



August 2017

SU	MO	TUE	WE	TH	FRI	SAT
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		

The Front Desk staff is proud to deliver to you the daily events and happenings around Lambeth House on the Magic Box closed circuit TV. Tune in to channel 1960 on your television for the latest updates. Refer to the monthly calendar for details and weekly calendar for updates to the monthly calendar.

Month In View Events

Sign-up in the Resident Business Center for outings.

Don't forget to check your personal schedule before committing to an event.

For season ticket subscriber events you are responsible for purchasing your own tickets; other various monthly events can be purchased on your behalf and billed to you on your monthly statement. If you have any questions regarding this policy contact Jeanne Bell at 872-9715.

Monday Jul 31, 2017

12:30p-2:30p

▶ **Ikebana Class with Katie Arimura** (Art Studio) No supplies required.

3p - 4:30p

▶ **WHAT ARE THE HEALTHCARE BENEFITS OF BEING A LIFECARE RESIDENT AT LAMBETH HOUSE?** Take a WALKING TOUR with Regan of MARTIN'S LANDING (Assisted Living), ST. ANNA'S AT LAMBETH HOUSE (Nursing Care) and MERCER'S WAY (Memory Care) to learn the details of being a LifeCare Resident. Please meet on the 1st floor in the Martin's Landing Lobby at 3:00 p.m. for an overview of the transition process, after which the tour will begin. Questions can be asked as you walk through each continuum of care. The conclusion of the tour will be on the 3rd floor of St. Anna's where you can sample a special treat that is served to residents daily, please sign up in the R.B. C.

Thursday Aug 3, 2017

7:20p - 10:30p

▶ **Gypsy** (Dixon Hall) Presented by Tulane Summer Lyric Theater. *Gypsy* is loosely based on the memoirs of Gypsy Rose Lee. Adapted for the stage by Julie Styne (music), Stephen Sondheim (lyrics) and Arthur Laurents (book), with classic songs like "Everything's Coming Up Roses", "Let Me Entertain You", "Some People" and "All I Need is the Girl". Ticketholders sign-up in the R.B.C.

Friday Aug 4, 2017

11:30a - 1p

▶ **Gourmet Deli Lunch** (Coffee Bar) UMM UMM Delish! Gourmet Deli Sandwich with chips, soft drink and pickles. \$6 funds benefit the Annual Employee Holiday Party. Thank you for your contribution!!!

Monday Aug 7, 2017

3p - 4p

▶ **Birthday Celebration** (Coffee Bar) Come and sing happy birthday to our very special residents born in August and share a piece of cake!

Friday Aug 11, 2017

- 11:45a - 2:15p ► **COOLinary Lunch at Patois** (6078 Laurel St.) Born in New Orleans, Executive Chef Aaron Burgau, began his culinary career working with some of the city's most honored chefs, including James Beard Award-winning Susan Spicer, and local legend, Gerard Maras. In 2006, he became the Executive Chef at Bank Café, and that same year was named one of the Top 5 "Chefs to Watch" by *Louisiana Cookin' Magazine*. In 2007, he partnered with longtime friend and entrepreneur Leon Touzet, to open Patois. Patois' menu reflects Chef Aaron's commitment to fresh, locally sourced ingredients in classic French cuisine with a patois, or local accent. The menu is not available yet. Look for it with the signup sheet.

Monday Aug 14, 2017

- 11:30a - 2:30p ► **COOLinary Lunch at Mr. B's Bistro** (201 Royal Street) Mr. B's Bistro, a New Orleans restaurant famous for its Creole cuisine with a focus on fresh regional products, is located in the heart of the French Quarter. operated by Cindy Brennan, is the known for signature dishes as Gumbo Ya Ya, Barbequed Shrimp, Bread Pudding with Irish Whiskey Sauce. This is an example menu, Mr. B's changes its menu every week. First Course choice of Soup du Jour or Luncheon Salad; Second Course choice of Pasta Jambalaya Gulf shrimp, Andouille sausage, oven-roasted duck and chicken morsels, tossed with fettuccine in a rich buttery sauce or Creole Catfish Cornmeal crusted fillet of catfish served with creamy black-eye peas seasoned with Andouille sausage \$20; plus Weekday Cocktail Specials \$1.50 Martinis, Bloody Marys and COOLinary Cocktail.

