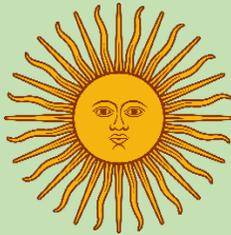


The Scoop



July 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.



Independence Day Picnic on the Lawn at the Senior Center – On Wednesday, July 15th, the Senior Center will host a drive in picnic in celebration of our nation’s independence. We will provide bag lunches to members who make a reservation to attend. You can eat in your car or bring a blanket or lawn chair to sit on (socially distanced of course). It will be a great time to see all the friends you miss from the Center.

Tell us what you miss and what you need!

The Senior Center staff wants very much to continue to serve you even while we are closed. If there are activities you miss, that we can help provide in a safe manner, through the website, Facebook, socially distanced events, etc., please let us know. Please share your ideas with us. If you have needs that are not being met while you shelter in place, please let us know. We especially want to be sure all who need food are getting it. **VERY IMPORTANT: LET US KNOW WHAT YOU NEED AND WANT FROM US!** Call or email Angela: ahelwig@oconee.ga.us or 706-769-3979.

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

MENTAL HEALTH AND AGING INFO FOR SENIORS

As many as one in five older adults experience mental health concerns that are not a normal part of aging – the most common of which are anxiety or mood disorders including depression. In most cases, these mental health issues respond well to treatment. Sadly, far too often older adults do not seek or receive the help they need. Undiagnosed and untreated, mental health illnesses have serious implications for older adults and their loved ones. That’s why it’s important to understand these “10 Facts You Need to Know About Mental Health and Aging.”

Mental health problems are not a normal part of aging.

While older adults may experience many losses, deep sadness that lingers may signal clinical depression. Similarly, an anxiety disorder is different from normal worries.

- One in four American adults has a diagnosable mental disorder during any one year.
- About six percent of older adults have a diagnosable depressive illness.

Mental health is as important as physical health.

Good mental health contributes greatly to an overall feeling of well-being. Untreated mental health disorders in older adults can lead to diminished functioning, substance abuse, poor quality of life, and

CONTINUED . . .

AT YOUR SERVICE . . .

Merry Howard, Senior Center Director:
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Allison Burns, Assistant Director:
aburns@oconee.ga.us

Angela Helwig, Aging Services
Coordinator: ahelwig@oconee.ga.us

Mary Ann Hall, Food Services
Manager: mhall@oconee.ga.us

Marge McKee, Senior Activities Aide:
mmckee@oconee.ga.us

Pat Anderson, Receptionist/Activities
Aide: panderson@oconee.ga.us

Shirley Finch, Food Services Aide

Russell Ruggieri, Transportation
Services Aide

Brady Gilley, Transportation Services
Aide

Tim Dutton, Maintenance Services
Aide

*"We must accept finite
disappointment but we must never
lose infinite hope."* – MLK, Jr.

PROTECT YOURSELF AND OTHERS

In order to protect yourself and others from the Coronavirus, aka COVID-19, please follow these simple guidelines:

- Wash hands often with soap for at least 20 seconds
- Avoid close contact with others, staying at least 6 feet away – about 2 arm lengths.
- Cover your mouth and nose with a cloth face cover when around others – in case you are carrying the virus without having symptoms
- Cover your coughs and sneezes with a tissue or your elbow (throw tissue away immediately)
- Clean and disinfect frequently used surfaces on a daily basis
- Be alert for symptoms – fever, cough, shortness of breath, diminished taste, chills, achiness

(From [cdc.gov/coronavirus](https://www.cdc.gov/coronavirus))

*"You never know how strong you are
until being strong is your only
choice."* – Bob Marley

increased mortality. Research shows mental illness can slow healing from physical illnesses.

Healthy older adults can continue to thrive, grow, and enjoy life!

Reading, walking, and socializing are just a few of the activities that many individuals enjoy at any age. Exercising your mind and body, and maintaining social connections are good for your mental health, too.

Mental health problems are a risk for older adults, regardless of history.

While some adults go through life managing a chronic mental illness, mental health problems can also appear late in life. Sometimes mental health deteriorates in response to a stroke, Parkinson's disease, cancer, arthritis, or diabetes, and even some medications. Older adults without a history of substance abuse may abuse medications, alcohol, or drugs.

Suicide is a risk among older adults.

Older adults have the highest suicide rate in the country.

- Those aged 85 and over have the highest suicide rate; those aged 75 to 84 have the second highest.
- Older adults' suicide attempts are more lethal. For those 65 and older, there is one suicide for every four attempts compared to one suicide for every 20 attempts for all other age groups.

These symptoms call for consultation with a health care professional – Please seek help:

- Sadness that has lasted longer than two weeks.
- Consistent worries about issues such as money, family and health.
- Consistent trouble sleeping or concentrating
- Frequent trouble remembering things or feeling confused in familiar places
- Have more than one alcoholic drink a day or take more medication than prescribed.

From "Ten Facts About Mental Health and Aging." Reprinted with permission from Older Women's League (OWL); 1-800-825-3695; www.owl-national.org.

THE WISDOM OF MARK TWAIN

"The only way to keep your health is to eat what you don't want, drink what you don't like, and do what you'd druther not."

"It is good to obey all the rules when you're young, so you'll have the strength to break them when you're old."

"Anyone who stops learning is old, whether twenty or eighty. Anyone who keeps learning stays young. The greatest thing you can do is keep your mind young."

"There is no sadder sight than a young pessimist, except an old optimist."

"Keep away from people who try to belittle your ambitions. Small people always do that, but the really great make you feel that you, too, can become great."

"It is better to remain silent and be thought a fool than to open one's mouth and remove all doubt."

"A clear conscience is a sure sign of a bad memory."

"Kindness is the language which the deaf can hear and the blind can see."