



FOR IMMEDIATE RELEASE

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Peoples Health Celebrates Opening of GRETNA Senior and Wellness Center
Gretna Leaders and Jefferson Council on Aging Join Peoples Health for Grand Opening

Gretna, LA (September 23, 2014) – Today, the city of Gretna, Peoples Health and the Jefferson Council on Aging celebrated the opening of the GRETNA Senior and Wellness Center. Gretna Mayor Belinda Constant, Peoples Health CEO Carol Solomon and Jefferson Council on Aging Executive Director Al Robichaux joined dozens of Gretna citizens and leaders for the grand opening celebration. The Center, located at 476 Franklin Street, promotes the physical, mental and social wellbeing of area seniors.

The GRETNA Senior and Wellness Center offers numerous social and healthful activities. Through community resources, seniors are able to receive a variety of health screenings including blood pressure screenings, glucose and cholesterol tests. Yoga, Jazzercise and Zumba classes will be taught onsite by YMCA and Peoples Health employees, volunteering their time. A Peoples Health dietician will provide nutritional classes with tips for making healthy and tasty meals on a budget. Seniors also enjoy playing Wii, card games and bingo in the center's large recreation and dining area.

The center and its activities were made possible through collaboration with many area businesses and organizations. Students from the Loyola School of Music will provide music therapy to seniors. Music helps manage stress and improve cognitive function in seniors. Students from the Tulane School of Social Work will work to provide case management support and access to various community resources to support the seniors.

"Healthcare goes beyond a visit to the doctor's office," said Carol Solomon, CEO of Peoples Health. "Providing social activities and robust programming to seniors is a vital part of keeping our community happy and healthy. Our collaboration with the Jefferson Council on Aging and City of Gretna creates wonderful opportunities to care for our friends and neighbors."

Next up for the center is a community garden, which will be located across the street from the facility. To commemorate the opening, attendees at the center's grand opening donated items for a time capsule, which will be buried in the garden once it's completed.

"The Jefferson Council on Aging serves as the front-line resource for our senior population of over 85,000," said Al Robichaux, executive director of Jefferson Council on Aging. "Through collaboration with organizations like Peoples Health, we are able to make a positive, lasting impact on the people we serve."

“This is such an exciting project for the Gretna community,” said Mayor Belinda Constant, Mayor of Gretna. “The GRETNA Senior and Wellness Center is another sign of progress in Gretna. We’re very proud of all that our community has to offer and thank Peoples Health and the Jefferson Council on Aging for making this project a reality.”

The GRETNA Senior and Wellness Center is the former site of the Gretna Lion’s Club. The space was extensively renovated and features a warming kitchen and beverage station, a state-of-the-art computer lab, class room areas and a large dining and activity room. The transformation was sponsored by Peoples Health.

The GRETNA Senior and Wellness Center will host an open house event September 24 – September 26 from 10 a.m. – 2 p.m. The Center is open Monday through Friday from 8 a.m. – 4 p.m. For additional information on the GRETNA Senior and Wellness Center, please visit <http://peopleshealthwellnesscenter.com/> or call 504-301-3743. For more information on Peoples Health, please visit www.peopleshealth.com.

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About Peoples Health

Established in 1994, Peoples Health is a Medicare Advantage organization serving over 57,000 Medicare beneficiaries in southeast Louisiana. The physician-owned company has over 950 employees who help administer and provide a unique approach to wellness, care coordination and support services for plan members. The company is a proud supporter of many social, cultural, athletic and health organizations and holds an accreditation by URAC. Visit www.PeoplesHealth.com for more information.