

Lafon Leaflet

April 2011

Administrator's Corner



We would like to take this opportunity to thank Mrs. Donna Hilliard, BSN/Director of Nursing for her year of tireless service to Lafon. Mrs. Hilliard is directly responsible for helping Lafon move to the next step in the re-establishment of this great facility. We wish her much success in her future endeavors and may God continue to bless her with all life's pleasures.

Mrs. Shirley Ward, RN, will assume the position of Interim Director of Nursing. Ms. Ward has over 40 years in nursing and five years of experience as a Director of Nursing at another local nursing facility. Welcome to Lafon!

Grievance Policy

A resident has the right to voice grievances and register complaints regarding their treatment or care provided. Lafon addresses all resident/family complaints in a timely manner. The Grievance Process involves making a complaint to the Social Worker, the complaint will be addressed by the grievance committee and a Plan of Correction will be implementing within seven days of the receipt of the complaint.

Ms. Maureen Weil is the Ombudsman for Lafon. She can be contacted at (504) 736-6519 office, 1-877-806-7401 toll free or (504) 908-0187 mobile.



Resident Birthdays for the Month of April

Nellie Crump 4/02
 Marie Lang 4/07
 Lula Lewis 4/10
 Lottie Roubion 4/21
 Alice Bartholomew 4/26

Staff Birthdays for the Month of April

Bianca White 4/03
 Morna Davis 4/20
 Deborah Van Norman 4/20
 Janeice Marchand 4/23
 Phoebe Talley 4/28
 Phyllis Vindell 4/28

In Memoriam

Mrs. Emma Johnson 3/05
 Mrs. Dianne Williams 3/18
 Mrs. Beverly Perry 3/23
 Sr. Hong Nguyen 3/28

Mass Schedule

Mon.-Thur., 8:30 a.m.,
 Rev. Victor Cohea
 Sat., 4:00 p.m., Rev. Wilbur
 Atwood, SSJ

Pastoral Ministry/Visitor
 Sister Clara Mae Jackson

Representatives of all religions are welcome. Please visit your church members.

Resident Census for March = 52



Lafon Nursing Facility
 of the Holy Family
 6900 Chef Menteur Hwy.
 New Orleans, LA 70126
 Phone: (504) 241-6285
 Fax: (504) 245-2721

Mrs. Beverly Greenwood
Administrator

Mrs. Donna Hilliard
Director of Nursing

Daniel Bouchette
Medical Director

Myra Anderson
 Kristi Soileau
 C. Trent Donahue
Physicians

Karren A. Sterling
 Mr. Dwayne Walker
Activities

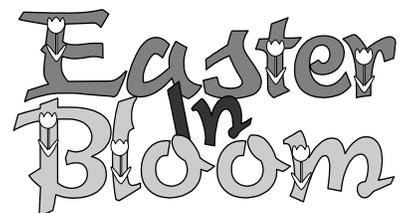
Mr. Michael Boudreaux
Business Office Manager

Mrs. Phyllis Vindel
Dietary Manager

Mr. Barry Aubert
Engineer

Mrs. Annie Populis
Environmental Services

Mrs. Deborah Van Norman
Social Services



Lafon Nursing Facility Mass Schedule April 2011

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1	2 4 p.m. Mass Fr. Atwood
3	4 8:30 a.m. Mass Fr. Victor Cohea	5 8:30 a.m. Mass Fr. Victor Cohea	6 8:30 a.m. Mass Fr. Victor Cohea	7 8:30 a.m. Mass Fr. Victor Cohea	8	9 4 p.m. Mass Fr. Atwood
10	11 8:30 a.m. Mass Fr. Victor Cohea	12 8:30 a.m. Mass Fr. Victor Cohea	13 8:30 a.m. Mass Fr. Victor Cohea	14 8:30 a.m. Mass Fr. Victor Cohea	15	16 4 p.m. Mass Fr. Atwood
17 Holy Week	18 8:30 a.m. Holy Week Mass Fr. Victor Cohea	19 8:30 a.m. Holy Week Mass Fr. Victor Cohea	20 8:30 a.m. Holy Week Mass Fr. Victor Cohea	21 Holy Thursday	22 Good Friday	23 4 p.m. Mass Holy Saturday Fr. Atwood
24	25 8:30 a.m. Mass Fr. Victor Cohea	26 8:30 a.m. Mass Fr. Victor Cohea	27 8:30 a.m. Mass Fr. Victor Cohea	28 8:30 a.m. Mass Fr. Victor Cohea	29	30 4 p.m. Mass Fr. Atwood

April 2nd - International Children's Book Day
Can You Match the Children's Book with Its Character?

