

Your Parish/County Organization Here

# Inspirations

Remembering Yesterday - Living Today - Imagining the Future





# Note From The Editor

Welcome to the premiere issue of Inspirations Magazine!

## What will this magazine accomplish?

Inspirations Magazine is a print/online vehicle for information of interest to seniors, caregivers, and anyone interested in the services offered by your organization. Each month there will be sections that can be configured specifically for your parish or county organization. The rest of the magazine will have stories, articles and other information that is of interest to the readers.

This is a sample issue using the basic format for what your organization magazine would look like.

Each month, **Remembering Yesterday** will offer stories from the past, memoirs, and recollections. Remember those evenings when the adults sat on the back porch talking about their lives as children? Exciting recollections of days when the town was young and the men and women were working hard to build a livelihood from the ground up? The good times, the bad times, the coming-together times, and the lessons learned throughout those moments of yesterday.

Then **Living Today** will have short articles that approach the best possible ways to live and take care of ourselves. News and services that your organization offers will feature in this section. **This is where you tell your story!**

With local and/or regional news of what is happening or going to happen each month. If your organization has a calendar of events or you'd like to highlight the resources available, the services we might need to tap into for ourselves, our adult children, our grandchildren, and our aging parents.

**Imagining the Future**, should provide interesting and thoughtful looks into the future. Could you live in a contained space on the moon? What is the future of healthcare—it could be a virtual visit to the doctor? Surgical procedures done by robots or via remote surgeons. What lies ahead for us? Imagining the future is limitless and we'll investigate the possibilities!

Sounds like quite a bit to fit into a 12-16 page magazine format! Let's start, shall we?

Interested in more information? Drop an email to:  
[yourinspirationsmagazine@gmail.com](mailto:yourinspirationsmagazine@gmail.com)

### In this Issue:

#### **Remembering Yesterday:**

Note from the Editor  
Gardening With Daddy—part one

#### **Living Today:**

Senior Community Service Employment Program  
Caregivers: Taking Care of Yourself  
Urban Victory Gardening  
From Consumer Reports: Is Your Salad Safe?  
If you ask... Me!

#### **Imagining the Future:**

Virtual Vacations

### Inspirations Magazine

An Independent Magazine for Independent Minded People

Editor-in-Chief, Suzanne DeKeyzer James

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*The editorial content and views expressed in Inspirations Magazine does not constitute endorsement.*

*Front Cover Image: Let's Get Ready for Spring!*

*Remembering Yesterday:*

# ***Gardening with Daddy***



The fondest memories I have are of the hardest I ever remember working! Working in the garden with my father. At the time, I didn't think it was out of necessity; It was just something we did every spring.

We grew a large fresh vegetable garden almost every year and produced bushel baskets of bush beans, tomatoes, cucumbers, yellow squash, green onions, okra, and eggplant. In the fall, we had mustard greens, Brussel sprouts, turnip greens, spinach, and broccoli. Throughout the fall and winter, the frosts would mellow the taste of the mustard greens and ever so often we'd go out and pinch the seed heads off the green onions and thin them out. The winter garden still provided, but it mostly rested.

We had a red front-tine Troy-built garden tiller with the plow in the back and when the last frost hit, usually that was somewhere after Easter, the tiller was brought out from under a giant aluminum bucket for maintenance. That meant a new spark plug and gasoline. Then once it started, my father would let it "walk" on the front tines to the area where we made our spring garden. There was a brief pause, where he'd look over at me wink, and put the tiller in gear and the gardening would begin!

It seemed to me that the dirt in our garden was always dark black and filled with purple-grey earthworms. Those were helpful gardeners too—they were responsible for that dark rich dirt that would soon be growing tomatoes and bush beans and yellow squash.

I followed behind with a long stick, poking at whatever looked interesting; maybe find pirate treasure! The stick was a tool for my gardening job. When Daddy made his way down to the still-growing green onions,

and the mustard greens, he'd call me up! It was my job was to take my stick and hold back the drooping onion stalks and broad mustard green leaves from the tines of the tiller. It was very important to keep the vegetables back from touching the spark plug that would instantly kill a green onion! So with the smell of gasoline and freshly turned dirt filling my nose, I'd use my stick and protect tender vegetation from the dangerous tiller tines and the lethal spark plug!

Once the business of turning the dirt was over, it was time to get the bag of fertilizer out, which I would get my pair of gardening gloves to wear to broadcast the pellets. My job this time would be to walk ahead of Daddy and the tiller tossing out handfuls of fertilizer. Once done, it was time to "hill" rows. Daddy always made garden rows. They were wide beds with evenly raked tops. I tend to do the same thing today in our gardens because that's the way I was shown, and it stuck!

