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.*

---

**Table Of Contents:**

- Page 2: Health Habits
- Page 3: New Orleans Welcomes LeadingAge
- Page 4: Christmas at St. Louis Cathedral
- Page 5: Holiday Recipes
- Page 6: Looking Back at 2017; Thanksgiving Celebrations
Recognizing and Managing Depression During the Holidays

We all feel blue, down-in-the-dumps or sad occasionally. Those feelings may last a few days, but usually our spirits can be lifted by doing things we enjoy or spending time with someone we care about.

Depression, on the other hand, is a medical condition causing continued sadness that affects your daily life. These feelings can be especially overwhelming during the holidays. Depression is highly treatable but, unfortunately, many people with the condition never seek help.

There are many signs and symptoms of depression, some more noticeable than others. You may be dealing with depression if you experience several of the following for two weeks or more:

- Feeling sad, hopeless, tired, irritable or restless
- Having less interest or pleasure in favorite activities
- Withdrawing from social activities
- Overeating or losing appetite
- Sleeping too little or too much
- Having trouble focusing or making decisions
- Having recurring thoughts of suicide or death

Depression can affect anyone. While some risk factors are unavoidable—such as a family or personal history of the condition—there are ways to decrease the likelihood of becoming depressed, including discontinuing the use of alcohol and certain drugs.

Another way to get ahead of depression is to talk with your doctor about your feelings. Your doctor can help you find treatments or therapies to manage your depression, so you can get back to living your best life.

Gift Ideas For Seniors

- Talking watches or alarms
- Blankets or throws
- Tablets or ipads
- Gift certificates to the grocery store
- Adult coloring books
- Personal emergency response systems

Debunking Myths About Falling

1. Falling happens to other people, not me
   - Falling is not a normal part of aging. Strength training and getting eye check-ups can prevent falls.
2. If I limit my activity I won’t fall
   - Performing physical activities will help you stay independent.
3. Using a walker or cane will make me more independent
   - Walking aids can help older adults maintain mobility, however make sure you use these devices safely. Have a physical therapist fit the walker or cane to you and instruct you in its safe use.

Courtesy: National Council on Aging
Thousands of not-for-profit aging services leaders packed the Ernest N. Morial Convention Center for the annual LeadingAge Meeting & Expo.

Over the final 3 days of October, exhibitors and LeadingAge members discussed the future of senior living in the United States. Seminars were held at the convention center on topics that ranged from aging services technologies to public policy and legal issues.

There was also a large expo where businesses that cater to seniors put their services on display. There were also member site visits. Metairie Manor was one of the facilities highlighted with a tour.

Dozens of LeadingAge members boarded a bus from the convention center and headed to Jefferson Parish. On that bus, Executive Director, Deacon Dennis Adams gave the history of the Christopher Homes that was highlighted on a video.

Once the bus arrived at Metairie Manor, the groups were split into two, as they were taken on a tour of the facility from the managers, Marie Letellier and Dawn Royes.

Once that was completed our guests were treated to New Orleans style Halloween party organized by Zina Smith. The residents at Metairie Manor spent weeks making treats and second line umbrellas for our guests.

The Pinstripes Brass Band arrived at the party to play traditional second line music. Everyone at the party said they had a good time.
#iGiveCatholic was a success for Christopher Homes. We were able to raise $187,075 dollars in just 24 hours.

We are grateful for the support of the community.

The next #iGiveCatholic day of giving is November 27th, 2018.

## Holiday Mass Schedule for St. Louis Cathedral

### December 24th - Vigil at 5 p.m.

**Midnight Mass**
- Doors Open at 11:15 p.m.
- Prelude Music from 11:30 p.m.
- Mass Begins at Midnight

### December 25th - 9 a.m. & 11 a.m.

**New Years Eve:** 5 p.m. Vigil Mass

**New Year’s Day:** Solemnity of the Blessed Virgin Mary, Mother of God
- 9 a.m. & 11 a.m.

---

### St. Nicholas : Feast Day December 6th

We thank you for good Saint Nicholas for his love and care for children. Through his intercession we ask you to help us always to take of children, to protect and guide them, and to keep them safe. Help us to be open to all that children can teach us about pure joy and unconditional love. May we in turn help our children to grow into beautiful persons that you created them to be. Keep us mindful of the needs of others and to reach out with love and generosity as Saint Nicholas did. We rejoice in your servant Nicholas and pray that we too may follow with singleness of heart and mind.
As New Orleans enters its 300th year so does the tradition of Reveillon dinners for many across South Louisiana. It’s a Catholic tradition that followed the people who immigrated from Europe. A Reveillon is a festive supper commonly eaten after Christmas midnight Mass. Decades ago, many families would get home from Mass and go straight to the dinner table. Several popular French Quarter restaurants continue the tradition today with Reveillon menus. A popular Reveillon meal would consist of grits and grillades and a carved meat.

