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.
Do you know that about half of all falls happen at home and that many can be prevented with a few simple changes?

Make your home safer.
• Keep floors dry and clutter-free.
• Get rid of throw rugs, or tape them down.
• Keep rooms and hallways brightly lit.
• Install handrails on stairs and beside tubs and showers.
• Store items like clothing, dishes and food in cabinets you can reach without a step stool.
• Wear sturdy shoes with nonskid soles. Don't go barefoot or wear slippers.

Begin an exercise program. Staying active is a great way to lower your chances of falling. Exercise makes you stronger and helps you feel better. Activities like walking, gentle water workouts and yoga can increase balance, coordination and flexibility. Be sure to talk with your doctor before starting an exercise routine.

Have your medications, vision and hearing checked. Ask your doctor to review your medications, over-the-counter drugs, vitamins and supplements for interactions or side effects—like sleepiness or dizziness—that may increase fall risk. Your doctor can also help you get vision and hearing checkups. These quick tests help doctors find and fix any conditions that could hurt your vision or balance.

With these changes, you can take the right steps to make the balancing act of fall prevention much easier.

May 13th is Mother’s day and there are some ways you can celebrate with seniors
1. Visit a garden and pack a picnic lunch
2. Enjoy a nearby museum
3. Take a class like art or music that you both might enjoy
4. Share a meal at a favorite restaurant or at home
5. Have an afternoon tea
6. Volunteer together
JEFFERSON PARISH SENIOR EXPO

Hundreds of New Orleans area seniors packed the Pontchartrain Center on March 29th to get the latest information from senior services providers across Southeast Louisiana.

There was information about medical and dental services as well as financial planning. Several residents from different Christopher Homes properties attended the expo. They were happy to see so many services available to seniors in our community.

Christopher Homes was a silver sponsor of the event and also sponsored the costume contest. Representatives from Metairie Manor, Wynhoven, Delille Inn, Nazareth Inn, Mater Dolorosa and Villa St. Maurice were on hand to give information about their sites.

The theme of this year’s festival was the 60’s. Many turned out in their costumed attire to make the occasion more festive.

Local leaders as well as Jefferson Parish President, Mike Yenni, attended the event. A free lunch was also served to the seniors in attendance.

ORLEANS PARISH SENIOR EXPO

The UNO Lakefront Arena welcomed hundreds of people to the Orleans Parish Senior Fest. Christopher Homes was a platinum sponsor of the event which was held on April 20th. There were at least 850 people in attendance. There were various exhibitors on hand as well as several state and local leaders. The expo also featured a talent contest from the various senior centers across Orleans Parish.

CHRISTOPHER HOMES EMPLOYEE INSTALLED LEADINGAGE GULF STATES BOARD MEMBER

Contract Administrator, Debra Stepter was installed as a board member of LeadingAge Gulf States on April 20th. Debra has been an employee of Christopher Homes since 2010. Debra was part of the 2017 Leadership Academy Fellows and is now a Leadership Academy Alumni.
National Hurricane Preparedness week is May 22-28

Hurricane season starts June 1st, so NOW is the time to get a game plan. According to the American Red Cross there are several things people can do to be prepared.

1. Get a kit
   • Assemble enough supplies to last for at least three days
   • Store your supplies in one or more easy-to-carry containers, such as a backpack or duffel bag.
   • You may want to consider storing supplies in a container that has wheels.
   • Be sure your bag has an ID tag
   • Label any equipment, such as wheelchairs, canes or walkers, that you would need with your name, address and phone numbers.
   • Review the contents of your kit at least every six months or as your needs change. Check expiration dates and shift your stored supplies into everyday use before they expire. Replace food, water and batteries, and refresh medications and other perishable items with “first in, first out” practices.

2. Make a plan
   • Carry family contact information in your wallet.
   • Choose an out-of-town contact person. After a disaster, it is often easier to make a long-distance call than a local call from a disaster area.
   • Know about your community’s response and evacuation. If you do not own a vehicle or drive, find out in advance what your community’s plans are for evacuating those without private transportation or make arrangements with a neighbor who would drive you.