Continued next issue.



# *Living Today—From the Governor’s Office of Elderly Affairs, Louisiana*

## *Senior Community Service Employment Program*

The purpose of the Senior Community Service Employment Program (SCSEP) is to foster individual economic self-sufficiency and promote useful opportunities in the community for service activities (which shall include community service employment).

This program is for unemployed low-income persons who are age 55 or older, particularly those who have poor employment prospects. The goal of this program is to increase the number of persons who will receive the benefits of unsubsidized employment in both the private and public sectors.

The Office of Elderly Affairs administers this program in the southeastern portion of Louisiana through three sub grantees Catholic Charities of the Diocese of Baton Rouge, Jefferson Council on Aging in Metairie, and St. James Area Agency on Aging in Covert. Four national contractors administer the rest of the state: Experience

Works (EW), National Council on Aging (NCOA), National Association of Hispanic Elderly (ANNPM), and American Association of Retired Person (AARP).

This program is funded through the U.S. Department of Labor. Eligible participants who have a family income of no more than 125% of the federal poverty level are able to work an average of 20 hours a week, and are paid the highest of federal, state or local minimum wage.

They are placed in a wide variety of community service activities at non-profit and public facilities, including day-care centers, senior centers, schools, libraries, museums and hospitals. It is intended that community service training serve as a bridge to unsubsidized employment opportunities. Supportive services are offered in the form of physical exams, transportation, uniforms, safety equipment, etc.

Continued on page 7





# ***Taking Care of Yourself***

Caring for yourself is one of the most important—and one of the most often forgotten—things you can do as a caregiver. When your needs are taken care of, the person you care for will benefit, too.

Family caregivers of any age are less likely than non-caregivers to practice preventive healthcare and self-care behavior. Regardless of age, sex, and race and ethnicity, caregivers report problems attending to their own health and well-being while managing caregiving responsibilities. They report:

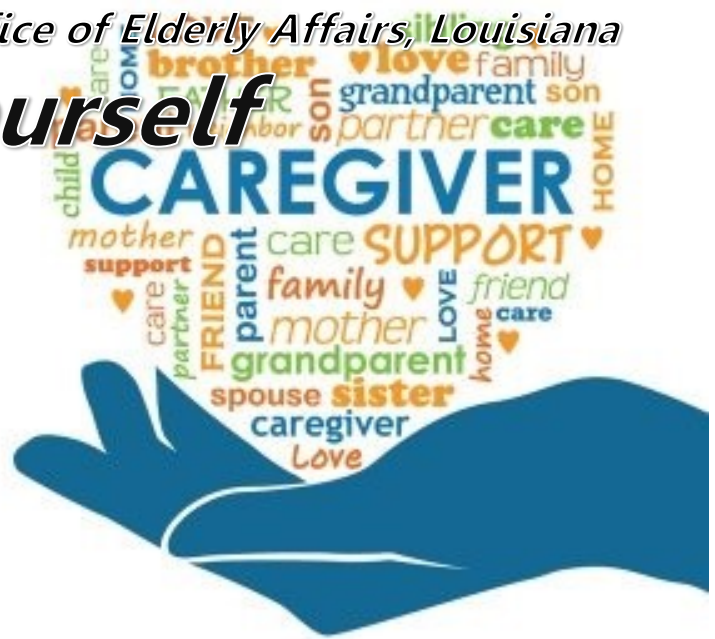
- sleep deprivation
- poor eating habits
- failure to exercise
- failure to stay in bed when ill
- postponement of or failure to make medical appointments.

Family caregivers are also at increased risk for excessive use of alcohol, tobacco and other drugs and for depression. Caregiving can be an emotional roller coaster. On the one hand, caring for your family member demonstrates love and commitment and can be a very rewarding personal experience. On the other hand, exhaustion, worry, inadequate resources and continuous care demands are enormously stressful. Studies show that an estimated 46 percent to 59 percent of caregivers are clinically depressed.

## **Taking Responsibility for Your Own Care**

You cannot stop the impact of a chronic or progressive illness or a debilitating injury on someone for whom you care. Nevertheless, there is a great deal that you can do to take responsibility for your personal well-being and to get your own needs met. The first task in removing personal barriers to-care is to identify what is in your way. For example:

- Do you feel you have to prove that you are worthy of the care recipient's affection?
- Do you think you are being selfish if you put your needs first?
- Is it frightening to think of your own needs? What is the fear about?
- Do you have trouble asking for what you need? Do you feel inadequate if you ask for help? Why?



