

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.



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NEW ORLEANS



Tips for Healthy Living

Christopher Homes provides affordable independent senior housing across the Greater New Orleans areas. A team of service coordinators assists residents by aligning them with community and government resources to meet their individual needs. Natasha Baxter, Director of Service Coordination, has a pulse on the experiences and challenges adults face as they age. She shares a few tips for maintaining healthy living in older adults.

- **Stay active in your community:** It is important to stay active and engaged as you age. Isolation tends to increase due to a decline in health, lack of transportation, and fixed income. There are a variety of activities that can keep one active such as: Volunteering at church or with a Grandparent program at a local school, gardening clubs, or dance class. If you need help getting started, most communities have senior or Council on Aging centers that provide weekly classes and events free of charge. Most of these centers even provide free transportation to and from the events.
- **Exercise your body:** Physical exercise can help reduce falls by improving balance, reduce stress and depression, and help maintain a healthy weight. Look for chair exercise, water aerobics classes, or Tai Chi classes. Those classes are low impact and do not put much stress on the ankles, knees, and hips. Most Medicare Advantage or Medicare Part C plans such as Humana, Peoples Health, United Healthcare, etc. offer Silver Sneakers or Silver and Fit benefits that allow the members to go exercise at the gym for free. Seniors can find out if their Medicare plan offers these benefits by calling the Member Services number on the back of their Medicare card.
- **Exercise your mind:** keeping your mind sharp is just as important as staying physically active. Ways to exercise your mind are by playing games such as word find, crossword puzzles, putting together puzzles, and BINGO. Reading and socializing are also great ways to keep your mind active.



SERVICE COORDINATION CORNER (Continued)

Our Service Coordination Team has been working with LSU Ag Center to promote healthy eating among our residents. Residents can contact their service coordinator for upcoming events and additional information.



NEW ORLEANS SENIOR FEST

The New Orleans Council on Aging held their annual Senior Fest at the UNO Lakefront Arena in May and Christopher Homes was once again a sponsor of the event. Several of our residents attended the festivities and enjoyed entertainment from local senior groups, dancing and a complimentary lunch.



BEAN BAG GAMES

Our Wynhoven residents enjoyed a friendly competition against the Wynhoven staff. It was a fun afternoon with a victory for our residents!



BALLOON TOSS

Place Dubourg residents enjoyed some fun and stretching with an afternoon of balloon volleyball!



HURRICANE PLANNING

Monthly meetings continue across all properties to ensure the safety of all residents during what is predicted to be an active hurricane season. We encourage all residents to be enrolled in our One Call system as this will be the primary form of communication for any pertinent information. Please contact your manager to enroll.



SAFETY MEETINGS

We thank the NOFD for their recent safety presentations at a few of our properties!



CHRISTOPHER HOMES TEXT MESSAGE ALERTS

ALL RESIDENTS SHOULD
ENROLL IN OUR ONE CALL
ALERT SYSTEM



SAVE THIS NUMBER
IN YOUR CONTACTS

985-605-5908

SELF DEFENSE CLASS

Our Place Dubourg residents learned valuable skills and moves during a self-defense class offered on-site. We thank Sergeant Denise Bertrand with the St. John Sheriff's Office for taking the time to instruct our residents on ways they can protect themselves!



JAZZ FEST

We are grateful for annual ticket donation from the New Orleans Jazz & Heritage Foundation that gives our residents an opportunity to enjoy the sights and sounds of Jazz Fest each year!



CRESCENT CITY LIONS CLUB BINGO

Our Annunciation Inn residents enjoyed an always popular game of BINGO compliments of the Crescent City Lions Club!



CONTRIBUTIONS FOR RESIDENT SERVICES

Our organization relies heavily on the support from donors to supplement our resident services. These services are in the form of our free meal program, health and wellness activities, transportation and household needs. Recently, we raised \$3,245 on Give NOLA Day, which will go towards our free meal program. We thank all who contributed to our fund!

Christopher Homes also received a generous donation from CenterWell Senior Primary Care. This gift will assist us with offering additional food items for our residents. We appreciate the generosity of CenterWell and their enthusiastic support for our residents.



JULY 4th CELEBRATIONS

Our properties celebrated the RED, WHITE and BLUE with festive parties, food and fun! God Bless the USA!



THE HEAT IS ON

Staying Safe in **Hot Weather**

NIH National Institute on Aging

Watch for these signs of hyperthermia:



Tips to prevent hot-weather illness:



Learn more about staying safe in hot weather at www.nia.nih.gov/hot-weather-safety.

UPCOMING EVENTS

Walk to End Alzheimers

The Greater New Orleans Walk to End Alzheimers will take place on October 19 at LaSalle Park. Christopher Homes is a proud sponsor of the event. Stay tuned for information on our residents/staff team!



Grandparents Day



LETTER FROM LEADERSHIP

Welcome to the sweltering heat of summer in New Orleans. I hope everyone is taking care to stay hydrated and cool.

It is the goal of Christopher Homes to provide all our residents with a safe and comfortable place to call home. We care deeply about the health and welfare of our residents. We firmly believe in our mission to do our best for our residents physically and spiritually.

The CHI staff is amazing at dealing with the daily challenges that occur in our communities. But no matter how hard our team works, we face obstacles in maintaining the buildings, dealing with resident questions and issues, and administering all the necessary paperwork required to receive rental subsidies from HUD and make sure all vital bills are paid. We appreciate the understanding from our residents as we do our very best to address these obstacles.

Some phrases to describe a "community" include "a feeling of fellowship," and a "group

of people living together in one place, practicing common ownership and liability." A gathering of parts to create a group. A safe and comfortable community relies on the individual parts to make a whole - meaning that each of you contribute to the success of our communities. So, what can our residents do to make our communities better and stronger for all? First, take care of your apartment to the best of your ability. Second, be a good neighbor and look out for your fellow residents, helping where you can. Third, communicate respectfully with your on-site management team and fellow residents. Finally, work cooperatively with management and service coordinators to address personal concerns.

When our residents and staff work together, we can make our communities strong and a wonderful place to call home.

In peace and gratitude,

Terri and Ned