

# Gretna Senior and Wellness Center

## Let's Talk Wellness

January 2017

### Upcoming Events

#### Winter Veggie Talk

Thursday, Jan. 19, from 12:15 to 1:15 p.m.  
Join us for a presentation by Anna T. from the LSU AgCenter on how to properly care for and maintain all of your winter vegetables.



### We Had Fun in December

On Dec. 21, members enjoyed a holiday party with a hot chocolate bar, an ugly sweater contest and a performance from the dance group, Seniors Toe the Line. Congratulations to Rose G., who won the ugly sweater contest!



### Looking Forward to 2017

The new year is the perfect time to make resolutions, and your health should be at the top of the list! Your resolution may be to eat healthier or to exercise more, but resolving to take care of your eyes is important, too.



Everyone should have a routine eye exam every two years. If you are 65 or older, you should have a routine vision exam every year. And if you have diabetes, you should see your doctor for a diabetic retinal exam every year.

Between visits for routine eye care, you can take these steps to help maintain or improve your vision:

- Eat at least five daily servings of fruits and vegetables. In particular, nutrients found in dark green, leafy vegetables such as spinach or kale may help to prevent age-related macular degeneration, the leading cause of blindness among Americans.
- Don't smoke.
- Take regular breaks while doing computer work and other eye-intensive tasks.
- Wear your prescription glasses.
- Wear sunglasses when outdoors.
- Closely follow the recommended schedule for cleaning and wearing your contact lenses.
- Make sure conditions such as high cholesterol and diabetes are under control.

If you have any changes in your vision, have your eyes checked by an eye doctor. Only an eye doctor can identify a serious vision problem such as glaucoma or diabetic retinopathy at a stage early enough to treat it.

## Welcome, New Members!

Join us in welcoming our newest members:

- Betty N.
- Carrie B.
- Dale D.
- Larry B.
- Roslind H.
- Sheila T.
- Suzon L.
- Regina W.
- Antoinette E.
- Ron A.

## Birthdays

Join us in wishing a very happy birthday to:

**Janice P.**                      **Helen L.**  
Jan. 1                              Jan. 19

**Rose M.**                        **Marian S.**  
Jan. 1                              Jan. 20

**Lois B.**                         **LeeAnna B.**  
Jan. 3                              Jan. 21

**Margaret A.**                 **Elaine C.**  
Jan. 3                              Jan. 22

**Linda O.**                        **Joycelyn T.**  
Jan. 6                              Jan. 23

**Maloria M.**                 **Bessie T.**  
Jan. 8                              Jan. 25

**Mae F.**                         **Audrey H.**  
Jan. 12                             Jan. 27

**Linda S.**                        **Lucille G.**  
Jan. 14                             Jan. 27

**Barbara K.**                 **Ron A.**  
Jan. 15                             Jan. 28

**Rosalind T.**                 **Barbara P.**  
Jan. 16                             Jan. 29

## New Year Word Search

N F B V T M A A J I S S N I R  
J O C C O W F F D U Z K P A E  
C C I G I K L A Y Z V R A N E  
N O I T A R B E L E C O E Y H  
N U N I U L Z U O G F W J Q C  
C U K F K L M A N Z Y E L I P  
B X G H E X O I A E E R V K E  
V Q U W O T N S A J J I B C E  
W W V M M N T R E Q A F A Q J  
L M V H I H I I N R P L L Q N  
J D S G M I D N I G H T L Z P  
W V E L X F E J W P J B O D W  
M B Y R A U N A J A K S O D W  
A B B M C O C G J K O Z N W X  
H L X Z X H G S U W Q H S R T



### Words to Search For:

BALLOONS	CONFETTI	MIDNIGHT
BEGINNING	FIREWORKS	NEW YEAR
CELEBRATION	GOALS	RESOLUTION
CHEER	JANUARY	

## Contact Us

### Gretna Senior and Wellness Center

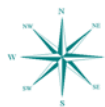
476 Franklin St., Gretna, LA 70053; Phone: 504-301-3743

[www.peopleshealthwellnesscenter.com](http://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](mailto: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.

