

RAPIDES NEWS

A Publication of the Rapides Council on Aging

Volume 6 | Issue 68

August 2021



In My Opinion

BY BETTYE DEKEYZER

YOU'RE GOOD FOR ANOTHER 25,000 MILES!



Often someone who has been very healthy most of their life is suddenly rushed to the hospital with a serious malady. They never knew what was going on in their body until it reached the critical state, and they end up in a hospital bed. I realized how wonderful it would be if someone invented a diagnostic machine that would interpret the sounds the body speaks into English. I thought of this as I watched a machine at an auto repair shop plug a car into a machine that printed out what was wrong and how to fix it.



How great it would be to drop by the now and then and plug into a machine that would scan everything internal and produce a written analysis of all bodily functions. Better yet tell us in a soothing voice that all was well.

The brain would speak first. *"I am far too busy to talk with you very long. It is a drain on power. Your IQ is remarkable, and your memory banks have grown to an impressive degree. You are entering useless data that I have to decide whether to keep or*

eliminate." The brain likes to make it clear who is really in charge.

Next the lung. *"The quality of air you give us is not as good as it used to be, but we have ways to make it better. You had good sense and didn't smoke so that is a problem we don't have to contend with."* I have never smoked so my lungs feel superior about that.

The stomach reports everything is fine, but it misses hot fudge sundaes and brownies. *"We are trying to like Granny Smith green applies and sugar-free everything."*

The heart speaks a language doctors understand. A machine prints out the heart's language to let doctors know things are good or not. But you never know about hearts. Hearts are designed to last as long as one hundred years. They also stop for no good reason. When that happens, life is over.

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A publication by Rapides Council On Aging.
204 Chester Street, Alexandria, LA 71301.

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The editorial content and views expressed in the Rapides News Magazine does not constitute endorsement by Rapides Council On Aging, Inc.

Front Cover Image: Deep purple pansies are a sign that cooler temps are on the way. The shady areas of your flower gardens is the best place for rich pops of purple!



WHEN TO WORRY ABOUT WORRYING

There is no shortage of things to worry about --- from personal concerns about job security or health, to fears related to larger issues such as political conflicts or natural disasters. Temporary anxiety can be a healthy response to uncertainty and danger, but constant worry and nervousness may be a sign of generalized anxiety disorder.

Do I have generalized anxiety disorder?

You'll need your doctor's help to know for sure, but while other types of anxiety disorders arise from particular situations, generalized anxiety disorder is characterized by debilitating worry and agitation about nothing in particular, or anything at all.

People with generalized anxiety disorder tend to worry about everyday matters. They can't shake the feeling that something bad will happen and they will not be prepared. They may worry to excess about missing an appointment, losing a job, or having an accident. Some people even worry about worrying too much.

Physical symptoms are common too, and can include a racing heart, dry mouth, upset stomach, muscle tension, sweating, trembling, and irritability. These bodily expressions of anxiety can have a negative effect on physical health. For example, people with generalized anxiety disorder are at greater risk for heart attack and other cardiovascular problems.

Taming anxiety

If you have generalized anxiety disorder, therapy — particularly cognitive behavioral therapy (CBT) — can help. CBT helps people recognize when they are misinterpreting events, exaggerating difficulties, or making unnecessarily pessimistic assumptions, and offers new ways to respond to anxiety-provoking situations.



For some people, medications can be an important part of treatment. Commonly prescribed drugs include antidepressants, such as selective serotonin reuptake inhibitors (like Prozac or Zoloft), or dual serotonin and norepinephrine reuptake inhibitors (like Effexor or Cymbalta). These drugs take longer to work than the traditional anti-anxiety drugs, but also may provide greater symptom relief over time.

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Dear Bettye: I went to a beautiful afternoon tea for seniors and was appalled by some of the women. They were rude, demanding, and impolite. Why do they act this way?

The women who were rude, demanding, and impolite were that way when they were young. It is unacceptable behavior regardless of their age.

