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Happy Birthday, Providence!



*"Sometimes you will
never know the value of
a moment,
until it becomes a
memory."*

DR. SEUSS

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.

www.ProvidenceCommunityHousing.org

SERVICE COORDINATION CORNER



As we get further into summer, the New Orleans temperatures will continue to rise. It's important to understand that the impacts from the heat can intensify as we age. Certain factors in aging such as natural thinning of the skin and the consumption 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.

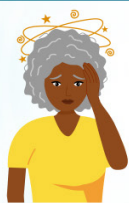
Here are some helpful tips to combat the heat:

- 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.
- Stay hydrated by drinking plenty of cool water, clear juices and other beverages that do not contain caffeine or alcohol.
- Eat cooling snacks like popsicles, smoothies, or fruit (such as melons) to help keep you cool and hydrated.
- Eat light and easy to prepare meals like tuna, chicken or pasta salad.
- Avoid direct sun exposure as much as possible. Plan outdoor activities during the early morning or evening as the sun sets. If you must go out during the hottest part of the day (10 AM – 4 PM), wear lightweight and breathable clothing, bring a bottle of water, use a broad-spectrum sunscreen lotion or spray with an SPF of 15 or higher, and try to stay in shaded and/or cooled areas.

Staying Safe in Hot Weather



Watch for these signs of hyperthermia:



Dizziness



Muscle cramps



Swelling in your ankles and feet



Nausea and weakness



Rapid pulse



Tips to prevent hot-weather illness:



Drink liquids



Limit caffeine and alcohol



Wear light-colored, loose fitting clothes



If it's too hot, try exercising indoors

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

KNOW THE SIGNS OF HEAT RELATED ILLNESS AND HOW TO RESPOND

HEAT CRAMPS

Signs: Muscle pains or spasms in the stomach, arms or legs

Actions: Go to a cooler location. Remove excess clothing. Take sips of cool sports drinks with salt and sugar. Get medical help if cramps last more than an hour.

HEAT EXHAUSTION

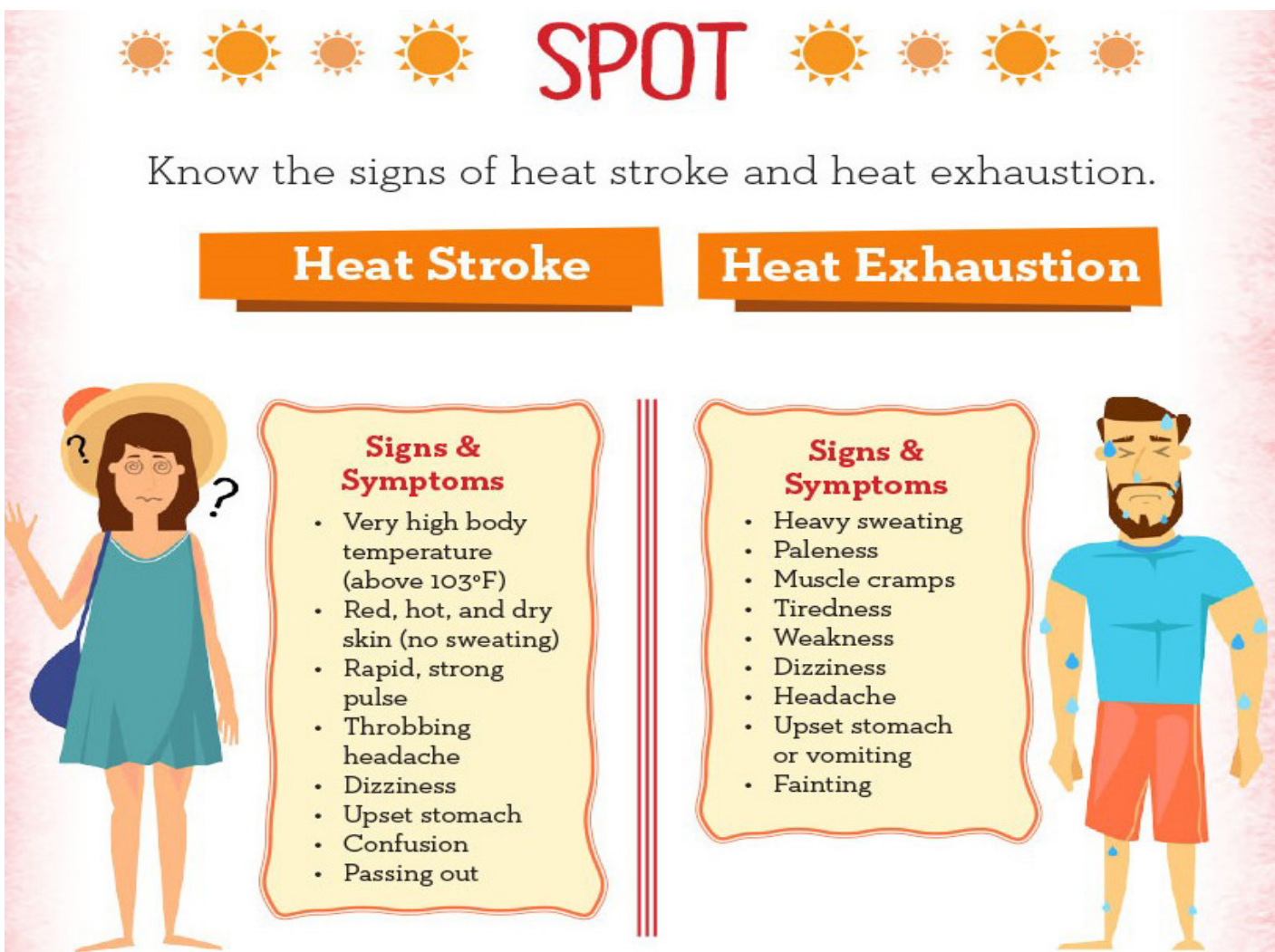
Signs: Heavy sweating, paleness, muscle cramps, tiredness, weakness, dizziness, headache, fainting, nausea, vomiting

