

PEOPLE PROGRAM SUMMER NEWSLETTER



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The young women who are assisting us this year are students at Cabrini High School who chose to complete their service hours at People Program. Brittany Huner, a rising junior, is back for her third year; joining her is Claire Brignac, a rising 8th grader. Thanks for your help in serving the needs of our members!

Another person we want to thank is Bill Barclay who lovingly tends our flagpole garden. A retired pharmacist, Master Gardener, and horticultural student at Delgado, Bill is the consummate volunteer who gives for the joy of it with no thoughts of a more tangible return. Thanks, Bill!



SENIOR RESOURCE

GUIDE available for free. Our own Irma Thomas is on the cover of this edition. Be certain to pick up your free copy which lists a variety of services in the greater New Orleans area; it also has good educational articles on a variety of topics (e.g., pelvic floor exercises, financial planning, lowering cholesterol, etc.)



WHAT'S HAPPENING IN METAIRIE?

As many of you know, we will no longer hold classes at St. Matthew's in Metairie. However, many (members, staff, board of directors) have joined in the search for an alternate location. In the meantime, we are planning to merge many of the Metairie course offerings with those at the main campus on Lakeshore Drive for the Fall 2012

semester. A very big thank you to those volunteers from Metairie who made this a possibility and to Jane Dassey, who has persevered through this difficult challenge!

If you registered for one or more classes in Metairie, you will be given a new "merged" schedule so that you can update your choices by July 10 and maintain your early registration status. Of course, if you wish to add additional classes, you may do that at the same time.

If you are unable to attend classes at Lakeshore or the Westbank, and would prefer a refund for the fall semester, let us know. (Refunds will be forthcoming in July.)

We look forward to having most of our Metairie members join us at Lakeshore, while we continue our search for a new satellite campus. We appreciate your continued support as we move through this transition.



PEOPLE PROGRAM LIBRARY

Did you know that the conference room houses our free lending library? You may check out a book using the clipboard honor system any time a class is not in session. This week's suggestions: *The Immortal Life of Henrietta Lacks*, which has been on the New York Times best seller list for months, or how about one of Sue Grafton's mysteries? We have Q, R, S, and T!



HEALTH REPRINTS

In addition to picking up the weekly newsletter this summer, please pick up one of our health reprints. This week's feature is "*Have a Slice of Happiness*," reprinted from a recent edition of Humana's Active Outlook, which tells us ways to increase our happiness index.

PEARLS OF WISDOM FROM OPRAH

What you put out comes back all the time, no matter what.

You define your own life.

Whatever someone did to you in the past has no power over the present if you don't give it power.

When people show you who they are, believe them the first time.

WORRYING IS WASTED TIME!

What you believe has more power than what you dream, wish, or hope for. You become what you believe.

If the only prayer you ever say is "thank you," that will be enough. (Meister Eckhart)

The happiness you feel is in direct proportion to the love you give.

Failure is a signpost to turn you in another direction.

If you make a choice that goes against what others think, the world will not fall apart.



REUSE-RECYCLE-REDUCE CONSUMPTION

A term that may be new to some of us is PRECYCLE, that is buying products with thought as to where they will end up in the waste stream. Making better choices can prevent excessive and unsound materials from getting in to the waste stream in the first place. Go to www.thestoryofstuff.org for more information.

LOYNO magazine, Spring 2012



PLEASE PRAY FOR:

Susie Butler
Melva Keller
Karl Kemmerly III
(Is there someone you'd like to add?)



LAUGH LINES

On the first day of school, the kindergarten teacher said, "If anyone has to go to the bathroom, hold up two fingers."

A little voice from the back of the room asked, "How will that help?"

A father was helping one of his twins say his evening prayers. "Bless us to be good so we can return unto Thee."

The child repeated, "Bless us to be good so we can turn on the TV."

A young child was learning to put his shoes on himself, when his mother noticed the left was on the right foot. She said, "Honey, your shoes are on the wrong feet." He looked up quizzically and said, "Mom! I KNOW these are my feet."

College student: "Hey dad! I've got some good news for you."

Father: "You do?"

College student: "Remember that \$500 you promised me if I made the Dean's list?"

Father: "I certainly do!"

College student: "Well, you get to keep it for yourself."