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Surviving Thanksgiving
with Diabetes

6 Ways to Protect
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November 3

"Shreveport Regional Arts Council and Christmas in the Sky"
 Pam Atchison, SRAC President

November 10

"Volunteers Needed for Alzheimer's Clinical Studies"
 Elizabeth Disbrow, PhD, Dr. Marie Vazques Morgan, & Dr. Gary Booker

November 17

"Financial Wellness Tips for Seniors and Boomers"
 Tiffany Nickelson, Financial Relationship Senior Consultant with Regions Bank

November 24

"Just Breathe - A Journey of a Friendship"
 Judy Bernath & Alice Green, authors & lecturers

December 1

"Super Ager - Celebrating the Second Half of Life"
 Elise Marie Collins, author, yoga teacher, and health coach

The Best Of Times

November 2018 • Vol. 27, No. 11
 Founded 1992 as *Senior Scene News*
 ISSN Library of Congress #1551-4366

A monthly publication from:
 TBT Multimedia, LLC
 P.O. Box 19510
 Shreveport, LA 71149
 (318) 636-5510
www.TheBestOfTimesNews.com

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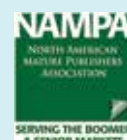
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The Best of Times was received **18 awards** at the North American Mature Publishers Association (NAMPA) convention which was held in Orlando in October, 2018. We're especially proud of multi-talented **Jessica Rinaudo**. Our success this year was directly due to her exceptional designs, writing talent, and skill with a camera. KUDOS!

BEST OF SHOW

FIRST PLACE

GENERAL EXCELLENCE

Briefs/Shorts (Content)

Stat! Medical News & Info

How-To Feature

"Audiobooks: Listen to Your Next Great Adventure"
by Jessica Rinaudo

Briefs/Shorts (Design)

"Our Favorite 5"

Best Use of Color

Overall Design

Self Promotion (In House)

Self Promotion (Outside Source)

Self Promotion (Awards)

Best Banner

Website Self Promotion

SECOND PLACE

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Annual Resource Guide or Directory *Silver Pages*

Best Overall Use of Photography

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"Sharing the Joy of Music" by Jessica Rinaudo



Stat!

Medical News & Info

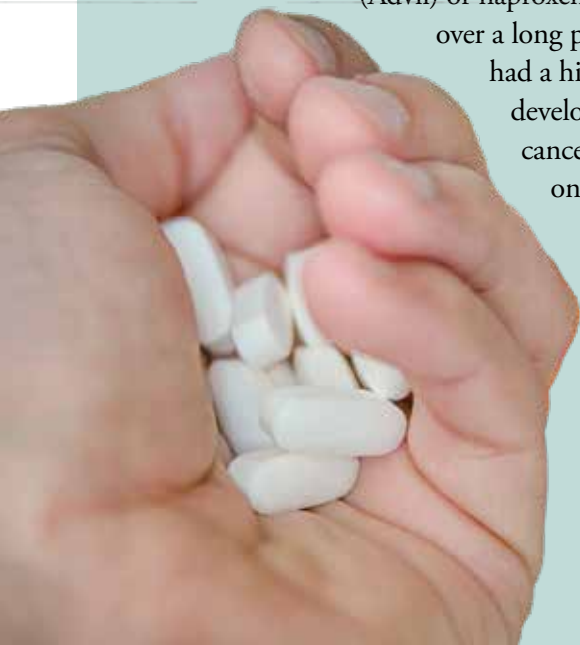


What's in your DNA? Only a small percentage of people in their 50s and early 60s have had their DNA tested – either for medical reasons, to learn their ancestry or out of curiosity – but far more have an interest in getting such tests done, according to a new poll. One in 10 have taken genetic tests offered directly to consumers, and one in 20 have taken genetic tests ordered by a doctor, according to new findings from the National Poll on Healthy Aging. More than half expressed interest in getting DNA tests to guide medical care, understand health risks or know their ancestry. Still, the poll finds, that desire to know more about their risk of disease or heritage comes with a grain of salt. Two thirds of those polled said they thought genetic testing could lead them to worry too much about their future health.

Evidence Mounts Linking Aspirin to Lower Risk of Ovarian Cancer

Taking a low-dose aspirin daily may help women lower their risk of developing ovarian cancer. A new study co-led by Moffitt Cancer Center found that women who reported taking a low-dose aspirin every day had a 23 percent lower risk of ovarian cancer compared to non-aspirin users. The research also found that women who were heavy users of non-aspirin nonsteroidal anti-inflammatory drugs (NSAIDs), such as ibuprofen (Advil) or naproxen (Aleve),

over a long period of time had a higher risk of developing ovarian cancer. (Published online by *JAMA Oncology*.)



Even Adults Benefit from a Regular Bedtime

Sufficient sleep has been proven to help keep the body healthy and the mind sharp. But it's not just an issue of logging at least seven hours of Z's. A new study on sleep patterns suggests that a regular bedtime and wake time are just as important for heart and metabolic health among older adults. In a study of older adults published in *Scientific Reports*, researchers at Duke Health and the Duke Clinical Research Institute found people with irregular sleep patterns weighed more, had higher blood sugar, higher blood pressure, and a higher projected risk of having a heart attack or stroke within 10 years than those who slept and woke at the same times every day. Irregular sleepers were also more likely to report depression and stress than regular sleepers, both of which are tied to heart health.



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Advice
Laws of the Land
 by Lee Aronson

I'm Not Leaving



Gloria (not her real name) wasn't a big believer in "better safe than sorry." When she heard that a hurricane was headed her way, she didn't pay too much attention.

As the storm approached land, it got stronger and stronger. The Governor suggested that everyone evacuate the area. Although many of Gloria's neighbors packed up and left town, Gloria thought the whole thing was overblown (pun intended) and decided to stay put. The storm continued to get bigger and the Governor issued a mandatory evacuation order. That's when all of the rest of Gloria's neighbors got out. But Gloria felt that no one could kick her out of her own home, so she wasn't going anywhere.



Aronson

Once it started raining, it started raining hard. Gloria had never seen her neighborhood so deserted. Her parents, who had already evacuated, called Gloria and begged her to leave. Even her husband, who was not known for his smarts and was often called "Meathead," wanted to run for his life. But Gloria insisted that she wasn't going anywhere.

The water started to rise and the police showed up at Gloria's house in a boat. They told her that there was a mandatory evacuation order and that she had to get in the boat to be taken to safety. But Gloria still wasn't leaving. So the police got out of their boat and told her that they would arrest her if she didn't voluntarily get in the boat. Gloria responded by going to get her shotgun.

A fight ensued; Gloria and Meathead were handcuffed and taken out of the neighborhood and were eventually put on a bus that evacuated them out of state.

About a year after the storm, Gloria decided to sue the police and the Governor. She thought that she had a constitutional right to stay in her home regardless of the hurricane. Does that sound right to you? Should the police or the Governor or the Mayor or anyone else in the government have the authority to make you leave your own home?

In 2008 Louisiana passed a law in order to provide an answer to this question. Here's what it says: if a mandatory evacuation order is issued, you do have the right to remain in your own home. But if you do, don't expect to be rescued. The law says that "All public services are suspended during a mandatory evacuation, and

anyone failing to comply with a mandatory evacuation order may not be rescued or provided other lifesaving assistance."

The law also says that although you are allowed to stay in your home during a mandatory evacuation, you better not leave your home: "An unauthorized person found to be on the property of another or on a public street, place or other public property shall be subject to arrest or forcible removal from the evacuation area."

If a mandatory evacuation order is issued, you do have the right to remain in your own home, **but if you do, don't expect to get rescued.**

So let's say that Gloria had decided to evacuate. After spending hours in traffic and not getting very far, she changed her mind, turned around and tried to go back home. But there's a roadblock on the highway back home and the police won't let Gloria back into the evacuation area. What happens then? The 2008 Louisiana law says, "Once out of the evacuation area, no unauthorized person, including residents, shall be permitted to return until conditions permit and the evacuation order is lifted."

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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Surviving Thanksgiving with Diabetes

It's November, which means Thanksgiving is right around the corner, but did you know that it is also National Diabetes Month? Thanksgiving can be a real challenge when you are trying to manage your blood sugar, as most of the foods we eat are not typically diabetes-friendly. Due to this, most people simply try to ignore their condition for the day, which can be dangerous. We don't have to simply ignore diabetes to enjoy Thanksgiving—the key is to master the balancing act. Try to incorporate some of these tips during this holiday season.



McAlister

Start the Day Right. The first step in managing your blood sugar during Thanksgiving is to start the day with a healthful breakfast. It's common for people to fast before their large Thanksgiving meal, but this can make it really difficult to control your blood sugar. You're also more likely to overeat later in the day due to being really hungry. Your Thanksgiving morning breakfast doesn't have to be large, but it should be substantial.

Enjoy your Family Specialties. Your holiday meal should be enjoyable, and it still can be without overdoing it. Some dishes served at Thanksgiving may only be served once a year, and there is no reason why you shouldn't enjoy them. No food should be on the "naughty list," especially the foods that you look forward to eating at Thanksgiving every year. Aim for smaller portions on your plate and slow down when you are enjoying these foods. Take smaller bites and truly savor the flavors and unique qualities of what you are eating.

Eat Slowly. It takes at least 20 minutes for your brain to register that you are full, so be mindful of this and eat slowly to avoid making yourself sick. Engage in mealtime conversations and remember to sip on water throughout the meal.

Choose Lean Protein. Your Thanksgiving turkey doesn't have to be unhealthy. Bake or roast the turkey instead of frying, and choose white meat instead of dark meat. This

helps reduce extra calories and unhealthy fats that put those with diabetes at a higher risk for heart disease.

