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: Christopher Homes Happenings
- Page 4: Thanksgiving Recipes
- Page 5: New Orleans Tricentennial
- Page 6: Old Ursuline Convent Museum
- Page 7: #iGiveCatholic Campaign

---

**Social Media**

Facebook: [@christopherhomesano](https://www.facebook.com/christopherhomesano)
Twitter: [@chi_archno](https://twitter.com/christopherhomesinc)
Instagram: [@christopherhomesinc](https://www.instagram.com/christopherhomesinc)
#AginginNOLA
Protect Yourself Against Osteoporosis

What is osteoporosis? Osteoporosis is a disease that affects the bones. It can cause loss of bone mass, as well as bone tissue damage. The disease can increase a person’s risk for falls and painful fractures, but often shows no symptoms in its early stages.

What are the risk factors? The best defense against osteoporosis is to know about the risk factors. Some can be controlled, such as weight and medication use. Some cannot be controlled, including having a family history of the disease and aging. However, there are healthy lifestyle choices everyone can make to reduce the risk of getting osteoporosis. These include reducing alcohol use, not smoking, exercising and eating a healthy diet. Getting enough calcium and vitamin D can also help.

Should you get screened? Lower back pain or stooped posture could be early signs of bone weakening. You might also notice fractures happening more easily. The best way to find out if you have osteoporosis is to get screened with a bone density test before fractures or broken bones occur. The screening is quick and simple. Talk to your doctor about getting a screening and about how often you should get screened in the future.
Christopher Homes Steps Up to End Alzheimer's

On November 11th, 2017, members of the Christopher Homes team will lace up their walking shoes for a great cause. Christopher Homes is one of the sponsors of the Walk to End Alzheimer's. The walk is held every year in more than 600 communities across America. The event hopes to raise awareness and money for Alzheimer's care, support and research.

Christopher Homes also has a group participating in this year's walk to raise money to end the disease.

Event Details

- November 11th, 2017
- Baby Cakes Field, 6000 Airline Dr., Metairie
- Registration at 8 a.m., Ceremony at 9 a.m., Walk at 9:30 a.m.

Christopher Homes Properties “Go Pink”

A gorgeous Friday afternoon was the perfect backdrop for “think pink” day in honor of breast cancer awareness month. The first of two events on October 13th, was held at Annunciation Inn. “I’m grateful for the good turnout,” said activities coordinator, Donna Prevost. She planned a similar event for residents at St. John Berchmans that same afternoon. The event came complete with a pink balloon release and pink refreshments.

Night Out Against Crime

On October 17th the residents at Nazareth Inn joined thousands across America for the annual night out against crime. Community manager, Teresa Poche says about 75 residents attended the event. More than 30 million people across the country gathered to promote crime prevention in their communities.
**Shrimp Stuffed Mirliton**

**Ingredients:**
- 4 mirlitons
- 1 teaspoon Cajun seasoning
- 1 stick butter
- 1/2 cup chopped green onion
- 3 stalks celery, chopped
- 1/2 cup chopped yellow onion
- 1 green bell pepper, seeded & chopped
- 1/4 lb. shrimp, peeled, tailed, deveined and chopped
- 1/2 cup bread crumbs
- Salt & black pepper to taste

**Directions:**
- Preheat oven 350 degrees
- Boil water in large pot
- Sprinkle 1/2 teaspoon Cajun seasoning in water.
- Add mirlitons to water, lower the heat & cook for 30-45 minutes until softened.
- Drain mirlitons
- Cut mirlitons in half lengthwise
- Scoop out the pulp leaving 1/4 inch all around
- Set pulp aside
- Turn mirlitons upside down and let drain

In skillet melt butter and add chopped vegetables until soft.

Chop mirliton pulp and add to skillet.

Add remaining Cajun seasoning and shrimp and stir to combine.

Stir in bread crumbs and season with salt and pepper to taste.

Place mirliton halves into casserole dish. Scoop shrimp mixture into mirliton shells and bake for 30 minutes.

