

## Welcome, New Members!

Join us in welcoming our newest members:

- Phyllis P.
- Thelma C.
- Mary M.
- Theresa M.
- Donna W.

## Birthdays

Join us in wishing a very happy birthday to:

**Robert Jean C.**  
August 1

**Donna W.**  
August 7

**Sandra D.**  
August 8

**Orelea D.**  
August 11

**LaVerne C.**  
August 15

**Larry N.**  
August 18

**Leonard M.**  
August 21

**Cynthia B.**  
August 21

**Hazel A.**  
August 24

**Carolyn C.**  
August 27

**Grace F.**  
August 28



## Healthy Recipe: Salmon Salad

### Ingredients:

- 1 large (15 1/2 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 salmon, tomatoes, cucumber and green onions. Sprinkle pepper over the mixture, then fold in the mayonnaise and garlic. 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.

**Serving size:** 1/2 cup  
**Serves:** 8



## Contact Us

### Gretna Senior and Wellness Center

476 Franklin St.  
Gretna, LA 70053  
Phone: 504-301-3743



### 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 Street and McDonogh Street, 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](mailto:phwellness@peopleshealth.com).

# Gretna Senior and Wellness Center Let's Talk Wellness

August 2015

## Understanding Urinary Incontinence

Urinary incontinence is the involuntary loss of urine. The bladder normally stores urine until the urge to empty it. But if you leak urine when you do not intend to, you may have urinary incontinence.



Because urinary incontinence is a symptom and not a disease, the method of treatment depends on the diagnosis. Sometimes the condition can be cured by changes in diet or fluid intake. Sometimes other types of treatments are needed, such as behavior techniques, drug therapies and mechanical devices.

Urinary incontinence is not a normal part of aging. It is a symptom of another issue. It may be caused by physical changes and stress in women; removal of the prostate gland in men; and urinary tract infections, diabetes, stroke, and injury or damage to the nervous system.

Fortunately, most people with urinary incontinence can be successfully treated and many can be cured. A physical examination is necessary to diagnose it. You do not have to live with urinary incontinence.

If you experience bladder leakage, talk to your doctor about establishing a personalized plan to stop it.

## August Holidays and Events:

August 2  
Sisters Day

August 4  
U.S. Coast Guard Day  
Social Security Day

August 21  
Senior Citizens Day

August 30  
National Grief Awareness Day

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WE'RE ON THE WEB!