- Sometimes caregivers have misconceptions that increase their stress and get in the way of good self-care.

Here are some of the most commonly expressed:

- I am responsible for my parent's health.
- If I don't do it, no one will.
- If I do it right, I will get the love, attention, and respect I deserve.

## **Moving Forward**

Once you've started to identify any personal barriers to good self-care, you can begin to change your behavior, moving forward one small step at a time. You are responsible for your own self-care. Focus on the following self-care practices:

- Learn and use stress-reduction techniques.
- Attend to your own healthcare needs.
- Get proper rest and nutrition.
- Exercise regularly.
- Take time off without feeling guilty.
- Participate in pleasant, nurturing activities.
- Seek and accept the support of others.
- Seek supportive counseling when you need it, or talk to a trusted counselor or friend.
- Identify and acknowledge your feelings.
- Change the negative ways you view situations.
- Set goals.

# Urban Victory Gardening



allowed small farms an income, and provided hard-to-come-by vegetables and fruits to those in places where gardening was impossible.

## Rodale's 70 Years of Organic Gardening

Joseph Irving Rodale founded Rodale Inc., in 1930. He was a partner with his brother, Joseph, in Rodale Manufacturing, which produced electrical switches.

Joseph moved Rodale Manufacturing to Emmaus, Pennsylvania to take advantage of favorable local taxes, while J. I. dabbled in publishing. In 1942, Rodale started *Organic Farming and Gardening* magazine. It taught people how to grow food with organic farming techniques.

## Resurgence of the Victory Garden

In 1975, Boston's WGBH PBS station aired, **Crockett's Victory Garden**. James Underwood Crockett, a master gardener began with gardening tips and Q&A from viewers. There was a resurgence in the 1970s and through the 1990s with backyard gardens and what was considered a novel approach to growing food the "organic" way. Many small gardeners were already composting and enriching the soil by natural means rather than with commercial fertilizers. They were already collecting and seed harvesting to preserve "heirloom" seeds from year to year. There were catalogs and magazines that helped backyard gardeners with inventive techniques that helped grow even more vegetables amid fuel shortages, inflation and political strife.

## Turning of the "Compost Barrel"

Here we are at that point again where we are considering "container gardens", "raised-beds" "square-foot" "vertical" and other methods of gardening in small spaces. In an effort to not only save money and grow healthy food for our families, but to know exactly

Continued on page 7

Let's face it: Eating healthy is expensive! Every week, going shopping for fresh produce is a nightmare. Everything displayed in lovely "stadiums of produce" will get you a terrible case of sticker shock! You're reduced to selecting two or three zucchini and a few crookneck squash for dinner. As for the outrageously priced artichoke; you can pass them up altogether! If you're trying to eat healthy, you will be paying dearly for fresh vegetables and fruits. But as they say, "What goes around; comes around", and we're beginning to consider the prospect of growing our own salad garden!

## The Past Solution: Victory Gardening

During WWI and again during WWII, many families converted their back yards and flower beds into Victory Gardens. It helped during rationing, when most large American farms were growing food for the troops. Many families came together in towns and cities and started "community gardens", converting patches of green spaces and even rooftops into the first raised bed and container gardens. Out in the rural areas, it

# Is Your Salad Safe?



From [Consumer Reports](#) (January 27, 2020)

By Kevin Loria

Between 2006 and 2019, romaine lettuce and other leafy greens, such as spinach and bags of spring mix, were involved in at least 46 multistate E. coli outbreaks, according to the Centers for Disease Control and Prevention. Most recently, outbreaks linked to romaine lettuce in [2018](#) and [2019](#) have left many consumers worried about the greens in their salad bowl.

In a 2019 nationally representative Consumer Reports survey of 1,003 Americans, 25 percent of those who were aware of the 2018 outbreaks said they eat lettuce less often now than before.

But some experts point out that the overall chances of getting sick from vegetables like leafy greens are still extremely low. “There’s generally a high level of safety around these food items, so we don’t want consumers to view these outbreaks as a reason not to eat fresh fruits and vegetables,” says Matthew Wise, Ph.D., deputy chief of the CDC outbreak response and prevention branch. So don’t give up salad. Instead, try these tips from CR’s experts to improve the safety of the greens you eat.

**Consider buying whole head lettuce.** Even though the data show that whole heads of lettuce not labeled “washed” don’t necessarily have lower bacteria levels than packaged greens, their inner leaves aren’t exposed to as many sources of contamination and are not handled as much as greens that are bagged, which further reduces the opportunities for contamination.

