

Silver Linings

Local Guide To Active Living Over 55



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Silver Linings

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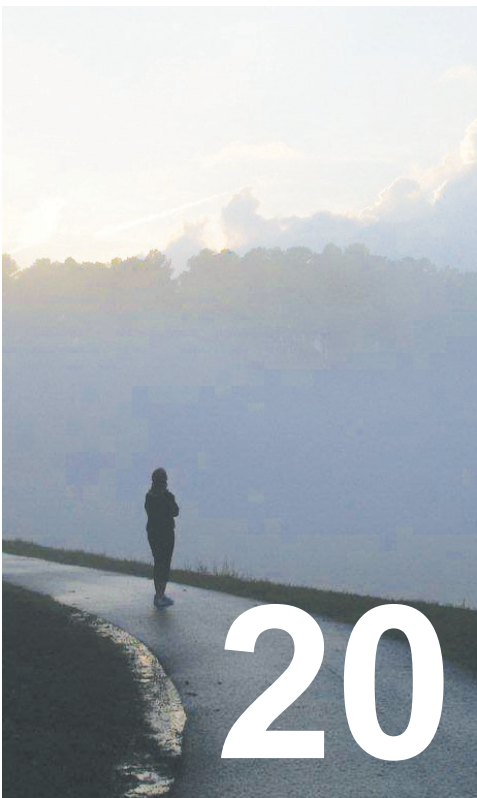
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Silver Linings

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**Worried about losing everything
to nursing home costs?
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Addison "Add" K. Goff, Elder Law Attorney



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What's the middle class to do about rising nursing home costs?

By Addison "Add" K. Goff, IV -- Elder Law Attorney

According to the U.S. Department of Health and Human Services, someone turning 65 today will have a 70 percent chance of requiring some long-term care service and support during his or her life. A woman's average nursing home stay is 3.7 years. For men, it is about 2.2 years. Of the 70 percent that will need long-term care, 20 percent of those will require it for more than five years.

Unfortunately, Medicare will only pay for nursing homes in specific circumstances. For example, it will only cover a skilled nursing facility for the first 20 days.

For days 21 through 100, it only pays a portion. After 100 days, Medicare will not pay anything. Most cannot afford long-term care insurance.

With the average nursing home cost in Louisiana exceeding \$5,400 per month, most Americans don't have enough savings to handle it. Costs can run hundreds of thousands of dollars over a few short years. Most retirement will be depleted very quickly with nothing to pass on to the next generation. So, what is the middle class to do?

There is another way – Medicaid LTC.

Because Medicaid LTC is a needs-based program, many mistakenly believe that one has to get rid of ("spend down") everything they own to qualify. Although the general rule is that one is not allowed to keep more than \$2,000 in assets, there are many exceptions. Often an elder law attorney can preserve more than half of a single person's assets.

Moreover, there are even more exemptions available for married couples, allowing the elder law attorney to preserve a much higher percentage – in some circumstances all – of a couple's assets.

However, it is very important

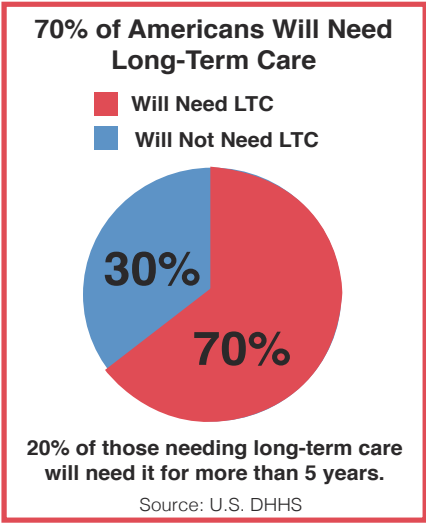


that you tread carefully. There are many traps for those without a thorough understanding of the nuances of the rules. One misstep, such as getting a lawyer to draw up a document to put property in a child's name, having a CPA utilize the "federal gift tax exemption," or letting a financial advisor tie your assets up in the wrong kind of annuity or insurance product, can cost you tens of thousands of dollars in care costs. The regulations have too many "exceptions to the exceptions" to rely solely on those types of professionals. An elder law attorney experienced in Medicaid long-term care planning can preserve a surprisingly large portion