**INGREDIENTS:**
- 2 pounds beef or veal round, 1/2 inch thick
- 3 tablespoons vegetable oil
- Salt & Pepper to taste
- Flour
- 1 Large onion, thinly sliced
- 3 cloves garlic, minced
- 1 small green pepper, finely chopped
- 1 cup chopped tomatoes
- 1 tablespoon parsley
- 1/8 teaspoon dried Thyme
- 1 1/2 cups beef stock
- Hot pepper sauce to taste
- 3 cups hot cooked grits (use slow cooking, not instant)

**DIRECTIONS:**
Cut meat into 3-inch squares. Season with salt & pepper, then dredge in flour and shake off excess. Heat 2 tablespoons of the cooking oil in a heavy skillet, brown the meat lightly and drain on absorbent paper.

Make a roux in the skillet with 2 tablespoons of flour and remaining oil, browning until it’s a rich dark color. Add all other ingredients (except the grits) to the roux and simmer until the mixture thickens, about 15 minutes.

Return the meat to the pan, cover the skillet and cook until tender, about 1 hour. Stir often. Serve the grillades over the hot grits.

**Holiday Glazed Ham**

**INGREDIENTS:**
- 1 spiral-sliced half ham
- 1 20–ounce can pineapple slices
- 15—20 whole cloves
- 1 small jar maraschino cherries
- 3/4 cup packed light brown sugar
- 2 tablespoons yellow mustard

**DIRECTIONS:**
Preheat oven to ham package directions

Follow instructions for baking ham

Remove ham from oven about 30 minutes before the end of the warming time

Decoratively arrange the pineapple slices on top of the ham, securing them with whole cloves or toothpicks

Place cherry in the center of the pineapple ring securing with toothpick

In small bowl combine sugar, mustard and reserved pineapple juice to make a thick glaze
Children at a local elementary school stopped by St. Bernard Manor to brighten the day for our residents. Students from Arlene Meraux School in Chalmette showcased their artwork on several pumpkins. They handed those pumpkins out to some of our residents. Wanda Robertson, the manager at St. Bernard Manor, says the pumpkins added color and smiles to the Halloween party.

Deacon Norbert Billiot held two pet blessings on the feast day of St. Francis of Assisi on October 4th. Those blessings were held at St. Bernard Manor and St. Teresa’s Villa. Dozens of pets and their owners turned out for the events.

Dozens came out to honor our veterans at Wynhoven on November 10th. A Wall of Honor is prominently displayed at the facility.

Residents at St. Martin Manor celebrated Labor Day by eating resident Larry Bishop’s cooking. Bishop says he’s happy to be able to serve his friends. The meal came with all the fixings!

Director of Pastoral Care, Vincent Scozzari, holds a prayer service at Mater Dolorosa.

Residents from Metairie Manor and Villa St. Maurice headed to Metairie for the annual walk to end Alzheimer’s.
Residents from St. Ann Square and St. John Berchman’s enjoy a Thanksgiving feast.

In the spirit of giving our staff and volunteers served hundreds of meals ahead of Thanksgiving. We are always grateful for their continued service through the holidays and all year long.

Gumbo and all of the fixings were served at Annunciation Inn.

The staff at Metairie Manor served hundreds of Thanksgiving lunches with the help of the Kiwanis Club.

Children from the Girl and Boy Scouts stopped by St. Martin Manor to bring some holiday cheer to our residents.

Dozens turned out for turkey at Villa St. Maurice.

Traditional Thanksgiving food was the main attraction at Delille Inn.

Staff served hundreds at Wynhoven for a traditional Thanksgiving celebration.
“For God so loved the world that he gave his only-begotten Son, that whoever believes in him should not perish but have eternal life.” John 3:16

As we enter into Advent, that liturgical season which calls each of us to prepare for the Solemnities of Christmas, in which we remember the First Coming of Christ into the world and as we continually prepare ourselves for His Second Coming, we look ahead to the Christmas season.

Our verse from the Gospel of John recalls the greatest gift ever bestowed upon humanity; God the Father’s gift of his Son offered to each of us for our redemption to provide us the chance to receive his eternal gift of Heavenly Glory.

It is from the ultimate gift of the Nativity of the Lord followed by the Epiphany, the visit of the Magi, bearing gifts to the Christ child, that we have the tradition of Christmas giving. While Christmas has become much too commercialized, the tradition and true meaning of Christmas presents is one based upon God’s love of the world and upon that second of the greatest commandments which our Lord gave to us, “you shall love your neighbor as yourself.”

God calls each of us to give of ourselves and to give, as we are able to help our neighbor. Our gifting should come from the gifts we receive from our God in the form of time, talent, and treasure.

At Christopher Homes we find that true meaning of Christmas in the assistance which our residents offer to each other such as the meals at Villa St. Maurice where our residents pool their resources and prepare pot-luck meals for others in need. That true meaning of gifting is found in the larger community who came forward during the #iGiveCatholic campaign to fund an account that will allow us to help residents without furniture to have a bed to sleep in or a table to break bread on.

Yes, God so loves the world and He so loves how we give back to him through our love of neighbor.

God’s blessings and may the peace of the Christ child be with you and yours.

Merry Christmas!

Deacon Dennis F. Adams
Executive Director, Christopher Homes