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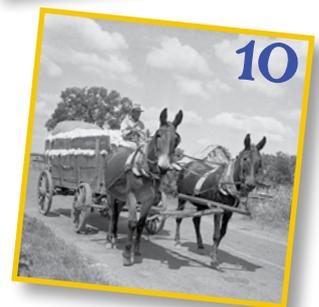
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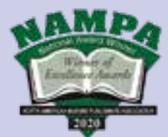
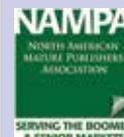
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Corrections

The September 2021 issue of The Best of Times incorrectly listed the date of SLT's "Maker of Dreams" Gala as August 28. The correct date is April 28, 2022. Additionally, we failed to correctly identify SLT president as Marianne Archibald.



Nine years without a cold?

Copper can stop germs before they spread

Scientists have discovered a natural way to kill germs fast. Now thousands of people are using it against unwanted viruses and bacteria in the nose and on the skin.

Germs, such as viruses and bacteria, can multiply fast. When unwanted germs get in your nose they can spread and cause misery unless you stop them early.

In the last 20 years, hundreds of studies by government and university scientists show the natural element copper kills germs just by touch.

The EPA officially declared copper to be antimicrobial, which means it kills microbes, including viruses, bacteria, and fungus.

The National Institutes of Health says, "The antimicrobial activity of copper is now well established."

Ancient Greeks and Egyptians used copper to purify water and heal wounds. They didn't know about microbes, but now we do.

Scientists say the high conductance of copper disrupts the electrical balance in a microbe cell by touch and destroys it in seconds.

Some hospitals tried copper for touch surfaces like faucets and doorknobs. This cut the spread of MRSA, and other illnesses, by over half and saved lives.

The strong scientific evidence gave inventor Doug Cornell an idea. He made a smooth copper probe with a tip to fit in the bottom of his nose.

The next time he felt a tickle in his nose that felt like a cold about to start, he rubbed the copper gently in his nose for 60 seconds.

"The cold never got going," he exclaimed. "That was September 2012. I use copper in the nose every

time and I have not had a single cold since then."

"We don't make product health claims," he said, "so I can't say cause and effect. But we know copper is antimicrobial."

He asked relatives and friends to try it. They reported the same thing, so he patented CopperZap® and put it on the market.

Soon hundreds of people had tried it. The feedback was 99% positive if they used the copper within 3 hours after the first sign of unwanted germs, like a tickle in the nose or a scratchy throat.

Early user Mary Pickrell said, "I can't believe how good my nose feels."

"What a wonderful thing!" exclaimed Physician's Assistant Julie. Another customer asked, "Is it supposed to work that fast?"

Pat McAllister, 70, received one for Christmas and called it "one of the best presents ever. This little jewel really works."

Frequent flier Karen Gauci used to suffer after crowded flights. Though skeptical, she tried copper on travel days for 2 months. "Sixteen flights and not a sniffle!" she exclaimed.

Businesswoman Rosaleen says when people around her show signs of unwanted germs, she uses copper morning and night. "It saved me last holidays," she said. "The kids had crud going round and round, but not me."

Attorney Donna Blight tried copper for her sinus. "I am



New device puts copper right where you need it.

shocked!" she said. "My head cleared, no more headache, no more congestion."

A man with trouble breathing through his nose at night tried copper just before bed. "Best sleep I've had in years!" he said.

In a lab test, technicians placed 25 million live flu viruses on a CopperZap. No viruses were found alive soon after.

Some people press copper on a lip right away if a warning tingle suggests unwanted germs gathering there.

The handle is curved and textured to increase contact. Copper can kill germs picked up on fingers and hands after you touch things other people have touched.

The EPA says copper still works even when tarnished.

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Pecan-Enriched Diet Shown to Reduce Cholesterol

While the proper pronunciation of pecan remains a subject of debate, University of Georgia researchers have shown the tree nut can dramatically improve a person's cholesterol levels. Participants at risk for cardiovascular disease who ate pecans during an eight-week intervention showed significant improvements in total cholesterol, triglycerides and low-density lipoprotein (LDL), or "bad" cholesterol, in a study conducted by researchers in the UGA College of Family and Consumer Sciences. Researchers saw an average drop of 5% in total cholesterol and between 6% and 9% in LDL among participants who consumed pecans. Some research shows that even a 1% reduction in LDL is associated with a small reduction of coronary artery disease risk, so these reductions are definitely clinically meaningful. Pecans are high in healthy fatty acids and fiber, both of which have been linked to lower cholesterol.



Metabolism Changes With Age, Just Not When You Might Think

Most of us remember a time when we could eat anything we wanted and not gain weight. But a new study suggests your metabolism - the rate at which you burn calories - actually peaks much earlier in life, and starts its inevitable decline later than you might guess. An international team of scientists led by researchers at Duke University analyzed the average calories burned by more than 6,600 people ranging from one week old to age 95 as they went about their daily lives in 29 countries worldwide. The researchers found that, pound for pound, infants had the highest metabolic rates of all. After this initial surge in infancy, the data show that metabolism slows by about 3% each year until we reach our 20s, when it levels off into a new normal. Midlife was a surprise. In fact, the researchers discovered that energy expenditures during these middle decades - our 20s, 30s, 40s and 50s - were the most stable. The data suggest that our metabolisms don't really start to decline again until after age 60. The slowdown is gradual, only 0.7% a year. But a person in their 90s needs 26% fewer calories each day than someone in midlife. The patterns held even when differing activity levels were taken into account. The findings appear in the journal *Science*.

Too Much Free Time May Be Almost As Bad As Too Little

As an individual's free time increases, so does that person's sense of well-being - but only up to a point. Too much free time can also be a bad thing, according to research published by the American Psychological Association. While too little time is bad, having more time is not always better. The researchers found that as free time increased, so did well-being, but it leveled off at about two hours and began to decline after five. Correlations in both directions were statistically significant. The researchers found that those with low discretionary time felt more stressed than those with a moderate amount, contributing to lower well-being, but those with high levels of free time felt less productive than those in the moderate group, leading them to also have lower well-being. The research was published in the *Journal of Personality and Social Psychology*.





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mammography, MRI



ultrasonic research



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consultation with a mammologist



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GCHKU9TEN

Mules Play Key Role in Northwest Louisiana History

Thinking of plantation history in Louisiana, we're likely to envision a mounted gentleman wearing a fedora, seated erect on a saddle horse. Neither image is accurate. The equine worker on the plantation was most likely the horse's longer-eared stepchild, the mule. The offspring of a horse mother and a donkey dad, the mule was as central to Shreveport crop raising and harvesting a century ago as tractors are today.

Compared to a similarly sized horse, a mule will carry or pull more, eat and drink less, tolerate heat more easily, require less care, and is less likely to panic and bolt. Under normal work conditions, it need not be shod. It rarely requires veterinary services. Kept in large groups, mules are less likely to injure their fellows, have a longer work life, and are more sure-footed. To tell a mule from a donkey, check its tail. Mules have a tail like a horse's, with long hair all the way from the base.

