Special Events in August

- Thursday, August 1: Back-To-School Bingo, 6 pm
- Wednesday, August 7: KC Crafty Arts and Crafts, 2 pm
- Friday, August 9: James Bingo, 2 pm
- Monday, August 12: Resident Council Meeting, 2 pm
- Wednesday, August 14: KC4222 Elders Birthday Bash, 2 pm
- Thursday, August 15: Volunteers Bingo, 2 pm
- Friday, August 16: Ms Gros Bingo, 2 pm
- Tuesday, August 20: Take-Out Tuesday, 11:30 am

*If you would like your loved one to order from The Big Easy for Take-Out Tuesday, August 20th, please see Melody Robinson by Friday, August 16th.*

- Wednesday, August 21: Glitter & Gold, 2 pm
- Thursday, August 22: Snow Ball Day, 2 pm
- Thursday, August 22: Kiwanis Club Bingo, 6 pm
- Saturday, August 24: Bingo in Memory of R. Hebert and E. LeBlanc, 2 pm
Sleep Issues and Sundowning

People with Alzheimer’s and dementia may have problems sleeping or behavioral problems that begin at dusk and last into the night (known as sundowning). Scientists don’t completely understand why sleep disturbances occur with Alzheimer’s disease and dementia. As with changes in memory and behavior, sleep changes somehow result from the impact of Alzheimer’s on the brain.

Some studies indicate as many as 20 percent of persons with Alzheimer’s will experience increased confusion, anxiety and agitation beginning late in the day. Others may experience changes in their sleep schedule and restlessness during the right. This disruption in the body’s sleep-wake cycle can lead to more behavioral problems.

Factors that may contribute to sundowning and sleep disturbances include:
- End-of-day exhaustion (both mental and physical)
- An upset in the “internal body clock,” causing a biological mix-up between day and night
- Reduced lighting and increased shadows causing misinterpretations and confusions
- Reactions to nonverbal cues of frustration from caregivers who are exhausted from their day
- Disorientation due to the inability to separate dreams from reality when sleeping
- Less need for sleep, which is common among older adults

Coping strategies for sleep issues and sundowning:
- Keep the home well lit in the evening. Adequate lighting may reduce the agitation.
- Make a comfortable and safe sleep environment with nightlights, comfortable temperature, door sensors.
- Maintain a schedule with regular routine of meals, waking up, and going to bed.
- Avoid stimulants such as alcohol, caffeine, nicotine, and possibly television which can be stimulating.
- Plan more active days. Discourage napping and plan more challenging activities such as doctor appointments, trips, bathing in the morning or early afternoon. Encourage regular daily exercise but no later than four hours before bedtime.

WE LOVE OUR VOLUNTEERS!

We know how busy you are! Many thanks and much appreciation for all you do to help us out

- KC Crafty
- KC 4222
- WHCC Choir
- James Family
- Glitter & Gold
- Ms Gros Family
- Ms Millet Family
- Ms Matherne Family
- Kiwanis Club
- R. Hebert & E. LeBlanc Family
- Sr. and Jr. Volunteers
- All those who have donated their time
Who was St. Peter?

Peter, who was also known as Simon Peter of Cephas, is considered the first Pope. Despite his papacy, Peter had humble beginnings and became one of the Twelve Apostles of Jesus. He was named the head of the Christian church by Jesus when he said: You are Peter and, on this rock, I will build my church. And the gates of the underworld can never overpower it.

Peter was a native of Bethsaida, near Lake Tiberias, and was the son of Jonah. He and his brother Andrew were fishermen on Lake Genesareth. The Bible chronicles when the brothers met Jesus in Luke chapter 5: Put out into deep water ... And when they had done this, they netted such a huge number of fish that their nets began to tear. Jesus said to Simon, do not be afraid; from now on it is people you will be catching. Peter followed Jesus and his life was changed forever.

Though he was one of the first disciples called to follow Jesus and eventually became the spokesman for the twelve, Peter is known for his little faith and denial of Jesus.