Wednesday Aug 16, 2017

- 2:30p - 3:30p ► **Plum St. Snoballs** (Wild Azalea Cafe and Lobby)

Thursday Aug 17, 2017

- 4p - 5p ► **Computer Help with Blake Hamm** (Media Room) If you need help with your computer/iPhone/iPad drop by the Media Room. If you don't have any specific needs, stop in and listen, surely you will pick up on something you do not know.
- 7:30p - 8:30p ► **Crescent City Big Band** (Auditorium) After dinner, come hear the Crescent City Big Band play some favorites from the Swing Band era, music that will remind you of that carefree period in your life and dance if you are "In the Mood".

Wednesday Aug 23, 2017

- 5:15p - 8:15p ► **COOLinary Dinner at Broussards** (819 Rue Conti) Broussard's, a true New Orleans treasure, first opened its doors in 1920, when Joseph Broussard, a renowned local chef, married Rosalie Borrello. The couple moved into the Borrello family mansion on Conti Street (built in 1834) where the restaurant still stands. The couple worked tirelessly to create and maintain the five-star, family-run restaurant that still lives on. At his restaurant, Broussard combined the excitement of local Creole cooking with traditional French dishes inspired by his formal Parisian culinary training. During COOLinary month your three course meal has been reduced to \$19.20 for you to taste these delectable delights. First Course choice of Crispy Shrimp Toast creole tomato glaze and smashed potato salad or Chef's Summer Soup Selection; Second Course choice of Grilled Pork Tenderloin creole mustard cream sauce, haricots verts almandine or Pan Roasted

Gulf Fish parmesan herb butter + warm salad of creole tomatoes, asparagus, cremini mushrooms; Third Course choice of Summer Sorbet fresh fruit and house made cookies or Chef Inspired Warm Bread Pudding; \$19.20

Thursday Aug 24, 2017

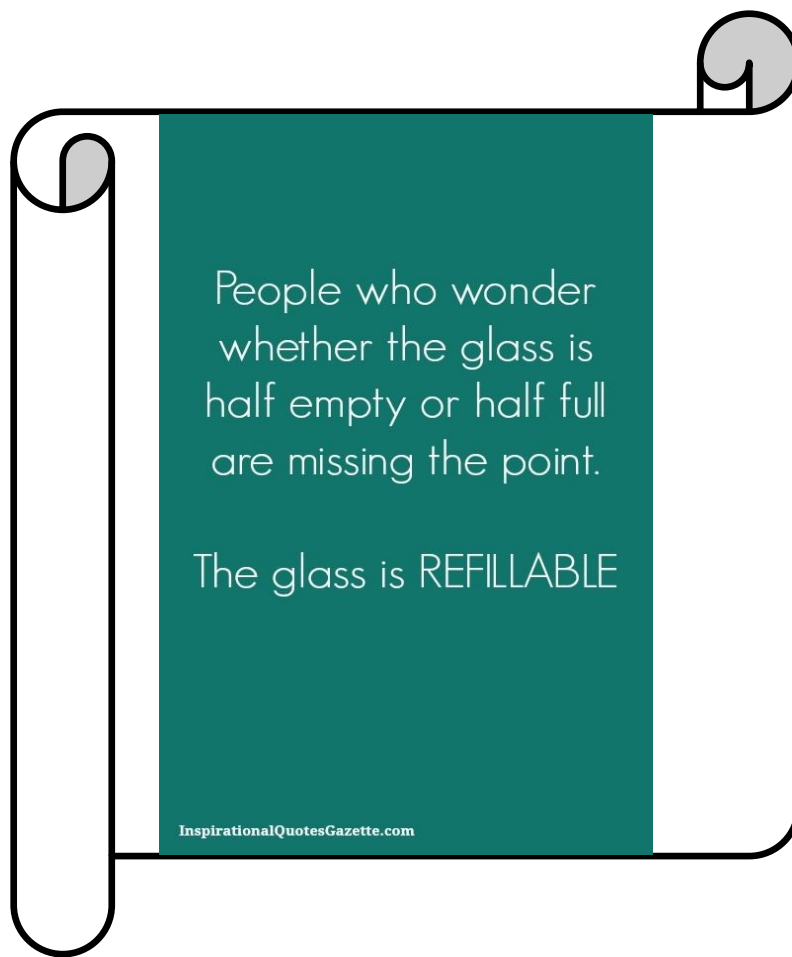
- 1p - 2p ▶ **Hearing Clinic by Appointment** (2nd floor Exam Room) Melody Benedic-Walsh, Au.D., CCC -A, Clinical Audiologist from New Orleans Speech and Hearing Center holds 4 - 15 minute appointments for hearing aid programming and repairs, charges will be based on your particular needs; the appointment sheet is located in the R.B.C.
- 2p - 2:30p ▶ **Drop in Hearing Clinic** (2nd floor Exam Room) Melody also provides complimentary hearing aid cleaning, help to operate hearing devices and discuss hearing concerns, evaluations and hearing aids. Hearing tests cannot be conducted at Lambeth House.
- 4p - 5p ▶ **Town Hall** (Auditorium) During this monthly meeting we will go over pertinent business that pertains to resident life at Lambeth House. Everyone is encouraged to attend and have a chance to win a bottle of wine or box of specialty peanuts. If you miss the meeting, the minutes are recorded and can be found in a blue binder in the Library.

