The Spirit of Giving

For unto you is born this day in the city of David a Savior, who is Christ the Lord. Luke 2:11

As God’s greatest gift was given to us in the birth of Jesus Christ, St. Anthony’s Gardens residents shared the spirit of giving in many ways throughout the Christmas season. Residents and employees have blessed several local organizations with financial support: St. Tammany Project Christmas, Covington Food Bank, Mary Bird Perkins Cancer Center and the Alzheimer’s Association. Also, over 200 Christmas greeting cards for American military serving overseas were signed and addressed by residents and shipped off to Operation We Care for distribution. Employees were also generously blessed by residents with a special Christmas “thank you” on December 14. Employees got together on December 7 to enjoy cookies and a gift exchange with one another.

We in turn were blessed by many school, church and community groups who came to visit and spread Christmas cheer with smiles, songs and cards. Truly the joy of the season!
TEN GREAT NEW YEAR’S RESOLUTIONS FOR SENIORS

The American Geriatrics Society’s Health in Aging Foundation recommends these top 10 healthy New Year’s resolutions for older adults to help achieve your goal of becoming and staying healthy.

1. **Eat fruits, vegetables, whole grains, fish, low-fat dairy and healthy fats.**
   In later life, you still need healthy foods, but fewer calories. The USDA’s Choose My Plate program (choosemyplate.gov), and your healthcare provider, can help you make good choices.

2. **Consider a multivitamin.**
   Consult your healthcare provider about any nutrition issues that may need over-the-counter vitamins or nutrition supplements.

3. **Be Active.**
   Physical activity can be safe and healthy for older adults — even if you have heart disease, diabetes, or arthritis! In fact, many of these conditions get better with mild to moderate physical activity.

4. **See your provider regularly.**
   You should schedule an annual Medicare wellness visit with your healthcare provider around your birthday month to discuss health screenings and any changes in your advance directives.

5. **Toast with a smaller glass.**
   Excessive drinking can make you feel depressed, increase your chances of falling, interfere with sleep, interact with your medications, and can contribute to other health problems. One drink = 12 ounces of beer, 5 ounces of wine, or 1.5 ounces of hard liquor. The recommended limit for older men is 14 drinks per week and for older women, 7 per week.

6. **Guard against falls.**
   Falls are a leading cause of injuries and death among older adults. Exercises such as walking or working out with an elastic band can increase your strength, balance, and flexibility and help you avoid falls.
7. Give your brain a workout
The more you use your mind, the better it will work. Challenging your brain regularly keeps your cognitive skills sharp and reduces your chance of experiencing memory loss. This year, make time to play games that will force your mind to work in overdrive.

8. Quit smoking
Cigarette smokers are twice as likely to develop heart disease as non-smokers. It is never too late to quit. You can still reduce your risk of many health problems, breathe easier, have more energy, and sleep better if you quit smoking. You can access the National Cancer Institute’s website (www.smokefree.gov) for resources.

9. Speak up when you feel down or anxious
About 1 in 5 older adults suffers from depression or anxiety. Some possible signs of depression can be lingering sadness, tiredness, loss of appetite or pleasure in doing things you once enjoyed. You may also have difficulty sleeping, worry, irritability, and wanting to be alone. If you have any of these signs for more than two weeks, talk to your healthcare provider and reach out to friends and family.

10. Get enough sleep
Older adults need less sleep than younger people, right? Wrong! Older people need just as much — at least 7 to 8 hours of sleep a night. Avoid daytime naps, which can keep you up in the evening. Visit the National Sleep Foundation’s website (www.sleepfoundation.org) for more tips on how to sleep better.

When a person puts time towards working to improve their health the end result is an improved quality of life. There is no price one can place on quality of life, and for this reason I hope each of you decide to work on at least one resolution. If you have any therapy needs to assist in improving your quality of life please come visit me in our outpatient clinic for a free screening.

2018 has been a wonderful year where I have met and helped many residents here at St. Anthony’s Gardens with physical therapy. I am blessed to be a small part of your lives and look forward to helping you in the future.

