

# Gretna Senior and Wellness Center

# Let's Talk Wellness

November 2015

### November Holidays and Events:

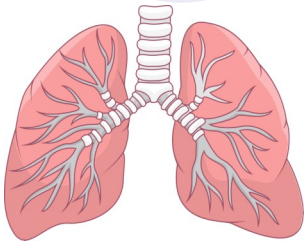
**November 11**  
Veterans Day

**November 26**  
Thanksgiving Day



### Understanding COPD

COPD stands for chronic obstructive pulmonary disease, and it is a combination of lung diseases that makes breathing difficult. It is estimated that more than 13 million Americans suffer from COPD, and many others who are at risk ignore the warning signs.



The two most common COPD conditions are chronic bronchitis and emphysema. Chronic bronchitis inflames the bronchial tubes (that carry air to the lungs) and creates more than normal amounts of mucus. This causes narrowing of the tubes, making it difficult to breathe. With emphysema, the air sacs in the lungs are damaged, and the lungs are unable to move as much air in and out.

Common symptoms of COPD include: chronic cough, expelling mucus when you cough, shortness of breath (that worsens with activity), wheezing, tightness in the chest, fatigue, frequent colds or flu, and lung infections (more than one per year). Early detection of COPD is important, so tell your doctor right away if you suffer from these symptoms. Don't ignore the warning signs.

The causes of COPD include long-term smoking; years of breathing in irritants such as chemical fumes, industrial dust and air pollution; repeated lung infections during childhood; and inherited risk factors.

If you have COPD, certain lifestyle changes can improve your quality of life. Quit smoking if you do (smoking only worsens COPD symptoms), follow a healthy diet, exercise regularly and maintain a healthy weight. You should also talk to your doctor about getting a flu shot and a pneumonia shot to avoid any COPD complications from these illnesses.

There's no cure for COPD, but early detection can slow disease progression and help you manage your condition. Work with your doctor on a treatment plan to relieve symptoms, improve your ability to stay active and improve your overall health.

### Inside this issue:

Understanding COPD	1
Calendar of Events	2
Upcoming Events	2
New Members	3
Birthdays	3
Healthy Recipe	3
Contact Us	3

# Calendar of Events for November 2015

Monday	Tuesday	Wednesday	Thursday	Friday
<b>2</b> 9:30-10:30 a.m. Senior Fit and Fun 10:35-11:35 a.m. Zumba 12-2 p.m. Bingo	<b>3</b> 10-11 a.m. Zumba 11:05 a.m.-12:05 p.m. Pilates and Stretch 11:30 a.m.-12:15 p.m. Drum Circles 1-2 p.m. Beanbag Baseball	<b>4</b> 9:30-10:30 a.m. Line Dancing 10:35-11:35 a.m. Yoga 11:30 a.m.-2 p.m. Open Enrollment Presentation 2-3:30 p.m. Crocheting Class	<b>5</b> 10-11 a.m. Line Dancing 11:05 a.m.-12:05 p.m. Senior Fit and Fun 1:30-3 p.m. Jewelry Making 1:30-3 p.m. Gretna Senior and Wellness Center Chorus	<b>6</b> 10:35-11:35 a.m. Zumba 12-2 p.m. Bingo
<b>9</b> 9:30-10:30 a.m. Senior Fit and Fun 10:35-11:35 a.m. Zumba 12-2 p.m. Bingo	<b>10</b> 10-11 a.m. Zumba 10:30-11:30 a.m. ProBono Project 11:05 a.m.-12:05 p.m. Pilates and Stretch 11:30 a.m.-12:15 p.m. Drum Circles 1-2 p.m. Beanbag Baseball	<b>11</b> <b>NO CLASSES</b>	<b>12</b> 10-11 a.m. Line Dancing 11:05 a.m.-12:05 p.m. Senior Fit and Fun 12-1:30 p.m. Ask the Pharmacist 1:30-3 p.m. Jewelry Making 1:30-3 p.m. Gretna Senior and Wellness Center Chorus	<b>13</b> 10:35-11:35 a.m. Zumba 11:30 a.m.-12:30 p.m. Veterans Day Proclamation 12:30-2:30 p.m. Bingo
<b>16</b> 9:30-10:30 a.m. Senior Fit and Fun 10:35-11:35 a.m. Zumba 12-2 p.m. Bingo	<b>17</b> 10-11 a.m. Zumba 11:05 a.m.-12:05 p.m. Pilates and Stretch 11:30 a.m.-12:15 p.m. Drum Circles 1-2 p.m. Beanbag Baseball	<b>18</b> 9:30-10:30 a.m. Line Dancing 10:35-11:35 a.m. Yoga 11:45 a.m.-12:15 p.m. Advanced Directives Presentation 2-3:30 p.m. Crocheting Class	<b>19</b> 10-11 a.m. Line Dancing 11:05 a.m.-12:05 p.m. Senior Fit and Fun 1:30-3 p.m. Jewelry Making 12:30-2:30 p.m. Birthday Party	<b>20</b> 10:35-11:35 a.m. Zumba 12-2 p.m. Bingo
<b>23</b> 9:30-10:30 a.m. Senior Fit and Fun 10:35-11:35 a.m. Zumba 12-2 p.m. Bingo	<b>24</b> 10-11 a.m. Zumba 11:05 a.m.-12:05 p.m. Pilates and Stretch 11:30 a.m.-12:15 p.m. Drum Circles 1-2 p.m. Beanbag Baseball 1:30-3 p.m. Gretna Senior and Wellness Center Chorus	<b>25</b> 9:30-10:30 a.m. Line Dancing 10:35-11:35 a.m. Yoga 2-3:30 p.m. Crocheting Class	<b>26</b> <b>CLOSED</b>	<b>27</b> <b>NO CLASSES</b>
<b>30</b> 9:30-10:30 a.m. Senior Fit and Fun 10:35-11:35 a.m. Zumba 12-2 p.m. Bingo			<b>Served Daily:</b> 8 9 a.m. Breakfast 12 1 p.m. Lunch	<b>RED:</b> Change in the schedule <b>ORANGE:</b> Arts and crafts <b>BLUE:</b> Educational <b>PINK:</b> Party <b>PURPLE:</b> Music therapy class

