- 5 Block of bread
- 9 Once around the track
- 12 Malaria symptom
- 13 Jason's ship
- 14 Savings plan acronym
- 15 Almost 6 trillion miles
- 17 Wildebeest
- 18 Approximately
- 19 Mrs. Fred Mertz
- 21 Abdomen
- 24 Leave out
- 25 Surrounded by
- 26 Fall month
- 30 Big truck
- 31 Pie nut
- 32 Actress Hagen
- 33 Intangible
- 35 Czech or Bulgarian
- 36 Prepared to drive
- 37 Aristocratic
- 38 Vaults
- 40 Fermi's bit
- 42 Past
- 43 Bar order
- 48 Ultramodern
- 49 Beige

| | | | | | | | | | | | | |
|----|----|----|----|----|----|----|----|----|----|----|----|----|
| 1 | 2 | 3 | 4 | | 5 | 6 | 7 | 8 | | 9 | 10 | 11 |
| 12 | | | | | 13 | | | | | 14 | | |
| 15 | | | | | 16 | | | | | 17 | | |
| | | | 18 | | | | | 19 | 20 | | | |
| 21 | 22 | 23 | | | | | 24 | | | | | |
| 25 | | | | | 26 | 27 | | | | | 28 | 29 |
| 30 | | | | 31 | | | | | | 32 | | |
| 33 | | | 34 | | | | | | 35 | | | |
| | | | 36 | | | | | 37 | | | | |
| 38 | 39 | | | | | 40 | 41 | | | | | |
| 42 | | | | 43 | 44 | | | | | 45 | 46 | 47 |
| 48 | | | | 49 | | | | | 50 | | | |
| 51 | | | | 52 | | | | | 53 | | | |

- | | | |
|-----------------------|-------------------------------|---------------------|
| 50 "Cogito, — sum" | 8 Construction bosses | (Abbr.) |
| 51 Superlative ending | 9 Symbol for an idea | 29 Four-star review |
| 52 Favorable votes | 10 "Rule, Britannia" composer | 31 "The King" |
| 53 Carry on | 11 One of the Beatles | 34 Shoe width |
| | 16 Attempt | 35 Dark and gloomy |
| | 20 Allen or Burton | 37 "To be or — ..." |
| | 21 Naked | 38 Logical |
| | 22 Send forth | 39 Many, many years |
| | 23 "Sundown" singer | 40 City of India |
| | Gordon | 41 So |
| | 24 Elliptical | 44 "Rocks" |
| | 26 Require | 45 Historic period |
| | 27 Goose (Sp.) | 46 Early bird? |
| | 28 And others | 47 Wade opponent |

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Sudoku

by Linda Thistle

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

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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MAGIC MAZE ● BILLYS AND BILLIES

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

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

| | | | |
|---------|-----------|----------|---------|
| Beer | Goat | Joel | Sunday |
| Carter | Graham | Martin | The Kid |
| Club | Holiday | Mitchell | Wilder |
| Crystal | Jean King | Piper | |

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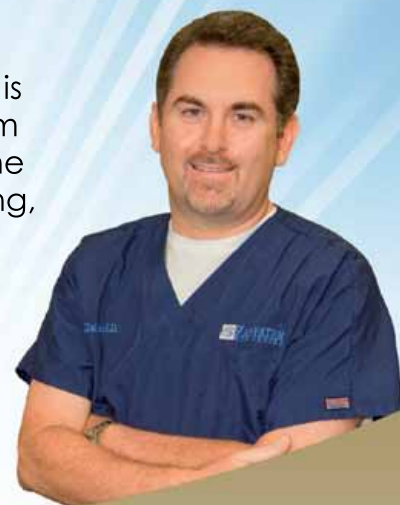
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EYE CENTER



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2449 Hospital Drive, Suite 460, Bossier City, LA 71111

One lens can help you see it all, from **NEAR** to **FAR**!