Actions: Go to an air-conditioned place and lie down. Loosen or remove clothing. Take a cool bath. Take sips of cool sports drinks with salt and sugar. Get medical help if symptoms get worse or last more than an hour.

HEAT STROKE

Signs: Extremely high body temperature (above 103 degrees) taken orally; red, hot and dry skin with no sweat; rapid, strong pulse; dizziness, confusion or unconsciousness

Actions: Call 9-1-1 or get the person to a hospital immediately. Cool down with whatever methods are available until medical help arrives.



SPOT

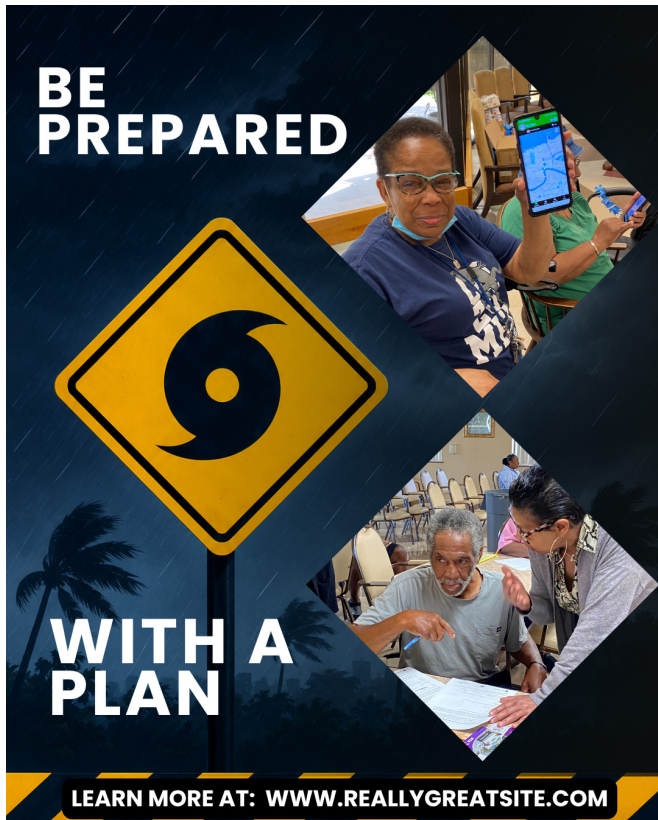
Know the signs of heat stroke and heat exhaustion.

Heat Stroke	Heat Exhaustion
 Signs & Symptoms • 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	 Signs & Symptoms • Heavy sweating • Paleness • Muscle cramps • Tiredness • Weakness • Dizziness • Headache • Upset stomach or vomiting • Fainting

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



HURRICANE MEETINGS

All residents are encouraged to attend all hurricane preparedness meetings held at your property. These meetings offer vital information from our staff, civil leaders and community resources to ensure that you are prepared for any scenario should there be a severe weather concern.