---

**Turkey Tips**

1. Thaw frozen turkey in the refrigerator — it takes 4-5 days for a 20 lb turkey
2. Want crisp skin? Unwrap turkey the day before roasting and leave it uncovered in the fridge
3. Plan on roasting for 15 minutes per pound
4. Turkey will cook more evenly without stuffing inside
5. Coat outside of turkey with vegetable oil or olive oil, season with salt & pepper and tightly cover the breast with aluminum foil to avoid over-browning
6. Turkey should read 165 degrees F at the thigh when it’s done.
7. Let rest under foil for about 25 minutes before carving
New Orleans Tricentennial:

Stepping Onto a Streetcar

Taking a ride down St. Charles Avenue on a world famous streetcar is like taking a ride through history. Children with their mothers and people in business suits use the streetcars for various reasons. At one time there were dozens of these streetcars bustling down city streets. From the Freret Street line, which shut down in 1946, to Esplanade Avenue where a streetcar operated for 73 years, the cars were a main source of transportation for many. Evidence of the existence of these lines are underground. If you look closely on some streets, the tracks peek through the surface. Just like the history of New Orleans, these tracks serve as a reminder of a time in the past. A time when many of our elderly were young.

Many Christopher Homes residents can catch a streetcar near their front steps. Mater Dolorosa is along the St. Charles/Carrollton Ave. tracks, Annunciation Inn is about 5 blocks from the Rampart/St. Claude streetcar and the main office on Howard Avenue is next to the Rampart/St. Claude streetcar.

New Orleans is home to the world’s oldest continuously operating street railway system in the world. The St. Charles Avenue streetcar line opened in 1835 and is a national historic landmark.

Other historic lines:

Bayou Bridge & City Park (1861-1894)  
Tchoupitoulas St. (1866-1929)  
N. Claiborne Ave. (1868-1934)  
Tulane Ave. (1871-1951)  
Broad St. (1874-1932)  
West End (1876-1950)  
Spanish Fort (1911-1932)  
S. Claiborne Ave. (1915-1953)  
Desire St. (1920-1948)  
Freret St. (1924-1946)  
St. Claude Ave. (1926-1949)  
Gentilly (1926-1948)  
Jackson Ave. (1835-1947)  
Louisiana Ave. (1850-1878,1913-1934)  
Esplanade Ave. (1861-1934)  
Coliseum St. (1881-1929)  
Magazine St. (1861-1948)  
Prytania (1861-1932)

For information on current bus/streetcar routes go to norta.com
The Old Ursuline Convent Museum

**Historic French Quarter** -

*1100 Chartres Street*

---

**Now Open Monday—Saturday**  
(504) 529-3040
Christopher Homes 2017 campaign for #iGiveCatholic will raise money to offset furniture costs for residents.

Christopherhomesinc.org for more information. Please share details with friends and family.

---

St. John Berchmans: Feast Day, November 26th

Patron Saint of Altar Servers

To be Christ’s page at the altar, To serve Him freely there.
Where even the Angels falter, Bowed low in reverent prayer.
To touch the throne most holy, To hand the gifts for the feast, To see Him meekly, lowly, Descend at the word of the priest.
To hear man’s poor petition, To sound the silver bell,
When He in sweet submission, Comes down with us to dwell. No grander mission surely Could Saints or men enjoy;
No heart should love more purely, Than yours my altar boy.
God bless you, lad, forever, And keep you in His care, And Guard you that you never Belie the robes you wear. For white bespeaks untainted A heart both tried and true; And red tolls love the sainted The holy martyrs knew. Throughout life, then, endeavor God’s graces to employ; And be in heart forever A holy altar boy.
“In all circumstances give thanks, for this is the will of God for you in Christ Jesus.” (1st Thes 5:18)

Dear Staff and Residents,

We will soon celebrate Thanksgiving, that uniquely American holiday which, in its essence, calls upon us to offer thanks to our Creator for the bountiful gifts He has bestowed upon us.

In the earliest days of our nation, George Washington called for the last Thursday of November to be set aside to recognize the great blessings bestowed upon our nation. In his address to Congress and the Nation he declared,

“devoted by the people of these States to the service of that great and glorious Being who is the beneficent author of all the good that was, that is, or that will be; that we may then all unite in rendering unto him our sincere and humble thanks for his kind care and protection of the people of this country.”

(George Washington, Thanksgiving Proclamation, October 3, 1789)

We are experiencing a time of significant angst in our great nation. While we must consider the concerns of all peoples, we should do so with respect and, as our first president stated so eloquently, recognize all we have as individuals and as citizens of this great nation, we receive as unmerited gifts from God the Father.

I am most thankful for the blessings of my family and for our ministry in which I am able to participate in service to you, our Christopher Homes’ residents and staff. Know that each of you are in my prayers daily and that my hopes and prayers are that your Thanksgiving Day will be filled with the knowledge of God and His great love for you.

As St. Paul counsels us in his first letter to the Thessalonians, “in all circumstances,” even in the most trying of times or situations, let us “give thanks,” for our Lord is always with us.

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

Deacon Dennis F. Adams
Executive Director, Christopher Homes