Monday Aug 28, 2017

- 3p - 4p ▶ **Crescent City Chamber Music Ensemble** (Auditorium) The Crescent City Chamber Music Festival is an outreach/mission-based festival presented by Artistic Director Luke Fleming and the Manhattan Chamber Players in New Orleans. For their second season, CCCMF has partnered with Tulane University, Rayne Memorial United Methodist Church, Urban South Brewery, WWNO, Classical 104.9, and Make Music NOLA, all local organizations committing to bringing amazing chamber music to New Orleans. Lambeth House is thrilled to have been chosen as a location for these musicians to provide a classical performance of the highest level.

Thursday Aug 31, 2017

- 11:30a - 2:30p ▶ **COOLinary Lunch at Cafe Degas** (3127 Esplanade Ave.) Café Degas was named after the 19th century French Impressionist, Hilaire Germain Edgar Degas, who in 1872 visited New Orleans and stayed for a short time down the street at 2306 Esplanade Ave. French artist and restaurateur, Jacques Soulas, came to New Orleans in 1980, and with his friend Jerry Edgar decided to build a restaurant that would be reminiscent of his homeland, and where diners could experience French Bistro atmosphere (with a New Orleans touch). They chose the current location for old historic charm, the area's artful and picturesque appeal. Come experience all of this with their \$20 two course menu. Following is an example menu, as Café Degas changes its menu daily. First Course choice of Creole Tomato and Mozzarella Salad or Chilled Leek & Potato Vichyssoise; Second Course choice of Seared Hanger Steak & Pommes Frites with Garlic Bordelaise Sauce or Sautéed Atlantic Salmon with Saffron Couscous, Baby Carrots, Bok Choy with Red Pepper Beurre Blanc



RELIGIOUS SERVICES IN THE 1ST FLOOR CHAPEL (EXCEPTIONS NOTED)

