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.*
Diabetes is a more common condition than many people realize. According to the American Diabetes Association, more than a half million adults in Louisiana have diabetes and 27,000 more will be diagnosed each year.

What is diabetes?
Diabetes happens when the body has trouble controlling blood sugar levels. Type 2 is the most common form. It’s a lifelong condition, but there are steps you can take to manage it and avoid serious medical problems that can come with it.

What are the warning signs?
While some people have no symptoms, others report having:

- Increased hunger and thirst
- The need to urinate often
- Fatigue
- Sores or cuts that don’t heal
- Blurred vision
- Tingling or loss of feeling in the hands or feet

Can it be prevented?
Lifestyle changes – like having a healthy weight, eating a balanced diet and quitting tobacco – can help you avoid type 2 diabetes. Staying active can help, too.

What if I already have it?
If you’ve been diagnosed with diabetes, you can still live a full and productive life by taking charge of your health. There are many treatments to help you manage diabetes. Talk to your doctor about which options are right for you.

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
Congratulations to John Walton, Maintenance Tech at Metairie Manor, on his retirement! The residents at Metairie Manor celebrated John’s 17 years of service with a reception where they surprised him with a cake and tokens of their appreciation. We thank John for his many years of service!

HAPPY RETIREMENT!

WE'RE HIRING!

Please head over to our Careers link on www.christopherhomes.org. There’s where you’ll find all of our available job listings.

WELCOME ABOARD

Rebecca Thomas
Property Accountant
Central Office
JEFFERSON PARISH SENIOR EXPO

It was a morning full of valuable information and entertainment at the Jefferson Parish Senior Expo. Over 800 seniors attended the event, which was held at the Alario Center in Westwego.

Christopher Homes sponsored the event and the 70's costume contest. Staff from Metairie Manor and Wynhoven participated in the expo to share information with the attendees. We spotted several of our residents in the exhibition hall and on the dance floor!

RED NOSE DAY

The team and residents at Metairie Manor held their annual Red Nose Day event to raise awareness of childhood poverty. The staff held a contest for the most “red nose” selfies with residents. While the winners of the contest won some time off, everyone in the building had a fun time with plenty of laughs!
The following is an excerpt from an article the Clarion Herald’s Senior Outlook issue. For the full article, visit www.christopherhomes.org/news

With the ins and outs of Medicare making the eyes of even their adult children glaze over, the 345 seniors who live at Wynhoven Apartments in Marrero see Natasha Baxter as a godsend when it comes to explaining the nuances embedded in the infamous “Parts A, B, C and D.”

“That can be quite confusing when you’re going to the doctor and not knowing what is covered under each section,” said Baxter, Wynhoven’s service coordinator since 2016.

“It’s our duty to explain to them how their Medicare works and how their Medicare works with Medicaid, because you can’t have both,” Baxter added. “During open enrollment time I have all of the Medicare insurances in to host a seminar to educate the residents about all the plans that are out there, because not all of them are created equal.”

Doing everything they can to help residents maintain their independence for as long as possible is the job of Baxter and her fellow service coordinators employed by Christopher Homes, Inc. (CHI), the archdiocesan entity that provides dignified and affordable housing for seniors at 21 apartment complexes across the metro area.

Read more at www.christopherhomes.org/news.

Dexter Accardo, Director of Homeland Security in St. Tammany Parish, spoke to the residents of St. Teresa’s Villa about being prepared for all weather scenarios. He provided tips on signing up for parish emergency alerts and distributed pamphlets on hurricane preparedness.
It was a “rockin’” afternoon in the Seventh Ward for St. Martin’s Manor’s Fun Fest & BBQ. The Christopher Homes staff joined forces to create a delightful and memorable event. Community Manager, Tanisha Goodman, rallied troops from the central office, as well as staff from other properties to assist with the preparations and food service. The weather was perfect, the BBQ was tasty, the snowballs were sweet and the company was fantastic! As Deacon Dennis noted, the party had “the whole seventh ward rockin’!”

The residents of Rouquette Lodge flexed their creativity during an art class led by fellow resident, Claudette Davis.
The residents of Christopher Inn have some regular visitors that they have come to know over the years. You can often find members of the Big Easy Kiwanis Club serving up food and smiles at the property. Several years ago, the club adopted Christopher Inn and has spent many hours volunteering their time and energy to benefit our residents.

Each year, the Big Easy Kiwanis Club helps our residents celebrate holidays and special occasions by providing a full meal - and often entertainment - for all to enjoy. We sincerely appreciate the time the members of the club spend preparing food and serving it to our residents. Not only do our residents receive a delicious meal, but they have the opportunity to enjoy fellowship and fun with their neighbors!

The Big Easy Kiwanis Club recently hosted BINGO and lunch for the residents of Christopher Inn.
Dear Residents and Staff,

We begin the month of July with a celebration of our nation’s independence, the right of each person to live “with certain unalienable Rights, that among these are Life, Liberty and the pursuit of Happiness” endowed upon all by our Creator.

Recently I visited my father in Northeast Louisiana. Daddy is 93 and his birthday is July 5, so we have always celebrated his birth in conjunction with the birth of our nation. My drive to his home outside the small community of Mer Rouge takes me through several rural towns. These communities celebrate Independence Day with fanfare and they begin in June by lining the highway through town with a multitude of our country’s flags. It is a wonderful site to see.

My dad is a member of the “Greatest Generation.” At 16 years old, he joined the Navy, served in the South Pacific during WWII and stateside during the Korean War. As I reflected on Daddy’s birthday and that of our country and the many men and women who have given of themselves in service to make this nation great the word that comes to mind is commitment.

Commitment has many uses and definitions. My focus is its meaning as the act of pledging or engaging oneself to a cause and also a pledge or promise, the acceptance of an obligation.

I am afraid that the challenge in our country today is a lack of sufficient commitment to serve without counting the cost and without expecting personal gain. My Dad and thousands like him never considered how they would benefit from joining the military to serve our country in a time of need. Neither did the many civilians who sacrificed for the war effort in order to support our troops. There was plenty of commitment to go around. Those citizens pledged themselves to engage in the cause, promising to serve and accepting the need to serve as an obligation in response to the freedom provided by those who came before them and gifted to us by our God.

St. Paul exhorts us in his Letter to the Galatians, “For you were called for freedom, brethren. But do not use this freedom as an opportunity for the flesh; rather, serve one another through love.” The gift from God of our citizenship in this, the greatest nation the world has ever seen, comes with an obligation of loving service to our neighbor.

As we move through this month of our nation’s birthday we should all consider how to live up to the call to commitment to our family, our neighbor, our nation, and our God.

May the blessings of God descend upon you this day and all days.

Blessings,

Deacon Dennis F. Adams
Executive Director, Christopher Homes