Dear Bettye: What is the correct way to serve potato chips? I am from England and want to have everything perfect for a luncheon.

Serve potato chips in a bowl. Your guests can remove them from the bowl with a serving spoon wide enough to remove several potato chips. Also, you can place a serving in a small plate for each guest on the right side of the luncheon plate. Or better yet – don't serve potato chips. No one would expect chips to be served at an elegant luncheon. For some reason English people think Americans eat potato chips and drink Coca-Cola at all meals. We don't.

Dear Bettye: When I am at the copying machine in my office someone will ask "Can I just run a few copies?" I don't know how to say no.

The etiquette of the copy machine demands that no one with good manners would ask such a thing. What you must do is have the office manager post a written notice saying, "Do not ask anyone to use the copy machine while it is in use by someone. It is not only rude it can ruin the copy machine."

Dear Bettye: When a man thinks you are the woman for him will he say so or expect you to realize how he feels? How long should a woman

wait for an offer of marriage?

You may believe he thinks you are the one but until he says you are the one don't assume anything. Here are some clues: He spends all his time with you; takes you to meet his family and his friends and calls to ask what you would like to do that evening. How long you should wait until he proposes is up to you. I would not wait longer than a month.

Dear Bettye: What can be done when people make rude gestures while driving? Usually, it happens when they have almost caused a wreck. What can be done to let them know they should be arrested?

All you can do is pretend you are writing down their license number and drive away. I regret I do not know of any genteel hand gesture you can make in response.

Dear Bettye: My husband died several weeks ago, and I found a bill in his desk for a \$2,000 bracelet. He did not give it to me. I am furious about it because most of the money is mine. Do I need a detective to find out who got the bracelet?

Ask the clerk at the jewelry store to give you a duplicate bill since your husband left jewelry in his will to relatives and you need to know who should receive the bracelet. If you find out who got the bracelet ask your lawyer to demand the \$2,000 be returned to his estate. I would file a suit against who got the bracelet for the money so everyone will know what a rotten person she is, and he was. Vindictive? Of course.

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Send your comments and questions to:
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SOCIAL SECURITY WAS 86 ON AUGUST 14

The 14th of August is the 86th anniversary of the signing of the Social Security Act by President Franklin D. Roosevelt in 1935. Social Security continues to be a basic thread in the fabric of American life. Millions of workers are protected by Social Security and millions more receive retirement, survivors, and disability benefits.

Social Security changed the fate of many Americans. It has helped independent and productive people continue to live their lives and given others an income that has kept them above the poverty line.

In 1998 during President Clinton's term of office he called a national discussion on the future of Social Security to address long-term financial assistance to maintain Social Security. Daily articles were in all the national newspapers.

But 23 years have passed, and Social Security is still helping Americans. Innovative programs have been added for problems that are constantly arising.

Happy Birthday Social Security!



OLDER WORKERS SHARE VIEWS ON RETIREMENT



The number of American workers 60 years of age and older is growing dramatically and it is predicted to keep growing. As the population ages, older workers will play an increasingly vital role in America's economy.

Rapides News Magazine interviewed twenty-five people – 20 women and five men – over the age of sixty who are still working and the answers to two questions were surprisingly similar. The questions were: "Why have you remained in the workforce after retirement age?" and "Has your mental and physical health improved or not by working?"

All interviewed said the reason for working is they need to earn money to meet expenses and to try to have enough to have a retirement income above the poverty level. Seven men and five women said they had always worked and never considered retiring at any age. The only factor that would make retirement necessary would-be health problems that made working impossible.

Ten of the people had retired and been forced to return to work because their income remained at the same level and prices of everything had doubled. Medical expenses of a spouse was the reason six people returned to work. All twenty-five people said they would work until they could not, the oldest worker was eighty-four, four were 80-75, 15 were 70-75 and five were 70-65

Everyone said working helped them to remain mentally acute and having something to get up for in the morning kept them active. Fifteen of the twenty-five people exercise regularly and are careful about their diet.