Peter had to be rescued by Jesus when be became afraid of sinking while walking on the water because he lacked enough faith to finish the walk. Peter then denied knowing Jesus on the night of Jesus’ arrest when he became fearful of the Jews.

Following Christ’s crucifixion and resurrection, it was Peter who first entered the empty tomb. It was described in Luke 24:12 that when Peter heard Mary of Magdala, Joanna, and Mary, the mother of James, claim Jesus’ tomb was empty, he "went off to the tomb, running. He bent down and looked in and saw the linen cloths but nothing else; he then went back home, amazed at what had happened."

After the resurrection, Jesus appeared to the disciples several times. On one of Jesus’ appearances, Peter is given three chances to admit his love for Jesus. Peter was asked by Jesus if he loved him and on each of those times Peter said yes.

Jesus offered Peter three chances to follow Him and with the three confirmations of love, Peter was able to balance his three previous denials.

In the time following Christ’s Ascension, Peter stood as the unquestionable head of the Apostles, which the book of Acts clearly describes. He went on to appoint the replacement of Judas Iscariot, he spoke first to the crowds that had assembled after the descent of the Holy Spirit at Pentecost, he was the first Apostle to perform miracles in the name of the Lord.

Peter was instrumental in bringing the Gospel to the Gentiles. He baptized the Roman pagan Cornelius, and at the Council of Jerusalem gave his support to preach to Gentiles, thereby permitting the new Church to become universal.

In 1950 human bones were discovered beneath the altar of St. Peter’s Basilica and many claimed they belonged to Peter. After much debate in Rome, in the 1960s, discarded debris from the excavation beneath St. Peter’s Basilica were re-examined and were identified as the bones of a male human. This discovery caused Pope Paul VI in 1968 to announce they were likely to belong to the Apostle Peter. On November 24, 2013, Pope Francis revealed the relics of nine bone fragments for the first time in public during a Mass celebrated at St. Peter’s Square.

While Peter’s chief feast day is June 29, he is also honored on February 22 and November 18. In liturgical art, he is depicted as an elderly man holding a key and a book. His symbols include an inverted cross, a boat, and the cock.

There is so much more that can be said about St. Peter, but this gives a small picture of the saint who the Christian church is built upon. If you have additional questions please feel free to ask me about your concerns.
HAPPY BIRTHDAY!

RESIDENT AND STAFF BIRTHDAYS THIS MONTH

RESIDENTS
Lucien Oubre 08/03
Warren Roache 08/06
Waldon Sculthorp 08/07
Rogelio Ventura 08/23

STAFF
Darlene Montgomery 08/02
Dominica Smith 08/04
Blanche Fernandez 08/06
Takisha Wright 08/06
Olander Alexander 08/07
Ivory Legania 08/09
Lafondra Patterson 08/12
Charlette Wilson 08/13
Anita Davis 08/14
Semaj Mathis 08/14
Cherell Wilson 08/15
Deidre Jones 08/16
Daniel Reynolds 08/16
Elaine Shaw 08/17
Quarnetta McGowan 08/22
Levi Mitchell III 08/22
Tyan Thomas 08/23
Nancy Rivette 08/24
Winifred Duckworth 08/25

We congratulate our employees on their years of service!

😊 Darlene Montgomery 32 years
😊 Beverlee Daisy 19 years
😊 Lillian Williams 17 years
😊 Octavia Fennidy 16 years
😊 Kerry Holmes 15 years
😊 Lisa McKay 13 years
😊 Michele Matthew 9 years
😊 Tracy Tobias 5 years
😊 Ivory Legania 5 years
😊 Joshua Barnes 3 years
😊 Marcus Hill 2 years

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.

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

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 3666.

ADMINISTRATIVE STAFF
Michelle R. Matthew, LNHA/MSW, Administrator
Octavia Fennidy, RN, Nursing Director
Shelia Joseph, BS, MBA, Dietary Director
Chantella Sculthorp, Rehabilitation Director
Darryl Stevens, Jr., Plant Director
Deacon Daniel Reynolds, Pastoral Care
Thelia Jordan, Housekeeping/Laundry 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