

Gretna Senior and Wellness Center

Let's Talk Wellness

November 2016

Upcoming Events

Thanksgiving Celebration

Friday, Nov. 18, from 12:30 to 2:30 p.m.

Join us for our Thanksgiving celebration! Members will enjoy a traditional Thanksgiving meal with friends while also celebrating November birthdays.



We Had Fun in October!

On Oct. 28, the center hosted the second annual Fall Fest and Craft Fair. The event included pumpkin decorating, a costume contest and a scavenger hunt. It was a huge success!

Mr. and Mrs. Arnold (pictured) were the winners of the costume contest.



Osteoporosis Awareness

Osteoporosis is a bone disease that can have a major impact on a person's life. It occurs when bones break down faster than the body can repair them, or when bones are thinned by poor nutrition or other factors. Osteoporosis increases a person's risk for falls and painful breaks.



More than 53 million people either have osteoporosis or are at risk of developing the disease because of bone loss.

Knowing the risk factors and preventive measures to take is the best defense against the disease.

There are many risk factors for osteoporosis, some that can't be controlled and some that can. Uncontrollable risk factors include age, family history of the disease, being female, and being Caucasian or of Asian decent.

Making healthier lifestyle choices such as not smoking, limiting alcohol use, eating a healthy diet and exercising regularly are risk factors that can easily be controlled. Getting enough calcium and vitamin D can also help stave off osteoporosis. Calcium keeps bones strong, and vitamin D plays a role in how the body uses calcium.

The best way to find out if you have osteoporosis is to get screened for it before a broken bone occurs. A bone density test is a good way to check your bone health. This screening is quick and simple. Talk to your healthcare provider about getting an initial screening and about how often you should get screened in the future.

Welcome, New Members!

- Linda A.
- Gloria E.
- Monica V.
- Jerry Dean M.
- Rita M.
- June C.
- Gail C.
- Elaine C.
- Hilda D.
- Charlene S.
- Sliva A.

Birthdays

Yvonne L. - Nov. 2
Wanda P. - Nov. 2
Joan P. - Nov. 2
Barbara L. - Nov. 7
Onoria N. - Nov. 8
Karin S. - Nov. 10
John R. - Nov. 18
Kathryn B. - Nov. 19
Ina L. - Nov. 19
Alice C. - Nov. 22
Leona B. - Nov. 23
Maxine B. - Nov. 23
Barbara S. - Nov. 23
Cynthia G. - Nov. 25
Janet P. - Nov. 25
Floyd D. - Nov. 26
Genice B. - Nov. 29



Healthy Recipe: Rosemary Roasted Turkey

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

Ingredients:

1 tablespoon chopped rosemary or 1 teaspoon dried
1 ½ teaspoons fresh basil or ½ teaspoon dried
⅓ teaspoon salt
1 teaspoon ground pepper
1 tablespoon and 2 teaspoons minced garlic or ⅔ teaspoon garlic powder
1 ½ tablespoons fresh Italian herb blend of chopped parsley, oregano and thyme or 1 ½ teaspoons dried Italian seasoning
4 boneless turkey breast cutlets or tenderloins (about 1 ¼ pounds turkey)
¼ 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

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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.

