Aging In NOLA

MISSION STATEMENT

Responding to the call of the Gospel, Christopher Homes, Inc. strives to provide decent, affordable housing to vulnerable members of our community.

All who are associated with Christopher Homes, Inc. have the right to respect, dignity and a sense of well being. Therefore, through the service and commitment of our staff and volunteers, we will enable our residents to grow spiritually, socially, and intellectually, empowering them to develop their optimal potential.

Christopher Homes is a senior living ministry of the Archdiocese of New Orleans.

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HAPPY THANKSGIVING

Early Giving for #iGiveCatholic
November 12th - 26th
What is osteoporosis? Osteoporosis is a disease that affects the bones. It happens when bones become thin or break down faster than the body can fix them. It can raise your risk for falls and painful fractures and may not show signs in its early stages. You can protect yourself against osteoporosis by knowing the risk factors and getting screened.

Who is at risk? Those who are Caucasian or of Asian descent and those older than age 50 are at greater risk. Women also have a higher chance of developing osteoporosis. This is because as women age, the body stops making a hormone that protects against bone loss.

More than 53 million people either have osteoporosis or are at risk for it. But there are things you can do to reduce your risk. These include limiting alcohol use, not smoking, exercising and eating a healthy diet. Getting enough vitamin D and calcium can also help.

When should I get screened? Lower back pain or stooped posture could be early signs of weakening bones. The best way to find out if you have osteoporosis is to get screened before fractures or broken bones occur. The screening, called a bone density test, is quick and simple. Talk to your doctor about when and how often to get screened.

The annual Medicare Open Enrollment period has started (on October 15) and continues until December 7. (The dates changed in 2011, but have been the same ever since, and should remain as-is for the foreseeable future.) For 2019 coverage, open enrollment will run from October 15, 2018, to December 7, 2018.

During the annual enrollment period (AEP) you can make changes to various aspects of your coverage.
• You can switch from Original Medicare to Medicare Advantage, or vice versa.
• You can also switch from one Medicare Advantage plan to another, or from one Medicare Part D (prescription drug) plan to another.
• And if you didn’t enroll in a Medicare Part D plan when you were first eligible, you can do so during the general open enrollment, although a late enrollment penalty may apply.

If you want to enroll in a Medicare Advantage plan, you must meet some basic criteria.
• You must be enrolled in Medicare Part A and B.
• You must live in the plan’s service area.
• You cannot have End-Stage Renal Disease (some exceptions apply).

courtesy: Medicareresources.org

To follow the Health Habits blog online head to www.christopherhomes.org.
You’ll find this article as well as previous health-related articles.
**St. Martin's Manor**

The St. Martin’s Manor Residents were a part of a city wide night out against crime. They were elated to have the First District Police Officers to share the evening with them. Resident’s brought their Lawn Chairs out and the music was provided by Mr. Anthony Thompson and Ms. Linda Garrison, two of the resident at SMM. They were especially grateful for Chief Reginald Rowe who provided the residents with the pizza for this event. The residents were in tuned of what the night was all about. They rallied around the slogan of “Stopping the Violence and Letting there be Peace among all men”. A raffle had taken place where T-shirts, coasters and other items were won. A literature table was set up with crime prevention materials. A special thanks goes Ms. Lynn Johnson and Ms. Jontell Miles who volunteered to make this a great night.

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**BLESSING OF THE ANIMALS**

**Feast Day of St. Francis of Assisi**

Dozens of animals and their owners showed up to a pet blessing at Metairie Manor on October 4th. Father Bob performed the blessing of all of our furry friends. There were animals of all sizes at the event. Activity Coordinator Zina Smith had enough refreshments for everyone. She even made sure the pooches had their own treats. It was a blessed and fun morning for everyone.