Balance your Carbohydrates. Thanksgiving dinner is typically full of delicious carbohydrate-laden foods, not to mention dessert. These carbohydrates still can be enjoyed in moderation. If you know you definitely want dessert, but also want mashed potatoes and a roll, aim for small portions. Ask for a small sliver of pie, enjoy half of the roll, and put a small scoop of potatoes on your plate. If there are even more choices that you feel tempted to try, put a 1-2 Tbsp portion of each carbohydrate choice on your plate. This gives you the opportunity to enjoy each food without overdoing it.

Limit the Alcohol. Alcohol can affect your blood sugar and interfere with certain diabetes medications. If you do wish to have a glass of wine or two, make sure to enjoy it with food and not before the feast.

Move More. Staying active can help make up for some unhealthy holiday habits. This is your secret trick to helping manage your blood sugar. Try taking a walk with some family or friends after your Thanksgiving meal.

Remember the Real Reason for Celebrating. Although our culture has made Thanksgiving mainly about binging on a large meal, it's important to remember the true reason to celebrate. Thanksgiving is a holiday to enjoy time spent with family and friends. Cherish every moment and take the focus away from the plate. Years from now, you won't remember how much sweet potato pie you ate, but you'll remember special memories with the ones you love.

This upcoming season is full of exciting celebrations, but it's important to remember to take care of your health. With a few small modifications, Thanksgiving can still be an enjoyable experience without putting yourself at risk for diabetes-related complications.

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

TIPS FOR Thanksgiving with Diabetes



Start the Day Right



Eat Slowly



Balance Carbohydrates



Limit Alcohol



Move More

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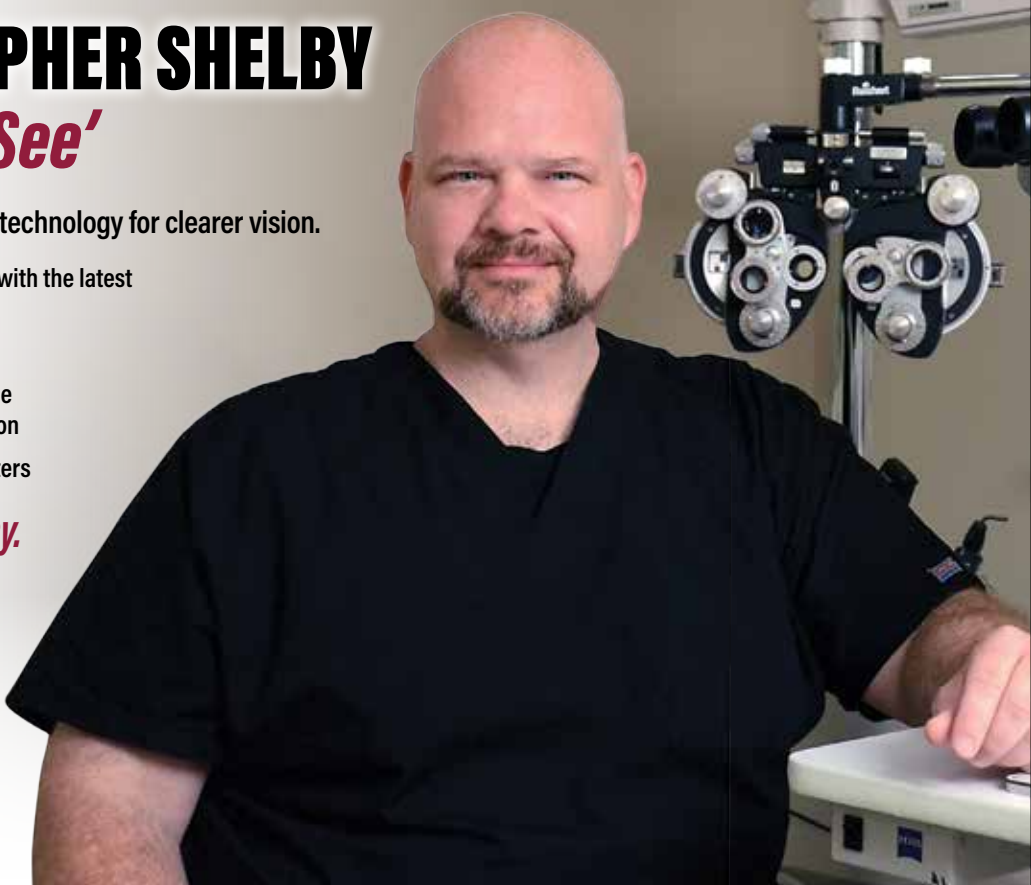
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A 'Happy Days' Thanksgiving with Mrs. C

As the TV matriarch of the Cunningham clan in the sitcom "Happy Days," Marion Ross appeared in over 250 episodes during the hit series 11-season run from 1974 to 1984. But one episode has special significance for the actress this time of year.



Thomas

In 'The First Thanksgiving,' broadcast two days before the November holiday 40 years ago this year, Ross's character (also named Marion) leads the cast in a departure from the show's usual Milwaukee-based setting.

She narrates a flashback story set in the Plymouth Colony with the cast doubling as historical characters to remind her family that sharing and giving thanks are the traditions behind the annual festivities.

"Tom (Bosley) and I were dressed up as pilgrims



Tom Bosley and Marion Ross in the Happy Days episode, The First Thanksgiving - screenshot, Miller-Milkis Productions, ABC

and I had on a lovely outfit with a white bonnet," recalled Ross from her home in Woodland Hills, California. "Then Fonzie (Henry Winkler) comes in wearing traditional clothes, but with his leather jacket over them!"

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It was classic 'Happy Days' humor: Fonzie on a wooden motorbike; later, when he invites Indians into the pilgrims' compound, he's punished and restrained in the stocks but breaks free with a characteristic Fonzie move ("He broke the stock – hey, a first stockbroker!" quips Anson Williams' Potsie character).

Ross's own family roots trace back to Minnesota, where she remembers Thanksgivings as being "rather brisk."

"I was a middle child and the rambunctious one," she recalled. "I would run out and shovel the snow off the walkway."

Thanksgiving included a large extended family seated at tables stretching into the living room. "I remember by the time I was about ten having the traditional meal of turkey, stuffing, pumpkin pies, and also rutabagas. Guests would say 'Rutabagas? We feed those to the pigs!' But we liked them mashed with salt and pepper."

Ross says it was more than just the harsh Minnesota climate that toughened her for a career in the brutal entertainment business. "I was raised not only with that 'You can do anything' attitude, but also "You must

do it.' So I was always determined to get into acting."

Marion was 16 when the family headed west to settle in San Diego.

Now a seasoned Californian, family Thanksgiving traditions include playing bocce ball with a few friends.

And in the spirit of the season, the family often invites a guest who might otherwise be alone – somewhat akin to the "Happy Days" Thanksgiving episode where Fonzie convinces the pilgrims to welcome the local Indians.

"In the end, they join our family for the meal," explained Ross, who turned 90 in October, and published her autobiography "My Days: Happy and Otherwise" in March.

The pilgrim episode concludes with the cast returning to then present-day Milwaukee. Marion serves the meal to her attentive family, adding: "This is a day to count your blessings – everyone has something to be thankful for."

Nick Thomas teaches at Auburn

University at Montgomery, Ala, and has written features, columns, and interviews for over 650 newspapers and magazines.



Marion Ross (photo provided by publicist)

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Computers, Laptops & Tablets, Oh My!



With a plethora of options out there now regarding personal computing devices, it can become very confusing as to which device will suit your needs. Hopefully this article will shed some light on the pros and cons of the most popular devices available today.

The desktop computer is the workhorse that's been tried and true for everything you want it to do today and for future tasks. If you're looking for a machine to do word processing, book keeping, video editing, etc., then the desktop computer is the machine for you. A computer that's in a traditional tower case configuration, has no problem staying cool and is easy to upgrade with lots of room to spare for expansion of peripherals, storage, or memory. With all this capability, you're sacrificing one major component: portability. Your desktop computer is just that - stationary on your computer desk.

Now if you're looking for the capability of a desktop computer in a portable form, then the laptop is the way to go. The laptop computer was once a luxury computer and you paid dearly for it. Today laptop computers come in a wide range of performance levels and prices. Your desktop replacement laptop has the same hardware as a desktop, just crammed into a portable case. These computers give you everything you want in performance with the portability. Their only drawback is they can't cool as effectively as a desktop computer, and therefore will not last as long. They also aren't as upgradable as a desktop computer.

With the introduction of the smart phone to our personal computing devices, we also gained another option as an alternative to the desktop computer. Smart phones utilize a single chip that has a complete computer built into it. These chips are called Systems on a Chip (SOC). With the widespread introduction of this technology, a new line of desktops are available that utilize an SOC. These systems are referred to as mini computers. Mini computers provide enough horsepower to do all the basic web surfing and email tasks,



Rinaudo

but anything too taxing and they quickly show how mini they are. Mini computers are a great solution to a full blown desktop computer that are mainly used for accessing the internet. Mini computers also come with a mini price tag of usually sub \$300. They are great as a kiosk type computer only needed for web access.

Our final device to look at is the popular tablet. Tablets come in different screen sizes, memory configurations, and operating systems. Apple offers the original tablet, the iPad, and Google's operating system Android, married with different manufacturer's hardware, brings cheaper offerings to the table. Tablets are great for surfing the web, answering email, and playing online games. Tablets, however, lack in the performance department, so don't think you're going to run desktop applications on a tablet. Tablets are designed for use on the web and are very portable. You can think of a tablet as your surfboard - ready to get you up and moving across the web. You will, however, need wireless internet access in your home or wherever you plan on using the tablet.

As you can see all these devices have their short comings and advantages. With a little insight, you'll be that much more informed and ready for your computing device purchase.

