

# *.PEOPLE PROGRAM SUMMMER NEWSLETTER*



**2240 Lakeshore Dr.  
504-284-7678**

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**July 8, 2015**

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However, it may reduce the severity and duration of a cold.

### **Evensong**

A creamy moon floats  
in an indigo sky  
As gossamer clouds  
are drifting by.  
The gurgle of fountains,  
the cry of a hawk,  
As daylight gives way  
to the softness of dark.

A coolness and quiet  
comes over this place  
As I sit in my garden,  
a smile on my face.  
The work of the daylight  
has drawn to a close  
as the beauty of evening  
Brings such sweet repose.  
I whisper a prayer  
to my Father above  
And I'm cradled in blessings,  
immersed in His love.

**Darlene Martin**

Darlene is a People Program instructor, and is teaching "Unleashing Your Poetic Spirit" for the summer session. Darlene will be teaching "Pictures, Poems and Quotes to express Yourself" in the Fall.



**Myth:** An apple a day keeps the doctor away.  
**Reality:** Blueberries may do a better job. They are full of antioxidants and fiber, both essential to maintaining good health. However, eating a variety of fresh fruits and vegetables is important for preventing illnesses.

**Myth:** Adults only need vaccinations if they are travelling outside the country.  
**Reality:** Vaccines aren't just for travelers and kids. Many adults become ill each year from diseases that could have been prevented by vaccines. Everyone, from young adults to senior citizens, can benefit from immunizations.

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**SNEAK PEAK.....**the first day trip will be on Friday, Sept. 25. Can't wait to tell you the destination!  
Keep tuned!

### **A Peak into the Future....**

**July 14 and July 22 are the last 2 days of summer classes. The Fall Semester begins on Monday, August 24. If you have not registered yet for the Fall, we urge you to do so. There are many great class options left.**

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### **Healthy You**

#### **Myth vs. Reality**

**Myth:** Vitamin C prevents colds.

**Reality:** There is no evidence that Vitamin C prevents colds.



### Have a Green Summer...

1. Get a few living air purifiers aka known as indoor plants. They will liven up your home as well as help fight indoor air pollution.
2. Eat at home. Get away from processed foods and start making more meals at home. It is cheaper and better for you too.
3. Drink, but don't waste water. Your body needs water to stay healthy and hydrated. So you need to drink water. Don't waste it though. Any "leftover" water can be used to water plants, give to your pets, etc. Just be aware of what you are doing, and you will probably save quite a bit.
4. Get outside! That's right...breathe in some fresh air, and enjoy nature a bit. Go for a hike, a walk, a bike ride, or just sit on the porch. Whatever you do, just get outside for a little while everyday.



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 Toups**  
**Armand Lagarde**  
**Marie Aguilard**  
**Judy Welcker**  
**Winston Falgout**



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### Smile Lines.....

I pride myself when teaching driver education, something I have done for 30 years. I have encountered many students who didn't seem to be able to hit the floor with their hat. But one incident was just too much.

I had a young girl behind the wheel for the first lesson of the semester. She had volunteered to go first and seemed ready to show the other 2 kids how well she could drive.

We left the rural school and started toward town. As we approached the first stop sign, the young lady gave no sign that she saw it. We got closer, but still she did not slow down.

Finally I used my "teacher's brake" pedal on my side of the car to get us stopped.

When I asked her why she did not slow down, she replied, "But Mr. Smith, the speed limit is 35 ALL the way to the stop sign!"