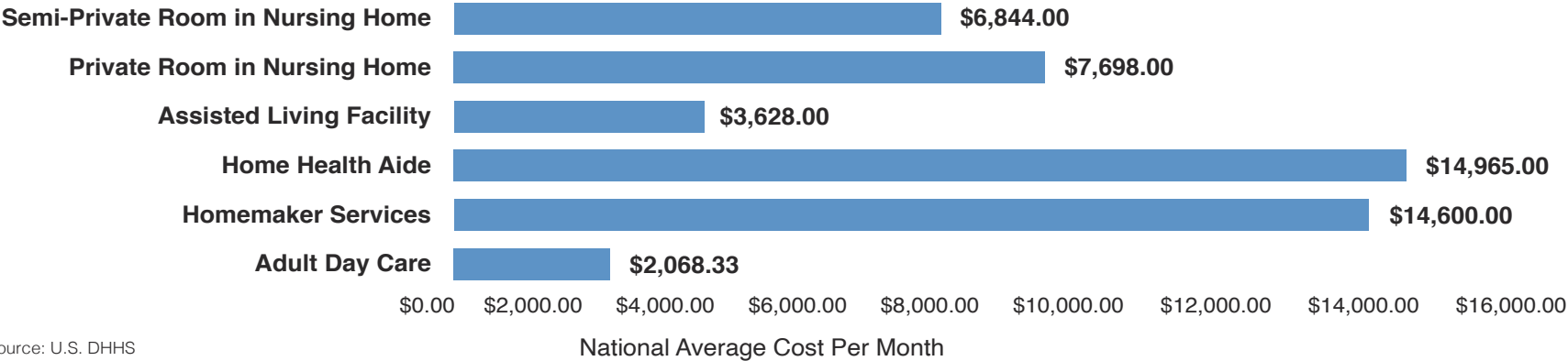
of the wealth that a person has worked so hard to accumulate and can work with your other advisors if they're needed.

Chances are you will need long-term care during your lifetime. It is important that you understand what legal options are available. So, choose your guide wisely.

To learn more about how you or a loved one may be able to qualify to have some or all of your loved one's nursing home costs deferred, please contact Ruston elder law attorney Add Goff at (318) 255-1760 or visit www.GoffandGoffAttorneys.com.



The Cost of Long-Term Care in America (Per Month)



SENIOR ADULT FITNESS PROGRAM

BY JESSIECA CARR

“

This program has been going on for over 43 years. We have four different classes that seniors can choose from.

- Lacey Deal

”



For some seniors, sitting around the house just will not do. Some of our area's more seasoned citizens are the real movers and shakers and use fitness to do it. Louisiana Tech University and Lambright Wellness can help those silver foxes who want to stay healthy with their intramural class offerings. Professor Lacey Deal and the Senior Adult Fitness program staff are here to be of service.

“This program has been going on for over 43 years,” said Deal. “We have four different classes that seniors can choose from.”

Tech's Senior Adult Fitness program was started after professors in the Kinesiology department saw a need for it. By Deal's account, they looked at the area and considered the options that they had. The program started with just two classes, water aerobics and chair exercise. From those two class offerings sprang different variations of classes throughout the years as course

offerings have fluctuated to reflect the times. At one point, bowling was offered as one of the courses.

To participate in the program, seniors must fill out a form, be registered at Tech as students and must be 55 years or older. When registering, it must be done before the first day of the new quarter begins. If someone wanted to participate in the winter quarter, they would need to do so by December 1.

Once a participant is registered then they have four fitness classes from which to choose. This year's classes are water exercise, floor exercise, chair exercise and After 5 fitness (aerobics and chair yoga). The classes are all designed with the seniors in mind as they take the pace slow and, at times, modify exercises to fit the needs of everyone. Deal spoke about how much the classes can mean to a family and how it can benefit the senior if more family becomes involved.

See **FITNESS PROGRAM**, page 7



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“It does not matter how old you are,” laughed Deal. “We have a class for you. We had one participant whose daughter and grandson would come with them. So, it really motivated them.”

The classes also benefit the participants in other ways such as socially and giving them another opportunity to impart their knowledge. Within their own age group, it gives class members a chance to be social with people who are in the same age group as they are. Deal said that oldest participant they had recently was Sedonia Gibbons who would’ve have been over 100 but she passed away before classes started again.

“It was really hard during COVID because we were online,” said Deal. “It was really hard because you can’t keep those relationships going but when we heard we lost her, it hurt a lot.”

