

June 2021

The Best Of Times

“Celebrating Age and Maturity”



STRESSED TO THE MAX?

**Experts and
Regular Folks
Weigh in with Tips
for Reducing
Stress**

2020 was a stressful year and the first few months of 2021 haven't been much better. In hopes of lightening your (stressful) load, we polled a diverse group of leaders to share their tips for dealing with stress. Read what they shared inside.

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StoryCorps: Capturing Community Voices

Dave Isay, Founder and President of StoryCorps

JUNE 19

Welcome to the Anti-Retirement Movement

Patti and Milledge Hart, co-authors of The Resolutionist

JUNE 12

Social Wellness for Seniors

Dr. Brie Lou, Regional Medical Director, Centerwell

JUNE 26

Prepare Now for Emergencies

Stuart Lewis, Media relations specialist with FEMA

JULY 3

How to Revamp Your Home to Age in Place

Lisa Cini, award winning senior living designer

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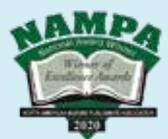
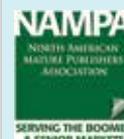
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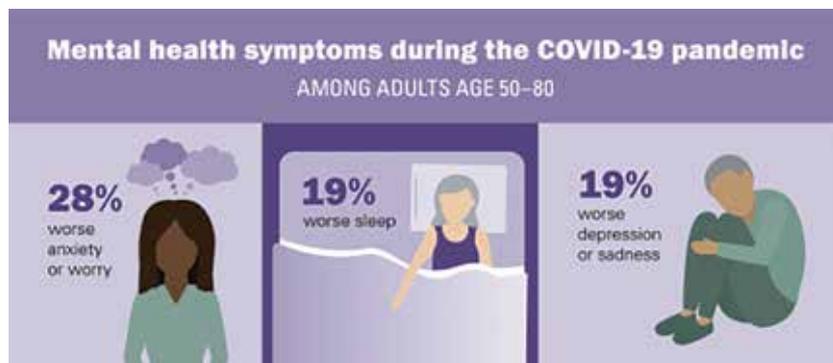
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Stat!

Medical News & Info



Pandemic Worsened Many Older Adults' Mental Health and Sleep

Nearly one in five older adults say their mental health has gotten worse since the pandemic began in March 2020, and an equal percentage say their sleep has suffered in that time too. More than one in four say they're more anxious or worried than before the COVID-19 era, according to a new poll of people age 50 to 80. Women, people in their 50s and early 60s, and older adults who have a college degree or higher were more likely than others to report worse mental health than before the pandemic, according to the new findings from the National Poll on Healthy Aging. Older adults who say their physical health is fair or poor were most likely to report worse mental health, with 24% saying this.

Any Bone Fracture Increases Risk for Subsequent Breaks in Postmenopausal Women

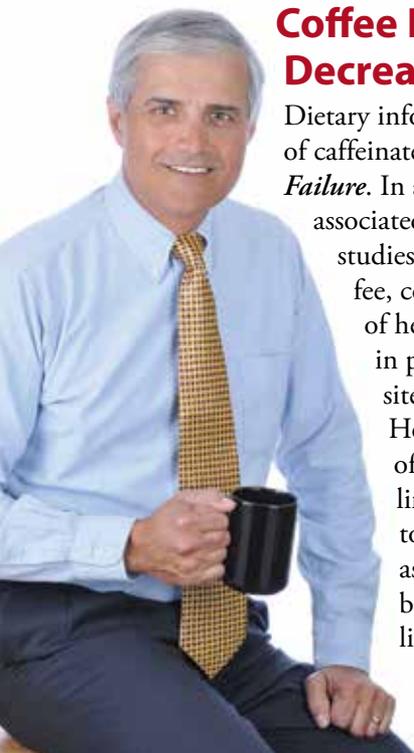
Current guidelines for managing osteoporosis specifically call out hip or spine fractures for increasing the risk for subsequent bone breaks. But a new study at the David Geffen School of Medicine at UCLA suggests that fractures in the arm, wrist, leg and other parts of the body should also set off alarm bells. The researchers found that among postmenopausal women, initial fractures of the lower arm or wrist, upper arm or shoulder, upper leg, knee, lower leg or ankle, and hip or pelvis were associated with an approximately three- to six-fold increase in risk for subsequent fractures. That finding held for all of the age groups studied, with higher risks being more pronounced among non-Hispanic Black, Hispanic or Latina, and Asian Pacific Islander women than among non-Hispanic White women. The researchers write that their findings indicate that aggressive follow-up of postmenopausal

women who experience initial fracture is indicated.



Coffee Lovers, Rejoice! Drinking More Coffee Associated with Decreased Heart Failure Risk

Dietary information from three large, well-known heart disease studies suggests drinking one or more cups of caffeinated coffee may reduce heart failure risk, according to research published in *Circulation: Heart Failure*. In all three studies, people who reported drinking one or more cups of caffeinated coffee had an associated decreased long-term heart failure risk. In the Framingham Heart and the Cardiovascular Health studies, the risk of heart failure over the course of decades decreased by 5-to-12% per cup per day of coffee, compared with no coffee consumption. In the Atherosclerosis Risk in Communities Study, the risk of heart failure did not change between 0 to 1 cup per day of coffee; however, it was about 30% lower in people who drank at least 2 cups a day. Drinking decaffeinated coffee appeared to have an opposite effect on heart failure risk - significantly increasing the risk of heart failure in the Framingham Heart Study. In the Cardiovascular Health Study however; there was no increase or decrease in risk of heart failure associated with drinking decaffeinated coffee. According to federal dietary guidelines, three to five 8-ounce cups of coffee per day can be part of a healthy diet, but that only refers to plain black coffee. The American Heart Association warns that popular coffee-based drinks such as lattes and macchiatos are often high in calories, added sugar and fat. In addition, despite its benefits, research has shown that caffeine also can be dangerous if consumed in excess. The bottom line: enjoy coffee in moderation as part of an overall heart-healthy dietary pattern.