3. Be informed
   • Know how local authorities will warn you of a pending or current disaster situation and how they will provide information to you before, during and after a disaster.
   • Before a disaster happens it is a good idea to have a conversation with those in your support network: your friends, family and neighbors. Let them know your needs in an emergency situation; ask them how they could assist with your plan and whether they would be willing to help. Consider that during some emergencies travel is severely limited and they may not be able to get to you.
   • Certain television and radio stations will broadcast emergency messages from local authorities. Find out which stations broadcast on the Emergency Alert System (EAS).

USEFUL WEBSITES:
American Red Cross www.redcross.org
National Oceanic & Atmospheric Administration www.noaa.gov
Homeland Security Management Institute www.monroecc.edu/depts/hsmi
AARP www.aarp.org
Saint Joan of Arc
1412 - 1431
Feast Day May 30th

Dear Sweet Patron Saint Joan of Arc I implore you in the name of God to intercede on my behalf and guide me. Help me to be strong when people are against me and question my belief in God. Help me to stand by my faith and my decisions concerning my faith. I wish to do only God's will, and I beg of you, O Patron Saint, to help keep me on His true path, and guide me in His will. I need friends now, more than ever before, and I choose God as my first and foremost best friend, above all others. But I also choose you as a close and special friend to relate to and to talk to. Please counsel me by any means necessary that is in the will of God to do. Please let me have the wisdom and understanding to receive his message and the patience and virtue to listen so that I may understand his word. St. Joan, Pray for us. Amen.

NEW ORLEANS TRICENTENNIAL

As New Orleans celebrates its 300th birthday we must look to all of the things that make the city unique. One of those things is its French heritage. A statue of St. Joan of Arc, the Maid of Orleans, was given to the city of New Orleans by the people of France. That statue now stands in the French Quarter at the corner of St. Phillip and Decatur Streets.
CONGRATULATIONS

Here’s a “congratulations” for the staff of Metairie IV. Metairie IV received a Superior rating for their HUD, Management and Occupancy Review that was conducted in March. Metairie IV received a superior rating in all six categories:

- General Appearance & Security
- Maintenance Operating Procedures
- Follow-up Project Inspection
- Leasing & Occupancy
- Tenant Management Relations
- General Management Practices

This takes team work, communication and accountability. To the Community Manager and staff at Metairie IV, take a bow.

PLACE DUBOURG HEALTH FAIR

Dozens of residents turned out for a health fair at Place Dubourg on April 19th. Representatives with United Healthcare and staff at Place Dubourg organized the fair. There were many different health services represented. There were hearing screenings as well as heart health information. Residents were also able to get information about Medicaid and Medicare coverage.

PLANNING FOR FUTURE CARE

A representative from Peoples Health was on hand at Nazareth Inn on Monday April, 23rd to give resident’s information about planning for future care.

Sherry Allen, RN, told residents that advance care planning is a way to make sure your wishes for medical care and treatment are known and understood by those closest to you, including your doctors.

To see future events please go log onto www.christopherhomes.org and like our Facebook page.

RESIDENT SPOTLIGHT

St. Martin’s Manor

Mr. Hanson is a dedicated resident who is always ready and available to assist staff in any area needed. Mr. Hanson assists with the distribution of our commodities on a monthly basis.

Christopher Homes would like to thank Mr. Hanson for all he does for those within his community.

Know someone who need to be honored for their service to our Christopher Homes community? Please send any nominations to moleary@chi-ano.org

WYNHOVEN VOLUNTEER APPRECIATION LUNCH

April 15th-21st was National Volunteer Week and Christopher Homes is lucky to have the help of volunteers all year long.

On Tuesday, April 17th, Wynhoven staff in Marrero held a luncheon to say a big “Thank-You” to all of its volunteers.

All of those in attendance are Wynhoven residents who choose to spend their time giving back to the community where they live.

Those volunteers participate all year long helping with events and other activities at that location. Activity coordinator, Denise Batiste, put together the luncheon with help from staff and of course some of her volunteers. The volunteers were served a lunch of spaghetti with meat sauce, peas, salad and garlic bread. They were also served strawberry shortcake for dessert.

