

Lafon Leaflet

March 2016



March Birthdays

Residents

Jeraldine Velera	3/08
Geraldine Bishop	3/08
Annie Verrett	3/09
Perlie Booker	3/10
Mary DePazzi	3/10
Patricia Hardy	3/12
Marie Charles	3/12
Estelle Williams	3/13
Audrey Clivens-Bailey	3/15
Deborah Bart	3/20
Alice Remi	3/24
Canice Lastrapes	3/29
Canisius Lastrapes	3/29
Marion Leblanc	3/30



Employees

James Westerfield	3/02
Danielle Reado	3/03
Regchell Webb	3/03
Sr. Josita Ogaldez	3/06
Sheena Sanford	3/07
Teaanna Hill	3/09
Donnie Frazier	3/11
Nikita Banks	3/13
Sr. Benjamin Auzenne	3/13
Geshania Plessy	3/20
Keaira Preston	3/24
Lisa Powell	3/26
Cleo Silas	3/27
Keshira Wilson	3/28

Administrator's Corner:

FAMILY MEMBER TO FAMILY MEMBER

And whatsoever ye do, do it heartily, as to the Lord, and not unto men.

Colossians 3:23

Of all those we encounter in life, there are none more influential than our parents. They provided everything for us when we were younger and as our parent's age we must do the same for them.

It feels special to have someone wait on us and take care of us; in our parent's twilight years they may need 100% care and become dependent upon us. To serve others is a virtue. We can bring joy to others and ourselves when we serve.

Now is the time to jump in and do our part by being a family caregiver. To feed someone is an expression of love. Any weekday or any weekend I encourage you to come in and feed your family member, even if you can only come for one meal.

The task is a labor of love. You will walk away feeling more joy in your heart than you could imagine. You will know that you gave your all, just as your parent once did for you.

Lastly, I want to personally thank the current caregivers that are visiting and feeding their loved one!

Mrs. Fletcher's Daughter



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Director of Nursing

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Dr. Ronald McLendon
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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*

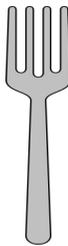
Pasta Word Scramble

March is noodle month. See if you can unscramble these different types of pasta.

1. ISTPTAEGH _____
2. AGIRINOT _____
3. EIGINUNL _____
4. RANCAIMO _____
5. NENEP _____
6. ASANLAG _____
7. UCTNTIEFCE _____
8. CPLIAELN _____
9. NDUO _____
10. BSOA _____

Answers:

1-spaghetti, 2-rigatoni, 3-linguine, 4-macaroni, 5-penne, 6-tasagna, 7-fettuccine, 8-capellini, 9-tudon, 10-soba



Ah, Spring!

The vernal equinox is the first day of the year when we have twelve hours of daylight and twelve hours of night.

**^ If you stand at the equator on the first day of spring, you will see the sun pass directly overhead. This only happens twice a year; the first day of spring and the first day of autumn.

**^ Baby birds learn to sing during spring. Although they are born with the ability to sing, they must learn the specific songs of their species. They often learn their songs within two months of being born.

**^ Arizona and Hawaii do not follow daylight savings. They already have enough sunlight and hot weather, so it doesn't make sense to confuse the sleeping cycle of their residents.



Recipe Corner ...

Cranachan

Almost all Celtic countries have a dessert that's a variation on this theme: cream, oatmeal, honey, fruit, sometimes nuts, and the local firewater — in this case, Irish whiskey.

- ♣ 1/3 cup flaked almonds
- ♣ 2/3 cup oatmeal
- ♣ 1-1/4 cup whipping cream or heavy double cream
- ♣ 4 tablespoons honey, to taste
- ♣ 4 tablespoons Irish whiskey
- ♣ 1 tablespoon lemon juice
- ♣ Raspberries

Toast the almonds and oatmeal in a dry frying pan until golden. Whip the cream in a bowl: stir in the honey and whiskey. Fold in the almonds and oatmeal, and finally the lemon juice. Serve in tall glasses, garnished with raspberries.

Irish proverb

It is often that a person's mouth broke his nose.



Music Involvement Month

Q. Where was Tin Pan Alley?
It was in the New York area of 28th Street between Broadway and Fifth Avenue. In the late 1800's, pedestrians could hear the tinny sound of cheap pianos up and down the street as songwriters pounded out song after song for the entertainment trade, so it became known as Tin Pan Alley.

Q. What piece has sold the most sheet music?
"Yes, We Have No Bananas." Remember that one?

Q. What's the bestselling single recording of all time?
Elton John's tribute to Princess Diana, "Candle in the Wind 1997," with over 30 million copies sold.



Irish Proverb

If you want praise, die.
If you want blame, marry.

Luck o' the Irish Month Word Search

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

REEL	BLARNEY	ST. PATRICK	BAGPIPE
DUBLIN	STONE	CHANGLING	LIMERICK
CELTIC	EMERALD	LEPRECHAUN	FLUTE
DANCE	GREEN	HORNPIPE	FIDDLE



The Stolen Child

We foot it all the night,
 Weaving olden dances,
 Mingling hands and mingling glances
 Till the moon has taken flight;
 To and fro we leap
 And chase the frothy bubbles,
 While the world is full of troubles
 And is anxious in its sleep.



~WB Yeats, (excerpt)

It's Springtime!

“It is spring again. The earth is like a child that knows poems by heart.”

~ Rainer Maria Rilke

“It's spring fever. That is what the name of it is. And when you've got it, you want — oh, you don't quite know what it is you do want, but it just fairly makes your heart ache, you want it so!”

~ Mark Twain

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