

Gretna Senior and Wellness Center

Let's Talk Wellness

April 2016

Upcoming Events

Thyroid Health

Monday, April 11, from noon to 1 p.m.
Dr. Tilak Mallik will speak about the importance of thyroid health. All members are encouraged to attend.

Brown Bag Pharmacy Review

Friday, April 29, from 10:30 a.m. to 12:30 p.m.
This is an opportunity for members to discuss their medications one-on-one with a Peoples Health healthcare professional. You won't want to miss it!

We Had Fun in March!

On March 31, members donned their favorite hats at the second annual "Hats Off to You" member appreciation party. All members were celebrated for the length of their membership at the center and received a certificate of appreciation.



Understanding COPD

Chronic obstructive pulmonary disease, also known as COPD, is a combination of lung diseases that makes breathing difficult. The two most common COPD conditions are chronic bronchitis and emphysema.

Common COPD symptoms are: 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 more than one lung infection per year.

Early detection of COPD is the key to treating it. Tell your doctor right away if you suffer from any of these symptoms, especially shortness of breath. The sooner your doctor knows about your symptoms, the better he or she can work with you to treat them.

Long-term smoking is the main cause of COPD. Inhaling tobacco smoke irritates the lungs and destroys their ability to stretch and take air. Other factors can also lead to COPD, including years of breathing in chemical fumes, industrial dust or air pollution, repeated lung illness during childhood, and inherited factors.

If you have COPD, making lifestyle changes is important to find relief from some symptoms. If you smoke, quit. Follow a health diet and exercise regularly to maintain a healthy weight.

Also, talk to you doctor bout getting a flu and pneumonia shot to avoid any COPD complications from these illnesses.

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

Welcome, New Members!

Join us in welcoming
our newest members:

- Janet P.
- Dianna T.
- Linus M.
- Susan M.
- Jeanne R.
- Robert R.
- Karen H.
- Yvonne L.
- Maria N.

Birthdays

Join us in wishing a very
happy birthday to:

Linda C.
April 5

Alma S.
April 8

Virgin P.
April 16

Theresa M.
April 17

Antoinette B.
April 18

Mary H.
April 28

Corrine S.
April 28

Betty J.
April 28

Healthy Recipe: Strawberry Whipped Angel Cake

Serves: 10 **Serving size:** 1 slice

Ingredients:

- 1 angel food cake, store-bought or prepared from mix
- 2 pints strawberries, hulled and sliced
- One 8-ounce container light whipped topping

Directions:

1. If cake is freshly baked, let cool completely.
2. Slice angel food cake in half horizontally. Set the top part of the cake aside. Create a tunnel for the filling in the bottom half of the cake by removing some of the interior, leaving the base intact.
3. In a large bowl, break up the removed pieces of cake. In another bowl, add half of the whipped topping. Fold in 1 pint of sliced strawberries and the cake pieces. Spoon whipped topping mixture into cake tunnel, pressing down firmly.
4. Replace top of cake, pressing gently. Frost cake with remaining whipped topping. Cover top of cake with remaining strawberries. Chill for 15 minutes before slicing.



Allergen warning: This recipe contains wheat, strawberries, dairy and corn.

Nutrition facts: 156 calories, 3g total fat, 2.5g saturated fat, 225mg sodium, 31g carbohydrate, 2g 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.