Shreveport newspapers seem to begin noticing the community's mule population about 1900; the *Shreveport Journal* announced the Cooper brothers had built a new mule barn at the corner of Travis and Spring streets, one block from the Merchants and Farmers Bank in March 1903. Stockman Frank Betts came to Shreveport from Texas. In 1920 he moved his entire business – mules, barns, and wagons to a new building across Market Street bridge from the Texas Pacific freight depot on Douglas Island.

Peter Youree's sister-in-law, Toinette Ford Scott, widow of Dr. John P. Scott, offered Scotland Plantation, seven miles from Shreveport, for sale in November 1922. Of its 4,400 acres, 2,300 were "in a high state of cultivation," farmed primarily by mule power as evidenced by its mule barn having space for 75 mules. On a spur of the Louisiana & Arkansas with its own railroad station as well as storage for 8300 bales of seed cotton, a large modern cotton gin, and 80 cabins; it also sported an eight-room residence.

In the 1920s it appears as though mules were everywhere. Glover's Mule Barn in Bossier City sold "milch cows, cotton mules, and saddle horses (*Shreveport Times* April 15, 1928). A mule barn at "the

foot of Travis Street on the river bank" kept about 50 mules; about 50 yards away was a crematory to dispose of dead dogs, mules, horses, and cattle that died in the city (*Times* December 17, 1930).

The transition to self-propelled vehicles continued through World War II. An article in the April 1, 1947, *Shreveport Journal* touts the city's progress with a mule barn on Murphy Street, an asphalt plant on Texas near the Texas & Pacific tracks, and a garage and shops on Kings Highway. The city planned to streamline garbage collection, building a new incinerator and ceasing to dump garbage on the river banks.

D. A. Huff owned a mule trading business at 1920 Texas Street. He also sold fine saddle horses there until 1930. Later sales included cow ponies, work horses, and less expensive saddle horses. Huff sometimes took horses in trade for mules; farmers might pay for their purchases in corn or other barter rather than cash. The mules were well treated, receiving a daily currying and a ration of water, oats, and hay once a day, for a charge of 50 cents.

Huff left Shreveport for Texas in 1948; T. F. Truly bought one of the last mules sold there in April 1948.

As Shreveport grew and modernized, the citizenry had become less tolerant of mules and other livestock – and their manure -- in the heart of the city. In July 1949, 45 citizens and taxpayers signed a petition to move Sam Brown's horse and mule barn from 800 Barksdale Boulevard on grounds that it was unsanitary. The mayor and city council gave Brown 30 days to comply (*Planters Press*, July 14).

Local historian Susan Keith posted on Facebook in 2018 that the tiny cottage at the corner of Fontane and Glen Cove is a converted mule barn converted to a plantation guest



*Mule-drawn cotton wagon in Shreveport, circa 1900.
(Photo: Northwest Louisiana Archives at LSUS)*

The **mule** was as central to Shreveport crop **raising** and **harvesting** a century ago as tractors are today.



house and is the only building remaining from the plantation.

The city continued to struggle to find a use for the former municipal mule barn at the end of McNeil Street. In the 1970s the city sanitation department wanted to turn it into a maintenance and repair facility. A few years later the Historic Preservation Society of Shreveport considered it for a child-oriented cultural museum, recognizing its historic significance; architect Bill Wiener hoped to display early oil, logging, cotton, and railroad equipment, build a dock on Cross Bayou with a steamboat tied on.

That must not have been successful. The Cross Bayou Foundation requested the building's use for artifact storage in 1982, the *Journal* reported.

History du Jour tells stories drawn from northern Louisiana newspapers, some amusing, some dramatic, some tragically human, as a bend in the river, choked with logs and debris, transitioned to a city on its way to an innovative future.

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Pumpkin: Fall's Favorite Nutritious Flavor

Fall is here, which means it's pumpkin season! Did you know that 80% of our annual pumpkin supply in the US is available in October? This seasonal favorite is highly versatile and packed with helpful nutrients.

Many of our favorite fall pumpkin treats and drinks are high in calories, fat, and added sugar. Despite their frequent appearances in less-than-healthy treats, pumpkins are highly nutritious. The bright orange color of pumpkins is surprisingly a sign that they are packed with a nutrient called beta-carotene. Beta-carotene is an antioxidant that converts to Vitamin A in our bodies. Vitamin A does many beneficial things for us, which includes helping prevent certain types of cancer, forming healthy teeth and bones, and regulating our immune systems. Vitamin A is also more commonly known for its benefits to our eyesight. Pumpkins are a good source of

Vitamin C, which keeps our tissues and cells healthy, boosts immunity, and helps heal cuts and wounds. Pumpkin also has several minerals that help with blood pressure regulation by containing iron, magnesium, and potassium. To take full advantage of the nutritional perks of pumpkin, try to eat or cook lighter, healthier items that are lower in fat, calories, and added sugar.



Many of us reach for canned pumpkin when cooking with this nutritious favorite. It's convenient and relatively inexpensive to use. When purchasing canned pumpkin for recipes, make sure you choose 100% pure pumpkin. Sometimes it's easy to grab pumpkin pie filling or pumpkin pie mix by accident, but know that these options have added sugars that you may not need or want for the recipe you're making.

Did you know that you can make fresh pureed pumpkin at



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home too? First, choose a pie, sweet, or sugar pumpkin (the small and round variety at the store). The large pumpkins that we typically use for jack-o-lanterns aren't very desirable to cook with, as they are stringier than the smaller cooking varieties. Before preparing your pumpkin, make sure to wash the outside surface under running water to wash away any bacteria that may be on the surface of the pumpkin. Next, cut the pumpkin in half, remove the seeds and fibrous strands, and bake the halves cut side down, on a pan in an oven preheated to 375 degrees Fahrenheit until the flesh is tender and falls apart. Scrape the flesh away from the skin, let cool, and then blend in a food processor or blender. Freshly cooked pumpkin should be stored in an airtight container in the fridge for no more than 4-5 days. It can also be frozen to use at a later time.

What about other ways we can eat pumpkin? Diced pumpkin can be roasted, baked, or sauteed with your favorite seasonings and eaten as a side dish or added as a topping to a salad. Pumpkin soup is another creative fall favorite. Stuffed pumpkins are also a fun recipe to try at home. Pumpkin can even be used as a recipe substitute in many recipes. You can substitute pureed or canned pumpkin for higher calorie ingredients like eggs and fats in baked goods. A fourth (1/4) cup of pumpkin puree can substitute for 1 egg, 3/4 cup of pumpkin puree can serve in place of 1 cup of butter, and 1/2 cup of pumpkin puree can replace 1/2 cup of oil. When using pumpkin and other recipe substitutes, keep in mind that using a substitution for the entire amount of an ingredient may change the recipe in an undesirable way. Instead, try replacing 1/4 - 1/2 of the amount of the ingredient with the substitute. This still cuts down on calories and fat without compromising the end result of the recipe.

Pumpkin is a great seasonal ingredient that can be used to add extra nutrition and flavor to recipes. It's low in calories and filled with nutrients. Now is the time to enjoy this fall favorite!



Abigail McAlister is a Registered Dietician and nutrition agent with LSU AgCenter for Caddo and Bossier Parishes. Her focus is adult nutrition education and promotion. Contact her at amcalister@lsu.edu.



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Is Vaping About to Become Illegal?