**Keep packaged lettuce cold and eat it soon.** “As you would with meat and poultry, don’t let bagged lettuce stay out of the fridge for too long, because bacteria multiply at room temperature,” says James E. Rogers, Ph.D., CR’s director of food safety research and testing. In addition, the longer lettuce sits in bags or containers, the more opportunity bacteria have to grow, so buy packages with expiration dates as far in the future as possible and don’t buy more than you can eat in a few days. If even a few leaves look damaged, slimy, or bruised, don’t eat any of the greens in that package.

**Consider buying hydroponic or greenhouse-grown greens.** These are less likely to be contaminated by bacteria from animal droppings in soil or water, although they’re not risk-free. Their cleanliness depends on the source of the water used and whether proper food safety practices are

followed by people who handle the greens, Rogers says.

**Soak your greens in vinegar.** Microbiologist Carl Custer, who spent his career at the Department of Agriculture’s Food Safety and Inspection Service, says research shows that soaking greens in vinegar or a vinegar-water solution will reduce bacteria levels but won’t kill all bacteria. Still, he advises dousing your greens with white vinegar and letting them sit for 10 minutes, then rinsing. Your greens may be a little vinegary-tasting, but most salad dressings contain vinegar anyway. Salad rinses are often designed to clean greens of dirt or chemicals, not bacteria, and are unlikely to kill harmful bacteria.

**Cook your greens until wilted.** This will kill harmful bacteria, but it’s a solution only for sturdier greens, such as spinach, kale, collards, and Swiss chard. It’s especially important for people who are more likely to be seriously affected by food poisoning: the elderly, young children, pregnant women, and those with compromised immune systems. “These people may want to consider not eating raw leafy greens at all,” Rogers says.

**Stay informed.** The [Food and Drug Administration](#) and the [Department of Agriculture](#) (which regulates meat, poultry, eggs, and some seafood) post outbreak information on Twitter; you can follow them at [@FDAfood](#) and [@USDAFoodSafety](#). On both agency websites, you can also sign up for email alerts.

**Report any suspected food poisoning.** If you think you got sick from food, contact your local health department and ask to speak with the environmental health specialist or sanitarian. You can also contact the FDA or USDA directly.





## Urban Victory Gardening

Continued from page 5

what went into the soil, and where the seeds came from and who harvested that heirloom tomato or non-GMO ear of corn.

Many of us are beginning with a few patio containers of cherry tomatoes that are prolific, and can be easily moved around your patio or deck to get the best light and shaded when the summer sun beats down the hottest.



## Seed of the Month Club!

If you're thinking of trying new vegetables, herbs or just want to try different varieties of heirloom seeds, then the Urban Organic Gardener's (UOG) Monthly Seed Club might be for you! UOG is a gardening subscription service for every type of grower. Each month, receive a curated collection of seeds and supplies.

When you join, you answer a few questions about the kind or garden you want to grow; what level of gardening experience you have; and the region of the United States your garden will be located. The subscription includes everything you need to start the seeds upon arrival. For a little as \$5.00 a month, you can have totally raw/un-treated heirloom (NON-GMO) garden seeds and supplies delivered to you. Check them out at [Urban Organic Garden](http://UrbanOrganicGarden.com).

## Senior Community Service Employment Program (SCSEP)

Continued from page 3

Contact the SCSEP Director in the parish of residency if you meet the program's income eligibility requirements.

### Time Limits

SCSEP is a temporary job training program. The program helps participants learn the skills they need and access other resources so they can find a job in one or two years. Some people need more time to complete their training. The program has a 48-month durational limit. Some SCSEP organizations let you stay in the program an extra year if you meet certain requirements.

For more information on this and other programs contact the:

## Governor's Office of Elderly Affairs

**Mailing Address: P. O. Box 61**

**Baton Rouge, LA 70821**

**Phone: (225) 342-7100**

## ANPPM

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**Q:** My husband and I fish a lot, but he's always insisted that he fish at the front of the boat and I'm always in the back! When I complain, he tells me he's luring them out from the hiding spots so I can catch more fish—Is that true? What do you think?

**Well I'll tell you; After your husband's clattered around in the front of the boat getting to those hiding spots — those fish are naturally going to swim away from all that commotion and find your hook! Stay where you are, and enjoy catching all those fish!**

**Q:** I saw on the news the other day that 25% of working married couples sleep in separate bedrooms. That they were more successful than working couples that slept in one bedroom. Could that be true?

**It stands to reason that if you have two people working, they are probably on different work schedules—the first person getting up with an early alarm is waking the other one up. Getting enough sleep is critical to staying on top of your career — So I'd say that is very true!**

**Q:** My husband got me something for my 60th birthday that I would never wear! I was so shocked I didn't know what to say! Now he's asking me to wear it—what should I do?