Mark Rinaudo has worked in IT in Shreveport for more than 20 years. He is the owner and operator of Preferred Data Solutions. Email mark@preferreddatasolutions.com to submit a question for this column.

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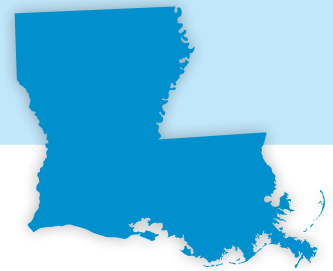
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Abuse of Persons with Infirmities Through Electronic Means

Each year, our Louisiana Legislature meets and passes new laws. I try to cover the ones that affect you, the reader. This year, our legislature passed a law dealing with abuse of those with infirmities by electronic means.



Cox

LSA-R.S. 14:283.3 (A) states:

A person commits the crime of abuse of persons with infirmities through electronic means when all the following occur:

- (1) The person transfers an image that was obtained by any camera, videotape, photo-optical, photo-electric, unmanned aircraft system, or any other image recording device and that was obtained for the purpose of observing, viewing, photographing, filming, or videotaping any person with an infirmity.
- (2) The person transfers the image by live or recorded telephone message, electronic mail, the internet, or a commercial online service.
- (3) The person transfers the image with the malicious

If anyone you know has been **harassed by electronic means**, you will need to notify your local law enforcement agency.



and willful intent to embarrass, shame, harass, coerce, abuse, torment, or intimidate, regardless of whether the victim has knowledge of the transfer.

This law will cover a number of our residents, both elderly and other disabled residents. It is especially beneficial to those person who are in our area nursing homes and facilities who cannot care for themselves or give consent to a picture or video being taken of them by an individual who may want to embarrass or harass them.

As defined in the new law found in LSA-R.S. 14:283.3(B): **“Persons with an infirmity” means a person who**

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suffers from a mental or physical disability, including those associated with advanced age, which renders the person incapable of adequately providing for his personal care. A person with an infirmity may include but is not limited to a person who is a resident of a nursing home, facility for persons with intellectual disabilities, mental health facility, hospital, or other residential facility or recipients of home and community-based care.



which has to be served day for day. Meaning that if a judge sentences a person to one year under the statute, the person must serve the full year.

The statute mainly applies to individuals and does not apply to the telephone company, television stations, internet providers, or any type of those carriers. The legislature also exempted healthcare

providers from the provisions of this statute.

If anyone you are caring for has been harassed by electronic means, you will need to notify your local law enforcement agency. The law enforcement agency will be able to investigate and determine if the person may fall under the provisions of this statute and needs to be charged with a crime. Also, the agency will be able to advise if other measures need to be taken in order to protect the disabled or infirm individual.

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

GRANNY GET YOUR BOW!

Her husband, three adult children, and nine grandchildren all recognize that Connie Jenkins is one of a kind. Despite her battle with fibro-sarcoma, a rare form of cancer that resulted in an above-the-knee amputation in 2000, she remains an unstoppable woman of many parts—equally comfortable roughing it in the woods or sunning on a beach during visits to her daughter and son-in-law near Galveston, Texas.

Her success as outdoorsman and bowhunter depend on a proper foundation and a solid stance from a reliable prosthesis.

Proud husband Robert, a Vietnam veteran, notes, “I have some health issues as a result of the war, and she is actually the one who takes care of me!”

Her sense of humor and personal style—evident in her perfectly pedicured prosthetic foot—are unstoppable, too: Her first prosthetic leg artistically displayed a shark’s huge teeth “biting off her leg.”

A longtime client of Snell’s, Connie praises Russell, her prosthetist, saying, “Without him I wouldn’t be where I am today—that’s the honest truth. At Snell’s, they really get how important my art is to me. I’m picky, and they spend the time it takes to satisfy me.”



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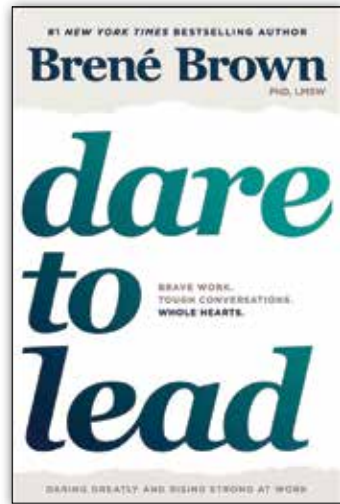
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Dare to Lead

by Brené Brown

Author Brené Brown has made a name for herself with her TED Talk and books on shame and vulnerability. Her newest title, *Dare to Lead*, is no exception. This time she tackles workplace culture and examines some of the pitfalls that can sabotage not only how people work together, but how a company functions as a whole. Brown is quick to emphasize that these strategies are effective not just in work, but anywhere people gather and have to collaborate together, such at church, school and volunteering.



Rinaudo

If you think this sounds like another “self help” book, let me stop you right there. What makes this book different, and all of Brown’s works different, is that she doesn’t just talk about “do’s” and “don’t’s” but examines relationships and environments through the lens of her own research on shame and vulnerability.

Throughout the book, Brown gives examples of difficult conversations and provides strategies for how we can get to the heart of problems by being vulnerable and courageous when addressing difficult situations.

Perhaps one of my favorite parts of this book is her section on “the story I’m telling myself.” In it, she says that our minds are always working to complete a story - often filling in the gaps with things that aren’t true, to make something whole. The way someone glimpses at you can spin a story in your head until you’re convinced that they are angry or upset about something you

did or didn’t do. Brown’s response? Tell them, “Is something wrong? Because the story I am telling myself is that you are upset about something I did earlier and that is why you looked at me that way.” It takes vulnerability to admit that, but it often elicits a better, courageous conversation.

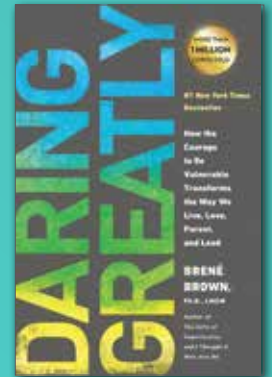
Throughout *Dare to Lead*, Brown provides language to explain her concepts, with concrete examples on how to put them into practice. She interviews real leaders in big corporations, schools and, my personal favorite, a commander at Barksdale Air Force Base. She shows how creating a culture where people feel empowered to share with one another without fear of the “meeting after the meeting” or being shamed, where inclusivity is encouraged, has brought companies back from the brink of bankruptcy, or created new policies that boost morale.

Even if you aren’t currently employed, many of the examples she provides about finding your core values to anxiety-reducing square breathing, can be immediately implemented to help improve your life.

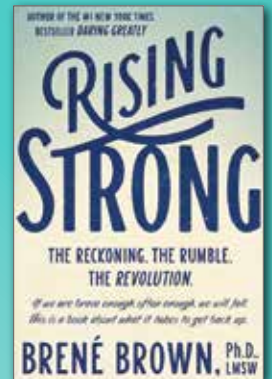
I wrote down many quotes from this book, but this is perhaps one of my favorites, “Don’t grab hurtful comments and pull them close to you by rereading them and ruminating on them. Don’t play with them by rehearsing your badass comeback. And whatever you do, don’t pull hatefulness close to your heart. Let what’s unproductive and hurtful drop at the feet of your unarmored self.” **Grade: A**

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

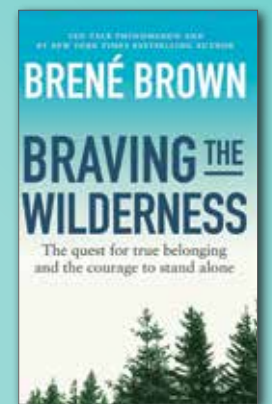
More Books by Brené Brown



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6 Ways to Protect Your Eyesight



Wearing sunglasses when you're outside exposed to bright sunlight **reduces the amount of UV light** that your eyes are exposed to.

Look around at this beautiful Earth and the people I love and I think, I never want to lose this gift! Eyesight is such a precious thing and most people take it for granted because you've never known otherwise. But it's common to lose vision as you age. It's not just an inevitable consequence though.

You might be able to slow it down by considering a few factors, dietary changes and vitamins or minerals. I'll help you learn what might support your health if you have age related macular degeneration (AMD), dry eye syndrome or cataracts.

As soon as you notice changes in your eyesight, see an ophthalmologist. I recommend you share eyesight changes with your doctor so they can see if you have diabetes or other disorders.

1. VISION-PROTECTING FOODS

To protect eyesight, make sure that your diet contains plenty of eye-loving foods. These include citrus foods, nuts, hemp seeds, walnuts, almonds, cashews, salads, sweet potatoes, pumpkin seeds, and seafood. Water is also important. Dehydration will make your vision blurry.

2. LUTEIN AND ZEAXANTHIN

Lutein and zeaxanthin are very special carotenoids that protect your retina. They filter out high-energy wavelengths of light and act as antioxidants. You don't make your own lutein and zeaxanthin, eat right and/or supplement. The best sources of lutein and zeaxanthin are leafy greens, squash, Brussels sprouts, broccoli, carrots and egg yolks.

3. VITAMINS C AND E

These two powerful antioxidants protect the tiny cells of your eye from oxidative damage. Both of these vitamins help you maintain healthy blood vessels. You see, blood vessels improve blood flow to your eye and this is imperative to good vision.

Good food sources of vitamin C include citrus fruits, bell

peppers and salads. Vitamin E can be obtained from sunflower seeds, and walnuts.

4. ZINC

Zinc is highly concentrated in your retina and especially in the macula, where it helps to make a pigment called melanin that absorbs harmful light. Melanin is a pigment that is made in your body by melanocytes. It's in your skin too, it protects against UV radiation. The more melanin you have, the browner your eyes are. Zinc supports melanin production in the body.