- | | |
|--|------------------|
| 1. Charlotte's Web | A. Draco Malfoy |
| 2. Green Eggs & Ham | B. Omri |
| 3. The Secret Garden | C. Jim Hawkins |
| 4. Peter Pan | D. Captain Hook |
| 5. Harry Potter & the Sorcerer's Stone | E. Wilbur |
| 6. Alice in Wonderland | F. Scheherazade |
| 7. The Hobbit | G. Sam-I-Am |
| 8. The Indian in the Cupboard | H. Mary Lennox |
| 9. Arabian Nights | I. Mad Hatter |
| 10. Treasure Island | J. Bilbo Baggins |

1-E, 2-G, 3-H, 4-D, 5-A, 6-I, 7-J, 8-B, 9-F, 10-C



Baseball's Babe

Babe Ruth Day is April 27th. Ever wonder how George Herman Ruth became known as Babe?

When Ruth was seven his parents sent him away to a boarding school, St. Mary's Industrial Institute, and signed over all of their custodial rights to the school. Though Ruth hated the regimented life the school created for him, he loved playing baseball there and by the age of 15 he was already playing on the varsity team, switching between the positions of catcher and pitcher.

At age 19, Ruth was discovered by Jack Dunn, owner of the Baltimore Orioles. Dunn wanted to offer Ruth a spot on his team, but Ruth was supposed to stay at the school until the age of 21. In order to complete the contract and be able to offer Ruth an opportunity to play professional ball, Dunn was forced to adopt Ruth. People started referring to Ruth as "Dunn's Babe" and the nickname stayed with him for the duration of his career.

Recipe Corner ...

Mixed Berry-Almond Gratin

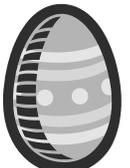
- ◇ 1/3 cup slivered almonds
 - ◇ 1/2 cup granulated sugar
 - ◇ 2 tablespoons all-purpose flour
 - ◇ pinch of salt
 - ◇ 1 large egg
 - ◇ 1/2 cup firm silken low-fat tofu
 - ◇ 1 tablespoon butter, softened
 - ◇ 1/4 teaspoon pure almond extract
 - ◇ 3 cups mixed berries (blueberry, raspberry, blackberry blend works best)
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1. Preheat oven to 400 degrees. Coat a 1-quart gratin dish or 9-inch pie pan with cooking spray.
 2. Spread almonds in a separate shallow baking pan and bake until light golden, about 4 to 6 minutes. Let cool.
 3. Place sugar, flour, salt and almonds in a food processor. Process until finely ground. Add egg, tofu, butter and almond extract; process until smooth.
 4. Spread berries evenly in gratin dish. Sprinkle almond mixture over the top, spreading evenly.
 5. Bake until gratin is set, about 40 to 50 minutes. Let cool for at least 20 minutes.



It is only with the heart that one can see rightly; what is essential is invisible to the eye. ~Antoine de Saint-Exupéry

Do-It-Yourself Dye

Easter Sunday is on the 24th this year, which means lots of fun Easter egg dyeing! These days, Easter egg dyes can be purchased ready-made, but eggs can still be dyed the old fashioned way. You can make your own egg dye with a teaspoon of food coloring, a cup of hot water and 1/4 cup white vinegar. The colors may not be as vivid, but that smell alone brings back memories. Give it a try!



Karma Day, April 2nd

Got good karma? *Tangible Karma Day* is a day to celebrate how giving is a greater reward than receiving. On this day people are urged to take an hour out of their day to do something for others.