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STRESSED TO THE MAX?

Experts and Regular Folks Weigh in with Tips for Reducing Stress

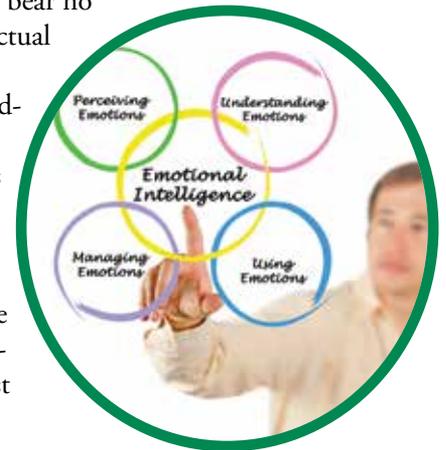
2020 was a stressful year and the first few months of 2021 haven't been much better. In hopes of lightening your (stressful) load, we polled a diverse group of leaders to share their tips for dealing with stress. Here's what they said:



DR. JOHN CHUBACK

Cardiovascular surgeon, personal development & success training expert, and author of *The Straight A Handbook: The 50 Most Powerful Secrets For Ultimate Success In And Out Of The Classroom*

1. Control your mind. As a cardiovascular surgeon, I have performed countless, highly technical, high risk surgical procedures. Such operations would be intensely stress provoking for any individual who had not spent many years training for such experiences. However, in the same operating room, an observer - a medical student for example - feels no stress during cardiac surgery because they bear no responsibility. So we see that stress as an actual entity doesn't really exist. Stress is only experienced in the mind of the individual. It's a perception of a situation; it's not the situation itself. Once one masters one's mind, stress begins to gradually dissipate and be replaced with self-confidence, self-control, and tranquility. It is essential that we understand the workings of our mind in order to take control of how we will respond to the challenging situations life has to offer. This is perhaps the most empowering skill one can develop.



SCOTT SCHRODER
college student and co-author of *101 Ways to Rock Running for Office*

1. Tune in when you tune out. Make sure your free time isn't causing you additional stress. A family friend of ours put it well: The root of "vacation" is 'vacate.' If you're coming to work Monday worn out, try spending your weekends differently.

2. Plan some fun. Create something small to look forward to every few days. I have always found the "light at the end of the tunnel" to help me manage my stress, whether it was a night out with friends, a movie, a ballgame, or a meal.

1. Look for the root cause. When you are feeling stressed, pause to figure out why. Sitting with the discomfort of anxiety can feel uncomfortable, but you are building the skill of finding the root cause of your distress and taking action to address it. Journaling is a great way to build self-awareness of your emotions. You'll see patterns, triggers, habits, and choices that you didn't notice before.

MELANIE GIBSON

Black belt in taekwondo and author of *Kicking and Screaming: A Memoir of Madness and Martial Arts*



2. Redirect. Distractions can be the best medicine for stress. A distraction pulls our attention away from the cause of our stress and can help give us a different perspective or lighten our mood. Take a walk, listen to music, watch a funny video, work on a puzzle, do a sport—do anything to take your mind off the cause of your stress, even if it's just for a few minutes. This gives you a chance to relax, regroup, and refocus.



DAYNA STEELE
Entrepreneur, motivational speaker, podcaster, former political candidate, and co-author of *101 Ways to Rock Running for Office*

1. Take a walk. Alone (if safe) with no input - no music, no podcast, no phone, no calls, etc. Just you and the pavement and your thoughts. It's a great way to clear your head and exercise your body. Just breathe and walk. It's taken me some time but I have now forced myself into the habit of walking a mile in the morning before I start, a mile after lunch to restart my brain, and a mile at the end of the day to wrap things up. My creativity has risen and my stress has lowered considerably. Stop saying you "don't have the time." You do and you'll be better for it.



1. Choose to care for yourself first. We secret superheroes struggle with this one. We're the caregivers, the fixers, the ones at work so busy spinning so many plates and, yet, if there's a project that must be done right...? We're the ones to whom it's assigned AND we gladly take it on. We are the strong, the powerful, the ones everybody else comes to for help. But what happens when we need a little help? As admirable as it is to care for everybody else first before tending to our own needs, doing so comes at a hefty price, not only to ourselves, but, ultimately, to others. Overwhelm and stress among the strong often go undetected. Our confidence and smiles hide the worries, anxieties and fears deep inside. Somewhere along our journeys, we learned that we MUST go it alone and that asking for help or even falling apart is a weakness. But the truth is that it takes a great deal of courage and

PAOLINA MILENA
Speaker, podcaster and author of *Committed: A Memoir of Madness in the Family*



strength to prioritize ourselves and to practice self-care. By CHOOSING what on our “to-do” is worthy of our time and our efforts, we actually end up freeing our minds and our spirits. Letting go of all the things we really can’t control and that aren’t really ours to manage, refuels and empowers us in a way that keeps stress at bay.

KRISTA NERESTANT

Life coach, spiritual medium,
and author of *Indestructible:
The Hidden Gifts of Trauma*

1. Take a deep breath. Immediately focus on your breath. This gives your mind something to do rather than react to the emotional calamity you are currently experiencing. This action of deep inhales and exhales slows the heart rate and brings you out of the fight or flight mode. It may also activate your prefrontal cortex allowing you to ask the right question - what do I need right now to regain control? The one thing you can control is your breath.