Building relationships is one of the cornerstones of the Senior Adult Fitness program. A benefit to the classes is that Tech kinesiology students get hands-on experience and get to know the seniors who participate in the classes. Helping seniors to become social was one of the driving initiatives when the program was started and having younger people around is an immense help. Deal said that the knowledge exchange is a two-way street for those who participate and work with the program. She would know, as she was a Tech student that began working with the program and moved up the ranks to become director.

“I started working with this program when I was in school. I helped out Dr. Reeves with the water exercise class,” said Deal. “College students help keep them young. A lot of our participants used to be teachers, so we say that they

are more of the teachers to the students than we are.”

Classes tend to fill up quickly as Deal said that there are approximately 120 members registered right now. She said that pre-COVID there were almost 200 seniors registered for the program. Though the numbers are great, Deal and her staff have only one sentiment for seniors to participate in the program and that is to simply come and try.

“We want them to be social and get physical activity,” said Deal. “We know that’s hard for some people. The first step is to come. We can modify the exercises. We encourage those who participate to make friends and build relationships.”

For more information, interested participants can pick up a new member packet at Scotty Robertson Memorial Gym Room 205 or by emailing Deal at ideal@latech.edu.



Leader photo by JESSIECA CARR

Participants in Dr. Smiley Reeves' morning water exercise class work on toning with boogie boards. This Senior Adult Fitness Class takes place at the indoor swimming facility at Lambright Sport and Wellness Center from 7-9 a.m. on Monday, Wednesday and Friday.

Local Parks and Amenities for Seniors

By Cathi Cox-Boniol



Walking may be one of the easiest and most effective forms of exercise seniors can engage in. In fact, whatever your level of mobility, it's a great way to get active at your own pace. Furthermore, a regular walk can help seniors meet all of the four core fitness areas that the National Institute on Aging recommends — endurance, strength, balance and

flexibility—while getting you outside and connected with others.

It's no secret the piney hills of Lincoln Parish have numerous areas that are tailor-made for this type of activity. Multiple parks have excellent paths for seniors to engage in walking and even hiking if desired. However, for those looking to “ramp up” their fitness and

recreation regime, several locations have even more to offer exercise-minded seniors.

The Rock Island Greenway, a shared-use walking, running and bicycling path named after the railroad that once used this right-of-way, offers a fitness court just off of West California Avenue and south of Monroe Street. With multiple

exercise options, it provides walkers with a place to diversify their workout. However, with no shade available seniors may prefer to utilize something similar in a different area.

Cook Park, located off Kavanaugh Road, offers two different walking trails. One is a quarter mile in length while the deeper loop extends almost a half mile. The walking path also connects to the Rock Island Greenway for a longer walk.

The park’s beautiful shaded area is enveloped in a flourishing green canopy and features paved parking, restrooms, and places to sit as needed. Exercise equipment is also located along the walking trail with multiple stations featuring a diverse menu of options for those interested in spicing up their walk.

For seniors interested in walking through a more natural, wooded area, Huckleberry Trails Park and Nature Area may be just what the doctor ordered. Located on Magnolia Street next to Cypress Springs Elementary School, the park was built in partnership with the Louisiana Tech University School of Architecture. As you walk the park’s nature trails, there are magnificent structures as well as area wildlife to enjoy. The park also offers paved parking and restrooms with areas to sit and rest.

While Elmore D. Mayfield Park located on Martin Luther King Drive at the edge of Ruston’s city limits provides plenty of area for walking, it also offers an opportunity

for seniors to engage in healthy outdoor recreation as well. Stocked four times a year in partnership with Department of Wildlife and Fisheries, the 5-acre park pond is set up so you can “catch your supper” while there. With catfish stocked during the summer and rainbow trout added during the winter, Mayfield Park is a welcome spot for seniors year round. Restrooms, a pavilion and paved parking are available along with a back entrance to the pond that allows those fishing to pull right up to the water’s edge.

The City of Grambling Walking Trail also provides a similar setting. Several exercise stations are on site as well as a pond for fishing that is stocked in the same manner as Mayfield Park. Nestled in a lush, green wooded area behind the Grambling Police Department,



COOK PARK

Leader photos by CATHI COX-BONOL
Reba Buckelew prepares to use the Health-Beat squat press.



HUCKLEBERRY TRAILS

Leader photos by CATHI COX-BONOL
Dale and Sadel Oden enjoy a stroll through the wilderness.

