

The Scoop



April/May 2020



Oconee County Senior Center

3500B Hog Mountain

Watkinsville, GA 30677

(706) 769-3979

Open Monday through Friday

8 am to 4 pm

Find us at www.oconeecounty.com!

Look for us on Facebook!



Welcome to the Scoop newsletter.
Our goal is to provide Oconee County Seniors with the most up to date information to help with their daily lives.

Oconee County Senior Center Mission:

To positively impact our community by creating opportunities for healthy aging through social engagement, physical activity and well-being, civic involvement, creativity, and lifelong learning.

Oconee County Senior Center Goal:

To give all our members a sense of belonging, providing them with programs that contribute to their well-being, and helping to keep them healthy, happy and informed.



May is Older Americans Month!

Every May, the Administration for Community Living leads our nation's observance of Older Americans Month. We are pleased to announce the 2020 theme: **Make Your Mark**



This theme was selected to encourage and celebrate countless contributions that older adults make to our communities. Their time, experience, and talents benefit family, peers, and neighbors every day.

Communities, organizations, and individuals of all ages are also making their marks. This year's theme highlights the difference *everyone* can make – in the lives of older adults, in support of caregivers, and to strengthen communities.

We invite you to celebrate Older Americans Month and make your mark in May! Leading up to the observance, the OAM website will be updated with artwork, activity suggestions, and other materials to use online and at your events. Don't forget to share your #OAM2020 plans, stories, & events on social media. For info, go to <https://acl.gov/oam/2020/older-americans-month-2020>.

Coming up in May – we hope!!

Eating out again at our favorite local restaurants like La Parilla, Rachel's, Chops and Hops, Fully Loaded, or Dominick's. (Which are your favorites?)

Visiting again with our children, grandchildren, and great grandchildren; with our moms and dads; with our brothers and sisters.

Going to the movies again, seeing plays, going to concerts, sharing good times with good friends!

Watching your favorite sports teams again!

Finding toilet paper and paper towels on the grocery store shelves.

Getting back to work, school, volunteering, etc.

Seeing our friends again at the Oconee County Senior Center, sharing hugs, smiles and laughter!

Important Phone Numbers for Seniors

Aging Resource Connection – 706-583-2546

Alzheimer's Day Health and Respite Service (Athens Community Council on Aging) – 706-549-4850

Legal Services Program – 706-369-7147

Georgia Cares (Medicare Info) – 706-549-4850 or 1-866-552-4464

Advantage Behavioral Crisis Walk In – 706-583-7307

Georgia Crisis Access Line – 800-715-4225

Senior Transportation Options

Wheels of Hope – 706-765-8332 – Requires application – see Angela

Georgia Medical Transportation – 706-286-9610

Caring Man in a Van - 706-769-0075

Go Go Grandparent – 855-464-6872

Companion Transportation Service – 706-201-0571

[Missing our Weekly Schedule?](#)

Mondays

Bridge	9:30 am
Exercise with Betsy	10:00 am
Line Dancing	11:00 am
Bridge/Mahjong	12:30 pm

Tuesdays

Senior Fit	8:45 am
Arts/Crafts Class	10:15 am
Knit/Crochet Group	10:30 pm
Chair Zumba	10:45 am
Canasta/Games	1:00 pm

Wednesdays

Texas Hold'em Poker	9:00 am
Bridge	9:30 am
Bridge/Mahjong	12:30 pm

Thursdays

Senior Fit	8:30 am
Bridge	9:30 am
Floral Class	10:15 am
Chair Zumba	10:45 am
Computer Class	1:00 pm

Fridays

Bridge	9:00 am
Bingo	11:00 am
Canasta/Games	12:30 pm

First Wednesdays

Quilts for Kids	10:00 am
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Fourth Wednesdays

Music with Amanda	10:30 am
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Occasional – check calendar

Tai Chi	10:30 am
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Stay Fit & Healthy

The Oconee County Senior Center offers a variety of exercise programs:

Exercise with Betsy – Mondays at 10:00 am

Line Dancing – Mondays at 11:00 am

Senior Fit – Tuesdays and Thursdays at 8:45 am. Class size limited to 35.

Chair Zumba – Tuesdays and Thursdays at 10:45 am

Tai Chi is back! – Consult the calendar.

“Whatever causes night in our souls may leave stars.”

Victor Hugo

“You never know how strong you are until being strong is the only choice you have.”

A Guide For Seniors On Coping In The Age Of Coronavirus

BY Alyssa Jeong Perry (https://laist.com/2020/03/19/guide_seniors_mental_health_coronavirus.php)

For about six million Californians 65 and up, life has gotten a lot harder.

