

Gretna Senior and Wellness Center

Let's Talk Wellness

May 2016

Upcoming Events

2nd Annual Luau and Birthday Party

Friday, May 27, from 1 p.m. to 3 p.m.

Members will enjoy music, food, fellowship and music from The Pan Steel Drummers, as well as celebrate our members with May birthdays. This is a members-only event. Hope to see you there!



We Had Fun in April!

On April 11, Dr. Tilak Malik presented members and guests with information about thyroid health.

Attendees had a great time and learned about steps they can take to stay healthy.



Fall Prevention

Although a leading cause of injury in older adults, falls are not just the result of getting older. Many falls can be prevented. By making a few changes, you can lower your chances of falling.

Staying active is one of the most important things you can do to reduce your risk of falling. Activities like walking, gentle water workouts, yoga and Tai Chi can increase balance, coordination, strength and flexibility. Be sure to talk to your doctor before starting an exercise program.

Some medications, or combinations of medications, can make you tired or dizzy and increase your risk of falling. Talk to your doctor about your prescriptions if you experience these symptoms.

Poor vision and hearing can increase your risk of falling. Yearly vision and hearing exams can help identify and correct conditions—such as glaucoma or cataracts—that impair your vision or balance.

About half of all falls happen at home. To make your home safer, keep floors dry and free of clutter. Eliminate throw rugs and loose area rugs, or use double-sided tape and nonslip backing to secure edges and keep rugs from slipping. Tack extension and appliance cords to baseboards. Ensure all rooms, hallways and stairwells are brightly lit. Install handrails and grab bars on stairwells and beside tubs, showers, and toilets. Use a rubber bath mat in the shower or tub. Wear sturdy, supportive shoes with nonskid soles that fit properly.

Being physically fit, understanding the effects of your medications, making simple changes to fall-proof your home, and being aware of factors that can cause a fall outside the home can make the balancing act of fall prevention much easier. With this knowledge, you can take the right steps to avoiding a fall and ensuring your quality of life.

Welcome, New Members!

Join us in welcoming
our newest members:

- Yvonne L.
- Linus M.
- Janet P.
- Dianna T.
- Maria N.
- Ora H.
- Elaine C.
- Donald B.
- Louise B.
- Vanora L.

Birthdays

Join us in wishing a very
happy birthday to:

Mary R.
May 3

Addie L.
May 5

Harold C.
May 6

Eunice R.
May 14

Paulette K.
May 14

Barbara G.
May 18

Thelma C.
May 18

Rosalia L.
May 21

Linda R.
May 21

Margaret W.
May 21

Healthy Recipe: Baked Salmon

Serves: 2; **Serving size:** 1 fillet

Ingredients:

- 1 tablespoon olive oil
- 2 1/4 teaspoons fresh basil or 3/4 teaspoon dried
- 1 teaspoon minced garlic or 1/4 teaspoon garlic powder
- 2 tablespoons lemon juice
- 1 tablespoon fresh parsley or 1 teaspoon dried
- 1/2 teaspoon salt
- 1/3 teaspoon pepper
- 2 salmon fillets, about 5 ounces each

Directions:

1. Preheat oven to 400 F. Mix olive oil, basil, garlic, lemon juice, parsley, salt and pepper in a small bowl to create a marinade.
2. Remove skin from salmon fillets, and place fillets in a baking dish.
3. Pour marinade over fillets. Marinate fillets for 1 hour, occasionally turning.
4. Line a broiler-proof baking dish with aluminum foil; remove fillets from marinade and place in baking dish.
5. Bake for 15 minutes, then broil uncovered for 5 minutes.

Allergen warning: This recipe contains seafood.

Nutrition facts: 232 calories, 12g total fat, 2g saturated fat, 245mg sodium, 0g carbohydrate, 29g protein.



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.