Thank You Volunteers
PROPERTY MANAGEMENT CHANGES

New Assistant Manager Hired

Wynhoven has a new assistant manager. Ms. Genea Carter became a member of the Christopher Homes family in April. She replaces Ms. Myla Oubre. We want to welcome Ms. Carter aboard!

Familiar Faces Make Moves at Christopher Homes Properties

The two have a combined experience in management of more than 35 years.

Hicks says that her, “focus is on each resident’s best interests, providing service and sensitive care.” She has more than 25 years of experience in property management with more than 11 years working as a community manager for Christopher Homes.

Goodman says that she, “sincerely cares for our residents and thoroughly enjoy all that I can do to enrich their lives.”

Goodman has worked for Christopher Homes for four years and has more than 15 years experience in management and customer service.

“I am very dedicated and honored to work with the elderly and physically disabled. I will communicate and plan daily activities and keep a well maintained building.” Goodman says. She goes on to say, “I will try my hardest to make a difference between a dismal day and a bright one for all residents and visitors.”

We’re Hiring

Christopher Homes has several job vacancies. Please take a look at the career section on our website for more information on the application process.

www.christopherhomes.org

EVENTS

Senior Resource Festival

May 24th
The Castine Center
9 a.m. - 1 p.m.
Providing vital resources to our community, informative health and welfare initiatives for St. Tammany senior residents. With the goal of increasing longevity, and improving quality of life.

Gulf Coast Elder Abuse Conference

June 25-26
Northshore Harbor Center
Harbor Center Drive
Slidell, LA
Dear Residents and Staff,

“Behold your mother.” John 19:27

What a great month we have in May! The month opens with Cinco de Mayo, with its celebration of Mexican heritage and culture (fajitas and guacamole) and closes with Memorial Day, that day which our nation sets aside to remember those who have given their lives in military service to keep our freedom intact. Memorial Day (BBQ and watermelon) is also recognized as the unofficial start of summer when our children and grandchildren look forward to the end of the school year with the joy and freedom that summer brings.

May is also a month of great significance for our Catholic Christian faith for it is the month set aside for special devotion to the Blessed Virgin Mary, mother of God and mother to each of us; by virtue of the gift from her Son, our Lord, as he hung upon the Cross. As Christ looked down from the Cross at the beloved disciple, John, “he said to his mother ‘Woman, behold, your son.’ Then he said to the disciple, ‘Behold, your mother.’” This scene is interpreted literally, of Jesus’ concern for his mother’s welfare, knowing he will die and then ascend to the Father leaving Mary without support or protection for her remaining years on earth. It is also recognized symbolically, for when his hour comes, Mary is given as the mother of Christians, always pointing us to her son as we find in her last words recorded in the Scriptures at the wedding in Cana, “Do whatever he tells you.”

In our Catholic faith, we do not worship Mary, or any of the other saints, but we do recognize the special honor given her by God the Father and her Son. We believe that, in being named Queen of Heaven and Earth, she has taken a special place in heaven with which she intervenes to her Son on behalf of anyone who, as we pray to her that wonderful prayer, The Memorare of St. Bernard, “fled to thy protection, implored thy help, and sought thy intercession.” The Blessed Mother will never ignore our petitions.

And so, in May we give special honor to the Blessed Virgin; as Pope Blessed Paul VI wrote in 1965, “For this is the month during which Christians, in their churches and their homes, offer the Virgin Mother more fervent and loving acts of homage and veneration; and it is the month in which a greater abundance of God’s merciful gifts comes down to us from our Mother’s throne.” We find in our Churches and our Catholic schools special liturgies with the May crowning of statues of Mary.

Let us not forget that on May 13th we celebrate Mother’s Day, the day we set aside to honor that special woman, our mother, who cooperated with God to give us life. To all of the women of Christopher Homes, residents and staff, mothers and women who guide and love others with a motherly heart, I wish you a most blessed, joyful, and peaceful Mother’s Day.

O Mary, conceived without sin, pray for us who have recourse to thee. (Miraculous Medal Prayer)

With God’s Blessings,

Deacon Dennis F. Adams
Executive Director, Christopher Homes