Governor Gavin Newsom announced that seniors and people with chronic illnesses need to stay home to protect themselves from the novel coronavirus. While public health experts agree that self-isolation and social distancing during this time is extremely important, they're also worried about the toll it can take on seniors' mental health and well-being.

Let's be honest: it's probably going to be tough. But here are some tips for surviving — hopefully, even thriving — while stuck at home.

GET DIGITALLY CONNECTED

Many seniors depend on activities at senior centers and volunteer work to keep them active and social.

But public health experts like Dr. Anna Chodos, professor of medicine and geriatrics at UCSF, say there are many other ways to connect with people without being physically present.

She encourages seniors to call the Institute on Aging's Friendship Line. It's a hotline where older people can make a friend over the phone and have someone to talk to if they are lonely.

"It's a good resource to give people if they can't get in touch with their families," Dr. Chodos said.

She's also encouraging family members of isolated seniors to "please call them regularly." Also, if your older family member doesn't know how to use video functions like FaceTime, help them figure it out. (There's also Skype, Facebook video chat and Google Hangouts).

KEEP VOLUNTEERING AND EXERCISING, BUT CHANGE IT UP

If you're a senior who has a regular volunteer job that is now on hold, why not see if there's a way to help out online or over the phone?

Also, since going to the gym or a workout class is currently not an option, Dr. Lisa Gibbs, chief of geriatrics at UC Irvine School of Medicine, recommends finding a workout online or from streaming programs like Netflix. The National Institute on Aging has an exercise campaign called Go4Life that includes online video workouts.

Or ... get outside! For now, local public health officials have not prohibited outdoor exercise. So take a walk. Just make sure you are six feet away from other people and avoid body fluids.

Gardening or exercising in your yard, if you have one, are also good options.

THAT EPIC NOVEL YOU'VE BEEN MEANING TO WRITE

It's a great time to pick up hobbies that have been on the backburner for a while, such as learning to play a musical instrument or taking an online class. Check out AARP's guide to online learning.

TACKLING ANXIETY

There's isolation. And then there's being stuck in a small space with your whole family. Kenneth Wiatrak, 68, lives with his wife and two teenagers in a one-bedroom apartment in Studio City. "How do you self isolate when there's no room to isolate?" he wondered.

Doctors are concerned that anxiety will affect seniors in the coming weeks. During this critical period, health experts are encouraging seniors to stay in touch with their health care provider.

Seniors shouldn't be afraid to tell their doctor that they are stressed out, Dr. Chodos said. She said there are a lot of mental health resources by phone that doctors can provide.

Things to do during isolation:

Explore the internet:

Google Arts & Culture is offering free online museum tours as well as virtual tours on Street View.

Some musicians are sharing music online and on Facebook.

YouTube is a great free site for all kinds of things including movies, exercise, DIY projects, etc.

Play games:

Check out your closets for board games that you haven't played for a while.

If you are alone, find a deck of cards and Google different kinds of solitaire.

If you can download games on your phone, try playing with friends with games such as Words with Friends.

Catch up on your chores:

This doesn't sound like much fun, but you would be surprised how gratifying it is to clean out cupboards, closets, and cabinets. I found oodles of things I had forgotten I had including loads of stuff to donate to the Senior Center, ACTS, etc.

Reading:

If you have a Kindle or don't mind reading on your phone or tablet, check out BookBub. They send you daily emails with lots of free or cheap books to download to the Kindle app.

You can also listen to books with the Audible app (you get one free book per month) or on the Chirp app. Like BookBub, Chirp will send you emails with low priced audiobooks.

I love to listen to my audiobooks while cleaning and cooking.

Last but not least – online streaming:

If you don't already use them, subscribe to Netflix, or become an Amazon Prime member and use Prime Video to watch movies and series such as Grace and Frankie (two hilarious senior ladies).

There are also free sites/apps, such as Hulu, Spectrum, and Tubi that have free movies and TV shows available.

The news itself can be anxiety-inducing. Don't sit in front of the television watching news about COVID-19 all day, Dr. Gibbs said. She recommended choosing one trusted source and checking only once or twice a day for updates.

WHAT CAN YOU DO TO HELP OTHERS?

If you're in good health, there are many ways to help without compromising another's health (or your own):

- Pick up the phone and call a friend or neighbor.
- Knock on your elderly neighbor's door and ask what you can do for them. (Do they need groceries? Need their dog walked? Trash taken out?)
- Make a care package with things like food, books, puzzles.
- Above all, take care of your own health so you can be there for your friends and family.

At your service . . .