2. Visualize. Bring up in your mind whatever you need at this moment. Is it the privacy of an empty room? Imagine walls around you. Or is it a person or memory that you need? Boom, the power of your mind can do that for you. One visualization technique I use is to imagine a light switch. I see it right in front of me and when my timer dings for me to take a break, I mentally turn off the light switch and I drift away in my mind to wherever I can rejuvenate until it’s time to get back to the priorities I’ve set.

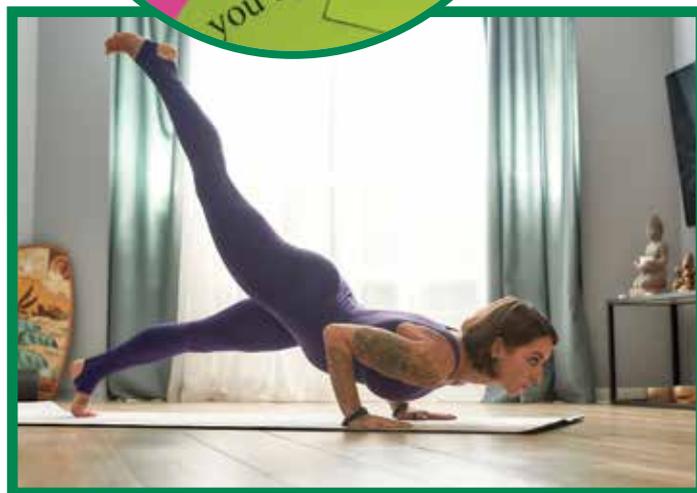
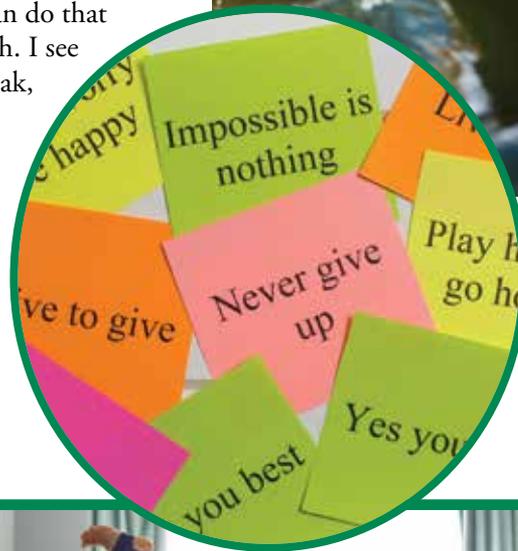
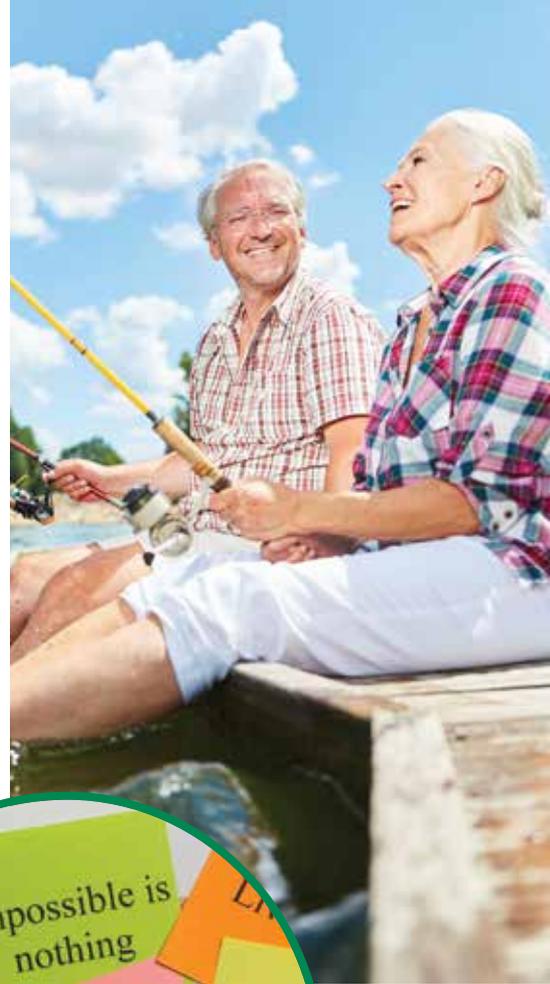
3. Recite affirmations. *I am grateful, I am powerful, I am abundant.* This is my go to affirmation and mantra to re-align and become aware of my present moment. Along with deep inhales and exhales, this technique is an invaluable one to practice. Being grateful instantly takes me away from resentment, being powerful holds me accountable, and being in a state of abundance allows me to appreciate life and the opportunities that are presented to me.

1. Practice mindfulness. I have really bad anxiety that can put me under a lot of stress for absolutely no good reason. I practice mindfulness to help me with my anxiety. For some people, this can be focusing on one thing (like the background beat of a song) or focusing entirely on a task (such as driving). For me, I use either driving or religious rituals to ease my anxiety.

E.T. GUNNARSSON

Teenager, gamer, fantasy world creator and author of post-apocalyptic survival thriller *Forgive Us*

I think we absorb a lot of information in the day and are never allowed to process it, which can affect sleep. For example, I usually take an hour to fall asleep because I am thinking during that time. To combat this, I meditate and sit with my thoughts to let my brain process all the things I’ve encountered throughout the day. It’s like chewing the information rather than forcefully swallowing it.



2. Identify the source of your stress, approach it, and resolve it. If it's from a relationship, I try to talk it out. If it's from an event, I simply have to DO the event. I do Brazilian Jiu-Jitsu and have for a long time. I occasionally compete and when I do I have huge amounts of anxiety right before I get to fight. Music or talking usually helps with the anxiety, but what eliminates it is actually going out to fight.