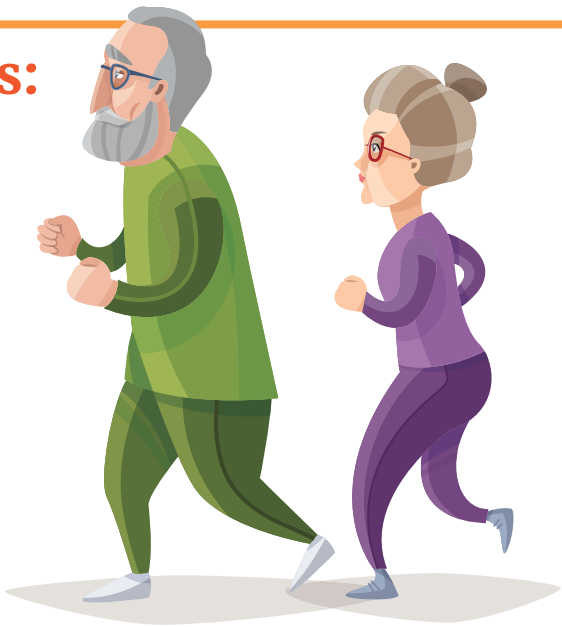
the area features restrooms and pavilions along with places to sit and rest if needed while walking. A \$2 recreational fishing permit is required and the community can also help stock the pond throughout the year.

With numerous health benefits available, area seniors can be on their way to better mental and physical health in no time by taking advantage of the wonderful amenities offered throughout the beautiful parks Lincoln Parish has to offer. Just one foot in front of the other and you will be on your way to a healthier you in no time.

The 4 Core Fitness Areas:

- ENDURANCE
- STRENGTH
- BALANCE
- FLEXIBILITY

Walking can help seniors meet all four, according to the National Institute on Aging.



ELMORE D. MAYFIELD PARK



Charlie and Carolyn Grisby patiently wait for fish to bite while enjoying beautiful weather.

Leader photos by CATHI COX-BONIOL

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At Russ Place we provide thoughtful, compassionate care in a warm, lively senior living community. We develop individual care plans to meet the needs of each resident, and a full-time registered nurse is available 24 hours a day to provide clinical oversight and coordination of care.

Our residents engage in a variety of stimulating activities, such as bingo, arts and crafts, bible study, card and board games, and pet therapy. Our residents also use our enclosed courtyard and covered porch for invigorating outdoor activity.


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THE ARBOR & THE TERRACE:

Providing extra support for independent-minded seniors

As you or your loved ones face the need for a change in lifestyle, The Arbor and Terrace Assisted Living meets you where you desire to be. We are professionally equipped to assist you in making decisions that support independence while offering a lifestyle that encourages physical, emotional, and spiritual well-being.

We offer personalized apartment style living. You will be able to have privacy as you express your personal decorative style through your own furniture and keepsakes. You'll be able to bring your hobbies and interests with you as we provide a variety of activities and options for maintaining your current lifestyle. If there is something that we don't have, we will try our best to accommodate requests with creativity and thought.

What are the differences between The Arbor and The Terrace? The Arbor Assisted Living is designed for individuals who desire privacy and independence but may need a little assistance with the activities of daily living. The Arbor is a wonderful environment for seniors who desire to simplify their responsibilities and relax by taking advantage of the amenities and services available to them.

The Arbor apartments provide a spacious layout and allow you to create an inviting home by personalizing your apartment with your favorite photos, plants, and furniture—not to mention anything else that will make it home! We have apartments that are one bedroom/one bath and if you are needing more space, we also have two bedroom/two bath.

The Terrace is a special community, devoted to individuals with early to middle stages of Alzheimer's and other dementia-related disorders. The Terrace does require coded entry and exit and is a loving environment with a trained "care team." As your

needs change, we are equipped to change with you. Our loving staff are experienced in meeting needs accommodating families, even during the last days of life.

Every attendant is required to complete training in the care and treatment of those with Alzheimer's and related dementias. Caring for a loved one with a memory disorder can be mentally and physically draining on the caregiver. The Terrace will offer the resident the best possible care while providing the caregiver

with peace of mind.

What is the difference between a nursing home and assisted living?

The Arbor and Terrace is a non-nursing facility. We assist our residents by helping them with daily needs, provide three delicious meals per day that are served restaurant style in our beautiful dining room, provide weekly cleaning and laundry, and provide activities that meet our residents' emotional, spiritual, and physical needs.

