

# Gretna Senior and Wellness Center Let's Talk Wellness

April 2017

## Upcoming Events

### Easter Egg Hunt and Picnic

Thursday, April 13, from 10:30 a.m. to 1 p.m.

Meet us in the garden at the center for an Easter egg hunt and picnic. What a great way to kick off the spring season!



### “Gretna’s Got Talent”

Friday, April 28, from 11 a.m. to 1 p.m.  
Calling all stars! Join us for a talent show and show off your best talent. If you would like to participate, please register at the center.

## We Had Fun in March

On March 17, members celebrated St. Patrick’s Day and members with March birthdays. Green was the theme, and everyone had a wonderful time!



## 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 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 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 in air. Other causes of COPD include years of breathing in chemical fumes, industrial dust or air pollution; repeated lung illness during childhood; and inherited factors.

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

Also, talk to your doctor about getting a flu shot and a 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!

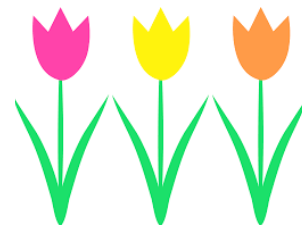
- Carolyn C.
- Mary B.
- Chester S.
- Helen J.
- Sheryl H.
- Frances M.
- Olivia N.
- Ann B.
- Linda M.
- Wilton M.
- Mary O.

## Birthdays

- Frances M. - April 1
- Giselle C. - April 1
- Roslind H. - April 4
- Linda C. - April 5
- Lauren M. - April 7
- Alma S. - April 8
- Nutica P. - April 10
- Vanora L. - April 10
- Carmen F. - April 11
- Florita C. - April 15
- Virgin P. - April 16
- Sheila T. - April 17
- Theresa M. - April 17
- Patricia W. - April 19
- Barbara D. - April 22
- Deborah B. - April 22
- Linda L. - April 27
- Mary G. - April 28
- Betty J. - April 29
- Carrie B. - April 30
- Maria N. - April 30

## Spring Word Search

G L K K U V O I F B I W B H F  
 I G V V N S P R I N G U Q N F  
 G H E B I P E S D I N E Q U G  
 Z T E Y O T R P P N S N N P T  
 U S F N S N J V Y I G K N H Q  
 T R J A I K N L D X S U L O R  
 V E E A V H A E J T Z R G Z U  
 A W L Z I C S C T I O V Y Y P  
 I O X B A P Q N T N U H B M U  
 U L S A J Q X W U X K Q S K Z  
 Z F S S Q V C P K S G Q W M Y  
 B F N K T N U K P P Y Z X R W  
 U Z I E F Z X B V A K E C W F  
 Z E C T N M S T V S T X Y X T  
 B D T F Z U S A Y B S P U B F



### Words to Find

**BASKET  
 BONNET  
 BUNNY  
 EASTER  
 EGG  
 FLOWERS  
 HUNT  
 SPRING  
 SUNSHINE**

## Contact Us

### Gretna Senior and Wellness Center

476 Franklin St.  
 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.