SHERRA AGUIRRE
 Entrepreneur, health enthusiast, environmentalist, food security activist, and author of *Joyful Delicious Vegan: Life without Heart Disease*

1. Drink tea and move. Resist the urge to turn to sugary, high fat, or processed foods as a response to stress. Consider a cup of chamomile, turmeric or green tea, all known to help reduce anxiety. Also any form of body movement – stretching, yoga, or just going for a walk can shift energy and perspective.

2. Quietly reflect on the positive. Spend some quiet time and reflect on the sent moment – the love of family, support of friends, your resilience in the face of previous challenges. Remember that about eighty-five percent of what we worry about never actually happens.

1. Identify your triggers so you can avoid them. Our lives are so busy and we get many things that add to stress but there are only a few things that really cause stress. Learn to peel the onions slowly and identify the real cause of your stress so you can learn how to deal with it. Ignoring or hiding stressors under layers harms you in the long run.

SEME EROH
 Life coach, IT security professional, and author of *When the Fog Lifts: Gaining Clarity After Chaos and Confusion*

2. Formulate a plan. Develop a system or community to relieve stress - take a walk in the park, meditate, go out with friends, check in with a close friend, watch a movie or whatever makes you feel less stressed.



Learn to identify and avoid stress triggers and find positive ways to deal with people or situations that stress you out. Try the tips above and see if 2021 turns into your "zen" year!

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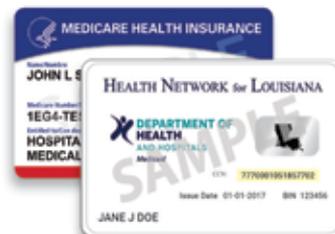
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Summer is Here. Are you Ready?

It is hard to believe how fast time is flying! Here we are at summer again and people are getting ready for outdoor grilling, swimming, and the lazy, hazy days of summer. As we all get ready for vacation, we need to keep some things in mind that may help keep our property safe this summer.

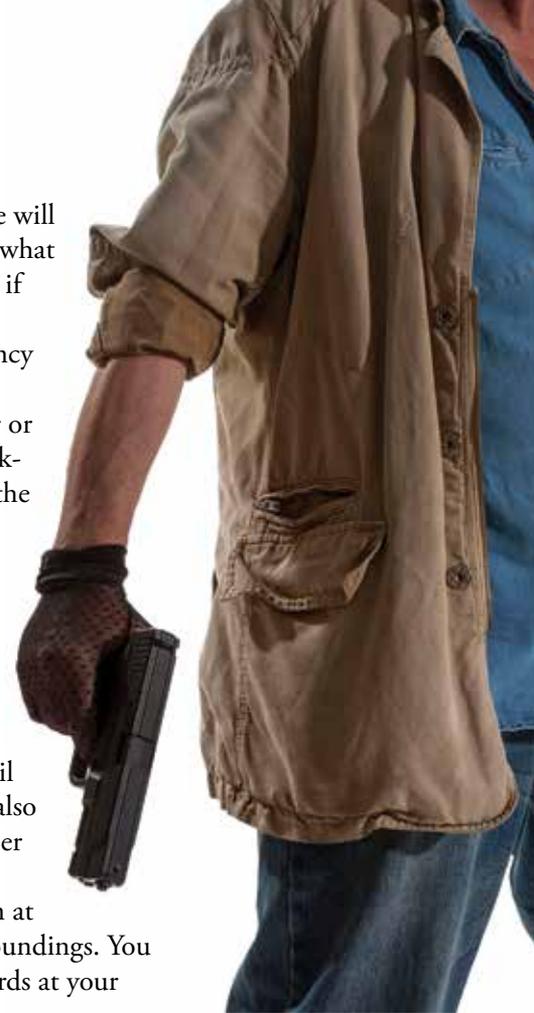
If you plan to leave on a trip out of town for vacation, you will want to have someone watch your home. One possible solution is your local police or sheriff's office. If you call them before you leave town, you can advise them you will be out of town and can ask them to check on your home. These offices will usually send cars to check your residences and make sure that all is well at your home. Most police and sheriff's offices offer this service as a public service.

When you call to set up this service, the offices will usually request the date your trip will start and when you will return. They will ask if you have pets and who will be taking care of your mail. They will also ask whether any lights

will be left on in the home, if people will be working in or around the home, what vehicles will be in the driveway, and if you have a burglar alarm.

If your local law enforcement agency does not offer this service, then you will want to have a trusted neighbor or friend watch your home. People looking to break in your home look for the lack of activity around your house, papers stacking up in the driveway, and mail left in the mailbox. You can always contact the local post office and have them stop the mail if you do not have someone you trust to pick up the mail. The post office will hold the mail for you until you return from your trip. You can also ask the paper not to throw your paper while out of town.

If you are going to have a vacation at home, you need to check your surroundings. You need to make sure there are no hazards at your



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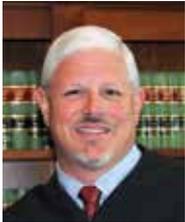
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home while you are entertaining. For example, look for hazards that could cause a guest to trip and fall or get injured on your property which may result a lawsuit. You want to make sure that any guests who come to your home are protected.

You will also want to check your air conditioning system. As cold as it was this winter, it may be just as hot this summer. Air conditioning systems need to be in great condition to endure the strain put on them by a hot summer. There is nothing more miserable than being in a hot house with no way to cool it during the summer. Additionally, if you have elderly neighbors, it would be a good idea to check on them and make sure they are doing well on hot days.

Finally, make sure your car is in great working condition. Make sure to check the coolant, the brakes, and the tires. You don't want to break down or have an accident while on the road. Summer can be hard on vehicles and they need to be prepared to take the heat. Additionally, you don't want a mechanical failure that could be fixed to cause an accident for which you could be sued.

Summer is a fun and exciting time, especially when it comes to getting out of town or relaxing without the stresses of every day life. A little preparation can help you have an enjoyable and safe summer.



