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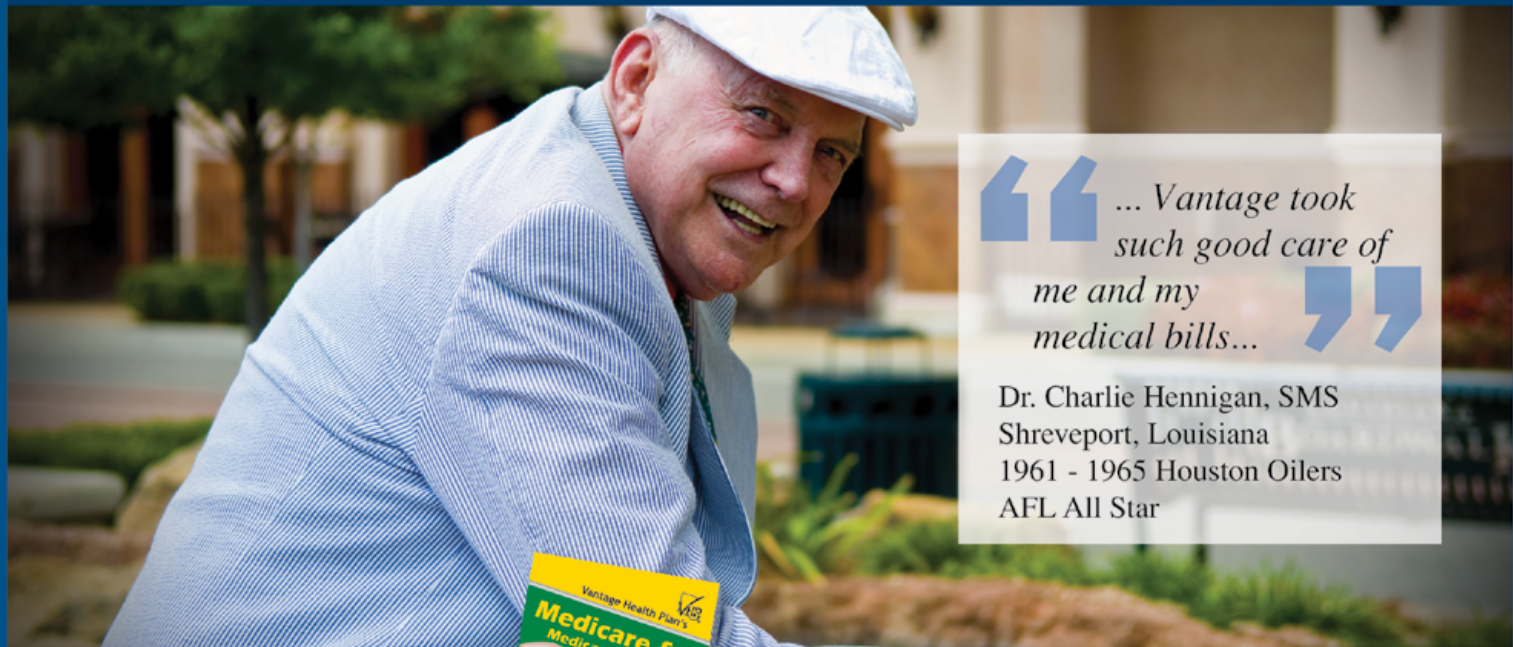
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# The Best of Times

## Celebrating 10 YEARS



# November Contents

**10 Signs of Alzheimer's Disease**  
pg. 17

*In Brief*

- 8 **In the News**
- 10 **STAT! Medical News**
- 20 **Money Matters**  
*by Jason Alderman*  
Financial Costs of Caring for Your Parents

*Columns*

- 31 **Traveltizers**  
*by Andrea Gross*  
The Real First Thanksgiving
- 33 **Recent DVD Releases**  
*by Mark Glass*  
"Crazy, Stupid, Love" and "Larry Crowne"
- 34 **Broadway: A Personal Perspective**  
*by Brian Bradley*  
"Follies"

*Advice*

- 22 **Laws of the Land**  
*by Lee Aronson*  
Was Captain Hook Handicapped?
- 26 **From the Bench**  
*by Judge Jeff Cox*  
Beware of Online Legal Forms
- 28 **Dear Pharmacist**  
*by Suzy Cohen, RPh*  
Are Your Vitamins Helping or Hurting You?

*In Every Issue*

- 36 **What's Cooking?**  
A Home-Cooked Thanksgiving Feast
- 38 **Our Famous Puzzle Page**  
Crossword
- 40 **Get Up & Go!**  
Fun Things 2 Do and Great Places 2 Go
- 42 **Parting Shots**  
Photos of Fabulous Folks



34



**Medicare 2012**  
pg. 13



24

**The Power of Numbers**  
*by Kelly Phelan Powell*





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Every month we proudly "celebrate age & maturity".

This month we're thrilled to also be celebrating the tenth anniversary of our first issue as owners. Although established in 1992, Gary and I purchased this publication, then known as *Senior Scene News*, in October of 2001. With a major learning curve before us and a whole lot of enthusiasm driving us, our first issue went to press a mere three weeks later. Rookies to the media world, we've worked daily to make this magazine into what I'm sure you will agree is an indispensable resource.

In the last decade "our baby" has thrived and matured into a nationally recognized, award-winning publication, with growing readership and an increasingly talented team of professionals that is constantly working on making this magazine even bigger and better. Major milestone issues along the way are depicted in the balloons on our cover and include:

- February 2003 - the name was changed to *The Best of Times* to reflect our vision of the positive side of aging.
- April 2005 - the format was changed from a tabloid to a magazine for ease of handling.
- April 2009 - our first all-color issue.
- March 2011 - a first-rate magazine begs for quality presentation. Our first all glossy issue.

It's been an exciting journey filled with discovery, fun, and a host of new friends that we now consider family. We owe a huge debt of gratitude to our writers, contributors, designers, advertisers, and most especially our loyal readers. As our "thank-you" to all, we're hosting a party on Wednesday, November 16 and **YOU'RE CORDIALLY INVITED** to help us celebrate. See page 6 for the details. Remember - seating is limited so make sure to reserve your place today.

But enough about the past. I assure you that the future will find us passionately working on fun, informative, educational, and exciting new topics. But we would love your help. Is there a topic that you would like us to address or do you know an interesting person or group worthy of a profile? Feel free to email your suggestions to [editor.calligas@gmail.com](mailto:editor.calligas@gmail.com).

We hope you enjoy this issue. As always, we had a blast working on it. We hope to see you on the 16th!

*Tina*

# The Best Of Times

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Do you have a question for one of our guests? Call 320-1130 during the broadcast or email [Gary.Calligas@gmail.com](mailto:Gary.Calligas@gmail.com) prior to the show.

**NOVEMBER 5**

"Alzheimer's Facts and Myths"  
Debbie Hayes with Alzheimer's Association

**NOVEMBER 12**

"2011 Les Boutiques de Noel"  
PLUS 10th anniversary  
celebration of *The Best of Times* - Trivia & History

**NOVEMBER 19**

"Specialized Estate Planning"  
Joseph Gilsoul, elder law attorney

**NOVEMBER 26**

"Love by the Numbers - Numerology"  
Glynis McCants, nationally recognized author and consultant



### Local Nurse Honored With National Award

Chosen for her allegiance and dutiful care towards the nation's homeless Veterans, Carolyn Green, the director of the homeless program at Overton Brooks VAMC, has been named the 2011 Grand Prize Winner for the RN category of the Cherokee Inspired Comfort Award, one of the nation's premier nurse and healthcare honors. As the coordinator of the Health-care for Homeless Veterans Program at Overton Brooks Veterans Affairs Medical Center (VAMC) in Shreveport, Green forges strong partnerships with community organizations and nonprofits to further provide a safety net of services for her clients. Her community collaboration has generated results that allow her employer to care for the clinical and psychological needs of homeless veterans more effectively. One of Green's most celebrated accomplishments is her local leadership of the national "Operation Stand Down," for which Green arranges the volunteers and donation of clothing, food, medical care and haircuts as well as social and counseling services.

### DHH Announces More Comprehensive Program to Serve Elderly and Disabled Adults in LA

The Louisiana Department of Health and Hospitals recently announced it is enhancing choices of available services to adults with disabilities and the elderly who receive home and community-based care. Effective Oct. 1, 2011, the Elderly and Disabled Adult (EDA) Waiver is being replaced with a new program called the Community Choices Waiver.

The current EDA Waiver offers a limited menu of services, relying heavily on one-on-one care in the recipient's home, which is very costly and can inhibit an individual's self-sufficiency. With the Community Choices Waiver, recipients will still have access to all of the services provided through the EDA Waiver, but will also have the opportunity to select options that empower them to lead more independent lives. For example, if waiver-eligible individuals need assistance bathing and dressing, the EDA Waiver would likely assign a worker to stay in their homes and do these things for them. Under the Community Choices Waiver, individuals could choose to receive rehabilitation therapy so they could do these things for themselves. Individuals currently receiving the EDA Waiver will automatically be transferred to the Community Choices Waiver.

To qualify, individuals must meet Medicaid eligibility; be 21 years old or older; and meet nursing facility level of care criteria. Individuals who have questions or are interested in adding their name to the Community Choices Waiver Request for Services Registry can call Louisiana Options in Long Term Care at 1-877-456-1146.



### More People Using Free Preventive Benefits

The Centers for Medicare & Medicaid Services (CMS) reported that nearly 20.5 million people with Medicare reviewed their health status at a free Annual Wellness Visit or received other preventive services with no deductible or cost sharing this year. In addition, nearly 1.8 million people with Medicare have received discounts on brand-name drugs in the Medicare Part D coverage gap, also known as the "donut hole," between January and August of this year.

COME SEE **WHAT YOU'VE BEEN MISSING**

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## Social Security Announces 3.6 Percent Benefit Increase



Monthly Social Security and Supplemental Security Income (SSI) benefits for more than 60 million Americans will increase 3.6% in 2012, the Social Security Administration announced recently.

The 3.6% cost-of-living adjustment (COLA) will begin with benefits that nearly 55 million Social Security beneficiaries receive in January 2012. Increased payments to more than 8 million SSI beneficiaries will begin on December 30, 2011. The increase is the first since 2009.

Some other changes that take effect in January of each year are based on the increase in average wages. Based on that increase, the maximum amount of earnings subject to the Social Security tax (taxable maximum) will increase to \$110,100 from \$106,800. Of the estimated 161 million workers who will pay Social Security taxes in 2012, about 10 million will pay higher taxes as a result of the increase in the taxable maximum.

