

FOR IMMEDIATE RELEASE
Tuesday, October 25, 2011

For more information, contact:
Suzanne Whitaker (504) 681-8978

Local Octogenarian Honored by Peoples Health at Saints Game
C.J. Christ of Houma Selected Champion of the Week

Metairie, La. – Peoples Health is thrilled to announce Champion C.J. Christ of Houma, La., was honored at the New Orleans Saints home game against the Indianapolis Colts on Sunday, October 23. C.J. is one of 10 Champions to receive this honor during the 2011 season.

The Peoples Health Champions program was created in collaboration with the New Orleans Saints to recognize the exceptional achievement of area residents age 65 and older.

“Our program celebrates seniors and their greatest achievements,” said Carol Solomon, CEO of Peoples Health. “C.J. exemplifies excellence through his life experiences, which makes him the perfect Champion.”

C.J. Christ served 10 years in the United States military where he flew 23 missions in the Korean War. His experiences in the military have influenced him throughout his life. His driving passion led him to establish the Regional Military Museum in Houma, La., in 2006, where he has served as president, CEO and full-time volunteer ever since. The museum's mission is to honor all veterans, from all service branches and all wars. He enjoys personally greeting visitors and narrating museum tours. Under his leadership and direction, the museum has grown to attract visitors from both the United States and Europe. Just last year, C.J. lobbied tirelessly to pass a \$1.7 million bond issue to support the museum's growth and better showcase its treasures into the future.

C.J. is an experienced lecturer, historian and published author. In 2005, he released his book, *World War II in the Gulf of Mexico*. He is active in the local chapters of the American Legion, VFW and Chamber of Commerce, and is a licensed Coast Guard Captain. Two years ago, he organized and chaired the first annual 4th of July Festival and Parade in Houma.

Many senior recognition programs equate advanced age with diminished capacity and commend individuals for overcoming their age. The Peoples Health Champions program breaks this faulty

thinking. It recognizes the unique capability of seniors to accomplish things now that they would not have been able to accomplish in their youth.

C.J. Crist ... Peoples Health Champion.

About Peoples Health Champions

In collaboration with the New Orleans Saints, the Peoples Health Champions Program honors individuals who shatter the myth that ability diminishes after the age of 65 and who instead prove that excellence is achieved through experience. Nominees must be at least 65 years of age and reside in southeast Louisiana or the Mississippi Gulf Coast. For more information about the program, including details on how to nominate someone as a Peoples Health Champion, visit champions.peopleshealth.com. Nominations can be submitted online, or call (877) 712-7320 for a nomination form.

About Peoples Health

Established in 1994, Peoples Health is a Medicare Advantage organization serving Medicare beneficiaries in southeast Louisiana. The physician-owned company has over 600 employees who help administer and provide a unique approach to wellness, care coordination and support services for plan members. The company is a proud supporter of many social, cultural, athletic and health organizations and holds an accreditation by URAC. For more information about Peoples Health, visit www.peopleshealth.com.

#