(Puzzles on pages 38-39)

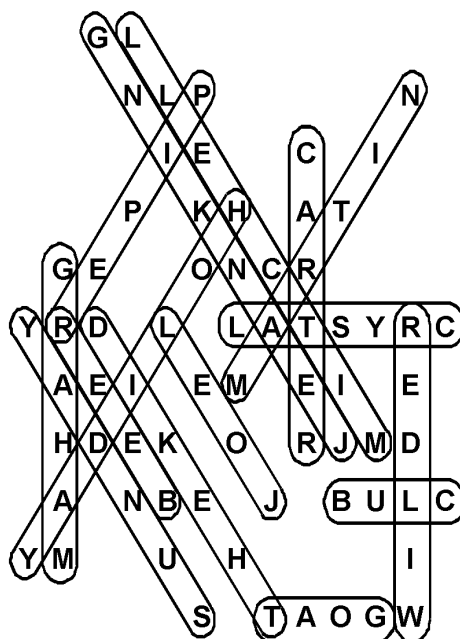
King Crossword

Answers

Solution time: 21 mins.

| | | | | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|
| S | C | A | B | | L | O | A | F | | L | A | P |
| A | G | U | E | | A | R | G | O | | I | R | A |
| L | I | G | H | T | Y | E | A | R | | G | N | U |
| | | | O | R | S | O | | E | T | H | E | L |
| B | E | L | L | Y | | | O | M | I | T | | |
| A | M | I | D | | N | O | V | E | M | B | E | R |
| R | I | G | | P | E | C | A | N | | U | T | A |
| E | T | H | E | R | E | A | L | | S | L | A | V |
| | | T | E | E | D | | | | N | O | B | L |
| S | A | F | E | S | | A | T | O | M | | | |
| A | G | O | | | L | I | G | H | T | B | E | E |
| N | E | O | | | E | C | R | U | | E | R | G |
| E | S | T | | | Y | E | A | S | | R | A | G |

BILLYS AND BILLIES



SUDOKU

Answer

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

ANSWERS FROM THE EXPERTS

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

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



Vicki Ott
NurseCare Nursing and
Rehab Center
1736 Irving Place
Shreveport, LA 71101
(318) 221-1983
See our ad on page 48.

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

Yes, Medicare pays 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. Most newly diagnosed Alzheimer's patients won't qualify for hospice care. Medicare also pays 100% of home health services. CHRISTUS Behavioral Home Health will assess your mother under the direction of our staff psychiatrist. We treat symptoms of Alzheimer's disease like memory loss, wandering, and personality changes. Social workers, counselors, and chaplains assist your family. When your mother qualifies for hospice care, our team will help with this change.



Don Harper
CHRISTUS HomeCare
& Hospice
1700 Buckner Sq., #200
Shreveport, LA 71101
318-681-7200
See our ad on page 46.

My grandchild complains of shoulder, neck and back pain when in school. Could this be due to his heavy backpack?

Yes. Backpacks are designed to distribute weight to larger muscle groups that can handle the load. Backpacks should have 2 padded wide shoulder straps, a padded back, and a waist strap (for heavier loads). Also backpacks should light and not add to the load. Rolling backpacks are an alternative, although stairs are a problem. Your grandchild should use both shoulder straps, tighten straps so the pack is 2 inches above the waist and closest to the body, not pack more than 20% of the child's body weight in the backpack, and pack only what he needs. Pack heavier items close to the back and unpack unnecessary items in the locker.



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

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

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



Chris Shelby, MD
Pierremont Eye Institute
7607 Youree Dr.
Shreveport, LA 71105
318-212-3937;
www.ShelbyEye.com
See our ad on page 30.

❧ 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

seniors 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 fee 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, Senior 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, Saturdays @ 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 grand-

parents 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.

- 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.

- Morningstar, 5340 Jewella Ave. Shreveport. 318-636-6172. Mon through Fri - 8:30 am to 12:30 pm. Lunch @ 11:00 am. Transportation available on a limited basis. Call for more info.

- 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 information 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.

Wow! A Simple to Use Computer Designed Especially for Seniors!

Easy to read. Easy to see. Easy to use. Just plug it in!



"I love this computer! It is easy to read and to use! I get photo updates from my children and grandchildren all the time."

– Janet F.

