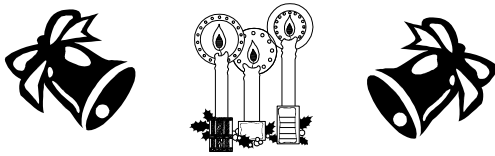


Lafon Leaflet

December 2011



Administrator's Corner

Christmas is a holiday for friends and family. Friends and family are an inseparable part of our lives. The Almighty has brought us all together and I believe we have become great friends and family over this past year. Christmas is a special time of the year, when we can share special moments with our friends and family. We will cherish these moments for a lifetime.

May God continue to bless you and protect you during this special time of year. May you have love and joy in your hearts for all of your friends and family. I thank God for each and every one of you and wish you a Merry Christmas.

~Beverly Greenwood

Resident Christmas Party

The Resident Christmas Party will be Wednesday, December 21, 2011, from 1:00 to 4:00 p.m. This party is a celebration of friends. We wish all the residents of Lafon a Merry Christmas. Residents' families are invited to this celebration of friends. So mark your calendars for this fun and festive occasion.

**Resident Census
for November = 84**

Mass Schedule

Mon.-Thur., 8:30 a.m.,
Father Cohea

Sat., 4:00 p.m., Father
Wilbur Atwood, SSJ

Pastoral Ministry/Visitors

Sister Clara Mae Jackson

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

Resident Birthdays for the Month of December

Joseph Claiborne	12/03
Zella Lobrandon	12/03
Llewelyn Soniat	12/07
Ida Gollins	12/11
Dolores Martin	12/20

Staff Birthdays for the Month of December

Dianne Goldman	12/01
Shelia LeBanks	12/05
Carol Landry	12/07
Edith Scott	12/08
Kimberly Banks	12/10
Michael Boudreaux	12/14
Lisa Scott	12/14
Cantrell Johnson	12/15
Yvonne Griffin	12/17
Omika Williams	12/18
La Tanye Trammell	12/22
Adrian Carter	12/22
Valerie Llopis	12/22
Maxine Griffin	12/25
Brianisha Isidore	12/27
Nicola Pope	12/28
Rotonda Sandifer	12/30

Happy belated birthday to
Paulette Parker 11/04

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www.lafonnursing.org

Mrs. Beverly Greenwood
Administrator

Ms. Shirley Ward
Director of Nursing

Ms. Cheryl McGinnis
*Assistant
Director of Nursing*

Daniel Bouchette
Medical Director

Henry Evans
Kristi Soileau
C. Trent Donahue
Physicians

Ms. Karren A. Sterling
Mr. Dwayne Walker
Activity

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

Mrs. Nicola Pope
Human Resources

Stephen Black
Admissions



"Win"ning Words for Winter

Fill in the blanks with words starting with "win."

1. To flinch or draw back. _____
2. To open and close one eye rapidly. _____
3. Unexpected good luck. _____
4. A lavish or lively party or celebration. _____
5. Twists around, coils or wraps. _____
6. Passage from throat to lungs. _____
7. A machine that runs on the energy generated by a wheel of turning blades. _____
8. An opening in a wall to admit light. _____
9. Machine for hoisting or hauling. _____
10. Rendered short of breath. _____

Answers: 1-winice, 2-wink, 3-windfall, 4-windings, 5-winds, 6-windpipe, 7-windmill, 8-wind, 9-winch, 10-winded

Dreidel Play Days

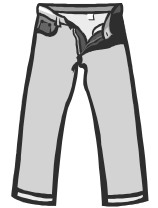


Hanukkah can fall anytime between mid-November and early January depending on the moon cycle. This year Hanukkah begins on December 20th.

Most people are familiar with the popular top spinning game of dreidel that is frequently played during this holiday, but no one knows for a fact how this game originated. One theory suggests this game was created when children were not allowed to study the Torah. If an official came along, children would quickly pull out these toys and appear to just be playing a game.

Another theory suggests that this and other games were created to keep people from working while the Hanukkah candles burned.

Having lost weight, a woman was getting rid of clothes that no longer fit. Her seven-year-old daughter was watching as she held up a pair of pants. "Wow," the woman said, "I must have worn these when I was 180." Her daughter, looking puzzled, asked, "How old are you now?"



Recipe Corner ...



