



**PROVIDENCE
COMMUNITY
HOUSING**

THE *Senior Life*

Fall 2025

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**“LIFE IS TO BE ENJOYED, NOT
SIMPLY ENDURED. PLEASURE AND
GOODNESS AND JOY SUPPORT THE
PURSUIT OF SURVIVAL.”**

Willard Gaylin

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.

Hey Y'all It's Fall..... Safely!

Falls are a serious health threat for older adults, often leading to serious injuries, lengthy hospital stays, and a loss of independence.

Here are some factors that can increase the risk of falling:

- Decreased muscle strength, balance issues, and slower reflexes can make mobility and moving around hazards difficult
- Health conditions such as declining vision, hearing loss, and cognitive impairments
- Medications that cause dizziness or drowsiness.
- Poor lighting, clutter, and slippery surfaces in the home
- Improper use of mobility aids such as Rollators/walkers



Here Are Some Steps To Take To Reduce The Risk Of Falling:

- Clear your space. Remove clutter such as bags/boxes, furniture, throw rugs, etc. from walkways and doorways. Wipe up any spills and report any leaks or light outages to the front desk for maintenance.
- Have grab bars installed in bathroom to help you with getting in and out of the shower. Speak with your property manager if you are in need of grab bars.
- Have your vision and hearing checked annually to stay on top of any changes. We have an audiologist that comes to each property for hearing screenings. See your service coordinator for more information!
- Review medication with your physician to identify which ones may increase the risk of falling and see if adjustments can be made.
- Get moving. Frequent exercise can improve muscle strength and balance. Many of our properties have weekly scheduled exercise classes that are free to join!
- Have your mobility aids checked to ensure they are working properly and that you are using them properly.



RESIDENT SPOTLIGHT



Metairie Manor resident, Eileen Capogna, was honored by New Orleans City Business as a Health Care Hero for her volunteer efforts with LCMC Tulane Lakeside Hospital.

Congratulations Eileen!

100TH BIRTHDAY CELEBRATION

Happy 100th Birthday to Ms. Alice! Ms. Alice has been a long-time resident of Wynhoven where she still actively participates in yoga classes and Communion Services and also delivers daily meals to her fellow residents! The residents and the staff at Wynhoven joined her for a



special birthday celebration! We thank the Jefferson Parish Council for presenting Ms. Alice with a Proclamation and declaring October 15th as Ms. Alice Day!

COAST RESOURCE FAIR

Providence staff and residents tailgated at the Annual COAST Senior Resource Fair. Our team enjoyed meeting seniors in the community while sharing information with those searching for housing.



COFFEE FOR A CAUSE



7 Brew Coffee celebrated the opening of their Laplace location by hosting "Caffeine for a Cause" to benefit Providence Community Housing. The weekend-long event raised over \$8000 for our resident services. We extend our deepest gratitude to 7 Brew Coffee for selecting Providence Community Housing for their philanthropic event!

COMMUNITY SUPPORT

Several of our properties were fortunate to benefit from JenCare's Day of Service. Representatives from JenCare facilitated BINGO and planting activities with the residents at Wynhoven, Mater Dolorosa and St. Ann Square. Thank you to JenCare for spending time with our residents!



COMMUNITY ENGAGEMENT

The residents and staff of St. John Berchmans Manor came together for their annual Night Out Against Crime event to show their support for unity and safety within their New Orleans community!



MATER DOLOROSA RESIDENT LUNCH

A group of residents were spotted enjoying a fun lunch outing!



METAIRIE MANOR RESIDENT FUN

Our Metairie Manor residents have been busy with their themed parties. From luau's to tailgates, they are always up for a good time enjoying each other's company!



TRICK OR TREAT FUN

Rouquette Lodge had a spooky and fun visit with some little friends from Mary, Queen of Peace School. These preschoolers sang songs and trick-or-treated with our residents!

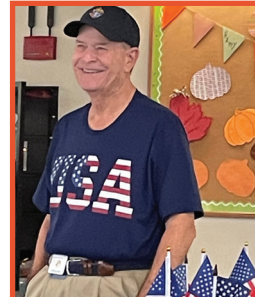


VETERANS DAY



Rouquette Lodge celebrated our veterans with a musical and patriotic performance!

We honor and extend our gratitude to our residents who have so bravely served our country and protected our freedom.
Thank you for your service!



OCTOBER FEST

Residents from St. Martin's Manor, St. Ann Square and Villa St. Maurice joined each other for their Annual October Fest where they enjoyed plenty of food, beautiful weather and live music!



ROUQUETTE LODGE HEALTH FAIR

Health and wellness partners from across the Northshore participated in Rouquette Lodge's annual onsite Health Fair. Residents had access to vital resources and screenings to aid them in maintaining good health. We extend our gratitude to all of our community partners who participated in the event!



PROVIDING COMMUNITY HOUSING NEWS

In following Providence's mission to develop and preserve affordable housing throughout the New Orleans region, construction began this summer on our latest development of the Faubourg Lafitte Community. The milestone was celebrated with a groundbreaking ceremony that included community partners from national, state and local levels along with Providence staff and board members.



PROTECT YOUR HEALTH

Are you up to date on your vaccines?

- Covid
- Flu
- RSV
- Shingles
- Pneumonia

Check with your property manager for the date of the next onsite vaccine clinic.

HOLIDAY WISHES

Wishing you and your loved ones a joyful Thanksgiving, a peaceful holiday season, and a prosperous New Year filled with health and happiness!

