

Aging In NOLA

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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.



STOP COLORECTAL CANCER IN ITS TRACKS

Colorectal cancer is cancer of the large intestine. It develops when a lump grows and, over time, turns into a cancerous tumor. This cancer is common—and curable when found early. Knowing the risk factors and learning to manage them can help you prevent and control the disease.

People at risk of developing colorectal cancer include: • Those over age 50 • African-Americans • Anyone with a family history of the disease or a personal history of Crohn's disease, ulcerative colitis, colorectal polyps, colon cancer or other cancers.

There are ways to lower your risk, like quitting smoking and limiting alcohol use. Eating less red and processed meats can also help. So can staying active and keeping a healthy weight. You should also take care of any health conditions you have, especially diabetes.

Colorectal cancer often has no symptoms at first, but there are signs to watch for. Contact your doctor if you have lower stomach pain or cramping, changes in toileting habits, vomiting, weakness or weight loss.

March is National Colorectal Cancer Awareness Month, so now is a good time to get screened. The best way to catch this cancer early is to get a colonoscopy. This test examines the large intestine for things like ulcers and lumps. Your doctor can recommend when and how often to get screened.



Take action now to prevent colorectal cancer. Talk to your doctor and make a plan that works for you.

SPRING CLEANING

The first day of spring is March 20th and that means it's time for a SPRING CLEANING.



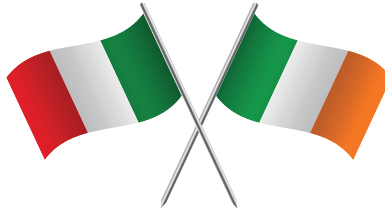
Spring cleaning tips for seniors

1. Check the medicine cabinet
Properly dispose of expired medications and make sure current medications are in proper containers. Make sure to follow storage instructions.
2. Clean up clutter
Unnecessary clutter can contribute to trips and falls.
3. Have an emergency plan in place
Make sure to have important numbers handy in case of an emergency
4. Never try to move furniture or object on your own.
Don't stand on a chair or ladder to get to hard-to-reach places
5. Check your emergency kit
Can include flashlight, spare batteries, thermometer, current medication list, list of important phone numbers.

Health habits brought to you by

PEOPLES HEALTH

EVENTS



Italian-American St. Joseph's Parade in the French Quarter

Saturday, March 10 - 6:00 p.m.

The St. Joseph's Society celebrates St. Joseph with a parade through the French Quarter. The parade kicks off at 6 p.m. at the intersection of Convention Center Blvd. and Girod Street. It includes 16 floats, nine marching bands and a whole lot of guys dressed in tuxedos.



Metairie Road St. Patrick's Parade

Sunday, March 11th - 12 Noon

The annual parade will start in front of Rummel High School on Severn Avenue, goes down Severn to Metairie Road, then Metairie Road to the parish line.



Irish Channel St. Patrick's Day Parade

Saturday, March 17th - 1:30 p.m.

The parade starts following Mass at St. Mary's Assumption Church from Tchoupitoulas and Napoleon, right on Magazine St., right on Jackson Ave., and finishing at Jackson and Tchoupitoulas.

Louisiana Irish-Italian Parade

Sunday March 18 - (Metairie) 12 Noon

The Louisiana Irish-Italian Parade will roll at 12:00 noon, on the traditional Veterans Highway route in Metairie.



Christopher Homes celebrates the legacies of St. Joseph and St. Patrick

Rouquette Lodge: St. Joseph's Altar March 9th 1:30p.m.
St. Patrick's Parade March 15th 1 p.m.

Metairie Manor: St. Joseph's Altar March 13-15th, open to the public on March 14th from 10 a.m. - 2 p.m.

Villa St. Maurice: St. Patrick's Day celebration 1 p.m. March 12th

Place DuBourg: St. Patrick's Day Celebration 1 p.m. on March 14th

Wynhoven: St. Patrick's Happy Hour 2 p.m. March 16th

EVENTS AROUND TOWN

Jefferson Parish Senior Expo

Thursday, March 29th
Pontchartrain Center, Kenner
8:30 a.m. - 1:00 p.m.
Come Visit the
Christopher Homes Staff at the Expo

Council on Aging St. Tammany (COAST) Senior Prom

April 27, 2018
6:00 - 8:30 p.m.
Slidell Center

NEW ORLEANS IS CELEBRATING ITS 300TH BIRTHDAY!

To celebrate the City of New Orleans has many events planned. It is working with many organizations including the Archdiocese of New Orleans to honor the 300 years of New Orleans. The city is also partnering with "The Historic New Orleans Collection" to present an exhibition titled, "New Orleans: The Founding Era."