**Easy! Put it on and strut your stuff! Feel good and be happy your husband loves and thinks of you this way.**

**Q:** My daughter is constantly dropping off the grandkids and promises to be back in an hour or two. Sometimes, I have them all day! I dearly love my grandbabies, but sometimes I have errands to do, or I just want to relax and do what I want. What can I do?

**You need to stop being available!—Tell her to please call first before dropping the kids off. In my opinion, it's very inconsiderate of her to assume you are always ready to take the grandchildren anytime she wants to drop them off. Good luck with that conversation!**

**Q:** I love to garden, but my husband and I can't agree about what to grow or how to run the rows! I don't know what to do!

**For heavens sake— it's not a competition; it's a vegetable garden! Probably the best thing to do is let your husband have the garden and if you want to have want a specialty garden with flowers and other things that you want to try — have another space in the yard just for you. Save the competition for the state fair!**

If you have a question, send them to:  
[ifyouaskmeinspire@gmail.com](mailto:ifyouaskmeinspire@gmail.com)

# *New Views: Virtual Vacations*



In the 1990 movie, **Total Recall**, Douglas Quaid is a bored construction worker in the year 2084 who dreams of visiting the colonized Mars. He visits "Rekall," a company that plants false memories into people's brains, in order to experience the thrill of Mars without having to travel there. But something goes wrong during the procedure; Quaid discovers that his entire life is actually a false memory and that the people who implanted it in his head now want him dead!

Of course, things like that only happen in the movies... doesn't it?

We're at the point now that with a pair of VR goggles, equipped with immersive stereo sound, you can experience a wild ride on a roller coaster, sitting behind the wheel of a Formula One racecar, jumping from an airplane and parasailing down to earth, and even taking a short virtual vacation!

## **Quick Get-Away!**

Would you like to take a trip to Thailand? Lounge on the beaches of Hawaii? Sounds expensive doesn't it? Maybe you can't afford a trip like that — How about a VR-vacation? You might think that this is a waste of time, but for some this augmented reality is a perfect way to kick back and relax without having to pack or update your passport!

True, taking a virtual vacation is not quite as exciting as sitting on a warm beach with a pretty drink in your hand, but they're a way to get as close to the action as possible without physically being there. It's now possible to experience exotic locales from the comfort of your own home.

When you take virtual vacations, you view immersive VR videos through a VR headset so that you have the visual sensations of "being there"! If you've seen some funny Facebook™ videos of a grandmother experiencing a VR roller coaster ride. She's gripping the arms of her chair and holding on for dear life! While her family gets a kick from her reactions, you see how her brain fills in with the gut-dropping, free-floating and nausea inducing sensations of a wild roller coaster ride!

It stands to reason that a nice relaxing day at the beach would destress and give a much needed break from the work week!

## **The Science Behind VR**

It turns out that these types of vacations are more useful than you might think. For someone completely home bound due to illness or injury is able to get away for a while.

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Stanford University conducted a virtual reality outdoor experience study on a group of seniors and found that there was a significant decrease in age-related depression during their VR experiences. In fact, VR experiences are helping in other degenerative and cognitive illnesses like age-related dementia and Alzheimer's by stimulating those parts of the brain affected by the disease.

When it comes to virtual vacations, your brain doesn't differentiate between a VR-vacation and a real vacation it's a break for your mind. If you're stressed, take a quick hour long vacation during your lunch break to clear your mind and refocus.

### **Try It! You Might Like It!**

The technology is not as expensive as you might think and with a reasonably priced set of VR goggles and a VR app, you can go "virtually" anywhere, anytime! If you enjoy yourself, they're worth it. Even if you don't like it, you're only out an hour or so of your time.

If you have a family that all wants to go to different places, take virtual vacations to make everyone happy.

For the best experience, all you need is a VR headset. Travel anywhere by using VR apps, such as:

[Google Earth VR](#)

[Gala 360](#)

[Ascape](#)

[BLVRD](#)

[Discovery TRVLR](#)

Learn more about VR applications and VR Vacations:

<https://www.digitaltrends.com/virtual-reality/best-vr-apps-for-travel/>



# *Coming Up!*

Next Issue:

Remembering Yesterday  
*Singing Wheels—Alice & Jerry*  
*Gardening with Daddy—Part 2*

Living Today  
*Are You Prepared: Vaccines*  
*Services Available*  
*Ready to Go Vegan?*  
*If You Ask...Me!*

Imagining Tomorrow  
*Alternative Medicine—CBD Oil*  
*All Hemp or All Hype?*

