



March Special Events



- **KC Crafty “Arts & Crafts,”** Wednesday, March 7, 2 pm
- **Mr. and Mrs. Guillot’s Bingo,** Thursday, March 8, 2 pm
- **Red Hat Social,** Friday, March 9, 2 pm
- **Resident Council Meeting,** Monday, March 12, 2 pm
- **KC4222 Elders’ Birthday Bash,** Wednesday, March 14, 2 pm
- **Volunteers Bingo,** Thursday, March 15, 2 pm
- **Black Tie Social,** Friday, March 16, 10 am
- **St. Patrick’s Day Social, All Things GREEN,** Saturday, March 17, 2 pm
- **St. Joseph’s Altar,** Monday, March 19, 10 am-2 pm
- **KC Rosary,** Tuesday, March 20, 6 pm
- **Glitter & Gold,** Wednesday, March 21, 2 pm
- **Mr. and Mrs. Theriot’s Bingo,** Thursday, March 22, 2 pm
- **Kiwanis Club Bingo,** Thursday, March 22, 6 pm
- **Bingo in Memory of R. Hebert and E. LeBlanc,** Saturday, March 24, 2 pm
- **Dyeing Easter Eggs,** Thursday, March 29, 10 am
- **Good Friday Social,** Friday, March 30, 2 pm



A THUMBS UP TO OUR VOLUNTEERS!

KC Crafters
KC 4222
James Family
Glitter & Gold
Kiwanis Club



R. Hebert & E. LeBlanc Family
Ms Gros' Family
Sr. and Jr. Volunteers
All who have donated
their time!

Many thanks to those who participated in Wynhoven's Annual Mardi Gras Parade and Ball. It was a special event to remember!

TOP TEN BRAIN-BOOSTING FOODS

Your brain pretty much controls everything that happens in your body. Information is constantly being passed along the nerves in your spinal cord to your brain. Nerve impulses carry valuable information that you use in countless ways every minute of your life. Your brain is the only organ that can make decisions about actions. It can base these actions on past decisions, present circumstances, or future events.

Fortunately, even though the brain is an amazingly complex and sophisticated part of you, it is still just an organ. You can keep your brain healthy, just like you can your heart or your liver, by eating foods that nourish it. Brain-Boosting foods can have a real and lasting impact when it comes to keeping thinking skills sharp and memory intact

Brain Food #1: BERRIES (blueberries, strawberries, black currants, boysenberries)

Brain Food #2: FATTY FISH

Brain Food #3: GREEN TEA

Brain Food #4: DARK CHOCOLATE

Brain Food #5: GRAPE JUICE

Brain Food #6: APPLES

Brain Food #7: LEAFY GREENS

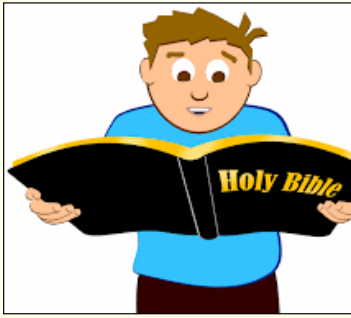
Brain Food #8: AVOCADOS

Brain Food #9: CURRY

Brain Food #10: COFFEE

Brain Food #11: OLIVE OIL

Brain Food #12: BARLEY



Notes from Deacon Dan...

WHAT SHOULD WE GIVE UP FOR LENT?

We are at least 15 days into the season of Lent and some are still having anxiety over whether to give up chocolate or soft drinks. Others have made their decision and already gave up on their sacrifice. Popping that morsel of milk chocolate into the mouth can be such a mindless act. It's terrible when we remember in mid-chew. Is it worse to spit it out or to just finish that wonderful bite? What are we to do? Or is the better question, what are we to sacrifice?

In December 2001, the Congregation for Divine Worship in the Vatican released the document *Directory on Popular Piety and The Liturgy: Principles and Guidelines* that explained the Church's position on these questions regarding Lenten sacrifices, but at over 190 pages, it's a little much for most Christians to navigate. However, there is one paragraph that stands out.

Notwithstanding the secularization of contemporary society, the Christian faithful, during Lent, are clearly conscious of the need to turn the mind towards those realities which really count, which require Gospel commitment and integrity of life which, through self-denial of those things which are superfluous, are translated into good works and solidarity with the poor and needy.

