

# Gretna Senior and Wellness Center

# Let's Talk Wellness

July 2016

## Upcoming Events

### DIY Coaster Making

Wednesday, July 6, from 12:30 to 1:30 p.m.

Join us every Wednesday in July for DIY (Do It Yourself) coaster making. Supplies will be provided.

### Blood Pressure Screenings

July 5, 15, 18, 21 and 22, from 9 a.m. to 3 p.m.

Stop by the senior center to have your blood pressure checked and receive a blood pressure tracking card. The screenings will be conducted by LSU nursing students. We look forward to seeing you there!

## We Had Fun in June!

To celebrate our June birthdays, the senior center held a birthday party on June 24. We had delicious food, cake and music. The theme was "Red, White and Blue" in honor of Independence Day.



## Diabetes Management

Diabetes is a growing epidemic in America today. It is a condition in which the body either does not make enough of a hormone called insulin, or the body's cells ignore the insulin. Insulin helps convert sugar (glucose), starches and other food into energy needed for daily life. According to the American Diabetes Association, approximately 1.4 million Americans are diagnosed with diabetes each year.

Diabetes can be managed when people adopt a healthier lifestyle, learn self-care skills and receive regular care from a healthcare providers.

Education is the heart of managing this condition. Learning about diabetes management can help people reduce their risk of complications, recognize and manage symptoms, and lead full, active lives.

Lifestyle changes, such as making healthy food choices and being physically active, are important for anyone with diabetes. Reaching and maintaining a healthy body weight is also vital.

Many people with diabetes also need oral diabetes medications, insulin injections, or both, and blood sugar monitoring is an essential self-care skill that can help people reach their blood sugar goals.

You don't have to be part of the diabetes epidemic. To find out if you are at risk for diabetes, discuss your health history and risk factors with your physician to see if making healthier lifestyle choices will lower your chances of developing the disease. If you have diabetes, remember that you *can* live an active, full and productive life by taking charge of your health.

## Welcome,

Join us in welcoming our newest members:

- **Barbara K.**
- **Barbara L.**
- **Debra M.**
- **Joyce G.**
- **James W.**
- **Lauren M.**
- **Leatrice L.**
- **Linda L.**

## Birthdays

Join us in wishing a very happy birthday to:

**Linda U.**

July 1

**Sarah F.**

July 2

**Leverne D.**

July 5

**Charles C.**

July 9

**Isabelle B.**

July 13

**LaVerne K.**

July 15

**Shirley W.**

July 16

**Harriet C.**

July 21

**Kathlyn D.**

July 22

**JoAnne W.**

July 25

**Rose G.**

July 31

## July Fourth Word Search

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

### Words to search for:

AMERICA  
BARBECUE  
DECLARATION  
FIREWORKS  
FOURTH  
FREEDOM  
INDEPENDENCE  
JEFFERSON  
JULY  
NATION  
PRIDE  
REVOLUTION  
RIGHTS  
STATES  
UNITED

## 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.