Mondays	10:00am	Catholic Mass followed by 10:30 Recitation of the Rosary and Communion Service alternating every other Monday
Mondays		Presbyterian Services are on break for the summer
Tuesdays	11:00am	Episcopal Eucharist followed by lunch in the Wild Azalea Café
Tuesday	8/1 4:00PM	Interfaith Service led by Julie Nice, St. Charles Ave. Presbyterian Church
	8/29 4:00pm	Musical Interfaith Service led by Kimberly Mouledoux, St. Martin's Episcopal Church (once a month)
	8/15 4:00pm	Brian Blair of Williams Boulevard Baptist Church will lead a Devotional and Sing-a-long (once a month)
Wednesdays	1:00-4:00pm	Chaplain Kathleen Bertin will meet with residents by appointment, 865-1960 extension 302
Thursdays	10:00am-4:00pm	Chaplain Kathleen Bertin will meet with residents by appointment, 865-1960 extension 302
Thursday	8/10 1:30pm	Shmoozing with the Rabbi
Fridays	10:30am	Catholic Mass followed by Recitation of the Rosary at 11.
Fridays	5:00pm	Shabbat Service with various leaders
	8/4 5:00pm	Rabbi Robert Loewy, Congregation Gates of Prayer

Please notify the Chaplain if you would like the Sacrament of Reconciliation or the Sacrament of the Sick.

Newcomer's Table

Each Friday evening a Host or Hostess will invite new residents to sit at the Newcomer's Table. Please volunteer to be a Friday evening Host or Hostess on the signup sheet in the Resident Business Center, someone from the Welcome Committee will contact you. Questions, contact Lelia Schumacher the facilitator, 895-8721 home or 450-5462 cell. Participants are encouraged to bring a bottle of wine to share with the table.

FOR YOUR DINING PLEASURE . . .

Continental Breakfast Daily from 7:30 – 9 a.m. in the Coffee Bar. Complimentary continental breakfast is provided seven days a week! It is a great time to socialize and enjoy a cup of coffee with your neighbors!

First Floor Dining Room Daily - Lunch hours: 11:30 a.m. – 1:30 p.m. or Dinner hours: 5 – 7 p.m. **Check channel 1960 for the daily Dining Room menu and Café special.** The complete Dining Room menu is located on the board outside of the Dining Room and at the Front Desk for you to read.

Guidelines for Takeout Service To place “to go” orders or have meals delivered for a \$5 charge, pickup one menu for each person placing an order from the Front Desk, fill out the form and circle the items you want and return to the Front Desk no later than 11 a.m. for lunch and 4 p.m. for dinner. This is a limited item menu, you will only have access to the full menu if you dine in the Dining Room. Pick up meals will be placed on a table in the employee breakroom adjacent to the elevator with your name on it after 11:30 a.m. for lunch and 5 p.m. for dinner. If you are sick, meals can be delivered for three consecutive days at no charge. Take out trays must be returned to the kitchen.

Wild Azalea Café Tuesday through Saturday, serving complementary coffee and made to order breakfast from 7–10:30 a.m. and lunch from 11:30 a.m.—2 p.m. To place to go orders, call the Front Desk at 865-1960 and ask for Café extension 303 (no delivery available).

MORE ABOUT FOOD AND DRINK!

B.Y.O.Beverage to “Monday Meetings”:

Join fellow residents at 5 p.m. in the Penthouse Suite on Monday before dinner. Bring your favorite before dinner libation and enjoy great company!

Crescent City Farmers Market: Tuesdays from 9 a.m.—1 p.m., take the short walk along Broadway towards St. Charles Ave., turn left into the Tulane parking lot headed towards Leake Ave. Vendors have beautiful flowers, hot

lunches and a wonderful selection of fresh produce and homemade goodies!

Happy Hour: Most Fridays from 4:30—5:30 p.m., in the Coffee Bar. Enjoy a glass of wine, cocktail or non-alcoholic beverage before dinner.

Second Harvest Food Bank: a collection box is located in the Resident Business Center for your donations, which get's dropped off periodically during the year.

