

PEOPLE PROGRAM Winter/Spring NEWSLETTER



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MAIN CAMPUS
2240 Lakeshore Drive
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WEST BANK CAMPUS
6201 Stratford Pl.
New Orleans, La. 70131
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March 13, 2017

Guest Speaker: Both Campuses:

Rebecca Stahr, AARP Senior Program Specialist, has worked with seniors for 20 years. She is currently leading a team of more than 30 groups in the New Orleans area to help make us an age-friendly city.

Westbank: Tuesday, March 14, 1 p.m.
Lakeshore: Wednesday, March 15, 11 a.m. Art Workshop.

Lakeshore Announcements:

Tuesday, March 14....12:15 p.m. Chapel
Skylar Lewis, Tulane PhD student in Aging Studies and Amelia Robert, LSU Public Health Student will present: "Healthy Relationships, Healthy Mind" which will focus on the role healthy relationships play in preventing memory loss and maintaining

mental health. VERY IMPORTANT INFO!!!!

Smart Phone Workshops:

Learn how to take effective photos and use them on social media! Please bring your phone and phone cord that plugs into a computer. Limited to 8 on each day. No Apple devices!

Wednesday, March 15, 10 a.m.
Wednesday, March 22, 10 a.m.
(One hour each)
Sign up at front desk!



On Sunday, April 23, 2017, you are invited to an afternoon of poetic pleasure. Our guest will be Niyi Osundare who was awarded the Nigerian National Merit Award. Come and enjoy!

Mardi Gras beads will again be collected through April 5th. The donations will benefit

STRIVE which specializes in services to persons with developmental disabilities by giving its members opportunities for work.

Second Harvest Food Pantry and Tornado Victims

We will be collecting various food items and other necessities for distribution to tornado victims through Second Harvest Food Bank. Please bring your donations to either campus. Each campus has lists of needed items for you to secure. The end of March is the donation deadline.

Looking Ahead.....

Tuesday, April 4....Jewish Seder Celebration at the Lakeshore Campus. 1 p.m.

Easter Holidays.....
Monday, April 10 – Friday, April 14.

Showcase dates:
Westbank: Friday, May 5.

Eastbank: Friday, May 12



Myth vs. Reality

You should use hydrogen peroxide to sterilize a wound.

Instead, clean a wound thoroughly with water and use a topical antibiotic.

If you are sleep deprived, you can catch up by sleeping on the weekends.

Make sure you get 7 to 8 hours of sleep every night.

There is a nutritional difference between white and brown eggs.

Factors such as feed, habitat and size are the real factors in nutritional value.

Ochsner Guide



Prayers Needed

- Anna Barbara St. Romain
- Anna Rita Williamson
- Richard Beverly
- Doris Phillips

- Tay D'Amour
- Ruth Earhart
- John Knipmeyer
- James Adams
- Ed Howell
- Lory Rummel
- Janet Peterson
- Anna Craig
- Cindy Victor
- Pearl Nedd
- Lee Smallwood
- Mary Ann Bolton
- Elton Toups
- George Krippner
- Armand Lagarde
- Karen Gibson
- Margie Boe
- Marilyn Estis
- Jacob Jacobson
- Edgar Dalson
- Martha Wall
- William Washington
- Gillian Gourgues
- Helen Winder
- Gwendolyn Johnson
- Harold Heim
- Wayne Peacock
- Sharon Barrilleaux
- Austin deBlois
- John Caramabat
- Mike Foster
- Trini Calero
- Claudia Thrasher
- Mary Jane LeRonge
- Jean Phillip
- Parker Smith
- Sheila James
- James Johnson
- Katie Weaver
- Dierdri Profit
- Willie Graffia
- Sr. Gretchen Dysart
- Cynthia Brenes
- Iona Boseman
- Gail Meaker
- William Carlisle
- Hattie Fraser
- Jude Benfatti, Sr



Laugh Lines.....

From the Optimist magazine comes a new approach to dieting. It's called the pasta diet. Just walk pasta bakery without stopping. Walk pasta a candy store without stopping. Walk pasta an ice cream without stopping.

Four high school boys afflicted with spring fever skipped morning classes. After lunch, they reported to the teacher that they had a flat tire. Much to their relief she smiled and said, "Well, you missed a test today, so take your seats apart from one another and take out a piece of paper." Still smiling, she waited for them to sit down. Then she said, "First question: Which tire was flat?"

A mother mouse and a baby mouse were walking along when all of a sudden, a cat attacked them. The mother mouse goes, "BARK!", and the cat runs away. "See?" says the mother mouse to her baby. "Now do you see why it's important to learn a foreign language?"



