# JULY 2019

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Dear Residents,

I’m sure you have noticed you have many new neighbors. To help our new Residents transition smoothly to their new home, we are developing a Welcome Home Program. The program will include staff and a Resident Welcome Home Committee. Please consider joining the committee to help your new neighbors feel at home and enjoy all St. Anthony’s Gardens has to offer.

Moving, at any stage of life, can be challenging and we want to support our new Residents as they transition to their new home. Some Residents prefer to ease into activities and events and others jump right in. We want to welcome our new Residents and let them know their St. Anthony’s Gardens family is ready to help and support them any way we can! During their first 30 days of residency, the Resident Welcome Home Committee will show our new residents the ropes and help familiarize them with our Community. The new Residents will also have the opportunity to dine with the staff and Chef Paul. In addition, housekeepers and maintenance will help to make their apartment comfortable and Life Enrichment will help to personalize a program for them.

If you are interested in joining the Resident Welcome Home Committee, please see the Concierge for more information.

I would like to share this sweet poem which captures the tender time of welcoming a neighbor.

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WELCOME HOME!

---

I am here all alone, looking for a new place, one I can call my own.

I could use a listening ear, and the gift of company. I promise I won’t be noisy, too talkative, or blue.

I often stick to myself, but, would love to get to know you.

This isn’t an easy transition for me, despite the smile that you see. For underneath it all, I am quite nervous, on what will come to be.

So, I appreciate your smile, and your welcoming “hello”,

It doesn’t go unnoticed, and is appreciated more than you know.

But, now some time has passed, and my belongings are all unstowed.

I am starting to feel comfortable in this place becoming home.

I am grateful daily to step outside my door, where I walk around the corner and find what I’m looking for.

There you are, my neighbor, with that smile upon your face.

The one I will always remember from when you welcomed me to my place.

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Thank you all for extending a warm welcome to our new residents.
Kind regards, Iris
JOIN ME IN....

Welcoming Our Newest Residents

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Congratulating Our 2019/2020 Resident Councils

Your Resident Council meets with St. Anthony’s Gardens’ management to discuss concerns and suggestions that residents have throughout the year. This is an important resource in our community and this month we transition to a new council. We express gratitude to the outgoing members and we welcome our newly elected 2019/2020 Council:

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<td>Roger F. President</td>
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Recognizing Great Work

Janet, our Dining Room Manager, always wears a smile as she serves residents throughout St. Anthony’s Gardens and she was recently selected as the Employee of the Quarter. Janet has a background in personal training, she helped found Total Healthcare Ochsner 65, and has always enjoyed working with seniors. With over 25 years in the food service industry, Janet keeps up with each resident’s food likes and dislikes. She shares her joy to help make the days of residents and staff special. Janet expressed, “I enjoy the residents and working with our team!”

Janet was born in Beaumont, Texas and raised in Metairie, graduating from Riverdale High School. “I’m a family person,” stated Janet who is the mother of four children, ranging in age from 16 to 33. She also has two grandsons, ages 2 and 3. Whenever she is off, Janet is spending time with her family, who all live locally. They enjoy cooking, barbequing, and bicycle riding together. Janet also enjoys spending her free time shopping.
Singing with the Residents

In June, our residents participated in a demonstration class for the Kindermusik Bridges Program with Ann, St. Anthony’s staff member and Licensed Kindermusik Educator. A multi-generational class where residents and families with young children sang, danced, and played instruments together. Music truly bridges generations and the time with the children brought so much joy.

Gardening and Nurturing

This spring our residents have enjoyed planting and nurturing herbs and flowers. Their efforts have kept our plants flourishing while providing wonderful outdoor time together. Adding some of the herbs to our food and drink has allowed us to enjoy the fruits of their labor.
**Celebrating at the Pink Flamingo**

“Tacky Night at The Pink Flamingo,” was our theme to celebrate our July birthdays and anniversaries. The residents enjoyed dressing in tacky attire. Drinks and hors d'oeuvres were enjoyed by all. Dancing and singing to the music of The Lucky Dogs made the celebration complete.

**Fishing at Our Pond**

David D & Snoopy enjoyed a day at our pond. David caught three fish and Snoopy tried very hard to eat the bait which was just bread. But he had a good time too.
Residents, staff, families, and friends presented an Easter show for everyone’s entertainment. The show began with a promenade down the aisle to the song, “In Your Easter Bonnet.” Among the variety of dances in the show were Roger F. and Sean G., grandson of Rita W, who showed their talent dancing to the song, “Singing in the Rain”, Iris B. and Charlene G. performed to “Sisters”, and the StAG Stompers with Gwendel B. pulled rabbits out of their hats at the end of their performance. Ann W. finished the show singing, “Because He Lives.” After the show everyone enjoyed the release of the butterflies. Residents also enjoyed creating bonnets for the show. They certainly looked lovely donned in their bonnets during the parade.
Chef Paul Meaux has been a professional cook since his early twenties, when he began cooking and managing restaurants, learning organization, and researching food history along the way. A graduate of Eleanor McMain High School, New Orleans and LSU with a B. A. in History.