5. EPA AND DHA FISH OIL

These offset some of the medication-induced vision damage that occurs from taking statins, NSAIDS, steroids and seizure medicine. Fish oils also suppress the inflammatory mediators such as thromboxanes, prostaglandins and leukotrienes. DHA accounts for more than one-third of the fatty acids in your retina.

Inflammation in your body doesn't passively go away. We've recently learned there are three compounds that force it calm down. These good guys are called the resolvins, protectins, and maresins and essential fatty acids help you make more of the good guys.

6. WEAR SUNGLASSES

Ultraviolet light can hurt your eyes so squinting isn't good. Wearing sunglasses when you're outside exposed to bright sunlight reduces the amount of UV light that your eyes are exposed to.

FYI, our devices emit short-wavelength blue light which might have negative changes in our eyesight.

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New Medicare cards will no longer have Social Security Numbers. New cards will go out April 2018 to April 2019. Everyone will receive their cards at different times.

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It's Time To Understand Depression

People commonly say, "I don't know, I'm just a little depressed today." We all have days when things seem off and we're feeling a little blue. But, in most cases, the sun shines the following day, what was bothering us has disappeared and we're feeling fine again. However, in some cases, those feelings of sadness don't just go away. It's important to be able to recognize what true depression is and to get it treated.

Why does it matter? For starters, untreated depression greatly increases an individual's risk of suicide, and suicide is this nation's 10th leading cause of death and the 2nd leading cause of death among young people ages 15 to 24. Almost half a million people visited U.S. hospitals last year due to self-inflicted harm.

So while it's obvious that serious depression can be a health problem not to be ignored, far too few people recognize depression in themselves, or someone close to them, and seek treatment. That's unfortunate because most serious depression is highly treatable and, unlike a cold or the flu, is not simply going to away on its own.

What is depression? Actually, it can come in several forms, some more serious than others. Around this time of the year, for example, many people will experience "seasonal



depression," those sad or blue feelings that accompany the coming of autumn, shorter days and cooler weather. It's usually a mild form of depression and one that's relatively easy to treat.

"Postpartum depression" is a common problem for many women after giving birth. They tend to experience stress, sadness, loneliness and exhaustion, especially during the first couple of weeks after

the new baby's arrival. Again, it's a form of depression that can be treated.

"Clinical depression" can be a very serious problem. It's not only feeling sad, but is usually characterized by a lack of energy to do even routine tasks. It can make ordinary life difficult or impossible to live successfully.

Seek help if you, or someone close to you, and especially if that someone is a young person, is experiencing feelings of sadness, worthlessness and loss of interest in normal life, and it has been going on for several weeks. A counseling professional can offer a wide range of techniques and tools to help overcome the problems that depression brings, and to help the person return to a happy, productive life. •

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10 TIPS TO KEEP *You* AND *YOUR Family* *Healthy* THIS *Winter*

by Kimberly Blaker

The medical field has long known people are more prone to catching colds and the flu during the cold winter months. Previously, scientists have primarily attributed this increased risk to be caused by people living and breathing together in enclosed environments. But now, according to a 2015 PBS report "Scientists Finally Prove Why Cold Weather Makes You Sick," Yale scientists have the evidence that cold temperatures do indeed make our immune system sluggish and prevent our bodies from fighting off infection

So while we know germs are the actual cause of colds and the flu, we now know cold temperatures prevent our bodies from being able to stave off infection. With these two factors in mind, follow these tips to help keep you healthy the winter through.



1. KEEP YOUR HOME WARM

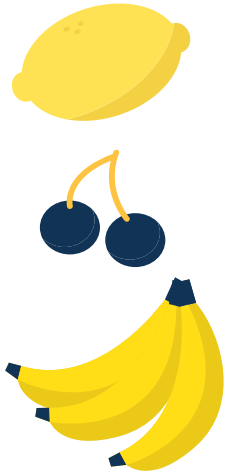
As just revealed, maintaining warmth is essential to ward off winter-related illnesses. So keep your home temperature comfortably warm by setting your thermostat somewhere between 68 and 75 °F. Optimum temperatures are 70 to 72 °F for daytime in your living areas and then turning the thermostat down just a couple degrees cooler at night in your bedrooms. What's comfortable can vary from person-to-person though. So if you feel cold at 72 °F, turn it up a notch or two. The idea is that you remain comfortable.

2. DRESS IN LAYERS

Whether you're hanging around at home or heading out and about, layer your clothing. Wear a t-shirt or cami, a long sleeve shirt or blouse, and a sweater over the top. This way you can keep your thermostat set at a moderate temperature and peel off layers to maintain the perfect comfort level. Layers will also ensure you maintain your comfort if you go somewhere.

Also, when you do leave the house, wear warm boots, gloves, and a hat even if you'll be outside only briefly. We lose most of our body heat through our extremities, so it's vital to keep those areas warm.





3. EAT HEALTHY

Maintaining a healthy diet is important year round. But during the cool winter months, certain foods are particularly beneficial to our immune systems.

Surprisingly, the much-criticized starchy potato is an excellent source of nutrition. It's high in vitamins B6 and C, both of which boost our immunity.

Collards, kale, and chard among other dark leafy greens are high in vitamins A, C, and K. Winter squash, from pumpkin to butternut, spaghetti, and acorn, is high in beta-carotene. Our bodies convert beta-carotene to vitamin A, another vital source to boost our immune systems.

There are also several fruits particularly beneficial to protecting us from winter-related ailments. Citrus fruits are a rich source of vitamin C. But kiwi packs even more of a 'C' punch than an orange. Other fruits that'll help keep your immune system strong include pomegranates, blueberries, cherries, and even bananas.

WE ALL KNOW WASHING OUR HANDS IS CRUCIAL TO PREVENT THE SPREAD OF GERMS TO OTHERS, BUT REGULAR HAND WASHING ALSO REDUCES THE RISK OF TRANSFER OF BACTERIA TO YOURSELF.

4. DRINK PLENTY OF WATER

Dehydration causes a host of health complications. Despite this, most people don't drink nearly enough water and are therefore in a state of chronic dehydration say health experts. In fact, half of all children are dehydrated according to the report "Prevalence of Inadequate Hydration Among US Children and Disparities by Gender and Race/Ethnicity: National Health and Nutrition Examination Survey, 2009-2012."

So just how much water should a person drink each day? For many years we've repeatedly been told to drink eight 8-ounce glasses of water each day. But how logical is it that a 100-pound inactive woman would require the same intake as an active 220-pound man? It isn't logical at all as it turns out.

The good news is, there's a simple formula for how much water a person should consume. Take your weight and multiply it by 66% (weight x .66 = ounces of water). The result is how many ounces of water you need to drink each day. If you're active, add 12 ounces per 30 minutes of exercise.



5. WASH YOUR HANDS



We all know washing our hands is crucial to prevent the spread of germs to others. But regular hand washing also reduces the risk of transfer of bacteria to yourself.

How is that? When someone with a cold or flu touches a doorknob, handrail, or any other object, they transfer their germs to those objects where the bacteria survive for several hours. Now let's say you come along and touch the germ-ridden object. The bacteria has now transferred to your hands. Next thing you know, you scratch your nose or grab a cookie to eat, and voilà, you've just been infected.

So during the winter months make a special effort to wash your hands regularly with soap and warm water. Be sure to rub between your fingers and underneath your fingernails then rinse your hands well and dry them thoroughly. When in public restrooms, use a paper towel to turn off the water and to open the restroom door after you've washed your hands.

6. KEEP ACTIVE

Maintaining an active lifestyle is crucial to a healthy heart, lungs, and bones. But exercise does even more than that for our health. In 2010, a study was cited in “Exercise and Respiratory Tract Viral Infections.” It found a moderately active lifestyle may improve our immune systems as well. Interestingly, it also found prolonged, intense exercise suppresses the immune system.

So the key to improved health is to exercise regularly but in moderation. Unless you're trying out for the Olympics, a 20-mile run isn't likely to serve you well. Instead, opt for a brisk walk for 30 – 60 minutes each day. If you want to do something more vigorous, do a 20-30 minute run or aerobic workout 3 to 4 times a week with some weight lifting in between for optimum health.



7. AVOID PUBLIC PLACES DURING OUTBREAKS

When you hear of an outbreak of the flu or a virus in your area, it's a good time to stay home. Avoid public places as much as possible. This will serve double-duty by keeping you out of the cold.

8. TAKE AN ANTIVIRAL MEDICATION

If you're exposed to the flu, be proactive and nip it in the bud with a prescription for Relenza or Tamiflu. The only catch, there's a short window of opportunity for these medications to be effective. Treatment medications must begin within 48 hours of the onset of symptoms for the treatments to be effective. So as soon as you feel signs of the flu coming on, call your doctor. If your doctor can't get you in right away, opt for an urgent care so you can begin the treatment immediately.



9. GET A MASSAGE

According to a 2010 study for Cedars-Sinai Medical Center, Swedish massage increases lymphocytes, which improve the effectiveness of our immune systems. This means you now have a better excuse to treat yourself to that massage you've been reluctant to splurge on. If getting regular massages isn't in your budget, opt for trading massages with your partner to help fight off illness.

10. GET YOUR Z'S

Studies have found that when we sleep our bodies release cytokines, which help to promote sleep. But certain cytokines also ward off infection. When we don't get enough sleep, we're deprived of the protective cytokines, thus leaving us more susceptible to infection.

Sleep requirements vary from person to person, but children should get at least ten hours of sleep each night. Teenagers require nine to ten hours and adults seven to eight hours per night.



Kimberly Blaker is a freelance writer and the author of a kid's STEM book, Horoscopes: Reality or Trickery? containing fun experiments to help kids understand the scientific method and develop critical thinking skills.



Have you made prearrangements for your family, or do you still have that to do?

Leaving these decisions to your children on the worst day of their lives is a terrible emotional burden.

