

PEOPLE PROGRAM Winter/Spring NEWSLETTER



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Westbank News:

Mose Lindsay will once again prepare his delicious red beans. We are now selling tickets for lunch on Thursday, February 13, 2020 for \$10. The menu will be red beans, baked chicken, salad and dessert. Charlene Vernotzy and Elena White have volunteered to prepare a wonderful bread pudding. Lunch will begin at 11:30; buy your tickets early.

A new yoga class is being offered at the Lakeshore campus: Warm Yoga, taught by experienced teacher, Angela Larson. Wednesdays at 2 pm, Dance Studio. Warm yoga is done with a room temperature of about 80 degrees. This allows your body to detox faster while making your muscles/ligaments become more pliable. Perfect for all level yogis. Please sign at the front desk.
(Begins Feb. 5)

Monday, February 10, 2 pm.
Conference Room. Bellingrath Wealth Management will be at Lakeshore to discuss Estate Planning which includes wills and trusts, and the organization of physical and financial assets. Refreshments will be served.

Nursing students from the **University of Holy Cross** will be on the Lakeshore campus to lead healthcare discussions and to provide services like bloodpressure. The dates are: February 19 and March 20. The following topics will be discussed:
Fat and sugar in nutrition
Medication education
Hypertension
The effects of alcohol
The nursing students will also be taking blood pressure checks throughout the day.



SAVE THE DATE!!!!

Sunday, March 22, People Program Annual Gala will be held at UNO.

We are proud to announce that rhythm and blues singer and actor, **Wanda Rouzan** will be our honorary chair.

Be ready to get on down to the tunes that Wanda will share. She will **ROCK THE HOUSE!!!!** Tickets are once again \$60 and will go on sale February 10. Tables can be reserved as long as full payment for 10 seats is received.



Our auctions and sponsorships are integral to the success of the gala. New Orleans is a “small town” when it comes to neighbor knowing neighbor. We each are acquainted with **SOMEONE** who owns a business or with someone whose business we frequent. Please take time to consider asking for a donation for our gala...a sponsorship, gift card, an item, etc. We have letters available for all students and teachers to use when requesting a

donation. Please see Jan or Delores regarding the process involved in asking. WE NEED YOU!

NOTE:

All People Program members will soon be receiving a survey via e-mail. The information gathered will be used to help create important data for sponsorship opportunities. All info will be totally anonymous.



**Mardi Gras Holidays:
Monday, February 24 – Friday,
February 28**

Name tags are available for all teachers and students on both campuses. Please ask the front desk or Doris where they are located. We need to know everyone's name! Thanks to Jane Dassey for doing all the hard work with name tags!

**TEACHERS: Please remember to be out of your classroom at 5 minutes to the hour. This is NOT the time to start packing up.
Thanks!**

We will be distributing Heart Healthy surveys in various classes at Lakeshore. These enable us to fulfill requirements for a grant given to us by the Sisters of St. Joseph in Orange,

California. Thank you for your participation in gathering this important info.

Please Pray For:

Anna Barbara St. Romain
Doris Mayer
Elton Toups
Martha Sallettes
Bob Kinghorn
Gayle Barclay
Bill Barclay
Robert Connolly
Anna Brans
Loree Vaughn
Gloria Buisson
Benjamin Gex
Lynette Vicks
Martha Wall
Karen Lambert
Parker Smith
Mustafah Shabazz
Laurie Boben
Nathan Martin
Rex Woodham
Jim Valiant
Fran Feldman
Lawson Lugo
Cherie Bergeron
Bill Furlong
Marie Mushmeche
Lorraine Amos
H.A. Grinstead
Hazel Grant
Karla LaSalle
Greg McKnight
Erin Buckley
Eileen Odhne
Cynthia Brenes
Judy Hoffmeister
Family of Linda Folse
Charlie King



Laugh Lines,....

An Amish father and his boy were visiting a mall. They were amazed by everything, but especially amazed by two shiny silver walls that could open and then slide back together again. The boy asked the father, "What is it, Father?" (not ever having seen an elevator before.) "Son, I have never seen anything like this in my life. I do not know what it is." While the father and son were watching in amazement, a heavy set, not too attractive elderly lady walked up to the moving walls and pressed the button. The walls closed, and they watched the small numbers above the wall light up sequentially. It reached the last number and then came all the way back down. The walls opened and out stepped a beautiful young woman. The father said quietly to his son, "Go get your mother."

"Age is an issue of mind over matter. If you don't mind, it doesn't matter."

Mark Twain