

RAPIDES NEWS

A Publication of the Rapides Council on Aging

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*Happy
Thanksgiving!
2021*

In My Opinion

BY BETTYE DEKEYZER

AGE IS NOT FOR THE FAINT-HEARTED

**IT'S FOR
HEROES & HEROINES!**

There are many things I do not understand there is one I have thought about often lately. Since living a long life is a remarkable achievement why would anyone be so afraid of old age?

I was amused recently when a television host stumbled around trying to think of an alternative adjective for mature. He must have felt his guest, a movie star, would be offended to have anyone say he had grown older in the last 40 years.

The host finally said, "Please welcome the great Mark Macho who shot to fame and stardom in the television series 'Rifle Fire' in the 60s, that is several years ago. He made hundreds of movies through the years - I mean -- Mark! Great to have you with us today!"

The aging movie star was still handsome and very gracious considering the inept introduction. As always his charm captured the audience and they loved him.

The number of years he has lived is totally unimportant. Friends have talked to me about the uneasy attitude people exhibit with older people and the subject of age in

general. As a result I began to notice the idiotic statements brainless television hosts and other make relative to age.

That made me think about the whole process of living and why the last chapter of life is not valued rather than viewed as a time to be avoided as long as possible. Aging is inevitable, but preferable to the only alternative.

In America's youth oriented culture when one reaches 20 it's over. Anyone older than that is considered to have experienced a personal miracle and is regarded with awe.

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RAPIDES NEWS

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Front Cover Image: Happy Thanksgiving from the editor and production staff of the Rapides News Magazine!



WAYS TO CULTIVATE GRATITUDE

Gratitude is a way for people to appreciate what they have instead of always reaching for something new in the hopes it will make them happier or thinking they can't feel satisfied until every physical and material need is met. Gratitude helps people refocus on what they have instead of what they lack. And, although it may feel contrived at first, this mental state grows stronger with use and practice.

Here are some ways to cultivate gratitude on a regular basis.

Write a thank-you note. You can make yourself happier and nurture your relationship with another person by writing a thank letter or email expressing your enjoyment and appreciation of that person's impact on your life. Send it, or better yet, deliver and read it in person if possible. Make a habit of sending at least one gratitude letter a month. Once in a while, write one to yourself.

Thank someone mentally. No time to write? It may help just to think about someone who has done something nice for you, and mentally thank the individual.

Keep a gratitude journal. Make it a habit to write down or share with a loved one thoughts about the gifts you've received each day.

Count your blessings. Pick a time every week to sit down and write about your blessings — reflecting on what went right or what you are grateful for. Sometimes it helps to pick a number — such as three to five things — that you will identify each week. As you write, be specific and think about the sensations you felt when something good happened to you.

Pray. People who are religious can use prayer to cultivate gratitude.

Meditate. Mindfulness meditation involves focusing on the present moment without judgment. Although people often focus on a word or phrase (such as "peace"), it is also possible to focus on what you're grateful for (the warmth of the sun, a pleasant sound, etc.)



Image: PeopleImages/Getty Images



Dear Bettye: My husband is driving me crazy since he retired. All he wants to do is paint the rooms, go to the grocery store with me, help with meals and mow the grass. What can I do?

Thank your lucky stars!

Dear Bettye: I am so bored with my life. I find playing cards with friends and their conversation uninteresting. They constantly urge me to volunteer at a hospital with them. I know spending time with sick people or recovering patients is the last thing to light up my life. What do you suggest?

I suggest you think about what will happen if you become sick or a recovering patient? Will anyone be interested in you?

Dear Bettye: My friend has lost weight and constantly asks me if she looks better. Everyone is going crazy telling her she looks great. How long to we have to reassure her?

She is trying to accept actually looking great. So tell her as often as she asks.

Dear Bettye: My sister stays on the internet for hours. How can I get her to do other things?

Ask her to lunches and parties so she can meet real people to exchange comments. They are certainly better than unknown, faceless written words.

Dear Bettye: My husband's friend always sits in a chair and pushes it back against the wall on the two back legs. I am afraid he will break the chair and be injured. My husband says it will hurt his feelings to ask him to sit in another chair. What can I do?

Tell your husband if the man is injured he will sue you for not warning him the chair could break. He will not care if his feelings are hurt. I can't understand why people will permit visitors to damage their furniture.

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Send your comments and questions to:
bdekrcoa@AOL.com

SAFEWISE RANKS THE MOST DANGEROUS COLLEGE TOWNS IN AMERICA

SafeWise researchers have been looking at crime data to help potential college students find safe places to study. As they analyzed the data from all around the country, they found that Alexandria, Louisiana made the list as the number one dangerous college town in America.

