

## PEOPLE PROGRAM FALL NEWSLETTER

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February 10, 2014

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### Help Us Get the Word Out!



Gulf Coast Bank wants to give back and support 10 local non-profits. A sum of **\$50,000** will be awarded, and we need **EVERYONE** to chip in. Simply go to [CommunityRewards.com](http://CommunityRewards.com) and vote for **New Orleans People Program**. (Be sure to vote for this exact name.) You can vote once every day from **Feb. 3 to Feb 28**. We can do it!



### Happy 40<sup>th</sup> Anniversary to People Program!

Our Annual Spring Gala, "All Jazzed Up", will be a very special event dedicated to our 40 years. **Save the date: Sunday, March 30, The Royal Palm on Manhattan Blvd. in Harvey. Tickets go on sale Monday, February 10.**

**Menu: Bananas foster french toast**  
**Made- to -order omelette station**  
**Lemon-thyme roasted potatoes**  
**Southern sausage links**  
**Barbecue shrimp and creamy grits**  
**Scrambled eggs**  
**Organic baby greens salad**  
**Seasonal fruit selection**  
**Juice, coffee, tea**  
**Mimosas will be served from noon to one.**

Bobby Cure and his Poppa Stoppa Band will entertain us with all the Old New Orleans favorites. **Individual tickets are \$55, and please let us know if you have a connection with a company or person that may want to be an event sponsor. Pick up a sponsor letter from the front desk.**

**The silent and live auctions are a big part of our success. If you have any items to donate, please see Jan or Delores. Restaurants and hotel stays are very popular. Donation request letters can also be found at the front desk. We need your help to make this the most successful Gala ever!**

### West Bank:

We need everybody's help with our Gala this year since we are celebrating People Program's 40<sup>th</sup> anniversary! (Sunday, March 30, noon to 3 p.m.) Auction items are greatly needed, and company sponsorships would be the icing on the cake!

Since our Gala is on the West Bank this year, we are anticipating fabulous support from all our committed "Westbankers".

See Delores for auction donation letters and for company sponsorship letters.

We appreciate YOU!



Exercise! Exercise! Exercise!

Regular exercise can help protect against heart disease, high blood pressure, and type 2 diabetes. It can help improve memory, increase energy, burn more calories, and strengthen muscles to reduce risk of falls. Thanks to all of our instructors who promote **REGULAR** exercise!



### Ahoy, Mates!

People Program Caribbean Cruise on the Norwegian Dawn. Sail from New Orleans January 11-18, 2015

Ports include Cozamel, Mexico, Belize City, Roatan, Bay Islands, And Costa Maya, Mexico. Prices for our group are per person, based on double occupancy, and include prepaid gratuities, travel insurance, and \$25 per person shipboard credit to spend on board.

**Inside Cabin \$810**  
**Ocean View \$905**  
**Balcony \$1120**

**A deposit of \$250 is due by March 31 to guarantee rates. Final Payment will be due no later than October 15, 2014. Pick up applications from Doris or at the Lakeshore front desk.** Thanks to Pat Ward and Jill Wall for arranging this fabulous vacation.

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**Very Important: All members are urged to check with their teachers to make sure that e-mail and home numbers are correct. This accurate info allows for better communication. Thanks!**



### Green Tip

Older showerheads can use 3 gallons per minute or more. New, efficient models can use 2 GPM or less. Look for showerheads that deliver water in multiple small streams, rather than a fine mist. They keep water warmer and make rinsing easier. Avoid designs with multiple heads that compound water waste.



### Prayers Needed

- Roma Gibson
- Joyce Dassey
- LaVerne Kappel
- Russ Carll
- Roseann LaBostrie
- Mary Taylor
- Phyllis Sassoon
- Brenda Wise
- Grace Harrison
- Donald Rowan
- Tom Morel
- Bob Barkemeyer
- Gail Boyle
- Shelly McClanahan



### Words to Make You Smile.....

Whew! What a relief to learn this!

Have you ever walked into a room with some purpose in mind, only to completely forget what that purpose was? It turns out, doors themselves are to blame for these strange memory lapses. Psychologists at the University of Notre Dame have discovered that passing through a doorway triggers what's known as an event boundary in the mind, separating one set of thoughts and memories from the next. Your brain files away the thoughts you had in the previous room and prepares a blank slate for the new locale.

Thank goodness for studies like this. It's not our age; it's that stupid bloody door!



Valentine Wisdom:  
**"It is only with the heart that one can see rightly; what is essential is invisible to the eye."**  
*Antoine D e Saint- Exupery*  
The Little Prince