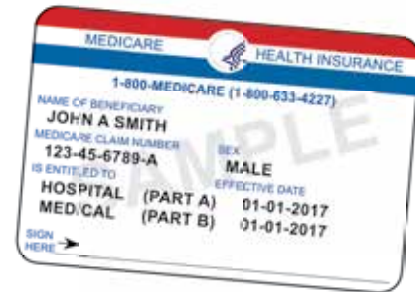
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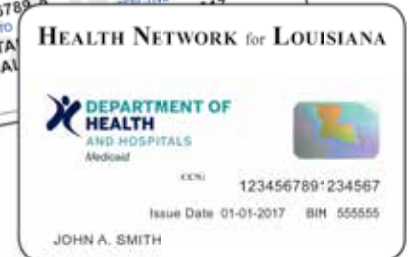
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FACTS ABOUT THE Children OF THE Mayflower

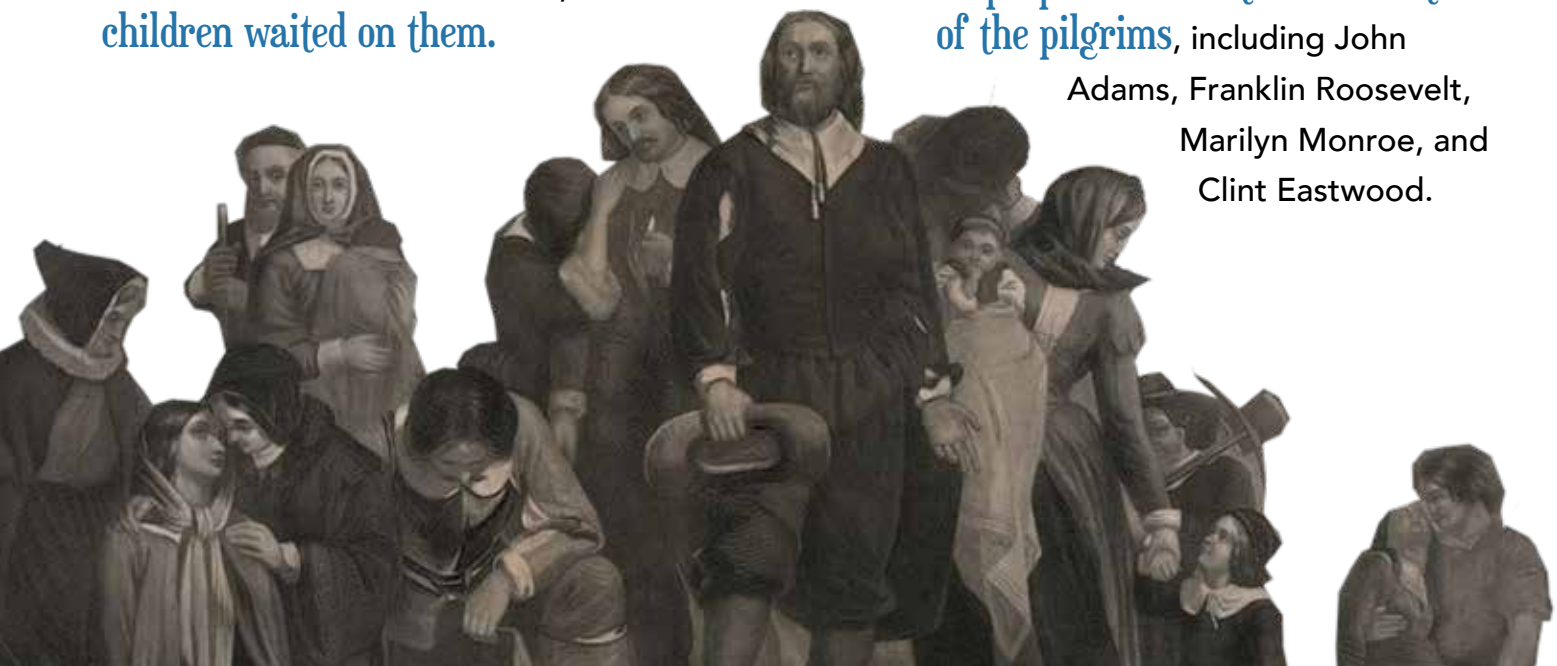
1 There were **51 men, 21 boys, 20 women and 10 girls** on the Mayflower. The only child born during the historic voyage was aptly named Oceanus.

2 The Pilgrims **primary beverage was beer**, even for the kids, because the distillation process made it safer to drink than water.

3 There were **four unaccompanied minors on the Mayflower**. The children's father, Samuel Moore, did not believe the children were his. He divorced their mother and handed the children off to the Puritans bound for America. Only one survived the first winter.

4 In a Pilgrim household, while the adults sat down to dinner, the **children waited on them**.

5 Today, more than **35 million people are direct descendants of the pilgrims**, including John Adams, Franklin Roosevelt, Marilyn Monroe, and Clint Eastwood.



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A CHARLIE BROWN
CHRISTMAS

Thursday
December 20, 2018 - 7 pm

PRESERVATION HALL
JAZZ BAND

Friday
January 25, 2019, - 8 pm

THE OTHER MOZART

Saturday
March 9, 2019 - 8 pm

JEFFERSON STARSHIP

Saturday
April 13, 2019 - 8 pm

SPAMALOT

Sunday
April 28, 2019 - 7 pm

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

SHREVEPORT *Then & Now*

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Top left: Ko Ko Mo on Shed Road in Bossier City. • Top Right: Ko Ko Mo on Kings Highway in Shreveport.
Bottom: Ko Ko Mo on Mansfield Road in Shreveport.



New Device Stops a Cold Before it Starts

New research shows you can stop a cold in its tracks if you take one simple step with a new device when you first feel a cold coming on.

Colds start when cold viruses get in your nose. Viruses multiply fast. If you don't stop them early, they spread in your airways and cause misery.

But scientists have found a quick way to kill a virus. Touch it with copper. Researchers at labs and universities agree, copper is "antimicrobial." It kills microbes, such as viruses and bacteria, just by touch.

That's why ancient Greeks and Egyptians used copper to purify water and heal wounds. That's why Hippocrates, the "father of modern medicine", used copper to heal skin ulcers, and why Civil War doctors used it to prevent infection of battlefield wounds. They didn't know about viruses and bacteria, but now we do.

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

Tests by the Environmental Protection Agency (EPA) show copper surfaces kill germs that are left on them. That way the next person to touch that surface does not spread the germ. As a result of this new knowledge, some hospitals switched to copper for touch surfaces, like faucets, bedrails, 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. When he felt a cold coming on he fashioned a smooth copper probe and rubbed it gently in his nose for 60 seconds.

"It worked!" he exclaimed. "The cold went away completely." It worked again every time he felt a cold coming on and he hasn't had a cold since.

He asked relatives and friends to try it. They said it worked for them, too, so he patented CopperZap™ and put it on the market.

Soon hundreds of people had tried

it and given feedback. Nearly 100 percent said the copper stops their colds if used within 3 hours after the first sign. Even up to 2 days, if they still get the cold it is milder and they feel better.

Users wrote things like, "It stopped my cold right away," and "Is it supposed to work that fast?"

"What a wonderful thing," wrote Physician's Assistant Julie. "No more colds for me!"

Pat McAllister, age 70, received one for Christmas and called it "one of the best presents ever. This little jewel really works." Now thousands of users have simply stopped getting colds.

Copper may even stop flu that starts in the nose if used right away and for several days. In a lab test, scientists placed 25 million live flu viruses on a CopperZap. No viruses were found still alive soon after.

People often use CopperZap preventively. Frequent flier Karen Gauci used to get colds after crowded flights. Though skeptical, she tried it several times a day on travel days for 2 months. "Sixteen flights and not a sniffle!" she exclaimed.

Businesswoman Rosaleen says when people are sick around her she uses CopperZap morning and night. "It saved me last holidays," she said. "The kids had colds going round and round, but not me."

Some users say it also helps with sinuses. Attorney Donna Blight had a 2-day sinus headache. When her CopperZap arrived, she tried it. "I am shocked!" she said. "My head cleared, no more headache, no more congestion."

One man had suffered seasonal sinus problems for years. It was so bad it ruined family vacations and even din-



New research: Copper stops colds if used early.

ners out with friends. His wife Judy bought CopperZaps for both of them. He was so skeptical he said, "Oh Judy, you are such a whack job!" But he finally tried it and, to his surprise, the copper cleared up his sinuses right away. Judy and their daughter both said, "It has changed our lives!"

Some users say copper stops nighttime stuffiness, too, if they use it just before bed. One man said, "Best sleep I've had in years."

People have used it on cold sores and say it can completely prevent ugly outbreaks. You can also rub it gently on wounds, cuts, or lesions to combat infections.

The handle is curved and finely textured to improve contact. It kills germs picked up on fingers and hands to protect you and your family.

Copper even kills deadly germs that have become resistant to antibiotics. If you are near sick people, a moment of handling it may keep serious infection away from you and your loved ones. It may even save a life.

The EPA says copper still works even when tarnished. It kills hundreds of different disease germs so it can prevent serious or even fatal illness.

CopperZap is made in the U.S. of pure copper. It has a 90-day full money back guarantee when used as directed to stop a cold. It is \$69.95. Get \$10 off each CopperZap with code **LABT2**.

Go to www.CopperZap.com or call toll-free 1-888-411-6114.

Buy once, use forever.

(paid advertisement)

Snapshot SLEUTH

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

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



1. Graduates of Mr. Lynn's Modeling Class, 1960. 2. Centenary choir at Shreveport airport, returning from concert trip to New York, 1961. 3. C. E. Byrd High School Peep Show, September 1966. 4. Centenary choir returning from concert trip to New York, 1961. Dr. A. C. Voran, choir director, is in right foreground. (All photos by Jack Barham)

Breakthrough technology converts phone calls to captions.