Information about Medicare changes for 2012, when announced, will be available at [www.Medicare.gov](http://www.Medicare.gov). For some beneficiaries, their Social Security increase may be partially or completely offset by increases in Medicare premiums.

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## Oral Steroids Linked to Severe Vitamin D Deficiency

People taking oral steroids are twice as likely as the general population to have severe vitamin D deficiency, according to a study of more than 31,000 children and adults by scientists at Albert Einstein College of Medicine of Yeshiva University. Their findings, in the online edition of *The Journal of Clinical Endocrinology and Metabolism*, suggest that physicians should more diligently monitor vitamin D levels in patients being treated with oral steroids. The severe vitamin D deficiency assessed in this study is known to be associated with softening of the bones and muscle weakness.

## Low Vitamin B12 Levels May Lead to Brain Shrinkage

Older people with low blood levels of vitamin B12 markers may be more likely to have lower brain volumes and have problems with their thinking skills, according to researchers at Rush University Medical Center. Foods that come from animals, including fish, meat, especially liver, milk, eggs and poultry are usual sources of vitamin B12. (*Neurology*)



16% in the general population. Whether depression increases the risk of stroke has been unclear. An Pan, Ph.D., of the Harvard School of Public Health, Boston, and colleagues conducted a systematic review and a meta-analysis of prospective cohort studies to describe the association between depression and risk of total and subtypes of stroke. The researchers found that when the data from the studies were pooled, analysis indicated that depression was associated with a 45% increased risk for total stroke; a 55% increased risk for fatal stroke; and a 25% increased risk for ischemic stroke. Depression was not associated with an increased of hemorrhagic stroke.



## Many Obese Patients Fail to Link Their Weight to Their Health

Many overweight and obese patients in hospital emergency departments don't believe their weight poses health risks, and many say doctors have never told them otherwise, according to a University of Florida study.

Researchers asked random patients in a Florida hospital emergency department two questions: Do you believe your present weight is unhealthy, and has a doctor ever said you are overweight? Of those reporting that their weight was unhealthy, only 19% said they'd ever discussed it with a doctor. And only 30% of those who reported being told by their doctor that their weight was unhealthy agreed with that opinion. Researchers also measured body mass index and waist circumference, indicators of body fat. About 47% of obese and overweight men said they believed their weight was problematic; 53% didn't.

## Depression Associated with Increased Risk of Stroke and Stroke-Related Death

An analysis of nearly 30 studies including more than 300,000 patients finds that depression is associated with a significantly increased risk of developing stroke and dying from stroke, according to an article in *JAMA*. "Depression is highly prevalent in the general population. According to the article the lifetime incidence of depression has been estimated at more than

## Increased Caffeinated Coffee Consumption Associated With Decreased Risk of Depression in Women

The risk of depression appears to decrease for women with increasing consumption of caffeinated coffee, according to a report in the *Archives of Internal Medicine*. When compared with women who consumed one cup of caffeinated coffee or less per week, those who consumed two to three cups per day had a 15% decrease in relative risk for depression, and those consuming four cups or more per day had a 20% decrease in relative risk. Compared with women in the lowest (less than 100 milligrams [mg] per day) categories of caffeine consumption, those in the highest category (550 mg per day or more) had a 20% decrease in relative risk of depression. No association was found between intake of decaffeinated coffee and depression risk.

### Alzheimer's: Is it Time to Stop Driving?

Following are tips from the Alzheimer's Association that it may be time to stop driving:

- Forgetting how to locate familiar places
- Failing to observe traffic signs
- Making slow or poor decisions in traffic
- Driving at an inappropriate speed
- Becoming angry or confused while driving
- Hitting curbs
- Using poor lane control
- Making errors at intersections
- Confusing the brake and gas pedals
- Returning from a routine drive later than usual
- Forgetting the destination you are driving to during the trip

For more information on dementia and driving, visit [www.alz.org/driving](http://www.alz.org/driving).



## 8 Easy Tips to Avoid Supplement and Medication Mishaps

Navigating the supplement and medication maze can get confusing especially when you have multiple prescriptions. It is important to organize yourself with your medications and supplements to prevent unnecessary mishaps. Dr. Lorraine J. Gudas and Dr. Mark S. Lachs offered these key tips on how to steer clear of unsafe drug interactions at NewYork-Presbyterian/Weill Cornell Medical Center's 29<sup>th</sup> Annual Women's Health Symposium:

1. Keep a list of your medications with you at all times.
2. Make sure to include brand AND generic names as well as dosages and frequency.
3. Include all vitamins and supplements on the list.
4. Share the list with every health care provider you come in contact with, whether or not he or she suggests new medicines or medicine changes.
5. Never mix medications in the same bottle even if traveling; taping an actual pill to your medication list can help you identify which medicine is which.
6. When you hear about a new drug or a health tip, ask yourself: Is this based on a clinical trial, an observational study, or only personal endorsements?
7. Don't make health decisions on the basis of observational studies. They are interesting to think about, but they don't prove anything.
8. If you are thinking of buying a supplement or drug, ask your doctor's opinion. Don't take them on the basis of personal testimony.



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# MEDICARE 2012

FAMILY FEATURES

**M**edicare is different this year because of health care reform, and if you're not aware of how this important program has changed, pay attention.

The Medicare program can be confusing because of its many different parts, supplemental coverage options and specific Medicare enrollment periods for different products. All of these nuances can make Medicare hard to understand for new enrollees as well as for those who have been on the program for a number of years.

If you're new to the program or even if you're a seasoned Medicare veteran, here are six things you should know about the program heading into 2012.

## Be aware of deductibles, co-insurance, out-of-pocket limits and prescription drug costs

If you're new to Medicare it's important to know that both parts of Original Medicare (A and B) have deductibles. And, the Part A deductibles are not tied to a calendar year like they are with traditional health insurance. Instead, they're tied to a 90-day benefit period, with some exceptions.

The Medicare Part B benefit also includes coinsurance after you meet your deductible. With coinsurance, Medicare pays a percentage of each bill and you pay the rest (between 20 and 45 percent, depending on the service), after applicable premiums and deductibles.

Original Medicare also has no limits on the amount you could pay out of your own pocket for covered medical services each year. And, original Medicare does not cover the cost of most prescription drugs.

## New and existing benefits to help you fill in Medicare's gaps

People concerned about some of the gaps in original Medicare have the option to enroll in insurance products regulated by the government but provided by



**2012 Medicare annual enrollment period runs from October 15 to December 7, 2011.**

private companies. These are products designed specifically to fill some of the different gaps in Medicare. They include:

- Medicare Part D stand-alone prescription drug plans, which cover the cost of most prescription drugs. **New Benefit:** In 2012 part D recipients get a 14 percent discount on the cost of generic drugs when they reach Medicare's coverage gap, or "donut hole," on top of the 50 percent discount they got last year on the cost of brand name drugs when they reach the donut hole.

- Medicare Supplement plans, which cover portions of the deductibles, coinsurance and out-of-pocket costs not covered

by original Medicare.

- Medicare Advantage plans, which bundle together the Part D drug benefit with some additional coverage for deductibles, coinsurance and out-of-pocket costs. **New Benefit:** Starting in 2011, health care reform requires all Medicare Advantage plans to have a maximum limit of \$6,700 on how much a customer can pay out of their own pocket for medical services, excluding the cost of prescription drugs.

Each type of supplemental coverage has different guidelines for when you can enroll, change and cancel your coverage.

*(Continued on page 14)*

## Medicare 2012

(Continued from page 13)

### There are new Medicare annual enrollment dates

Most beneficiaries can change a Medicare Advantage plan or stand-alone Medicare prescription drug plan once per year during Medicare's annual enrollment period (AEP). The dates for AEP changed this year, and run from October 15 to December 7 in 2011.

Medicare Supplement plans have an initial enrollment period, which occurs in the first 6 months after you enroll in Medicare Part B and are 65 or older. During that time, you can enroll in a Medicare Supplement plan and not be declined. But, if you try to enroll after the initial enrollment period, your application could be declined based on a review of your medical history.

But, if you want to switch from a Supplement plan to an Advantage plan, the AEP is a good time to make that switch.

### It's critical to compare drug coverage every year

PlanPrescriber.com, an internet company that allows people to compare Medicare plans side-by-side and research benefits, drug prices and different coverage options, looked at 25,000 user sessions on its website during the 2011 AEP (between November 15, 2010 and December 31, 2010). Customers entered their zip code, their existing Medicare prescription drug plan or Medicare Advantage drug plan, and the names, dosages and frequency of any prescription drugs they were taking, if any.

The site's prescription drug plan comparison tool found that, on average, a user

could save over \$500 per year — over \$40 per month — by reviewing their options and changing their prescription drug plan.

But, averages don't tell the full story. In a recent news article, a MarketWatch reporter compared the cost differences for

a great place to start.

### Get star power in 2012

The Affordable Care Act, (health care reform) requires a star rating system to be used for Medicare Advantage plans, beginning in 2012. Plans get a rating of 1 to 5, with a 5 star rating equating to an "Excellent Performance," and a 1 star rating equating to a "Poor Performance."

According to the Kaiser Family Foundation, out of 523 plans nationwide in 2011, only three received an overall rating of 5, and seventy-four received an overall rating 4 or 4.5 stars.

Heading into 2012 the hope is that more plans will achieve this high 5 star rating. If you're lucky enough to have access to a 5 star plan, consider it as an option for your coverage. One benefit of a 5 star plan is that you can enroll at any time, even outside of Medicare's annual enrollment period.

### Make way for baby boomers qualifying for "Original Medicare" at age 65

This year, baby boomers begin turning 65, which means more people will be enrolling in the basic benefit than ever before, putting more stress and time constraints on enrollment experts.

That, plus the new dates, means people who wait until the last minute could be putting themselves at risk. It's a good idea to make a plan and review your coverage for 2012 early.

