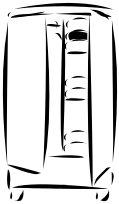


Lafon Leaflet

September 2011

Administrator's Corner



The time is NOW, for a roommate. Many of our residents have become comfortable having a room all to themselves, however, we are happy to say that our census is increasing and the time has come to double rooms. We will continue to try very hard to match roommates for compatibility as much as possible.

Remember, each resident has one side of the closet, one small and one large dresser drawer in each room. Please help us keep our resident rooms orderly.

**Resident Census
for August = 68**

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.**

In Memoriam

| | |
|-------------------------|------|
| Mrs. Beatrice Tillie | 7/27 |
| Mr. Louis Robinson | 8/06 |
| Mrs. Margimain Casimire | 8/21 |
| Mr. Eddie Snipes | 8/23 |
| Mr. James Ross | 8/25 |
| Ms. Annette Singleton | 8/30 |



Resident Birthdays for the Month of September

| | |
|-------------------|------|
| Adrienne Blazio | 9/05 |
| Leona Lively | 9/06 |
| Thelma Williams | 9/07 |
| Margery Telemaque | 9/17 |
| Eva Antoine | 9/23 |
| Romona Frank | 9/25 |

Staff Birthdays for the Month of September

| | |
|-------------------|------|
| Jacqueline Dillon | 9/02 |
| Darreana Jackson | 9/02 |
| Delmere Augustin | 9/03 |
| Eliska Dequair | 9/03 |
| Kimberly Johnson | 9/03 |
| Alica Walker | 9/03 |
| Trameika Jackson | 9/05 |
| Yvonne Thibodeaux | 9/05 |
| Alvaneita Davis | 9/17 |
| Jacinda Lazard | 9/23 |
| Annie Waterhouse | 9/25 |
| Laura Sykes | 9/28 |
| Lisa Tervalon | 9/29 |

Lafon Nursing Facility
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Fax: (504) 245-2721
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

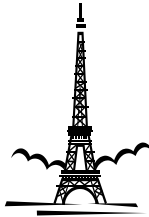
Stephen Black
Admissions

September 27th is World Tourism Day



Can you match each famous tourist attraction with the country where it's located?

- | | |
|-------------------------------|------------|
| 1. Taj Mahal | A. France |
| 2. Empire State Building | B. Peru |
| 3. Buckingham Palace | C. Greece |
| 4. Colosseum | D. India |
| 5. Eiffel Tower | E. China |
| 6. Great Sphinx of Giza | F. Brazil |
| 7. Great Wall | G. USA |
| 8. Christ the Redeemer Statue | H. Egypt |
| 9. Machu Picchu | I. England |
| 10. Acropolis | J. Italy |



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



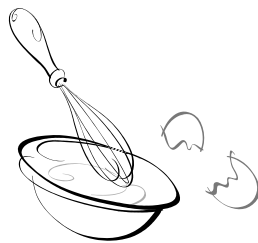
There is nothing wrong with change, if it is in the right direction. To improve is to change, so to be perfect is to have changed often. ~Winston Churchill

Recipe Corner ...

Traditional Rice Pudding

Ingredients:

- 1-1/2 cups milk
- 1/2 cup sugar
- 1 tbsp. butter or margarine, melted
- 1 tsp. vanilla
- 5 eggs, beaten
- 2 cups rice, cooked
- 1/2 cup raisins
- 1 apple, peeled, cored and chopped
- 1 dash nutmeg



Directions:

1. Mix all ingredients (except nutmeg) in a 2 quart casserole dish.
2. Sprinkle nutmeg on top.
3. Bake at 350 degrees F for 50-60 minutes. Pudding is done when a butter knife stuck in the middle pulls out clean.

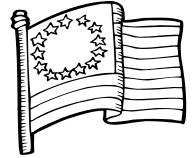
Winter is an etching, spring a watercolor, summer an oil painting and autumn a mosaic of them all.



~Stanley Horowitz

Constitution Day is September 17th ... Fun Facts

- The Constitution has only 4,400 words, making it the shortest written constitution of any major government in the world today.
- Jonathan Dayton of New Jersey was the youngest person to sign the Constitution at age 26. Benjamin Franklin was the oldest person to sign at age 81.
- George Washington and James Madison were the only signers who went on to the presidency.



Johnny Appleseed an American Original

The legendary folk hero, Johnny Appleseed, best known for planting apple trees across the country, was a beloved American pioneer.



Born as John Chapman in Leominster, Massachusetts, on September 26, 1775, he worked as a nurseryman until he left home at age 18 or so. He travelled west to the new frontier, the areas of Ohio, Indiana, and Illinois.