EXHIBITION DETAILS:

Now until May 27, 2018
Tuesday - Saturday, 9:30 a.m. - 4:30 p.m.
Sunday, 10:30 a.m. - 4:30 p.m.
533 Royal Street
Admission is free

MASS FOR THE ELDERLY AND THE INFIRMED AND THOSE WHO SERVE THEM

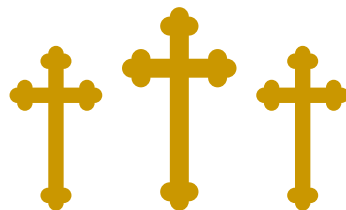
St. Louis Cathedral
Sunday, March 11, 2018 at 11:00 a.m.

Presided by:
Most Reverend Gregory M. Aymond
Archbishop of New Orleans

TRICENTENNIAL INTERFAITH PRAYER SERVICE

St. Louis Cathedral
Tuesday, April 17, 2018 at 7 p.m.

The service will be an opportunity of various faiths of New Orleans to come together in thankfulness and unity.

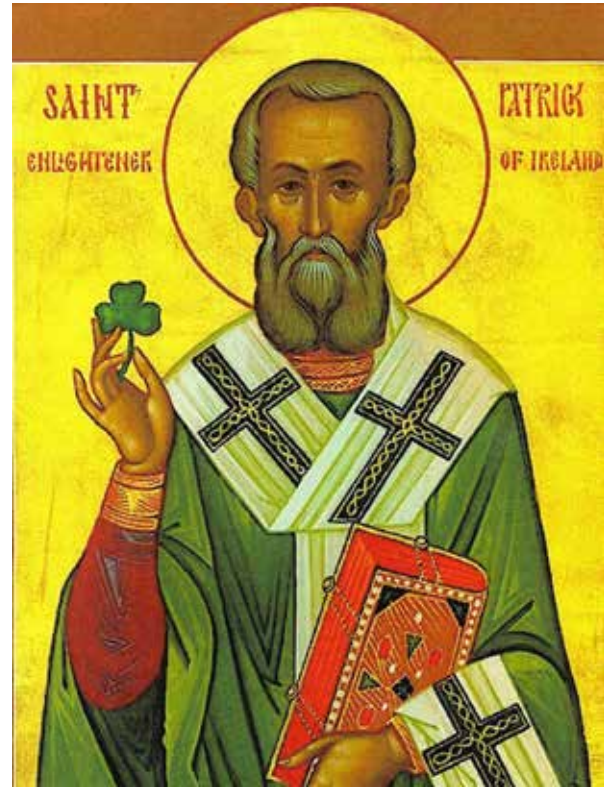


PRAYERS

Saint Patrick March 17th

May the Strength of God pilot us.
May the Power of God preserve us.
May the Wisdom of God instruct us.
May the Hand of God protect us.
May the Way of God direct us.
May the Shield of God defend us.
May the Host of God guard us.
Against the snares of the evil ones.
Against temptations of the world

May Christ be with us!
May Christ be before us!
May Christ be in us,
Christ be over all!
May Thy Salvation, Lord,
Always be ours,
This day, O Lord, and evermore. Amen.



Saint Joseph March 19th

Oh, **St. Joseph**, whose protection is so great, so strong, so prompt before the throne of **God**. I place in you all my interests and desires. Oh, **St. Joseph**, do assist me by your powerful intercession, and obtain for me from your divine Son all spiritual blessings, through **Jesus Christ**, our Lord. So that, having engaged here below your heavenly power, I may offer my thanksgiving and homage to the most loving of Fathers.

Oh, **St. Joseph**, I never weary of contemplating you, and **Jesus** asleep in your arms; I dare not approach while He reposes near your heart. Press **Him** in my name and kiss **His** fine head for me and ask him to return the Kiss when I draw my dying breath. **St. Joseph, Patron of departing souls** - Pray for me.

This prayer was found in the fifteenth year of **Our Lord and Savior Jesus Christ**. In 1505 it was sent from the Pope to Emperor Charles when he was going into battle. Whoever shall read this prayer or hear it or keep it about themselves, shall never die a sudden death, or be drowned, not shall poison take effect of them; neither shall they fall into the hands of the enemy; or shall be burned in any fire, or shall be overpowered in battle.

Say for nine mornings for anything you may desire. It has never been known to fail, so be sure you really want what you ask.



METAIRIE MANOR TAKES ON AN ITALIAN TRADITION



Metairie Manor
Carnival King and Queen
Shirley Zemke and Joe Hardy

New Orleans is full of traditions that date back centuries, one of those is the altar built for St. Joseph. These altars are constructed in homes and churches all across the New Orleans area. The residents at Metairie Manor will also take part in this tradition.

The resident guild at Metairie Manor has been busy for weeks planning its yearly St. Joseph's altar. It will be on display from March 13th through the 15th and open to the public on March 14th from 10 a.m. - 2 p.m.

Mrs. Janice Nicholas, guild president, says that residents signed up to donate all of the goodies that make the St. Joseph's altar popular. Those cookies include fig, anise and sesame seed. There will also be breads and cakes all on display at the 450 resident facility in the heart of Metairie. Mrs. Janice says that it will take the guild and its volunteers about 50 hours to make all of the cookies needed for the altar. Each resident will leave with a

goodie bag filled with the traditional Italian cookies and each resident will be given a fava bean. For good luck of course.



