

Gretna Senior and Wellness Center

Let's Talk Wellness

March 2016

We Had Fun in February!

Members had the opportunity to “let the good times roll” at this year’s Mardi Gras party. Great music and food was provided, and members received a decorated souvenir coconut.



The City of Gretna held a ceremony for its new trolley on Feb. 15, and our members were

there to enjoy a ride. The trolley is available to all Gretna seniors, transporting them to and from the Gretna Senior and Wellness Center in style.

Upcoming Events

2nd Annual “Hats Off to You” Member Appreciation Party
 Friday, March 11 from 1 p.m. to 3 p.m.
 Join us as we recognize all members and the length of time they have been a member of the center. Be sure to wear your favorite hat!

Colorectal Cancer Awareness

March is Colorectal Cancer Awareness Month. Colorectal cancer is a common and highly detectable form of cancer. The American Cancer Society reports that it is one of the leading causes of death in the United States. Fortunately, it is curable when diagnosed in the early stages. Education and awareness are vital to knowing how to prevent and control the disease.

Colorectal cancer is cancer of the large intestine, which consists of the colon and the rectum. The disease develops when a benign (non-cancerous) polyp grows, and over time, turns into a malignant (cancerous) tumor. The cause of colorectal cancer is unknown.

People at risk of developing colorectal cancer include those over 50 years old; African Americans; anyone with a family history of the disease; and anyone with a personal history of Crohn’s Disease, ulcerative colitis, colorectal polyps, colon cancer or other cancers. Other controllable risk factors include smoking; consuming large amounts of alcohol; a diet high in fat, red meat and processed meats; a sedentary lifestyle; diabetes; and obesity.

In its early stages, colorectal cancer has no symptoms. Because of this, screening tests are recommended for anyone ages 50 to 75. It is important to contact your doctor if you have lower abdominal pain or cramping, a change in bowel habits, bloody or narrow stools, vomiting, weakness or weight loss.

Living a healthy lifestyle is one of the best ways to prevent colorectal cancer. Eat a low-fat, high-fiber diet rich in fruits and vegetables and exercise on a regular basis. You should also quit smoking if you do, and drink alcohol only in moderation. Colorectal cancer is preventable and treatable. Take action now to do all you can to prevent it.

Welcome, New Members!

Join us in welcoming
our newest members:

- **Thelma T.**

Birthdays

Join us in wishing a very
happy birthday to:

Lenore R.

March 1

Evelyn C.

March 2

Mary R.

March 3

Ursula R.

March 3

Philimena W.

March 3

Charleene P.

March 4

Phyllis P.

March 6

Sunilda C.

March 7

Yvonne H.

March 10

Wilbert B.

March 11

Enola B.

March 14

Bonnie C.

March 14

Tomellar M.

March 21

Jean M.

March 22

Gloria N.

March 24

Healthy Recipe: Garlic Shrimp

Here's a simple recipe for a high-nutrition, low-fat shrimp dish that is wonderfully delicious, thanks to a burst of flavor from parsley.

Ingredients:

- 30 large raw shrimp, peeled
- 3 tablespoons chopped garlic, fresh or from a jar
- 1 cup fresh chopped parsley (or 1/2 cup dried)
- 2 teaspoons paprika
- 1/8 teaspoon salt
- Fresh ground pepper, to taste
- 2 tablespoons olive oil
- 1 tablespoon butter

Directions:

1. In a large, plastic freezer bag, mix everything except the butter and shake well to coat the shrimp.
2. Refrigerate for 1 hour.
3. Preheat a large heavy-bottomed pan on medium. Melt butter. Cook the shrimp for about 10 minutes until pink and lightly browned.

Serves: 5 (6 shrimp per serving).

Nutrition information per serving: 100 calories; 8g total fat; 6g protein; 0g fiber; 232mg sodium; 0g carbohydrates.



Contact Us

Gretna Senior and Wellness Center

476 Franklin St.

Gretna, LA 70053

Phone: 504-301-3743

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.