None of the twenty-five people have plans to retire.

HISTORICAL PLACES: ROSE COTTAGE MUSEUM CENTRAL LOUISIANA STATE HOSPITAL

[November 4, 2012](#) by DS Upshaw

Rose Cottage is a small, two-story, concrete, Renaissance Revival structure located in a park like setting on the grounds of Central Louisiana State Hospital. The building easily retains its architectural integrity because it has been altered little over the years. Built as a pathology laboratory, the simple structure features two major rooms and a stairway on the ground story with a single long room on the upper story. Rose cottage is locally significant in the area of architecture as a landmark within the context of the City of Pineville which has retained relatively few 50 plus year old buildings.

The architect for Rose Cottage was Joseph H. Carlin, Chief Carpenter, from Rayne, Louisiana. Very little is known of Carlin after 1912 with the exception that he served as the architect for Rose Cottage and as the "builder" of the hospital's dairy barn in 1923. The building housed the hospital laboratory and morgue. As such, it was the hub of the institution's diagnostic procedures, as well as a center of learning and teaching. A 1922 report, signed by H. L. Johnson, M.D., pathologist, listed 56 postmortems. In 1928, 27 autopsies were reported by Robert H. Foster, M.D. and in the two-year period from 1932-34, when 8,308 laboratory procedures were done, Foster reported 63 "necropsies" out of 186 deaths. Dr. Arthur Seale, former hospital superintendent, stated that autopsies were performed in the pathology building's first floor while the lab, where histologic and microscopic preparations were done, was upstairs. Years later when the building was no longer required for use, it was used for occupational therapy and the name "Rose Cottage" was suggested by employees who



didn't like the idea of working in a former morgue.

The greater majority of the original buildings that made up Central have been demolished. Rose Cottage is the oldest extant building, having been constructed in 1917. The other remaining buildings include the dairy barn built by Mr. Carlin in 1923, the Administration Building and Fuqua Hospital (1927). In 1983, Rose Cottage was entered into the National Register of Historic Buildings. Rose Cottage was converted into a Mental Health Museum for the public to mark the centennial anniversary of the hospital. It is now known as Rose Cottage Museum.

For more information on Central Louisiana State Hospital Cemetery Preservation: <https://clshcemeterypreservation.wordpress.com/>

When to Worry about Worrying Continued from page 2

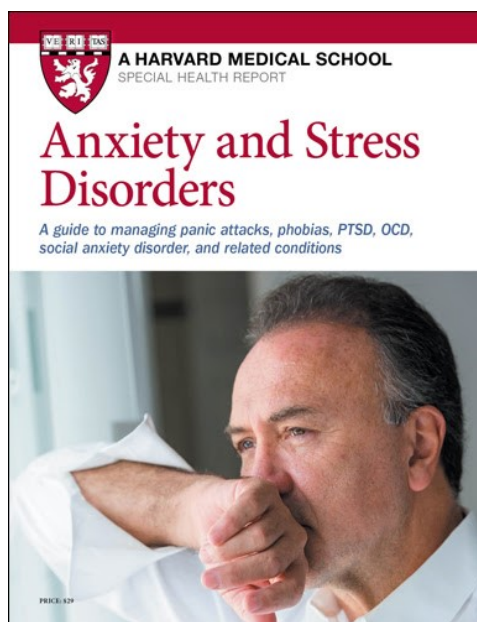
SYMPTOMS OF GENERALIZED ANXIETY DISORDER

- Persistent, excessive worry about several different things for at least six months
- Fatigue, difficulty sleeping, or restlessness
- Trouble concentrating
- Irritability
- Muscle tension
- Feeling tense or "on edge"

Only your doctor can determine whether you meet the criteria for generalized anxiety disorder. If you think you might have this condition, don't hesitate to talk to your primary care doctor. There are many different treatments that can ease the very real discomfort of this condition.

For more on diagnosing and treating anxiety and phobias, check out [Coping with Anxiety and Stress Disorders](#), a Special Health Report from Harvard Medical School.

