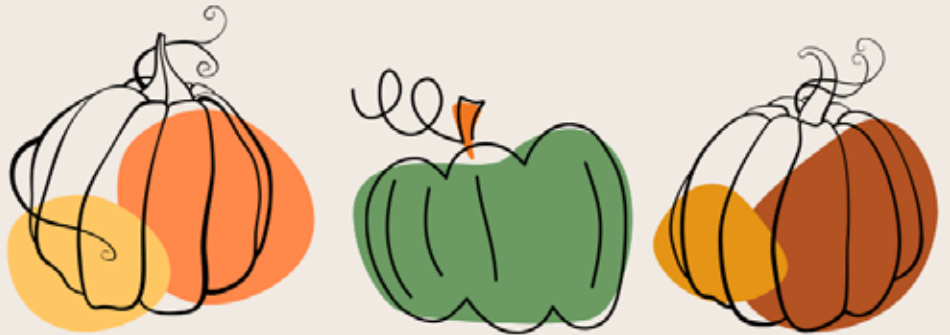


Aging In NOLA

TABLE OF CONTENTS

- 2 Protect Yourself From Financial Scams
- 3 Staying Cool Aloha!
- 4 St. Martin's Manor Health Fair
Hurricane Preparedness
- 5 Senior Moments Gala
Informational Sessions
Senior Choices Vendor Fair
- 6 Activities Around the Properties
iGiveCatholic
- 7 COAST Resource Fair
All Souls Day
Veterans Day
- 8 Deacon's Desk

A SEASON OF CELEBRATION!



*"This is the day the LORD has made;
let us rejoice in it and be glad."*

Psalm 118:24

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.



ARCHDIOCESE OF
NEW ORLEANS



PROTECT YOURSELF FROM FINANCIAL SCAMS

The amount of scams is always growing and the methods scammers use are always changing so it's important to take steps to protect yourself.

"We're all vulnerable – we can all fall for a scam given the right set of circumstances," says Eva Velasquez, president and CEO of the Identity Theft Resource Center. Keeping yourself safe starts with accepting that fact, she adds.

"You look at the profiles of victims who filed complaints and it runs the gamut from highly educated, high-income people all the way down to the most vulnerable people in our population," says John Breyault, vice president of public policy, telecommunications and fraud at the National Consumers League, a nonprofit advocacy group that speaks out about consumer concerns.

While there isn't a "foolproof solution to stay safe from all scams," as Breyault puts it, there are strategies you can employ to reduce your risk. Here are four of the most important ones:

HANG UP AND 'GO TO THE SOURCE'

If you're contacted by anyone claiming to be your bank or other familiar company, end the conversation and call the institution's verified number yourself, Velasquez says. "We always say, 'If you did not initiate the interaction, then you need to go to the source,'" she adds. Scammers can spoof the number that shows up on your caller ID so it might look legitimate.

In some cases, you might want to pay your bank a visit in person to get clarification.

SECURE AND MONITOR YOUR ACCOUNTS

Basic online security practices can also help protect you, Velasquez says. She recommends enabling multifactor authentication on your financial accounts, creating unique passwords and not sharing personal details such as your birthdate online.

GET FAMILIAR WITH COMMON SCAMS

The Federal Trade Commission reports that the top scams of 2022 include people impersonating institutions like banks, phony sweepstakes and fake job postings. "You don't have to become an expert in each one, but you need to understand the hallmarks of most scams: They contact you first, dangle some sort of bait in front of you and create a sense of urgency," Zirkle says. Then, they ask for either money or personal information, which they use to access your money.

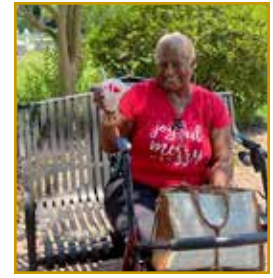
REPORT SCAMS AND BE YOUR OWN ADVOCATE

Reporting fraud to government agencies and private organizations allows for better fraud tracking. While there's no centralized source for fraud tracking, you can report it to the Federal Trade Commission, your state's attorney general's office, the FBI, your local police station, your bank's fraud department, the Better Business Bureau's Scam Tracker and the Identity Theft Resource Center, among others.

