

PEOPLE PROGRAM Winter/Spring NEWSLETTER



[info@peopleprogram.org](mailto:info@peopleprogram.org)  
[www.peopleprogram.org](http://www.peopleprogram.org)

MAIN CAMPUS  
2240 Lakeshore Drive  
New Orleans, La. 70122  
504-284-7678

WEST BANK CAMPUS  
6201 Stratford Pl.  
New Orleans, La. 70131  
504-394-5433

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February 10, 2020

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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.

Maria Alvarez, Social Security Public Affairs Specialist, will be on the westbank **on Wednesday, March 11 at 1:00 pm** to discuss Social Security phone scams. Topics include:  
How to tell it's a scam  
Where to report the scam  
What to do if you gave your info  
What SSA is doing to help

Don't miss out!

Nursing students from the **University of Holy Cross** will be on the Lakeshore campus to lead healthcare discussions and to provide services like bloodpressure checks. The dates are:

February 19 and March 26. The following topics will be discussed:

Fat and sugar in nutrition  
Medication education  
Hypertension  
The Effects of Alcohol

**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. Tickets go on sale **February 10**.



**Put your creativity on display!**

Thanks to all who have decided to decorate a birdhouse for our

Gala tables. **Please know that all finished birdhouses are due on Thursday, March 5**. The birdhouses will be sold at the Gala; there will be no pre-gala purchases.



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

**The Greater New Orleans Senior Olympics** will take place from February 28 – April 26. There are many events in which to participate. You can register at [www.GNOSOREGISTRATION.NET](http://www.GNOSOREGISTRATION.NET). GO Team!!



“I love you” in many languages....

Cheyenne...Ne mohotse.

Danish....Jeg elsker dig.  
 French....Je t'aime, je t'adore.  
 German....Ich liebe dich.  
 Greek.....S'agapo.  
 Hawaiian...Aloha wau ia oi.  
 Hebrew....Ani ohev otah (or  
 otha).  
 Latin...Te amo  
 Spanish....Te amo  
 Zimbabwe....Ndकिनokudo  
 Elmer Fudd...I wove you!

Heartfelt thanks to Vance Lafargue, owner of **LaFargue Pianos** in Metairie, who once again was generous enough to give People Program a large discount on the recent purchase of a Yamaha keyboard. Vance is a People Program loyal supporter! Thank-you!



Please Pray For:

Anna Barbara St. Romain  
 Doris Mayer  
 Elton Toups  
 Martha Sallettes  
 Bob Kinghorn  
 Gayle Barclay  
 Bill Barclay  
 Robert Connolly  
 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  
 Lloyd Constant  
 The Family of Gelone Lombard  
 John Walker

**Laughter is indeed the best medicine!**

Humor is considered superfood for the brain. It helps our cognition in many ways. Laughter is a natural stress reliever; and our brains work better when they aren't slowed down by a fog of worry. Researchers in Hong Kong have found that jokes and funny stories can decrease the perception of pain and loneliness in nursing home clients. They felt happier and more satisfied with life. Humor can even make us more attractive to the opposite sex! So let's laugh a lot!  
*Reader's Digest September 2019*



Laugh Lines.,....

My boss arrived in a brand new Lamborghini. "Wow", I said. "That's an amazing car." He replied, "If you work hard, put all your hours in, and strive for excellence, I'll get another one next year."

I love my husband. But what really motivates me to stay married is how much weight I'd have to lose to date again.

The other day I got carded at the liquor store. While I was taking my ID out, my old Blockbuster card fell out. The clerk shook his head, said, "Never mind," and rang me up.

Our family was playing the game Outburst. One of the topics was the Ten Commandments. Everyone shouted over one another as we called out answers, including my eight-year-old grandson, who yelled, "Thou shalt not admit adultery!"