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

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4 Remarkable Medicinal Uses for Baking Soda

Everyone has some baking soda in the house, and if not, you should get some. Aside from baking with it, I also use it in my garbage disposal and to brighten my laundry.

Sodium bicarbonate is known more commonly as “baking soda” since it helps make dough rise by producing carbon dioxide. Today I’ll share the most common medicinal uses for baking soda, as well as a few household uses that make it the cheapest, most effective remedy in town!

Consuming excessive baking soda is toxic because it’s so high in sodium. So if you’re taking it internally for heartburn, do not use it chronically, and do not take too much. See a doctor for proper treatment.

Now, here are the best medicinal uses I can think of using baking soda:

FRESHEN BREATH.

Adding some baking soda to your mouthwash can instantly freshen breath and improve oral hygiene. I think this is a great addition to anyone’s nightly

routine and studies even show that it can help your body fight bacteria better by increasing pH in your saliva temporarily.

You can make a mouthwash using baking soda, water and essential oils. I have a recipe for this posted at my website if you’d like to try it. Rinse with plain water after you do the baking soda rinse.

ITCHING.

Get relief for itching and minor bug bites or bee stings using baking soda paste that you make at home. Make a paste that is thick enough to apply to your skin. The amount you use doesn’t matter, just pour it into a little dish, and add enough water slowly until it is thick like a paste, and you can apply it to your itchy spots. You can even kick it up a notch medicinally by adding several drops of lavender, frankincense and/or tea tree essential oil.

If your itchy skin is widespread as you might experience with a drug allergy reaction, then take a lukewarm bath and add about 2 cups to a large bathtub of



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water, and soak for 15 minutes.

SMELLY FEET.

You can make a little foot bath using 1 cup of baking soda to a small foot bath of water. I would add a cup of witch hazel to the mix as well as 10 drops of tea tree oil. Soak your feet for 5 minutes then rinse and dry off. This might help with toenail fungus too.

HEARTBURN OR REFLUX.

Acid reflux is a very common problem that stems from various different root causes, including cancer, ulcers and obesity. Have a work up before using a baking soda remedy and only use this for temporarily acute conditions such as the aftereffects of eating a spicy salsa. Baking soda works by neutralizing stomach acid. Dissolve about 1/2 to 1 teaspoon of baking soda in a cold glass of water. Sip it slowly until the heartburn subsides. Do not use this chronically because it may lead to metabolic alkalosis and electrolyte disturbances which impact your heart and muscles.



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I Want My Truck Back!

Sanford's truck wouldn't start. So he had his son help push it onto their trailer and they drove it to a mechanic. The mechanic took a quick look and said it would cost around \$1,000 for him to fix the truck. Sanford and his son left the truck and the trailer with the mechanic and a couple of weeks later, the mechanic gave Sanford a call.

"Your truck's ready. You owe me \$5,800."

At which point Sanford almost had a heart attack. He didn't have that kind of money.

The mechanic wouldn't let Sanford have the truck back until he paid in full and he said he was also going to keep the trailer Sanford had left with the truck until the bill was paid in full. And if Sanford didn't pay up within the next 10 days, the mechanic was going to start charging him a storage fee of \$50 per day.

Sanford sued. He wanted his truck and trailer back. He was willing to pay the \$1,000 original quote from the mechanic, but not \$5,800 and he wasn't willing to pay any storage fees. Finally, Sanford sued for damages caused by the mechanic's failure to return the truck and trailer.



The mechanic told the Judge that he wanted the full \$5,800 and all of the storage fees. The mechanic explained that the job was so expensive because he had to "tear the engine down! And that's a big job!"

The Judge asked the mechanic if he got Sanford's permission to tear the engine down. The Mechanic said yes, but Sanford said no. The Judge believed Sanford. The Judge didn't

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call the mechanic a liar, but he did say that the mechanic's testimony was "disingenuous."

Then the Judge went on to explain that he had a big problem with the mechanic "holding [the truck and trailer] hostage in an effort to force payment for unauthorized repairs." So, the Judge ordered the mechanic to pay Sanford \$3,500 in damages.

The Judge explained that Louisiana does have a mechanic's lien law. It says that if a mechanic does work on a vehicle, he can keep the vehicle until the customer pays the bill. In Sanford's case, the only work done was on the truck, not the trailer. Therefore, when Sanford asked for his trailer back, the mechanic should have given it back.

Furthermore, the mechanic's lien law does not allow a mechanic to refuse to return a vehicle to the customer if an estimate was given and the final bill is for more than the estimate unless the mechanic gets the customer's "authorization to exceed the amount of the estimate." In other words, if the job was going to cost more than the \$1,000 estimate, then the mechanic should have gotten Sanford's permission before doing more work.

Here's something else the mechanic can't do. This really happened many, many years ago in a small town near Monroe. When the customer came to pick up his car, he refused to pay the mechanic's bill. So, the mechanic refused to return the car and told the customer to leave the shop. On his way out, the customer used his spare car key to get in his newly repaired vehicle and drove off without permission. The mechanic grabbed his gun and took off after the customer in his tow-truck. Care to guess what happened next? Everyone ended up in jail.

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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Eggs: Are They Good or Bad for Me?

One of the most popular questions I get as a Registered Dietitian is “are eggs good or bad?” While I never like to categorize foods as “good” or “bad”, this is a valid question, especially when considering the history of eggs. Over the years, the consensus has changed, which leaves many people confused. Eggs have wonderful nutritional benefits and can be part of a balanced diet.