SHOPPING

Alternating trips to Winn-Dixie and Rouses supermarkets on Tchoupitoulas are scheduled on Tuesdays. Independent Living residents are invited to join Assisted Living during their afternoon grocery outings (AL shopping is subject to change or cancellation due to weather and other conditions). Please meet at Martin's Landing prior to departure time. Whole Foods now makes a weekly delivery on Fridays. Your insulated bag with order form are due on Wednesdays, see Jeanne about registration for this service. There are also alternating monthly trips to Dorignac's and Trader Joe's and a monthly visit to Wal-Mart on Jefferson Highway. Trips to a local mall are scheduled most months.

Tuesday, August 1, 9am, Rouses
 Tuesday, August 8, 9am, Winn-Dixie
 1:45pm Rouses with AL
 Tuesday, August 15, 9am, Rouses
 1pm Walmart
 Tuesday, August 22, 9am, Dorignac's
 1:45pm Winn Dixie with AL
 Tuesday, August 29, 9am, Rouses
 Wednesdays before 3:30pm Whole Foods orders due at Front Desk
 Fridays between 12:30pm—6pm pick up Whole Foods delivery from Front Desk

Fitness Classes in the Exercise Studio of the Wellness Center (exceptions noted)

The Wellness Center is staffed Monday – Friday, 8am – noon and 1 - 4:30pm. For Personal Training and a Fitness Assessment, call Greg Taylor at extension 305 or John McElree at extension 304 to set up an appointment in the Fitness Gym.

Monday, Wednesday, Friday

7:00am Walk in the Park meet at the Front Desk

8:45am Total Body Training Participants experience a variety of different standing and seated exercises to improve strength, endurance, and mobility, using body weight, hand weights elastic bands, and balls.

10am Strength and Mobility Training Exercise using resistance bands and hand weights.

10am Aquatic Aerobic and Strength Exercise (Natatorium)

Tuesday, Thursday, Saturday

8:00am Intermediate Yoga This class represents a progression in difficulty from the regular 9:00 yoga class. (Thursday only)

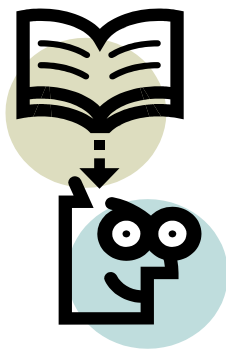
9:00am Yoga Designed to unite mind, body, and spirit, yoga employs the performance of

poses or postures, (primarily from standing or floor positions) each of which has specific physical benefits, including strengthening muscles, improving flexibility, improving balance and postural control, and reducing stress. (Tu., Th. & Sat.)

10:00am Balance and Fall Prevention Participants are guided through a variety of fun activities designed to improve static and dynamic balance, promote good posture, and develop better awareness of body position. (Tuesday only)

10:00am Tai Chi meditation in motion, employs a series of flowing movements performed in a slow, focused manner and accompanied by deep breathing, promoting better posture, balance, strength, flexibility, and stress reduction. (Thursday only)

11am Line Dancing (Auditorium, Thursday only)



If it's books and discussions you like...

New Orleans Public Library Book Pickup and Delivery meets every three weeks on Mondays from 4–4:30 p.m. in the Media Room. A representative from the library will bring books based on your interest and specific requests. You can email Aimé (this is her correct spelling) directly with your requests at alohmeyer@nolalibrary.org or drop Jeanne a note. **The August visits will be on 8/7 and 8/28.**

Educational Programing and Discussion led by Dorie is held on Tuesday mornings at 11 a.m. in the 4th floor Activity Room. Resources include TED Talks, PBS Channel, Smithsonian, Nova, any other educational documentary program.

Great Ideas of Philosophy on Tuesdays at 3 p.m. in the Media Room. Grasp the important ideas that have served as the backbone of philosophy across the ages. Thirty minute video lecture followed by a discussion.