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**NIGHT OUT AGAINST CRIME**

**Villa St. Maurice**

Tanisha Goodman, Villa St. Maurice’s Community Manager says that the “Night Out Against Crime” event on October 16th was a success. Councilmember Cyndi Nguyen from District E was there, and a representative from the mayor’s office had gifts. Members of the New Orleans Police Department also attended. They danced with the residents and took lots of pictures. Members of the Sewerage and Water Board handed out gift bags. The Holy Cross neighborhood Association was present, and they donated hamburgers, buns and drinks. The Seven Day Adventist Church also set a table up with gift bags. They also donated 80 hot dog buns. Crime Stopper’s also donated 90 gift bags. Our D.J was a resident by the name of Perry Fleming. A $25 gift card was raffled off at the event.
VETERANS DAY

Veterans Day is November 11th and we would like to say thank you to all of the veterans living and working within Christopher Homes.

THANK YOU

ROSARY CRUSADE

The St. Bernard Manor community came together to pray the Rosary. The event happened on October 13th. Community members were also invited to participate. The event was in honor of the 101st anniversary of the apparition of the Blessed Virgin Mary to children in Portugal. Our Lady of Fatima began appearing to the children in 1917.

URSULINE CONVENT TRICENTENNIAL EXHIBIT

Members of the Archdiocesan staff were invited to tour the Ursuline Convent museum. Many Christopher Homes staff members attended the event.

The Old Ursuline Convent tours are happening now
504-529-3040

The museum is opened for self-guided tours
Monday through Friday 10am-4pm, the last admission is at 3:15pm
Saturday 9am-3pm, the last admission is at 2:15pm.
COUNCIL MEMBER NGUYEN VISITS VILLA ST. MAURICE

District E councilperson Cyndi Nguyen visited Villa St. Maurice on October 8th. More than a dozen residents listened to Nguyen as she spoke about her vision for change in the Lower 9th ward and New Orleans East. Those are the neighborhoods she represents. She is hoping to make monthly visits to Villa St. Maurice.

NAZARETH INN HEALTH FAIR

On October 17th Nazareth Inn hosted a health fair. More than a dozen vendors were on hand to give information about services. Walgreens was also giving out flu vaccines to those wishing to get the shot. Many door prizes were raffled off as well.

RESIDENT OF THE MONTH

Ms. Karen Dunlap has been a resident of Nazareth Inn Apartments since December 2008. During that time Ms. Dunlap has served as Vice President of the Resident Association, two terms as the President of the Resident Association, Director of the Ladies of Naz Club and the Crafts Club. She has designed all float themes for the Mardi Gras Scooter Parade and backdrops to events such as Thanksgiving and Christmas. Ms. Dunlap has been a wonderfully active member of our community.

WELCOME ABOARD

Clifton Thomas has joined our team as the Maintenance Technician at Villa St. Maurice. When you see Thomas please make it a point to introduce yourself and welcome him to the team.

EMPLOYEE OF THE MONTH

Lynn Williams
Residential Coordinator
at St. Martin's Manor,
St. Martin House

“She is kind, a great listener, encourager and most of all she often states that she believes that everybody is somebody and that nobody shall ever be left behind.”
- Tanisha Goodman, Community Manager

CHI Employee
7 Years

Outside of Work
Lynn enjoys working in her church and spending time with her mother.
UPCOMING EVENTS

iGiveCatholic - November 27th, 2018

Christopher Homes will participate in #iGiveCatholic on #GivingTuesday on November 27th, 2018. This is an opportunity for people to make a difference in the lives of our seniors.

In addition to housing seniors, CHI also raises additional money to provide basic necessities like food and clothing. Everyone deserves a warm place to sleep and something to eat. We need your help. Please help us raise money to bridge the gap for many of our seniors. A $25 donations can feed lunch to a senior for an entire week.

Also, new this year, each site will be able to raise funds for their individual location. All of the funds raised at individual sites will go back into the community that raised them! Be on the look-out for more information from staff at your facility.

Please spread the word about this important cause. We will have more information on how to donate on our website www.christopherhomes.org.

Christopher Homes Sponsors “Walk to End Alzheimer's” on Both Sides of the Lake

REGISTRATION NOW OPEN

NORTHSHORE
Saturday, November 3rd
Fontainebleau State Park, Mandeville, LA

METAIRIE
Saturday, November 10th
Baby Cakes Field, Metairie, LA

Go to www.christopherhomes.org for information on how to register.
NEW CREMATION GARDEN TO OPEN AT ST. PATRICK NO. 3

by Beth Donze (Clarion Herald)

A new half-acre garden inside St. Patrick Cemetery No. 3 will significantly expand local options for those who are considering cremation as their preferred method of burial.

