
Lafon Leaflet

May 2014

Administrator's Corner **We are Commanded to Love**

This is my command: Love each other as I have loved you. The greatest love a person can show is to die for his friends. You are my friends if you do what I command you. This is my command: Love each other. John 15:12-17

Emergency Preparedness

Here we are again; the hurricane season is fast approaching. Lafon has an emergency plan that takes into consideration all types of emergencies, hurricanes, tornadoes, chemical spills, etc. In our effort to provide information to our residents and families regarding the Lafon Emergency Preparedness Plan, we have scheduled meetings to address our plan. It is necessary that each resident's family/responsible party attend one of these meetings.

Tues., May 27th at 6:00 p.m.
Wed., May 28th at 2:00 p.m.
Thur., May 29th at 6:00 p.m.
Fri., May 30th at 2:00 p.m.

May Birthdays

Residents

Alma Cushenberry	5/03
Willie Noel	5/10
Rosalie Etienne	5/11
Judy Chevalier	5/12
Helen George	5/14
Joseph Saul	5/19
Sr. Arceneaux	5/23

Employees

Demitria Allen	5/07
Darlene Russell	5/07
Barbara Twymon	5/09
Tamika Johnson	5/11
Lucia Sims	5/11
Charlotte Baker	5/12
Artanette Banks	5/14
RoseAnn Jones	5/14
Sharon Shelton	5/16
Tory Martin	5/18
Christine Ridgeway	5/18
Christina McClain	5/19
Doretha Lewis	5/21
Sasha Hill	5/23
Brenda Hunt	5/23
Stephen Black	5/26
Steven Williams	5/28



Awesome Auction — Help

The AWESOME AUCTION is an exciting event that all the residents look forward to participating in. We need your help to provide items that the residents can bid on and win. Items such as food items, jewelry and cologne are some of the types of items that the residents enjoy winning. Contact the Activity Department regarding your donation(s).

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Medical Director

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Kristi Soileau
C. Trent Donahue
Charles Cefolu
Physicians

Patrice Jenkins
Activity Director

Ms. Karren A. Sterling
Activity Coordinator

Mr. Michael Boudreaux
Business Office Manager

Mrs. Phyllis Vindel
Dietary Manager

Mr. Barry Aubert, *Engineer*

Gary Hardy
Environmental Services

Mrs. Deborah Van Norman
Social Services

Mrs. Nicola Pope
Human Resources

Stephen Black, *Admissions*

It Begins with Mother

1. A child's game where you need to ask permission from "Mother" to make a move is called what?
2. The iridescent inner layer of certain seashells is called what?
3. One's native language is called what?
4. If someone's behavior is like that of an overprotective mother, the person is acting like a what?
5. She reigns over all flora and fauna.
6. She is in charge of a religious community of women.
7. The main web of circuits in a computer is called what?

Answers: 1-Mother May I?, 2-Mother of Pearl, 3-Mother Tongue, 4-Mother Hen, 5-Mother Nature, 6-Mother Superior, 7-Motherboard

Where Did It Come From?

During the Dark Ages, most of the knowledge of the ancient Egyptian priests who knew a great deal about anatomy was lost. Still, people were impressed by the rhythmic throbbing of blood vessels. The fact that the throbbing varied from place to place on the body was of further interest to them. They attributed the variations to the wandering of the heart from its proper place. Therefore, a person whose "heart is in the right place" has a good constitution and as a result is filled with good intentions.



They Wrote What??

- ☺ Announcement in the church bulletin for a National PRAYER & FASTING conference: "The cost for attending the Fasting and Prayer conference includes meals."
- ☺ Miss Charlene Mason sang, "I Will Not Pass This Way Again," giving obvious pleasure to the congregation.
- ☺ The peacemaking meeting scheduled for today has been cancelled due to a conflict.
- ☺ The eighth-graders will be presenting Shakespeare's Hamlet in the church basement on Friday at 7 p.m. The congregation is invited to attend this tragedy.

Spring Strawberry Salad with Chicken

Ingredients:

- 2 large boneless skinless chicken breasts, cubed
- 4 tablespoons olive oil
- 4 tablespoons balsamic vinaigrette salad dressing
- 1 bunch fresh spinach, rinsed and dried
- 1 pint strawberries, sliced
- 4 ounces crumbled goat cheese
- 5 ounces candied pecans



Directions:

1. Place the chicken breast meat into a skillet with 2 tablespoons of olive oil and 2 tablespoons of balsamic vinaigrette over medium heat; cook and stir until the chicken is browned, no longer pink in the center, and the juice has nearly evaporated, about 10 minutes. Remove the chicken to a bowl and let cool.
2. Place the spinach into a salad bowl; scatter the strawberries, goat cheese, and candied pecans over the spinach. Drizzle 2 tablespoons of olive oil and 2 tablespoons of balsamic vinaigrette over the salad and top with the chicken. Serve slightly warm or chilled.

