

PEOPLE PROGRAM SUMMER NEWSLETTER



2240 Lakeshore Dr.
504-284-7678

June 18, 2014



Habitat for Humanity will be on campus **Wednesday, June 25 at 2 p.m. in the Art Studio.** (Not today as previously announced.)

This exceptional non-profit which has positively impacted so many lives, especially since Katrina, is searching for volunteers to work in their Elysian Fields Store any time between 8:30 a.m. and 5 p.m. Please come and listen to a short Habitat presentation, and then ask questions about volunteering. Let's allow People Program's spirit of out-reach to shine on in our great New Orleans community. Light refreshments will be served!



REACH OUT!!!!

St Maria Goretti Haitian Partnership Gospel Choir Benefit will take place on Sunday,

June 22, 3:00 p.m., St. Maria Goretti Church, 7300 Crowder Blvd. The benefit will feature the choirs of St. Maria Goretti, St Paul the Apostle, and Blessed Trinity. Other performances include: The Haitian Community Choir and Dancers of St. Joseph Church in Gretna, Sallier School of Dance, Edward Coleman and Shades of Praise. Tickets are \$10, and can be purchased by calling 504-458-3282.

Beautiful Thoughts from a Senior....

Life isn't fair, but it's still good.

Life is too short to waste time hating anyone.

Cry with someone. It's more healing than crying alone.

When it comes to chocolate, resistance is futile.

Make peace with your past so it doesn't screw up the present.

If a relationship has to be secret, you shouldn't be in it.

Be eccentric now. Don't wait for old age to wear purple.

No matter how you feel, get up, dress up, and show up.

Life isn't tied with a bow, but it's still a gift.

All that truly matters in the end is that you loved.



Think GREEN!

The average American home contains 2 televisions, a DVD player and 3 phones. These home electronics can use more energy than you think. As you replace existing models, look for Energy Star models that help reduce carbon emissions.

Plain water on a cloth works great for the vast majority of dusting chores. If in need of something more powerful, choose the least toxic product for the job at hand.

Campus Note:
Please note: When dispensing with containers, cups or any other disposable items for trash or recycling, make sure that

you rinse the items first. This helps us control ants and other pests. Thanks!



Size of the Boomer and Senior Markets

77 million people were born between 1946 and 1964, which is defined as the baby boomer era (US Census).

The first baby boomer turned 65 on January 1, 2011.

More people were 65 years and over in 2010 than in any previous census. Between 2000 and 2010, the population 65 years and over increased at a faster rate (15.1%) than the total US population (9.7%).

By 2015, those aged 50 and older will represent 45% of the U.S. population (AARP).

(Look out, People Program, here they come!)



Farmer's Market Tips:

Summer is the perfect time to take advantage of the bountiful harvest on the stands of various farmer's markets in our area. Be aware of the following suggestions as you enjoy the tasty items:

Don't wash the items immediately. Instead, wash your hands first, then wash produce just before using.

Separate fruits and veggies.

Fruit give off a gas called ethylene, a ripening agent that can prematurely rot surrounding vegetables.

Know when to refrigerate.

Some fruits – plums, peaches, mangoes, tomatoes, melons, apples, pears – will continue to ripen if left at room temperature. But berries, cherries, citrus, and most vegetables will quickly deteriorate, and should be stored in the fridge.



Please Pray For

- Myra Lewis
- Doris Phillips
- Anna Rita Williamson
- Barbara Donlon
- Roberta Hirsu
- Barbara May
- Donald Rowan
- Patricia Green
- LaVerne Kappel
- Brenda Wise
- Grace Harrison
- Gail Boyle
- Thyra Lagarde
- Gaynelle Chopfield
- William Chopfield



Ha Ha Moments!

My wife, a registered nurse, once fussed over every pain or mishap that came my way. Recently, however, I got an indication that the honeymoon was over. While climbing the ladder to fix the attic fan, I scratched my forehead on the crossbeam. Then, while crawling through the rafters, I got splinters in both hands. I cut one hand while replacing the fan belt. On the way down the ladder, I missed the last two rungs and twisted my ankle. When I limped into the kitchen, my wife took one look at me and said, "Are those your good pants?"

"I've just had the most awful time," a boy said to his friend. "First, I got angina pectoris, then arteriosclerosis. Just as I was recovering, I got psoriasis. They gave me hypodermics, and then to top that off, tonsillitis was followed by appendectomy." "Wow! How did you pull through?" his friend asked. "I don't know," the boy replied. "Toughest spelling test I have ever had."