*A great place to review and research the different Medicare products available in your zip code is [www.planprescriber.com](http://www.planprescriber.com).*

## New to Medicare?

Many people who are new to Medicare may have to deal with the complexity of the program. Here are some basics:

- Medicare is comprised of four major programs: Part A, Part B, Part C, and Part D. Medicare Part A and Part B are often referred to as "Original Medicare." There are also Medicare Supplement plans, which are designed as an alternative to Part C to fill gaps in Parts A and B.
- Generally speaking, Part A covers in-patient hospitalization while Part B covers outpatient services and other medical care.
- Part C denotes the "Medicare Advantage" program where private insurance companies deliver Medicare Part A, Part B and - in most cases - Part D benefits to plan enrollees.
- Part D is the Medicare prescription drug benefit that provides insurance coverage for medications.
- Your circumstances determine when you can enroll in or change Part D and C plans.

a single drug in one Georgia zip code and found that annual expenses could range from \$2,661 to \$9,032, depending on which Medicare Advantage plan is chosen. If you want to review and research the different Medicare products available in your zip code, [www.planprescriber.com](http://www.planprescriber.com) is

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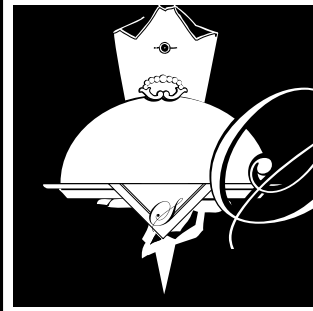
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# 10 Signs of Alzheimer's Disease



Provided by The Alzheimer's Association, the world's leading voluntary health organization in Alzheimer's care, support and research. For more information visit [www.alz.org](http://www.alz.org) or call their 24/7 helpline at 800-272-3900.

Memory loss that disrupts daily life is not a typical part of aging. It may be a symptom of Alzheimer's, a fatal brain disease that causes a slow decline in memory, thinking and reasoning skills. Every individual may experience one or more of these signs in different degrees. If you notice any of them, please see a doctor.

## 1. Memory loss that disrupts daily life.

One of the most common signs of Alzheimer's is memory loss, especially forgetting recently learned information. Others include forgetting important dates or events; asking for the same information over and over; relying on memory aides (e.g., reminder notes or electronic devices) or family members for things they used to handle on their own.

*What's a typical age-related change?*  
Sometimes forgetting names or appointments, but remembering them later.

## 2. Challenges in planning or solving problems.

Some people may experience changes in their ability to

develop and follow a plan or work with numbers. They may have trouble following a familiar recipe or keeping track of monthly bills. They may have difficulty concentrating and take much longer to do things than they did before.

*What's a typical age-related change?* Making occasional errors when balancing a checkbook.

## 3. Difficulty completing familiar tasks at home, at work or at leisure.

People with Alzheimer's often find it hard to complete daily tasks. Sometimes, people may have trouble driving to a familiar location, managing a budget at work or remembering the rules of a favorite game.

*What's a typical age-related change?*  
Occasionally needing help to use the settings on a microwave or to record a television show.

## 4. Confusion with time or place.

People with Alzheimer's can lose track of dates, seasons and the passage of time. They may have trouble understanding



something if it is not happening immediately. Sometimes they may forget where they are or how they got there.

*What's a typical age-related change? Getting confused about the day of the week but figuring it out later.*

## 5. Trouble understanding visual images and spatial relationships.

For some people, having vision problems is a sign of Alzheimer's. They may have difficulty reading, judging distance and determining color or contrast. In terms of perception, they may pass a mirror and think someone else is in the room. They may not realize they are the person in the mirror.

*What's a typical age-related change? Vision changes related to cataracts.*

## 6. New problems with words in speaking or writing.

People with Alzheimer's may have trouble following or joining a conversation. They may stop in the middle of a

conversation and have no idea how to continue or they may repeat themselves. They may struggle with vocabulary, have problems finding the right word or call things by the wrong name (e.g., calling a "watch" a "hand-clock").

*What's a typical age-related change? Sometimes having trouble finding the right word.*

## 7. Misplacing things and losing the ability to retrace steps.

A person with Alzheimer's disease may put things in unusual places. They may lose things and be unable to go back over their steps to find them again. Sometimes, they may accuse others of stealing. This may occur more frequently over time.

*What's a typical age-related*



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



change? Misplacing things from time to time, such as a pair of glasses or the remote control.

## 8. Decreased or poor judgment.

People with Alzheimer's may experience changes in judgment or decision-making. For example, they may use poor judgment when dealing with money, giving large amounts to telemarketers. They may pay less attention to grooming or keeping themselves clean.

*What's a typical age-related change? Making a bad decision once in a while.*



## 9. Withdrawal from work or social activities.

A person with Alzheimer's may start to remove themselves from hobbies, social activities, work projects or sports. They may have trouble keeping up with a favorite sports team or remembering how to complete a favorite hobby. They may also avoid being social because of the changes they have experienced.


*What's a typical age-related change? Sometimes feeling weary of work, family and social obligations.*

## 10. Changes in mood and personality.


The mood and personalities of people with Alzheimer's can change. They can become confused, suspicious, depressed, fearful or anxious. They may be easily upset at home, at work, with friends or in places where they are out of their comfort zone.

*What's a typical age-related change? Developing very specific ways of doing things and becoming irritable when a routine is disrupted.*

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# Financial Costs of Caring for Your Parents

**K**udos to the millions of "sandwich-generation" Americans. These exhausted souls spend their time and money caring for and supporting not only their own children (and sometimes, grandchildren), but their parents as well. It's no wonder that so many people caught in this situation have trouble paying their bills and saving for retirement.

If you are primary caregiver for one or both parents or support them financially, these ideas may help you keep your own finances on track:

You may be able to claim your parents as dependents for tax purposes if:

- You provide more than half their fi-

ancial support. If they live in your home, you can count the fair-market rental value of their lodging, including utilities, in that calculation.

- Their gross income (excluding Social Security payments and other tax-exempt income), is less than \$3,700 a year.
- They did not file a joint tax return – unless it was to claim a refund.



**Jason ALDERMAN**

The rules are complicated, so consult a tax professional or review IRS Publication 503 at [www.irs.gov](http://www.irs.gov) to see if you qualify.

Even if you can't claim your parents as dependents because of the gross income limit, if you itemize deductions you still may be able to deduct their medical expenses you paid

for provided you supply over half their financial support. The deduction applies only to medical expenses that exceed 7.5 percent of your adjusted gross income, so paying for their expenses just may help put you over that threshold. For a complete list of qualifying expenses see IRS Publication 502 at [www.irs.gov](http://www.irs.gov).

Another way to lower your tax bite is to

participate in employer-provided flexible spending accounts (FSAs), where you pay for eligible health and dependent care expenses (including those for dependent parents) on a pretax basis – that is, before federal, state and Social Security taxes have been deducted. This lowers your taxable income and therefore, your taxes. To learn more about FSAs, visit Practical Money Skills for Life, a free personal financial management program sponsored by Visa Inc. ([www.practicalmoneyskills.com/benefits](http://www.practicalmoneyskills.com/benefits)).



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- Medical coverage through Medicaid and Medicare. For a good overview of these programs, see "Get Financial Help" at [www.medicare.gov](http://www.medicare.gov).
- Most pharmaceutical companies offer patient assistance programs that provide uninsured and low-income people access to prescription drugs they couldn't otherwise afford. Ask your doctor or pharmacist for details.
- The Low-Income Home Energy Assistance Program provides grants to help pay utility bills. To see if your parents qualify, go to [www.acf.hhs.gov/programs/ocs/liheap](http://www.acf.hhs.gov/programs/ocs/liheap).
- The Supplemental Nutrition Assistance Program helps lower-income Americans buy nutritious food. Visit [www.fns.usda.gov/snap](http://www.fns.usda.gov/snap) for qualification requirements.
- Rental assistance for low-income people is available from several Department of Housing and Urban Development programs as well as other state and local agencies (see "Find Rental Assistance" at [www.hud.gov](http://www.hud.gov) for details).

AARP has an excellent guide to finding public benefit programs in your area at [www.aarpkb.benefitscheckup.org](http://www.aarpkb.benefitscheckup.org). They also have a robust Caregiving Resource Center at [www.aarp.org/caregiving](http://www.aarp.org/caregiving).

And finally, if your parents live far away, consider hiring a local geriatric care manager to help develop a game plan. It's not cheap, but you'll appreciate the peace of mind. A good resource is the National Association of Professional Geriatric Care Managers ([www.caremanager.org](http://www.caremanager.org)).

*Jason Alderman directs Visa's financial education programs.*



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# Was Captain Hook Handicapped?

Remember the story of Peter Pan? And Captain Hook, the pirate with one hand and one hook? Would you consider him to be handicapped? If a crocodile bit off my hand, I sure would consider myself to be handicapped. Yet Captain Hook was able to sail a ship and fight with a sword, so maybe not. But could he get a handicapped license plate for his car?

Not in Louisiana. That's because what we commonly refer to as handicapped license plates are officially called "special license plates for mobility impaired persons." And you can't get one just because you're handicapped. You have to be

unable to walk without assistance or be unable to walk 200 feet without stopping to rest. (There are also some other eligibility categories such as disabled veterans and people who need portable oxygen.) But that's

not the type of limitation Captain Hook had, so no handicapped plate for him.

But let's say that Captain Hook gets into another fight with a crocodile and this time he loses a leg. So in addition to his hook for a hand, now he also has a wooden leg and needs a crutch to get around. That would definitely make him "mobility impaired" because he can't walk without the assistance of the crutch and the wooden leg. He still can't just show up at the DMV and demand a handicapped plate. That's



Lee ARONSON



because only a doctor gets to decide whether a person is mobility impaired. The DMV has a form for a doctor to fill out that certifies that you are mobility impaired. Once you get your doctor to fill out the form, you take it to the DMV and you can get a handicapped license plate for your car.

But what if, after losing his leg, Captain Hook gave up driving and sold his car?



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He relied on his daughter, who we'll call Wendy, to drive him everywhere he needed to go. Could Captain Hook get a handicapped license plate for Wendy's car? Nope. Even with the form signed by his doctor saying he is mobility impaired, he can only get a handicapped license plate for his car or his spouse's car, his parent's car or his legal guardian's car. He can't get a license plate for his daughter's car.

What Captain Hook and Wendy need is something called a "hang tag for mobility impaired persons." It's basically the same thing as a handicapped license plate, but you hang it from your rear view mirror. You still need the form from a doctor certifying that you are mobility impaired. People who don't own a vehicle or who use "multiple vehicles in the performance of his employment or travel, or to obtain medical treatment" can get a hang tag and use it in any vehicle he or she wants.

So Captain Hook can keep the hang tag in his daughter's car, but Wendy better not use it to park in a handicapped spot unless she's transporting her father. That's a crime that could send both Wendy and Captain Hook to jail for 30 days. And even when Wendy is driving her father around, the Captain better have a special kind of picture ID on him. (This picture ID will need to be either a mobility impaired driver's license or a mobility impaired identification card issued by the DMV.) That's because any mobility impaired person who has a hang tag and uses a handicapped parking space shall also have one of these special picture identification cards in his possession or face jail time.

