

# PEOPLE PROGRAM FALL NEWSLETTER



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## November 10, 2014

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**Purchase your tickets NOW for our Fall Health and Fitness Fest! The deadline is Wednesday, Nov. 12.**

Even if you choose not to sign up for the exercise classes, you can still enjoy a gigantic salad bar and listen to live gospel music!

Our goal is to sell 100 tickets and we need your help. For a mere price of \$13 you can enjoy music, food, information and most importantly an enthusiastic community spirit. Let's celebrate this season of thanksgiving in a special way. **Can we count on YOU?**

### **HOLY SPIRIT CAMPUS NEWS**

On **November 19 from 12:30 – 2:30**, Dione Herbert will conduct a seminar on Medicare and Medicaid. Open enrollment season ends Dec. 7. She will discuss all that is new. Computers will be available to make changes

to your plan if needed. Please sign up with **Doris** if you plan to attend. Individual and confidential consultations will be available. Please bring the following items if you want this session:

1. List of prescribed meds
2. Medicare card
3. All other health insurance cards
4. Any recent correspondence received from social security
5. Medicare or other health insurance programs



**Mark your calendar for Tuesday, Nov. 18, 2:00 p.m. The Lakeshore Campus will host**

**Al Jackson**, from the Historic Treme Collection, who will speak on *The Battle of New Orleans from a different perspective*. Mr. Jackson will soon be opening the new Treme Museum, and will also inform us of the collections available to be seen at the museum. Don't miss out!



### **Shop 'til you Drop!!!!**

**The Lakeshore Campus** will host a mini craft fair the week of **November 17. (Mon. – Thurs.)** Any members who would like to donate ceramics, crochet, knitting, crafts, etc. can do so with the proceeds going to People Program. Get your Christmas shopping list together and take advantage of bargain prices! We will need volunteers to help each day. Please see Jane or Jan, if you would like to help.



**Laura Guerin Hebert's Jazz Dance** class will perform for the residents of HomeLife in the Gardens (formerly Malta Park) on Friday, December 5 at 10:30. If you wish to donate a scarf, socks, or other small items for gift giving at the home, please see Jan.

The **Caribbean Cruise** to Cozumel, Belize, Roatan, Bay Islands and Costa Maya, Mexico scheduled for January 11 – 18, 2015 still has openings! Room prices range from \$810 to \$1120.

See Pat Ward for more details or to register to sail.

### Happy Thanksgiving

Classes will not be in session the week of Thanksgiving,

**November 24 – 28.**

**The Fall semester ends on Friday, December 12.**

Registration for the Spring Semester begins on **Monday, December 1 at 9 a.m.**

Thanks to **Collette Rafael** and Family for donating a keyboard to People Program. Collette is the niece of **Mary Jane Butera**, Lakeshore's Reading Music teacher.

### Brain Train Gain

Dan Hurley, author of *Smarter: The New Science of Building Brain Power*, says that the aging brain needs to be baffled to remain healthy. "The mind is like a shark. If it is not moving forward, it is dying. It needs stimulation. It is essential to engage in things that are challenging and new and different."

Dr. Jennifer Imig Huffman, a developmental neuropsychologist, says that it is never too late to focus on brain power. Brain plasticity can happen at any age, and learning a new activity or skill is a great way to keep the brain healthy.

Try some of these activities to maintain and improve brain fitness:

1. Improvisation or acting classes keep us thinking on our feet.
2. Mindfulness meditation can help us improve our ability to stay on task.
3. Strength and cardio-respiratory exercise may prevent cognitive decline, but it is important to push yourself to the very edge.
4. Playing with brain-exercise apps on your phone is another great way to improve peripheral vision which can help you maintain your driving ability.

*The Costco Connection*  
October 2014



### Please pray for...

Chris Carroll  
Ellen Goldring  
John Matthew  
Anna Rita Williamson  
Ed Howell  
Margie Boe  
Shelley McClanahan  
Richard Beverly  
Doris Philips  
Jackie Juge  
Kenwyn Lagarde  
Thyra Lagarde  
Grace Harrison  
Lory Rummel  
Deena Manguno  
Tay D'Amour  
Gaytana Adde  
Janet Peterson  
Anna Guillaume  
Anna Craig  
Cynthia Brenes  
James Adams



### Puns for the overly educated!

The fattest knight at King Arthur's table was Sir Conference. He acquired his size from too much Pi.

I thought I saw an eye doctor on an Alaskan island, but it turned out to be an optical Aleutian.

She was only a whiskey maker, but he loved her still.

No matter how much you push an envelope, it will still be stationary.

Two silk worms had a race. They ended up in a tie.

Atheism is a non-prophet organization.

The midget fortune teller who escaped from prison was a small medium at large.

A backward poet writes inverse.

When cannibals ate a missionary, they got a taste of religion.

Times flies like an arrow. Fruit flies like a banana.

