

# Gretna Senior and Wellness Center

## Let's Talk Wellness

August 2016

### Upcoming Events

#### Computer and Smartphone Q&A Session

Wednesday, August 3, from noon to 1 p.m.

As technology evolves, there is always something new to learn. Art Bueno, an IT analyst from Peoples Health, will provide answers to your technology questions. Attendees should bring their smartphones, laptops or tablets. See you there!



### We Had Fun in July!



On July 6, members attended a Healthy Cooking and Nutrition Made Easy class hosted by LSUAg Center representative, Karen Walker. Members learned to make low-fat banana pudding. It was fun and delicious!

### Understanding Urinary Incontinence

Urinary incontinence is the involuntary loss of urine. The bladder normally stores urine until the urge to empty it. But if you leak urine when you do not intend to, you may have urinary incontinence.

Over 12 million Americans suffer from various types of urinary incontinence. Although anyone can be affected, women are twice as likely as men and it is most common in people over the age of 50.

Incontinence is not a normal part of aging, so you don't have to chalk it up to "getting older." It can be caused by physical changes from pregnancy, childbirth or menopause. It can also be triggered by illness or injury.

Some symptoms of incontinence resemble those of other conditions or medical problems. The only way to know for sure is to visit your doctor for a physical examination if you experience one or more of these symptoms: the inability to urinate; urine leakage; progressive weakness of the urinary stream; pain when urinating or an increased rate of urination without a diagnosed bladder infection; frequent bladder infections; needing to rush to the restroom and losing urine if not reached in time; or urine leakage that began or continued after surgery.

Because urinary incontinence is a symptom and not a disease, the method of treatment depends on the diagnosis. Sometimes urinary incontinence can be cured by changes in diet or fluid intake. Sometimes other types of treatments are needed, like behavior techniques, drug therapies, or the implantation of mechanical devices.

You do not have to live with urinary incontinence. If you experience bladder leakage, talk to your doctor about a personalized plan to stop it.

## Welcome, New Members!

- Florita C.
- Linda T.
- Patricia W.

## Birthdays

**Robert C.**  
August 1

**Debra M.**  
August 2

**Joyce G.**  
August 5

**Donna W.**  
August 7

**Sandra D.**  
August 8

**Debra T.**  
August 9

**Orelea D.**  
August 11

**Laverne C.**  
August 15

**Louise B.**  
August 17

**Larry N.**  
August 18

**Cynthia B. and  
Leonard M.**  
August 21

**Hazel A.**  
August 24

**Carolyn C.**  
August 27

**Grace F. and  
Herman C.**  
August 28

## Healthy Recipe: Broiled Tilapia With Parmesan Cream Sauce

Serves 4, serving size: 1 fillet or 4 ounces

### Ingredients:

- 1/4 cup Parmesan cheese
- 2 tablespoons olive oil or light margarine, softened
- 1 tablespoon and 2 teaspoons plain Greek yogurt
- 1 1/2 teaspoons lemon juice
- 3/4 teaspoon fresh basil or 1/4 teaspoon dried
- 1/8 teaspoon black pepper
- 1/8 teaspoon onion powder
- 1 teaspoon minced garlic or 1/4 teaspoon garlic powder
- 1/4 teaspoon paprika
- 4 tilapia fillets (about 1 1/4 pounds)

### Directions:

1. In a small bowl, mix together Parmesan cheese, olive oil or margarine, Greek yogurt, and lemon juice.
2. Add basil, pepper, onion powder, garlic and paprika. Mix well and set aside.
3. Line a baking sheet with aluminum foil and coat with nonstick cooking spray. Arrange fillets in a single layer on baking sheet.
4. Broil a few inches from heat for two to three minutes. Remove fillets from oven and top with Parmesan cheese mixture.
5. Broil for two more minutes or until topping is browned and fish flakes easily. Be careful not to overcook.

**Allergen warning:** This recipe contains seafood and dairy.

**Nutrition facts:** 253 calories, 11g total fat, 3g saturated fat, 267mg sodium, 0g carbohydrate, 33g protein.



## Contact Us

### Gretna Senior and Wellness Center

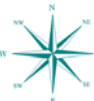
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Phone: 504-301-3743

[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.