*Lee Aronson is an attorney with Legal Services of NLa. His practice areas include consumer protection, housing, and health care law.*

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# The Power of Numbers

by Kelly Phelan Powell

*Editor's Note: This article is exactly 1,111 words.*

**M**ost of us have heard the old superstition that when the clock reads 11:11, we're supposed to make a wish. Ever wonder how that particular time gained its magical, wish-granting reputation? It's because of the significance of the number 11 in numerology. In her latest book, "Love by the Numbers," numerologist Glynis McCants says that numerology is a 2,500-year-old science of numbers created by the Greek mathematician Pythagoras and that an understanding of this science can help people discover not only their own character and life purpose, but others' as well.

McCants, who has written three books on numerology, explains, "The belief was that everything in the universe has vibration, and that's why [Pythagoras] did his research and realized that certainly, people, when they're born, they come through with a certain vibration. And this also translated to sound. So, example, not only is there the vibration of people and location, but also harmonics – Pythagoras was all about harmonics. So that's why, when you hear music... [sometimes you think], 'Oh, I love that sound,' and other times, you hear music where you just automatically want to change the channel... there's a good chance that that music is toxic to you. And that's true just like people. When you meet somebody and say, 'Oooh, I like this person,' and you meet someone else and say, 'OK, that person just gave me a bad vibe,' it's the same idea."

Everyone has a life path number, which you get by taking the full date of birth and reducing it to one digit. For instance, if your birthdate is February 23, 1945, then figure your life path number as:

$$2+2+3+1+9+4+5=26$$

$$2+6=8$$

So your life path number is 8. According to McCants' Web site, "Eights do not feel safe unless they have found a way to establish financial security. It is difficult for the eights to take advice. When they make a choice, they must feel it is their decision, not someone else's. As a result, they do tend to learn the hard way. Eights are very honest and, by being so blunt, they unintentionally hurt feelings. Although they can sometimes appear insensitive, what is going on inside them is the exact opposite. They do feel deeply about everything that goes on in their lives." Interpretations of all nine life path numbers can be found on McCants' Web site, [numberslady.com](http://numberslady.com).

The current year is important in numerology because it includes a very meaningful date: November 11, 2011, or 11/11/11. And twice on that day, it will be 11:11 on 11/11/11. To understand why that's a big deal, we need to understand how numerology works.

In numerology, three factors are significant in a date:



11's are equal to 2's in numerology (1+1=2) and 2, means love.

That's why a lot of people are getting married on 11/11/11.



1. The actual day:  $1+1=2$
2. The month and day reduced to one digit:  
 $1+1+1+1=4$
3. The entire date reduced to one digit:  
 $1+1+1+1+2+0+1+1=8$

The actual day, 2, means love. "That's why a lot of people are getting married on 11/11/11," McCants said. In fact, she has more than five clients getting married on that date. The attitude number, which defines a person's or, in this case, a day's outlook comes from the month and day, which is 4. "Four is about security and coming together," she said. The entire day is an 8, which she said is about image – what something looks like. She said, "If you're getting married on that date, then it may cost you a little more money than you were thinking originally."

But 11/11/11 has even greater meaning beyond its characteristics of love, security, unity and image. "When you see the 11, it's like a doorway," McCants said. "Notice it looks like something you could go

through...you go through it to the opportunity. So the question becomes, 'Which door are you going through?' What's powerful about that is you can walk through a really positive door or a negative one."

"When you see 11:11, the universe is wide open to whatever it is you want," McCants said. "You should spend that full minute meditating on what you want." A person might wish to get a better job, find a new job or have a better relationship. "Over the years, I've had thousands of people write me about 11:11 and how they used it to work in their lives."

One of McCants' clients proposed to his girlfriend, who broke his heart when she said no. She said she just wasn't ready. He went to McCants for advice, who told him to meditate twice a day, both times at 11:11, on his vision for their relationship together. In six weeks, she called him,

told him she was finally ready to get married and said yes to his proposal. McCants pointed out that rather than pursuing the girl or pleading his case, both of which would have pushed her further away, her client simply focused on what he wanted for the two of them. The couple has now been married for a decade.

It's important to remember that all choices are doorways, but McCants said the power of positive thinking and affirmation are the keys to getting what you want out of life. "The universe has one answer; the answer's yes," she said. "So if I say, 'I'm going to write a book, the universe will say, 'Yes, you're going to write a book.' But if I say, 'I can't write a book,' the universe will say, 'Yes, you can't write a book.' You see, the answer's always yes."

McCants discovered her aptitude for numerology over 20 years ago when she was nursing her own broken heart. She consulted a numerologist, who amazed her by telling her that it wasn't her lost love whom she missed so much – it was actually his mother and sister, both of whose life path numbers were very compatible with McCants' own number. Her ex-boyfriend's,

however, turned out to be quite toxic to her.

Intrigued, McCants decided to learn more about numerology, a decision that changed her life's direction. "As soon as I picked up a book and learned those [numerological] definitions, I could read anybody from that day forward, which makes no sense at all," she said. "Anyone else would have to study for years and years to learn what I could do. So that's when I realized this is my calling, that I'm here to do this." Now she's not only an author, she's also a numerology consultant for films and television who's made countless appearances and has a number of celebrities among her clients.

McCants is living proof that numerology is a powerful tool for living a happier life. On 11/11/11 and everyday, follow her motto: "Focus on the good news, and great things can happen."

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"...numerology is a 2,500-year-old science of numbers created by the Greek mathematician Pythagoras and that an understanding of this science can help people discover not only their own character and life purpose, but others' as well. "

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# Beware of Online Legal Forms

Just this past week, I was reviewing new Louisiana cases that came out regarding successions and elder law type issues. Two of the more interesting cases I read regarded persons who attempted to download forms from the internet and use these forms as wills. These cases both involved persons trying to save money but because they used these forms, litigation ensued.

In both instances, the persons were able to download forms from a legal website. Both forms that were downloaded stated that they complied with will forms for the United States. Both forms had places to fill in the name of the person writing the will along with what that person wanted to do with their estate when they died. Both forms had attestation clauses that stated this was the Last Will and Testament of the person writing the will and had places for the form to be notarized. In both instances, the forms were found to lack the

formality required by the court and both forms were denied as being valid wills under Louisiana law. As such, the person died intestate and persons inherited their estates whom they had intended not to leave any assets in their will.

Louisiana Civil Code Article 1576 et. seq. is very clear about the formality a will must follow in the State of Louisiana. Louisiana Civil Code Article 1577 states:

In the presence of a Notary and two competent witnesses, the testator shall declare or signify to them that the instrument is his testament and shall sign his name at the end of the testament and on each

other separate page.

Article 1577 further provides the proper attestation clause which must be affixed to the end of the testament and

signed by the Notary Public, two competent witnesses, and the testator. This code article applies if the person is sighted and can read and write. If the person cannot read, write, or see, then other code articles apply and must be followed in order to have a valid will under Louisiana law.

The courts have routinely held that formality is key to a properly confected will under Louisiana law. If the will is not done properly or if the procedures are not followed, the will can be determined to be invalid and have no effect. If this happens, then the person who attempted the will can be determined to have died intestate and their property will pass by operation of law. Of course, this can have unintended consequences.

If you are attempting to use forms from the computer, you need to carefully check these forms. You need to make sure these forms comply with Louisiana law and any testament that you use will be considered valid under Louisiana law. Even though you may think you are saving money by using these forms, you may be costing your heirs time and money in litigation. If you have any questions, make sure to contact a professional in this area before relying on these forms to carry out your final wishes.

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



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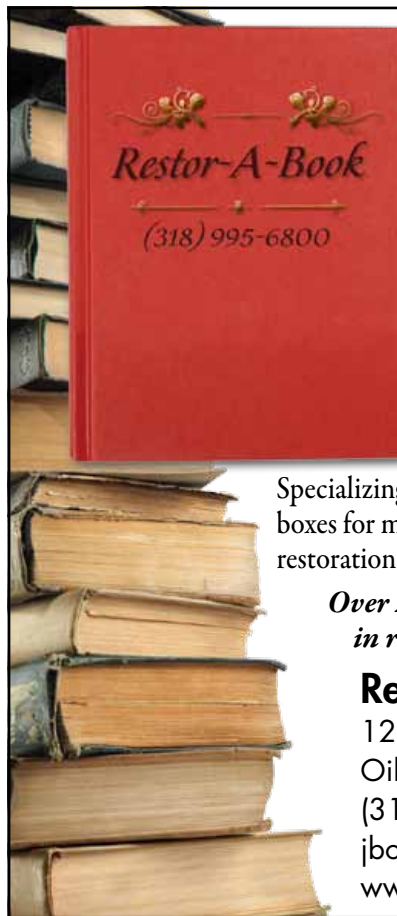
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**Suzy COHEN, RPh**

vegetables, fruits, and nuts are bad too, because they contain the same nutrients as those proposed to be deadly in this study! C'mon people!

It's sad when Mother Nature is questioned, and vitamins are condemned based on weak and inconclusive statistics, yet other therapies that literally include "myocardial infarction" as a side effect remain on the market. This scary fact doesn't get any airtime. Let's take a closer look:

**Point #1:** The conclusions drawn, were not based upon an actual clinical trial that offered a double-blind, placebo controlled analysis. The conclusion was drawn from data that tracked 38,722 older women who said they took vitamins for 20 years. Key word "said."

**Point #2:** The University of Minnesota researchers had women fill out questionnaires. The women "said" they took vitamins. That's it! Should scientists draw sweeping conclusions about mortality based on questionnaires? The death rate could be due to any number of factors.

**Point #3:** Supplement takers experi-



enced an average of 2.4 percent increased risk of dying over the course of two decades, compared with women who didn't take supplements; adjustments were made for age and caloric intake. I'll spare you the number details here, but there was only a one percent difference between death rates for the two groups. You can scare more people by manipulating statistics and hyping a "2.4 percent increase in death." Boo!