STAYING COOL



Place Dubourg residents took on the challenge of staying cool in those hot summer months with watermelon and snowball parties!



ALOHA!

Metairie Manor and Rouquette Lodge residents ended summer with their own luau celebrations!



ST. MARTIN'S MANOR HEALTH FAIR



The staff at St. Martin's Manor held a health fair for all residents. We thank our community partners for offering screenings, information and health and safety tips to our residents!



HURRICANE PREPAREDNESS

Several residents from Wynhoven participated in a mock evacuation drill held by Jefferson Parish Emergency Management. We thank the Jefferson Parish officials for their work to better serve our residents!



SENIOR MOMENTS GALA

The Jefferson Council on Aging hosted its annual Senior Moments Gala. Christopher Homes is a proud sponsor of this event and supporter of the council. The council provides various services to seniors through local senior centers. A few of our staff members and Wynhoven residents attended the event.



INFORMATIONAL SESSIONS



Rouquette Lodge has partnered with Lakeview Hospital for ongoing staff training and resident informational sessions. Recently, representatives provided staff training on stroke prevention.

SENIOR CHOICES VENDOR FAIR

Our service coordinators attended a vendor fair to learn more about services that are available to our residents. It was a great evening of networking!



ACTIVITIES AROUND THE PROPERTIES

Residents have been staying busy with a variety of activities!



SAVE THE DATE

#iGIVECATHOLIC

November 28, 2023



COAST RESOURCE FAIR



Our team enjoyed a fun morning with the St. Tammany Parish Community at COAST's Fall Resource Festival. We spotted a few of our Rouquette Lodge residents enjoying the event!

ALL SOULS DAY

On November 2, we honor the souls of the recently departed. Please join us in prayer for our family, friends and neighbors we have recently lost.

"Eternal rest grant unto them, O Lord, and let perpetual light shine upon them. May their souls and all the souls of the faithful departed, through the mercy of God, rest in peace. Amen."



VETERANS DAY

Honoring All Who Served



THANK YOU FOR
YOUR SERVICE
AND SACRIFICE.



VETERANS DAY

FROM THE DEACON'S DESK

"Seventy is the sum of our years or eighty if we are strong." Psalm 90:10



In scanning through the Fall 2023 issue of *Generations Journal* a publication of the American Society on Aging it occurred to me that psychologists, gerontologists, and anthropologists spend an extortionate amount of time and study in an attempt to define seniors. While I do not fault them on that work and in fact, applaud them for using their studies to improve the lives of those of us who have reached advanced ages, I realize there already exists regulatory, cultural, biblical, and personal concepts that identify what we in NOLA affectionately refer to as elders.

In the operation of our Multifamily Senior housing program, we are required by the U.S. Department of Housing and Urban Development regulations to identify seniors as 62 and older. In fact, we cannot even accept an application and place someone on our waiting list until they reach that defined age. While we do invite in persons for housing at age 62, it is not uncommon that we find one of our properties celebrating a resident who has reached the centenary stage of life.

Cultural or societal ideas of who a senior may be is an important perception to consider. Reaching the age and status of elder in NOLA as in most other communities carries with it a position of respect for as far back as I'm certain all of us can remember. Elder is a badge of reverence, honor, and devotion. We have given our seniors respect, care, and concern. Valuing their years of sacrifice, experience, knowledge, and their stabilizing affect on the community, helping to calm the passions of younger generations.

As I quoted above, God's Word identifies the length of life in Psalm 90 as 70 years or 80 for those who are strong. While only our creator knows the length of our life, keeping close to God the Father and our Lord and Savior may not necessarily lengthen our lives but it will give them purpose, peace, and comfort even in times of conflict and suffering.

Finally, we can consider the definition of a senior personally. As we have always heard, "you are only as old as you feel." Now there are times when I feel older than my 70's probably should but most times I look in the mirror and wonder who that "old man" is because I just don't feel my age.

And so, I suggest, let us leave the scientific identification of ageism to the scientists. And go on living a life earned which has gained us experiences to joyfully remember, skills that may have been lost to this techy age, and challenges which we have overcome and may yet overcome. And for those youngsters who have the benefit to look up to their elders, do so with awe, honor, and loving care.

Deacon Dennis F. Adams
Executive Director, Christopher Homes

