

Gretna Senior and Wellness Center

Let's Talk Wellness

JUNE 2015

June Holidays and Events:

June 6
D-Day (World War II)

June 7
National Cancer Survivors Day

June 14
Flag Day

June 15-21
Men's Health Week

June 18
Ramadan begins

June 21
Father's Day

June 21
Summer Solstice
(the first day of summer and the longest day of the year)

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Be in the Know About Diet and Blood Pressure



Did you know that what you eat can directly affect your blood pressure? A diet high in salt increases blood pressure in some people. Why? Salt makes the body hold on to fluid. And to pump the added fluid, the heart has to work harder.

Lowering salt intake can help lower blood pressure. A healthy adult should consume less than 2,300mg per day, which is about a teaspoon of salt per day. Most Americans consume more sodium than they need, with the majority of salt coming from processed food.

To help reduce the temptation of adding salt to your food, one tip is to take the salt shaker off the table. Try using a variety of herbs, spices and low-sodium seasonings to flavor your food. You may also want to discuss salt substitutes with your doctor. Beware that some salt substitutes contain potassium chloride and may be harmful for those with certain medical conditions. Also, allow yourself time to adjust to the taste of foods containing less salt.

You can begin to understand your salt intake by reviewing the labels of the foods you eat. Check the amount of sodium, fat and calories. Choose foods that are labeled low sodium (140mg or less per serving).

When trying to reduce the salt in your diet, there are several foods you should avoid. These include canned soups and meats, ham, bacon, sausage, processed meats (such as hot dogs), instant cooked cereals, prepared mixes (such as pancakes and cornbread), salted butter, snack foods (such as chips and pretzels), and salted nuts.

You should also avoid fast foods, prepackaged frozen dinners, cheeses, pickles, preseasoned mixes (such as those for tacos, sauces or gravies), and boiled seafood or gumbo.

High blood pressure is manageable. Talk to your doctor to create a personal plan to help reach your goals. By understanding the role food plays in creating high blood pressure, you can begin to control it one bite at a time.

Calendar of Events for June 2015

Monday	Tuesday	Wednesday	Thursday	Friday
8-9 a.m. Breakfast 1 9:30-10:30 a.m. Senior Fit and Fun 10:30 a.m.-12 p.m. Art With Sue 10:35-11:35 a.m. Zumba 12-1 p.m. Lunch 12-2 p.m. Bingo	8-9 a.m. Breakfast 2 10-11 a.m. Zumba 11:05 a.m.-12:05 p.m. Pilates and Stretch 11:30 a.m.-2 p.m. Medication Review 12-1 p.m. Lunch 1-2 p.m. Beanbag Baseball 2-3 p.m. Wii Games	8-9 a.m. Breakfast 3 9:30-10:30 a.m. Line Dancing 9:30 a.m.-1 p.m. Blood Pressure Screenings 10:30-11:30 a.m. Drum Circle/Bell Choir 10:35-11:35 a.m. Yoga 12-1 p.m. Lunch 12-2 p.m. Bingo 2-3:30 p.m. Crocheting Class	8-9 a.m. Breakfast 4 10-11 a.m. Line Dancing 11:05 a.m.-12:05 p.m. Senior Fit and Fun 12-1 p.m. Lunch 1:30-2:30 p.m. Jewelry Making 2-3:30 p.m. GSWC Chorus	8-9 a.m. Breakfast 5 9:30-10:30 a.m. Zumba 10:35-11:35 a.m. Senior Fit and Fun 12-1 p.m. Lunch 1-2 p.m. Wii Games
8-9 a.m. Breakfast 8 9:30-10:30 a.m. Senior Fit and Fun 10:30 a.m.-12 p.m. Art With Sue 10:35-11:35 a.m. Zumba 12-1 p.m. Lunch 12-2 p.m. Bingo	8-9 a.m. Breakfast 9 10-11 a.m. Zumba/Line Dancing 10:30-11:30 a.m. ProBono Lawyer 11:05 a.m.-12:05 p.m. Pilates and Stretch 12-1 p.m. Lunch 1-2 p.m. Beanbag Baseball 2-3 p.m. Wii Games	8-9 a.m. Breakfast 10 9:30-10:30 a.m. Line Dancing 9:30 a.m.-1 p.m. Blood Pressure Screenings 10:35-11:35 a.m. Yoga 11 a.m.-12 p.m. Spanish 11 a.m.-12 p.m. Avoiding Financial Scams Presentation 12-1 p.m. Lunch 12-2 p.m. Bingo 2-3:30 p.m. Crocheting Class	8-9 a.m. Breakfast 11 10-11 a.m. Line Dancing 11:05 a.m.-12:05 p.m. Senior Fit and Fun 12-1 p.m. Lunch 1:30-2:30 p.m. Jewelry Making 2-3:30 p.m. GSWC Chorus 1-3 p.m. Birthday Party	8-9 a.m. Breakfast 12 9 a.m.-3 p.m. Beanbag Baseball Tournament at Wally Pontiff Jr. Playground Gym (Metairie) 9:30-10:30 a.m. Zumba 10:35-11:35 a.m. Senior Fit and Fun 12-1 p.m. Lunch 1-2 p.m. Wii Games
8-9 a.m. Breakfast 15 9:30-10:30 a.m. Senior Fit and Fun 10:30 a.m.-12 p.m. Art With Sue 10:35-11:35 a.m. Zumba 12-1 p.m. Lunch 12-2 p.m. Bingo	8-9 a.m. Breakfast 16 10-11 a.m. Zumba/Line Dancing 11:05 a.m.-12:05 p.m. Pilates and Stretch 12-1 p.m. Lunch 1-2 p.m. Beanbag Baseball 2-3 p.m. Wii Games	8-9 a.m. Breakfast 17 9:30-10:30 a.m. Line Dancing 9:30 a.m.-1 p.m. Blood Pressure Screenings 10:30-11:30 a.m. Drum Circle/Bell Choir 10:35-11:35 a.m. Yoga 12-1 p.m. Lunch 12-2 p.m. Bingo 2-3:30 p.m. Crocheting Class	8-9 a.m. Breakfast 18 10-11 a.m. Line Dancing 11:05 a.m.-12:05 p.m. Senior Fit and Fun 12-1 p.m. Lunch 1:30-2:30 p.m. Jewelry Making	8-9 a.m. Breakfast 19 9:30-10:30 a.m. Zumba 10:35-11:35 a.m. Senior Fit and Fun 12-1 p.m. Lunch 12-2 p.m. Movie and Popcorn
8-9 a.m. Breakfast 22 9:30-10:30 a.m. Senior Fit and Fun 10:30 a.m.-12 p.m. Art With Sue 10:35-11:35 a.m. Zumba 12-1 p.m. Lunch 12-2 p.m. Bingo	8-9 a.m. Breakfast 23 10-11 a.m. Zumba/Line Dancing 10 a.m.-12 p.m. Blood Pressure and Glucose Screenings 12-1 p.m. Thyroid Health Presentation 12-1 p.m. Lunch 1-2 p.m. Beanbag Baseball 2-3 p.m. Wii Games	8-9 a.m. Breakfast 24 9:30-10:30 a.m. Line Dancing 9:30 a.m.-1 p.m. Blood Pressure Screenings 10:30-11:30 a.m. Drum Circle/Bell Choir 10:35-11:35 a.m. Yoga 11 a.m.-12 p.m. Spanish 12-1 p.m. Lunch 12-2 p.m. Bingo 2-3:30 p.m. Crocheting Class	8-9 a.m. Breakfast 25 10-11 a.m. Line Dancing 11:05 a.m.-12:05 p.m. Senior Fit and Fun 12-1 p.m. Lunch 1:30-2:30 p.m. Jewelry Making	8-9 a.m. Breakfast 26 9:30-10:30 a.m. Zumba 10:35-11:35 a.m. Senior Fit and Fun 12-1 p.m. Lunch 1-2 p.m. Wii Games
8-9 a.m. Breakfast 29 9:30-10:30 a.m. Senior Fit and Fun 10:30 a.m.-12 p.m. Art With Sue 10:35-11:35 a.m. Zumba 12-1 p.m. Lunch 12-2 p.m. Bingo	8-9 a.m. Breakfast 30 10-11 a.m. Zumba/Line Dancing 11:05 a.m.-12:05 p.m. Pilates and Stretch 12-1 p.m. Lunch 1-2 p.m. Beanbag Baseball 2-3 p.m. Wii Games			RED: Change in the schedule ORANGE: Arts and crafts BLUE: Educational PINK: Party PURPLE: Music therapy class

