

Gretna Senior and Wellness Center

Let's Talk Wellness

September 2017

Upcoming Events

Medication Counseling Program
September - November, 2017

Join us in welcoming Xavier University Pharmacy students for a Medication Counseling Program. With four visits over the course of three months, seniors will learn some overall health tips, including how to manage medications and meal planning. Space is limited, so sign early!

We Had Fun in August!

German Cultural Museum Thursday, August 17

Members of the Gretna Senior and Wellness Center had a great learning experience with friends at the German Cultural Museum before heading to lunch at Reginelli's.



Healthy Tips for a Better Tomorrow

A healthy mind is just as important as a healthy body. Even small lifestyle changes can have a big impact on your overall physical and mental well-being. Here are a few tips that can improve the quality of your life.



- See your doctor at least once a year for a wellness visit.
- Keep in mind the importance of eating a balanced diet that includes plenty of fruits and vegetables, and drinking plenty of water.
- Know that healthy aging means participating in activities you enjoy. Challenge yourself in a healthy way with exercise, new hobbies, etc. Work something new into your daily routine, like learning a craft or foreign language or taking a class.
- Start an exercise program with your doctor's permission. Don't overdo physical activity and don't ignore aches or pains. Know when you've done too much.
- Keep your mind sharp with puzzles, like Sudoku or crosswords.
- Connect regularly with friends and family. Make an effort to make new friends, and spend time with at least one person every day. Consider adopting or fostering a pet, and find support groups during times of change.
- Volunteer in your local community as you are able.

Welcome, New Members!

Join us in welcoming
our newest members:

- Valerie B.
- Jayne H.
- Geraldine R.
- Grace V.

Birthdays

Join us in wishing a very
happy birthday to:

Valerie B. 9/1
Ora H. 9/2
Linda G. 9/3
Marie L. 9/3
Rita M. 9/4
Altar B. 9/5
Donna C. 9/5
Paulette M. 9/6
Alvina A. 9/9
Delores E. 9/9
Laura W. 9/14
Ursula H. 9/18
Irma D. 9/19
Alvin H. 9/21
Norma L. 9/22
Stella G. 9/22
Michael A. 9/23
Kimberly F. 9/24
Melvaree D. 9/24
Ruth J. 9/26
Flora R. 9/29
Rose C. 9/30

Healthy Recipe: Salmon Salad

Serving size: ½ cup; **Serves:** 8

Ingredients:

1 large (15½ ounces) can salmon (drained and flaked)
2 tomatoes (coarsely chopped)
1 cucumber (peeled, seeded and diced)
2 green onions (chopped)
1 tablespoon black pepper
1 tablespoon garlic (minced)
3 tablespoons low-fat or fat-free mayonnaise

Directions:

Combine the salmon, tomatoes, cucumber and green onions in a bowl. Sprinkle pepper over the mixture, then fold in the garlic and mayonnaise. Chill before serving. Serve with crackers.

Nutrition Analysis: 151 calories, 9.3g fat, 24mg cholesterol, 814mg sodium, 4.5g carbohydrate, 1g dietary fiber and 12.5g protein.



Contact Us

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www.peopleshealthwellnesscenter.com



Hours of Operation

Monday through Friday

8 a.m. to 4 p.m.



Directions

We're located in Gretna on the northeast corner of Franklin and McDonogh streets, just south of U.S. Highway 90.



Email Us

Have a question or comment? We would love to hear from you!
Email us at phwellness@peopleshealth.com.



The Gretna Senior and Wellness Center is a joint effort
between Peoples Health, the Jefferson Council on Aging
and the City of Gretna.