Chapman planted many apple orchards, and sold seedlings to local homesteaders for pennies or on credit; his motivation was to provide the homesteaders with apples to eat.

He travelled mostly alone, planting and also preaching. He made friends easily, and had a great respect for Native Americans. He was a vegetarian and was extremely kind to animals, even to insects.

Chapman became very successful in the apple orchard business. He ended up with plenty of money, but he preferred to live simply, wearing second-hand clothing and eating very little. He died in 1845, but some of the trees he planted are still bearing fruit!



- ✦ September's flower is the aster or morning glory.
- ✦ September begins on the same day of the week as December each year. This year it's a Thursday.



The Queen of Crime, Agatha Christie

Agatha Christie, born in Torquay, England, on September 15, 1890, was one of the best known mystery writers in the world. Over 2 billion copies of her books have been sold, and she is listed in the *Guinness Book of World Records* as the World's Bestselling Author, earning her the title of "The Queen of Crime."

In 1912, Agatha met her first husband, Archie Christie, and she later served as a nurse during WWI. In 1926 Christie mysteriously disappeared for eleven days and the reasons why are still unknown. After her first husband left her, Christie traveled to Baghdad, where she met Max Mallowan, an archaeologist. They were married for 46 years and traveled the world together.

Christie once observed, "The best time to plan a book is while you're doing the dishes."

What a Whopper!

Do you have the gift of gab? If you do, you might want to enter the Big Whopper Liar's Contest, taking place this September in New Harmony, Indiana. Since 1988, the town has hosted an annual tall tale contest as part of a weekend-long community festival.



An average of fifteen contestants each year are given four minutes on stage in front of the crowd to tell their wildest, craziest whopper of a story. The "liars" are judged in the categories of exaggeration, humor, stage presence and storytelling skills.

The winner is rewarded with a screwdriver to tighten up their story, and a sponge to keep it clean. Most importantly, winners earn the right to call themselves the nation's best liar for an entire year!



There are two ways of spreading light: to be the candle or the mirror that reflects it. ~Edith Wharton



Medical Memo: Diverticulosis and Diverticulitis

Digestive discomfort, from mild to severe, is a fairly common experience for many Americans. One of the potential causes of discomfort is diverticulitis.

For reasons not clearly understood, pouches or small sacs form in the wall of the large intestine or colon, which is called diverticulosis. If these pouches become inflamed or infected, it is called diverticulitis, which can be very painful.

These pouches may occur because of a lack of fiber in the diet which makes the intestines push harder than normal to move food through. In other words, the added pressure may cause these pouches or sacs to form. When food or particles get trapped in the pouches, harmful bacteria grow, leading to inflammation or infection.

Symptoms may last from a few hours to a week or more, and can include fever, bloating, belly pain (usually in the lower left side),

diarrhea or constipation, and nausea or vomiting. A loss of appetite may occur.

This condition becomes more common with age, with about half of Americans over 60 having it. It is also much more common in industrialized countries where increased access to processed foods results in too little fiber being consumed.

Not all people with diverticulosis experience symptoms. Other digestive conditions can cause the same symptoms, such as irritable bowel syndrome or stomach ulcers, so it is best to consult your doctor for a specific diagnosis.

Depending on the severity, treatments may include hospitalization, bed rest, antibiotics, a liquid diet, and pain medication. The most common treatment for mild symptoms is maintaining a high-fiber diet. It may help to keep a food journal as a way of monitoring what foods bring on symptoms.



September is Fall Hat Month!



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

| | | | |
|----------|--------|---------|---------|
| BASEBALL | BUCKET | NEWSBOY | SNOOD |
| CAP | COWBOY | PANAMA | CLOCHE |
| BEANIE | FEDORA | TOP | TRILBY |
| BOWLER | FEZ | BERET | PORKPIE |



Just One

Author Unknown

One song can spark a moment,
 One flower can wake the dream,
 One tree can start a forest,
 One bird can herald spring.



One smile begins a friendship,
 One handclasp lifts a soul,
 One star can guide a ship at sea,
 One word can frame the goal.



One step must start each journey,
 One word must start each prayer,
 One hope will raise our spirits,
 One touch can show you care.

One voice can speak with wisdom,
 One heart can know what's true,
 One life can make a difference,
 You see it's up to you!

Patriot Day, September 11th

Americanism is a question of principle, of purpose, of idealism, of character. It is not a matter of birthplace or creed or line of descent.



~Theodore Roosevelt

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