## Spotlight on Upcoming Events!

### Open Enrollment Presentation:

Join us as Leslie Cioti from the Aging and Disability Resource Center reviews the open enrollment process and provides information on Medicare.

- November 4, 11:30 a.m. to 2 p.m.

### Ask the Pharmacist:

A Peoples Health pharmacist will be available to discuss medication questions.

- November 12, 12 p.m. to 1:30 p.m.

### Veterans Day Proclamation:

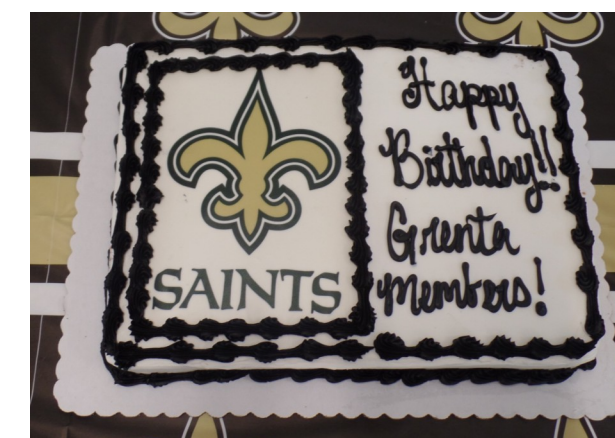
Seniors that served in the military will be honored with a proclamation given by the Jefferson Council on Aging.

- November 13, 11:30 a.m. to 12:30 p.m.

## We Had Fun in October!



On October 15, Gretna center members celebrated October birthdays with a Saints-themed party. Staff from the office of Jefferson Parish Councilman Chris Roberts brought sweets for everyone to enjoy. Geaux, Saints!



## Welcome, New Members!

Join us in welcoming  
our newest members:

- Karin S.
- Ursula R.
- Linda C.

## Birthdays

This month we wish a  
very happy birthday to:

**Wanda P.**  
November 2

**Joan P.**  
November 2

**Onoria N.**  
November 8

**Karin S.**  
November 10

**John R.**  
November 18

**Kathryn B.**  
November 19

**Alice C.**  
November 22

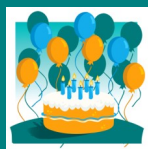
**Leona B.**  
November 23

**Barbara S.**  
November 23

**Maxine B.**  
November 23

**Cynthia G.**  
November 25

**Genice B.**  
November 29



## Healthy Recipe: Rosemary Roasted Turkey

**Serves:** 4; **Serving size:** 4 ounces

### Ingredients:

- 1 tablespoon chopped rosemary or 1 teaspoon dried
- 1 1/2 teaspoons fresh basil or 1/2 teaspoon dried
- 1/3 teaspoon salt
- 1 teaspoon ground pepper
- 1 tablespoon and 2 teaspoons minced garlic or 2/3 teaspoon garlic powder
- 1 1/2 tablespoons fresh Italian herb blend of chopped parsley, oregano and thyme or 1 1/2 teaspoons dried Italian seasoning
- 4 boneless turkey breast cutlets or tenderloins (about 1 1/4 pounds turkey)
- 1/4 cup olive oil



### Directions:

1. Preheat oven to broil.
2. Mix rosemary, basil, salt, pepper, garlic powder (if using) and Italian seasoning in a small bowl.
3. Baste both sides of the turkey with olive oil.
4. Sprinkle seasoning mixture over both sides of turkey (if using fresh garlic, divide and sprinkle garlic evenly across turkey pieces).
5. Place turkey in broiler-safe pan. Broil 4 inches from heat, turning once, for 20 to 22 minutes or until turkey is cooked through and juices run clear when pierced with a fork. Internal temperature of turkey should be 165 degrees.

**Nutrition Facts:** 265 calories, 15g total fat, 2g saturated fat, 247mg sodium, 0g carbohydrate, 28g protein.

## Contact Us

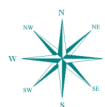
### Gretna Senior and Wellness Center

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



### 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 Street and McDonogh Street, 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).

## WE'RE ON THE WEB!

<http://www.peopleshealthwellnesscenter.com>