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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.*
HEALTH QUIZ: WHICH EYE DOCTOR DO YOU NEED TO SEE?

Health habits brought to you by PEOPLES HEALTH

It’s important to see a doctor if you’re having trouble with your eyes. But do you know that there are different kinds of eye doctors?

An ophthalmologist handles eye surgery and treats serious medical problems, such as eye diseases. An optometrist does routine exams and helps with simple issues. The type of doctor you should see depends on the issue you’re having.

Below are some common eye complaints.

DO YOU KNOW THE RIGHT DOCTOR TO SEE FOR EACH?

1
I have dry eyes.

2
I think I have cataracts.

3
I have trouble seeing street signs while driving.

4
I have an eye infection.

5
I need eyeglasses or contacts.


If you’re not sure which doctor to see, call the doctor’s office. Tell the staff about your issue, so they can help you find the right kind of doctor. This way, you’ll avoid any needless office visits by accidentally going to the wrong type of doctor, and you’ll be sure to see the doctor that can help you with your issue.

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!

Melvin Beal
Bus Driver
Rouquette Lodge

Jaime Johnson
Assistant Manager
St. John Berchmans

Kesiena Obienu
Office Clerk
Metairie Manor

Britannie Sutton
Recertification Clerk
St. Martin’s Manor

SPOTLIGHT ON SUCCESS

March Employee of the Month
Dreall Hymes
Housekeeper, Wynhoven

Dreall goes above and beyond to assist residents. She epitomizes the mission statement of Christopher Homes. Her care, sensitivity and dedication to her responsibilities at Wynhoven have made a great impact on the residents and her fellow team members.

Congratulations, Dreall, and thank you for all your hard work!

KUDOS

Congratulations to Sandy Edwards who has relocated to Wynhoven to serve as Co-Manager.

PRAYER FOR TRANSFORMATION THIS LENT

Loving Father,
Here I am.

I trust that you have an incredible plan for me.
Transform me. Transform my life.
Everything is on the table.
Take what you want to take and give what you want to give.
Transform me into the person you created me to be,
so I can live the life you envision for me.
I hold nothing back;
I am 100 percent available.
How can I help?
Amen.

Courtesy of Dynamic Catholic

LENTEN REFLECTIONS  During this season of Lent, you can find daily reflections on our website at www.christopherhomes.org/lent
Wynhoven service coordination hosted the property’s second annual health and resource fair. It was a fun 50’s themed event titled “Wynhoven Apartments Rockin’ Health and Resource Fair.” Due to the participation and generosity of several community partners, residents had the opportunity to receive flu vaccines, blood pressure monitoring, hearing loss screening, and a variety of health information and goodies.

**DR. COREY HEBERT HEALTH PRESENTATION**

Local ER physician, Dr. Corey Hebert, spoke with the residents at Nazareth Inn about the steps they can take to protect themselves from viruses such as the flu and coronavirus. We appreciate the valuable information Dr. Hebert provided to help keep our residents healthy!

**HEALTH TIPS FOR PREVENTING FLU AND VIRUSES**

With the spread of the flu and corona viruses in recent weeks, it’s important to practice good health habits that protect you from getting sick. Simple steps, such as good handwashing, can be the most effective in keeping you healthy!

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**Protect others from getting sick**

- When coughing and sneezing, cover mouth and nose with flexed elbow or tissue
- Throw tissue into closed bin immediately after use
- Clean hands with alcohol-based hand rub or soap and water after coughing or sneezing and when caring for the sick

**Protect yourself and others from getting sick**

- **Wash your hands**
  - after coughing or sneezing
  - when caring for the sick
  - before, during and after you prepare food
  - before eating
  - after toilet use
  - when hands are visibly dirty
  - after handling animals or animal waste
MARK YOUR CALENDARS!

ST. JOSEPH’S DAY
March 19
Since the 1800s, New Orleanians have created elaborate altars to honor St. Joseph for the relief he provided during a famine in Sicily.

Jefferson Parish Senior Fest
Groovy '60s
Tuesday, March 31
8:30 AM – 1:00 PM
Pontchartrain Center

MASS FOR ELDERLY & INFIRM
May 31st
11:00 AM
St. Louis Cathedral

SOLEMNITY OF THE ANNUNCIATION OF THE LORD
March 25
“God so loved the world that he gave his only Son, so that everyone who believes in him . . . might have eternal life.” (John 3:16)

The Feast of the Annunciation of the Lord celebrates the Angel Gabriel’s appearance to Mary and his announcement that she was chosen by God to be the mother of His only Son. This feast celebrates the Incarnation of the Second Person of the Trinity and the salvation of all mankind.
Mardi Gras Balls

It was a fun few weeks with various Mardi Gras celebrations across Christopher Homes properties. We congratulate the carnival royalty that represented their particular property.

ROUQUETTE LODGE

WYNHOVEN
Mardi Gras Balls

ST. BERNARD MANOR AND ST. TERESA'S VILLA

ST. MARTIN'S MANOR
Dear Residents and Staff,

“So do not fear, for I am with you; do not be dismayed for I am your God.” Isaiah 41: 10

In the past couple of weeks, it seems all we have heard in the news media is about the Coronavirus (COVID-19). While this is certainly an area of concern for our Christopher Homes’ residents and staff, it is a challenge we can meet and do something about.

Each year in the late winter and spring, we are faced with concerns about the flu virus within our senior residential facilities. In years past, virus outbreaks worldwide have been significant just as we are now facing with the COVID-19 virus and the flu remains a concern. What are we to do?

The Center for Disease Control has been very vigilant and has prepared informational fact sheets for our use. That information identifies this virus as a respiratory illness that can spread from person to person. It has spread around the world much like SARS, another respiratory virus, did in the winter/spring of 2003. The SARS virus began to diminish in May 2003; we hope and pray COVID-19 will do the same.

In the meantime, we should all follow the directives of the CDC to protect ourselves and our communities,

• Avoid close contact with people who are sick.
• Avoid touching our eyes, nose, and mouth with unwashed hands.
• Wash your hands often with soap and water for at least 20 seconds. Use an alcohol-based hand sanitizer that contains at least 60% alcohol if soap and water are not available.

As far as washing our hands, I like the instructions, which have circulated locally and certainly understood by south Louisianans,

“Wash your hands like you gotta take your contacts out and you just finished eating crawfish!”

Other cautions include,

• Stay within your apartment when you are sick, this includes symptoms of respiratory illness, fever, cough, and shortness of breath. Contact your primary care physician. If you need assistance contact your manager or service coordinator.
• Cover your cough with your sleeve or a tissue, then throw away the tissue.
• Clean and disinfect frequently touched objects and surfaces.

Christopher Homes’ staff have specific instructions and procedures to follow. These include increased attention to cleaning and disinfecting common areas and surfaces, monitoring of visitors, guests, and residents that may display health concerns, and not presenting themselves for work if they are ill or have been exposed to an active respiratory illness until they have been cleared. If a resident encounters someone with apparent illness, they should report this to management or service coordination.

Above all, we should all remain vigilant and calm during this time, taking care of ourselves and respect the personal space of others. We are in the Lenten season, which calls us to prayer, sacrifice, and maintaining a charitable attitude to our neighbor. Not bad practices to maintain now and throughout the year. Know of my prayers for each of you.

Blessings,

Deacon Dennis F. Adams
Executive Director, Christopher Homes