

## PEOPLE PROGRAM NEWSLETTER

**Holy Spirit Catholic Church**  
6201 Stratford Place  
New Orleans, LA 70131  
(504) 394-5433

**St. Matthew's Methodist**  
6017 Camphor Street  
Metairie, LA 70003  
(504) 454-5900

**Main**  
2240 Lakeshore Drive  
New Orleans, LA 70122  
(504) 284-7678

info@peopleprogram.org

www.peopleprogram.org

---

February 13, 2012

---



### LANTERN LIGHT: DO GOOD, FEEL GOOD

From February 27-March 30 we will conduct our bi-annual drive for the homeless who are assisted by **Lantern Light**, a ministry behind St. Joseph's church on Tulane Avenue which provides meals for 250 families a week. Sr. Vera reports that they are in need of these items in particular:

- \*Macaroni & cheese
- \*Canned tuna or meat
- \*Soup
- \*Pasta
- \*Peanut butter

We will gladly deliver any non-perishable food items to those who are less fortunate than we. While we cannot assist the estimated 6700 homeless persons in the area, we can target our donation to Lantern Light, enhancing the effectiveness of their efforts. At the start of the week which celebrates LOVE, let's demonstrate our own loving kindness through our donations. Look for the Lantern Light boxes on your campus! Special thanks to Judee Morovich for organizing our contributions and giving us all a chance to **DO GOOD, FEEL GOOD.**



### FEBRUARY: HEART HEALTH AWARENESS MONTH

For American women over 55, heart attack is the number one health problem. There are steps you can take to address the risks, however; these include:

- Maintain healthy weight**
- Increase physical exercise**
- Increase fresh fruits & vegetables**
- Reduce saturated fat and sodium intake**

Recently, *Chef Marilyn Doucette* demonstrated heart healthy cooking in Jan's Nutrition class, and reiterated how tasty "good" food can be. We dined on jambalaya and fresh salad, much to everyone's satisfaction. Another recent guest speaker, *Randy Fertel*, described his support of "The Edible School Yard" at Green School, a program designed to encourage better food understanding and choices among our children. Remember, too, that every choice you make that increases heart

health, has the added benefit of overall health promotion, including brain fitness. Open your heart and mind to positive change, and watch the benefits accrue to you and your family.



Tickets for "**All Jazzed Up**", our Annual People Program Gala, are currently on sale and early purchasers receive a special gift from Gerry's Chocolates in the Marriott! Come out and join our celebration of food and fellowship, being held this year at English Turn. We also invite you to help us gather restaurant gift certificates from your favorite eating establishments. Each campus director has official request letters that you can present to owners, and you have the satisfaction of knowing you are helping us become more self-reliant in our fund raising.



**Bus transportation** will be offered to English Turn both from the Metairie Campus and from Lakeshore.

**GREATER NEW ORLEANS SENIOR OLYMPIC GAMES**

February 16 is the deadline for entry into the 2012 games. (See more information at [www.gnoso.net](http://www.gnoso.net)) Entry fee this year is \$20.00 which allows you to participate in three sports—billiards, table tennis, team dance, darts, etc.—as well as enter one or more art/craft items completed this year. (Categories include, oil, acrylic, watercolor, knitting, crochet, quilting; call Jerry Talbot—889-0339 for a complete list.) We always do quite well against “the competition;” help us publicize People Program with your talents!



**CALENDAR ITEMS**

**February 20-24**—Carnival holidays; campuses closed

**February 27-March 29**—Lantern Light donation drive

**March 18**—group trip to THE LION KING

**March 25**—Gala, English Turn

**April 2**—Nonagenarians’ birthday party, Lakeshore

**April 5-11**-- Easter holiday; campuses closed

**May 1**—Registration for summer & fall beginning.....



**GREEN TOY TIPS**

Choosing quality toys for your grand or other children can be fun, but it can also be confusing if you are trying to avoid hazardous materials. It’s best to purchase toys from manufacturers that can certify that they follow U.S. environmental, health and safety regulations, with minimal packaging. You can begin by looking for toys that are free of PVC and phthalate plastics, as well as wooden toys that are finished with non toxic compounds.



**CONGRATULATIONS TO BILL & LAVERNE KAPPEL ON THE BIRTH OF THEIR GRANDSON, ANDRE CLAIBORNE TRENTICOSTA KAPPEL, FEBRUARY 1, 2012**

**IN MEMORIAM:  
Elynor Ellis**



**Please Pray For:**  
Casey Stuart  
Susie Butler  
Sr. Johanne Pedersen, CSJ  
Mary Lee Martin  
John Bosch  
Nguy Thi Vu  
Jolise Heiderhoff  
Louie Benfatti  
Jackie Juge  
Lana Pierre  
Ada “Sissy” Marallo  
Jim Seese



**Perks of being over the hill....**

Things that you buy now won’t wear out.  
You no longer think of the speed limit as a challenge.  
Your secrets are safe with your friends because they can’t remember them anyway.  
Your joints are a more accurate meteorologist than the guy on TV.  
Kidnappers are not very interested in you.  
You are no longer viewed as a hypochondriac.  
No one expects you to run – anywhere!