A Book of the Month Discussion Usually held on the first Wednesday of the month at 12 noon in the Media Room with Dianne Schlosser. The discussions will be conducted over lunch. Reservations are required by the **Monday** before. On break in August, the next discussion will be on **September 5, *A Gentleman in Moscow* by Amor Towles.**

The History of World Literature facilitated by Dorie Deats on Wednesdays at 4:15 p.m. in the 2nd floor Multipurpose Room. The lectures series by Professor Grant Voth will take you on a journey through time and around the world—from the enormous auditoriums of Ancient Greece, to the dazzling courts of Classical China and Japan, to the prison camps of Stalinist Russia, to a quiet study in the home of a 19th-century New England spinster. You'll sample brilliant masterpieces that reflect humanity's deep need for self-expression.

The Wisdom of History on Wednesday and Fridays at 2 p.m. in the Media Room. Do the lessons passed down to us by history, lessons whose origins may lie hundreds, even thousands of years in the past, still have value for us today? Thirty minute video lecture followed by a discussion.

ON THE BIG SCREEN

Saturday and Sunday Matinees are in the Auditorium at 2 p.m.

The Movie Committee sponsors a Sunday night viewing event in the Media Room at 7:15pm—During the month of August we will wrap up Audrey Hepburn classics, followed by Jane Austen's *Death Comes to Pemberly* and documentary *The Ghost Army*, which tells the history of the secret U.S. Army unit that operated in the final stages of World War II in the fight against German troops in various parts of Europe. They used a combination of visual, sonic and radio deception to convince the enemy of the presence of specific Army units that were in fact operating elsewhere. The unit included a large number of visual artists and designers, materials employed in the 23rd Army Headquarters Special Troops' operations included decoys such as inflatable rubber tanks and jeeps as well as powerful loudspeaker trucks playing sound recordings of troop activity.

A miniseries is shown on Wednesday evenings at 7:15 p.m. in the Media Room—the current series is *Foyle's War* Set in the English coastal town of Hastings during World War II, this compelling crime drama follows police inspector Christopher Foyle, who discovers that crooks don't stop for anything - not even war.

Opera or ballet will be viewed at 2 p.m. on Thursdays in the Media Room.

*It's all in the game - bored?
Play games!*

The **Card and Game Room** is located on the 1st floor next to the Resident Business Center, stocked with cards and games for your use any time of the day or evening. Get a group together and play bridge, UNO, Rummikub, Yahtzee or Scrabble. A list of interested players is posted. If you would like to reserve a table, contact Jeanne at 872-9715.

Puzzles: A temporary table has been installed in the Media Room. Extra puzzles are located in the cabinet at the back of the Auditorium.

Scrabble: To keep your brain working, a giant scrabble board is located at the table overlooking the Patio!

Saturday Bridge: 10 a.m. in the Card &

Game Room, get together with Lambeth House bridge players. Arrive before 10 a.m. and sign-in. Tables will be assigned at 10 a.m. If there are not enough players to complete a table the last to arrive will not be able to play. Cards, score pads and pencils are provided. Weekly winner(s) will be posted on the bulletin board in the game room.

Saturday Rummikub: 2 p.m. in the Card and Game Room. Get together with Lambeth House players.

Bocce, Turtle Toss and Shuffleboard

games: If anyone would like to get a group together for some friendly competition and play any of these games let John McElree know and he can set you up!

ART NEWS

Art on View: As you roam the first floor hallways of both buildings enjoy displays of resident artists' works and resident collectors' pieces.

July 13-October 8
Orient Expressed

Needle Arts: If you enjoy needlework, please join the group for their weekly gathering in the Coffee Bar at the table near the Library on Mondays from 1 until 2:30 p.m.

Art Class: Charlene Vernotzy, who is well versed in a lot of different mediums, conducts a weekly class on Tuesdays from 10 a.m. until 12 noon in the Art Studio. This class is all about having fun and trying something new, so walk over and give it a try. Art students current works will be hung in the Studio for one month, stop by and enjoy.

Charlene is also conducting a Drawing Course at 11am until 12noon. Materials are available if wish to take lessons.