The Queen of All Saints Cremation Garden, located in the rear of St. Patrick Cemetery No. 3 at 143 City Park Ave., will offer 631 single and double niches designed exclusively for the interment of cremated remains.

The garden will be blessed by Archbishop Gregory Aymond on Nov. 20 at 1 p.m. The blessing, which is open to the public, will conclude with the release of more than 300 Painted Lady butterflies symbolizing new life.

Sherri Peppo, executive director of the New Orleans Catholic Cemeteries Office, said the space now occupied by Queen of All Saints originally was being considered for development as a mausoleum site. But recent upticks in both local and national interest in cremation had led Cemeteries staff to rethink the space as a lush and architecturally stunning garden for the burial of cremated remains.

Currently, about 40 percent of burials at New Orleans’ Catholic cemeteries – and about half of burials citywide – involve cremation, Peppo said. Statewide, the cremation burial rate is 33 percent.

“We realized that we needed to designate an area just for cremated remains. All Saints Cremation Garden is the first garden in a Catholic cemetery dedicated exclusively to cremation,” said Peppo said, noting that the new garden has space for a second phase of development, should interest warrant an expansion.

In addition to the new garden at St. Patrick No. 3, cremation niches are available at three other Catholic cemeteries: St. Roch Cemetery No. 2 in New Orleans; St. Charles Cemetery in Luling; and St. Louis No. 3, which erected the first free-standing columbarium in an archdiocese-operated cemetery in 2015: the 112-niche Serenity Garden Columbarium, located just inside the cemetery’s Esplanade Avenue gates.

For more information, call 596-3050.
(two is a portion of an article that ran in the Clarion Herald, to see the rest of the article please visit www.clarionherald.org)
Dear Residents and Staff,

“It is therefore a holy and wholesome thought to pray for the dead, that they may be loosed from sins.” (2 Maccabees 12:46)

A few years ago, Costco opened on South Carrollton in NOLA in late September. In order to train local residents as staff the company temporarily sent in seasoned staff from other areas of the country. A friend happened to be shopping at the end of October and one of the non-local staff members asked her what did New Orleanians do with all the flowers they were buying for Halloween. My friend chuckled at the question and went on to explain the great devotion we have in honoring our dead by decorating their graves with flowers on All Saints’ Day and All Souls’ Day. While not unique to New Orleans, not all areas of our country have such reverent devotion to the final resting place of our love ones who have gone before us.

In New Orleans we not only bring flowers to the grave sites of our deceased family members but we clean up the cemeteries, bless the graves, and attend special liturgies such as on All Saints Day, a Holy Day of Obligation for Catholics. This is not only a time of remembrance but also a time to reflect upon our own mortality; to ask for forgiveness for those times we have failed to be merciful to those in need as we ask for mercy for ourselves and to look forward with hope to our Lord’s promise of eternal life.

We read in the Book of Wisdom, “The souls of the just are in the hand of God, and no torment shall touch them. They seemed, in the view of the foolish, to be dead, and their passing away was thought an affliction and their going forth from us, utter destruction. But they are in peace.”

Let us always remember that God the Father, through his Son, our Lord has promised good things to those who trust in Him. Things such that the limitation of our human intellect cannot fathom. The greatest of that promise is eternal peace. “Peace I leave with you; my peace I give to you; not as the world gives do I give to you. Do not let your heart be troubled, nor let it be fearful.” (John 14:27)

My prayers for each of you is that you find peace this day and throughout this coming holiday season as I offer you my blessing.

“May Almighty God bless, protect you from all evil, free you from all worries. May He send his angels and his saints to guide you and protect you and lead you, one day, to life everlasting, in the name of the Father and of the Son and of the Holy Spirit. Amen”

With God’s Blessings,

Deacon Dennis F. Adams
Executive Director, Christopher Homes