To Mom, on Mother's Day

Let's celebrate our mothers,
 Who did so much for us.
 Cooking, cleaning, laundry,
 All done without a fuss.
 But most of all the caring,
 The love and security,
 The feeling of being cherished
 My mother gave to me.

~Anonymous

"Finish each day and be done with it. You have done what you could. Some blunders and absurdities no doubt crept in; forget them as soon as you can. Tomorrow is a new day. You shall begin it serenely and with too high a spirit to be encumbered with your old nonsense."

~Ralph Waldo Emerson

A Story from Mother Teresa



A young couple came to our house and asked to see me. They gave me a large amount of money. I asked them, "Where did you get so much money?"

They answered, "We got married a few days ago. We had decided before marrying not to buy wedding clothes, not to have a reception or a honeymoon. We wanted to give you the money we saved."

I asked them, "How did you think of such a thing?"

They answered, "We love each other so much, we wanted to share the joy of our love with those you serve."

To share: what a beautiful thing!

Use It or Lose It

May is Older Americans Month, and May 26th is Senior Health and Fitness Day. More and more studies are confirming that the credo "use it or lose it" applies to us in terms of aerobic fitness, muscle strength and even brainpower! You don't have to be an Olympic star — even moderate exercise is helpful in staying fit and healthy. Don't forget to challenge your brain with crosswords and games, too!



Elementary, My Dear Watson!

Sir Arthur Conan Doyle, the creator of Sherlock Holmes, was born May 22, 1859, in Edinburgh, Scotland. He began writing while in medical school, and continued when his medical practice did not attract many patients. The observational powers of Sherlock Holmes were actually based on a real person, Dr. Joseph Bell, who had been one of Doyle's professors.



Sherlock Holmes became so popular that when he seemed to have died in 1893's *The Final Problem*, many people cancelled their subscriptions to the magazine that published the stories. Eventually Conan Doyle was persuaded to write that Holmes had survived. In the years since then, the stories have been translated into at least 41 languages, as well as being the basis for many movies and TV shows.

Medical Memo: Osteoarthritis

Osteoarthritis is a chronic, degenerative joint disease that causes certain parts of the joint to weaken and break down, causing pain, stiffness and difficulty with movement. Sometimes a grinding sound can be heard when bones in the joint rub together.

Osteoarthritis is generally thought to be caused by years of wear and tear, which can cause damage to the joint. Sports or work-related injuries can cause osteoarthritis, as can repetitive motion. Osteoarthritis may also be inherited.

Treating Osteoarthritis — Today doctors have updated their osteoarthritis treatment strategies to include exercise, weight control, and several different approaches to pain management.

The Importance of Exercise — Exercise is now considered an important method for managing the symptoms of osteoarthritis. There are three types of exercises to focus on:

1. Range of motion exercise, like stretching and yoga, which increase joint flexibility;
2. Strength exercises, which can help increase muscles around the joints, making them more stable and easier to move; and
3. Endurance exercises, which can improve overall fitness, and help control weight.

Weight Control and Lifestyle Changes

Other lifestyle changes that can be beneficial include: maintaining proper weight, steroid injections, using prescribed support devices such as a cane or orthotic insoles; and possibly starting a program of physical therapy — consult your physician.

Hot baths and showers, as well as hot compresses can relax the muscles and relieve joint pain and soreness to provide short term relief.

Space Day Search-A-Word

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

BLACKHOLE	METEOR	SOLAR	STAR
UNIVERSE	ASTEROID	SYSTEM	MOON
SATELLITE	PLANET	MILKY	NASA
ROCKET	GALAXY	WAY	SUN

Mother's Day

Guess how many children the originator of Mother's Day had? If you guessed NONE, you're right! Anna Jarvis was filled with regret when her mother passed away in 1902.



Over the next decade, she took up the cause of having a celebration of motherhood recognized. In 1914, Mother's Day was declared a national holiday.

The holiday has become one of the most celebrated and more than 10 million bouquets of flowers and 150 million greeting cards are sent to honor mothers.



"Plant seeds of happiness, hope, success, and love; it will all come back to you in abundance. This is the law of nature." ~Steve Maraboli

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