The Terrace offers more special-

ized care that is directly related to dementia diagnoses. We strongly encourage residents to choose a home health company that can assist with nursing needs as well as therapy related services. The Arbor and Terrace provides an RN with the administrative team. She directs the wellness plans catered to each resident's needs.

Come for a tour anytime! We would love to show you our beautiful facility.

Muriel Ryder, *Executive Director*
Stacy Scheer, *Life Enrichment Coordinator*



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MORE TO LEARN

Local university offerings, programs for seniors

By Caleb Daniel

It's never too late to learn something new.

Lincoln Parish's two local universities, Louisiana Tech and Grambling State, recognize that sometimes people who are past the typical college-attendance age still want to further their education and expand their horizons later in life.

To that end, both of these fine institutions offer special tuition and fee waivers for those on the seasoned end of the life spectrum.

At Grambling State, anyone 60 or older is eligible to be exempt from the regular tuition and fees associated with up to three credit hours per semester.

Similarly, Louisiana Tech offers the "Tech after 55" program, which brings the cost of one Main Campus course per quarter all the way down to an accessible \$39.

Louisiana Tech also makes available a wide variety of academic lectures and seminars at community.latech.edu for free.

Beyond the classroom, Tech offers a host of services and learning experiences for the community at large, including many that are perfect for seniors.

Tech's Parkinson Resource Center was established to support those with the neurodegenerative Parkinson's Disease and their caregivers.

Their most well known service is Rock Steady Boxing, which helps elderly participants stay active and reduce their Parkinson's symptoms by training in boxing, which works your body through all planes of motion.

The center has also added dance classes, called Music and Movement, to help slow the progression of the disease.


Those interested in these or other programs at the Parkinson Resource Center can call 318-257-2514 for more information.

Then there's **Tech's Speech and Hearing Center**, where individuals of all ages can receive direct diagnostic services and treatment services for speech, language, and hearing disorders.

Not to mention the Psychological Services Clinic, run by doctorate-level students and supervised by licensed psychologists.

The clinic offers a variety of high-quality services at low cost, including psychological assessments such as personality, ADHD and anxiety and depression assessments. There are also counseling services for individuals, groups, couples and families.

You can call the Psychological Services Clinic at 318-257-3410 and the Speech and Hearing Center at 318-257-4766.



Keep your brain healthy as you age

By Brian Trahan

As seniors age, many aspects of health can be worrisome. One of the most prevalent is memory loss, or the decline of cognitive skills.

There are many activities available to seniors that can help prevent cognitive decline as one ages. A great deal of those activities are cost-effective, can lead to a happier and more active lifestyle as well as help you ease into aging.

When a person reaches retirement, the biggest obstacle is maintaining an active lifestyle away from the workplace.

As time goes on, inactivity can certainly lead to cognitive decline.

Dr. David Knopman, with the Mayo Clinic, has stated that the more educated people are, the better their brain health is. "Diet might play some modest role, but it's those other things that make a difference, and, actually, they make a difference over the lifespan," he said. "So keep your mind active with anything that is mentally challenging and engaging."

Physical Activity

A great number of seniors will incorporate a daily exercise plan into their lifestyle by joining a gym. Many facilities offer a senior discount to make it cost friendly during retirement.

Physical workouts can increase heart rate and circulation which in turn aids in brain function.

If you can't join a gym, there are simple exercises that you can adopt around home such as taking a daily walk. Altering your route can also stimulate the brain by observing new surroundings.

Planting a garden or working in flower beds can also give you the best of both worlds — physical activity and stimulating brain function. Problem-solving, planning and research can be part of the process. Having beautiful flowers or healthy foods is a win-win.

Believe it or not, dancing can help sharpen the brain by learning dance steps and training the brain for memory recall. And again, it's a way to introduce cardio exercise into your daily routine.

Oldies but Goodies

Most baby boomers have grown up with family games as part of entertainment, before the internet was even a thought.

Card games have always been a great source to keep the brain sharp. Those games that demand strategy and focus such as bridge, gin rummy, poker and solitaire have been around forever and are easily accessible. It could also be a chance for groups of seniors to get together on a regular basis to engage each other for conversation while playing games.

It's not just card games, however. Checkers, backgammon, dominos, bingo, and mahjong all require strategy and concentration.

If by chance you don't have a partner or a group for specific days, there are alternatives such as jigsaw puzzles, Sudoku, word searches and crossword puzzles.

