

Lakeview Shepherd Center Let's Talk Wellness

December 2016

Upcoming Events

Children's Choir Holiday Concert

Monday, Dec. 19, at 10:30 a.m.

The choir that visited us for Halloween will put on a Christmas concert to get us in the holiday spirit! The event will be held at the Community Church Unitarian Universalist of New Orleans and is free to attend. Come listen to the sounds of wonder and cheer!



We Had Fun in November!

Recent weeks brought cooler weather, and the Lakeview Shepherd Center front porch was the perfect place to relax and appreciate it. With the holidays on their way, our porch is a great place to enjoy great company and cheer!



Emotional Wellness

Everyone has ups and downs, but prolonged feelings of sadness or anger that interfere with daily life could be a sign of something more serious. For many people, these feelings can be especially overwhelming during the holidays. This time of year can be stressful, leading to a breakdown of healthy habits, such as holiday overeating, or it may cause heightened grief over the loss of a loved one.

Emotional issues affect both the mind and the body, with physical symptoms including:

- Difficulty eating, sleeping or concentrating
- Social isolation
- Fatigue, weight loss or loss of appetite

If you have these symptoms or feel overwhelmed, it's important to know that help is available. Mental health professionals, like psychiatrists and social workers, can help reduce these symptoms and improve how you function in relationships, at work and in daily life.

There are many things you can do, physically and mentally, to reduce emotional stress. Finding a hobby, exercising, or doing something as simple as going to a movie can help. During the holidays, you should:

- Maintain a healthy lifestyle routine, including eating healthy and exercising.
- Create new holiday traditions without causing unnecessary stress.
- Be around people who make you happy! If you can't be with family, plan something with friends or volunteer to help others.

We hope everyone has a very happy holiday season!

Birthdays

Join us in wishing a very happy birthday to:

Anna Katherine M.
Dec. 4

Martha C.
Dec. 14

Ann N.
Dec. 25

Susan S.
Dec. 27

Tom M.
Dec. 31



Healthy Recipe: Chocolate Cappuccino Dessert

Serves: 5

Serving size: 1 single-serving dessert dish

Ingredients:

1 package of fat-free, sugar-free instant chocolate pudding
2 teaspoons instant coffee (regular or decaffeinated)
2 cups cold fat-free milk
1/8 teaspoon ground cinnamon
1 cup light whipped topping



Directions:

Beat dry pudding mix, coffee granules and milk with whisk for 2 minutes. Pour into 5 single-serving dessert dishes and refrigerate for 1 hour. Mix cinnamon with whipped cream and top desserts just before serving.

Allergen warning: This recipe contains dairy products. Dairy-free alternatives may be used.

Nutrition facts for one serving: 95 calories, 4 grams protein, 17 grams carbohydrates, 1.6 grams total fat, 1.6 grams saturated fat, 289 milligrams salt, 0 grams fiber

Contact Us

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Hours of Operation

Monday through Thursday, 9 a.m. to 2:30 p.m.
Friday, 9 a.m. to 2 p.m.



Directions

We're located in New Orleans on 38th Street between Fleur De Lis Drive and Bellaire Drive.



Email Us

Have a question or comment? We would love to hear from you!
Email us at shepherdcenternola@gmail.com.

WEBSITE COMING SOON!
