

# SAVE THE DATES

## FUTURE EVENTS PLANNED:

SEAFOOD BOIL-----JUNE 5, 2014

BONCO-----JULY 31, 2014

BARBECUE BUGALOO -----SEPTEMBER 11, 2014

ANNUAL MEETING -----DECEMBER 4, 2014

**Come out and join us at the planned future events. We'd love to see you.**

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## GOOD THOUGHTS:

1. Life isn't fair, but it's still good.
2. When in doubt, just take the next small step.
3. Life is too short to waste time hating anyone.
4. Your job won't take care of you when you are sick. Your friends and family will. Stay in touch.
5. Pay off your credit cards every month.
6. You don't have to win every argument. Agree to disagree.
7. Cry with someone. It's more healing than crying alone.
8. It's OK to get angry with God. He can take it.
9. When it comes to chocolate, resistance is futile. Why fight it?

**POINT OF INFORMATION:**

Due to the shortage of shrimp at this time, there is a possibility that crawfish will be served instead of shrimp. We will not know if shrimp will be available, and won't find out until right before the event. If at all possible, we will be serving shrimp. We do not want to cancel the event, so we are exploring all avenues. Please bear with us as we try to solve the problem to the best of our abilities. You may call any of the board members to find out the latest on the situation right before the event. Please don't let this stop you from joining us in fellowship, laughter and fun.

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**2014 JPRPEA OFFICERS**

Rodney de la Gardelle – President

Ned Pitre – Vice-President

Georgia Cloy – Secretary

Peggy Guccione – Treasurer, Newsletter Editor

**2014 Board**

Joy Armstrong

Gwen Bolotte

Carolyn Capdeville

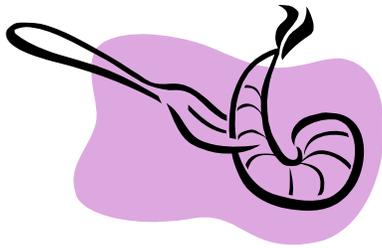
Maurice Charles

John Comfort

Cynthia Hebert

Jacqueline Marsh

Linda Roy



**Time to gather for our.....**  
**ANNUAL SUMMER SEAFOOD BOIL**  
**THURSDAY, JUNE 5, 2014**  
**12:00 NOON**

**LOCATION: *The ITALIAN-AMERICAN SOCIETY OF JEFFERSON'S HALL, 1910 MONROE ST., GRETNA***

(Entrance on Porter Street between Monroe & Franklin Avenues – two blocks off the WB Expressway, Gretna)

**Event Costs are: \$15.00 per member & \$15.00 per guest (only one guest per member).** The event includes boiled seafood, sodas & dessert. Alcoholic beverages will not be served. And, as usual, we will **collect non-perishable food items** and **check donations payable to** the Second Harvest Food Bank. Your participation is appreciated but not required to attend.

**REMEMBER:**

**Annual Membership Dues (\$10.00) are due in June and will be collected at the door.** If you like, you can pre-pay your dues when you return the form below. Your new card will be at the registration table on the day of the event. *If you do not plan to attend*, please mail your annual dues of **\$10.00**, payable to the **Association of Retired Public Employees, Jefferson Parish**, to P.O. Box 238, Marrero, LA 70073 and your membership card will be sent to you by return mail.

**In order to insure that the appropriate amount of food is purchased for this event, you must PRE-REGISTER. We cannot accept non-registered individuals at the door.**

.....**CUT HERE AND RETURN**.....

**R.S.V.P. If you plan to attend, you must complete this form along with your check payable to the Association of Retired Public Employees, J.P., and mail to P.O. Box 238, Marrero, LA 70073, before May 31st.**

**Member's Name:** \_\_\_\_\_ **E-mail** \_\_\_\_\_

**Member Dues:** \$ \_\_\_\_\_

**Member Event Cost:** \$ \_\_\_\_\_

**Guest Event Cost:** \$ \_\_\_\_\_

**TOTAL AMOUNT ENCLOSED \$** \_\_\_\_\_

## PROTECT YOURSELF FROM SLIPS, TRIPS, AND FALLS.....

### 3 STEPS TO STAY ON YOUR FEET.

STEP 1: Talk about it. People think if they talk about their fear of falling, something bad will happen. Don't keep it inside; talk to someone if you're worried about a fall or if you've fallen.

STEP 2: Examine your surroundings. Falls can happen anywhere and at any time. However, most falls happen late at night when you're rushing from the bedroom to the bathroom. Make sure the path from your bed to the toilet is clear and well-lit. If bladder control is a problem, talk with your doctor about bladder training exercises, medicines, or surgery. Raised toilet seats, grab bars and shower chairs can help reduce your risk of falling while in the bathroom.

STEP 3: Build your strength. Older adults should exercise as much as they're able—especially their lower extremities. Exercises should focus on building strength. Start off slow and build your muscles up. Walking is a great way to get moving. Walking with a friend is even better.

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With time, women gain weight because we accumulate so much information and wisdom in our heads that when there is no more room it distributes out to the rest of our bodies. So we aren't heavy, we are enormously cultured, educated and happy. Beginning today, when I look at my backside in the mirror, I will think, "Good grief, look how smart I am!" This must be where "Smart Ass came from."

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Tomorrow is never promised to anyone, so **dance** until your feet ache, **laugh** until your side hurts. Say **I LOVE YOU** to those you love---- for **tomorrow** may never come.