No Contract
No Monthly Fee

New amplified phone lets you hear AND see the conversation.

The Hamilton® CapTel® Captioned Telephone converts phone conversations to easy-to-read captions for individuals with hearing loss.

Do you get discouraged when you hear your telephone ring? Do you avoid using your phone because hearing difficulties make it hard to understand the person on the other end of the line? For many Americans the telephone conversation – once an important part of everyday life – has become a thing of the past. Because they can't understand what is said to them on the phone, they're often cut off from friends, family, doctors and caregivers. Now, thanks to innovative technology there is finally a better way.

A simple idea... made possible with sophisticated technology. If you have trouble understanding a call, captioned telephone can change your life. During a phone call the words spoken to you appear on the phone's screen – similar to closed captioning on TV. So when you make or receive a call, the words spoken to you are not only amplified by the phone, but scroll across the phone so you can listen while reading everything that's said to you. Each call is routed through a call center, where computer technology – aided by a live representative – generates voice-to-text translations. The captioning is real-time, accurate and readable. Your conversation is private and the captioning service doesn't cost you a penny. Internet Protocol Captioned Telephone Service (IP CTS) is regulated and funded by the Federal Communications Commission (FCC) and is designed exclusively for individuals with hearing loss. To learn more, visit www.fcc.gov. The Hamilton CapTel phone requires telephone service and high-speed

Internet access. WiFi Capable. Callers do not need special equipment or a captioned telephone in order to speak with you.

Finally... a phone you can use again. The Hamilton CapTel phone is also packed with features to help make phone calls easier. The keypad has large, easy to use buttons. You get adjustable volume amplification along with the ability to save captions for review later. It even has an answering machine that provides you with the captions of each message.



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61135

BOLD FLAVOR BOOSTS

for Tradition-Worthy Holiday Meals



FAMILY FEATURES

Holiday gatherings provide perfect opportunities to get creative in the kitchen. Spending quality time with family and friends over an unforgettably delicious meal is what the holiday season is all about, after all. Make sure to be the one everyone is raving about because you've brought something new and delicious to your event by transforming ordinary seasonal recipes with a clever, bold twist.

Now is the time to make cooking wine a must-have in your kitchen essentials. Using a wine specially made for cooking provides consistent, momentous flavor, as it withstands high cooking temperatures and has a long shelf life. These cooking wines are perfect for plenty of recipes and come in savory and flavor-boosting varieties including: Marsala, imparting a sweet-wine flavor with hints of hazelnut; Red, offering a smooth, medium-bodied finish; White, featuring a slightly dry but distinct profile; and Sherry, offering a mild flavor with hints of nut and caramel.

Visit hollandhouseflavors.com for more taste-tempting holiday recipes.

Garlic and Herb Lamb Chops with Marsala Mushroom Sauce

Cook time: 30 minutes plus marinating

Servings: 7 (about 2 lamb chops per serving)

- 2 tablespoons fresh rosemary, chopped
- 4 teaspoons fresh garlic, minced
- 1 tablespoon lemon zest, grated
- $\frac{3}{4}$ cup Marsala cooking wine, divided
- 2 tablespoons extra-virgin olive oil
- 2 racks of lamb (approximately 3-4 pounds), trimmed and cleaned

Marsala Mushroom Sauce:

- 1 tablespoon butter
- 1 pound fresh baby bella or cremini mushrooms, cleaned
- 2 tablespoons fresh shallots, thinly sliced
- $\frac{1}{2}$ cup beef stock
- 1 teaspoon Dijon mustard
- salt and pepper to taste
- 1 tablespoon fresh parsley, chopped

In large bowl, combine rosemary, 3 teaspoons garlic, lemon zest, $\frac{1}{4}$ cup cooking wine and olive oil. Add racks of lamb, meat-side up, and cover bowl. Marinate 6-24 hours. After marinating, heat oven to 400 F. Transfer racks of lamb to heated, oven-proof saute pan on stovetop and sear each side 2 minutes until golden brown.

Transfer oven-proof saute pan with lamb to heated oven and cook approximately 10 minutes, or until lamb reaches 135 F in center. Remove pan from oven and take lamb out of pan to rest.

To make Marsala Mushroom Sauce: In same pan, melt butter over medium heat; add mushrooms and saute. Add shallots and remaining garlic, cooking until fragrant. Deglaze with remaining cooking wine. Add beef stock and whisk in Dijon mustard. Season with salt and pepper, to taste, and cook 2 minutes to reduce and thicken.

Carve racks of lamb by cutting between ribs. Serve drizzled with Marsala Mushroom Sauce. Garnish with parsley.

Buttered Pound Cake with Sherry Mascarpone and Soaked Berries

Cook time: 15 minutes plus marinating

Servings: 10 (2 pieces per serving)

- ¾ cup fresh raspberries
- ¾ cup fresh blueberries
- ¾ cup fresh blackberries
- ½ cup Sherry cooking wine, divided
- 1 teaspoon lemon juice
- 1 teaspoon lemon zest, grated
- 2 tablespoons honey
- 1 cup mascarpone cheese
- 1 ½ cups heavy whipping cream
- 2 tablespoons sugar
- 2 tablespoons butter
- 1 pound cake, cut into 20 pieces

In medium bowl, combine rasp-berries, blueberries, blackberries, 1/3 cup cooking wine, lemon juice, lemon zest and honey. Cover bowl and marinate at room temperature 30 minutes.

In mixer, whip mascarpone by slowly adding heavy whipping cream, sugar and remaining cooking wine. Once thoroughly mixed, whip to stiff peaks.

Butter both sides of each piece of pound cake and add to saute pan. Over medium heat, brown both sides of cake until golden. Place two pieces of toasted pound cake in individual serving dishes and let cool.

Place dollop of whipped mascarpone on pound cake pieces. Garnish with marinated berries.



Where can she turn for help?

What if you're not there? How will she manage?
Is there a plan in place for her care? Are her
assets protected? What about her will?
Do you both want peace of mind?

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- Life Care Planning
- Medicaid / VA Benefits
- Asset Protection Planning
- Social Security Disability Appeals



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& ASSOCIATES**



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33 Years
Experience in Elder Law

Lee
Aronson

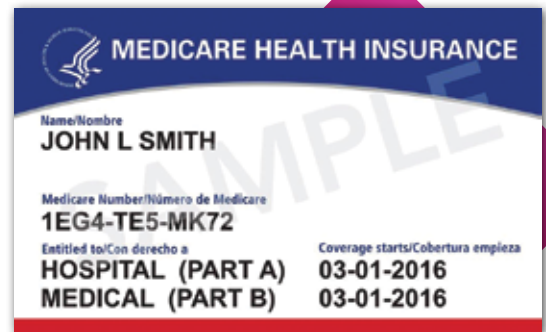


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Odds & Ends

YOU'RE GETTING A NEW MEDICARE CARD

From now until April 2019, Medicare is mailing new cards to the more than 60 million Americans with Medicare. The 843,951 Louisiana residents with Medicare have begun receiving their cards. The new cards will no longer have your Social Security number on them. Instead, they'll have a new Medicare number that's unique to you and will only be used for your Medicare coverage. When you receive your new card, destroy your old one. Don't just toss it in the trash, where a crook can get hold of it. Cut it into small pieces so that your Social Security number can't be read.



LALA ANNOUNCES 2018 EXCELLENCE IN SERVICE AWARD WINNERS

The Louisiana Assisted Living Association (LALA) announced that Jinnie Hebert of Brookdale Senior Living is the recipient of the organization's prestigious Outstanding Executive Director award at their Fall Conference in Baton Rouge. LALA chooses recipients of these awards based on their commitment to providing outstanding, quality care and service to residents in the Senior Living communities where they work.



shopping @ artspace

Tis the Season for a holiday shopping spree! artspace is the place to rock around the Christmas tree! Shop Local with Northwest Louisiana artists selling giftable art goods for you and your loved ones!

Visit artspaceshreveport.com for new holiday days and hours!

artspace 708 Texas Street
Downtown Shreveport
(318)673-6535

Special Shopping Days/Nights

Thurs., November 8
OPENING NIGHT
5:00PM - 8:00PM

Thurs., November 15
5:00PM - 8:00PM

Sat., November 24
Small Business Saturday
11:00AM - 7:00PM

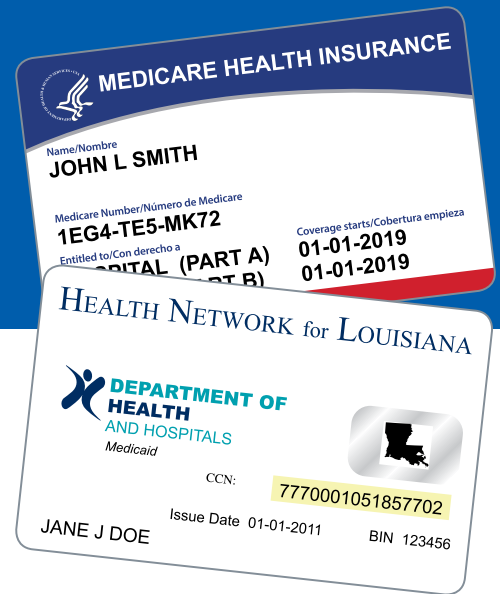
Thurs., November 29
5:00PM - 8:00PM

Thurs., December 13
5:00PM - 8:00PM

Thurs., December 20
5:00PM - 8:00PM

Sat., December 22
LAST DAY TO SHOP
11:00AM - 7:00PM

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If you have Medicare and Medicaid,
you could get even more health
plan benefits, like:



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Health Products Catalog

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Our plans offer more benefits, including a wide selection
of doctors and medications.

