

Birthdays

Join us in wishing a very happy birthday to:

September 2
Mattie W.

September 3
Marie L.

September 5
Altar B.
Donna C.

September 6
Robert M.
Paulette M.

September 7
Orelia W.

September 9
Robert T.
Alvina A.
Delores E.

September 12
Beverly G.

September 14
Laura W.

September 15
Madelyn G.

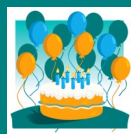
September 19
LaVerne R.

September 21
Alvin H.

September 23
Michael A.

September 26
Ruth J.
Irene S.

September 30
Rose C.



Healthy Recipe: Broiled Tilapia With Parmesan Cream Sauce

Serves 4, Serving size: 1 fillet or 4 ounces

Ingredients:

- 1/4 cup Parmesan cheese
- 2 tablespoons olive oil or light margarine, softened
- 1 tablespoon and 2 teaspoons plain Greek yogurt
- 1 1/2 teaspoons lemon juice
- 3/4 teaspoon fresh basil or 1/4 teaspoon dried
- 1/8 teaspoon black pepper
- 1/8 teaspoon onion powder
- 1 teaspoon minced garlic or 1/4 teaspoon garlic powder
- 1/4 teaspoon paprika
- 4 tilapia fillets (about 1 1/4 pounds)



Directions:

1. In a small bowl, mix together Parmesan cheese, olive oil or margarine, Greek yogurt, and lemon juice.
2. Add basil, pepper, onion powder, garlic and paprika. Mix well and set aside.
3. Line a baking sheet with aluminum foil and coat with nonstick cooking spray. Arrange fillets in a single layer on baking sheet.
4. Broil a few inches from heat for two to three minutes. Remove fillets from oven and top with Parmesan cheese mixture.
5. Broil for two more minutes or until topping is browned and fish flakes easily. Be careful not to overcook.

Allergen warning: This recipe contains seafood and dairy.

Nutrition facts: 253 calories, 11g total fat, 3g saturated fat, 267mg sodium, 0g carbohydrate, 33g 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 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.

WE'RE ON THE WEB!

<http://www.peopleshealthwellnesscenter.com>

Gretna Senior and Wellness Center Let's Talk Wellness

September 2015

September Holidays and Events:

September 2
Victory over Japan Day,
World War II

September 6
Read a Book Day

September 7
Labor Day

September 11
9/11 Remembrance

September 13
Grandparents Day

September 13-15
Rosh Hashanah

September 22-23
Yom Kippur

Vaccines Aren't Just for Kids

It's that time of year again—flu season is here. Kids are back in school, football season is in high gear, and now is the time, especially if you are a senior, to schedule a visit with your healthcare provider for an annual flu shot.

According to the Centers for Disease Control and Prevention (CDC), the first lots of the flu vaccine have been released and should be available now. Check with your doctor or neighborhood pharmacy. The vaccine is the best protection against the flu. Those who are vaccinated are 60 percent less likely to need treatment for it.

Now is also a good time to make sure you're up-to-date on all your vaccinations. Despite what most people think, vaccines are not just for kids; they are essential to good health for adults, too.

The CDC notes that thousands of older adults die or have serious complications each year from vaccine-preventable diseases. As a general rule for those over age 65, diphtheria, shingles, flu, pneumonia and tetanus vaccinations are considered essential for maintaining good health. There are also other important vaccines. Even if you were immunized as a child, you may need repeat vaccinations in adulthood.

Many people are concerned about vaccine safety. But according to the National Foundation for Infectious Diseases, vaccines are some of the safest medical products available. You cannot catch a disease from a vaccination, although you may have a mild side effect, such as a sore arm or low-grade fever.

Don't miss out on the opportunity for a healthy life—get the vaccinations you need. Talk to your doctor today.



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Calendar of Events for September 2015

