



2020

**Food for Senior Distribution**  
**Thursday, November 5, 2020 7:30 am - 9:30 am**  
**626 Pine Street Hahnville**



**Catholic Charities**  
Archdiocese of New Orleans

**National**  
**NOVEMBER**  
**DIABETES**  
**AWARENESS**  
**MONTH**



November is  
**Lung Cancer**  
Awareness Month



## Meetings

**November 3, 2020**  
**Executive Board of Directors Meeting 9:30 am**

**November 10, 2020**  
**TRIAD Meeting 9:30 am**

**November 19, 2020**  
**Finance Meeting 8:45 am**  
**Board of Directors Meeting 9:30 am**



*Happy Thanksgiving*

**CLOSED**

**THURSDAY, NOVEMBER 26 & FRIDAY, NOVEMBER 27**

**TUESDAY** ★★★★★  
**VOTE**  
★★★★★ **NOV 3<sup>RD</sup>**

**YOUR**  
 **VOTE**  
**MATTERS**

# Smoking & Lung Cancer

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

air pollution  
 chemotherapy  
 Nicotine  
 Tar

Cancer  
 cigarettes  
 radiotherapy  
 tobacco

carbon monoxide  
 Hoarseness  
 smoking

Chemicals  
 Lungs  
 surgery

*Symptoms of lung cancer are often ignored*



**Persistent cough  
 or change in a  
 persistent cough**



**Coughing up  
 phlegm (sputum)  
 with signs of blood**



**Aches or pains  
 when breathing  
 or coughing**



**Fatigue**



**Breathlessness**



**Loss of  
 appetite**



**Loss of  
 weight**

# Diabetes Foods

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

- BERRIES
- SEEDS
- OLIVE OIL
- BEANS
- BROCCOLI
- TURKEY
- NUTS
- APPLES
- OATMEAL
- CARROTS
- YOGURT
- CHICKEN
- AVOCADO
- BEEF
- BARLEY
- FISH
- MILK
- EGGS

## SYMPTOMS OF DIABETES



Frequent Urination



Always Thirst



Blurry Vision



Extreme Fatigue



Increased Hunger



Sudden Weight Loss



Sensation Of pins & Needles In The Feet

St. Charles Council on Aging, Inc  
626 Pine Street, Suite A  
Hahnville, LA 70057



**St. Charles Council on Aging, Inc.  
Administration Office**



**April Keller, Executive Director**

**626 Pine Street/Suite A  
Hahnville, Louisiana 70057  
Office Hours: 8:00 am – 4:30 pm**

**985-783-6683  
Fax: 985-783-1996  
Monday – Friday**

**Email: [information@stcharlescoa.com](mailto:information@stcharlescoa.com)**

**Website: [www.stcharlescoa.com](http://www.stcharlescoa.com)**

**Reservations for Transportation must be called in the day before by 1:30 pm  
Meal reservations call the center nearest you before 12:30 pm for the following day**

**Home Delivered Meal Distribution Site**

**626 Pine Street/Suite B**

**985-783-1180**

**8:30 a.m. – 1:30 p.m. Monday–Friday**

**Dasha Pierre, Manager**

**New Sarpy Activity Center**

**150 Troxclair Drive**

**985-764-4359**

**8:30 a.m. – 1:30 p.m. Monday–Friday**

**TBA, Manager**

**Luling Activity Center**

**145 Angus Drive**

**985-331-9701**

**8:30 a.m. 1:30 p.m. Monday–Friday**

**TBA, Manager**

**Norco Activity Center**

**149 Apple Street**

**985-725-8006**

**8:30 a.m. – 1:30 p.m. Monday–Friday**

**Keion Smith, Manager**