Have you ever said to yourself "I'd love to get a computer, if only I could figure out how to use it." Well, you're not alone. Computers were supposed to make our lives simpler, but they've gotten so complicated that they are not worth the trouble. With all of the "pointing and clicking" and "dragging and dropping" you're lucky if you can figure out where you are. Plus, you are constantly worrying about viruses and freeze-ups. If this sounds familiar, we have great news for you. There is finally a computer that's designed for simplicity and ease of use. It's the WOW Computer, and it was designed with you in mind. This computer is easy-to-use, worry-free and literally puts the world at your fingertips. From the

moment you open the box, you'll realize how different the WOW Computer is. The components are all connected; all you do is plug it into an outlet and your high-speed Internet connection. Then you'll see the screen – it's now 22 inches. This is a completely new touch screen system, without the cluttered look of the normal computer screen. The "buttons" on the screen are easy to see and easy to understand. All you do is touch one of them, from the Web, Email, Calendar to Games– you name it... and a new screen opens up. It's so easy to use you won't have to ask your children or grandchildren for help. Until now, the very people who could benefit most from E-mail and the Internet are the ones that have had the hardest time accessing it. Now, thanks to the WOW Computer, countless older Americans are Discovering the wonderful world of the Internet every day. Isn't it time you took part? Call now, and a patient, knowledgeable product expert will tell

NEW
Now comes with...
Larger 22-inch hi-resolution screen – easier to see
16% more viewing area
Simple navigation – so you never get lost
Intel® processor – lightning fast
Computer is in the monitor – No bulky tower
Advanced audio, Better speaker configuration – easier to hear
Text to Speech translation – it can even read your emails to you!
U.S. Based Customer Service

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Automatic
Software Updates

you how you can try it in your home for 30 days. If you are not totally satisfied, simply return it within 30 days for a refund of the product purchase price. Call today.

- Send & Receive Emails
- Have video chats with family and friends
- Surf the Internet:
Get current weather and news
- Play games Online:
Hundreds to choose from!

**Call now toll free and find out
how you can get the new
WOW! Computer.**

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for special introductory pricing.

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Les Bons Temps Dance Club

held their annual
Spring
Dinner/Dance
at Pierremont
Oaks Tennis
Center
on March 21.



Grady and Susanne Golden
with Bettie Hastings

APRIL Parting Shots



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

Reg and Judy Cassibry



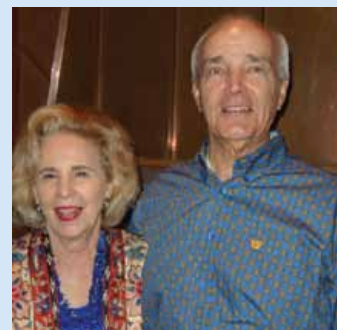
Libby and Tom Siskron (standing)
with Ken and Beth Hayes



Beth and Gerry Hedgcock



John and Theresa Meldrum with Missy and John Pou



Virginia and Merritt Chastain



Senior Care at Brentwood Hospital

Levels of Care

- Inpatient
- Partial Hospitalization (Day Treatment)
- Outpatient

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Warning Signs

That May Indicate the Need for Treatment

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

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Dr. Mona Douglas, Optometrist

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Cora M Allen Fashion Show

(l to r) Candy Welch, Jennifer Hill, Angelique Evans, Trina Chu and Joyce Patton at the Cora M Allen Fashion Show. Theme for the event was "Weaving The Stories of Women's Lives".



Every March the women of People Helping People Outreach encourages reading by donating books to children. Pictured (l to r) at PHP Giving Tree Green Ribbon Reading Program are Candy Welch, Lakesha Mosley, Helen White, Sylvia Newman, Jeanie Storm and



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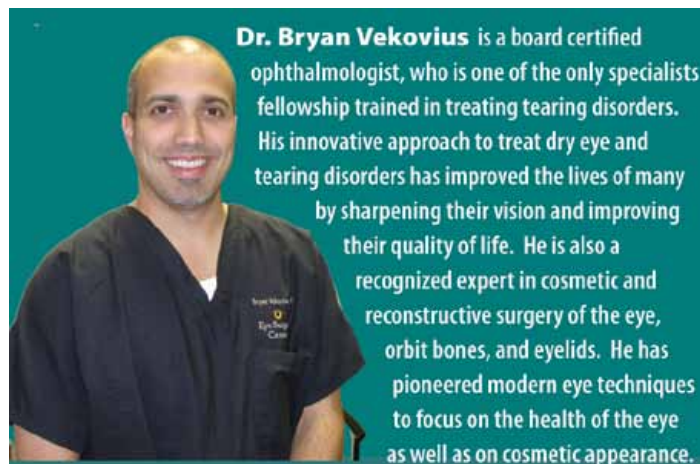
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VICKIE T. RECH
Client Care Coordinator

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*Thank you! Thank you!
- The Hodge Family*

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- Learn how to protect yourself from financial predators

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