Art Appreciation Group: Meets in the fourth floor Activity Room at 3 p.m. on Wednesdays. Currently we are appreciating *A History of European Art*. We all have our favorite artists, periods, or styles, but do you truly know the full sweep of European art? Can you connect the dots of influences and inspiration that link the Renaissance with Mannerism, or that tie the paintings of the creator of modern art, Edouard Manet, to masterpieces from centuries earlier? In this series of lectures you will encounter all the landmarks you would expect to find in a comprehensive survey of Western art since the Middle Ages; but you will also find works that are completely new to you.

Medical Services & More

Business Office: M-F 10 a.m.-12 noon & 2-4 p.m.
Cashed checks up to \$100, purchase postage, send faxes, mail packages via USPS or FedEx.

Blood Pressure Service: contact Debbie Godsey at 865-1960 extension 103 to have yours taken.

Dentist: Dr. Scott Cefalu performs simple cleanings at a charge of \$100 for residents unable to visit their own dentist. Contact Jennifer Credeur at extension 119 to request a visit, A minimum of 10 residents is required to schedule his visit.

Dermatologist: Dr. Diane Rose visits Lambeth House on the third Tuesday of the month from 3 – 5 p.m. in the 2nd floor Exam Room across from the Nurses Station. To schedule an appointment contact Germaine Gibson, 865-1960 extension 149. This practice does not accept People's Health (Choice 65) insurance.

Hearing Clinic: Melody L. Benedic-Walsh, Au. D. CCC -A, Clinical Audiologist from N.O. Speech & Hearing is available on the fourth Thursday of the month, in the 2nd floor Exam Room. By appointment from 1 - 2 p.m., four 15 minute spots are available for hearing aid programming, hearing aid repairs and batteries (some hearing aids are proprietary and cannot be repaired by Melody). Charges are based on your particular needs. Please sign up in the R.B.C. Drop in between 2 – 3 p.m., to this free clinic where Melody conducts hearing aid cleanings and checks; consultations for residents who have questions about hearing, evaluations, and/or hearing aids; assistance on operating hearing devices, et cetera. Hearing tests are not conducted at Lambeth House.

Manicures & Pedicures: Lorraine Hester takes appointments in the 1st floor Salon or in your apart-

ment. Salon visits: \$20 manicure, \$45 Pedicure. Apartment visits: \$25 manicure, \$50 pedicure. To schedule your appointment call Lorraine at 452-4441.

Massage Therapy: Katy Trumble, Nationally Board Certified and State Licensed, is available by appointment on Monday-Friday, 10 a.m.-5 p.m., in the Massage Therapy Room within the 1st floor Salon or can come to your apartment. Call (504) 654-9801 to schedule personalized treatments tailored to your needs.

Physical Therapy: Triton Healthcare at Lambeth House is on the 2nd floor in the Therapy Room. Physical therapy, occupational therapy and speech therapy are available. To make an appointment call (504) 866-7495.

Podiatrist: Dr. Melanie White is available for appointments on the second Thursday of the month from 1:30—3 p.m. in the 2nd floor Spa Room by the Nurses Station. Schedule your appointments by the first Thursday of the month for Dr. White with Germaine Gibson at 865-1960 extension 149.

Sewing & Ironing Service: Honey Tobin will meet you in the Art Studio on Wednesdays between 10 a.m. and 12 noon for a simple hem, button or seam repairs. If you need services which require a fitting, call Honey at (803) 487-2896 and she will coordinate an appointment, pick up your items the next week or let her know ahead of time if you cannot make it.

Sewing Machine: There is a basic model, Singer sewing machine located in the Art Studio. If you have questions, Jeanne will be happy to assist. Thread and bobbins are not provided.

If you are musically inclined join the Choral Group

The Choral Group practices on most Thursdays around 3 p.m. in the Auditorium, except on weeks with Town Hall. Anyone who wishes to make a joyful noise is encouraged to participate, put a note in pigeon hole #703 for a songbook. **Currently on break for the summer.**

A note from your Resident Council

If you have something you would like to bring to the attention of the Resident Council please drop a note in pigeon hole #1113 and someone from the Council will respond.