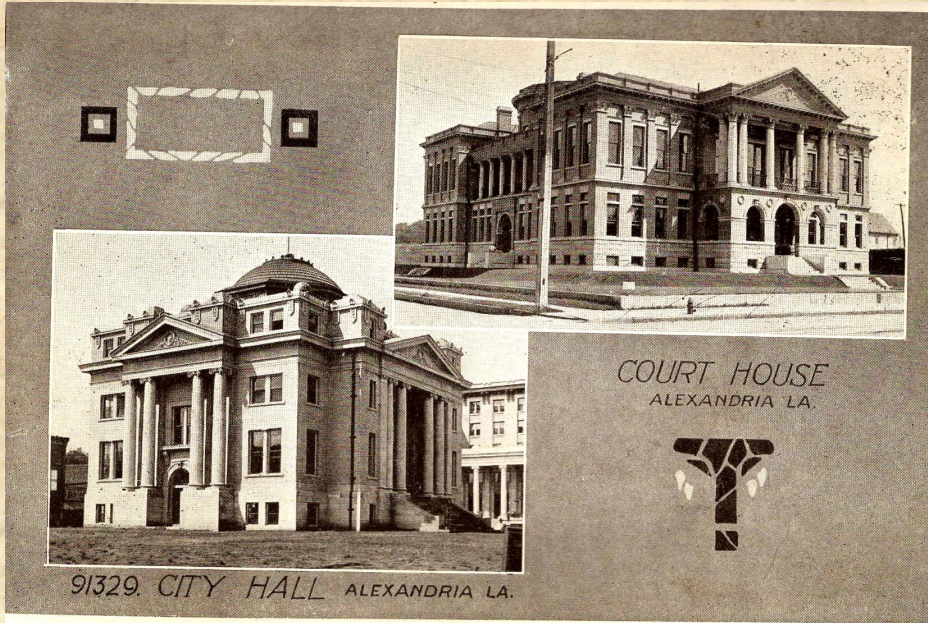
Another Louisiana town, Monroe, was number four on the list. Both Alexandria and Monroe reported some of the highest violent and property crime rates in all the towns that Safewise analyzed.



The **safest** and **most dangerous** college towns in America
safewise.com



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HISTORICAL PLACE

Selections of the photographs is photos.

“Alexandria Is the Mecca of Opportu group of photographs printed in the have called asking to see more of the several more.

One. The Rapides Parish Court Hous Alexandria City Hall.

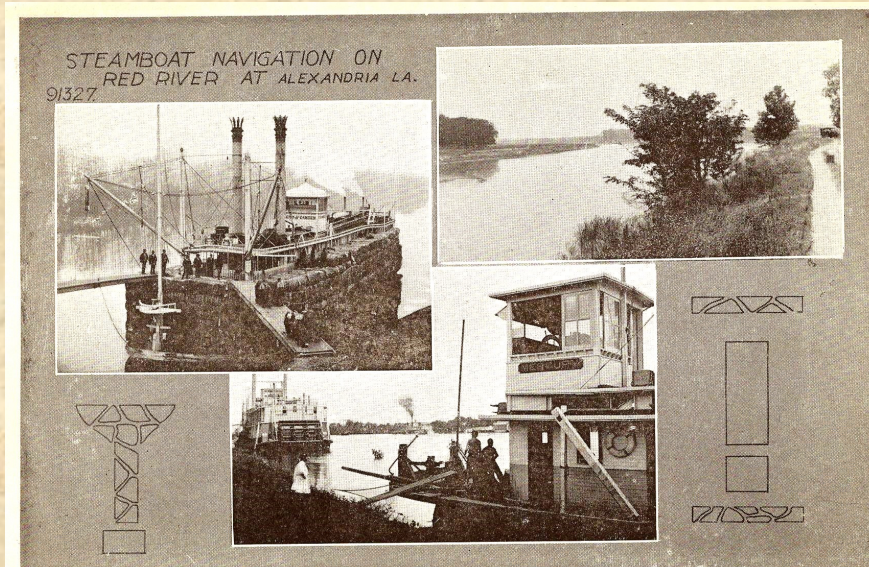
Two. Industrial Alexandria- Steambo Alexandria

Three: State Militia in encampment a maneuvering Grounds - Alexandria.