Eggnog Spritz Cookies

Ingredients: 2/3 cup sugar; 1 cup butter, softened; 1 egg; 1/2 tsp. salt; 1 tsp. ground nutmeg; 2 tsp. vanilla; 2 1/4 cups all-purpose flour



For Glaze: 1 cup powdered sugar; 1/4 cup butter, softened; 2 tablespoons water; 1/4 tsp. rum extract

- Directions:**
1. Heat oven to 400°F. Combine sugar, butter, egg, salt, spices, and vanilla. Beat at medium speed until light and fluffy, about 3 minutes.
 2. Add the flour. Beat at low speed until well mixed, 2 to 3 minutes. If the dough is too soft, cover and refrigerate until firm enough to form cookies, 30 to 45 minutes.
 3. Place the dough in a cookie press to form shapes; place 1 inch apart on cookie sheets.
 4. Bake until edges are lightly browned, about 6 minutes. For glaze: stir together powdered sugar, butter, water, and rum extract until smooth. Drizzle over warm cookies.

Cobweb Chaos

Looking for a new holiday tradition to add some excitement to the season? A cobweb party might be just what you're looking for! This tradition dates back to Victorian times and can be played with as little as two people, but the more people you have playing the more fun it is.

The host of the party gets a gift and a ball of yarn (each a different color) for each person who will be attending the party. They then hide each present in a different location in the building and attach a ball of yarn to each present. Next, the host unravels each ball of yarn, wrapping the yarn around, under, and through different objects in the room. When done, all of the yarn intertwined will look like a giant cobweb. All of this is typically done prior to the guests arriving.

Once all of the guests have arrived at the party the fun can begin! The host gives each guest the end of their ball of yarn and the guests must climb over, crawl under and untangle the huge mess of yarn to find their presents!





Walt Disney's Birthday

Walt Disney was born on December 5, 1901. In honor of his upcoming birth anniversary, here are some things about Walt you may not have known.

- ☆ He only attended one year of high school.
- ☆ He was the voice of Mickey Mouse for two decades.
- ☆ He won 32 Oscars, more than anyone else.
- ☆ He had originally named the now famous Mickey Mouse "Mortimer Mouse," but was persuaded by his wife to name the character Mickey because it sounded cuter.



Christmas Seals

Christmas seals are labels placed on pieces of mail during the holiday season to raise funds for charities. They were introduced in the United States in 1907, and the National Association for the Study and Prevention of Tuberculosis and the American National Red Cross were early benefactors. The seals were sold at post offices, initially for 1 cent each. Today Christmas Seals benefit the American Lung Association and other charities.

Food for thought: The art of living does not consist in preserving and clinging to a particular mode of happiness, but in allowing happiness to change its form without being disappointed by the change; happiness, like a child, must be allowed to grow up. ~Charles L. Morgan



Kwanzaa

Kwanzaa is a cultural celebration that runs from December 26th to January 1st. The celebration includes lighting a candle each night; a black one for unity, red for the struggle of African-Americans out of slavery, and green for the future.



Medical Memo: Degenerative Disc Disease

Degenerative disc disease is not really a disease but a term used to describe normal aging of the spinal discs. Spinal discs are soft, compressible discs that separate the vertebrae. The discs act as shock absorbers for the spine, allowing it to flex, bend, and twist without pain.

Degenerative disc disease most often occurs in the discs in the lower back (lumbar region) and the neck (cervical region). When the discs start to age and deteriorate they can no longer absorb shock for the spine, which puts added pressure on the spine itself.

Cause: As a person ages, spinal discs break down and may lose fluid or tear in their outer layer naturally. People who are at an increased risk include those who do a lot of heavy lifting on a regular basis, smokers, and people who are obese.

Symptoms: Pain in the back or neck is the

main symptom, but this varies from person to person. Many people have no pain, while others with the same amount of disc damage have severe pain that limits their activities. An affected disc in the neck area may result in neck or arm pain, while an affected disc in the lower back may result in pain in the back, buttocks, or legs. The pain often gets worse with movements such as bending over, reaching up, or twisting.

Treatment: Putting ice or heat on the affected area and using a non-steroidal anti-inflammatory drug such as aspirin may help to alleviate the pain, and your doctor may have to prescribe stronger medications to alleviate symptoms.

Further treatment will depend on whether other conditions are present, such as osteoarthritis or a herniated disc. Physical therapy may be recommended, and occasionally surgery is done to remove the damaged disc.

Search-A-Word for Humbug Day, 21st

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

EBENEZER	JACOB	PAST	BELLE
SCROOGE	MARLEY	PRESENT	TINY
BOB	FEZZIWIG	FUTURE	TIM
CRATCHIT	GHOST	HUMBUG	BAH

Holiday Hugs

Attention:
 The holder of
 this coupon is
 entitled to
 free hugs!



Redeem
 your coupon
 as many
 times as
 you want!

**No expiration date.
 Best used during the holiday season!**

Happy New Year!



With the new year comes a
 time to explore new horizons
 and realize new dreams, to rediscover
 the strength and faith within
 you, to rejoice in simple
 pleasures, and to gear up for
 new challenges. We wish all
 of you a truly fulfilling 2012!



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