Call today to enroll or get answers to your questions.

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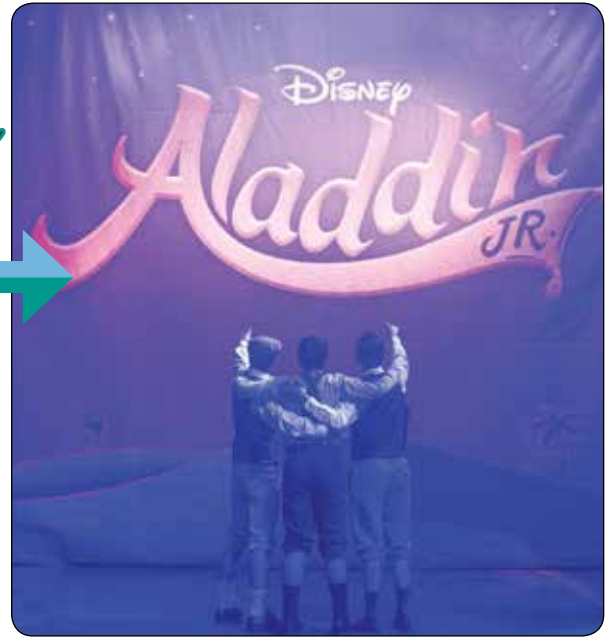
UHCCommunityPlan.com/LA



Plans are insured through UnitedHealthcare Insurance Company or one of its affiliated companies, a Medicare Advantage organization with a Medicare contract and a contract with the State Medicaid Program. Enrollment in the plan depends on the plan's contract renewal with Medicare. This plan is available to anyone who has both Medical Assistance from the State and Medicare. For accommodation of persons with special needs at the sales meetings call 1-855-277-4716, TTY 711, 8 a.m. – 8 p.m. local time, 7 days a week.

SAVE the Date

Aladdin Jr • November 8-11



CONCERTS

• All Beethoven!

Presented by Shreveport Symphony Orchestra. Saturday, **November 17** at 7:30 pm. First Baptist, 543 Ockley Dr, Shreveport. Wideman Piano Competition



All Beethoven! • Nov. 17

Gold Medalist Mei Li joins the SSO for this special evening. Free pre-concert discussion starts at 6:40 p.m. \$60 to \$15. For tickets visit shreveportsymphony.com or call 318-227-8863.

EVENTS

• Christmas in the Sky

December 8 at 7 p.m. at Harrah's Louisiana Downs, Bossier City. Bi-ennial fundraiser for the Shreveport Regional Arts Council. This year's theme is Broadway. Featuring elaborate sets, costumed characters, fabulous buffets, open bar, live and silent auctions, live music and entertainers. \$300 per person. For tickets visit www.shrevearts.org or call (318) 673-6500.

• Holiday Shopping at artspace

Thursday, **November 8, 15, 29, December 13 & 20**, 5:00 – 8:00 p.m. Saturday **November 24** and **December 22**, 11:00 a.m. – 7:00 p.m. Shop local with NWLA artists selling giftable art goods at artspace, 708 Texas, downtown Shreveport.

• Shreveport Farmers' Market

Each Saturday through **November 17**, from 8 a.m. to noon in Festival Plaza (101 Crockett St.) in downtown Shreveport. In addition to locally-grown produce, homemade foods and crafts, and hot food to be eaten on site, the market features live music. On **November 3** there'll be a special visit from The Navy Band. For more information about Shreveport Farmers' Market visit www.shreveportfarmersmarket.com, call 318-455-5788, or email farmersmarket@redriverrevel.com.

• Veterans Day Honorary Celebration

Monday, **November 12**, 10:30 a.m. – 12:00 p.m. Southern University at Shreveport Metro Center, 610 Texas Street, 1st Floor Atrium, Shreveport. Reception following. RSVP to Urina F. Holt, Director, Veterans Upward Bound. 318-670-9633 or 318-670-9674.

• Wine, Art, Music (WAM)

Wednesday **November 7**, 5:30 – 8:00 p.m. Presented by Bossier Arts Council, Eagle Distributing, and

\$100,000
feathers of
FORTUNE GIVEAWAY

DRAWINGS EVERY FRI & SAT 7PM-10PM

WIN A SHARE OF OVER \$100K IN CASH, SLOT PLAY & GIFT CARDS!

VETERANS DAY T-SHIRT GIVEAWAY
NOV. 11 & 12 * 12PM-6PM

Earn 10 points and receive a patriotic t-shirt
* FREE for Veterans* *

*T-shirt is free to Veterans on November 11 starting at 12PM only. Must present valid active or retired military ID.

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G A M B L I N G P R O B L E M ? C A L L 1 - 8 7 7 - 7 7 0 - 7 8 6 7

1800 Prime Steakhouse. 300 Riverside Drive, Bossier City. Featuring the art of Ginger Elliott Briggs. Food and wine pairings are a collaboration by the award-winning culinary team at 1800 Prime Steakhouse and Eagle Distributing of Shreveport. \$35.

MEETINGS

• **Ark-La-Tex Genealogical Association Meeting**
Saturday, **November 10**, from 1 to 3 PM at the Broadmoor Branch Library, 1212 Capt Shreve Dr., Shreveport. Guest speaker will be James (Jim) Jones, Genetic Genealogist. His presentation will be "DNA Test Result – Next Steps." This program is **FREE** and open to the public. For information call 746-1851 or visit www.altgenealogy.com.

• **Creative Art Connection Monthly Meeting**
November 12, 6:00 – 8:00 pm. 630 Barksdale Blvd., Bossier City, LA., in The Annex. Sculpture artist Westley Touchstone will present a demo showing the process of casting and finishing a bonded Bronze.

FREE and open to the public. For more information call Carolyn Pitts (318-965-0798) or Beverly Maleby (318-861-3324).

SEMINARS

• **Medicare 101**
Informative seminar on the basics of Medicare, Medicare Supplement and Medicare Advantage. **November 8** from 10 a.m. to 12 noon. Seminar will be repeated on **December 13**. Bossier Central Library, 2206 Beckett Street, Bossier City. Register at the Reference Desk or by calling (318) 746-1693. Registration is suggested, but not required. Refreshments will be served.

SENIOR CENTER FUN

• **Caddo Council on Aging**
9:30 Coffee and Cookies; 10 am program. Valencia Community Center, 1800 Viking Drive, Shreveport. **FREE**. For more information call 676.7900.

• Thursday, **November 1**. 10 a.m. Kickoff event to honor family caregivers. Bonita Bandaries, author of "A Caregiver Tip a Day".
• Thursday, **November 8**. 10 a.m. "Medicare! Medicare! Medicare!" Bridget Lyman

• Thursday, **November 15**. 10 a.m. "Chair Aerobics with Nora", Nora Wilwert
• Thursday, **November 29**. 10 a.m. "Change Is In the Air", Diane Crouch
• Fridays, **November 2, 9, 16, 30**. 10:00 a.m. Senior Tech Talk. Introduction to laptops, tablets, smart phones and other tech tips.

THEATRE

• **Disney's Aladdin Jr.**
An all-student production by Stage Center's School of Performing Arts. Based on the 1992 Disney film, Disney's Aladdin Jr features music from the movie and all-new songs from the 2014 hit Broadway play. **November 8, 9, and 10** at 6 PM, **November 10** at 11 AM and 2 PM, **November 11** at 3 PM at Emmett Hook Center, 550 Common Street,

Shreveport. \$18 adults, \$15 students. For info or tickets, call 218-9978 or email stagecenterlaboxoffice@gmail.com.

• **West Side Story**
Presented by Shreveport Opera with the Shreveport Symphony Orchestra on stage at the historic Strand Theatre, 619 Louisiana Avenue, Shreveport. **November 9**, 7:30 p.m. A musical in which a modern day Romeo and Juliet are involved in New York street gangs. On the harsh streets of the upper west side, two gangs battle for control of the turf. The situation becomes complicated when a gang member falls in love with a rival's sister. Tickets are \$25 - \$95. Call (318) 227-9503 or visit www.shreveportopera.org.



Christmas in the Sky • Dec. 8

FREE

VETERANS DAY

LUNCH BUFFET

NOVEMBER 11 ★ 11AM-2PM

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G A M B L I N G P R O B L E M ? C A L L 1 - 8 7 7 - 7 7 0 - 7 8 6 7

PUZZLE page

Turn to page 43 for solutions.