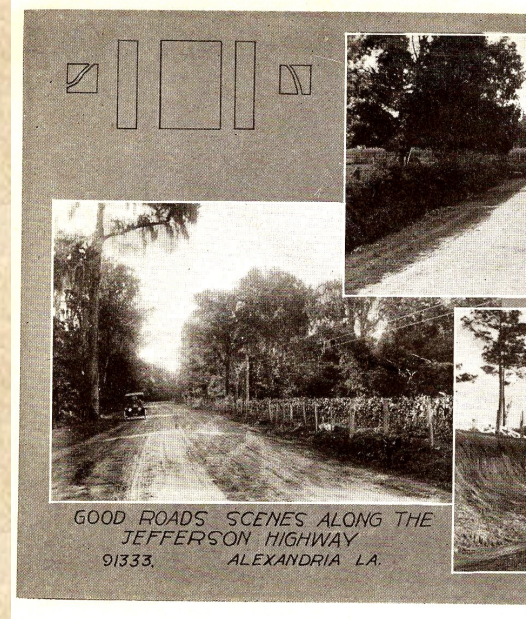
Four: National Cemetery -Alexandria

Five: Good road scenes along the Je

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ES: ALEXANDRIA & PINEVILLE, LOUISIANA

published with the permission of Keith LaCour, owner of an extensive collections of historical

community" is the title of a large
late 1800s. Many people
photos, so we have selected

in Alexandria and the

at Navigation on Red River at

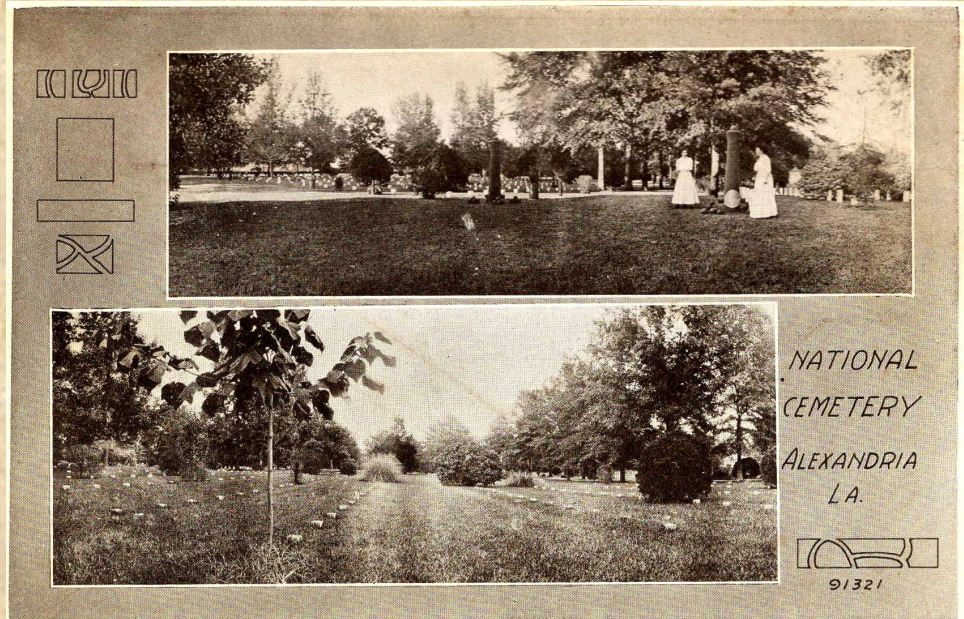
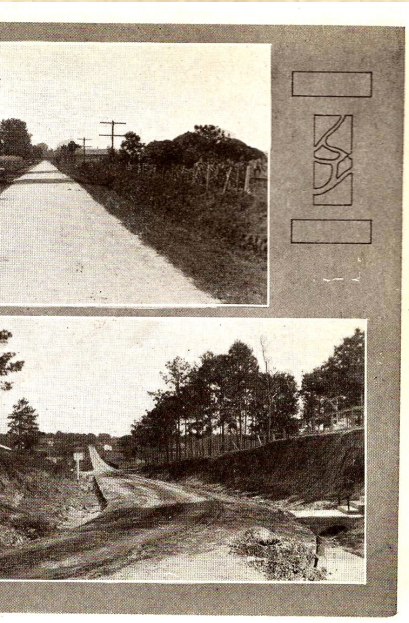
at Camp Stafford. The main

fferson Highway - Alexandria.

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In My Opinion...
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The only tasteful synonym for old is venerable. A word that denotes the dignity of having lived many years. All the other words such as *ancient* are used for pyramids and mummies. The word *antique* is used for historic houses and Chippendale furniture. They do not apply to people living today no matter how old they are.

