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*“Keep your face
always toward the
SUNSHINE
and shadows will
fall behind you.”*

Walt Whitman

MISSION

Providence Community Housing transforms lives and communities through the development, preservation, and management of affordable homes, while connecting seniors, individuals, and families to opportunities that enhance their quality of life.

How to Stay Cool in the Heat!

Each Summer gets hotter and hotter and so does our tolerance for the heat. As we age, certain factors such as natural thinning of the skin and the taking of certain prescriptions like heart and blood pressure medications can affect the body's ability to properly cool and can make the skin more susceptible to sunburn. To help combat the heat, here are some helpful tips:

- Run your A/C and fans to help living spaces cool. Turning A/C's and fans off and then back on once the area is too hot can cause them to overwork.
- Keep curtains and blinds closed during the hottest part of the day to help keep the room cool. This is also helpful in lowering energy costs.
- Drink plenty of cool water throughout the day and limit alcohol and caffeine consumption. Don't like the taste of water? Try flavored drink packets like Crystal Light or add fruit!
- Eat cooling snacks like popsicles, smoothies, or fruit such as melons that will also help with hydrating.
- Eat light and easy to prepare meals like tuna, chicken, or pasta salads.
- Try to avoid going outside during the hours of 10am and 4pm, which is considered the hottest part of the day. If you must go out, wear lightweight and breathable clothing, bring a bottle of water, and try to stay in shaded and/or cooled areas.

DID YOU KNOW?

Those living in **urban areas** may be at a greater risk from the effects of a prolonged heat wave than those living in rural areas.

Sunburn can significantly slow the skin's ability to release excess heat.

Most **heat-related illnesses** occur because of overexposure to heat or over-exercising.

During 1999–2009, an average of **658** people died each year from heat in the United States.

Service Coordinator Corner (continued)

Signs of a heat related emergency can go unnoticed or be mistaken for other health issues. If you notice yourself or anyone experiencing the symptoms below, please get to a well cooled area, loosen or remove any tight or unnecessary clothing, and apply cool compresses, drink small sips of water or sports drink like Gatorade until symptoms improve. If symptoms persist or worsen, call 911 or go to the nearest emergency room for immediate assistance.

- Nausea (feeling sick to stomach)
- Headaches
- Feeling overly tired
- Rapid pulse
- Muscle cramps
- Feeling faint
- Confusion or hallucination

SPOT

Know the signs of heat stroke and heat exhaustion.

Heat Stroke	Heat Exhaustion
<p>Signs & Symptoms</p> <ul style="list-style-type: none">• Very high body temperature (above 103°F)• Red, hot, and dry skin (no sweating)• Rapid, strong pulse• Throbbing headache• Dizziness• Upset stomach• Confusion• Passing out	<p>Signs & Symptoms</p> <ul style="list-style-type: none">• Heavy sweating• Paleness• Muscle cramps• Tiredness• Weakness• Dizziness• Headache• Upset stomach or vomiting• Fainting

RESIDENT SPOTLIGHT

Annunciation Inn resident, Clifford Wilson, is “sowing seeds” by recruiting fellow residents and gathering supplies to create a community garden at the property. We thank Mr. Wilson and his fellow gardeners for using their passion to create a beautiful space for the residents to enjoy!



ST. BERNARD MOCK EVACUATION

Several of our residents from St. Bernard Manor participated in their parish's mock evacuation drill that is held annually. While the drill is beneficial to parish leaders and emergency services, it offers our residents a glimpse into what they could expect should an evacuation be necessary.



HURRICANE MEETINGS

As we enter the peak of hurricane season, it's imperative that all residents have their plans finalized for any significant tropical weather threat. We thank those residents who have attended our monthly hurricane meetings and encourage full participation in any upcoming meetings. Our staff works closely with local civil authorities, emergency management personnel and first responders to ensure that these meetings provide all essential information and tips for being prepared this hurricane season.



HURRICANE PREPAREDNESS

We continue to encourage all residents to be well prepared this hurricane season.

- ✓ Make a plan
- ✓ Gather supplies and important medical information and papers
- ✓ Keep a list of emergency contacts on hand
- ✓ Make an evacuation kit
- ✓ Sign up for government alerts
- ✓ Remain alert for property notifications through the One Call alert system



PROTECTING OUR SENIORS



Our service coordination team maintains close relationships with the Governor's Office of Elderly Protective Services, which investigates reports of elders who are at risk due to abuse, neglect, exploitation and extortion. The partnership between the agency and our organization offers education and support to our residents who may find themselves a victim. The government agency visits one of our properties each year on World Elder Abuse Awareness Day to provide vital information to our residents. We thank the team who visited Metairie Manor this year.

ONE CALL ALERTS



WYNHOVEN COMMUNITY CONNECTIONS

Our Wynhoven residents enjoyed coffee and donuts with Jefferson Parish Councilman At-Large Scott Walker and representatives from the Jefferson Parish Sheriff's Office. This event offered our residents the opportunity to make connections with those who serve them in various capacities. We thank Councilman Walker and the JPSO officers for sharing their morning with us!



MOTHER'S DAY CELEBRATIONS



METAIRIE MANOR CRAWFISH BOIL



ROUQUETTE BALANCE CLASS



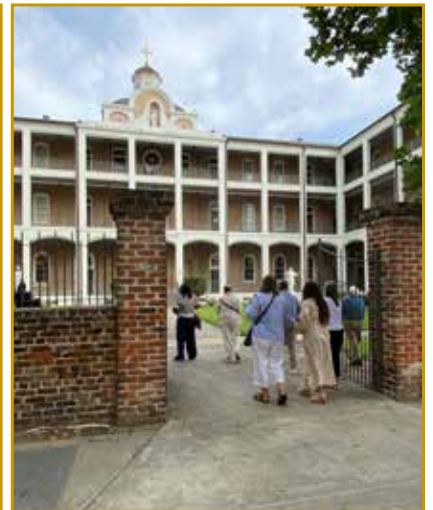
SENIOR FEST

Providence Community Housing was a sponsor and exhibitor at the New Orleans Council on Aging's Annual Senior Fest in May. Our team enjoyed meeting seniors in our community and had the opportunity to visit with some of our residents. The attendees were entertained with performances by several senior groups and received information and resources from various community organizations.



PROPERTY SHOWCASE

Providence CEO, Terri North, led a bus tour as part of the Consortium for Housing & Asset Management (CHAM) Annual Conference held in New Orleans. The bus tour visited four affordable housing properties throughout the LaFitte Treme Neighborhood that Providence has either developed or currently manages: Bell Artspace Campus, St. Ann Square, St. Martin's Manor and Sacred Heart at St. Bernard. The tour attendees enjoyed seeing how existing New Orleans buildings have been transformed into affordable housing.



GRANDPARENTS DAY - SEPTEMBER 7TH

Happy Grandparents Day!

***We honor and celebrate the
wisdom and joy grandparents
bring to our lives.***

September 7, 2025