RESIDENT SPOTLIGHT

MR. JESSIE BOURNE - ST. MARTIN'S MANOR

Mr. Jessie Bourne has been a dedicated resident of St. Martin Manor for over 12 years. Mr. Borne, though quiet in his own way, demonstrates profound humanity toward others and consistently maintains a caring, loving attitude. He established a ministry for the sick, ensuring that they received the support, comfort, and resources necessary to strengthen both their health and their faith. His gentle presence, warm spirit, and thoughtful demeanor touch everyone he encounters. Both the residents and staff of St. Martin Manor is truly fortunate and blessed to have him as part of the community.

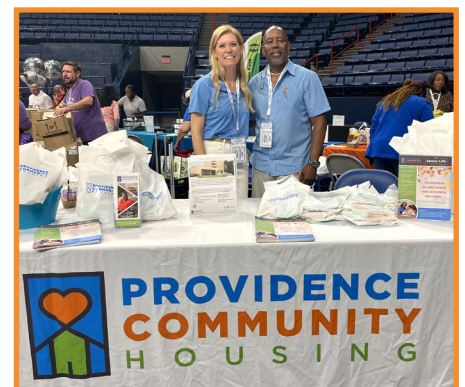


MR. CLAUDE THIBODEAUX - METAIRIE MANOR

Mr. Claude Thibodeaux is a familiar face at Metairie Manor, having been a resident for over 15 years. He consistently goes above and beyond volunteering at Metairie Manor and is always willing to help with parties or games and assisting staff when needed. He is a regular in the dining room where he always lends a friendly greeting or a helping hand to residents and staff. Mr. Thibodeaux is also an active member of the Dawn Buster Kiwanis Club. We thank Mr. Thibodeaux for sharing his time and kindness with Metairie Manor.

SENIOR EXPOS

The Providence team had a great time participating in the New Orleans Council on Aging Senior Fest in May and the Jefferson Community Foundation Senior Expo in June. Both events provided our team the opportunity to connect with community resources and agencies that can assist the needs of our residents while meeting seniors in our region!



HEALTHY LIVING

TAI CHI

LSU Health Sciences Center has engaged Metairie Manor & St. John Berchmans in a research trial aimed at improving the well-being of older adults through deep-breathing Tai Chi exercise classes. We are grateful for being selected to participate in this study.



HEALTH CLINIC

Property health clinics are a great and convenient opportunity to prioritize your health! From screenings, blood pressure checks, stroke assessments to information and resources on heart health, smoking cessation and more are conveniently available. Ask your service coordinator about upcoming health and wellness activities scheduled for your property.



STROKE AWARENESS ST. JOHN BERCHMANS



The Tulane Stroke Outreach Program visited the residents at St. John Berchmans for a Stroke Awareness presentation. Residents learned the “BE FAST” method to recognize the signs or symptoms of a stroke.

CASINO DAY WITH THE NEW ORLEANS SAINTS

Residents at Annunciation were treated to a “Casino Fun Day” with surprise guests, courtesy of the New Orleans Saints and Caesars Entertainment. Residents played for a variety of “Black and Gold” prizes while sharing the tables with Dome Patrol legends, Rickey Jackson and Pat Swilling! We sincerely thank the New Orleans Saints and Caesars Entertainment for their generosity!



PROVIDING COMMUNITY HOUSING NEWS

MORE AFFORDABLE HOUSING TO COME

Providence continues our mission to develop and preserve affordable housing in our region by kicking off a new development! This project consists of 103 units located at the corner of Erato Street and S. Galvez Street and is expected to welcome its first residents in Spring 2027.



ADVOCATING IN WASHINGTON, DC



Providence leadership participates in an annual trip to Washington DC with fellow members of the National NeighborWorks Association to advocate for funding to support affordable housing. Pictured are Terri North and Brigid Collins, Providence's Board of Directors Vice Chair, along with staff of Congressmen Troy Carter and Congressmen Steve Scalise.

HAPPY BIRTHDAY PROVIDENCE COMMUNITY HOUSING!

Providence celebrates 20 years of serving the Greater New Orleans region! Our organization was founded in 2006 after Katrina and has been committed to creating vibrant communities accessible to all. We are proud of the impact we've made over these last two decades. Our dedicated team and amazing supporters have gotten us to where we are today, and together, we will continue to turn our mission into action!

