

People Program Fall Newsletter



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It's Fall Fest Week on the Lakeshore Campus!!!!

Okay, everybody, let's show our enthusiasm for People Program by participating fully in all the activities this week!!!!

Buy lunch each day (\$8), shop in our boutique, take a chance on our raffle, and buy tickets for the parade of prizes.

Don't forget about the bake sale! You can carry out too! Don't cook this week!

All proceeds go to making our community even better! Bring your friends and family too!



People Program Annual Appeal letters went out last month, and we are grateful for the response so far. Our fabulous program is funded through student fees, grants and fundraisers. These efforts still do not fill the gap between budget expenses and incoming revenue. That is why the Annual Appeal is so very

vital. Please consider a donation; the size does not matter. We are all in this together which is what makes People Program so special. Thank you for your generosity!



We are so excited to announce that Charmaine Neville will be our next Spring Gala Honorary Chair! Charmaine will add such a New Orleans flavor to our event. Don't miss out!

Early planning always includes the search for corporate sponsors who would love to advertise their name in front of the 300 attendees. Many of us probably have connections to companies that would be proud to sponsor our event. People Program needs your help. Please see Jan or Delores for any referrals that you may have.

**Thanksgiving Holidays:
November 21 – 25**

Spring Session Registration Starts:

Monday, November 28 on both campuses.

**Time: 9 a.m. – Noon
1 p.m. – 2 p.m.**



WESTBANK CALENDAR

Wed., Nov. 9, 1 p.m.

Derek Grantz will present vital info on changes to Medicare. We are also celebrating fall birthdays and will have cake and ice cream.

Wed., Nov. 16, 1 p.m.

Alan Richey will be discussing the important topic of how to avoid scams when investing your money for the future.

Westbank Fall Fest-A-Thon Tuesday, Nov., 15 – Thurs., Nov.17.

Msgr. Allen Roy Parish Center. Three fun-filled days: art display, silent auction, raffle and bake sale. Meatball and spaghetti lunch on Thurs., 11/17. Purchase tickets (\$8.00) in advance. WE NEED YOUR HELP! Please see Delores, Mollie or Charlene for more info!

LAKESHORE CALENDAR

Wednesday, Nov. 16, Noon

Attorney Lisa Finn will deliver a one hour explanation of Louisiana estate planning principles including: wills, trusts, Medicaid planning and powers of attorney.

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**5 Tips for Health and Happiness
(When caring for a loved one)**

1. Allow yourself to feel all your feelings. When you do, the negative emotions lose their power over you.
2. Find support for YOU! Take a few minutes each day to connect with a friend.
3. Don't go it alone. Ask for help.
4. Take short breathers throughout each day. Make a list ahead of time of what you would expect to do if you had 10, 15, or 30 minutes to yourself.
5. Pay close attention to your own care. Physical health and emotional health go hand in hand.



Happy Veterans Day to all who have served in our Armed Forces. We salute YOU!!!!



Prayers Needed

- Lynn Crean
- Barbara St. Romain
- Anna Rita Williamson
- Richard Beverly
- Doris Phillips
- Tay D'Amour
- John Knipmeyer
- Ed Howell
- Grace Harrison
- Lory Rummel
- Janet Peterson
- James Adams
- Cindy Victor
- Pearl Nedd
- Lee Smallwood
- Mary Ann Bolton
- George Krippner
- Armand Lagarde
- Ruth Earhart
- Helen Winder
- Karen Gibson
- Margie Boe
- Marilyn Estis
- Edgar Dalsob
- Martha Wall
- William Washington
- Sara Carp
- Jude Benfatti
- Crystal Arnold
- Gwendolyn Johnson
- Harold Heim
- Wayne Peacock
- Marlene Benandi
- Cora Sweeny
- Sharon Barrilleaux
- Chuck deBlois
- John Carambat
- Trini Calero
- Mike Foster
- Lynda McVile
- Claudia Thrasher
- Cindy Markey



Laugh Lines.....

After she misplaced her keys for the fifth time in the same day, Patty was finally ready to go out to dinner with her husband. On the way out the door, she commented, "Sometimes, I really think I've lost my mind."

"It wouldn't surprise me," muttered her husband.

What did you say?" asked Patty, outraged.

"I said it wouldn't surprise me – you've given me a piece of it everyday for the last 40 years!"

The little girl was sitting with her grandmother who had presented her with her first children's Bible.

Now a decade or so later, the elderly lady was ready to spend a few sweet moment handing down the family Bible in the time honored King James Version.

The youngster had many questions about various aspects of scripture, but this next one stopped the grandmother cold in her tracks:

"Which virgin was the mother of Jesus? Was it the Virgin Mary or the King James virgin?"