On August 8, 2016, the FDA became responsible for regulating e-cigarettes. The first thing they did was make it illegal to sell e-cigarettes to minors (people under 18). They also banned free samples. Were e-cigarette marketers really giving free samples of cotton candy flavored e-cigarettes to 13-year-olds?

The next thing the FDA did was to require all vaping products submit applications with the FDA. As you can imagine, the vaping industry didn't like that, but The American Academy of Pediatrics loved it. Lawsuits were filed and the judge ruled that the FDA had the legal authority to require vaping product manufacturers get marketing authorization from the FDA in order for the product to be sold. The judge said that all vaping products had to submit applications by May 12, 2020. If no application had been submitted by the deadline, then it would be illegal to sell the product. The judge also "provided for a one-year period in which products with timely filed applications might remain on the market pending FDA review."

Because of the Judge's order, over 500 vaping companies filed for permission to sell some 6.5 million products. The FDA only had one (1) year to process them all. Do you think they were able to do that? Of

course not. So the judge gave them an extension, but the new deadline is quickly coming up. What if the FDA misses the extended deadline? Then it will be illegal to sell any vaping product that has yet to be approved.

Here's how the FDA will decide on those 6.5 million applications. The FDA will only allow vaping products that "are in the interest of public health." What does that mean? Well, an e-cigarette could be "in the interest of public health" if adult smokers are switching from regular cigarettes to e-cigarettes that are less harmful. But it would not be "in the interest of public health" if the vaping product was getting more young people hooked on nicotine. So those cotton candy flavored e-cigarettes I mentioned earlier probably aren't going to make the cut, especially if they are loaded with extra nicotine.

The first thing the FDA did with those 6.5 million applications was to review them to make sure that each application had all of the basic information that the FDA needs to conduct a scientific review. Here's what they found: more than 4 million of the approximately 6.5 million ap-



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plications filed were from one company. Additionally, almost all of that company's applications were done wrong and didn't have the basic information needed in order to apply. So all of those applications got denied. Only 2.5 million left with a deadline quickly approaching.

Meanwhile, Louisiana has passed its own set of laws for e-cigarettes. Our state makes it illegal for anyone, regardless of age, to smoke or even carry an e-cigarette onto any school property.

You also can't smoke in your car if you have a child under the age of 18 with you. If you do, "it shall be considered a nonmoving violation" that "shall not be included on the driver's operating record."

Finally, Louisiana makes it illegal to sell e-cigarettes to anyone under 21. It's also illegal for anyone under 21 to buy e-cigarettes, BUT "it shall NOT be unlawful for a person under the age of 21 to possess" e-cigarettes as long as they are accompanied by a parent or in a private residence. Here's what I think that means: a 13-year-old can't buy e-cigarettes,

but they can smoke them if they are with a parent or in a private residence.

Keep healthy Louisiana.

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



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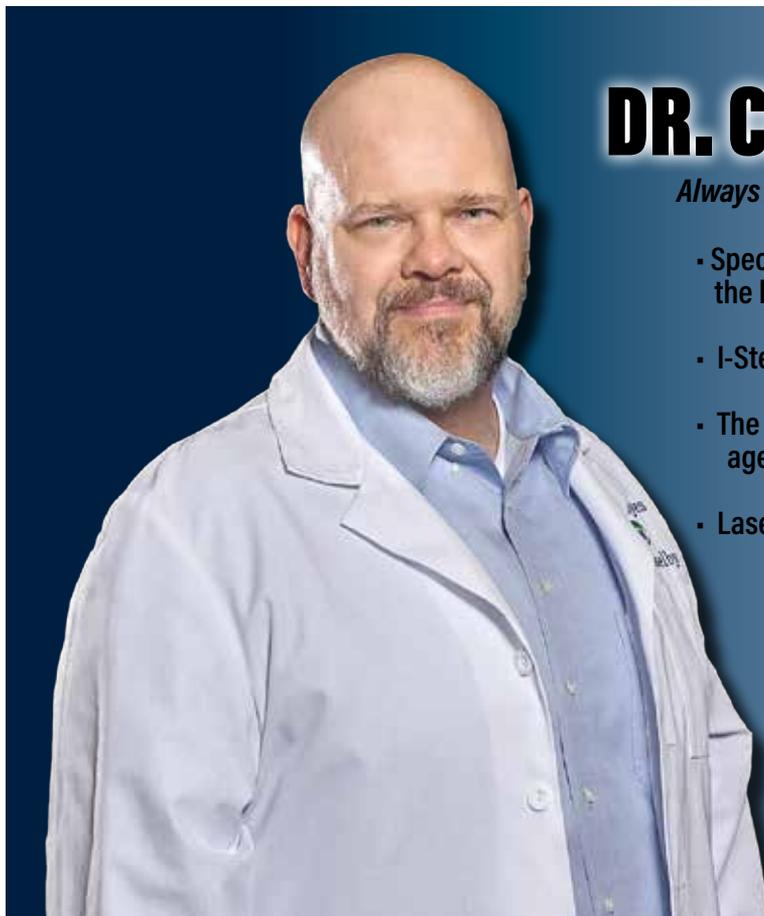
Understanding Special Needs Trusts

In thinking back over my career as an estate planner before I became a judge, I was thinking about some of the trusts I formed to help my clients preserve their property. Some of my clients had children who were considered forced heirs under Louisiana Law. These children received government assistance to help with their medical needs and daily care. In looking at how to preserve any inheritance these children may get and use it to help them with needs they had that the government did not cover, I discovered the benefits of the Special Needs Trust.

A special needs trust is a legal arrangement and fiduciary relationship that allows a physically or mentally disabled or chronically ill person to receive income without reducing their eligibility for the public assistance disability benefits. Special Needs Trust can be a helpful tool if someone receiving government assistance, such as Medicaid, is due to receive a large sum of

cash or inheritance. In most instances, large amounts of cash either come to the person after being involved in an accident or inheriting as a forced heir from someone's estate. If proper planning is not done before the person receives the monies or inheritance, the monies or inheritance will have to be spent down before the person can receive any more government benefits. In addition, any monies or inheritance received will cause the person possibly to lose their qualification for governmental assistance and will cause them to have to go through a lengthy requalification process which may cause financial problems for themselves and/or their families.

Special Needs Trust can be made part of a Will or they can be formed during a person's lifetime who is about to recover from an accident or injury. The Special Needs Trust is required to be irrevocable and have certain language that keeps the monies being spent for things that



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Medicaid would pay for in its benefits. The trust has to be for the sole benefit of the beneficiary and the beneficiary cannot be the trustee of the trusts. The monies, if worded properly in the Trust, can be used to pay for additional things the government does not pay for, like special shoes that are needed for a child to walk. Special Needs Trust can pay for only certain expenses. The main thing to remember is that even though the list is fairly extensive, these trusts are barred from paying anything that Medicaid would normally pay.