Crossword

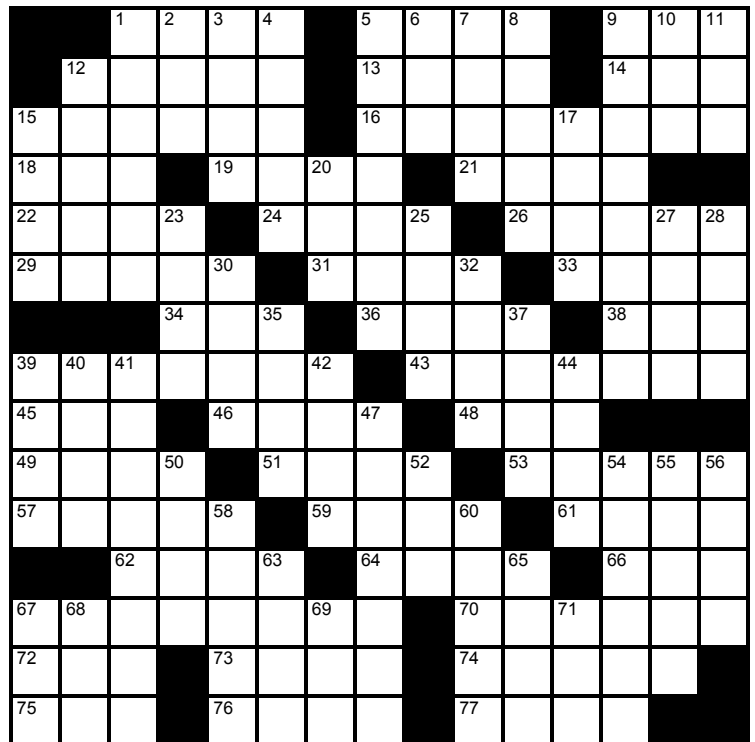
Across

- 1 Wingding
- 5 Sonic follower
- 9 Jabber
- 12 Pious
- 13 ___ no good
- 14 Diamonds, slangily
- 15 No longer reclines
- 16 Greenland caribou
- 18 N.Y. minutes?
- 19 Gym set
- 21 Envelope closer
- 22 How one might run
- 24 Crowd sound
- 26 Ocean motions
- 29 Kind of candle
- 31 Conclude, with "up"
- 33 "Your majesty"
- 34 Hither's partner
- 36 Like some decisions
- 38 Tiny criticism
- 39 Intolerant
- 43 Lake emptiers
- 45 Tribute, of sorts
- 46 Sandwich man?
- 48 Singer DiFranco
- 49 Explosive device

- 51 Wedding cake feature
- 53 Ledger entry
- 57 More cunning
- 59 Bucket
- 61 Volcano feature
- 62 ___-do-well
- 64 Betting group
- 66 ___ es Salaam
- 67 Writing on the wall?
- 70 Help with a loan
- 72 Bon ___ (witticism)
- 73 Harrow's rival
- 74 Come to terms
- 75 Golf ball prop
- 76 Telephoned
- 77 Grazing sites

Down

- 1 Derrière
- 2 Magazine revenue source
- 3 Bit of slander
- 4 Abnormally active
- 5 Financial officers
- 6 Unlock, poetically
- 7 Elevator man
- 8 "Rouen Cathedral" painter
- 9 Conceding



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- 10 Duffer's dream
- 11 Part of a price
- 12 Gadget
- 15 Scorch
- 17 Speaker's platform
- 20 Impact sound
- 23 Send to the canvas
- 25 Big name in mapmaking
- 27 Keystone State port
- 28 Solidifies
- 30 Post-it message
- 32 Prefix with legal
- 35 Without ice
- 37 Hang
- 39 Hair styles
- 40 Hero type
- 41 Reduplicate
- 42 Job for a plumber
- 44 Conked out
- 47 Jumping
- 50 Type of burrito
- 52 ___ Bravo
- 54 Coroner's charge
- 55 Public persona
- 56 Relative of a gull
- 58 Send elsewhere
- 60 Around town
- 63 Novelist ___ Mae Brown
- 65 Theater section
- 67 Clock standard (Abbr.)
- 68 Fish eggs
- 69 Freight weight
- 71 Mrs., in Madrid

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

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Word Search: Visiting Hawaii

- ALOHA
- BEACHES
- CLIFFS
- DIAMOND
- HEAD
- GARDENS
- HILO
- HONOLULU
- HULA
- KAUAI
- KONA COAST
- LANAI
- LAVA
- LEIS
- LUAU
- MAGMA
- MAUI
- MOLOKAI
- OAHU
- OCEAN
- PALACE
- PALM TREES
- PARADISE
- PINEAPPLE
- POI
- SUNSETS
- SURFING
- TROPICAL
- VOLCANO
- WAIKIKI
- WHALES

Sudoku

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

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

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- DECIDING IF THEY CAN STAY AT HOME OR IF THEY NEED TO MOVE TO AN ASSISTED LIVING/NURSING HOME?
- ASKING THEM TO STOP DRIVING?
- WONDERING HOW TO PAY FOR THE CARE THEY DESERVE?



KYLE A. MOORE



VICKIE T. RECH
CLIENT CARE COORDINATOR
CERTIFIED MEDICAID PLANNER™

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Answers from the Experts



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

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

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

In considering a nursing home for future placement of a family member, I am told that I should review the home's most recent state survey. Where can I obtain one?

Survey results are posted online at www.medicare.gov/NHCompare. You may search the site by city, zip code, or the name of the particular homes. It will give you a comparison of each home to the state and national averages of issues cited. If you do not have Internet access, you may ask the nursing home staff to see the survey since homes are required to display a copy of their most recent survey in a public area.

My father has glaucoma and is blind in one eye. When should I be checked, even though I see fine?

A family history of glaucoma is a very strong risk factor for the disease. Other risk factors include advancing age, African-American race, and nearsightedness. If you have a first or second degree relative with glaucoma, you should be evaluated as soon as possible. Glaucoma is a painless progressive disease which, left untreated, causes irreversible blindness. If you have a family member with glaucoma or have other risk factors, schedule a screening at 212-3937.

I have a rotator cuff tear. Do I need surgery?

It depends. Rotator cuff tears are a common source of shoulder pain, which increases in incidence with advancing age. A person can have a rotator cuff tear without experiencing pain. (The incidence varies from a reported 5% to 40%.) 40% of tears will enlarge, and of these, 80% will be symptomatic. 20% of patients remain symptom free for a 5 year period. There is no evidence that delaying surgery to attempt a non-operative treatment protocol adversely affects results. If you have significant weakness and/or a large tear, surgery may be advisable sooner. MRI's are valuable tests to determine tear anatomy and degree.



Toni Camp
Regional Hospice Care Group
8660 Fern Avenue, St. 145
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(318) 524-1046
See our ad on page 48.



Vicki Ott
Highland Place
1736 Irving Place
Shreveport, LA 71101
(318) 221-1983
See our ad on page 46.



Chris Shelby, MD
WK Eye Institute
7607 Youree Dr.
Shreveport, LA 71105
318-212-3937;
See our ad on page 11.




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

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HUMANA OPEN HOUSE

Humana hosted an open house and ribbon cutting on September 25th for its new retail office located at 1655 E. Bert Kouns in Shreveport.



Steve Kent and Cas Fitzpatrick



Malinda Rogers, Tricia Turner, & Latoya Jones



Girlesta A. Brooks, Charles Bobo, Charlotte Bobo, Kyle Baird, & Patricia Wilson



Amy Watt, Brenda Boudreaux, and Elizabeth Gremillion

BENTON

The Benton Baptist Church senior group enjoyed a special presentation by TBoT publisher Gary Calligas on October 16th.



Ethelyn Lunsford, Joyce Brown, Janet Hope, & Debby Magill



Wanda Miller, Benny Nunnery, Ginny Stickel, & Robert Beadle

Puzzle ANSWERS

Crossword

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

Sudoku

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

Word Search

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

HEALTH FAIR

The Bossier Council on Aging held a Senior Health Fair on September 26.



Kaitlin O'Bier & Lois McAvoy



Betty Rudnick, Vernon Varnell, & Thelma Johnson



Tutu Baker & Middie Farrow

RED HAT

Red Hat Society ~ Divinely Aging Divas enjoying lunch & a style show at the Glenwood Tearoom. Pictured left to right: Brenda Griffith, Marion Gentry, VQ Claudia Beene, Judy Doty, Syble Baird, Micky Deville, Barbara Walker, Ginny Boyd, & Queen Ginny Bates



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Dr. Mona Douglas, Optometrist

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SHBA

Southern Hills Business Association held their annual Business Expo on October 16th.



Jessica Ewin, Eric Gibson, Ricky Rowell, & Merwin McCrady



Beverly Sater, Gary Lafitte, & Summer Malone



Harold Sater & Debra Lindsey

BAFB

AARP

Louisiana assisted in the annual Celebrate Barksdale event on October 12th.



Cathy & Mickey Olivier



Urina Holt, Angella Laurence, Rodney Tuttle, & Alfred Doucette

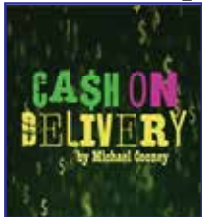


Troy Broussard & Morris Warner

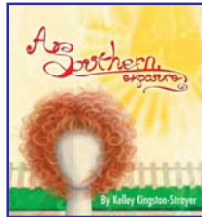
THE SHREVEPORT LITTLE THEATRE

97th SEASON 2018-2019

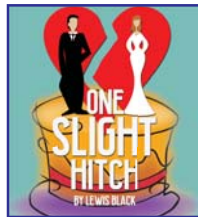
Shreveport Little Theatre... American Theatre at its best!



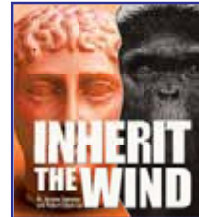
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Vicki Ott
Executive Administrator



Highland Place welcomes all persons in need of our services without regard to race, age, disability, color, national origin, religion, marital status, gender and will make no determination regarding admissions or discharges based upon these factors. We comply with Section 504 of the Civil Rights Act.

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Your **Medicare Health Team**

Peoples Health is a Medicare Advantage organization with a Medicare contract to offer HMO plans. Enrollment depends on annual Medicare contract renewal. Benefits listed are for Peoples Health Choices Gold (HMO-POS). Some limitations and restrictions may apply. This information is not a complete description of benefits. Call 1-866-912-8306 for more information. You must continue to pay your Medicare Part B premium. Copays listed are for in-network services. Out-of-network/non-contracted providers are under no obligation to treat Peoples Health members, except in emergency situations. Please call our customer service number or see your Evidence of Coverage for more information, including the cost-sharing that applies to out-of-network services. Every year, Medicare evaluates plans based on a 5-star rating system. Peoples Health is rated 4.5 out of 5 stars for 2018 and 2019. The "highest-rated" designation is based on the Medicare star ratings for Medicare Advantage and Special Needs Plans listed in the CMS publication "Medicare & You 2019." H1961_19PHBOTAd_M

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