Paul and his wife, Laura, a veterinarian, live in Covington with their 15 year old daughter, Amanda, who is a student at Archbishop Hannan High School. Paul is very active in the Knights of Columbus Council 12906, currently serving as treasurer. The Council selected Paul and his family as Family of the Year in 2018 and Paul has also been chosen Knight of the Year in the past. He is a Sir Knight of the Fourth Degree with Assembly 334 and a parishioner of St. Peter’s Church.

Other hobbies Paul and his family enjoy include hiking, camping, hunting, and cooking together. Paul is also an avid reader, movie buff, with suspense and historical fiction being his favorite genres.
Our multi-talented Concierge, Patti, lead the residents in making beaded bracelets and bookmarks. On another creative afternoon, Charlene and the residents enjoyed making heart canvases, flowers, and kites, which have served as special door decorations throughout the Community.
In celebration of our Country’s Independence, our Dining Department prepared a 4th of July brunch with ribs, hot dogs, pulled pork sliders, and watermelon. Everyone enjoyed the festivities and looked spiffy in their red hats provided by Gwendel.
With the scorching temperatures we are experiencing, watching for signs of dehydration is critical. Dehydration, depending on the severity, sometimes creates only small telltale signs while having a big effect on your body, especially in the elderly.

If severe enough, dehydration can lead to confusion, weakness, urinary tract infections, pneumonia, bedsores in bed-ridden patients or even death. Generally speaking, humans can’t survive more than four days without water.

Perhaps because of that delay in diagnosis, elderly dehydration is a frequent cause of hospitalization (one of the ten most frequent admitting diagnoses for Medicare hospitalizations, according to the Health Care Financing Administration), and it can be life-threatening if severe enough.

CAUSES OF DEHYDRATION

Elderly dehydration is especially common for a number of reasons:

- **Medications** It’s not uncommon for seniors to be on several medications at any given time. Some of these may be diuretic, while others may cause patients to sweat more.

- **Decreased Thirst** A person’s sense of thirst becomes less acute as they age. In addition, frail seniors may have a harder time getting up to get a drink when they’re thirsty, or they may rely on caregivers who can’t sense they need fluids.

- **Decreased Kidney Function** As we age our bodies lose kidney function and are less able to conserve fluid (this is progressive from around the age of 50, but becomes more acute and noticeable over the age of 70).

- **Illness** Vomiting and/or diarrhea can quickly cause elderly dehydration.
SIGNS OF DEHYDRATION MAY INCLUDE:

- Confusion
- Difficulty walking
- Dizziness or headaches
- Dry mouth
- Inability to sweat or produce tears

Rapid heart rate
Constipation
Low blood pressure
Low urine output
Sunken eyes

If you suspect dehydration, you can check for a decrease in skin turgor by pulling up the skin on the back of the hand for a few seconds; if it does not return to normal almost immediately, then you are dehydrated.

PREVENTING DEHYDRATION

To help make sure you don’t suffer from dehydration, make sure you consume an adequate amount of fluids during the day; eat healthy, water-content foods such as fruit, vegetables and soups; check that your urine color is light and output adequate (dark urine or infrequency of urination is a classic sign of dehydration).

You need to drink even when you’re not thirsty. Keeping a water bottle next to your bed or your favorite chair could help, especially if you have mobility issues.

As with most illnesses, prevention is the key. Making sure you stay hydrated now is much easier than treating for dehydration later.

If dehydration is an issue, and you take laxatives or diuretics, speak to your doctor about changing medication.
Daybreak’s Ponderings

We began the month of July with a celebration of our nation’s independence, the right of each person to live “with certain unalienable Rights, that among these are Life, Liberty and the pursuit of Happiness” endowed upon all by our Creator.

Recently I visited my father in Northeast Louisiana. Daddy is 93 and his birthday is July 5, so we have always celebrated his birth in conjunction with the birth of our nation. My drive to his home outside the small community of Mer Rouge takes me through several rural towns. These communities celebrate Independence Day with fanfare and they begin in June by lining the highway through town with a multitude of our country’s flags. It is a wonderful site to see.

My dad is a member of the “Greatest Generation.” At 16 years of age, he joined the Navy, served in the South Pacific during WWII and later state-side during the Korean War. As I reflected on Daddy’s birthday and that of our country, the word commitment comes to mind and reminds me as well of the many men and women who have given of themselves in service to make this nation great.

Commitment has many uses and definitions. My focus is its meaning as the act of pledging or engaging oneself to a cause and also a pledge or promise, the acceptance of an obligation.

I am afraid that the challenge in our country today is a lack of sufficient commitment to serve without counting the cost and without expecting personal gain. My Dad and thousands like him never considered how they would benefit from joining the military to serve our country in a time of need. Neither did the many civilians who sacrificed for the war effort in order to support our troops. There was plenty of commitment to go around. Those citizens pledged themselves to engage in the cause, promising and accepting the need to serve as an obligation in response to the freedom provided by those who came before them and gifted to us by our God.

St. Paul exhorts us in his Letter to the Galatians, “For you were called for freedom, brethren. But do not use this freedom as an opportunity for the flesh; rather, serve one another through love.” The gift from God of our citizenship in this, the greatest nation the world has ever seen, comes with an obligation of loving service to our neighbor.

As we move through this month of our nation’s birthday we should all consider how to live up to the call to commitment to our family, our neighbor, our nation, and our God.

May the blessings of God descend upon you this day and all days.

Deacon Dennis F. Adams