<<< Making cookies

Example of a >>>
St. Joseph's Alter



HISTORY OF THE FAVA BEAN

Fava beans play a large role in the Sicilian tradition of the St. Joseph Altar. When dried, roasted and blessed, it becomes the very popular "lucky bean." Legend has it that you will never be broke as long as you carry one. Some people believe that if you keep one in the pantry, there will always be food in the kitchen.



The myth of the fava bean began during the famine in Sicily, where the bean was used as fodder for cattle. To survive, the farmers prepared them for the table. Hence, they considered themselves lucky to have them. The bean is also a symbol of fertility since it grows well even in poor, rocky soil. Italians would carry a bean from a good crop to ensure a good crop the following year.

The blessed dried beans are distributed on the altars along with a piece of blessed bread.

RECIPES

HOLY BREAD

Mary Goodman (great-grandmother of Tanisha Goodman, Villa St. Maurice's community manager)

INGREDIENTS

- 2 teaspoons of bacon drippings
- 2 cups of self-rising flour
- 1/4 cup very cold butter, cubed
- 3/4 to 1 cup cold buttermilk
- 2 tablespoons of butter, melted, optional

DIRECTIONS

In an 8-inch cast iron skillet, melt the bacon fat over medium high heat. Meanwhile, cut the cold butter into the flour. Add only enough buttermilk to the flour to form into a shaggy dough, turn out onto a floured surface, sprinkle a small amount of flour on top and quickly shape into a disc. Turn over, sprinkle additional flour on top and tighten disc, just slightly smaller than the skillet.

Use a wide spatula to transfer the dough to the hot skillet. Cover and reduce heat to between medium and medium low. Cover and cook until the bread browns on the bottom, then flip over, pour melted butter on top if desired, cover and cook until browned on the other side. Break off pieces or cut into wedges and serve with pure butter, honey, sorghum or cane syrup, or use your favorite jam, jelly, preserves or fruit butter.

BLACK HISTORY MONTH

In February some of our properties celebrated Black History Month.

St. Martin's Manor celebrated its inaugural black history month program on Thursday, February 22nd. Residents participated by saying poems by the Reverend Dr. Martin Luther King, Jr. and Maya Angelou. Residents also performed songs and the guest speaker for the program was Reverend Amedee.



FROM THE DEACON'S DESK



Dear Residents and Staff,

"the smoke of the incense rose with the prayers of the saints." (Rev 8:4)

In March, the Church celebrates two of its great saints in St. Patrick on March 17th and St. Joseph on March 19th. St. Patrick was a 5th-century priest, bishop, and missionary to Ireland. He is known as the apostle and patron of Ireland for his efforts in the conversion of the pagan Irish to Christianity. Faith in our country benefited tremendously from St. Patrick's evangelization success with the many Irish priests who came to minister in the United States. My own vocation story includes two wonderful Irish priests who taught me much of the faith. As a result, I chose Patrick as my Confirmation Saint's name.

St. Joseph, we know, was the Spouse of the Blessed Virgin Mary and the foster father of Jesus. He accepted the sacred call of protector of the Holy Family. Throughout the centuries, the Christian faith has honored St. Joseph for his faithfulness to God's call, devotion to work, and teacher of the Christ-child. He is honored as patron saint of Sicily for his intervention in response to the people's prayers for relief from a severe drought, which was causing a great famine. After their prayers were answered, Sicilians began the devotion of the St. Joseph's altar. Many families in the New Orleans area and some of our Christopher Homes properties continue the tradition of the St. Joseph altar to this day.

A person can be canonized a saint after the Catholic Church investigates their life and declares the person has achieved the goal for which we should all be seeking, that of gaining eternal life with God in heaven. As you may realize, the process is very involved. There are four phases to sainthood: servant of God, whereby a candidate is deemed worthy of consideration; venerable, whereby the candidate is found to have lived heroic virtues; blessed, after a miracle is acquired through the candidate's intercession; and finally saint, after a second miracle is received.

New Orleans native and foundress of the Sisters of the Holy Family, Mother Henriette Delille's cause for sainthood has completed the first two phases and on March 27, 2010, she was decreed Venerable by Pope Benedict XVI. A first miracle through her intercession has been declared valid and we prayerfully await her Beatification and then Sainthood.

None of us is guaranteed sainthood but each of us are called to achieve that eternal goal. We can all become saints by loving God and our neighbor and serving others as Christ serves us. As we continue to work out our salvation, we should ask for and can be assured of help through the prayers of the saints including St. Patrick, St. Joseph, and Mother Henriette Delille.

"Holy Mary, Mother of God, pray for us sinners, now and at the hour of our death. Amen."

With God's Blessings,

Deacon Dennis F. Adams
Executive Director, Christopher Homes

