

# PEOPLE PROGRAM SUMMER NEWSLETTER



2240 Lakeshore Dr.  
504-284-7678

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July 1, 2015

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**Pat and Wilmer Jacobs** have been People Program supporters for 8 plus years. Pat has taught bridge and currently leads a popular class on Strength Training. She has also generously given her time by serving on the 2015 Gala Committee.

Wilmer has volunteered to be our Lakeshore Campus desk greeter for the summer. His friendly face is surely an asset to our unique program. Pat and Wilmer attend most of the yearly events like the Gala and Fall Fest. Their energy and enthusiasm is always contagious!

Wilmer admits that meeting new people and continued learning is why he loves People Program. Because of the diversified class choices, Pat now has the opportunity to

partake in activities that she always wanted to do. She also enjoys getting the word out about the many benefits that People Program offers. Loyalty and commitment are perhaps their greatest assets. Last December they celebrated 50 years of marriage! Pat and Wilmer have 3 children and 3 grandchildren. Thank-you, Pat and Wilmer, for your kindness and generosity.

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**Happy Fourth of July!**  
**Let's celebrate our abundant blessings!**

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## Healthy You

### Vital Numbers to be aware of:

2.....Hours of TV that you can safely watch each day.

2.7.....Days you should stay home with the flu.

1:2.....Healthiest ratio waist to height.

1,500....Max amount of sodium, in milligrams an average adult should consume daily.

20....Most miles you should commute each day.

7....Hours of sleep per night you need to control weight.

60 to 100....Heartbeats per minute at rest.

7+.....Ideal daily servings of fruits and veggies.



**What does organic mean?**

“Organic” refers to an earth friendly way of farming and processing foods using no synthetic chemicals to control bugs or weeds.

You can buy organic at Farmers’ Markets. (Visit [www.LocalHarvest.org](http://www.LocalHarvest.org))

Not all organics are equal. But organic meat, eggs, and dairy don’t have toxins or agents believed to cause mad cow disease that non-organics might have. Consider organic baby food since children are far more sensitive to low concentrations of toxic chemicals because of their developing organs and high metabolism.

Because pesticides aren’t used on plants, and hormones aren’t fed to animals, organic farming is much safer and healthier for the environment. **Earthshare.org**



**Please pray for:**

- Rene Glindmeyer**
- Herb Sayas**
- Tay D’Amour**
- Hilda Sarrat**
- Elizabeth Poole**
- Anna Rita Williamson**
- Doris Phillips**
- Ed Howell**
- Richard Beverly**
- Jackie Juge**
- Grace Harrison**
- Lory Rummel**
- Janet Peterson**
- Anna Craig**
- James Adams**
- Anne Macaluso**
- Helen Winder**
- Rosa Jones**
- Molly Ballay**
- Cindy Victor**
- Pearl Nedd**
- Mary Ann Bolton**
- George Krippner**
- Elton Touns**
- Armand Lagarde**
- Marie Aguillard**
- Judy Welcker**



**Smile Lines.....**

**Biblical Songs.....**

- Noah: “Raindrops Keep Falling on My Head”
- Adam and Eve: “Stranger in Paradise”
- Lazarus: “The Second Time Around”
- Job: “I’ve Got a Right to Sing the Blues”
- Moses: “The Wanderer”
- Jezebel: “The Lady is a Tramp”
- Samson: “Hair”
- Salome: “I Could Have Danced All Night”
- Daniel: “The Lion Sleeps Tonight”
- Peter: “I’m Sorry”
- Esau: “Born To Be Wild”
- Jonah: “Got a Whale of a Tale”
- Elijah: “Up, Up, and Away”
- Methuselah: “Stayin’ Alive”
- Nebuchadnezzar: “Crazy”
- The Three Kings: “When You Wish Upon a Star”

