

# Gretna Senior and Wellness Center

# Let's Talk Wellness

June 2016

## Upcoming Events

### Healthy Cooking and Nutrition Made Easy

Every Wednesday from June 1 through June 6

The LSU AgCenter will show members how to make healthy, refreshing salads at an affordable cost.



## We Had Fun in May!

On May 27, members had a blast at the 2nd Annual Luau and Birthday Party. Attendants enjoyed performances by the Pan Steel Drummers and food was provided by Mayor Belinda C. Constant.



## Hurricanes: What you need to know

Your health and well-being should always be a top priority. This is especially true during hurricane season, which lasts from June 1 to November 30.

Make sure you have a plan in place in case of an emergency, and share this information with family, friends and trusted neighbors. In an ideal situation, you should have evacuation routes mapped out, gas in your car, and bottled water and nonperishable foods on hand.

It is very important to prevent any interruptions in your medication, even during an emergency. When a severe weather warning is issued for your area, work with your doctor and pharmacy to ensure you have at least a two-week supply of your maintenance medications.

If you receive dialysis, ask for a medical packet with your doctor's orders. Make sure to follow any instructions your regular dialysis center gives you, and ask your health plan whether there are limitations on where you can receive dialysis if you are out of the area.

If you need emergency care after evacuating and reasonably believe your health is in serious danger, go immediately to the nearest emergency department.

Important items to pack for an evacuation include important papers, a valid ID, your health plan ID card, special dietary foods, a first-aid kit, personal hygiene items, extra eyeglasses or contacts, extra clothing, reading materials, a flashlight and batteries, and one gallon of water per person, per day.

Although you cannot plan for everything, being proactive about basic needs like transportation and health goes a long way toward preparing yourself for whatever Mother Nature sends your way.

## Welcome, New Members!

Join us in welcoming  
our newest members:

- Barbara P.
- Flora R.
- Stella G.
- Lee P.
- Earlene A.
- Carmen F.
- Linda S.
- Linda D.

## Birthdays

Join us in wishing a very  
happy birthday to:

June 3: Valerie W.

June 4

- Irene W.
- Yvonne B.

June 6

- Clifton R.
- Sandra A.
- Teresa C.

June 9: Minnie R.

June 11

- Lynn O.
- Olga M.

June 13: Kenyatta G.

June 17: Lubertha V.

June 21: Sandra W.

June 22: Anita P.

June 25: Connie M.

June 26: Ann M.

June 27: Tuyet S.

## Healthy Recipe: Cucumber Dill Salad

**Serves:** 2

**Prep time:** 10 minutes **Total time:** 40 minutes

### Ingredients:

- 1 cucumber, thinly sliced
- ½ white, yellow or red onion, thinly sliced
- 1 tablespoon lemon juice
- 1 tablespoon low-fat sour cream or Greek yogurt
- ¼ teaspoon pepper
- ⅛ teaspoon salt
- ¼ teaspoon sugar or ⅛ teaspoon of a sugar substitute
- ⅓ teaspoon dried dill



### Instructions:

1. Mix cucumber and onion.
2. Combine remaining ingredients in a separate bowl to make dressing.
3. Add dressing to cucumber and onion mix, then let mixture chill for 30 minutes or until ready to serve.

**Allergen warning:** This recipe contains dairy.

**Nutrition facts:** 57 calories, 4g protein, 163mg sodium, 1g fiber, less than ½ g total fat, and 11g carbohydrates (if using sugar) or 10g carbohydrates (if using a sugar substitute).

## Contact Us

### Gretna Senior and Wellness Center

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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.

