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.
HOW TO LOVE YOUR HEART

February is American Heart Month. Celebrate by improving your heart health! You can do this by making a few simple changes to your diet and daily routine.

Staying active is a key part of keeping your heart healthy. The American Heart Association recommends 30 minutes of activity, such as walking or swimming, on most days of the week.

Start slowly and build up to the level of activity your doctor says is right for you. You can ask family and friends to join you and track your progress in an activity journal. If you’re not sure you have time for 30 minutes of activity, try breaking it up into 10- or 15-minute segments.

Eating a heart-healthy diet is also important. This can include:
1. Plenty of fruits and vegetables · 100-percent whole grain breads
   - Canned goods with no added salt or sugar
   - Poultry or tuna packed in water instead of oil
   - Lean meats, such as rump roast or pork loin
   - Fat-free or 1-percent milk or milk products

2. In addition, skip frozen foods with added sauces, oils, butter or breading.

3. Another way to “love your heart” is to manage high blood pressure and cholesterol. Talk with your doctor about your health goals and any medications you take for these conditions.

So show your heart some love—educate yourself and your loved ones about how to keep your heart healthy.

FLU FACTS FOR THE ELDERLY

1. Get your flu shot. Vaccination is especially important for people 65 years and older because they are at high risk for complications from flu.

2. Practice good health habits. Wash your hands and avoid people who are sick.

3. Seek medical advice quickly if you experience flu-like symptoms.

4. Get pneumococcal vaccines. Talk to your doctor to find out which pneumococcal vaccines are recommended for you.

*Flu symptoms include fever, cough, sore throat, runny or stuffy nose, body aches, headache, chills and fatigue. Some people may also have vomiting and diarrhea. People may be infected with the flu and have respiratory symptoms without a fever.

Health habits brought to you by PEOPLES HEALTH
After 17 years with Christopher Homes, longtime employee, Dorothy “Dottie” Bordelon retired. Her last day was January 5th. Dottie worked at Rouquette Lodge in Mandeville. She will be missed by residents and staff. Deacon Dennis Adams, Christopher Homes Executive Director, stopped by on her final day with roses and a certificate to thank her for all of her hard work.

SAINT BLAISE

Saint Blaise: Feast Day February 3rd

O glorious St. Blaise, who by your martyrdom left to the Church a precious witness to the Faith, obtain for us the grace to preserve within ourselves this divine gift, and to defend – without concern for human respect – both by word and example, the truth of that same Faith, which is so wickedly attacked and slandered in these our times. You miraculously restored a little child who was at the point of death because of an affliction of the throat.

Grant us your mighty protection in similar misfortunes. And, above all, obtain for us the grace of Christian mortification, together with faithful observance of the precepts of the Church, which keep us from offending almighty God. Amen.
GIVING THE GIFT OF A SMILE

That elusive smile. It’s something that’s hard to come by, especially at work. There’s one woman who’s made it her mission to put a smile on the faces of the people she works with. Meet Mrs. Gennie Thibodeaux. She’s been a fixture at the front desk at Wynhoven apartments for years, but many don’t know what’s been going on behind the scenes. Her job is more than redirecting mail or answering the telephone. She’s made it her job, to bring happiness to others.

“It started years ago, there were 2 maintenance men and me. I noticed they were dragging, so I bought some chocolate candy. It perked them up,” says Mrs. Gennie, “It put a smile on their face.”

It didn’t stop with candy. People wanted something salty. So Mrs. Gennie sprung to action. Enter the chips, crackers and peanuts. Then there’s the coffee, creamer and sugar... and the frozen pancakes and Jimmy Dean sausages, turkey sausage is also available. Oh, and don’t forget the boiled eggs! Boiled eggs?? Jeffrey, one of the maintenance men at Wynhoven, says he loves Mrs. Gennie’s boiled eggs.

Lunch you say?

Well, there’s that too. Mrs. Gennie says, “Some don’t have time to pack a lunch, or can’t afford a lunch that day. Well, there’s always something they can eat in there.” She stocks the break room with bread and sandwich meats too! Don’t forget the fruit, there’s that too. All free of charge, unless you consider smiles payment.

As for why she does it? She says, “It makes me feel good too, some days are tough. Sometimes you need a munchie to get through.”

For years Mrs. Gennie has done this quietly. Feeding those around her. Having lunch and breakfast with coworkers turned best of friends. She didn't want the recognition, saying she doesn't “deserve it”. Well if a smile is worth a thousand words, then you Mrs. Gennie, deserve millions of words of recognition.
JAMBALAYA PASTA

INGREDIENTS
1 tbsp. olive oil
1 onion, chopped
2 bell peppers, chopped
2 andouille sausage links, cut crosswise into 1 inch pieces
2 cloves garlic minced
2 boneless skinless chicken breasts chopped
1 tsp. Cajun seasoning
Salt & pepper to taste
10 oz. penne pasta
4 cups chicken broth
1 15 oz. can of diced tomatoes
1/2 cup heavy cream
1 cup shredded cheddar

DIRECTIONS
In a large skillet over medium heat, heat oil. Add onions and bell peppers and sauté until softened. Add sausage and cook until browned. Stir in garlic. Add chicken and Cajun seasoning. Season with salt and pepper. Cook chicken through.
Add penne and stir until coated in sausage and peppers. Pour in diced tomatoes and chicken broth. Simmer until pasta is al dente and almost all of the liquid is absorbed, about 20 minutes
Stir in heavy cream and cheddar.
Serve with French bread.