You can find crossword puzzles in a newspaper, which brings up another activity that can be fun and educational.

Read newspapers and magazines and keep up with current events and then engage others in conversation about current events.

Reading books can also provide brain stimulation for an extended period of time. Take it one step farther by joining a book club. That leads to stimulating conversation and dialogue among peers.



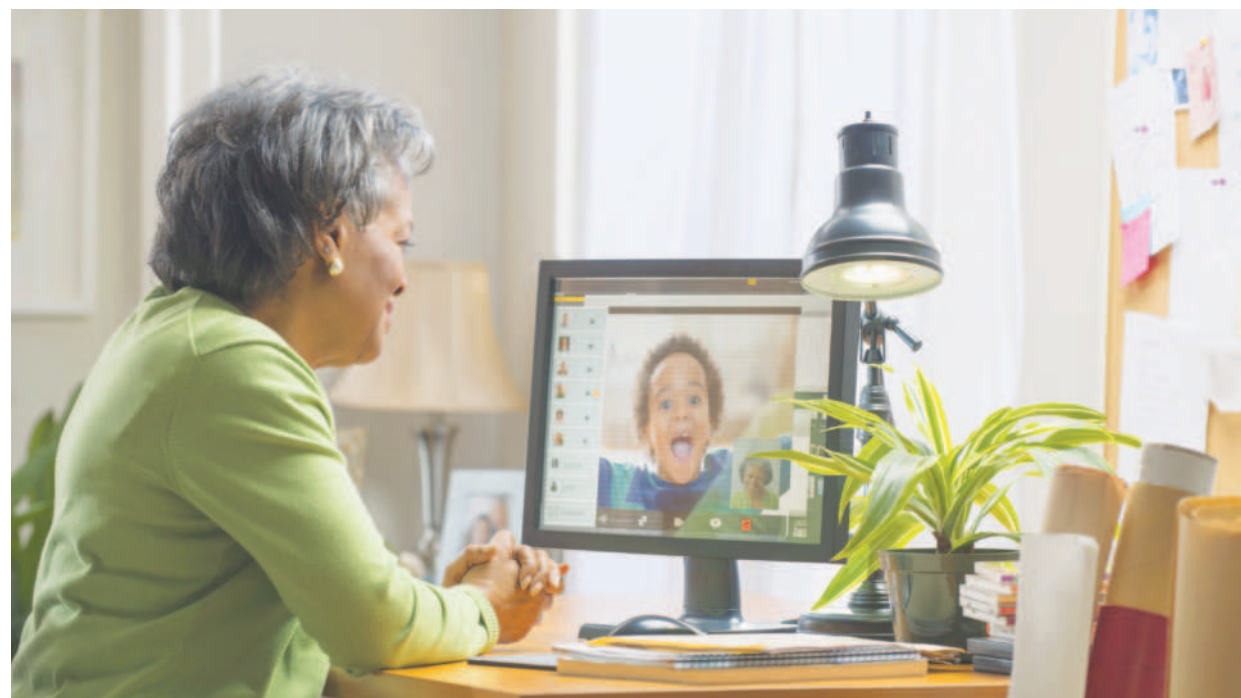
lumosity

Challenge your brain with scientifically designed training

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Modern technology

If you are going to utilize electronic devices, make use of brain-training apps such as Lumosity, BrainHQ, Elevate and Peak — all will test your memory, attention, and ability for response.

There are a number of websites and apps where you can locate brain teasers but Lumosity seems to be the most popular.

This app consists of games that focus on improving the user's memory, problem-solving capability, attention span, and thinking. There are three games in each session, and they challenge the brain by changing each time. Oh, and you are also competing against a clock.

There are others as well, such as Brainwell, Clockwork Brain and Braingle, which utilizes riddles and optical illusions to challenge the user.

However, if you are using an electronic device on a regular basis, one rule you may adopt is to avoid

bringing your device into your bedroom in the evening. The artificial light can continue to stimulate the brain during a time when your brain needs rest.

Thinking out of the box

A few alternative activities that you may not think would challenge your brain, can indeed do just that.

One particular hobby or activity that seniors may not think about that could help is genealogy. Researching your family tree could be time-consuming and give you an opportunity to challenge the brain for an extended period of time. It will also bring your family's history to the forefront for all of your family to enjoy.