Most Special Needs Trust are first-party trust, even though there can be a third-party and a pooled trust. With a first-party trust, the beneficiary has to be under 65 years old when the trust is created. This type of trust is mainly used when a person is receiving an injury settlement or judgement and these funds are considered to be the client's funds. A third-party special needs trust is usually funded by someone other than the beneficiary, like a parent when they pass away. The main difference between a first-party Special Needs Trust and third-party Special Needs Trust is that a first-party Special Needs Trust has to reimburse the government for any medical or living expenses paid by the government upon the death of the beneficiary of the Special Needs Trust. Usually, this means that no money is left in the Special Needs Trusts for contingent beneficiaries after this disbursement is made to the government.

As you can see, a Special Needs Trust has very complicated rules but real benefits to those who may lose their governmental assistance and face financial hardship if they were to lose those benefits. If you have a situation that may warrant the use of a Special Needs Trust, then you need to consult with an attorney or financial planner who has

experience in this area of the law.

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



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

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

All we know about these photos is that these young ladies were all models for Selber Brothers in 1973. (Lawrence Lea collection)



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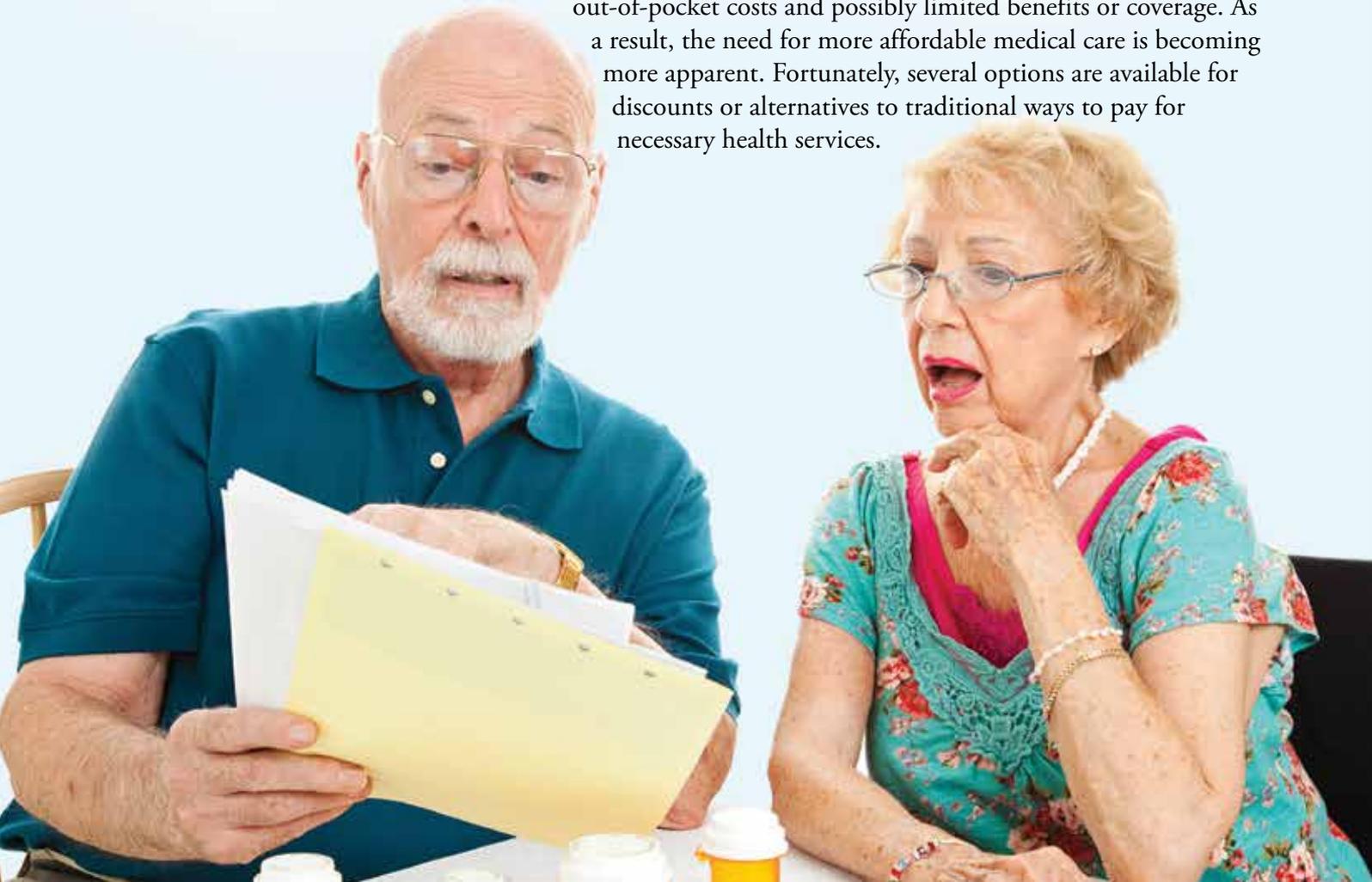


Medical Care Shouldn't Be a Privilege

- Consider These Options for Affording Healthcare

by Kimberly Blaker

The rising cost of healthcare is a significant concern for most people. But it's especially true for seniors who likely will have an increasing need for access to medical services as they age and, at the same time, reduced income because of retirement. Without a significant amount of savings, one injury or illness can lead to devastating medical debt. The Affordable Care Act requires everyone to have some type of insurance. Still, plans can be extremely costly with high out-of-pocket costs and possibly limited benefits or coverage. As a result, the need for more affordable medical care is becoming more apparent. Fortunately, several options are available for discounts or alternatives to traditional ways to pay for necessary health services.



HEALTHCARE COSTS

Extra Help is another Medicare program for low-income and low-resource seniors who qualify for additional financial support.



- **The Program of All-Inclusive Care for the Elderly (PACE)** is a comprehensive medical and social service through the states. It provides coordinated care by a team of professionals for seniors age 55 and up who are eligible for both Medicare and Medicaid.
- **Private insurance** can be purchased directly from health insurance providers, the Health Insurance Marketplace at [healthcare.gov](https://www.healthcare.gov), or through an individual's current employer. Private insurance has a wide range of costs and benefits depending on the provider, tier, deductible, and possibly subsidies. In addition, insurance companies may deny membership or require increased premiums for individuals because of age or pre-existing conditions. Some major providers include UnitedHealth, Kaiser, Anthem, Cigna, Humana, and BlueCross.
- **Medigap** is supplemental health insurance. It can be purchased through private insurance to fill the gaps in coverage for individuals with a Medicare plan, including Part A and Part B.

Insurance Plans

Senior health care is generally provided through private insurers or government programs.

- **Medicare** is an insurance program through the federal government specifically for those age 65 or older or younger individuals with a disability. The four parts of the program range from free to low-cost and cover different health care needs, including a specific prescription drug plan. Medicare also offers savings programs to help individuals prepare for unexpected healthcare costs not already covered. Extra Help is another Medicare program for low-income and low-resource seniors who qualify for additional financial support.
- **SHIP (State Health Insurance Assistance Programs)** is a resource for anyone who qualifies for Medicare. It offers individuals assistance and helpful information about making health insurance decisions.
- **Medicaid** is a state program with some federal assistance for significantly low-income individuals. It can also be combined with Medicare.

Provider and Other Discounts

Other programs, as well as individual providers, offer discount programs for eligible individuals, including seniors.

- **BenefitsCheckUp** is a tool from the National Council on Aging to help match people with benefit programs in their area.