<http://www.peopleshealthwellnesscenter.com>

# Calendar of Events for August 2015

Monday	Tuesday	Wednesday	Thursday	Friday
9:30-10:30 a.m. Senior Fit and Fun <b>3</b> 10:30 a.m.-12 p.m. Art With Sue 10:35-11:35 a.m. Zumba 12-2 p.m. Bingo	10-11 a.m. Zumba <b>4</b> 11:05 a.m.-12:05 p.m. Pilates and Stretch 1-2 p.m. Beanbag Baseball 2-3 p.m. Wii Games	9:30-10:30 a.m. Line Dancing <b>5</b> 10 a.m.-12 p.m. Blood Pressure and Glucose Screenings 10:35-11:35 a.m. Yoga 12-1 p.m. Sex and the Senior Presentation 2-3:30 p.m. Crocheting Class	10-11 a.m. Line Dancing <b>6</b> 10:30 a.m.-12:30 p.m. A Matter of Balance 11:05 a.m.-12:05 p.m. Senior Fit and Fun 1:30-3 p.m. Jewelry Making	9:15-10:15 a.m. Senior Fit and Fun <b>7</b> 10:35-11:35 a.m. Zumba 12-2 p.m. Bingo
9:30-10:30 a.m. Senior Fit and Fun <b>10</b> 10:30 a.m.-12 p.m. Art With Sue 10:35-11:35 a.m. Zumba 12-2 p.m. Bingo	10-11 a.m. Zumba <b>11</b> 10:30-11:30 a.m. ProBono Lawyer 11:05 a.m.-12:05 p.m. Pilates and Stretch 1-2 p.m. Beanbag Baseball 2-3 p.m. Wii Games	9:30-10:30 a.m. Line Dancing <b>12</b> 10:35-11:35 a.m. Yoga 11:45 a.m.-12:30 p.m. Drum Circle and Bell Choir 12-2 p.m. Bingo 2-3:30 p.m. Crocheting Class	10-11 a.m. Line Dancing <b>13</b> 10:30 a.m.-12:30 p.m. A Matter of Balance 11:05 a.m.-12:05 p.m. Senior Fit and Fun 1:30-3 p.m. Jewelry Making	9:15-10:15 a.m. Senior Fit and Fun <b>14</b> 10:35-11:35 a.m. Zumba 1-2:30 p.m. DIY Coasters
9:30-10:30 a.m. Senior Fit and Fun <b>17</b> 10:30 a.m.-12 p.m. Art With Sue 10:35-11:35 a.m. Zumba 12-2 p.m. Bingo	10-11 a.m. Zumba <b>18</b> 11:05 a.m.-12:05 p.m. Pilates and Stretch 1-2 p.m. Beanbag Baseball 2-3 p.m. Wii Games	9:30 a.m.-1 p.m. Blood Pressure Screenings <b>19</b> 9:30-10:30 a.m. Line Dancing 10:35-11:35 a.m. Yoga 11:45 a.m.-12:30 p.m. Drum Circle and Bell Choir 12-2 p.m. Bingo 2-3:30 p.m. Crocheting Class	10-11 a.m. Line Dancing <b>20</b> 10:30 a.m.-12:30 p.m. A Matter of Balance 11:05 a.m.-12:05 p.m. Senior Fit and Fun 1:30-3 p.m. Jewelry Making 2-3:30 p.m. GSWC Chorus	9:15-10:15 a.m. Senior Fit and Fun <b>21</b> 10:35-11:35 a.m. Zumba 1-2:30 p.m. DIY Coasters
9:30-10:30 a.m. Senior Fit and Fun <b>24</b> 10:30 a.m.-12 p.m. Art With Sue 10:35-11:35 a.m. Zumba 12-2 p.m. Bingo	10-11 a.m. Zumba <b>25</b> 11:05 a.m.-12:05 p.m. Pilates and Stretch 1-2 p.m. Beanbag Baseball 2-3 p.m. Wii Games	9:30 a.m.-1 p.m. Blood Pressure Screenings <b>26</b> 9:30-10:30 a.m. Line Dancing 10:35-11:35 a.m. Yoga 11:45 a.m.-12:30 p.m. Drum Circle and Bell Choir 12-2 p.m. Bingo 2-3:30 p.m. Crocheting Class	10-11 a.m. Line Dancing <b>27</b> 10:30 a.m.-12:30 p.m. A Matter of Balance 11:05 a.m.-12:05 p.m. Senior Fit and Fun 1:30-3 p.m. Jewelry Making 2-3:30 p.m. GSWC Chorus	9:15-10:15 a.m. Senior Fit and Fun <b>28</b> 10:35-11:35 a.m. Zumba 1-3 p.m. Birthday Party
9:30-10:30 a.m. Senior Fit and Fun <b>31</b> 10:30 a.m.-12 p.m. Art with Sue 10:35-11:35 a.m. Zumba 12-2 p.m. Bingo			<div style="background-color: #008080; color: white; padding: 5px;"> <p><b>Served Daily:</b> Breakfast 8-9 a.m. Lunch 12-1 p.m.</p> </div>	<p><b>RED:</b> Change in the schedule <b>ORANGE:</b> Arts and crafts <b>BLUE:</b> Educational <b>PINK:</b> Party <b>GREEN:</b> Field trip <b>PURPLE:</b> Music therapy class <b>DARK GREEN:</b> Gardening</p>

## Spotlight on Upcoming Events!

### Sex and the Senior

Join us as Dr. Neil Baum talks about sex and intimacy during senior years.

- August 5, 12 p.m. to 1 p.m.

### DIY Coasters

Learn how to make your own coasters in this fun arts and crafts class.

- August 14, 1 p.m. to 2:30 p.m.

## We Had Fun in July!



On July 2, a group of center members and visitors known as the Sassy Seniors entertained at the center's first annual luau party.



On July 7, Dr. John Fasick spoke to center members about proper foot care and how to avoid foot problems from diabetes.