

# Gretna Senior and Wellness Center

# Let's Talk Wellness

March 2017

## Upcoming Events

### Financial Scams

Tuesday, March 14, from 11:15 a.m. to 12:15 p.m.

Join us for a presentation from Edward Jones on the most common financial scams and the best way to protect yourself.



### Matter of Balance

Tuesday, March 21, from 10 a.m. to noon  
Do you have a fear of falling? Beginning March 21, the senior center will offer an eight week course on minimizing the risk of falling while increasing your activity. Space is limited, so register now!

## We Had Fun in February!

On Feb. 17, members celebrated February birthdays at the Mardi Gras Masquerade Ball. Handmade masks were worn and attendants enjoyed music and friendship. It truly was "a ball"!



## Colorectal Cancer Awareness

March is Colorectal Cancer Awareness Month. Colorectal cancer is a common and highly detectable form of cancer. The American Cancer Society reports that it is one of the leading causes of death in the United States. Fortunately, it is curable when diagnosed in the early stages. Education and awareness are vital to knowing how to prevent and control the disease.

Colorectal cancer is cancer of the large intestine, which consists of the colon and the rectum. The disease develops when a benign (non-cancerous) polyp grows, and over time, turns into a malignant (cancerous) tumor. The cause of colorectal cancer is unknown.

People at risk of developing colorectal cancer include those over 50 years old; African Americans; anyone with a family history of the disease; and anyone with a personal history of Crohn's Disease, ulcerative colitis, colorectal polyps, colon cancer or other cancers. Other controllable risk factors include smoking; consuming large amounts of alcohol; a diet high in fat, red meat and processed meats; a sedentary lifestyle; diabetes; and obesity.

In its early stages, colorectal cancer has no symptoms. Because of this, screening tests are recommended for anyone ages 50 to 75. It is important to contact your doctor if you have lower abdominal pain or cramping, a change in bowel habits, bloody or narrow stools, vomiting, weakness or weight loss.

Living a healthy lifestyle is one of the best ways to prevent colorectal cancer. Eat a low-fat, high-fiber diet rich in fruits and vegetables and exercise on a regular basis. You should also quit smoking if you do, and drink alcohol only in moderation. Colorectal cancer is preventable and treatable. Take action now to do all you can to prevent it.

## Welcome, New Members!

Join us in welcoming  
our newest members:

- Charles M.
- Ethel P.
- Irvin M.
- James T.
- Roy P.
- Vera N.
- Verta M.

## Birthdays

Join us in wishing a very  
happy birthday to:

**Lenore R.**  
March 1

**Linda Y.**  
March 3

**Charleene P.**  
March 4

**Hilda D.**  
March 4

**Betty N.**  
March 6

**Silva A.**  
March 8

**Wilbert B.**  
March 11

**Alander T.**  
March 21

**Jean M.**  
March 22

**Rose H.**  
March 23

**Mildred H.**  
March 27



## Healthy Recipe: Garlic Shrimp

Here's a simple recipe for a high-nutrition, low-fat shrimp dish that is wonderfully delicious, thanks to a burst of flavor from parsley.

### Ingredients:

- 30 large raw shrimp, peeled
- 3 tablespoons chopped garlic, fresh or from a jar
- 1 cup fresh chopped parsley (or ½ cup dried)
- 2 teaspoons paprika
- ⅛ teaspoon salt
- Fresh ground pepper, to taste
- 2 tablespoons olive oil
- 1 tablespoon butter



### Directions:

1. In a large, plastic freezer bag, mix everything except the butter and shake well to coat the shrimp.
2. Refrigerate for 1 hour.
3. Preheat a large heavy-bottomed pan on medium and melt butter. Cook the shrimp for about 10 minutes until pink and lightly browned.

**Serves:** 5 (6 shrimp per serving).

**Nutrition information per serving:** 100 calories; 8g total fat; 6g protein; 0g fiber; 232mg sodium; 0g carbohydrates.

## Contact Us

### Gretna Senior and Wellness Center

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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.