You may not be a talented writer and you don't have to be to keep a daily journal. This is another activity that can give you a spark first thing in the morning to get your day started. If you set aside time first thing to start your day it forces you to recall your activities from the day before.

If you are concerned about memory loss, consult your physician.

The Alzheimer's Research and Prevention Foundation has a website and offers a memory quiz to find out where you stand with memory loss.

The quiz can be found at:
<https://alzheimersprevention.org/alzheimers-info/memory-quiz>

There is no time like the present to challenge your brain and keep it working far into your twilight years!

Senior Stats

A look at some facts and figures surrounding today's senior citizens.



3.5
Years
increased life expectancy since 1960

46 Million

Americans are **age 65 or older**

72,197

Americans are **age 100 or older**

#1

cause of death
among seniors is
heart disease

34%
of seniors use
social media

42%
of seniors **own**
smartphones

67%
of seniors
are online



1.4 Million
seniors reside in **nursing homes**

4.7 Million
utilize **home healthcare** agencies



78%

of seniors rate
their health as
**good, very
good or
excellent**

65 the age at which **Harlan "Colonel" Sanders** began franchising **Kentucky Fried Chicken**

86 the age at which **Mary Baker Eddy** founded the **Christian Science Monitor** newspaper

89 the age at which **Fauja Singh** ran his first marathon

Source: Institute on Aging, Population Reference Bureau, Centers for Disease Control & Prevention, Pew Research Center

122

the age of the person with the **longest confirmed human lifespan, Jeanne Calment**



Apps for seniors

Helpful phone programs that transcend age

By Caleb Daniel



In an era that continues to become increasingly more technology dependent, senior citizens have been assigned a stereotype that suggests they're incapable of or unwilling to adapt to the world of the internet and personal devices.

But technology doesn't have to be solely a young man's (or woman's) game. These days, there are untold hosts of helpful applications designed to make various aspects of seniors' lives easier or more entertaining.

Here's a list of a few worth checking out, aggregated from various corners of, you guessed it, the internet.

Medisafe

As the body clock marches on, oftentimes an increasing amount of medications are needed. That can be hard to keep proper track of, and a mistake could have disastrous results.

That's where medication tracker apps like Medisafe come in.

Medisafe users enter their medications and prescribed timings for each one. Then the app generates a visual schedule to follow, including reminders throughout the day, notifications when it's almost refill time on a prescription, and even alerts to a friend or family member of a missed dose if desired.

Words with Friends

Locked in during COVID? Family members live far away? Extra-accessible, social phone games like Words with Friends could be helpful in staying connected with the ones you love in a fun and engaging way.

Not everyone has time for long phone calls all the time. But anyone can pick up and play Words with Friends, which is like a bite-size version of Scrabble.

You can take a turn, send a message to your friend or loved one on the other end, and get back to whatever else you're doing until later.

It couldn't be simpler.

Snapfish

Snapfish is unique on this list in that it actually uses technology to strike back against technology.

Many in today's world are satisfied with keeping their photos digital — post it to Instagram or Facebook and it'll live forever!

But others still like the personal feel of physical photo books. Those are the folks for whom Snapfish exists.

Snapfish lets you choose your favorite digital photos to seamlessly create photo books and prints, which are then delivered to your door.

It's scrapbooking in a way that even the grandkids can appreciate.

Lumosity

Lumosity is the most popular version of a small army of what's known as "brain training" apps. This kind of app is a combination of entertainment and utility, providing enjoyable games that engage the brain on a variety of fronts, such as critical thinking, problem solving and memory games.

While all ages can take advantage of these apps, they're especially useful for older folks who need an easy way to keep the mind sharp in retirement. Research on the effect of such brain games on staving off conditions like dementia is still in the early stages, but the future is promising.

Lumosity is used by over 90 million people worldwide. Another option is the German-built app NeuroNation, which was actually developed by neuroscientists and claims to be constantly updated based on the latest cognitive research.

WHY CHOOSE US

Advanced Audiology & Hearing Aids offers one-on-one hearing care you can trust, including hearing aids from the industry's top manufacturers and individualized hearing treatment plans.

Dr. Jerrilyn Fraiser is passionate about improving patients' lives by helping them communicate better with loved ones. With **23 years of experience**, she is one of Ruston's most tenured audiologists, and BayouLife Magazine recently named her a **2021 Top Doc**.