**Point #4:** What was their health status?

No, it just annoys me that snippets about the *Archives of Internal Medicine* study get any media coverage at all. The news that multivitamins, vitamin B6, folic acid, iron, magnesium, zinc and copper might hasten our death is just ridiculous. Do you really think vitamins and minerals are suddenly bad for you? By that token, you would have to believe that eating

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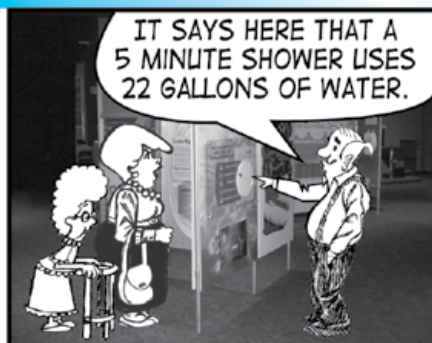
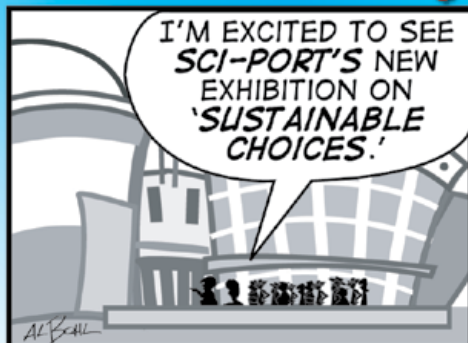
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What was the baseline health status? Remember their beginning age back in 1986 was 62 y.o. I'm sure some of them were virtual crock pots of disease. What if these ladies failed to take vitamins in their youthful years, or took poor quality ones? Did they exercise in their youth? What was their cholesterol, insulin, Lp(a) and CRP levels? Who knows? Well-informed scientists would never assign sole blame to vitamins when the data is being extracting seniors who almost always have multiple health concerns and take numerous prescription drugs. There's no linear connection, do you see how silly this all is?!


**Point #5:** Nutritional status was never objectively evaluated. How did they eat? Did they smoke? For all we know they were taking dietary supplements in-between cheeseburgers and fries, rather than part of a healthy well-balanced diet.

**Point #6:** What was their medication profile like? I suspect the was a lot of drug mugging going on! These ladies could very well have been so nutritionally depleted that they died of some other reason? Not one of the participants was ever given a Cardio-ION, Genova or SpectraCell blood test to determine baseline micronu-

trient status? Ever. Let's focus on vitamin B6 deficiency for example. Over 150 drugs rob your body of that. Run low of B6 and you're levels of toxic homocysteine will climb, raising risk for hypertension, heart attack and stroke! So how did these scientists sort out whether these elderly women were dreadfully deficient of a particular vitamin, or died from taking one? They didn't.

**One more point.** I firmly believe that it's best to get nutrients from eating living plant-based foods, and juicing every day... using dietary supplements to fill the gaps. Dietary supplements are regulated by the DSHEA Act of 1994, through the FDA, and they are intended to support adequate nutrition, not to prevent disease. Ask your health care provider what is right for you based on your activities, age, gender, medication profile and dietary habits. And don't base your health care regimen on isolated studies, look at the body of evidence that supports a particular nutrient. *This information is not intended to treat, cure, or diagnose your condition. For more information visit [www.DearPharmacist.com](http://www.DearPharmacist.com). ©2011 Suzy Cohen, R.Ph. Distributed by Dear Pharmacist, Inc.*

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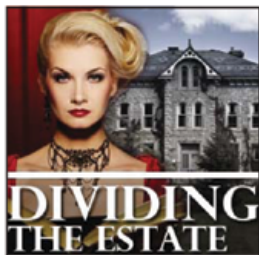
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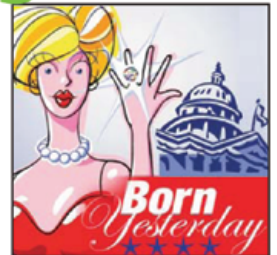
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# The Real First THANKSGIVING



## St. Augustine, Florida

Story by Andrea Gross; Photos by Irv Green  
(unless otherwise noted)

No offense to the Pilgrims, but their well-publicized dinner party in the fall of 1621 was something of a repeat performance. The first Thanksgiving actually took place 56 years earlier and 1200 miles south of Massachusetts. It's there, in what is now St. Augustine, Florida, that European settlers first joined with native Indians to say a Mass of Thanksgiving.

A few months later, when their families back in Spain were celebrating the *Fiesta de Natividad*, the Europeans said another Mass, this time celebrating the birth of Christ. Hence, the first New World Christmas.

My husband and I are standing at the very spot where the festivities occurred, on the edge of Matanzas Bay at the Fountain of Youth Archaeological Park. "This is where the Spanish conquistadors came

ashore, creating the first permanent European settlement in what would become the United States," says our guide. I look at the ground beneath me. It looks very much like the field where my kids used to play soccer. Nevertheless, it's an awesome feeling to be at such a historic site.

The Park honors early Spanish explorer Juan Ponce de Leon. Legend has it that he was searching for land, treasure and a fountain whose water bestowed eternal youth on those who drank it. I drink some of the fabled water, but there's no sudden change in either my appearance or energy level. Like de Leon, I give up on the fountain of youth.

More interesting is the Archaeological Park's Timucuan Indian exhibit.

A woman outfitted in native dress prepares dinner as she tells us about the people who were here when the Spanish landed. The Indians had lived happily for thousands

of years, she explains, but were decimated by new infectious diseases that the Spanish inadvertently brought from Europe.

While the Spanish got along well with the natives, pirates were another matter. The most famous raid occurred in 1586 when Sir Francis Drake pillaged the ports of St. Augustine and nearby towns. Drake's story and that of other rogues is told with dramatic flair at St. Augustine's newest attraction, the Pirate and Treasure Museum, which houses an extensive collection of pirate memorabilia.

Beleaguered by both pirates and British, in 1695 the Spanish completed a large star-shaped fortification called the Castillo de San Marcos. Today the Castillo, which is the oldest masonry fort in North America, is a national monument, replete with ranger talks, museum exhibits and "soldiers" who fire cannons during scheduled demonstrations. One boom from the cannon nearly shatters our eardrums and shows us why, with the exception of a few years in the mid-1700s, the Spanish were able to control St. Augustine for nearly 200 years.

To learn how ordinary Spanish folks lived during this time, we go to St. Augustine's  
(continued on page 32)

*The Colonial Spanish Quarter Museum is on a street filled with shops and restaurants.*



*The Timucuan Indians had been living in northern Florida long before the arrival of the Spanish conquistadors.*







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*St. Augustine's Festival of Lights begins the Saturday before Thanksgiving. (Credit: FloridasHistoricCoast.com)*

## The holidays in St. Augustine

Thanksgiving: Many restaurants serve Thanksgiving dinner, although they do it the Massachusetts way. The First Thanksgiving in St. Augustine most likely consisted of conquistador cocido stew (salted pork and garbanzo beans) plus a Timucuan offering of gator meat.

Christmas: Millions of white lights, representing the Spanish tradition of decorating with white candles, turn the city into a place of magic for the holidays. (Nov. 19 – Jan. 31)

*(The Real First Thanksgiving - from page 31)*

Old Town, an area that abounds with shops, restaurants and historic attractions. Our favorite is the Colonial Spanish Quarter Museum, a living history site where costumed interpreters engage in everyday activities, from cooking and blacksmithing to pottery-making and musket-firing. Outside the compound other structures, the so-called Oldest School and Oldest House in America, give other perspectives of daily life during the 1700s.

By 1821 Spain had tired of Florida and in a peaceful settlement ceded the land to the United States. And that is why, says Dr. Michael Cannon, Professor Emeritus of History at the University of Florida, most Americans think the first Thanksgiving took place in Plymouth. "It is the victors who write the histories," he says.

While its status as the oldest continuously-occupied European town in the United States is what gives the city its fame, St. Augustine has many other attractions. We take a cruise on crystalline waters, shop at boutiques and outlet centers and even, in a burst of bravery, take a ghostly tour of the Old Jail.

And of course we eat — although since we're staying at the delightful St. Francis Inn, restaurant dining is scarcely necessary. The Inn hosts humungous breakfasts that make lunch an indulgence, plus an afternoon social hour and before-bed dessert that make dinner superfluous.

But we don't let that stop us. How can we pass up a meal to the Columbia Restaurant, the oldest restaurant in Florida? Their famous 1905 salad is big enough for two.

Finally, we relax. Drinking from the Fountain of Youth didn't restore us, but a day in the sun most certainly did!

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## Recent DVD Releases

by Mark GLASS



### Crazy, Stupid, Love ★★ ★



(PG-13) Here's another summer romantic comedy with a fine cast, interesting premise and some clever moments, somewhat impaired by a director who doesn't know when to trim the fat. Steve Carell is shell-shocked by his wife's (Julianne Moore) sudden announcement of her decision to divorce him after 25 years, children and a Volvo station wagon. She's been his one and only since high school.

Carell comes under the tutelage of a studly young master of the bar scene (Ryan Gosling), who makes him over for the chase with some amusing success. Meanwhile, one lass (Emma Stone) who spurned Gosling's pickup routine has some misgivings about her choices. Carell's eighth-grade son (Jonah Bobo, who delivers big-time in several scenes) pines for their baby-sitter, who has a secret crush on Carell. More started all of this merry-go-round by having a fling with a co-worker (Kevin Bacon), who aspires to more than a one time boink. A number of unlikely, and mostly entertaining, events occur, including some well-placed barbs about the genre in which the characters find themselves.

At 90 - 100 minutes, this could have come in as the gem of the season. At 118, it drags us all through the cast's transitions for too long, draining vitality from the script's best features.

### Larry Crowne ★★ ★

(PG-13) When two of Hollywood's most bankable stars (Tom Hanks, Julia Roberts) headline the cast for a romantic comedy, expectations run high. Unfortunately, the script co-written by Hanks and Nia Vardalos fails to utilize the collective talents of its cast. George Takei, Rob Riggle, our own Cedric the Entertainer, and multiple Emmy winner Bryan Cranston are among the undernourished supporting players.



After twenty years as a Navy cook, Hanks is fired from a Walmart type retailer for having maxed out on advancement due to lack of a college degree, even though he's been one of their best workers for the past couple of years. Divorced and burdened with an under water mortgage in a lousy economy, he decides to enroll at the local community college to insulate himself against such future losses. Roberts is one of his teachers. She has her own problems. Stuff happens. People learn things about themselves and each other. Little of these proceedings will live up to either the chemistry or comedy one would think these actors should generate. There are a few chuckles and one good moment near the end, but far less overall than anyone would have predicted.

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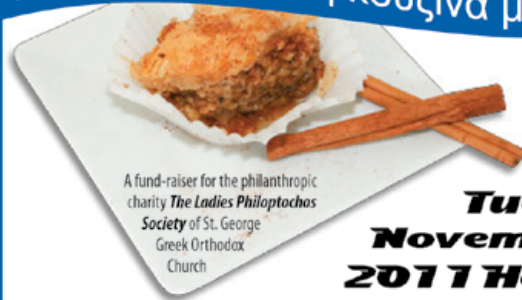
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# BROADWAY

## A Personal Perspective

by Brian Bradley, exclusive to The Best of Times



It isn't often that one is given the opportunity to revisit and reevaluate a legendary musical, but with the current revival of Stephen Sondheim and James Goldman's *Follies* I have that chance. And I couldn't be more honored because not only was *Follies* a landmark musical that irrevocably altered the very landscape of musical theatre, it also had a profound impact on me, a very impressionable youth.

