

# Lafon Leaflet

February 2016



## February Birthdays

### Residents

Shirley Relf	2/07
Sr. Claudia Citizen	2/10
Isaac Williams	2/11
Esther Maney	2/13
Ruth Celestine	2/13
Iona Brown	2/16
Margaret Muentes	2/19
Mary Jones	2/20
Bernadine Boskent	2/23
Enola Mercadal	2/26

### Employees

Charlain Jones	2/02
Mary Simmons	2/02
Sr. Clara Jackson	2/02
Angela Legendre	2/03
Evelyn Pigott	2/03
Delores Lagarde	2/05
Angela Lawson	2/07
Ebony Bernard	2/10
Doris Smith	2/11
Keyonda Thomas	2/16
Eranda Joseph	2/19
Charmaine Rhome	2/20
Ricquel Clayton	2/23
Devin Foy	2/23
Lashanda Avant	2/24
Iris Mouton	2/24
Terrineka Johnson	2/26
Peggy Haley	2/28

## Administrator's Corner:

***For we walk by faith, not by sight.***  
*2 Corinthians 5:7*

This is the only way to move through this space and time in this world. When we see huge mountains ahead of us, we sometimes wonder how we are going to climb the mountain. We at times will stumble because we are not looking where we are going. And as soon as we rebound from the stumble, we begin to worry about the cliff ahead of us. We do not know that our path may have an abrupt turn leading us away from the mountains. There may be an easier way up the mountains. We must know that if God leads us to a cliff or mountain, that he will equip us thoroughly for that strenuous climb. God will even give his angels charge over us, to preserve us in all our ways.

We must keep our mind on our present journey. "With your help I can advance against a troop; with my God I can scale a wall."

*Psalms 18:29*



## Mardi Gras Ball

**Come One! Come All!**

**Hail 2016 King and Queen Lafon**

**Tuesday, February 2, 2016  
2:30 - 4:30 p.m.**

**Wear your Mardi Gras Mask!!!!**

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

Mrs. Beverly Greenwood  
*Administrator*

Patricia Clark  
*Director of Nursing*

Ms. Cheryl McGinnis  
*Assistant  
Director of Nursing*

Abir Abdo  
*Medical Director*

Henry Evans  
C. Trent Donahue  
Dr. Ronald McLendon  
*Physicians*

Ms. Karren A. Sterling  
*Activity Director*

Mr. Michael Boudreaux  
*Business 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*



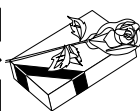
## Black History Month Mix & Match

Can you match these famous African-Americans with their claim to fame?

- |  |                             |
|--|-----------------------------|
| 1. I argued many civil rights cases before the US Supreme Court.         | A. George Washington Carver |
| 2. I was the first African-American to play in baseball's major leagues. | B. Jackie Robinson          |
| 3. I refused to give up my seat on the bus.                              | C. Scott Joplin             |
| 4. I am the mother of the Underground Railroad.                          | D. Harriet Tubman           |
| 5. I did research involving peanuts.                                     | E. Thurgood Marshall        |
| 6. I am a famous composer and pianist.                                   | F. Rosa Parks               |



1-E, 2-B, 3-F, 4-D, 5-A, 6-C



*I know of only one duty,  
and that is to love.*

~Albert Camus

## Recipe Corner . . .

### Celebrate Potato Lover's Month!

#### Creamy Potato Soup



- 2 tablespoons butter or margarine
- 4 tablespoons finely chopped onion
- 1-1/2 teaspoons salt
- 1/2 teaspoon pepper
- 3-1/2 cups milk
- 1/3 cup instant mashed potatoes (dry)

Put butter in a pot; add onion, salt, and pepper; cook onions until golden brown. Slowly add the milk to the onions. Cook until milk is scalding. Stir in the instant mashed potatoes. (Soup should be the consistency of heavy cream.) If too thick, add a little milk at a time and stir. If too thin, cook for a few moments to thicken.

Yield: 4 one-cup servings.



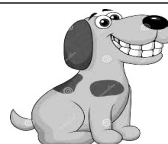
## Presidential Tidbits for Presidents' Day, Feb. 15th

- ★ Chester A. Arthur held a garage sale on the White House lawn. He sold 25 wagonloads of furniture for a total of \$8,000.
- ★ Theodore Roosevelt was the first president to ride in an automobile.
- ★ Ulysses S. Grant was arrested for speeding in his horse carriage.

## A Little Kindness Goes A Long Way



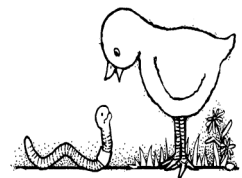
Random Acts of Kindness Week is February 14th - 20th this year. The purpose of this week is to increase awareness about kindness and to promote showing kindness to others every day. A random act of kindness is defined as any act on one person's part that helps another person. The word "random" is used to remind people to give kindness not only to their friends but also to strangers.



