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.
WAYS TO STAY ACTIVE AND CONNECTED
WHILE SOCIAL DISTANCING

Health habits brought to you by

The best way to prevent illness from COVID-19 is to avoid being exposed to it. Some ways to do this are by staying at home as much as you can, and when you’re not at home, staying at least 6 feet away from others. Here are some things you can do to feel calmer and more connected while following these guidelines:

• **Call a friend or family member.** Hearing the voice of someone you care about can help you feel better. And talking about how you’re feeling is a good way to cope with stress. If you have internet access, you can also use your computer or smart phone to connect with loved ones by video.

• **Spend time outside.** Being outside can help you feel less confined. Fresh air and sunlight can also boost your mood.

• **Get active.** This is a proven stress reliever. And you don’t need a gym to get moving! You can practice yoga or stretching at home. Search the web for options—many companies are now offering free guided workouts or exercise plans. You can also try these simple strength-training moves:
  • March in place while watching your favorite TV show
  • Do alternating leg lifts while seated
  • Use a gallon jug filled with water to do alternating arm exercises

With these tips, you can stay active and connected while keeping your safety—and the safety of others—in mind.

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
For the 4th consecutive year, Christopher Homes has been named a NOLA Top Workplace by the Times-Picayune | New Orleans Advocate. This award is a result of our team of employees who are dedicated to serving our residents. Congratulations to each and every staff member of Christopher Homes for making our organization so special!

WELCOME ABOARD!

We’ve had several new employees join our team over the last few months!

James Head
Maintenance Tech
Metairie Manor

Todd Jones
Groundskeeper
Metairie Manor

Jeannine Zelaya
Housekeeper
Metairie Manor

Toilyn Dearmas
Housekeeper
Nazareth Inn

Burnell Times
A/C Maintenance Tech
Nazareth Inn

Kip Glover
Groundskeeper
Rouquette Lodge

Tammy Landry
Receptionist
Rouquette Lodge

Tammy Plummer
Housekeeper
Rouquette Lodge

Eva Zelaya Bennett
Recertification Specialist
Wynhoven

CONGRATULATIONS!

In May, we celebrated the retirement of Shirley Laurent after 14 years of service at Rouquette Lodge. Congratulations, Shirley, and thank you for your dedication to the residents of Christopher Homes!
COVID TESTING

In partnership with the New Orleans Health Department and the Louisiana Department of Health, mobile COVID-19 testing has taken place at several of our properties. We appreciate our health leaders for recognizing our need for testing.

Thank you to Rouquette Lodge resident, Ms. Jaye, for submitting her beautiful words.
COVID TESTING

CHANCE OF TRANSMISSION | ASYMPTOMATIC COVID-19 CARRIER | UNINFECTED PERSON
--- | --- | ---
VERY HIGH |  |  
HIGH |  |  
MEDIUM |  |  
LOW |  |  
VERY LOW | ![Image of people at a distance](image) | ![Image of people at a distance](image)  
VIRTUALY NONE |  |  

CORONAVIRUS SYMPTOMS

- FEVER
- COUGH
- SHORTNESS OF BREATH
- SORE THROAT
- HEADACHE

NOLA READY
THE CITY OF NEW ORLEANS
PUZZLES

FLAGS AND FIREWORKS

ACROSS
4 Hollow metal cup that makes a ringing sound when struck by a hard object
6 Sudden brilliant light that vanishes almost instantly
8 Fifty white symbols, each with five points on US flag
11 Specific area of land
12 Tube used in fireworks
14 Freedom
15 Person belonging by birth or naturalization to a country
16 Long narrow red and white bands on the US flag
17 Festivity

DOWN
1 Devices that explode to produce noise, bright light, or brilliant colors
2 National bird of the United States
3 United States of America
5 Fireworks hiss or sputter that slowly fades
6 Rectangular cloth used as the symbol of a country
7 Showing loyalty to your country
8 Fireworks shaped like a wand
9 Shine or glitter brightly
10 Song of patriotism
13 Informal outdoor meal

By Evelyn Johnson - www.qets.com

SUDUKO PUZZLE 1

5 4 6
1 3 6
2 4 9
8 5
2 3 9 8 1
6 3 7 4
7 9 5

SUDUKO PUZZLE 2

5 1 9 7
6 3 4
9 8 2 4
3 1 6
7 8 3
2
9
It's important to remember that the peak of hurricane season is a few weeks away. Be sure to have a plan in place. Resources and parish information can be found on our website at www.christopherhomes.org/hurricane-preparedness.
Dear Residents and Staff,

“Make every effort to preserve the unity which has the Spirit as its origin and peace as its binding force.” Eph 4:3

In formation classes in preparation for our ordination to the vocation as Permanent Deacon, my classmates and I were presented with multiple semesters on the historic and long-standing tradition of Catholic-Christian Social Teaching. Catholic Social Teaching concerns itself with matters of human dignity and the common good in society, two issues of current concern in our nation today.

St. Paul wrote his Letter to the Ephesians in response to the division in Ephesus between Jewish converts to the faith and their Gentile brethren. The concupiscence of our human brokenness resulted in attacks against the dignity of the person then as it does so today. Unfortunately, this has been and continues to be a theme of human relations from the time of the fall of Adam and Eve, but that is no excuse for it to continue.

Paul's message in the fourth chapter of Ephesians is most appropriate today as he implores all who consider themselves Christian to live up to the call of our Baptism. “I beg you to walk in a manner worthy of the calling to which you have been called, with all lowliness and meekness, with patience, forbearing one another in love, eager to maintain the unity of the Spirit in the bond of peace.”

Much like our State and our New Orleans area, our Christopher Homes communities are a blend; a gumbo, if you will, of race, culture, faith, creed, and ethnicity. Just like a chicken gumbo would be less tasty without andouille, so too our properties would be less meaningful without the mixture of peoples who populate our apartments. We are better, we are stronger, we are more Christian when we celebrate the diversity of our neighbors and support each other’s cultural differences.

The equality of all persons rests essentially on their dignity as children of God and rights that flow from that dignity. This is God’s design which our nation’s founders stated in the Preamble to the Declaration of Independence and which Abraham Lincoln based his Gettysburg Address upon, “We hold these truths to be self-evident, that all men are created equal, that they are endowed by their Creator with certain unalienable rights, that among these are Life, Liberty, and the pursuit of Happiness.”

There is no place in our Christopher Homes properties for discrimination or demands that a person’s dignity or expression of personal culture or beliefs be denied. I pray that we all recognize and honor this precept and we come together in attempts to know, understand, and celebrate each other’s unique perspective of Life, Liberty, and the pursuit of Happiness.

May God bless you and keep you.

Deacon Dennis F. Adams
Executive Director, Christopher Homes