CRAWFISH BREAD

INGREDIENTS
1 loaf of French bread, halved lengthwise
1/2 cup mayonnaise
3 tablespoons butter
1 large onion chopped
1 pound cooked crawfish tails (packaged or from a boil)
1 bunch green onions chopped
Cajun seasoning to taste
1 8oz package of cream cheese, make sure it’s softened
1/2 cup grated parmesan cheese (from the can is fine)
3/4 cup shredded Monterey jack cheese

DIRECTIONS
Preheat oven to 375 degrees
Place bread halves, cut side up on baking sheet. Spread mayonnaise on bread halves
In large skillet, melt butter add onion and cook. Add garlic. Add crawfish, green onion and stir. Cook until crawfish is heated through. Add Cajun seasoning and cream cheese. Remove from heat and stir until cheese is blended in.
Divide mixture and spread on bread halves. Top each half with cheese. Bake until cheese is melted, about 15 minutes. Increase oven temperature to broil. Broil until brown. Serve warm.
EVENTS

New Orleans is celebrating its 300th birthday!

To celebrate the City of New Orleans has many events planned.

It is working with many organizations including the Archdiocese of New Orleans to honor the 300 years of New Orleans.

The city is also partnering with “The Historic New Orleans Collection” to present an exhibition titled, “New Orleans: The Founding Era”.

EXHIBITION DETAILS:
February 27, 2018 to May 27, 2018
Tuesday – Saturday, 9:30 a.m. – 4:30 p.m.
Sunday, 10:30 a.m. – 4:30 p.m.
533 Royal Street
Admission is free

MARDI GRAS TRADITIONS

Mardi Gras Colors:
Purple (Justice)  Green (Faith)  Gold (Power)

King & Queen of Carnival
Rex is the King of Carnival or the “Monarch of Merriment”.
The Mayor of New Orleans gives Rex the keys to the city during his iconic ride on Fat Tuesday.
The identities of the King and Queen of Carnival are kept secret until Lundi Gras.

King and Queen of Zulu
The King and Queen of Zulu arrive to the Carnival festivities on Lundi Gras aboard a Coast Guard Cutter. They will meet the court of Rex at the Riverfront on Lundi Gras.
They will toast the Mayor of New Orleans on Fat Tuesday.
CARNIVAL TIME AT CHRISTOPHER HOMES!

ANNUNCIATION INN  Annunciation Inn residents and staff celebrated the start of the carnival season with a second line parade and plenty of parade foods. Many residents came to the party dressed in costume.

METAIRIE MANOR  Metairie Manor held a carnival celebration for the King and Queen of Mardi Gras! The event came complete with a DJ and second line.

VILLA ST. MAURICE  Residents at Villa St. Maurice celebrated the kickoff to carnival season with a formal ball. Residents came in their formal wear to dance the evening away.
Dear Residents and Staff,

“Truly, I say to you, as you did it to one of the least of these my brethren, you did it to me.” (Mt 25:40)

Recently Archbishop Gregory Aymond, in a taped message, reminded us of the words of his predecessor and our founder, Archbishop Philip Hannan, explaining the meaning of our ministry’s name, Christopher Homes. “Christopher means ‘Christ bearer’.” As staff and residents of our Christopher Homes properties, we are called to help one another bear life’s daily challenges. This is especially true for our CHI staff, who by virtue of our call to this ministry have the privilege of being “Christ-bearers” to our residents.

Our mission statement states that in our work we are “Responding to the call of the Gospel” by providing decent, affordable housing and services to our residents.

Christopher Homes is THE premier housing provider to the elderly and disabled in the New Orleans area because, as a Catholic organization of the Archdiocese of New Orleans, we reach beyond the basic housing needs of our residents to provide caring services addressing their necessities to the fullest extent we are able. We do so because we approach our ministry as a calling from our Lord in response to his Gospel message. “For truly I say to you, whoever gives you a cup of water to drink because you bear the name of Christ, will by no means lose his reward.” (Mk 9:41)

Recently, many of our properties and residents were presented with daily challenges that, thankfully, are quite rare to our New Orleans environment, deep freezes. The freezing temperatures not only chilled many of us to the bone, myself included, but also created problems with broken water mains leaving some of our New Orleans buildings and residents without water service. It was a time of challenges and a time that our staff stepped up and extended our care and services to our residents beyond normal needs and expectations. On behalf of our residents and Archbishop Aymond I wish to thank everyone for their caring service in that time of need.

As we come to the end of our carnival season and enter into Lent, I ask that we focus on Archbishop Aymond’s reminder that each of us are called to be “Christ-bearers” and by virtue of our mission to respond to the Gospel message of our Lord, we rededicate our efforts of caring service to others.

With God’s Blessings,

Deacon Dennis F. Adams
Executive Director, Christopher Homes