The problem is people just don't know what to do with the aging population that doesn't look like an accepted image of a grandma with a shawl sitting in a rocker. As a public service I offer:

- **A GUIDE TO THE CHRONOLOGICALLY ADVANTAGED**
Wrinkles are not cracks in the face. They are signs of battles we all will fight. Creases in the face should be regarded the same as battle scars. They are visible proof of the courage it takes to solve the problems that attack us day and night.
- There is no specific way one must look, act or dress after 50 years old. I know many men and women who continue to dress very well and remain interested in current affairs.
- Do not assume that at 60 every brain turns into oatmeal. Never talk down to a person of 60. Their IQ could be three times higher than yours and often is.
- Don't tell anyone they look good for their age. If you are right it is insulting and if you are wrong your social life is over.
- Never look astonished when someone 60 is still working. They can still drive, sign their name and use computers.
- Whatever you do refrain from asking to help someone who does not require it. Physical strength is not limited to young people.
- Remember people do not become hateful or sweet because they are older. They were always that way. Some people become more hateful and sweeter. So will you.

**My mother, who was always right,
said, people resist growing older
and when they can no longer
cover the wrinkles they do not
know how to be old.**

I never want to know – do you?



If you ask me...

Continued from page 3

Dear Bettye: I saw a person I have not seen for a long while and I asked how she and her husband were. She said she had been divorced for almost two years. I didn't know what to say so I asked about her mother. Did I say something silly?

You said the right thing. It was impossible for you to know if she was glad or sorry about the divorce so changing the subject is the correct thing to do.

Dear Bettye: My wife and I divorced and she has taken all the gifts. Is there a way to know what to do?

No. All gifts become community property and who gets what depends on who has the best lawyer.

Dear Bettye: I get so many calls from people who have strong foreign accents I do not know what they are saying. What can I do?

Hang up immediately. Never answer a call from anyone who does not say who they are and what they are calling you about. If you can't understand what they are saying it can't be anyone you know.



Did You Know?

November



November is named from the Latin word **novem** means nine because this month was the ninth month in the ancient Roman calendar.

NOVEMBER HOLIDAYS:

November 2 - Election Day;
November 7- Daylight Saving Time ends;
November 25 - Thanksgiving Day;
November 26 - Black Friday.
November 29 - Cyber Monday
(online shopping!)

FIRST MEAL ON THE MOON

Astronauts Neil Armstrong and Edwin Aldrin ate roast turkey in foil packets for the first meal on the Moon.

A PAINTED FRONT DOOR RAISES VALUE OF HOUSE

A Front Door painted red, yellow or black can add \$5,000 to the value of a house.

ADD FUN TO YOUR DINNER

Find photos of all the guests when they were in high school or college and make copies. Paste the copy to a place card and put it where you want that person to sit. Everyone and you will have a great time.

TELL YOURSELF THE DAY WILL BE GOOD

As soon as you wake up tell yourself today will be good because and find several reasons it will be wonderful. The sun is shining, you will go to a new shop and you will call a friend and there are many others. Scientists have studied telling yourself cheerful things will actually make the day pleasant.

NEW WAY TO REDUCE STRESS

Breathe in through your nose slowly and hold the breath for the count of four and slowly breathe out through your nose. Do this three times and scientists say it works.

BEWARE OF IRS RED FLAGS

Do not forget to report income or report the wrong amount.
Taking big loses.
Having a foreign bank account.
Claim children and other relatives who you do not support.

WHY IS THANKSGIVING CELEBRATED WITH TURKEY?

Turkeys are featured as the price item at traditional dinners because at one time they were a rare treat. During the 1830s an eight pound turkey would cost a day's wages. Even though turkeys are affordable today, they still remain a celebratory symbol of bounty.

More on the next page!

THE HISTORY OF THANKSGIVING

In 1789 President George Washington issued a proclamation that called on the people of the United States to "acknowledge God for affording them an opportunity to establish a form of government for their safety and happiness." Devoting the day to public thanksgiving and prayer it became a yearly tradition in most communities.

