

Aging In NOLA

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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.



TIPS FOR HEALTHY AGING

Health habits brought to you by

PEOPLES HEALTH

Each person goes through different kinds of changes as they age. It's important to know which changes are normal and which could be warning signs of a health issue.

Many common signs of aging, like the following, can be managed with small adjustments:

- **Occasional forgetfulness?** Keep your mind sharp by reading, painting and playing games.
- **Less energy?** Get more sleep and eat foods with plenty of fiber and protein.
- **Minor aches and pains?** Stretch daily, drink enough water and try exercises that are easy on joints, like swimming.
- **Trouble managing weight?** Do strength training exercises to build muscle and find good ways to cope with stress, like meditating.
- **Harder to move or balance?** Support bone health by eating foods rich in calcium and vitamin D, like dairy, eggs and leafy vegetables.



The following are **not** normal signs of aging and should be managed with your doctor's help. Tell your doctor right away if you have:

- Pain lasting for more than three months
- Trouble hearing or seeing
- Leaking urine
- Constant tiredness
- Extreme personality changes
- Depression

Talk with your doctor if you have **any** of the signs above, whether common signs of aging or not. Building relationships with doctors you trust helps you catch and take care of issues early, as well as stay on top of your health goals.




To follow the Health Habits blog online head to www.christopherhomes.org.

You'll find this article as well as previous health-related articles.

Also, follow Christopher Homes on:

 Facebook: @christopherhomesano

 Twitter: @chi_archno

 Instagram: @christopherhomesinc

SPOTLIGHT ON SUCCESS

September Employee of the Month



Norman Sinegar
Maintenance Tech at
Annunciation Inn

Norman is known by his fellow coworkers as someone who is always ready to give a helping hand to staff and residents. His reliability and dedication to his job has earned him much respect from the Christopher Homes team. Norman has been a valuable asset to Annunciation Inn for 11 years.

"I couldn't ask for a better place to work. The residents and the staff make every day a great one and I'm so thankful for the opportunity to work at Annunciation Inn - it was an answered prayer!"

- Norman

Congratulations Norman!

WELCOME ABOARD!



Evelyn Danks
Housekeeper
Villa St. Maurice

*"Keep your face to the sunshine
and you cannot see a shadow."*

- Helen Keller

TWO PROPERTIES RECEIVE SUPERIOR RATINGS!

Here's a "congratulations" to the staff of Villa St. Maurice (bottom left). Villa St. Maurice received a Superior rating for their HUD, Management and Occupancy Review conducted in August, 2019. Villa St. Maurice received a superior rating in six categories, Follow-up and Monitoring of Project Operations, Maintenance and Standard Operating Procedures, Financial Management/Procurement Rating, Leasing & Occupancy, Tenant/Management Relations, General Management Practice and Overall Rating. Community Manager, Tanisha Goodman, keeps the words of Maya Angelou close to her heart throughout her efforts at Villa St. Maurice: "At the end of the day people won't remember what you said or did, they will remember how you made them feel."

Here's a "congratulations" to the staff of St. Teresa's Villa (bottom right). St. Teresa's Villa received a Superior rating for their HUD, Management and Occupancy Review conducted in August, 2019. St. Teresa Villa received a superior rating in six categories, General Appearance and Security Rating, Follow-up and Monitoring of Project Operations, Maintenance and Standard Operating Procedures, Financial Management/Procurement Rating, Leasing & Occupancy and Tenant/Management Relations. Community Manager, Sharline O'Brien, shares the words of Harold R. McAlindon as her inspiration, "Do not follow where the path may lead. Go instead where there is no path and leave a trail."



TOP PLACES TO WORK



Christopher Homes was named a Top Workplace in New Orleans for the third year in a row! Fifteen employees and Executive Director, Deacon Dennis Adams, attended the breakfast to receive our award in the Midsize Business category. The designation of a Top Workplace is based on survey feedback from all employees within the organization.

"Christopher Homes places great value on its employees, our greatest asset. Ours is a ministry of service, a ministry of presence to our residents. By valuing our staff, we empower them to serve our seniors, giving them purpose and meaning in their jobs. Also, we strive to let our staff know their value and give them the feeling of security in their job," said Deacon Dennis Adams.

Congratulations to the entire team at Christopher Homes!



WE'RE HIRING!

Please head over to
our Careers link on

[www.
christopherhomes
.org](http://www.christopherhomes.org)

There's where you'll find all
of our available job listings.