- *The National Council on Aging* also has an AgeWell Planner with a section on Health and Wellness Guidance. In addition, it may have resources available and a tool to search by state for assistance programs and benefits.
- *PhRMA* has a Medicine Assistance Tool to help patients and caregivers find more information about health care and insurance along with resources to reduce out-of-pocket medical costs.
- *The Donated Dental Services* program offers free dental care to seniors and other vulnerable populations who qualify.

AARP Money Map

AARP Money Map is a more general free financial support tool to help you manage your expenses and any debt. You don't have to be an AARP member to use this tool. It sets you up with resources and a plan for your finances to support you in managing healthcare costs. The Money Map tool can also assist in preparing for any unexpected medical expenses that may arise or help you recover from any that have already occurred.

CareCredit

CareCredit is a credit card specifically for healthcare use that helps with out-of-pocket costs for individuals, families, and even pets. It works for health and wellness purchases, including cosmetic care, dentistry, vision care, and more, that aren't covered by your insurance. There are more than 225,000 providers at locations around the country who accept CareCredit. It also offers several financing options with shorter and longer terms and opportunities for no-interest loans or reduced APR with fixed monthly payments.

Medical Cost Sharing Programs

Health care sharing programs consist of organizations with members who contribute and essentially share the burden of medical costs. Like insurance, you have a monthly contribution and an unshared annual amount that functions like a deductible. These programs are often offered through religious organizations. They may have specific lifestyle requirements that meet the health and morality of the shared beliefs. Although the programs are not health insurance, cost-sharing programs count under the Affordable Care Act. Therefore, they can cost much less than insurance for participants. Each organization may have different membership rules, approaches for pre-existing conditions or those related to lifestyle choices, and types of benefits covered.

Prescription Drug Discount Cards

Whether ongoing or short-term, prescription drug costs can add up and become prohibitively expensive, even with insurance. As a result, many people who rely on prescriptions are forced to go without or cannot take them as prescribed because of increasing prices. Various programs and organizations offer discount cards specifically to help get necessary prescription drugs at a more affordable price. For example, AARP offers a Prescription Discount Card for its members and even a general card that's accessible to non-members on its website. GoodRx, SingleCare, and WellRx are some of the other well-known companies widely accepted in pharmacies. Many of these are free to join but may also offer an optional membership for premium access.

Kimberly Blaker is a freelance writer. She also owns an online store, Sage Rare & Collectible Books, specializing in out-of-print, scarce, signed, and first editions and fine bindings at sagerarebooks.com



Although the programs are not health insurance, cost-sharing programs count under the Affordable Care Act.

SHREVEPORT *Then* & Now

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"Sometimes in order to fully appreciate the Present, you have to look through to the Past!" This blend is one of our favorites! It explains exactly what we do when we capture the Past and the Present! In this photo, the old Caddo Parish Courthouse can be seen looking through what is now the Shreve Memorial Library. Back then the library was the Courthouse and Post Office.

Triple-XXX Restaurant was located at 2756 Greenwood Road. Gerald "Jerry" Lowderback Kennedy took over Triple XXX from his daddy Gerald Garlington Kennedy. He owned and operated it for over 30 years and sold it in 1987. This restaurant holds many dear memories, not only for the Kennedy family, but patrons as well!



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Find the Hidden Gems at a Gateway to *Yosemite National Park*

by Victor Block

Following the curvy road that snakes through Yosemite National Park in California, every turn elicits another “wow” moment. It's not easy to decide which view best demonstrates the appeal of the setting: Dramatic overlooks, soaring mountains, rushing waterfalls or other breathtaking examples of Mother Nature's magnificent handiwork.

Equally challenging is choosing among a number of nearby places that themselves would be worth a visit, and which greatly enhance a trip to the area. From ancient fossils to Native American culture to gold mining, something-for-everyone variety adds to the appeal. A sampling of these sites is grouped together in Madera County, located just outside the southern entrance into the park.

A good place to begin exploration is the Pioneer Yosemite History Center. It's inhabited by structures that played roles in Yosemite National Park's past, and were moved to this location. A centerpiece of the collection is a covered bridge that was erected in 1857, over which all Yosemite-bound traffic used to cross. Original markings etched into timbers by the bridge's builders still are visible.

Nearby is the Wells Fargo Office, which operated as a stagecoach terminal and telegraph agency. A blacksmith shop remains from when craftsmen working inside

A much older chapter of the past goes back nearly 800,000 years. At that time, elephant-like mammoths, giant sloths and camels were among animals that lived in the area. After they died, rivers washed their bones to a low-lying spot where they have been uncovered and are on display at the Fossil Discovery Center. The collection is one of a few known

places remaining from that time period.

Reminders of more recent human history also abound. They include evidence of Native American people who lived nearly 4,000 years ago. Their heritage is recalled at the Sierra Mono Museum with displays of beautiful basketry, intricate bead craft, ceremonial items and other exhibits.

Additional vestiges of Native American culture include a historic round house which is still in use, and an annual powwow that is open to visitors.

Those indigenous people later were joined by lumberjacks, ranchers and other settlers. Then the discovery of gold in 1848 set off an influx of people seeking instant riches into the territory. By the time the Gold Rush ended seven years later, California had become a state, the Native American population had been largely decimated, towns were established, and farmers and ranchers arrived to feed the new residents.

Among reminders of those days are the villages of Fine Gold and Coarsegold, which got their names from the type of precious metal found nearby. Information about mining is among stories related at the Coarsegold Historic Museum. It's located at a site that served as a horse-drawn freight wagon station, and the original adobe building from that time still is in use.

Other pages of the past are turned at the Fresno Flats Historic Village, which captures the flavor of the 19th-century life of settlers. Structures include homes containing period furnishings, compact one-room school houses and a log cabin that originally was part of a lodge offering accommodations to stagecoach passengers.

These and other examples of pioneer history would be reason enough to visit this destination. Throw in some of the



*Native American teepee at
Coarsegold Historic Museum*

Bass Lake



most magnificent natural settings anywhere and it's no wonder that Yosemite National Park and its surrounding area are included on many a Bucket List.

There's also an added bonus for those seeking a bit of R&R. Despite its name, Bass Lake is a good place to catch a variety of freshwater fish. Located near Yosemite's southern gate, it offers a convenient location with a choice of water-related activities.

That man-made body of water has been named one of the "West's Best Lakes" by Sunset Magazine. No wonder it's a year-round vacation destination for California residents and others.

The lake and resorts along its shoreline have been attracting visitors since the 1920s. They come to fish, boat, look for bald eagles and swim in water that can reach 80 degrees in summer.

A couple of towns close to Yosemite's southern entrance, each

with about 3,000 inhabitants, make up in charm what they lack in size. North Fork is home to the Sierra Mono Museum and serves as headquarters for a branch of that tribe.

Oakhurst has two primary claims to fame. Despite its small size, it's Yosemite National Park's largest gateway community. In addition, the village is located at a terminus of Scenic Route 49, also known as the Gold Rush Trail. That road's history dates back to early mining days and it is peppered with historic towns that retain their mid-19th century charm.

For information about exploring Yosemite's southern gateway communities in Madera County, California log on to yosemitethisyear.com.