In 1971 the scene was "a party on the stage of this theatre tonight". Now, given that the party is a reunion of Weismann *Follies* veterans from the years between the wars and contains numerous specific references, *Follies* is now a period piece set in 1971. But Sondheim's monumental score hasn't dated at all. It has only grown richer. And the book, which has taken some unfair punches and has been revised for previous revivals, still possesses all of its original tension and angst.

Inspired by a famous photo of Gloria Swanson standing in the rubble of the Roxy Theatre as well as (more obliquely) Fellini's *8½*, *Follies* opened during a nostalgia craze, but it was the antithesis of nostalgia.

People anticipating a *Ziegfeld Follies* style extravaganza, were unprepared for and resistant to a dark, emotionally raw drama more suggestive of folly in the British sense, foolishness, and in the French, "folie," which is madness. Already somewhat familiar with the score from the truncated cast album, I was in awe trying to absorb everything that was unfolding from the haunting images to the show stopping performances. Intuitively I understood I was seeing something that had never been done before created by a team at the pinnacle of their phenomenal talents.

*Follies* is not realistic. The original set made visual rubble out of metaphoric rubble and was populated by apparitions both idealized and exaggerated that came and went from the shadows. The entire evening was very pointedly textured with ghosts who observed, reacted to and interacted with the present. Goldman's tight book read like a screenplay and so the direction was cinematic with stage equivalents of pans, tracking shots and dissolves even close-ups.



*Follies* 2011. ©Joan Marcus

*Follies'* uniqueness necessitated Sondheim to create two separate scores. There are the character or book songs like the rapturous "Too Many Mornings", the anguished "The Right Girl", and the reflective "The Road You Didn't Take". Then there are the pastiche numbers performed by the old Weismann girls like "I'm Still Here", "Broadway Baby" and "Losing My Mind" done in the style of genre songs or specific composers and lyricists like Irving Berlin, George Gershwin and Dorothy Fields. Twenty-two numbers and yet not one reprise!

The setting, a moldy theatre with crumbling plaster about to be demolished to make way for a parking lot, provides "a final chance to glamorize the old days, stumble through a song or two and lie about ourselves a little."

There is some satisfaction in reminiscing, but reunions, where emotions and histories buried in the past can resurface with the slightest encouragement, can also be the catalyst for recriminations and regret. And the reunion of an anxious Sally Durant (Bernadette Peters) and the brittle Phyllis Rogers (Jan Maxwell), once chorus girls and best friends thirty years ago who have been out of touch since, is particularly cataclysmic.

The performances are this production's strength. Bernadette Peters could come off as ridiculous as the frumpy Sally but Miss Peters



*Follies* 1971. ©Martha Swope



is empathetic and heartbreaking as the delusional Phoenix housewife. And Jan Maxwell is revelatory as the cool and classy Phyllis with her acquired veneer, acerbic wit and manufactured marriage. Her lacerating "Could I Leave You?" stopped the show. Danny Burstein is painfully distressed and good-natured as Sally's philandering but loving husband Buddy Plummer. Only Ron Raines as Benjamin Stone, the perfect 1970's monolith on the cusp of a nervous breakdown, just misses. He sings his songs beautifully, but he comes across too content.

All of the designers' work is shockingly disappointing. The literal minded set does not allow for the kind of cinematic staging dictated by the material. And the director Eric Schaeffer appears to have gotten the general idea but then neglected all the meaningful details. The ghostly apparitions of showgirls wander aimlessly and feel like an unrealized afterthought. His blocking is static. And the transition into an underwhelming "Loveland" is particularly wrongheaded.

But the material is strong enough to rise above this production's visual shortcomings. And the splendid Jonathan Tunick orchestrations are well served by a twenty-eight piece orchestra. So Sondheim lovers should be satisfied with this *Follies*.

**Next month:** Frank Langella in *Man and Boy*, Woody Allen's *Relatively Speaking* and more fall offerings.

*New York based theatre critic Brian Bradley is a voting member of the Outer Critics Circle. Send questions to brianbradley@hotmail.com.*



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- 2 tsp. Better Than Bouillon Chili Base
- 1 7-10 pound thawed, smoked, bone-in, spiral sliced, fully cooked ham
- 1/2 cup water

Preheat oven to 350°F.

In large saucepan over medium-low heat, whisk to combine vinaigrette, brown sugar, vegetable and chili bases. Whisk continuously until glaze begins to boil. Remove from heat; reheat glaze if needed.

Coat large rack and roasting pan with cooking spray. Place ham on prepared rack in roasting pan, add water to pan bottom. Generously brush ham with glaze. Lightly cover ham with foil if ham starts to over brown. Bake until done, about 2 hours.

Use remaining glaze to baste ham every 30 minutes; discard left over glaze. An additional glaze recipe may be prepared and served warm to accompany sliced ham.

## Cream of Mushroom Soup (Serves 6)

- 1/4 cup butter
- 1 16-ounce package button mushrooms, rinsed, stems trimmed and sliced
- 1/2 cup chopped yellow onion (1 small onion)
- 2 tablespoons all-purpose flour
- 1 teaspoon dried tarragon
- 1/4 teaspoon ground nutmeg
- 1/4 teaspoon garlic powder
- 1/2 teaspoon white pepper
- 2 tsp. Better Than Bouillon Organic Mushroom Base
- 1 Tbs. Better Than Bouillon Organic Chicken Base
- 4 cups water
- 2 cups heavy cream
- Salt and pepper to taste

In soup pot, melt butter over medium-high heat.

Add mushrooms and onion; cook and stir until liquid evaporates, about 15 to 20 minutes.

Add flour, dry seasonings, mushroom and chicken bases; stir to combine.

Add water and bring to boil. Reduce heat to medium-low and simmer uncovered for 15 minutes, stirring occasionally.

Remove soup from heat and puree with a hand held immersion blender, or in batches in the blender.

Return blended soup to medium-low heat and add cream. Cook and stir until soup is thoroughly heated, about 5 to 8 minutes. Season to taste with salt and pepper.



# A HOME-COOKED *Thanksgiving Feast*

### FAMILY FEATURES

There's something to be said about gathering friends and family around the table for a traditional Thanksgiving dinner. Familiar faces, good conversation, favorite foods - it's a classic recipe for a good time. For even more recipes, visit [www.superiortouch.com](http://www.superiortouch.com).



## Sautéed Green Beans

(Serves 6 to 8)

- 2 tablespoons vegetable oil
  - 2 tablespoons Better Than Bouillon Chili Base
  - 2 large garlic cloves, peeled and minced
  - 2 tablespoons butter
  - 1 1/2 pounds frozen whole green beans
  - 1/2 teaspoon kosher salt (optional)
  - Parmesan cheese, for garnish
- Heat oil in a large skillet, heat over medium-high heat. Add chili base, garlic and salt; cook and stir for about 1 minute.
- Reduce heat to medium, add butter and stir until melted. Add green beans, stir to coat and sauté until crisp-tender.
- Before serving, garnish with freshly shaved Parmesan cheese.





## Delicious Twice-Baked Potatoes (Serves 6 to 8)

- 6 medium russet potatoes (about 2 pounds)
- 2 tsp. vegetable oil (for potato skins)
- 2 tsp. Better Than Bouillon Ham Base
- ¼ cup (4 tablespoons) butter cut into pieces, set aside
- 1½ cups shredded Colby-Jack cheese
- 1 green onion rinsed and thinly sliced, set aside
- ¼ cup whole milk
- 1 tablespoon dried parsley
- ¼ teaspoon garlic powder
- ½ teaspoon black pepper
- 1/3 cup pre-grated Parmesan cheese

Spray 13 x 9 x 2-inch baking dish with cooking spray, set aside.

Scrub and pat dry potatoes; prick potatoes with fork 2 to 3 times per side. Lightly oil skins with vegetable oil; place potatoes on a microwave safe dish. Microwave according to microwave directions.

Remove hot potatoes from microwave when done, set aside for 5 minutes to cool.

Cut potatoes in half lengthwise with a serrated knife. Fold a sheet of paper towel to hold hot potato half, use a spoon to scoop out potato flesh into a large mixing bowl, leaving about a 1/4-inch-thick shell. Place skins in prepared dish, set aside.

Add ham base and butter to mixing bowl with potatoes; beat with electric mixer on medium for about 1 minute. Add cheese, onion, milk, parsley, garlic powder and pepper; beat just until blended. Be careful not to over-beat potatoes.

Evenly spoon potato mixture into skins; shake pre-grated Parmesan cheese over tops.

Warm potatoes in microwave or place in a 350°F oven and heat through. To brown tops, place warmed potatoes under broiler for 2 to 3 minutes.

Twice baked potatoes can be made a day ahead. Stuff the potatoes, then cover and refrigerate them; then, on serving day, warm as instructed above.

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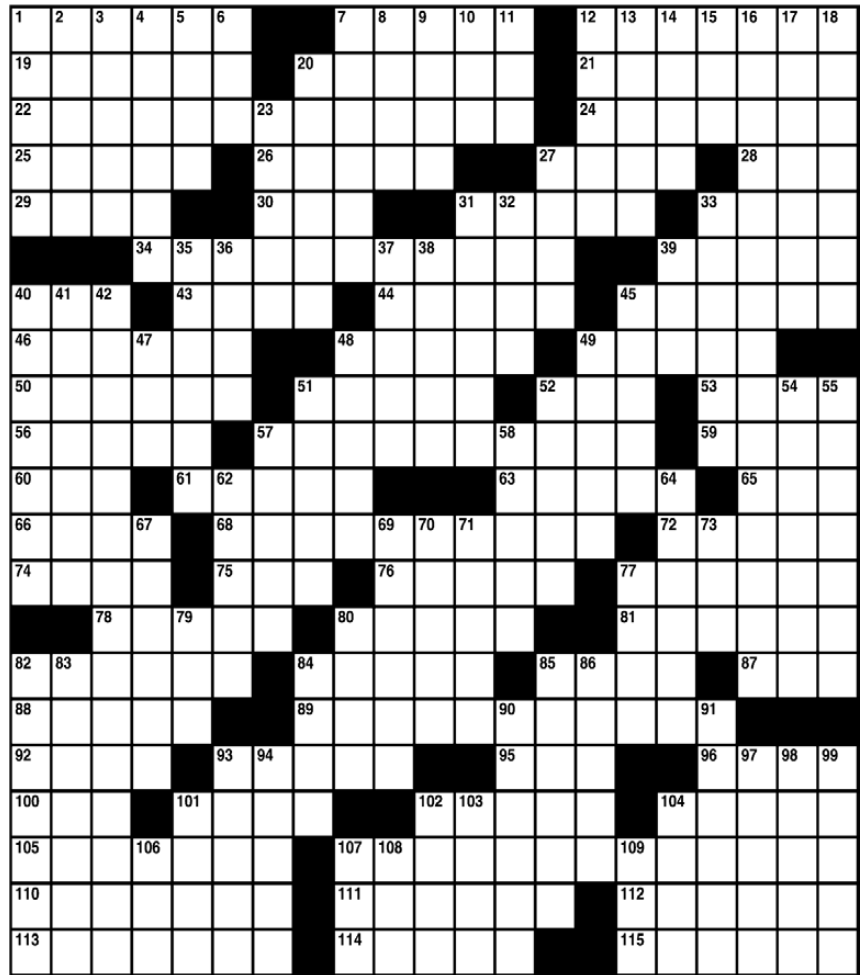
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# Gee Whiz