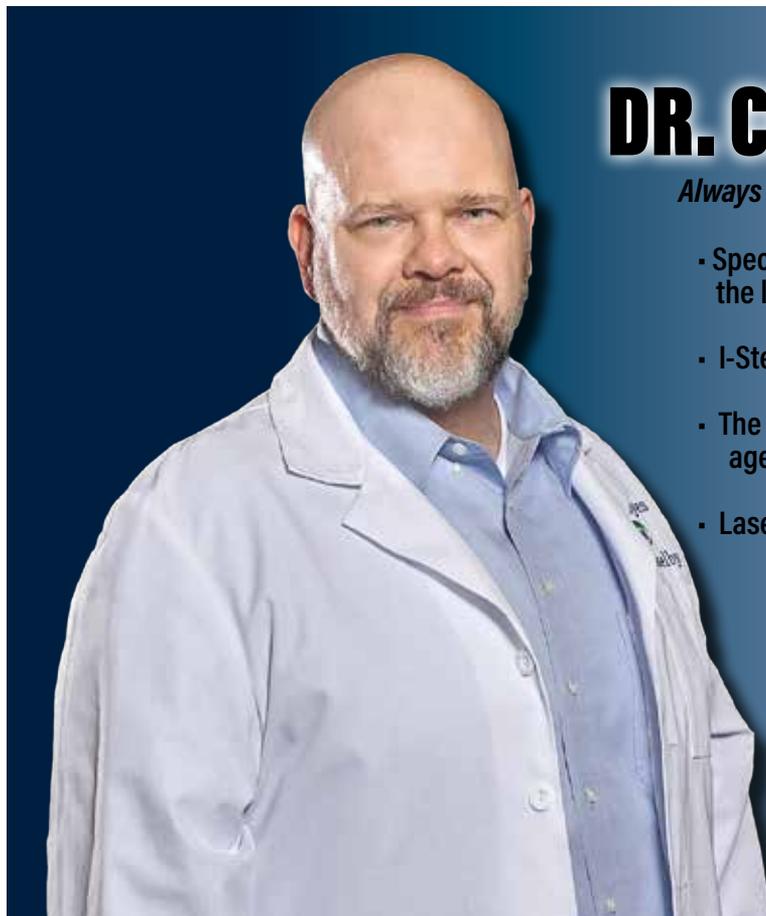
Years ago, experts thought eggs to be unhealthy, and warned against them due to the cholesterol content of egg yolks. The cholesterol in our food was thought to be the cause for high cholesterol levels in our blood. New emerging research, however, suggests that eating cholesterol may not actually cause a significant increase in our blood cholesterol levels. This research instead suggests that saturated and trans fats may be more of a culprit when looking

at the big picture. Frequent changes in research often leaves us frustrated and confused, but it’s always best to follow the most current research.

Now that we know that eggs aren’t as harmful as we previously thought, are there any special benefits to them? The answer is yes-- eggs are actually a nutrient rich food that can help us fill gaps in our diet. Eggs are a great source of protein, which essential for a variety of jobs in our bodies, including helping break down the food we eat, carry oxygen in the body, and create antibodies to fight off illness. When we don’t eat enough protein in our diets, our tissues can break down which leads to muscle loss. Eggs are also a good source of vitamin B12, which helps with neurological function, DNA synthesis, and forming red blood cells in the body. B12 deficiency is pretty common among older adults, as many don’t get enough of this



important vitamin. Eggs are also one of the few foods that naturally contain Vitamin D. In fact, one egg has 6% of the daily value for this nutrient. Vitamin D helps us keep strong bones, as it helps our bodies absorb calcium needed for bone formation and maintenance. In



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addition, eggs contain a nutrient called choline, which helps our bodies with cell signaling and integrity. Emerging research has shown that choline may even benefit cognitive performance in middle aged and older adults. Eggs are also known for their special combination of the nutrients lutein and zeaxanthin, which may help reduce the risk for age-related macular degeneration, which is the leading cause for loss of vision in adults 65 and older.

As you can see, eggs have many benefits. It's important to note that while eggs can be a very nutritious food, it's equally as important to pay attention to how you prepare them. Try to use low-fat cooking methods like poaching or boiling instead of frying to avoid extra calories and fat. Also be mindful of seasonings used, especially table salt, as too much can be a sneaky source of sodium.

Eggs are a great source of protein and are packed with helpful nutrients. While they may have had a bad reputation in the past, they can provide numerous benefits to our bodies. It's still important to practice moderation with eggs, like most foods, and to eat a balanced diet with a variety of different nutrient-rich foods daily.



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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Turning 80, Hollywood Beauty Diane McBain Tackles New Career

According to Diane McBain who turned 80 in May, it's never too late to begin a new chapter in your life. Along with co-author Michael Gregg Michaud (see www.facebook.com/michael.michaud.90), the 60s glamour gal published her autobiography "Famous Enough: A Hollywood Memoir" in 2014. She also recently penned her first novel, "The Laughing Bear."

"And I've got another ready to be published," said McBain from the retirement community in Woodland Hills, California, where she has lived for several years. "I have a cottage here and spend my time writing my heart out. So you can start a new career whenever you want."

2021 is also special for the actress since it was 60 years ago this year that her favorite film, "Claudelle Inglish," was released in which she portrayed a 'good girl' who turns very bad.

"It was just my third film, so playing the title character gave me a great opportunity to test my acting wings," she recalled. "I had led a very sheltered life growing up in Glendale (California), so playing the bad girl was an interesting challenge."

McBain arrived in Hollywood as the studio system came to an end and appeared in over two dozen movies through 2001. She turned to television in the 60s appearing in dozens of shows, most notably co-starring in "Surfside 6," as well as guest-starring parts in TV classics such as "The Wild, Wild West," "The Man From U.N.C.L.E.," and "Batman" as the colorful Pinky Pinkston. Her first TV roles were alongside James Garner and Jack Kelly in episodes of "Maverick."