Victor Block is an experienced, multiple-award-winning travel columnist/writer. He belongs to the Society of American Travel Writers and the North American Travel Journalists Association.



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Mummy and Cartwright Launch New 'Lost in Space' Book



Lost in Space cast from Season 3 (CBS publicity photo)



Angela and Bill as Penny and Will Robinson from Season 1 (CBS publicity photo)

If you were a child growing up during the 1960s and a fan of sci-fi television of the day, the nostalgic value of shows like “Lost in Space” can’t be overstated. Cast members Bill Mummy and Angela Cartwright recognize the connection

many seniors may have to the series and have updated and expanded their 2015 “Lost (and Found) in Space” book into a new volume, released September 14 (see www.NCP-Books.com).

“The new book is now 350 pages and contains over 900 photographs,” said Bill Mummy, who played plucky junior astronaut Will Robinson in the series, from his home in Los Angeles. “The original was largely a scrapbook with a few captions, but this one contains a lot more stories about the show as well as the intertwining lives of Angela and me who have remained friends for over 50 years. Much of the credit for the expanded book goes to (the late producer, director, and screenwriter) Kevin Burns.”

Angela Cartwright (the show’s genial and imaginative space-teen Penny Robinson) says Burns called her after acquiring the CBS photo archives of the show.

“We were planning to update the book with maybe 50 ad-

ditional pages, but it ended up so much more with all these never-before-seen photos,” she explained from her Los Angeles art studio. “Bill and I got on the phone and began writing down all the personal memories the photos brought back.”

“I was 10 when the show began,” recalled Bill. “Angela and I were at school together for 4 years, we went through puberty together, we became each other’s first loves, traveled the world together, and went on to have our own families. So it’s both a book on ‘Lost in Space’ and our long friendship.”

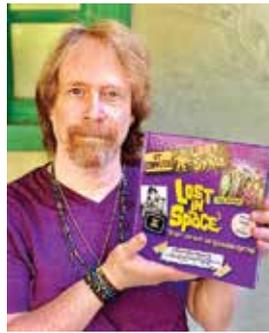
Why the show, and science fiction in general, remains so popular with audiences is no mystery to Mummy. “Sci-fi is just a canvas for the imagination. And because our show had children, kids watching could relate to those characters and go along on the space adventures with us each week.”

After the 3-season show ended in 1968, Mummy and Cartwright continued to act including cameos in the new Netflix “Lost in Space” series. But both have enjoyed successful careers beyond the screen in other artistic areas. Mummy is a respected musician and singer/songwriter (see www.billmummy.com) while Cartwright is a noted photographer and painter (see www.angelacartwrightstudio.com). However, the pair never distanced themselves from the iconic sci-fi series.

“The props, the cast, the stories – I loved every minute working on the show,” recalled Bill. “We’ve been living through a hard time on this planet lately, so a little nostalgia can take you back to a happy time. ‘Lost in Space’ even inspired people to go into the space program.”

“When we visited NASA to watch the Discovery liftoff,

an experience I'll never forget, that's what technicians told us," added Angela. "We just made this little show but it really captured the imagination of the youth of the day. Now, people in their 50s and 60s have introduced it to their children and grandchildren. In 30 or 40 years when we're all no longer around, there will probably be new generations still watching it with fond memories. So we're grateful for the fans and hope the book brings back a snippet of their childhood."



Bill Mumy with the new book (provided by the publisher)

And as the stars have aged, so have their fans. "That's a special connection we have with them," noted Angela. "They've even been very forgiving about my white hair!"

"We've told our story and told it honestly," said Bill. "'Lost in Space' just makes people happy."

Nick Thomas teaches at Auburn University at Montgomery, Ala., and has written features, columns, and interviews for numerous magazines and newspapers. See www.getnickt.org.



Angela Cartwright with the new book (provided by the publisher)

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Celebrating Food History in October

Sure, watching our diet is well-advised as we get older. But with World Food Day falling on October 16, that's all the excuse I need to indulge in extra slices of cheesecake throughout the month. I would also like to acknowledge this delectable date by highlighting some lesser-known moments in world food history:

AD 79: Lone survivor of Mt. Vesuvius eruption relocates to find work in Italian bakery and the Lava Cake is born.

1195: King Richard, recovering from severe bout of acne, meets with royal cook to discuss menu for upcoming banquet. Meeting inspires cook to create popular new British pudding dish: Spotted Dick.

1453: Chef to brutal Romanian ruler Vlad the Impaler invents the shish kabob.

1805: Admiral Lord Nelson inadvertently creates name for popular breakfast meal when asked to predict the outcome of England's naval campaign with France in the Battle of Trafalgar. "French? Toast!" he reportedly quips.

1894: Podiatrist brother of John Harvey Kellogg suggests use for his growing collection of calluses scraped from patients' feet and Corn Flakes created.



1905: After 999 attempts to label new creamy sauce for salads, creator finally settles on name for popular mayonnaise-based tangy 'island' dressing.

1909: Absent-minded Idaho chef prepares the first twice-baked potato.

1912: Rotund US President William Howard Taft stops by White House kitchen for evening snack, but inadvertently sits on cheese and tomato quiche left on chair. Observant staff chef immediately resigns to establish first American pizza franchise.

1919: Airline company serves first in-flight meal to passengers during London to Paris route creating what would universally become known as plain food.

1937: Group of US senators talk endlessly on the Senate floor during first filibuster and the waffle is invented.

1942: Moe, Larry, and Curly develop fastest known pie delivery service.

1953: Swanson markets the first TV dinner ensuring the proliferation of couch potatoes for generations.

1971: Post Cereal corporation introduces Fruity Pebbles. Despite high mineral content, product largely unpopular with consumers until company replaces the small fruit-infused pieces of granite with more palatable flavored crisp rice bits.

Nick Thomas has written features, columns, and interviews for numerous newspapers and magazines. See www.getnickt.org.



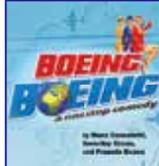
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Rally the Crowd with a Masterful Game Day Menu

FAMILY FEATURES

Scoring big on game day requires championship-level meals and snacks that keep the crowd full and ready for action. You can take your tailgate to the house with these baked dishes that help simplify homegating so you can focus on the big screen. To find more tailgate and homegate recipe inspiration, visit Culinary.net.

Game Day Chicken Wings

Servings: 4

1/2 cup butter, cubed	1 teaspoon black pepper
1/3 cup flour	10 chicken wingettes, thawed
2 teaspoons paprika	dipping sauces (optional)
1 teaspoon garlic powder	fresh parsley (optional)
1 teaspoon salt	

Preheat oven to 425° F.

Line baking sheet with foil. Arrange butter cubes on foil.

In medium bowl, combine flour, paprika, garlic powder, salt and pepper.

Coat both sides of wings in flour mixture then evenly space among butter cubes on baking sheet.

Bake wings 30 minutes.

Turn wings over and bake 15 minutes, or until crispy and fully cooked.

Serve with dipping sauces and sprinkle with fresh parsley, if desired.