Monday	Tuesday	Wednesday	Thursday	Friday
Served Daily: 8-9 a.m. Breakfast 12-1 p.m. Lunch (members only)	1 10-11 a.m. Zumba 11:05 a.m.-12:05 p.m. Pilates and Stretch 12-1:30 p.m. Throw Blankets and Pillow Making 1-2 p.m. Bean Bag Baseball 2-3 p.m. Wii Games	2 9:30-10:30 a.m. Line Dancing 9:30 a.m.-1 p.m. Blood Pressure Screenings (LSU Nursing Students) 10:35-11:35 a.m. Yoga 2-3:30 p.m. Crocheting Class	3 10-11 a.m. Line Dancing 11:05 a.m.-12:05 p.m. Senior Fit and Fun 1:30-3 p.m. Jewelry Making	4 9:15-10:15 a.m. Senior Fit and Fun 10:35-11:35 a.m. Zumba 12-2 p.m. Bingo 1-2:30 p.m. DIY (Do It Yourself) Coasters
7 CLOSED	8 10-11 a.m. Zumba 10:30-11:30 a.m. ProBono Project 11:05 a.m.-12:05 p.m. Pilates and Stretch 12-1:30 p.m. Throw Blankets and Pillow Making 1-2 p.m. Bean Bag Baseball 2-3 p.m. Wii Games	9 9:30-10:30 a.m. Line Dancing 9:30 a.m.-1 p.m. Blood Pressure Screenings (LSU Nursing Students) 10:35-11:35 a.m. Yoga 12-2 p.m. Bingo 2-3:30 p.m. Crocheting Class	10 10-11 a.m. Line Dancing 11:05 a.m.-12:05 p.m. Senior Fit and Fun 1:30-3 p.m. Jewelry Making	11 9:15-10:15 a.m. Senior Fit and Fun 10:35-11:35 a.m. Zumba 12-2 p.m. Bingo
14 9:30-10:30 a.m. Senior Fit and Fun 10:35-11:35 a.m. Zumba 12-2 p.m. Bingo	15 10-11 a.m. Zumba 11:05 a.m.-12:05 p.m. Pilates and Stretch 12-1:30 p.m. Throw Blankets and Pillow Making 1-2 p.m. Bean Bag Baseball 2-3 p.m. Wii Games	16 9:30-10:30 a.m. Line Dancing 9:30 a.m.-1 p.m. Blood Pressure Screenings (LSU Nursing Students) 10:35-11:35 a.m. Yoga 2-3:30 p.m. Crocheting Class	17 10-11 a.m. Line Dancing 11:05 a.m.-12:05 p.m. Senior Fit and Fun 1:30-3 p.m. Jewelry Making	18 9:15-10:15 a.m. Senior Fit and Fun 10:35-11:35 a.m. Zumba 12-2 p.m. Bingo
21 9:30-10:30 a.m. Senior Fit and Fun 10:35-11:35 a.m. Zumba 12-2 p.m. Bingo	22 10-11 a.m. Zumba 11:05 a.m.-12:05 p.m. Pilates and Stretch 12-1:30 p.m. Throw Blankets and Pillow Making 1-2 p.m. Bean Bag Baseball 2-3 p.m. Wii Games	23 9:30-10:30 a.m. Line Dancing 10:35-11:35 a.m. Yoga 2-3:30 p.m. Crocheting Class	24 Gretna Senior and Wellness Center Health Fair 10 a.m.-2 p.m. 12-1 p.m. "Immunizations" presented by Dr. Cherie Drez Bragg	25 9:15-10:15 a.m. Senior Fit and Fun 10:35-11:35 a.m. Zumba 12-2 p.m. Bingo 1-2:30 p.m. DIY (Do It Yourself) Coasters
28 9:30-10:30 a.m. Senior Fit and Fun 10:35-11:35 a.m. Zumba 12-2 p.m. Bingo	29 10-11 a.m. Zumba 11:05 a.m.-12:05 p.m. Pilates and Stretch 12-1:30 p.m. Throw Blankets and Pillow Making 1-2 p.m. Bean Bag Baseball 2-3 p.m. Wii Games	30 9:30-10:30 a.m. Line Dancing 9:30 a.m.-1 p.m. Blood Pressure Screenings (LSU Nursing Students) 10:35-11:35 a.m. Yoga Birthday Party 1-3 p.m.		RED: Changes in the schedule BLUE: Educational ORANGE: Arts and crafts PINK: Parties and center events PURPLE: Music therapy classes

Spotlight on Upcoming Events!

Thursday, September 24

Gretna Senior and Wellness Center Health Fair

10 a.m. to 2 p.m.

Welcome, New Members!

Join us in welcoming our newest members:

Lenore R.

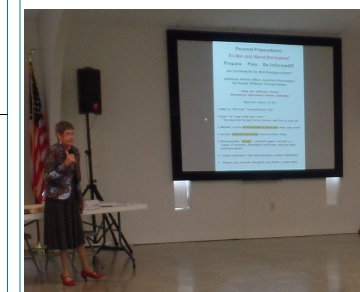
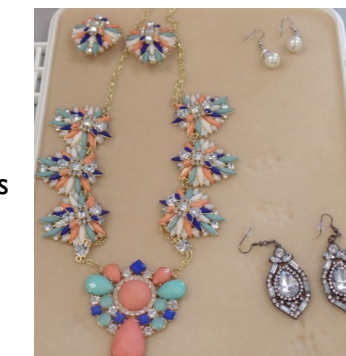
Irene W.

We Had Fun in August!



On August 5, Dr. Neil Baum visited the center to discuss misconceptions and facts about sex and intimacy in the senior years.

Members of the jewelry making class showoff their skills. The group recently completed a necklace and several pairs of earrings.



On August 12, Katherine Hoover, M.H.S., disability affairs specialist and ADA coordinator, along with the City of Gretna's Police and Fire Department, provided information on emergency preparedness.