

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.





A NEW YEAR OF HEALTHY AGING

As we begin a new year, we reflect on the year ahead and make plans and commitments to better ourselves. Now is the perfect time to put your health first! Here are some recommendations on New Year's resolutions that can help you maintain a healthy lifestyle:


- Make smart food choices by eating more fruits, vegetables, whole grains and healthy fats
- Stay active by finding and participating in exercises you enjoy
- Schedule your annual wellness visits with your health care providers
- Give your brain a workout through reading, puzzles or socializing
- Get plenty of sleep
- Keep a positive attitude by making a gratitude list, practicing mindful breathing and stressing less about the things you cannot change
- Reach out to friends and make new friends. Staying socially active results in better overall healthy.



To follow the Health Habits blog online head to www.christopherhomes.org. You'll find this article as well as previous health-related articles.

Also, follow Christopher Homes on:

 Facebook: @christopherhomesano

 Twitter: @chi_archno

 Instagram: @christopherhomesinc

NOW HIRING!



Do you know someone who would be a great fit for our team? We have several open positions, which can be viewed online at www.christopherhomes.org/careers

THANK YOU!

On Christmas Eve, DeLille Inn experienced a power outage due to a failure with electrical equipment. Our service coordinators and managers jumped into action to secure temporary housing and food/meals donations while our maintenance team and electrical contractors

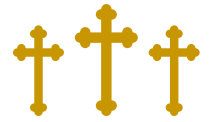
MANAGERS MEETING



Check out our managers getting into the Halloween spirit during their Fall meeting!

COAST Senior Resource Fest

Our staff enjoyed being back in the community at the Senior Resource Fest in Covington. It was great meeting seniors in the community while also seeing some familiar faces!



Fest

DEPAUL COMMUNITIES VACCINATION EVENT

We are grateful to DePaul Community Health Centers for offering a vaccine clinic for the residents of St. John Berchmans. The Region VI Director of the US Department of Health and Human Services, Sima Ladjevardian, attended the event and stressed the importance of the Covid bivalent vaccine and discussed the new benefits available to seniors under the Inflation Reduction Act.



ENTERTAINMENT

The Lions Club entertained St. Bernard Manor residents with music and fun!



ROUQUETTE LODGE

The residents of Rouquette Lodge are enjoying two newly formed clubs!

Several residents gather every Monday morning to stay active and socially engaged on walks around the neighborhood as part of the Walking Club.



Those residents who have a passion for singing have joined the new Rouquette Lodge Choir! Their recent performances at the All Souls Day remembrance ceremony and Christmas party brought beautiful sounds for all to enjoy!



WYNHOVEN POOL TOURNAMENT

Some friendly competition went down on the grounds of Wynhoven at their first ever pool tournament! Participating residents had the chance to show off their skills while enjoying time with their neighbors!



COMMUNITY CONTRIBUTIONS

We are blessed with a thoughtful and generous community that is always eager to offer their gifts to our residents. Many organizations assist our residents each year and we are grateful for their time and donations. Here are a few photos of a few organizations who have visited our residents recently.

Representatives from Zeta Phi Beta honored the Veterans at Place Dubourg with a special reception on Veterans Day.



The students of St. Catherine of Siena School delivered homemade Christmas cards and household goods to Mater Dolorosa residents.



Second Harvest and One Accord joined forces to provide food to the residents of Wynhoven.



Chalmette Elementary donated groceries for the residents of St. Bernard Manor.



THANKSGIVING CELEBRATIONS

Residents across all of our properties enjoyed delicious Thanksgiving feasts due to the work of resident councils, community organizations and staff.



CHRISTMAS JOY



CHRISTMAS JOY



FROM THE DEACON'S DESK

Dear Residents and Staff,



Christmas is a glorious time of the year. Whether we look at it through the eyes of our children or grandchildren, from the lens of our secular world, or even its greater meaning of the birth of our Lord those 2,000 years ago, we can find peace, joy, and a level nostalgia rarely found in other events in our lives. Yet, things can happen that may interrupt that peace and joy.

As my wife and I were gathering at our daughter and son-in-law's home on Christmas Eve to enjoy our grandchildren and my annual reading of the Cajun Night Before Christmas, I was notified of a major power outage at one of our properties. To make what was a long story short, a part in the building's main electrical system that serves the individual apartments failed causing all apartments to lose power. This, on the coldest day of the year.

While my holidays were interrupted, of greater concern was that of our staff and most importantly our residents. Our staff's days were filled with determining the cause and finding a solution to restoring the power outage, finding housing for residents who had no alternatives with family nearby, and locating daily meals for residents either remaining at the property or being housed in motel rooms.

Such is the challenges of life. However, in reflecting on this trial I realized our frustration was little compared to that of the Holy Family on that first Christmas Eve arriving late in Bethlehem and searching for a room in the inn only to be turned away. Finally, they find a cave in which to escape the cold of the night. A cave crowded with farm animals, smelling of manure and filled with the sounds of livestock. There was only a feed trough, the manger, in which to lay the Christ child after his birth. Certainly not fit for our Lord, yet Mary and Joseph made do and graciously accepted what was provided to them as God's will.

That, my friends, was the reaction of residents and staff over those six days. We are grateful to our staff and contractors for their dedication and willingness to give up family time to find a way to get the power restored and assist our residents. In addition, for our partners, Providence Community Housing, the City of New Orleans and others for helping with meal service. Finally our residents for their understanding and care for each other during this time. This was truly a community effort made in the spirit of Christmas and the peace found only in relationship with our Lord. God bless you all.

Blessings,

Deacon Dennis F. Adams
Executive Director, Christopher Homes