By Maryellen Uthlaut; Edited by Rich Norris and Joyce Nichols Lewis



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Solution on page 41

10/23/11

- Across**
- 1 Marshy ground
  - 7 Parties for royalty, say
  - 12 Finger lever
  - 19 Too
  - 20 Lively Baroque dances
  - 21 Bench warmer
  - 22 Potentially comforted by a bottle of Beefeater?
  - 24 Cruel partner
  - 25 Loosen, in a way
  - 26 Rescued orphan in Byron's "Don Juan"
  - 27 Cutlass maker
  - 28 Eagle's org.
  - 29 Be inclined
  - 30 1994 World Cup host
  - 31 Carts without fixed sides
  - 33 "Take \_\_\_ from me ..."
  - 34 Place for a complainer?
  - 39 Community character
  - 40 Boxer's greeting
  - 43 Catch sight of
  - 44 Blue gem, briefly
  - 45 Worry-free
  - 46 Scrape
  - 48 Kept talking, and talking ...
  - 49 Spread here and there
  - 50 Some electron tubes
  - 51 Is inclined
  - 52 Mailing ctr.
  - 53 Johnson of "Laugh-In"
  - 56 Run to Reno, maybe
  - 57 Forty-niner after a lucky strike?
  - 59 Double-minded
  - 60 Rep.'s opponent
  - 61 Dolphin's home
  - 63 Is in need of
  - 65 Critic's pick
  - 66 Data
  - 68 Christian path to salvation?
  - 72 Celtic, for one
  - 74 Inert gas
  - 75 Show stoppers
  - 76 Hag
  - 77 Be half-asleep
  - 78 Chaucerian estate manager
  - 80 San Antonio landmark

- 81 Treat with carbon dioxide
- 82 Quality
- 84 Word with land or sea
- 85 Seem less important
- 87 "You betcha!"
- 88 Many an Indian
- 89 Stagehand splitting his sides?
- 92 Surface statistic
- 93 Aromatic compound
- 95 Three abroad
- 96 Spell opening
- 100 Sleep lab letters
- 101 Vintage autos
- 102 Hyperion, for one
- 104 Challenging winds
- 105 Riot figures
- 107 Like a baseball player who couldn't find his way to the field?
- 110 The Urals divide it
- 111 Like a jack-o'-lantern's eyes
- 112 Time of merriment
- 113 Completely absorbed (in)
- 114 Striking hammer parts
- 115 "Help!" film director Richard

**Down**

- 1 Mound on the slopes
- 2 Woolly, in a way
- 3 Oscar de la \_\_\_
- 4 Like an arrow in the air
- 5 Blackthorn fruit
- 6 Genuine, for real: Abbr.
- 7 Befitting offspring
- 8 Alike, to Alain
- 9 Big brass
- 10 Snaky fish
- 11 Boston-to-Nantucket dir.
- 12 Indeed
- 13 Tears apart
- 14 "We have met the enemy and he \_\_\_": Pogo
- 15 Some microwaves
- 16 Ineptly prepared mess
- 17 Taxpayer's crime
- 18 Take a turn for the worse
- 20 Is called

- 23 Stretch with no hits
- 27 Porridge, essentially
- 31 State under oath
- 32 "Still Falls the \_\_\_": Edith Sitwell poem
- 33 "You're in for \_\_\_!"
- 35 Cash in
- 36 Exploits
- 37 Twisty-horned antelope
- 38 Like many beaches
- 39 Always, in verse
- 40 Began energetically
- 41 Texas city near Dyess
- 42 Man at the altar yet again?
- 45 Baby carrier?
- 47 Payroll service giant, initially
- 48 Civil War cannon, e.g.
- 49 Paint droplet
- 51 Inquisitor \_\_\_ de

- Torquemada
- 52 Iced, as cake
- 54 Italian seaport
- 55 Main courses
- 57 Avant-\_\_\_
- 58 South American plain
- 62 "\_\_\_ my love a cherry ..."
- 64 Filter out
- 67 Iroquois tribe
- 69 Food that's French for "flash of lightning"
- 70 "The Sound of Music" family name
- 71 Former Colorado governor
- 73 "\_\_\_ b?"
- 77 Spanish surrealist
- 79 Coin first minted under Louis IX
- 80 It might be a whole lot
- 82 Dickens's Darnay

- 83 Offer one's services for a fee
- 84 Certain NCOs
- 85 Mardi Gras event
- 86 Boston's TD Garden, e.g.
- 90 Web-footed mammals
- 91 Triangular house sections
- 93 Spine-tingling
- 94 "Alas!"
- 97 Upward thrust
- 98 Rouen remainder
- 99 Sirius, for one
- 101 Breathing: Abbr.
- 102 Gilded metalware
- 103 One of the Karamazovs
- 104 Comic strip drooler
- 106 \_\_\_ kwon do
- 107 Mountain pass
- 108 T-shirt size
- 109 49ers' org.



# ANSWERS FROM THE EXPERTS

*How can people partner with healthcare centers to make them a better place to live?*

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*I am 70 years old and am very nearsighted. I noticed that area doctors have been promoting LASIK to correct nearsightedness. Am I a candidate at my age and does Medicare cover any part of the costs?*



**Chris Shelby, MD**  
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318-212-3937;  
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LASIK is usually not a first option for people over age 65 because of cataracts. There is a new Multifocal Lens available now called ReStor that allows people with cataracts to see like they did at 25! 80% of people who have the Restor lens implanted are completely free from glasses. Medicare does cover some of the cost of the new lens. To find out if you are a ReStor candidate, call our office at 212-3937 for a screening exam.

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



**John J. Ferrell, M.D.**  
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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.

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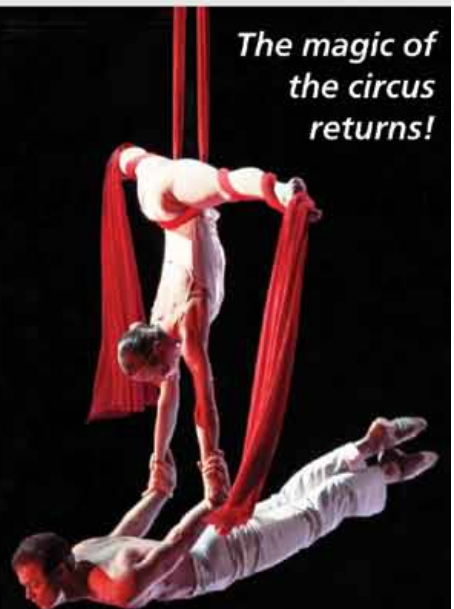
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# Get Up & Go!

## BENEFIT

**Las Vegas Night**- Benefiting the Deaf Action Center. Saturday, December 3, 7:00 p.m. Wine Country, 4801 Line Avenue, Shreveport. Craps, blackjack, roulette, live & silent auctions, open bar, fabulous food. For tickets or more information please call 318-425-7781 or visit [www.deafactioncenter.org](http://www.deafactioncenter.org).

## DANCE



### SPAR Country & Western Dance

Friday, November 11, 5:30 to 8:00 PM at Southern Hills Community Center, 1002 Bert Kouns Industrial Loop.

Red River Live Band. Wear your country & western finery and hit the dance floor! Light refreshments. Admission is **FREE**. For more information contact Sherri Williams, at 318.213.0432 or visit [www.mySPAR.org](http://www.mySPAR.org).

## DRIVERS EDUCATION

**AARP Driver Safety Program** - A 4 hour classroom refresher course for drivers age 50+. Participants must preregister. \$14 for non-AARP members; \$12 for AARP. (AARP card required at registration)

**NOTE:** AARP is offering the Driver Safety Course **FREE** of charge to all veterans and their spouses (including widows/widowers) during the month of November. (Military ID/Proof of military service required.)

• November 8 - 8:30 a.m. to 12:30 p.m. Haynes Avenue Baptist Church, 610 Haynes Ave., Shreveport. Contact/Instructor: Malcolm Parker 318-865-6996

• November 17 - 12:00 Noon. Bossier Council on Aging, 706 Bearkat Dr., Bossier City. Contact: Esperenza 318-741-8302; Instructor: Ray Branton

• November 18 - 8:30 a.m. to 1:30 p.m. Caddo Parish Sheriff's Dept. Safety Town, 8910 Jewella, Shreveport. Contact: Frankie Morris 318-681-0875 or 318-681-0869; Instructor: Marty Hogan

## HEALTH

**Flu Shots for Veterans** - Overton Brooks VA Medical Center, including the VA Outpatient Clinics in Monroe, Texarkana and Longview, will be offering flu shots to enrolled Veterans during scheduled Primary Care or Specialty Clinic Appointment. There is **no charge** for the flu shot. Overton Brooks VAMC Walk-in Flu Clinic - Tuesday through Thursday through November 30 - 1:00 pm to 3:00 pm; Wednesdays only - Dec. 7 through Dec. 28 - 8:00 to 10:00 am. Check-in at Front Desk - Main Lobby. No appointment necessary. All dates exclude Federal

Holidays (11/11, 11/25, 12/26)

**Men's Health Day Seminar & Screening** - Saturday, Nov. 19. 9 a.m. - 1:30 p.m. Southern Hills Recreational Center, 1002 Bert Kouns, Shreveport. Presented by LSUHSC/Feist-Weiller Cancer Center. **FREE** continental breakfast, lunch, and health screenings. Motivational speaker. For more info call 318-813-1461.

## HOLIDAY

**Les Boutiques de Noel** - Holiday shopping extravaganza presented by Shreveport/Bossier Opera Guild. Bossier Civic Center, 620 Benton Rd, Bossier City. Nov 17 and 19, 9 a.m. - 6 p.m.; Nov 18, 9 a.m. - 8 p.m. Admission: \$7, Seniors \$5 with coupon on page 35. Preview Party November 16, 6:30 p.m. - 10 p.m. \$125.