Mexican Pizza Dip

Recipe courtesy of chef George Duran; Servings: 6-8

Nonstick cooking spray
1 tablespoon vegetable oil
1 pound ground beef
1 package taco seasoning mix
8 oz cream cheese, at room temp.
1/2 cup sour cream
1 cup Chunky Salsa, plus more for topping
1 cup grated mozzarella
1/2 cup blended Mexican cheese
sliced jalapeno (optional)
sliced black olives (optional)
green onions (optional)
tortilla chips

Preheat oven to 350° F.

Spray 8-by-8-inch glass pan or large souffle dish with nonstick cooking spray; set aside.

In large saute pan, heat oil over medium-high heat and add ground beef, breaking up with flat wooden spatula, until fully cooked. Sprinkle taco seasoning throughout beef and combine.

Place warm beef mixture in large bowl and add cream cheese, sour cream, 1 cup salsa and mozzarella. Mix well until combined and pour into prepared pan. Top with blended cheese and sliced jalapeno, black olives and green onions, if desired.

Bake until fully warmed and cheese is melted, 30-35 minutes.

Top with salsa. Serve with tortilla chips.



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Word Search

Locate the words in the grid which are running horizontally, vertically, or diagonally - forward or backward.

Animal Crackers

- | | |
|------------|-----------|
| Aardvark | Llama |
| Baboon | Macaw |
| Barracuda | Mink |
| Bison | Otter |
| Camel | Parrot |
| Chinchilla | Pelican |
| Cobra | Porcupine |
| Cougar | Quail |
| Dove | Raven |
| Ferret | Salmon |
| Gecko | Sloth |
| Gopher | Swan |
| Hamster | Tortoise |
| Heron | Wolverine |
| Jackal | Wren |

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

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Sudoku

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

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



Sam Stroope
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Crossword

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Across

- 1 South Pacific paperlike cloth
- 5 Matter of debate
- 10 Donations
- 14 Chemical compound
- 15 Dulls
- 16 Candidate's goal
- 17 Lows
- 18 High-hat
- 19 Like some restaurant orders
- 20 Conditional release from prison
- 22 Fragrant flower
- 24 Paper purchase
- 26 It may be grand
- 27 Flat screen TV
- 29 Agreeable
- 33 Indian bread
- 34 Taxonomic groups
- 37 Genetic stuff
- 38 Musical composition
- 39 Low-growing pines
- 40 Compensated
- 41 Excavated
- 42 Churchill's "___ Finest Hour"
- 43 Greeting at sea
- 44 Much of Niger
- 46 "Signs" actor
- 49 Zero
- 51 Chemical endings
- 52 Sports meetings
- 56 Oust
- 60 Kind of surgeon
- 61 Missouri feeder creatures
- 64 Round building
- 65 Honeydew, e.g.
- 66 Bring in the sheaves
- 67 Glitch
- 68 Caught some Z's
- 69 Whig's rival

Down

- 1 Office fill-in
- 2 Dwarf buffalo
- 3 Impoverished
- 4 Losers
- 5 Clothing line
- 6 Overhead light?
- 7 Urban haze
- 8 German sub
- 9 Female hormone
- 10 To the rear
- 11 Writer Uris
- 12 Travelers to Bethlehem
- 13 Greek portico
- 21 ___ Cayes, Haiti
- 23 Fixed charges
- 25 One of the Osmonds
- 27 ___ New Guinea
- 28 Express joy
- 30 Sun Valley locale
- 31 Electrolysis particle
- 32 Lord's mate
- 33 Drops off
- 35 Blackbird
- 36 Welsh dog
- 39 Disembodied spirits
- 40 Travel document
- 42 Jog
- 45 Not digital
- 47 Paragraph starter
- 48 Drone, e.g.
- 50 Oil supporter
- 52 Supreme Diana
- 53 Land o' blarney
- 54 Apple variety
- 55 Shopaholic's delight
- 57 Crème-filled snack
- 58 Lasting impression
- 59 Perceive
- 62 Elephant grp.

1	2	3	4		5	6	7	8	9		10	11	12	13
14					15						16			
17					18						19			
20				21			22				23			
			24			25		26						
	27	28							29			30	31	32
33						34	35	36				37		
38					39						40			
41				42							43			
44			45					46	47	48				
			49			50		51						
52	53	54					55		56			57	58	59
60						61		62			63			
64						65					66			
67						68					69			



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Answers from the Experts



EXPERTS: If you would like to help your community by answering a question here, call 636-5510
READERS: Send your questions to The Best of Times, Box 19510, Shreveport, LA 71149

Are your home care services covered by Medicare, Medicaid or Insurance?

At this time we are not covered through Medicare, Medicaid or other regular medical insurances. We do accept long-term care insurance policies and private pay. Many times the local council on aging office will provide their local seniors with free care services. Veterans or their spouses can request free home care services through their local VA office or hospital. We are currently a preferred community care provider with several local agencies along with the VA medical center.



Maria Gildon,
Client Services Manager
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See our ad on page 33.

My shoulder hurts. Should I play through the pain?

Over 12 million people visit a doctor's office for a shoulder problem annually. Athletes are particularly prone to shoulder injuries due to repetitive, cumulative stress/injuries. Injuries occur during sports, as well as every day home and work activities. Most shoulder problems involve muscles, tendons, and/or ligaments and can be treated effectively with exercises, medications, physical therapy, etc. Steady pain, limitation of motion, difficulties with work activities of daily living or difficulty with sleep should alert you to seek an orthopedic surgeon for help in diagnosing and treating your shoulder pain.



John J. Ferrell, M.D.
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Will I need glasses after cataract surgery?

This all depends on what you are trying to accomplish after cataract surgery. Most patients after routine cataract surgery will only need reading glasses for small print. If there is a lot of astigmatism present then you may even need full time bifocals. In patients with normal healthy eyes, you can have multifocal lenses implanted at the time of cataract surgery. Multifocal lenses allow patients to see distance, intermediate and near without the need for glasses. These lenses do not work like your God-given lenses so it takes your brain some time to adapt to them.



Chris Shelby, MD
WK Eye Institute
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Shreveport, LA 71105
(318) 212-3937
See our ad on page 16.

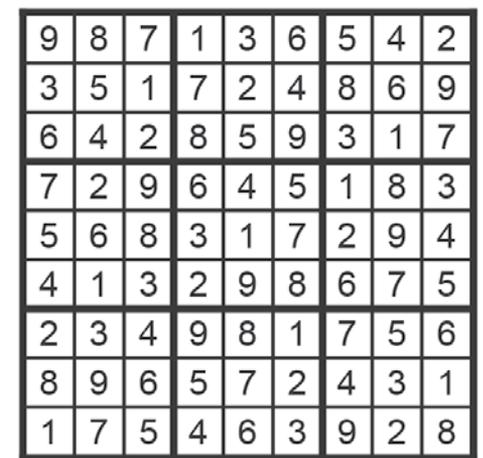
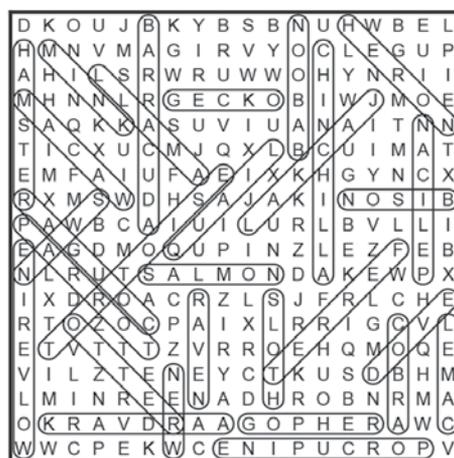
I am told once I choose hospice I cannot return to the hospital. If I choose hospice care, am I able to return to the hospital?