Spotlight on Upcoming Events!

Brown Bag Medication Review

Do you have questions about your medications? Review them one on one with a Peoples Health pharmacist. Don't forget to bring your medications with you!

- Tuesday, June 2, from 11:30 a.m. to 2 p.m.

Avoiding Financial Scams

Financial fraud is the fastest growing form of elder abuse. Financial advisor Alan Richey will speak about ways to avoid it.

- Wednesday, June 10, from 11 a.m. to 12 p.m.

Thyroid Health Presentation

Dr. Tilak Mallik will present on thyroid health.

- Tuesday, June 23, from 12 p.m. to 1 p.m.

We Had Fun in May!



On May 8, Second Harvest Food Bank's Kate McDonald taught center members about affordable, healthy eating choices as part of a six-week "Cooking Matters" class.



On May 12, Rose D. helped clean out the center's window boxes as part of the Gretna gardening project. The project, which will enhance the center's exterior, started in May and will continue through June.

Welcome, New Members!

Join us in welcoming
our newest members:

- **Kenyatta G.**
- **Corrine S.**

Birthdays

Join us in wishing a
very happy birthday to:

Valerie W.

June 3

Yvonne B.

June 4

Clifton R.

June 6

Sandra A.

June 6

Teresa C.

June 6

Minnie R.

June 9

Lynn O.

June 11

Lubertha V.

June 17

Anita P.

June 22

Connie M.

June 25

Ann M.

June 26

Linda Y.

June 26

Tuyet S.

June 27

Healthy Recipe: Baked Salmon

Serves: 2; Serving size: 1 fillet

Ingredients

- 1 tablespoon olive oil
- 2 1/4 teaspoons fresh basil or 3/4 teaspoon dried
- 1 teaspoon minced garlic or 1/4 teaspoon garlic powder
- 2 tablespoons lemon juice
- 1 tablespoon fresh parsley or 1 teaspoon dried
- 1/2 teaspoon salt
- 1/3 teaspoon pepper
- 2 salmon fillets, about 5 ounces each

Directions

1. Preheat oven to 400 F. Mix olive oil, basil, garlic, lemon juice, parsley, salt and pepper in a small bowl to create a marinade.
2. Remove skin from salmon fillets and place fillets in a baking dish.
3. Pour marinade over fillets. Marinate for 1 hour, occasionally turning fillets.
4. Line broiler-proof baking dish with aluminum foil; remove fillets from marinade and place in baking dish.
5. Bake for 15 minutes, then broil uncovered for 5 minutes.

Allergen warning: This recipe contains seafood.

Nutrition facts: 232 calories, 12g total fat, 2g saturated fat, 245mg sodium, 0g carbohydrate, 29g protein.



Contact Us

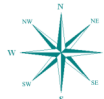
Gretna Senior and Wellness Center

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 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.

WE'RE ON THE WEB!

<http://www.peopleshealthwellnesscenter.com>