DELILLE GIVING HOPE LUNCH

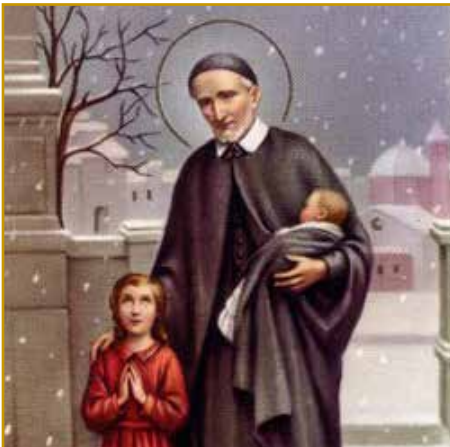
Our partners at The Giving Hope Foundation hosted a "Corporate Hope Day" at Delille Inn, where volunteers serve lunch and spend time visiting with our residents. We are beyond grateful for The Giving Hope Foundation and the meals they provide to our seniors.



LET'S GET TOGETHER FOR LUNCH!



Residents from St. Teresa's Villa, Rouquette Lodge and Wynhoven met up recently to enjoy a group lunch at the newly opened Middendorf's in Slidell. The group enjoyed visiting with their fellow Christopher Homes residents!



FEAST DAY OF ST. VINCENT DE PAUL - SEPTEMBER 27

St. Vincent De Paul was known as an apostle of charity. St. Vincent worked tirelessly to help those in need: the impoverished, the sick, the enslaved, the abandoned, the ignored. His motto: "God sees you."

"Let us love God; but at the price of our hands and sweat of our face."



CELEBRATING THE BLACK & GOLD

Wyhoven held a tailgate party for residents to kick off football season!



Rouquette Lodge held a Saints themed party complete with a second line!



Sr. Carmen showed off her Saints spirit before the first home game of the season!

END OF SUMMER FUN



Rouquette Lodge residents rounded out the summer fun with a tribute to Elvis and art lessons in painting with alcohol ink!



The Metairie Manor Guild was busy this summer with their Christmas in July Craft Fair and a brightly decorated Luau that included a costume contest, limbo and great food!



SENIOR MOMENTS GALA

Christopher Homes was a proud sponsor of the Jefferson Council on Aging's Senior Moments Gala. Attendees enjoyed an evening of live entertainment and a silent auction, all to raise money for the council's efforts to provide seniors with the support, guidance and empowerment they need to age with dignity and independence in the place and manner of their choice.



FROM THE DEACON'S DESK

Dear Residents and Staff,

"seek first the kingdom of God and his righteousness, and all these things will be given you besides." Mt 6:33



I am very pleased to report that for the third consecutive year NOLA.com has named Christopher Homes one of the "Top Workplaces" in the Metro New Orleans area. **It's a three-peat!**

We devote much of our life to work, in some cases we spend more time with our fellow employees than we do with our own family. This reality can present its challenges to our psychic, our familial relationships, and even to our health if we do not find balance in our life.

To create that balance, first, our work should give back to us more than wages and benefits. Certainly, pay must be fair and return a value for the work we perform. The benefits, which are a part of the total package, should offer support to our needs such as adequate health insurance and paid time off. The work itself should give us a reason for showing up each day.

We believe Christopher Homes meets these needs for our employees. We have increased our wages each year and our benefits are some of the best around with a fair insurance package and generous holidays and paid time off. The work we do in providing very low income seniors with deeply affordable rent and life-affirming services makes our days meaningful and gives purpose to our efforts.

Another important aspect of balance in our life is how we spend our time away from work. On weekends, holidays, and vacation days we should find ways of decompressing with rest, family time, and recreation, in a word, leisure.

When it comes to time off, a facet that we should never overlook is time we are called to give back to our Creator, prayer and worship. In his book, *Getting Work Right*, Dr. Michael Naughton, director of the Center of Catholic Studies at the University of St. Thomas (Minnesota) says, "If we don't get Sunday right, we won't get Monday - or any day of the workweek - right." He recognizes how important our relationship with God is in our life.

Dr. Naughton denounces how our culture tries to convince us to place our life in boxes, one for work, one for family, and another for God. He states, "The divided life is a temptation so built into our society, we may not even recognize it. Yet most of us fall prey to it. We either undervalue work, resenting it as simply a job, or we overvalue it as an identity-defining career." We cannot divide our life any more than we can ourselves.

Balance is all-important. At work, we are called to give as much as we receive. During our time off, we are called to rest and enjoy our family life. However, in all things we do we are called to recognize that all that we have and all that we are come to us as pure gifts from our Lord. Let us reflect upon all that we have received and give back to Him our time through prayer, worship, and service to others.

God's blessings upon each of you and your family,

Deacon Dennis F. Adams
Executive Director, Christopher Homes

