

The Scoop



August 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.



Breakfast & Bingo – On Fridays in August, the Senior Center will host an opportunity to fellowship with your Senior Center friends, eat breakfast and play bingo. The fun will begin at 8:30 am on the back patio of the Center. Unfortunately, our building will remain closed to the public with no restroom available so be sure to go before you come. Reservations are required and the event is for OCSC members ONLY with limited seating available. Covid-19 precautions will be practiced and masks are required. Please call 706-769-3979 for more info or to make a reservation.

VERY IMPORTANT: LET US KNOW WHAT YOU NEED FROM US!

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 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. 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

TIPS FOR GETTING OUT IN THE SUN ☀

Most of us like to be outside during the summer and with the risks of COVID-19 in mind for enclosed places, family and friends are meeting for outside activities more than ever. Because the skin becomes vulnerable and more delicate as one gets older, you should be aware of some of the risks of being outside in the sun for seniors and how to avoid them. Please take extra caution such as limiting your exposure to the sun.

1. Apply sunscreen before sunbathing

The slightest exposure of your skin to dangerous UV rays could mean great harm. You still want to live comfortably and enjoy life. For this reason, sunscreen of SPF 30 should be your first line of defense while sunbathing. Remember to apply it before stepping out and reapply to the most exposed parts of your body.

2. Skip the tan

Keeping in mind that the skin becomes thinner and more delicate with age, it is advisable to skip the tan while sunbathing. The tan or sunburn only indicates that your skin has undergone some damage according to the Skin Cancer Foundation. Having endured decades of sun damage before, it is necessary to protect your skin while sunbathing.

3. Seek out shade

Even though extreme sunlight can cause skin cancer, you still need it for vitamins D synthesis, among other benefits. Moreover, *continued...*

AT YOUR SERVICE . . .

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Russell Ruggieri, Transportation
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Tim Dutton, Maintenance Services
Aide

“Surround yourself with the dreamers, and the doers, the believers, and thinkers, but most of all, surround yourself with those who see the greatness within you, even when you don’t see it yourself.”

– Edmund Lee

GUIDELINES FOR PROTECTING 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/))

“Keep your face to the sunshine and you cannot see a shadow.”

– Helen Keller

sunbathing gives you a chance to socialize, breathe in the fresh air, and enjoy nature. However, this has to be done safely and moderately. You can use an umbrella, sunshade or a hat to keep yourself from extreme sunlight.

4. Avoid Sunbathing between 10 AM and 4 PM

The American Academy of Dermatology and the United States Environmental Protection Agency have revealed that sun rays are strongest between 10 AM and 4 PM during summer days. Stay indoors during this time to avoid damage.

5. Wear protective clothing

Wearing protective clothing while sunbathing is more convenient compared to applying sunscreen. This is because clothes do not have to be reapplied. Long-sleeved shirts or pants that are loose and lightweight might be ideal for the occasion. Do not forget a wide-brimmed hat to keep your head and face covered.

6. Use moisturizer

The skin becomes more prone to dehydration with age. This becomes worse with extreme sunlight. It is therefore paramount to keep the skin moist at all times while sunbathing. Use a cream or lotion to moisturize.

Sunlight has had a bad reputation due to its connection to skin cancer and other conditions. Nevertheless, several researchers have proven that it is also essential for a senior’s well-being. It alleviates Alzheimer’s symptoms, regulates sleeping patterns, and decreases the risk of depression. Hence, sunbathing should be done under the rules above to avoid the negative effects of sunlight.

<https://www.trinity-courtyard.com/sunbathing-rules-for-seniors/>.

Get a Good Night's Sleep



Being older doesn’t mean you have to be tired all the time. Here are some ideas for getting a good night’s sleep:

- Follow a regular sleep schedule. Go to sleep and get up at the same time each day, even when you are traveling.
- Avoid napping in the late afternoon or evening, if you can. Naps may keep you awake at night.
- Develop a bedtime routine. Take time to relax before bedtime each night. Some people read a book, listen to soothing music, or soak in a warm bath.
- Try not to watch television or use your computer, cell phone, or tablet in the bedroom. The light from these devices may make it difficult for you to fall asleep. And alarming or unsettling shows or movies, like horror movies, may keep you awake.
- Keep your bedroom at a comfortable temperature, not too hot or too cold, and as quiet as possible.
- Use low lighting in the evenings and as you prepare for bed.
- Exercise at regular times each day but not within 3 hours of your bedtime.
- Avoid eating large meals close to bedtime—they can keep you awake.
- Stay away from caffeine late in the day. Caffeine (found in coffee, tea, soda, and chocolate) can keep you awake.
- Remember—alcohol won’t help you sleep. Even small amounts make it harder to stay asleep.

<https://www.nia.nih.gov/health/good-nights-sleep>

“You can always look at the negative but you should always live in the positive.”

– Stevie Wonder