What this means is that if denying ourselves that chocolate for the 40 days of Lent helps us to be closer to God and in turn makes us more

connected to those less fortunate, then that self-denial is an appropriate sacrifice.

The Church does specifically tell us to fast on Ash Wednesday, Fridays in Lent and on Good Friday. The fasting is because we believe that Jesus suffered and died on a Friday and as such it is appropriate for Christians to connect with Jesus' ultimate sacrifice by doing the penance of fasting.

But, what about the notion of abstaining from meat? Meat of land animals was considered the food of celebration. We would never have killed the fatted calf unless there was something to celebrate and we would never celebrate the death of Jesus. To make things more complicated for our modern minds, we wonder why fish is ok on those days of fasting. In the laws of the Church, fish is not classified as meat. So, we eat fish because of a loophole in Church law.

Unfortunately, here in South Louisiana we have learned to exploit that loophole on a grand scale. Crawfish is not a land animal, so it is permitted. However, gorging ourselves on those succulent boiled treats hardly seems like much of a sacrifice.

From the Chocolate-Free Desk
of Deacon Dan

Please join us at our **FAMILY COUNCIL MEETING** on **March 15th at 6 pm.**
This is a wonderful opportunity for you to meet other families and fellowship.
March's topic is "Antibiotic Do's and Don'ts"

WYNHOVEN EXTENDS A HEARTY WELCOME TO
ALL NEW RESIDENTS!

We extend sympathy and prayers to the families of our deceased elders



HAPPY BIRTHDAY



RESIDENT AND STAFF BIRTHDAYS THIS MONTH

RESIDENTS

Dolores Robinson	03/07
Vickie Matherne	03/07
Simon Bennett	03/13
Mercy LeBlanc	03/13
Deanna Bergeron	03/14
Louise Autin	03/18
Suzann Millet	03/19
Henrietta Fuselier	03/20
Catherine Labatut	03/20

Lester Rogers	03/21
Lenora Savoy	03/21

STAFF

Cornelia Manning	03/01
Lilian Hernandez	03/10
Melanie Duncan	03/13
Joy Hampton	03/13
Mary White	03/14
Victoria Ferrell	03/18

Andre Bradley	03/20
Tameka Young	03/22
Janice Hill	03/25
Charles Barbier	03/26
Leila Foucha	03/26
Jeanne Jackson	03/26
Geneva May	03/26
Lowanda Smith	03/28
Deidra Hawthorne	03/30
Thelia Jordan	03/30

We congratulate our employees on their years of service!

☺ Josephine Taylor	28 years
☺ Warren Lewis	10 years
☺ Magdalene Yanguba	10 years
☺ Gail Edwards	8 years
☺ Keytory Trotter	4 years
☺ Ronald Williams Jr.	4 years

☺ Terry Wilson	3 years
☺ Olander Alexander	2 years
☺ Ollie Allen	1 year
☺ Cynthia Miller	1 year
☺ Lilian Hernandez	1 year

Wynhoven Healthcare Center is a ministry of the Archdiocese of New Orleans. We are located across the street from West Jefferson Medical Center. Our mission is to provide quality, compassionate health care, and support services in a Christian environment that respects the uniqueness of each person, promotes and enhances the quality of life, and preserves dignity in life and death.

As a Catholic facility, we provide daily religious services morning and evening, as well as communion for all of our Catholic elders. We offer complete rehabilitation services, including physical, occupational, and speech therapies. We also provide custodial, hospice, and dementia care. For additional information, please contact Michelle Matthew, Admission Director, at 347-0777, extension 3668.

Wynhoven Healthcare Center is a not-for-profit organization.

ADMINISTRATIVE STAFF

Michelle R. Matthew, LNHA/MSW, Administrator
Cynthia Miller, RN, Nursing Director

Melody Robinson, BA, Asst. Administrator/Activity Director
Daphne LeBlanc, Admission Director
Nancy Rivette, Business Office Manager
Wendy Duckworth, LCSW, Social Services
Marilyn Jackson, BSW, MSW, Social Services

Shelia Joseph, BS, MBA, Dietary Director
Chantella Schulthorp, Rehabilitation Director
Darryl Stevens, Jr., Plant Director
Deacon Daniel Reynolds, Pastoral Care
Thelia Jordan, Housekeeping/Laundry Director