God bless,
Allison Roux, PT Health PRO Heritage

RESIDENT, LORIA M. PAINTS COVER OF EMPLOYEE CHRISTMAS CARD

Time and talents have been shared by residents in art therapy who drew and designed Christmas cards, including one by Laura M. for employee Christmas greetings.
MEMORABLE MOMENTS
Resident Spotlight

Jack S. and Darlene S.

Jack and Darlene have written a beautiful love story at St. Anthony’s Gardens. Both moved to our community in early 2017 and met while dining together with other residents. After their initial acquaintance, they began to spend more time together and realized how much they had in common. After long happy marriages and caring for spouses in their final days, they were surprised to fall in love again. Their shared bond grew stronger over time and soon they began to talk about marriage. After serious consideration and a commitment that they would be together in everything, they were married at Most Holy Trinity Church on October 6, 2018, with a reception at their home and the place they met, St. Anthony’s Gardens.

After a lifetime in New Orleans and retirement from his company, Scariano Brothers, Jack was attracted to St. Anthony’s Gardens because of the strong Catholic environment. Darlene, a teacher for many years, moved here from Arkansas when one of her sons and his family returned to this area from time living overseas. Both agree that St. Anthony’s Gardens is a special place with an accommodating staff and the opportunity to meet many wonderful people. After they were married, Jack and Darlene decided to stay here.

Jack is the father of three children, six grandchildren and eight great-grandchildren. Darlene has two sons and two grandsons. Family was involved in their wedding in every way, with Darlene’s sister serving as matron of honor and Jack’s great-granddaughter serving as flower girl. One of the biggest blessings of their marriage is the joining of their families and the new relationships they have already formed with one another. It is comforting to Jack and Darlene to grow old together. Jack said, “We’ve been blessed!”

Employee Spotlight

Sara A.

Sara has been employed in dining services at St. Anthony’s Gardens since June 2017. “The residents make me feel at home when I am at work,” Sara said. “They ask about my daughter and when they will see her again.” Sara enjoys her co-workers as well and says they are like family, helping one another and always caring.

Sara was born in West Jefferson and lived in the Woodmere community the first few years of her life. Many of her growing up years were spent in Georgia and Colorado where she graduated from Fort Carson High School in Fountain in 2005. Military service has been a tradition in her father’s family for four generations. Sara has been privileged to live in several U.S. states as well as Germany while her father served in the Army. In 2010, her father retired and their family moved back to Louisiana.

Sara enjoys reading, movies, fishing and watching the History Channel. Her five year old daughter Emma is the light of her life and attends Pre-K in Madisonville. Sara’s family is such an important part of her life and has been there through tough times as she battled cancer and became a single mom. Sara and Emma live in Madisonville and worship at St. Anselm Catholic Church. As she looks back over her life, Sara said she realizes she is in the right place. She is a compassionate and caring young woman who enjoys working with the elderly. We are blessed to have her as a staff member at St. Anthony’s Gardens.
St. Anthony’s Gardens Christmas Special

On December 22nd, residents and their guests were treated to a delightful variety show presented by our Life Enrichment Staff and residents. Festive and fun, highlights of the program included the Nativity, songs of the season, Santa’s sleigh, the Grinch, Santa, Ballet and Tap dancers and the St. Anthony’s Gardens Stompers. “The true meaning of Christmas and the birth of Jesus was celebrated in superb fashion,” said one of the guests.
Wouldn’t it be great to have a special family member or close friend move in down the hall? It could be rewarding in so many ways.

Help us continue to be a community of good friends and neighbors by referring others! It’s easy and your referrals could earn you $1,500 off one month’s rent.

For more information, please contact Julie Portmann, Brenda Jacob or Terry Hewitt in Sales and Marketing, at 985-605-5950.

From Chef Hosie Bourgeois

I have been at St. Anthony’s Gardens only a year but it has been one of the best years of my career; I look forward to serving our residents for many more. This new year, I would like to begin with a special project that I have always wanted to accomplish: a cookbook. This will be a collaboration of food and family memories, as I believe that they often go hand-in-hand. Residents, staff, and extended Saint Anthony’s family are invited to share a recipe, food story, or remembrance. Once published, each resident will receive a copy of the community cookbook. The remaining cookbooks will be sold, with proceeds donated to our favorite charities. I look forward to your participation and in sharing stories of family and food with you all.

Happy New Year and God Bless,
Hosie Bourgeois