Image: Aaron Amat/Getty Images



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I have to admit heart is a powerful and meaningful word. Who would want to hear anyone sing "*Stomach aches, Stomach aches, my love for you means only Stomach aches.*"

Believe me, romance would be over with the words, "*I love you from the bottom of my liver.*"



If You Ask Me...
Continued from page 3

Dear Bettye: We are wondering if it is still correct to say "ma'am"? Should it be said only to older women? Or a very important woman like the Queen of England?

Yes, no, and yes.

Dear Bettye: What can a person do when a very distinguished gentleman with a beard gets crumbs in his beard? Do you tell him he has crumbs in his beard? Do you brush the crumbs out? Do you pretend not to see the crumbs?

No, no, and yes.

Dear Bettye: I just found out that my best friend dated my high school boyfriend one whole summer while I was on vacation with my parents. It was 40 years ago but I feel betrayed especially when we are still good friends. What should I do?

Talk it over with her and let her know how you feel. It is not true or there could be a perfectly good explanation. However, why didn't she tell you 40 years ago?

Dear Bettye: My friend read a book recently that encourages everyone to say what they think and tell the truth whether it is good or not. She is hurting the feelings of all our friends. What can I say to her?

Tell her, since the truth is so important to her she will appreciate hearing the truth that she is rude, boring, and embarrassing. Additionally, everyone including you dislikes her.



The truth will set you free, but
first it will make you miserable.

~ James A. Garfield

AZ QUOTES

Did You Know?



The month of August is named for the Roman Emperor Augustus Caesar.

The great nephew of Julius Caesar.

AUGUST HOLIDAYS:

August 3 – Columbus sailed the oceans blue in 1492;

August 12 – Singer Sewing Machine patent filed 1851;

August 13 – Left-handed people's day;

August 15 – The Panama Canal opened in 1914.

BRAIN SCAN COULD PREDICT ALZHEIMER

New research has found a subtle change in the memory-region of the brain seems to indicate who will and who will not get Alzheimer's disease nine years before symptoms appear.

Researchers scanned the brains of middle-aged and older people in good health. In

a part of the brain named the hippocampus revealed lower energy usage.

RETHINK RETIREMENT

Preparing for retirement is not as easy as it used to be. The three sources of for retirement are Social Security, pensions, and personal savings. They are not as solid as they appear. Cuts are possible in Social Security benefits, pension plans can be wiped out and personal savings will not be sufficient to meet living expenses.

Experts say look for a new job before you retire from the one you have. A change of career may be the answer to have enough gold in your golden years.

GENEROSITY IS A SOUTHERN THING

According to an annual index released recently Southern states are among the most generous in the nation. The ranking was based on the charitable donations, listed on tax returns for 2020.

Mississippi is the most generous state and Louisiana is ranked at seventh. Most northern states are ranked very low with New Hampshire at the bottom for the list for the past ten years.

HOUSE FOR SALE MUST HAVE GREAT FRONT DOOR

It is said you never get a second chance to make a great first impression and that pertains to houses as well as people.

Today the front of a house with a front door with a great color will sell a house with other problems. Keep the yard neat and mowed. Flowers do not matter much these days. A few colorful plants are sufficient.

Continued on next page.

Did You Know!
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OLDER PEOPLE ARE HAPPIER

Forget about grumpy old men because studies show the life improves with age. According to the National Institute on Aging a study of data on mental and physical health on thousands of people revealed two interesting trends. Life satisfaction increased with age and the year a person was born played a role in the well-being later in life. Those born in the middle 1900s tend to live longer and have the greatest life satisfaction.

FEWER BABIES, MORE SENIORS

Fewer babies are being born, but the number of senior citizens is growing. The problem is affecting European countries as well as in America. In Russia, the government is offering incentives to women to have more children.