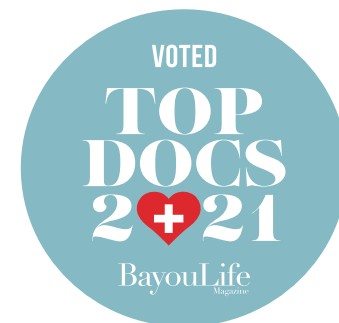
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Outdoor Options Abound Locally for Seniors

By Glynn Harris

Ah, retirement; the very thought of hanging 'em up after a career of being on the job for decades triggers plans of what to do next. A trip to the mountains? To the beach? Absolutely. Many of our retirees mull over brochures of exciting places to go and things to do once the images of the daily grind slowly fade in the rear view mirror.

But wait. Before heading to mountains or blue water, what about considering outdoors activities that are available right here at home? It would be hard to find another area that offers what Lincoln Parish has ready and available for seniors who love to get out to walk and explore beneath the canopy of our oaks and pines. Let's look at some of these opportunities we have here at home.

It may come as a surprise that Ruston is home to eight public parks. These include Cook, Duncan, Greenwood, Memorial, Roberts, Sidney aSmith, Elmore D. Mayfield and Huckleberry Trails parks. Visit www.ruston.org/rpar for more details. Access to the parks and Rock Island Greenway is provided free of charge.



LINCOLN PARISH PARK

Call 318-251-5156 for more information!

Thanks to a vision by Ruston native Fred Hoogland, Lincoln Parish Park, a 300 acre virtual jewel in the piney woods, became a reality in March 1990. Facilities are constantly being upgraded and improved to provide a peaceful get-away for people, including seniors, the chance to walk, bike, picnic, camp or just spend an hour or two of quiet relaxation beneath the canopy of towering trees next to a 30 acre lake.

Some of the amenities offered by the park include a 1 ¼ mile walking path around the lake as well as roughly four miles of hard surfaced roads running throughout the park. For the more adventuresome, the park features some 15 miles of mountain bike trails in the woods over hills and across hollows.

Benches have been erected throughout the park and properly spaced to provide visitors a place to rest. The park is divided into three general areas including an area for swimming with a concession stand and rest room areas.

The second area features tables for picnicking with barbecue grills and trash receptacles provided. On either side of this “peninsula” are fingers of the lake with a population of tame ducks and on occasions, Canada

geese, that wait for hand-outs from walkers and those enjoying picnics.

The third area is set aside for camping, both RV and tent camping. RV sites are equipped with full hook up (water, sewage and electricity). Tent sites provide electricity only.

For special occasions such as family gatherings, reunions, parties and even weddings, there are shelters that can be rented.

Fishing? You bet. The lake is stocked with a variety of game fish including bass, bream and crappie there for the taking.

Wildlife? Yessir. It would be unusual to spend an hour traversing the park without seeing deer and squirrels.

Interested in archery? A 10-acre 3-D archery range is now open, offering opportunities to improve their skills at shooting bows and arrows at life-like animal targets.

Lincoln Parish Park is conveniently located some four miles north of I-20 just off Highway 33. Daily fees for use of the park, for use of the pavilions and the archery range are quite nominal and well worth the price.

Sure, you can head for the mountains or the seashore for a get-away but why not take advantage of what is available 24-7-365 right here at home.



Photo courtesy of Glynn Harris

A visitor to Lincoln Parish Park enjoys a sunrise as fog lifts. There are a variety of outdoors activities available at one of the most scenic areas of north Louisiana.

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1. Take a trip back in time

Encourage your kids to ask their grandparents what life was like during their youth or how they imagined life in the 2020s would be. Maybe they can compare bucket lists and cross off something together.



2. Share a meal

It may seem like a small gesture but making a point to share a meal or dessert with a grandparent, especially one who lives alone, can have a marked impact.



3. Hit the road

Pick a new place and make it an adventure to remember. Map out the route together as a family, choosing the landmarks, activities and pitstops you want to make along the way. Be sure to document the journey.

== 6 Special Ways to == Celebrate Grandparents



4. Bring out the games

Tap into your playful side with some good-natured game time. Crafting, board games or your favorite video game are all fun options.



5. Sit back and relax

Settling into a comfy seat only gets better when you share the moment with someone dear to your heart. You could pull out a puzzle, watch a movie or just catch up.



6. Send gifts

If distance keeps you apart, assemble a package with some of their favorite treats, mementos, activities or games from your local store and plan to open the package together via video chat.



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