## MEETING

**The GENCOM Genealogical Computer Society** - Monthly meeting Nov. 20 at 2 P.M. at the Broadmoor Branch of the Shreve Memorial Library, 1212 Captain Shreve Drive, Shreveport. Philip Adderley, CG®, Louisiana Private Investigator

## Thanks for the memories

The NW Louisiana District Senior Olympics completed its 19th year in 2011 and has the following sponsors to thank for making it a memorable time for the 50 and older crowd:

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## MOVIES

**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.

**Senior Day at Sci-Port** - November 16. Presented by Sci-Port: Louisiana's Science Center and *The Best of Times*. Wednesday, November 16 from 9 am to 1 pm at Sci-Port, 820 Clyde Fant Parkway in Shreveport. 10th anniversary celebration party for *The Best of Times*. For persons 55 and older: **FREE** admission to the special showing of the Imax Movie "Greece: Secrets of the Past" and **FREE** admission to the Sci-Port's Discovery areas compliments of *The Best of Times*. Senior information fair. Lots of door prizes. Free parking and handicapped seating available. Box lunches available for \$10 from Counter Culture. Seating is limited. Call (318) 424-3466 or toll free (877) 724-7678 to reserve a seat and/or to reserve a box lunch. Deadline for reservations is 4 p.m. on Friday, November 14.

## PERFORMANCES



**River City Repertory** - *The Subject Was Roses* starring Tony award winner Donna McKechnie. The Pulitzer Prize and Tony Award winning play

focuses on a young veteran, just returned from WWII, and his strained relationship with his parents. Riverview Theatre, 601 Clyde Fant Parkway, Shreveport. December 9-10 @ 7:30 p.m. December 11 @ 3:00 p.m. All seats \$35. For reservations and info 318-868-5888. [www.rivercityrep.org](http://www.rivercityrep.org)

**Shreveport Little Theatre** - Tickets are \$15 for seniors, students and active military, \$17 for adults. Tickets may be purchased at box office, 812 Margaret Place, from noon – 4 p.m. weekdays, or by calling 424-4439.

- *Dividing the Estate* - November 3, 4, 5, 10, 11, 12 at 8 p.m. and November 6, 13 at 2 p.m. Greed, avarice and entitlement issues accompany a dysfunctional family's prospects of riches from oil and natural gas leases.

**Shreveport Symphony** - All performances are at RiverView Theatre in downtown Shreveport. Single tickets are \$17 - \$42. Call 227-8863.

- *Cirque de la Symphonie* - November 12 at 7:30, November 13 at 2:30

## WALK

**Third Annual CROP Walk** - November 6 to raise awareness and funds for local and international hunger relief. This event includes a one-mile sponsorship walk and a 5K race. All proceeds benefit the Northwest Louisiana Food Bank and Church World Services. Pre-walk rally begins at 2:30 p.m. Race begins at 3:00 p.m. The walk will begin and end at Noel United Methodist Church, 520 Herndon St. in Shreveport. Participants can sign-up online at [www.sbcropwalk.com](http://www.sbcropwalk.com) or [www.sportspectrumusa.com](http://www.sportspectrumusa.com). Registration will also be available on the day of the Walk.



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# November Parting Shots

Share your photos with us. Email to [editor.calligas@gmail.com](mailto:editor.calligas@gmail.com)

**Veterans Luncheon** held at Hoban Hall at Barksdale AFB on Sep. 16

Ruby Lewis was honored as the oldest woman veteran and Jesse Means was honored as the oldest male veteran at the luncheon



Senator Robert Adley with veteran Chris Demopulos  
Donald Webb



Tim Fay of Barksdale AFB greets veteran Paul Glanville



**The Adult 6 Sunday School** class of Cypress Baptist Church held a Pioneer Day's party on September 22.  
*Sitting:* Janis Franklin & Marilyn Warren. *Back Row:* Jeanelle Isgate, Carolyn Flanagan, Edwina Bethel, Dee Metheny, Nell Bice, Kathleen Hicks & Frances Baker

The re-opening ceremony of **Kingsley Place** as Emeritus at Shreveport was on Oct. 14.



*Left:* (L to R) Costas Dafnis, Laurie Manno, and Vivian Locking

*Below:* (L to R) Peter Flowers, Paige Parker, Francine Robertson, and Nancy Nicholson



**The Red River Revel** was held Oct 1 - 8 at Festival Plaza in Shreveport.

*Right:* Mary Ellen and Dave Foley



*Above:* (L to R) Jim Delson, Dale Edwards, and Mary Crosby

*Right:* Mary Gooze (left) and Ginney Michael







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**November Parting Shots (continued)**

**Health Fair** was hosted by Summerfield Estates on Oct 12.

Hazel Bush with MeMe the Clown



Don Harte with Ardelle Lyons



**Life Savers Ball**, benefiting Feist Weiller Cancer Center was held on September 17th at Sam's Town Casino and Hotel.

*Top Row*

Left: Claudia Lyles and Vicki Franks  
Right: Evelyn Quinn with Mandy Selber



*Bottom Row*

Left: Scott and Vicki Mighell  
Middle: Al and Sue Wyche  
Right: Sam and Martha Talbot

**Open House for SPAR's** new Senior Center

*Left:* Rose Palka (left) and Diane Chaisson



*Below:* (L to R) Camille Webb, Lisa Knisley, and Joanne Norris



**Red Hat Day** at the Races was held at Louisiana Downs on Sep. 17.

*Right:* 2011 International Red Hat Lady Linda Knight Theriot (left) is welcomed to the area by Laura Cannon.

*Below:* (L to R) Shelby Britt, Jan Bland, Lynda Herzog Pope, Brenda Griffith, and Bonnie Duck



*Top:* (L to R) Sandy Van Kregten, Mamie Bibbs, Wanda Goldson, Vivian Pittmann, and Brenda Miller

*Bottom:* (L to R) Janice Boller, Carolyn Ashley, Melinda Austin, Ginny Bates, and Renee Crow



**Glitz & Grits Gala,**

a benefit sponsored by the Friends of the Louisiana State Exhibit Museum, was held on September 23. *Above:* Marilyn and Gary Joiner with Libby Siskron: *Below:* Forrest Dunn, Ann Marshall, Gil Shanley, and Donna Dunn



*Above:* Marilyn and Gary Joiner with Libby Siskron: *Below:* Forrest Dunn, Ann Marshall, Gil Shanley, and Donna Dunn



*Above:* (L to R) George and Sandy Bakowski with Betty and Bruce Henderson *Below:* (L to R) Hollisann and Sidney Kent with Mona Conrad and Debbie Grand



(L to R) Sylvia and Roy Beard, Lynn and Vernon Chance, Marianne and David Mosteller



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With over a **quarter** of a century of providing quality, affordable housing for low-to-moderate income seniors, we combine compassion with professionalism in our **ministry** of housing and services to older adults.

## Southwood Gardens

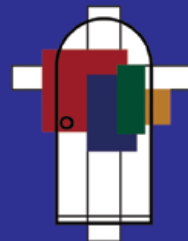
is an affordable community for seniors age 55+ or disabled.  
One- and Two-bedroom floor plans. Single story, NO stairs.  
Washer/dryer hookups.

3550 Cedar Creek Drive  
Shreveport, LA 71118  
Telephone:  
318-682-4022  
FAX: 318-682-4017  
TDD: 800-925-8689

## Southwood Square

offers affordable living for seniors age 62+.  
One-bedroom floor plans.  
Controlled access building.  
Elevator

9085 Dean Road  
Shreveport, LA 71118  
Telephone:  
318-671-1888  
FAX: 318-671-1885  
TDD: 800-925-8689



For Information or a tour, please call: **Linda Milazzo** for Southwood Gardens at 318-682-4022  
or **Roberta Martin** for Southwood Square at 318-671-1888

# Give your Medicare plan its annual checkup!

**Compare your current plan with Humana Gold Plus<sup>®</sup> (HMO).  
We think you'll like what you see.**

## Your Plan

## Humana

- |                          |                                     |  |
|--------------------------|-------------------------------------|--|
| <input type="checkbox"/> | <input checked="" type="checkbox"/> | Affordable monthly Plan Premium                                |
| <input type="checkbox"/> | <input checked="" type="checkbox"/> | Doctor's office visits and hospital coverage                   |
| <input type="checkbox"/> | <input checked="" type="checkbox"/> | Prescription drug coverage                                     |
| <input type="checkbox"/> | <input checked="" type="checkbox"/> | Convenient mail-order delivery of prescriptions                |
| <input type="checkbox"/> | <input checked="" type="checkbox"/> | Fitness program - gym membership at no additional cost         |
| <input type="checkbox"/> | <input checked="" type="checkbox"/> | Preventive coverage  |
| <input type="checkbox"/> | <input checked="" type="checkbox"/> | 24-hour nurse hotline  |
| <input type="checkbox"/> | <input checked="" type="checkbox"/> | Meals delivered to your home after you've been in the hospital |
| <input type="checkbox"/> | <input checked="" type="checkbox"/> | Emergency coverage at home and when you travel                 |
| <input type="checkbox"/> | <input checked="" type="checkbox"/> | And more we haven't listed!                                    |

**Call to schedule an in-home appointment or to  
find a seminar near you.**

**1-800-304-3151 (TTY: 711)**

8 a.m. to 8 p.m., 7 days a week

**New Medicare enrollment dates!** The dates to enroll in a Medicare Advantage plan for 2012 have changed. The new dates are **October 15th - December 7th.** **Don't forget! Enrollment ends December 7th.**

# HUMANA<sup>®</sup>

A Health plan with a Medicare contract. You must continue to pay your Medicare Part B premium. Limitations, copayments and restrictions may apply. If you are a member of a qualified State Pharmaceutical Assistance Program, please contact the Program to verify that the mail-order pharmacy will coordinate with that Program. The benefit information provided herein is a brief summary, but not a comprehensive description of available benefits. For more information contact the plan. A sales person will be present with information and applications. For accommodation of persons with special needs at sales meetings, call 1-800-304-6801 (TTY: 711), 8 a.m. to 8 p.m., 7 days a week. Applicable to Humana Gold Plus H0108-008, H1036-136, 151, H1406-022, 025, 026, H1468-007, H1951-013, 024, 028, H2012-014, 015, 022, 023, H2649-004, H4141-006, H4141-008, H4461-001, 015, 026, H5291-001 and H6622-003 (HMO). \*Some exceptions may apply.

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