If you have only one smile in you  
give it to the people you love.

~Maya Angelou

## February is National Bird Feeding Month



Make an easy bird feeder and watch the birds come to dine! Bird feeders can be made out of a variety of materials. Here's one that is very easy:

Take a pine cone and rub peanut butter onto the cone. Roll it in birdseeds and tie a string to the top end. Hang outside from a tree branch or limb and watch the birds dine!



"Sweethearts," also known as conversation hearts, have been around since 1901. Sweethearts are made by the famous candy company, NECCO, and over 8 billion are produced per year. While some of the heartfelt phrases date back decades, new messages are created every year.



### ***Presidential Trivia***

Presidents' Day is February 15th this year. Below are some interesting, lesser known facts about some of our past presidents.

- ★ **James Buchanan** frequently bought slaves in Washington D.C. and then freed them in Pennsylvania.
- ★ **Abraham Lincoln** is the only president to receive a patent.
- ★ **George Washington** refused to accept his presidential salary of \$25,000 a year.
- ★ **Andrew Johnson** is the only tailor to ever be president; he only wore suits he made himself.

### ***The Skinny on Cupid?***



In classical mythology, Cupid, whose name means "desire," is the god of love, attraction and affection. He is often portrayed as the son of the love goddess Venus and the war god Mars.

Though he appears as "Eros" in Classical Greek art as a slender winged youth, later on he was increasingly portrayed as a chubby boy. He later acquired the bow and arrow that represent his source of power: a person, or even a deity, who is shot by Cupid's arrow is filled with uncontrollable desire.

Cupid continued to be a popular figure in the Middle Ages, when under Christian influence he often had a dual nature as Heavenly and Earthly love. In the Renaissance, a renewed interest in classical philosophy endowed him with complex allegorical meanings. In contemporary popular culture, Cupid is shown drawing his bow to inspire romantic love, often as an icon of Valentine's Day.

### ***Medical Memo: It's Grapefruit Month!***

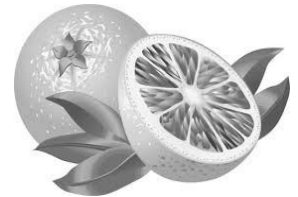
We've all heard over and over about the benefits of a well-balanced diet and the importance of getting enough fruits and vegetables. However, some fruits are more beneficial than others. Grapefruit, for instance, not only helps you meet the recommended daily allowances for fruit, but it can also help fight against asthma, cancer, heart disease, high cholesterol, and strokes. Grapefruit also helps cellular repair.

Half a grapefruit will give you all the Vitamin C you need for the day, which is useful for maintaining the systems needed to repair your body tissue.

Grapefruit has a megadose of beta-carotene, an antioxidant that helps protect against cancer and heart disease, but only when consumed in foods, not vitamin supplements.

As if the health benefits listed already

weren't advantageous enough, when all those antioxidants get together, they can help prevent strokes by 25% with just one glass of grapefruit juice a day. Grapefruit also protects your heart by providing fiber which, in turn, lowers your cholesterol. The walls that separate the grapefruit segments contain the most fiber, so don't forget to eat those too!



Eating the same kind of plain fruit day after day can be boring, so spice up your grapefruit. Toss some Ruby Red grapefruit chunks in a green salad or make a fruit salad from white, pink and red grapefruits.

Check with your doctor or pharmacist, though, as grapefruit can interfere with the effectiveness of some medications such as blood pressure and cholesterol medications.

**Library Lovers' Month Search-A-Word**

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

MAGAZINE	VOLUME	SHELF	STUDY
CATALOG	FICTION	CARD	MEDIA
REVIEWS	SERIAL	QUIET	BOOK
JOURNAL	ISSUE	INDEX	READ


**Chinese New Year**  
**February 8, 2016**

The Chinese New Year is based on a lunar calendar. 2016 is the Year of the Monkey. People born in a Year of the Monkey (e.g. 1920, 1932, 1944, 1956, 1968, 1980, 1992) are witty, intelligent, and have a magnetic personality. On the last day of the new year celebration, lanterns are hung outside for the "Feast of Lanterns." "Sui hi" (may joy be yours)!

**Yummy Chocolate!**

♥ In 1975, Irish chocolate maker John Hanan, with the help of American Dr. James Baker, imported beans from the West Indies and built the first chocolate mill (in Dorchester, Mass.) in the United States. This is the famous Baker's Chocolate.

♥ In 1942, production of Hershey's Kisses chocolates was halted to save aluminum foil for the war efforts.

Lafon Nursing Facility  
 of the Holy Family  
 6900 Chef Menteur Hwy.  
 New Orleans, LA 70126