"They were both great Mavericks. Jack Kelly was really the first actor I worked closely with and was my first screen kiss. I was just a young girl and had never kissed a mature



man before. But he was very sweet about it and I just adored him."

A few years later, in 1966, McBain snagged another on-screen romantic moment, this time with Elvis in "Spinout." "Women have asked me many times what it was like to kiss Elvis and I tell them it was just as wonderful as you would imagine! He was charming and a lovely person to work with. He didn't come on to me which I appreciated because so many did throughout my career."

Diane discusses her personal and career ups and downs, including some truly traumatic times, in her book. In 2001, she left Hollywood after a bad experience serving on the board of directors of the Screen Actors Guild.

"I turned 60 that year and worked very hard to represent people in the industry and do the best I could. But it's a very political organization so I found myself at real odds with others and under very stressful and nasty circumstances. The experience really turned me off being an actor."

After her spell with SAG concluded she moved to Pine Mountain Village, about 90 miles northwest of Los Angeles.

"I got a little cabin, moved in, and lived there for 15 years. I just loved it and especially the white Christmases in the mountains. But age was catching up with me and I had some health issues so that's why I moved to the retirement facility. I still live independently and am enjoying my time here very much. It's

(above) Diane McBain with Elvis in 1966's *Spinout* (MGM)

(left) Diane McBain co-starred as Pinky Pinkston in 2 episodes of TV's *Batman* (ABC)

(page 21) Diane McBain with co-author Michael Gregg Michaud in June, 2019



...serving my health issues well.”

Obviously, says McBain, eating well and exercising as you are able can contribute to good health as you age. But a healthy mental approach is important, too, she stresses.

“It’s a great time in your life to start over and maybe tackle something you always wanted to but never had the time. For me, it’s writing. Your life is never over until you decide it’s over.”

Nick Thomas teaches at Auburn University at Montgomery, Ala., and has written features, columns, and interviews for over 850 magazines and newspapers.



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Take Salad Season to the Next Level

FAMILY FEATURES

Warmer months typically call for lighter bites, and one of the first things that comes to mind for many is a fresh and flavorful salad. While a salad is a quick and easy way to up your veggie intake and get food on the table in next to no time, the same formula over and over again can make mealtimes feel mundane. To take your salads to the next level, think of those greens as a blank slate for creativity and look beyond the bowl for elements that can help create new, satisfying meals. Find more ideas to elevate salad season at freshexpress.com.



Kickin' Chicken Tostadas

Prep time: 30 minutes; Total time: 35 minutes; Servings: 6

- 1 pound boneless, skinless chicken breasts
- 1 jar (16 ounces) salsa verde, any heat level
- 2 packages (10.2 ounces each) Kickin' Bacon Ranch Chopped Salad Kit
- 12 tostada shells
- 1 avocado, peeled, pitted and cut into ½-inch pieces

In large, covered skillet over medium heat, cook chicken in salsa verde 20 minutes, turning once, until internal temperature reaches 165° F.

Remove chicken, reserving ½ cup salsa verde; shred with two forks. Toss with reserved salsa verde.

Place salad from kit in large bowl; toss with half the salad dressing from kit. Add toppings from kit; toss to combine.

Divide salad evenly among tostada shells. Top each salad with chicken and avocado; drizzle with remaining dressing.

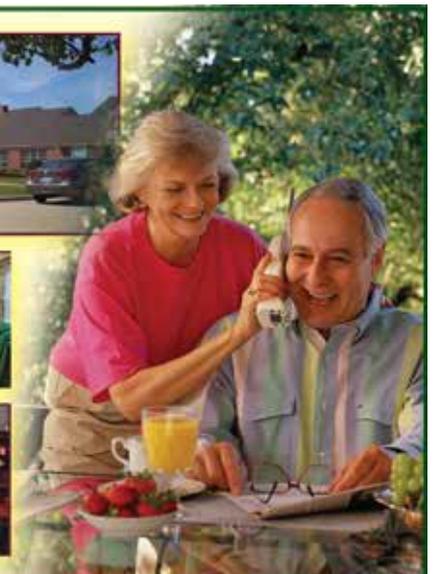
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Thousand Island Burger Pizza

Prep time: 15 minutes; Total time: 25 minutes; Servings: 6

- 1 can (11 ounces) refrigerated thin pizza crust
- 12 ounces lean ground beef
- 1 cup pizza sauce
- 2 cups shredded cheddar cheese
- 1 package (9.4 ounces) Bacon Thousand Island Chopped Salad Kit
- 1/3 cup dill pickle slices

Heat oven to 400° F.

Unroll dough and spread on 13-by-9-inch nonstick baking sheet. Bake 8 minutes; remove from oven.

In small skillet over medium-high heat, cook ground beef, stirring frequently, 8-10 minutes, or until no longer pink; drain. Spread sauce evenly on baked dough to within 1/2 inch of edge. Top with beef and cheese.

Bake 8-10 minutes, or until crust is golden brown. Top with lettuce, bacon and salad toppings from kit and pickle slices. Drizzle with Thousand Island dressing from kit. Cut into 12 (3-by-3-inch) pieces.

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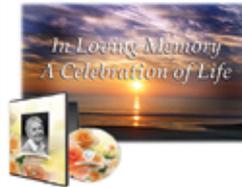


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- 49 Paul Bunyan's ox
- 51 Bay
- 52 Baker's need
- 53 Egghead
- 56 Granola grain

HEAVEN IS THE LAST PLACE YOU'LL WANT TO BE

“And God shall wipe away all tears from their eyes; and there shall be no more death, neither sorrow, nor crying, neither shall there be any more pain: for the former things are passed away..” REV 21:4 KJV

God loves you and has a wonderful plan for your life.



