

Gretna Senior and Wellness Center

Let's Talk Wellness

December 2016

Upcoming Events

Holiday Party (Members Only)

Wednesday, Dec. 21, from noon to 3 p.m.

'Tis the season for a holiday party! Join us as we celebrate our December birthdays and enjoy a fun afternoon that includes an ugly-holiday-sweater contest, cookie decorating and a hot chocolate bar. We hope to see you there!



We Had Fun in November!

On Nov. 18, the center held a Thanksgiving celebration for members. Those who attended enjoyed a traditional Thanksgiving meal while celebrating November birthdays. Congratulations to Ina L., who celebrated her 98th birthday with us!



Emotional Wellness

Everyone has ups and downs, but prolonged feelings of sadness or anger that interfere with daily life could be a sign of something more serious. For many people, these feelings can be especially overwhelming during the holidays. This time of year can be stressful, leading to a breakdown of healthy habits, such as holiday overeating, or it may cause heightened grief over the loss of a loved one.

Emotional issues affect both the mind and the body, with physical symptoms including:

- Difficulty eating, sleeping or concentrating
- Social isolation
- Fatigue, weight loss or loss of appetite

If you have these symptoms or feel overwhelmed, it's important to know that help is available. Mental health professionals, like psychiatrists and social workers, can help reduce these symptoms and improve how you function in relationships, at work and in daily life.

There are many things you can do, physically and mentally, to reduce emotional stress. Finding a hobby, exercising, or doing something as simple as going to a movie can help. During the holidays, you should:

- Maintain a healthy lifestyle routine, including eating healthy and exercising.
- Create new holiday traditions without causing unnecessary stress.
- Be around people who make you happy! If you can't be with family, plan something with friends or volunteer to help others.

We hope everyone has a very happy holiday season!

Welcome, New Members!

Join us in welcoming
our newest members:

- Myra J.
- Larry B.
- Barbara B.

Birthdays

Join us in wishing a very
happy birthday to:

Audrey M.

Dec. 2

Mary M.

Dec. 5

Jerry Dean M.

Dec. 7

Thelma T.

Dec. 8

Yvonne V.

Dec. 8

Cynthia W.

Dec. 9

Clair O.

Dec. 11

Claire G.

Dec. 13

Betty T.

Dec. 22

Susan M.

Dec. 22

Louise R.

Dec. 28

Mary B.

Dec. 29

Dianna T.

Dec. 30

Healthy Recipe: Chocolate Cappuccino Dessert

Serves: 5

Serving size: 1 single-serving dessert dish

Ingredients:

1 package of fat-free, sugar-free instant chocolate 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-serving 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

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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.

