

Gretna Senior and Wellness Center

Let's Talk Wellness

February 2017

Upcoming Events

Mardi Gras Masquerade

Friday, Feb. 17, from
noon to 2:30 p.m.

Wear your Mardi Gras
mask and join us as we
celebrate February
birthdays in style!



Blood Pressure Screenings

Wednesday, Feb. 1, Feb. 8 and Feb. 15,
from 9 a.m. to noon

LSU nursing students will be at the
center offering blood pressure
screenings. You will also receive a
tracking card so you can record and
monitor your blood pressure.

We Had Fun in January

On Jan. 11 and Jan. 25, members
welcomed Carnival season in style by
decorating Mardi Gras masks! Thank you
to the Peoples Health employees who
volunteered at the classes.



How to Love Your Heart

February is American Heart Month. By making just a few changes to your daily routine and diet, you can improve your heart health.

Physical activity is important to keep your heart healthy. The American Heart Association recommends 30 minutes of aerobic exercise, such as walking or swimming, on most days of the week.

One tip for starting an exercise routine is to start slowly and build up to the level of activity your doctor recommends. It may also help to exercise at the same time of the day so it becomes part of your routine, and track your progress in an exercise journal. Ask family and friends to join you, or join an exercise group or health club (with your doctor's permission) if you need extra motivation. Wear comfortable clothing and listen to music, too. Lastly, if it is too hot or you don't feel up to it, don't exercise—listen to your body!

Another way to love your heart is with a heart-healthy diet. Eat plenty of fruits and vegetables. When shopping, look for 100-percent whole grain breads with at least 2 grams of fiber per serving. Select canned goods with no added salt or sugar and poultry or tuna packed in water instead of oil. Heart-healthy dairy items include fat-free or 1-percent milk or milk products. Choose reduced-fat cheeses and salad dressings with less than 250 milligrams of salt per ounce. Skip frozen foods with added sauces, oils, butter or breading. Opt for lean meats, such as rump roast or pork loin.

Talk with your doctor about your blood pressure goals and any medications you are taking to manage blood pressure and cholesterol. Keeping your blood pressure under control and taking medication as prescribed can help reduce the workload on your heart.

So show your heart some love—educate yourself and your loved ones about how to keep your heart healthy.

Welcome, New Members!

Join us in welcoming
our newest members:

- **Barbara D.**
- **Noma W.**
- **Adele P.**
- **Gilda T.**
- **Norma L.**

Birthdays

Join us in wishing a very
happy birthday to:

- Linda R.** - Feb. 1
Marilyn M. - Feb. 1
Vonda E. - Feb. 4
Agnes M. - Feb. 7
Almontine S. - Feb. 7
Patricia M. - Feb. 7
Shirley D. - Feb. 8
Werner C. - Feb. 8
Regina W. - Feb. 12
Stella J. - Feb. 14
Letty B. - Feb. 14
Hermanese L.
Feb. 18
Mary W. - Feb. 19
Janet U. - Feb. 23
Yvonne G. - Feb. 23
Louis G. - Feb. 25
Yvonne S. - Feb. 25
Debra C. - Feb. 27

Healthy Recipe: Baked Apples

Serves: 6

Ingredients:

- 3 large apples, peeled and sliced
- 1 tablespoon and 2 teaspoons flour
- 2 teaspoons brown sugar
- ¼ cup sugar substitute
- ¼ teaspoon ground nutmeg (optional)
- ½ teaspoon cinnamon (add more if excluding nutmeg)
- ½ cup walnuts
- ¼ cup low-fat or skim milk



Directions:

1. Preheat oven to 350 F.
2. Spray casserole dish with nonstick cooking spray.
3. Place apple slices in a large bowl. In a small bowl, mix together flour, brown sugar, sugar substitute, nutmeg and cinnamon. Combine this mixture with the apples until spices are evenly distributed, then add walnuts. Spoon into prepared dish. Pour milk over apple mixture.
4. Bake in oven for 45 to 60 minutes, or until soft and bubbly. Allow to cool slightly before serving.

Allergen warning: This recipe contains tree nuts, dairy and wheat. If needed, exclude walnuts, substitute a dairy-free alternative for milk, or use a gluten-free flour blend.

Nutrition facts for one serving: 200 calories, 19g carbohydrate, 4g protein, 13g total fat, 1g saturated fat, 52mg salt, 4g 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.

