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.
The start of a new year is a great time to plan and set goals. This year, be sure to put your health at the top of your list.

Choosing to eat healthy and exercise are great goals, but you should also make routine health care part of your plan. A good place to start is to schedule a yearly checkup with your doctor. During your checkup, your doctor may ask you to get certain screenings. These can help find health concerns early, when treatment is easier. There are screenings to check blood pressure and cholesterol, as well as to test for issues that affect bone and eye health and some types of cancer. Talk to your doctor about which screenings are right for you.

Making a plan for your health will help you stick to your goals. Set up visits or screenings in advance to make sure to set aside time for them.

Use an appointment book or journal to keep track of appointments.

REMEMBER:
It's not about finding time to take care of your health, it's about making time. Schedule a screening or checkup today and get your new year off to a great start.

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
The month of January is dedicated to the Holy Name of Jesus. We continue to rejoice and celebrate the coming of Christ in our hearts.

“At the name of Jesus every knee should bend, of those in heaven and on earth and under the earth, and every tongue confess that Jesus Christ is Lord.”

Philippians 2:10
The fourth grade class of St. Catherine of Siena School in Metairie dedicated their annual service project to the residents of Christopher Homes. The students made Christmas cards and collected donations of household items, which were delivered to the residents of Annunciation Inn and St. Martin's Manor. We appreciate the generosity of these young hearts!

Deacon Dennis was interviewed by Norman Robinson on a recent episode of Affordable Housing Matters on WLAE-TV. Deacon Dennis shared our ministry’s efforts to provide housing and more to our senior residents.
The entire staff of Christopher Homes celebrated Christmas with a fun afternoon of bowling, food and dancing! Each employee with over 10 years of service was acknowledged and celebrated. We appreciate the dedication of our hard-working team and hope all had a rockin’ good time!
St. Bernard Manor residents kicked off Christmas season with a cookie decorating party!

Wynhoven was beautifully decorated with a “Tour of Trees” as part of their #iGiveCatholic initiative. Vendors that donated to Wynhoven’s #iGiveCatholic campaign received the opportunity to decorate a tree and display their company name.

The residents at Rouquette Lodge celebrated Christmas all month long with various activities and festive events!
St. Teresa’s Villa and St. Bernard Manor held their annual Christmas party where residents enjoyed great food and dancing. A few residents won handy kitchen appliances!

The residents of Villa St. Maurice invited their grandchildren and great grandchildren to a fun and laughter-filled Christmas celebration!
“The nations rage, the kingdoms totter; he utters his voice, the earth melts. The Lord of hosts is with us; the God of Jacob is our refuge.” Psalm 46:7-8

Dear Residents and Staff,

We have entered into a new year and a new decade. Many have returned to work after enjoying extra holidays and vacation with family. This includes students and educators returning from the Christmas and New Year’s school break. My daughter, herself an educator, texted me two pictures of her children with the caption, “the struggle is real.” One picture was of my 5-year-old grandson, Noah, sound asleep on the couch obviously not able to get with it so early on a Monday morning - I am certain many of us can relate. The other picture was of my 5-month-old granddaughter, Emilie, normally happy and bright in the morning but on that morning, her arm thrown over her eyes in a gesture that I titled, “say it ain’t so, Momma.” Very cute but very real for so many of us.

On the other end-of-holiday spectrum is my wife who is enjoying retirement after many years of full time work. Her smile is brighter every day. For me, I am very happy to be back full time in service to Christopher Homes after a year of dividing my time between this wonderful ministry and assisting in the management of St. Anthony’s Gardens, our Archdiocesan retirement community in Covington.

This past May, my five siblings lost our mother of 90 years. While her passing was a peaceful God-moment it has been a challenge for us. For our father, especially, it has been extremely difficult to cope with the loss of his beloved wife of 71 years. Just recently, I have come to realize that he is reaching an acceptance of his loss, if not coming to peace with it.

Life changes, sometimes joyful, other times challenging or hurtful, are all part of life. How we approach change will determine how successful we will be in coping with it.

Some points to consider in dealing with life changes include,

1. Recognize that change is inevitable; often we can do little to avoid it.
2. Understand that even good change can cause stress for which we should be prepared.
3. Maintain a regular schedule as much as possible.
4. Maintain good nutrition and hydration for our health.
5. Continue your exercise schedule or, if you have not been doing so, begin an exercise program.
6. Find support whether in the form of friends or family or, if necessary, consult with your doctor.
7. Maintain a list of each of the positives that result from change, as difficult as that may be.
8. Spend time with positive people and talk with them (see #6 above.)
9. Maintain a devoted prayer life and ask God to guide you.

For many of our residents and staff, change can happen quickly. We should always remember that none of us is alone. Each of us have people available to support us be it family, friends, neighbors, or church. Always, God is with us. In the words of St. Augustine, “You have made us for yourself, O Lord, and our heart is restless until it rests in you.”

May God bless you and keep you.

Deacon Dennis F. Adams
Executive Director, Christopher Homes