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.
Vaccines help your body fight off diseases like the flu and pneumonia. Getting vaccinated is a quick, easy way to boost your health. You can get vaccines from your doctor or in some cases at your local pharmacy. Some may feel soreness where the shot was given for a few days, but many people have no side effects at all.

Many diseases can be avoided with vaccines. And when you get vaccinated, you don’t just protect yourself—you also help those around you. Since you’re less likely to get sick, you won’t spread the disease to anyone else. This is especially important if you’re around someone who can’t get vaccines because of their age or another reason.

Ask your doctor about vaccines and how often you need them. Most people should get a:

- Flu shot once every year, usually in late summer or early fall
- Tdap shot, which protects against tetanus, diphtheria and pertussis, once every 10 years
- Shingles vaccine if they’re over age 50
- Pneumonia vaccine if they’re over age 65

Your doctor may also want you to get other vaccines based on your health history or if you have certain conditions.

So remember, keeping up with your vaccinations is key to helping you and those around you stay healthy.

GET VACCINATED!

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
WELCOME ABOARD!

Randy Palmer
Maintenance Technician
Metairie Manor

Yolanda Victor
Recertification Clerk
Metairie Manor

AUGUST IS THE MONTH OF THE IMMACULATE HEART OF MARY

O Mary Immaculate, inflame our hearts with one ray of the burning love of thy pure heart.

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.
A SPECIAL VISIT

The residents of St. John Berchmans sat down for lunch one Tuesday afternoon and received quite a surprise! Our partners from the Giving Hope Foundation and Premier Nissan employees stopped by to serve lunch – with special guest, Saints Wide Receiver Michael Thomas! Our residents enjoyed snapping photos and visiting with Michael Thomas – maybe even giving him some on-field pointers!

WE LOVE OUR VOLUNTEERS!

Some local high school students were spotted serving lunch to the residents at St. Martin Manor. These students are grandchildren of residents and have offered to spend some of their free time volunteering at the property.

Members of Mary Queen of Peace Parish in Mandeville recently volunteered their time, energy and friendly faces at Rouquette Lodge. We are grateful for their help with keeping our property looking nice!
COMMUNITY INFORMATION MEETING FOR WETLANDS DEVELOPMENT HELD AT VILLA ST. MAURICE

Representatives from the Sankofa Community Development Corporation (CDC) and the National Park Service held a community meeting at Villa St. Maurice regarding the development of a 40-acre expansion of Wetland Park & Nature Trail on the Florida Avenue corridor in the Ninth Ward.

Villa St. Maurice residents offered great ideas for consideration in the development. The Park Service and Sankofa CDC will hold additional community meetings in the fall to present initial concepts. For more information about the project, visit www.sankofanola.org.
INDEPENDENCE DAY CELEBRATIONS

Many of our properties held fun festivities to celebrate July 4th!
Some of our residents at Place Dubourg enjoyed a fun-filled afternoon with their grandchildren and great grandchildren! The group enjoyed interviewing each other, drawing self-portraits, competing in a round of games and finishing with lunch. There were big smiles all around!
Dear Residents and Staff,

School days, school days, dear old Golden Rule days.

It may not be clear by the temperature outside but summer has ended. At least for our schoolchildren and their families. The students and their teachers may not be excited about it but you can bet most parents are.

My family runs the gambit of school attendance; Noah, my grandson starts pre-K this year, Santana, a niece, starts her second year at LSU, and many great nieces and nephews fall in between those school ages. Yes, childhood to young adult schooling begins in earnest. I recall fondly the school age years of my children. Even with the regret of summer break ending, there was excitement of beginning a new school year; reconnecting with friends not seen in three months, anticipating the teachers they would have for classes, and the restart of fall sports.

Although for most of us school days are distant memories, the importance of lifelong learning and mental development never ends. While aging has its challenges, how we approach those challenges will determine how we are affected by them. We often hear of the health benefits of physical activity; walking, using exercise equipment, stretching, and an active lifestyle are all important to maintaining a healthy body. However, what about our mental health?

While our brain is not a muscle, it is one of the largest organs in the body and as such, we need to exercise it to keep it in good shape. The Rush Memory and Aging Project, a study conducted in 2012 in Chicago with more than 1,200 elders participating, showed that increased cognitive activity in older adults slowed their decline in cognitive function and decreased their risk of mild cognitive impairment. The study showed that cognitively active seniors, whose average age was 80, were 2.6 times less likely to develop Alzheimer’s disease and dementia than seniors with less cognitive activity.

There is no doubt that maintaining active mental function can keep us healthy, involved, and happier as we continue in life. Helpful activities include reading books, newspapers, and magazines; crossword puzzles, Sudoku, and jigsaw puzzles; computer activities; painting, making music, and other creative arts; board games, card games, and social activities; even gardening which gets us outside and provides a source of vitamin D important for our brains. All of these activities stimulate the brain and provide lifelong learning, keeping us in positive mental health.

So let us join the students and take on those activities that will keep us mentally challenged and cognitively active as we continue down this road of life.

Blessings,

Deacon Dennis F. Adams
Executive Director, Christopher Homes