

PEOPLE PROGRAM FALL NEWSLETTER

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November 11, 2013



Let us remember our veterans in a special way this week. The dedication, the sacrifices, the valor and the courage are reflected so brilliantly in all that has been done, is done and will be done to protect our precious freedom. May their families be blessed abundantly for sharing the gifts of their loved ones.

drink items, 3 full boxes of toothbrushes, soap, shampoo, conditioner and other personal items. These cannot be purchased with food stamps, so the receivers are most thankful for your donations. Lantern Light serves at least 200 people a day. Great gratitude goes out to Jane and Steve Dassey who took time to deliver the abundant boxes. Blessings to all who contributed!

People Program earned a rebate of \$100 from the group order of 2013 Mah Jong cards. Bravo! It's time to order the 2014 cards. Regular size will be \$8 each, larger size \$9 each. Orders will be taken until January 15, 2014. Payment can be made by check (made to Diane Schleifstein) or cash, and can be left at the front desk of the Lakeshore campus. The cards will be mailed directly to each person by the National Mah Jong League at the end of March.



Looking Ahead.....

Registration for the spring semester will begin **on Monday, November 18 on the East bank,** and on **Tuesday, November 19 on the West bank.** We will continue registering the first week of December.

Thanksgiving Holidays: Nov. 25- Nov. 29

Semester ends **December 6.**

Heartfelt thanks go to **Gregory Ricks and Associates who donated \$1000 to People Program.** Greg is a wealth management professional and can be heard on Rush radio (99.5) on Saturday mornings. His phone number is 832-9200. Kudos to **Alice Reese** who was the liason between Greg and People Program. The money will be used to purchase many needed furniture pieces and equipment for both campuses.

Would you like to join a Senior Bowling League? People Program members will meet on **Thursdays , 9:30 to noon at Allstar Lanes in Kenner.** **Contact Peter Trask (889-0854 or 401-3298) for more info.**



EAT YOUR SCRAPS
Broccoli Leaves:
A one ounce serving provides 90% of your daily vitamin A requirement. (The florets provide only 3%.)
How to eat them: Cook the leaves as you would spinach. Blanch in boiling water, then sauté with olive oil, garlic and salt.



Donations to Lantern Light were soooo generous! People Program was able to deliver 558 food and



The ABC's of Getting Your ZZ's

How are you sleeping? Your answer could be the difference between good and bad health. Sleep is as important as diet and exercise, says Dr. Jessica Payne, MA, Ph.D.

Age is not the issue.

The idea that older adults don't sleep well is a myth. Go to bed at the same time every night. Keep your room quiet and dark. Watch fluids you drink in the evening to limit nighttime restroom trips.

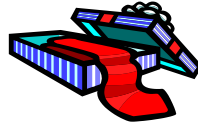
Be aware of the power of stress.

Chronic stress is a common problem for older adults, particularly over finances, health and more. Imagine if you were attacked by a tiger every day when you left your house. That's the same stress response you have lying in bed worrying.

Coping skills are crucial.

Because stress harms sleep, learn coping strategies. Meditation – repeating a calming phrase or thought – turns down the stress response. Deep, slow breathing and progressive muscle relaxation may also help. Tense a group of muscles as you breathe in and relax them as you breathe out, moving throughout the body.

HFO Magazine, Fall 2013



Thanks to Laura Guerin -Hebert's Dance classes for agreeing to put on a show for Ferncrest Manor on Monday, Dec. 9. Mary Ruth Shank's chorus class will also entertain. Charlotte Olsonoski's crochet class and Laura's Craft class will be donating scarves and other winter goodies. Homestead Senior Care is sponsoring this event with People Program.



Prayers Needed

- Charlie King
- Faye Dewey
- William Washington II, Esquire
- LaVerne Kappel
- Lee Smallwood
- Carol Becnel
- Rene Yesso
(Grand Daughter of Mollie Ballay)
- Russ Carll
- O'Hara McKenna
- Pat and Al Corderman
- Barbara Carter
- Stan Bejma
- Georgiana Emerson
- Roseann LaBostrie
- Joan Brennan
- Eileen LaPorte
- Mary Lee Martin
- Margie Boe
- Lucretia Briscoe

Laugh

Lines...



A businessman called his creditors together to inform them that he was going into bankruptcy.

"I owe you all more than \$100,000, and my assets aren't enough to pay 5 cents on the dollar," he said. "You won't be getting anything back unless you want to cut me up and divide me among you."

After a moment, one of the creditors said, "Let's do it. I'd like that gall."

As the waitress served the elderly couple, she noticed something very unusual. The man began to eat the meal while his wife stared out the window. "Is there something wrong with your food?" the waitress asked the lady. "No, the food looks great," she replied. "Aren't you afraid that your food will get cold if you wait much longer to eat?" the waitresses queried further. "Oh," the lady replied, "that's all right." "Well aren't you hungry?" the waitress finally asked. "I sure am," the lady replied. "I'm just waiting until my husband gets through with the teeth."