CHECK YOUR CREDIT REPORT FOR ERRORS

The Federal Trade Commission recently completed a study that examined more than 1,000 credit reports issued by the three major credit reporting agencies and found one in every four reports had errors. Their findings should emphasize the importance of consumers checking their own credit reports every year. They are entitled to a free copy of three credit reports every year from all three agencies.

The study found when consumers disputed errors 20% of the credit reports were changed to a higher rating after errors were corrected.

REASONS TO CHECK YOUR CREDIT REPORT REGULARLY
ONE SCORE TECHNOLOGIES



1. STAY UPDATED ON YOUR CREDIT-WORTHINESS

Having a good credit score is one thing. Maintaining it is another aspect altogether. If you are applying for a loan or a credit card, among the first thing lenders do is to check your credit score to determine your creditworthiness. Recently, many employers in the financial sector have started using creditworthiness as a parameter in their recruitment process.

Checking your credit report every month helps you stay updated on your credit status, current balances, payment history, and also shows you credit information that a potential lender can see.

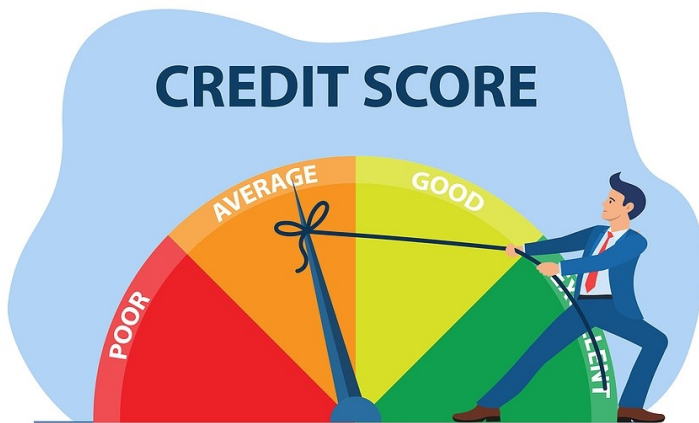
2. IDENTIFY ERRORS

While applying for a loan or credit card or even later, the bank or financial institution shares your personal information with the credit bureau, along with details of the credit product.

If there is an error in the information provided by the bank, this can harm your credit score - it could be a spelling error in your name or a wrongly reported payment default or even a loan/credit card which you never applied for!

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REASONS TO CHECK YOUR CREDIT REPORT REGULARLY

ONE SCORE TECHNOLOGIES

Staying up-to-date with your credit report each month helps in alerting you to such errors faster, and you can raise a dispute with the bureau and/or financial institution to get these mistakes corrected.

3. MAKE INFORMED DECISIONS WHEN APPLYING FOR NEW CREDIT

When you apply for a loan or credit card, a lender will fetch your credit score and credit report from the bureau. This is known as a hard inquiry and affects your credit score on each such occasion.

If you usually check your credit report each month, you will be able to make a more informed decision and can work on first improving your credit score, and then applying for a new credit product.

4. HELPS TO AVOID IDENTITY THEFT

Identity theft happens when an imposter deliberately misuses your Personally Identifiable Information (PII) to conduct any financial transactions or get financial benefits in your name.

While giving copies of any such documents (proof of ID/address, income documents, etc.), always indicate who/what they are meant for during self-attestation, and ensure they are handed over only to authorized personnel. This would prevent misuse to some extent.

Reviewing your credit report every month will flag any unexplained hard inquiries or loans/credit cards that are fraudulently obtained in your name by stealing your identity. These can be immediately highlighted to the bureau, financial institution, and the authorities for corrective action.

5. KEEPS CREDIT UTILIZATION RATIO UNDER CONTROL

Have a credit card, will spend - that is the mantra many like to follow - after all, why not enjoy that credit limit to its fullest, right?

Unfortunately for you, potential lenders don't think so. To them, a high credit utilization ratio (say, above 30%) means you thrive on credit and are a credit hungry customer, which is a concern for any future approvals.

While one option could be to request for a credit limit enhancement, reviewing this ratio every month in your credit report and keeping it low will be much more effective.