Sing for Stamina

Feeling tired? Try singing a song with enthusiasm!



Singing produces soothing vibrations inside the brain that will help reduce production of cortisol (a stress hormone) by up to 25%. It also increases production of energizing endorphins, resulting in a happier and more energized feeling.

Earth Mirth

April is National Humor Month. Check out these jokes about nature in honor of Earth Day on the 22nd.



- Q. What did the limestone say to the geologist?
- A. Don't take me for granite!
- Q. Where did the seaweed find a job?
- A. In the "kelp wanted" section.
- Q. What did the tree wear to the pool?
- A. Swimming trunks!

Easter Edibles

Easter is the biggest candy consuming holiday after Halloween. Did you know that the world's largest jelly bean weighs over six thousand pounds? Here are some other Easter candy facts you may not know:

- When taking a bite into a chocolate bunny, 76% of Americans prefer to start at the ears. A mere 9% start at the feet or tail.
- Each day throughout the year, 5 million marshmallow bunnies and chicks are made to prepare for Easter.
- Solid chocolate bunnies are the most popular Easter candy, closely followed by hollow chocolate bunnies.
- 16 billion jelly beans are made for Easter every year. That's enough to fill a plastic egg nine stories high.

A man is but the product of his thoughts. What he thinks, he becomes.

~Mahatma Gandhi



Medical Memo: Labyrinthitis

Labyrinthitis is an infection that occurs deep inside the inner ear. The infection causes swelling and inflammation of the labyrinth, a part of the inner ear that helps control balance.

Though the cause of labyrinthitis is not completely clear, it is most frequently brought on by an upper respiratory infection such as the flu or common cold. Less frequently it is triggered by a bacterial infection or a middle ear infection.

The main symptom of labyrinthitis is vertigo, or a sense of spinning or whirling. The vertigo begins without warning and usually starts one to two weeks after the flu or a cold. It can be mild, or it can be severe enough to cause vomiting or nausea. The vertigo will slowly subside within a few days to weeks, though symptoms may linger, for instance sudden head movement may cause dizziness.

Another common symptom of labyrinthitis is hearing loss and a ringing sound in the ears, known as tinnitus. These symptoms usually do not last more than a few weeks.

Labyrinthitis can only be diagnosed by a doctor. If you feel you may have it, discuss your symptoms and medical history with your doctor. Your doctor will look for inner ear inflammation and may run further tests to rule out other problems with similar symptoms.

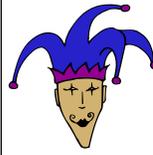
If the cause of the labyrinthitis is a bacterial infection antibiotics should be effective. Most cases, however, are caused by a viral infection, so antibiotics will not cure the infection. Usually labyrinthitis will go away on its own gradually over several weeks. A doctor may, however, give you other medicines to help control any nausea or vomiting you may experience from the vertigo.

April Showers Word Search

P A T T E R H U G E P
S L R E W O H S N M R
T O A T C I P D I T E
O H A S L R N U N R C
R T U K I E M O T A I
M X W N S F P L H I P
Q U K Z D V O C G N I
F L E R C E U B I A T
E G O U M B R E L L A
H P I D N I W J M O T
S U T R D R I Z Z L E

PRECIPITATE	SPRINKLE	PATTER	PELT
UMBRELLA	DRIZZLE	DROPS	RAIN
LIGHTNING	SHOWER	STORM	SOAK
THUNDER	CLOUDS	POUR	WIND

An April Fools' Day Folly



Since the origin of April Fools' Day is unknown, Professor Joseph Boskin of Boston University, decided to "fool" his history class.

He gave a lecture on how April Fools' Day began, saying that it started when Roman Emperor Constantine was approached by his court jesters who claimed they could do a better job of running the empire. Constantine decided to let one of the jesters try it, and named him king for the day. The jester passed a law calling for absurdity on that day and the custom became an annual event.

The explanation sounded so plausible that the Associated Press news service sent it out to be printed in newspapers across the country. Problem was the lecture itself was an April Fools' prank; it took the AP two

*It's not what you look at that matters,
it's what you see.* ~Henry David Thoreau