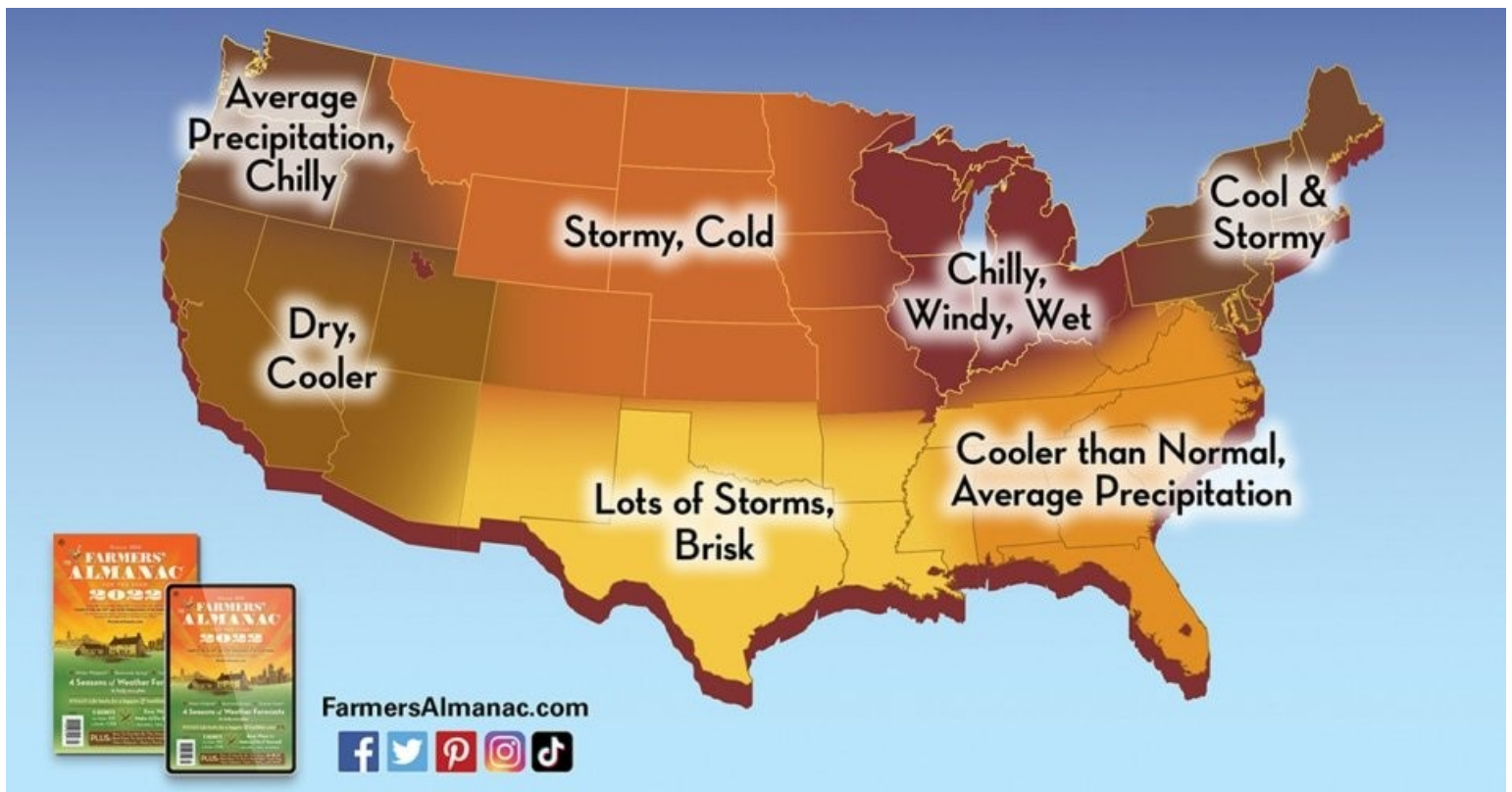
Thanksgiving became a national holiday in 1864 during the Civil War. President Abraham Lincoln asked his fellow citizens "to set apart and observe the last Thursday in November as a day of thanksgiving and praise."

It was not until 1941 that Congress created Thanksgiving Day a federal holiday.

NATIVE AMERICANS HARVEST FESTIVALS HAD BEEN CELEBRATED

Celebrated for centuries and colonial services date to the 16th century. The most widely known Thanksgiving is the Pilgrims in Plymouth, Massachusetts who feasted for three days with the Wampanoag tribe in 1621.





November 20th to December 19th

Includes Arkansas, Louisiana, New Mexico, Oklahoma, Texas

•20th - 23rd

Dry, clear skies.

•24th - 27th

Squally conditions, then gradual clearing.

•28th - 30th

Temperatures fall precipitously.

•1st - 3rd

Gusty winds, widespread rains, snow for New Mexico, east into Texas/Oklahoma panhandle.

•4th - 7th

Dry, tranquil.

•8th - 11th

Light rain showers.

•12th - 15th

Cold, with fair skies, then becoming unsettled.

•16th - 19th

Clouds gradually give way to sun.