Merry Howard	Senior Center Director	mhoward@oconee.ga.us
Allison Burns	Asst. Director/Activities Coord.	aburns@oconee.ga.us
Angela Helwig	Aging Services Coordinator	ahelwig@oconee.ga.us
Mary Ann Hall	Food Service Manager	mhall@oconee.ga.us
Marge McKee	Senior Activities Aide	mmckee@oconee.ga.us
Pat Anderson	Front Desk Receptionist	panderson@oconee.ga.us
Shirley Finch	Food Service Aide	
Russell Ruggieri	Transportation Services Aide	
Brady Gilley	Transportation Services Aide	

"Hope is important because it can make the present moment less difficult to bear. If we believe that tomorrow will be better, we can bear a hardship today."

Thich Nhat Hanh

"You can't always get what you want. But if you try sometime, you just might find, you get what you need."

Rolling Stones

Staying Active while Socially Distancing

Due to the coronavirus, it appears that the new normal will be staying at home as much as possible to avoid public places and contact with too many people. For anyone who is trying to stay calm and boost their immune systems, staying at home poses another challenge: staying active may require some new routines.

Physical Activity, Health, and COVID-19

Staying active is important under normal circumstances, as it helps with weight management, disease prevention, and mental health. There are other reasons to stay active during the COVID-19 outbreak, even during shelter-in-place restrictions and mandates to maintain at least 6 feet of distance between people.

**Are you older than dirt?
How many do you remember?**

- Drive in movies
- Blackjack or Teaberry chewing gum
- Wax soda bottles with sugar water
- Candy cigarettes
- Soda machines dispensing glass bottles
- Table side juke boxes
- Home milk delivery with glass bottles and paper stoppers
- Party lines on the telephone
- Newsreels before a movie
- P.F. Flyers
- Butch wax
- TV test patterns after the station went off the air
- Rabbit ears on top of the TV
- Pea shooters
- Howdy Doody
- 45 RPM records
- S&H green stamps
- Hi-fi stereos
- Metal ice trays with lever
- Roller skate keys
- Drug stores with soda fountains
- Drive-in restaurants with car hops

Stay
Strong

Exercise: It lifts mood, which is critical when faced with the challenge of staying inside and finding alternative activities to do to substitute for some of your usual ones. It improves cholesterol profile and lowers blood pressure, which can help lower risk for heart disease. It helps you sleep better and manage stress better, which can both be difficult when schedules are disrupted.

That leaves the question: what can you do to stay fit if you are locked out of the gym or are stuck indoors?

Outdoor activities are safest if you can stay at least 6 feet away from other people. Walking, bicycling (safely!), hiking, and jogging let you get fresh air without coming into contact with others. If you need company, phoning a friend while exercising can do the trick.

Meeting a friend at the park for tennis or to work out together while staying a few feet apart are some other choices. Just be sure to clean hands and wipe down equipment before and after.

Exercising indoors can be preferable for reasons such as needing to watch the kids, avoiding poor weather, feeling safer in your own home, or simply preferring indoor activities to the great outdoors. If you already have a treadmill, elliptical, or stationary bike, you are good to go with your cardio workout.

These are some options for workouts if you have absolutely no equipment: Aerobics or dancing on your own or with workout videos; Circuits with push-ups, squats, front and side lunges, calf raises, squats, jumping jacks, crunches, planks, and any other exercise you can think of to get moving (It helps to go from one exercise to another without resting, and you can alternate more intense ones with less intense ones.); Yoga and mat pilates.

To fight boredom, it can help to watch the news, a movie, or TV programs while working out. If you like, there are some streaming services that let you take exercise classes live while watching the instructor online. There are also services that offer a variety of exercise classes and workouts that you can view and participate in whenever you like.

Staying at home more may make it easier to sit around more: on the couch watching television, while working from home, and reading or playing board or card games with family members. It is now more than ever that you can benefit from being aware of sitting for too long without moving.

Mimicking the office environment can help increase activity. For example, instead of walking to chat with a coworker or walking to the break room for coffee as you might while in the office, you could walk around the house while talking on the phone to colleagues or before heading to the kitchen for a drink of water.

Setting up your computer at a standing desk, or making a makeshift standing desk simply by putting the laptop on a countertop for a while to work, can allow you to engage a few more muscles and move around a bit.

Stopping the spread of COVID-19 may take unprecedented changes to daily routines but staying healthy through it all is still a priority. Physical activity is essential to optimal health, so it is a good idea to prepare for working out on your own. Please take care of yourself! (lark.com)

"Our life is what our thoughts make it."

Marcus Aurelius