YES, once you select hospice care, your care and options are actually expanded, not limited. The hospice team is there to help you manage your healthcare decisions. Call Regional Hospice at 318-524-1046 any day of the week to arrange an informational visit.



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PUZZLE answers (from pages 34-35)



The Invention of the Year

The world's lightest and most portable mobility device

Once in a lifetime, a product comes along that truly moves people. Introducing the future of battery-powered personal transportation . . . The Zinger.

Throughout the ages, there have been many important advances in mobility. Canes, walkers, rollators, and scooters were created to help people with mobility issues get around and retain their independence. Lately, however, there haven't been any new improvements to these existing products or developments in this field. Until now. Recently, an innovative design engineer who's developed one of the world's most popular products created a completely new breakthrough . . . a personal electric vehicle. It's called the **Zinger**, and there is nothing out there quite like it.

"What my wife especially loves is it gives her back feelings of safety and independence which has given a real boost to her confidence and happiness! Thank You!"

—Kent C., California

The first thing you'll notice about the **Zinger** is its unique look. It doesn't look like a scooter. Its sleek, lightweight yet durable frame is made with aircraft grade aluminum. It weighs only 47.2 lbs but can handle a passenger that's up to 275 lbs! It features one-touch folding and unfolding – when folded it can be wheeled



Available in Green, Black (shown) and Blue



The Zinger folds to a mere 10 inches.

around like a suitcase and fits easily into a backseat or trunk. Then, there are the steering levers. They enable the **Zinger** to move forward, backward, turn on a dime and even pull right up to a table or desk. With its compact yet powerful motor it can go up to 6 miles an hour and its rechargeable battery can go up to 8 miles on a single charge. With its low center of gravity and inflatable tires it can handle rugged terrain and is virtually tip-proof. Think about it, you can take your **Zinger** almost anywhere, so you don't have to let mobility issues rule your life.

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The Zinger Chair is a personal electric vehicle and is not a medical device nor a wheelchair. Zinger is not intended for medical purposes to provide mobility to persons restricted to a sitting position. It is not covered by Medicare nor Medicaid. © 2021 Journey Health and Lifestyle

Odds & Ends



Become a Smithsonian Digital Volunteer

The Smithsonian Institute has a cool project where any citizen can help to transcribe documents from their huge historical collection to make these more accessible to all. More than 913,031 pages of field notes, diaries, ledgers, logbooks, currency proof sheets, photo albums, manuscripts, biodiversity specimens labels, and historic audio recordings have been collaboratively transcribed and reviewed since June 2013. Check transcription.si.edu for information on how to get started.

Shreveport Has 8th Highest Smoking Rate in U.S.

An analysis by Filterbuy found that in Shreveport, 23.1% of adults are smokers - defined in this report as people who have smoked at least 100 cigarettes in their lifetime *and* currently smoke all or some days. Out of all midsize U.S. cities, Shreveport has the 8th most residents who smoke. Here is a summary of the data for Shreveport, as well as the statistics for the entire United States:

- Adults who smoke: 23.1% (U.S. 16%)
- Adults in poor physical health: 15.5% (U.S. 12.6%)
- Adults with COPD: 9.5% (U.S. 6.4%)
- Adults with cancer: 6.4% (U.S. 7.3%)
- Adults who have experienced a stroke: 4.9% (U.S. 3.2%)
- Adults with coronary heart disease: 7.9% (U.S. 3.9%)



WK Health System Designated as One of Best Physical Rehabilitation Centers 2021

Willis-Knighton Health System has been recognized as one of *Newsweek's* Best Physical Rehabilitation Centers for 2021. The list highlights the nation's top inpatient rehabilitation facilities based on quality of care, quality of service, quality of follow-up care and accommodation and amenities. Earlier this year, Willis-Knighton was among *Newsweek's* World's Best Hospitals 2021, one of six Louisiana hospitals to make the list and the only one in North Louisiana. The Best Physical Rehabilitation Centers 2021 ranking lists the top facilities in the 25 states with the highest number of inpatient rehabilitation facilities according to the Centers for Medicare & Medicaid Services (CMS). *Newsweek* and Statista, a global marketing research and consumer data company, designed a rigorous methodology that provided a score for every evaluated rehabilitation center. Scores were based on the reputation survey conducted by *Newsweek* and Statista and the accreditation core based on CMS data.



Senior Day Expo

at the Louisiana State Fair



Please bring canned goods to be donated to the Food Bank of Northwest Louisiana.

Thursday, October 28, 2021

10:00 a.m. to 3:00 p.m.

Hirsch Coliseum at the Louisiana State Fair Grounds

3701 Hudson Avenue in Shreveport

Important Notice to Attendees: Due to the COVID-19 pandemic, attendees must wear masks, follow social distancing guidelines, and comply with other COVID-19 mandates!

- **FREE** admission to the Expo.
- **FREE** health care screenings.
- COVID-19 vaccines available.
- **FREE** parking.
- Informative exhibits from 100+ organizations, agencies, and businesses.
- Limited copies of *Silver Pages* resource directory will be available.
- **FREE** admission to the Louisiana State Fair until 3:00 p.m.
- Flu and pneumonia shots available. (No charge for those presenting their Medicare or Medicaid card. Payment required for all others.)
- Contests, giveaways, and door prizes! (You must be present to win.)
- All ages are invited.
- Grand Door Prize valued at over \$1000! (You must be present to win.)
- Lots of entertainment and fun!

For businesses, organizations, or agencies who wish to exhibit or become a sponsor, please email your request to gary.calligas@gmail.com by October 22, 2021. (Exhibit spaces are subject to availability)

Pre- Registration Entry Form for Senior Day EXPO at the Louisiana State Fair

(Must be present to win door prizes)

Name: _____

Address: _____

City: _____ State: _____ Zip: _____

Telephone: _____ E-mail Address: _____

Please email the above information to seniordayexpo@gmail.com with subject line "2021 Senior Day Registration" OR mail to: 2021 Senior Day EXPO, P. O. Box 19510, Shreveport, LA 71149-0510. **Hurry! The deadline is October 25, 2021!**



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The Bradford



Pilgrim Manor



Colonial Oaks



Meadowview



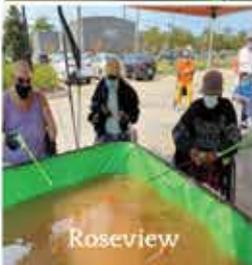
Harmony House



Magnolia Manor



Progressive Care



Roseview



Old Brownlee



The Guest House



Springhill Post Acute
and Memory Center



Presbyterian Village



Spring Lake



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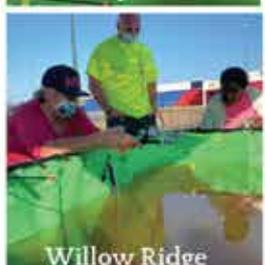
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