

Gretna Senior and Wellness Center Let's Talk Wellness

December 2015

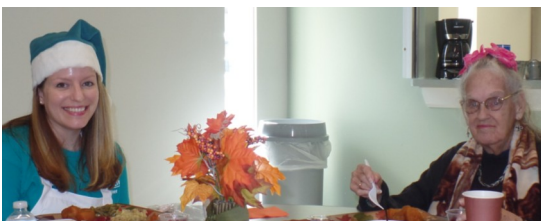
We Had Fun in November!



Veterans Day Proclamation—On Nov. 13, the Jefferson Council on Aging presented veterans with a proclamation, acknowledging their military service.



Ribbon Cutting—The Garden—On Nov. 23, the Gretna Senior and Wellness Center Community Garden was officially opened. Watch us grow!



Sharing a Meal, Giving Thanks—On Nov. 23, a Thanksgiving meal was provided by Second Harvest Food Bank of Greater New Orleans and Acadiana Thanksgiving Meals for Seniors program.

Facing the Blues

We all feel occasionally blue, down-in-the-dumps or sad.

The difficult changes we face as we grow older can sometimes lead to feelings of sadness, or even depression. When you feel anxious or downhearted for an extended period of time, it not only affects your mental health, but your physical health as well.



If left untreated, long-term sadness can keep you from enjoying the things you normally enjoy. It's important to talk with your doctor about the lack of energy, anxiousness or sad feelings you may be having.

Help yourself—Try these tips that may help you when you're feeling blue:

- Get out into the world
- Connect with others
- Volunteer
- Adopt a pet
- Learn a new skill
- Exercise

You have options if you need professional help with depression—Don't face depression alone, reach out and start a conversation with your primary care physician.

Upcoming Events!

Thursday, Dec. 3, 12:30 to 1:30 p.m.
Preventive Health Talk With West Jefferson Medical Center

Wednesday, Dec. 9, 11:45 a.m. to 12:15 p.m.
Walgreens Informational on Immunizations

Welcome, New Members!

Join us in welcoming
our newest members:

- Ina L.
- Almontine S.
- Rosalind T.

Birthdays

Join us in wishing a very
happy birthday to:

Audrey M.
Dec. 2

Mary M.
Dec. 5

Yvonne V
Dec. 8

Cynthia W.
Dec. 9

Clair O.
Dec. 11

Claire G.
Dec. 13

Betty T.
Dec. 22

Louise R.
Dec. 28

Mary B.
Dec. 29



Healthy Recipe: Chocolate Cappuccino Dessert

Serves: 5

Serving size: 1 single serve dessert dish

Ingredients:

1 package of chocolate fat-free, sugar-free instant pudding
2 teaspoons instant coffee (regular or decaffeinated)
2 cups cold fat-free milk
1/8 teaspoon ground cinnamon
1 cup light whipped topping



Directions:

Beat dry pudding mix, coffee granules and milk with whisk for 2 minutes. Pour into 5 single-serve dessert dishes and refrigerate for 1 hour. Mix cinnamon with whipped cream and top desserts just before serving.

Allergen warning: This recipe contains dairy products. Dairy-free alternatives may be used.

Nutrition facts for one serving: 95 calories, 4 grams protein, 17 grams carbohydrates, 1.6 grams total fat, 1.6 grams saturated fat, 289 milligrams salt, 0 grams fiber

Contact Us

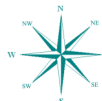
Gretna Senior and Wellness Center

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>