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Authors

- Alcott London
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- Cather Rand
- Crane Rice
- Cussler Salinger
- Ellroy Spillane
- Grisham Steinbeck
- Heller Styron
- Hemingway Twain
- Kerouac Updike
- Kesey Uris
- King Vonnegut
- Koontz Wouk

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

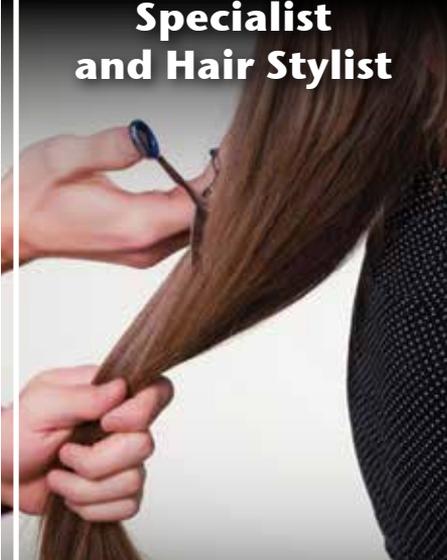
Sudoku

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

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

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The Invention of the Year

The world's lightest and most portable mobility device



The Zinger folds to a mere 10 inches.

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 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.

Why take our word for it. You can try the **Zinger** out for yourself with our exclusive home trial. Call now, and find out how you can try out a **Zinger** of your very own.

Zinger Chair®

Call now and receive a utility basket absolutely FREE with your order.

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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 firstSTREET for Boomers and Beyond, Inc.



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

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.

How can families determine if their loved one needs in home care services?

Older adults may not admit they're struggling because they don't want to lose their independence. There are many warning signs that indicate that a loved one may need in-home care. These signs may include memory problems, accidents such as falling in the home, or struggling to perform daily tasks such as bathing, dressing, toileting, cooking, etc.

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.

What are the symptoms and treatment of torn cartilage?

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



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Regional Hospice Care Group
8660 Fern Avenue, St. 145
Shreveport, LA 71105
(318) 524-1046
See our ad on page 19, 32.



Maria Gildon,
Client Services Manager
Always Best Care
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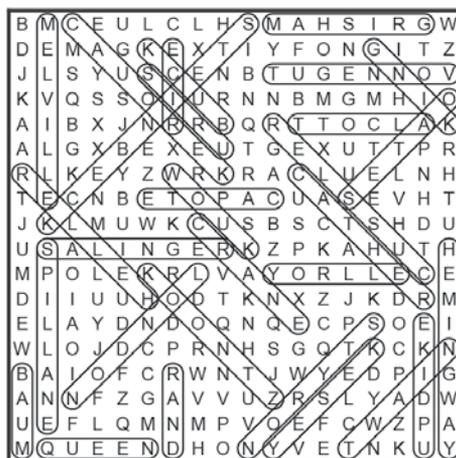


Chris Shelby, MD
WK Eye Institute
7607 Youree Dr.
Shreveport, LA 71105
(318) 212-3937
See our ad on page 20.



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

PUZZLE answers (from pages 26 - 27)



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

Make your home more comfortable than ever

“To you, it’s the **perfect lift chair**.
To me, it’s the **best sleep chair** I’ve ever had.”

— J. Fitzgerald, VA

NOW
also available in
Genuine Italian Leather
(and new Chestnut color)



**Three Chairs
in One
Sleep/Recline/Lift**



Pictured: Genuine Italian Leather chair chestnut color.

You can’t always lie down in bed and sleep. Heartburn, cardiac problems, hip or back aches – and dozens of other ailments and worries. Those are the nights you’d give anything for a comfortable chair to sleep in: one that reclines to exactly the right degree, raises your feet and legs just where you want them, supports your head and shoulders properly, and operates at the touch of a button.

Our **Perfect Sleep Chair®** does all that and more. More than a chair or recliner, it’s designed to provide total comfort. **Choose your preferred heat and massage settings, for hours of soothing relaxation.** Reading or watching TV? Our chair’s recline technology allows you to pause the chair in an infinite number of settings. And best of all, it features a powerful lift mechanism that tilts the entire chair forward, making it easy to stand. You’ll love the other benefits, too. It helps with correct spinal alignment and promotes back pressure relief, to

prevent back and muscle pain. The overstuffed, oversized biscuit style back and unique seat design will cradle you in comfort. Generously filled, wide armrests provide enhanced arm support when sitting or reclining. **It even has a battery backup in case of a power outage.**

White glove delivery included in shipping charge. Professionals will deliver the chair to the exact spot in your home where you want it, unpack it, inspect it, test it, position it, and even carry the packaging away! You get your choice of Genuine Italian leather, stain and water repellent custom-manufactured DuraLux™ with the classic leather look or plush MicroLux™ microfiber in a variety of colors to fit any decor. **New Chestnut color only available in Genuine Italian Leather. Call now!**

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classic beauty & durability



Long Lasting DuraLux™
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Because each Perfect Sleep Chair is a made-to-order bedding product it cannot be returned, but if it arrives damaged or defective, at our option we will repair it or replace it.

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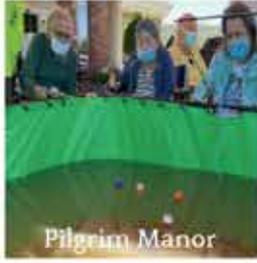
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Meadowview



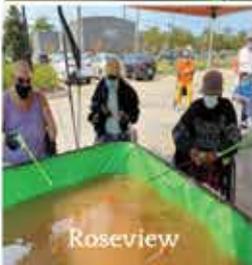
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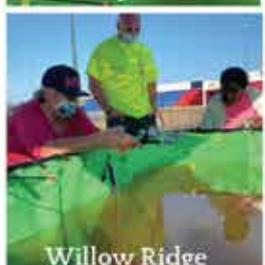
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