

The Scoop



October 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.



Oconee County Senior Center Mystery Party

Two Fridays in October – 16th and 23rd

11 am to 12 noon – Your presence is requested.

Celebrate October with us by helping us find out who dunnit. Bring your own lunch and have a picnic on the patio following the fun. Reservations are required – Senior Center members only with limited space available.

Emergency Preparedness: Even More Important During COVID-19

By Kathleen Votava, Aging Services Program Specialist at Administration for Community Living (ACL) (acl.gov)

What's the plan? That's the question we ask ourselves every September as we observe National Preparedness Month. Having an emergency plan is important at any time, but especially during a pandemic. The challenges of COVID-19 make thinking about preparedness and planning more complex—and more critical.

Some good resources are available to help. FEMA's Ready.gov, ACL preparedness, and the American Red Cross.

Two key parts of preparation are:

- Make a plan of actions to take before, during, and after an emergency
- Build a kit of supplies you may need at home or away during an emergency
- Review the following steps to make sure your plan and kit reflect your situation and needs.

Step 1: Consider emergencies likely to occur in your area.

Do you live in a hurricane zone? Does your area have a fire or drought season? Are earthquakes common? What about tornadoes? Depending on your area, you may need to plan for a few different scenarios and build a kit for multiple situations.

Step 2: Factor in COVID-19.

A pandemic introduces new issues, including the possibility that you might have to quarantine in place for two weeks. For that reason, it's a good idea to build two emergency kits: one for staying home— including food, water, medicine, personal care items, and cleaning products—and another (commonly called a "go kit") in case of evacuation (or other travel) with extra items needed for being away from home for possibly several weeks. Both should include face coverings, but especially the one for evacuation. Pack two cloth face coverings for everyone age two and older, hand sanitizer and bar or liquid soap, and disinfecting wipes to use on surfaces.

The Centers for Disease Control (CDC) has a hub covering different disasters and what to consider for these situations during the pandemic. Remember to always listen to local emergency channels and government authorities for guidance about what to do during an emergency in your community.

Step 3: Consider your personal situation. Your personal situation affects your emergency plan. Here are some questions to ask yourself when designing your Emergency plan:

continued . . .



FOR NATIONAL SENIOR HEALTH & FITNESS DAY, WE ARE CELEBRATING YOU!

Drive by the Oconee County Senior Center to receive your gift, between 10 and 11 am, on Wednesday, October 28th.

START A NEW COVID-19 HOBBY

Try an origami challenge – Start with some simple shapes for origami. There are a lot of YouTube tutorials, for example, a ninja star or a baby chicken or the classic crane. When you've mastered a couple of the easier tutorials, try some harder shapes.

Painting or Drawing – There are lots of YouTube videos on painting and drawing – Check out the iconic Bob Ross for painting or Jon Gnagy for drawing. There are also plenty of good books on art that may inspire you such as “Drawing on the Right Side of the Brain” by Betty Edwards.

Cooking – Take your everyday cooking to a new level. Experiment with new recipes, new ingredients and more challenging techniques. And, if you are already an expert cook, compile your own cookbook to share with friends and family.

NEW EXERCISE CLASS ON THE PATIO

Strength training is essential to stay fit and to help reduce symptoms due to chronic diseases. Beginning Wednesday, October 14th, Melinda Robins will teach this new class at 10 am.

Registration is required.

Space is limited.



- Could you stay at home safely, even during a power outage?
- Where would you go if you have to evacuate?
- Are you or others in your household at higher risk for complications from COVID-19?
- Do you require assistive or life-supporting devices that rely on power? How will you charge them if you lose power or if you have to leave home?
- Do you have paper or electronic copies of your health records, or passwords to access your health providers’ patient portals?
- How will you receive emergency alerts?
- Are there people nearby who could come and help?
- Do you have friends or family that you could visit for evacuation? Is their home accessible or able to accommodate your needs?
- Could you go to a public shelter and would they be able to meet your health and accessibility needs?
- How would you maintain physical/social distancing?
- Can you wear a mask? Do you require other personal protection equipment?
- What transportation is available?
- What is your workplace’s emergency plan?
- What is your residential facility or building’s emergency plan?
- If you have children, what is their school’s emergency plan?
- Have you created emergency kits for work, vehicle, or other locations to help ensure you are safe where you are or evacuate from?
- The answers to these questions will influence your decisions, your plan, and your preparations.

Step 4: Take control.

Take time to prepare before you’re in an emergency. Review and update insurance coverage. Think about money on hand, and gather important financial, personal, and medical documents. Make sure you have necessary supplies and take care of any maintenance tasks to secure your home.

You should also talk to neighbors or friends who might be able to help in an emergency and plan to stay in touch.

Make a list of important information to keep handy in case of emergencies. It should include your name, date of birth, your medical conditions, your emergency contacts, your medications and their dosages, etc.

Nobody likes to think about emergencies. But taking time now to plan and prepare can save you precious time later and help you stay safe.

For more info go to acl.gov/emergencypreparedness or ready.gov

“Halloween is not only about putting on a costume, but it’s about finding the imagination and costume within ourselves.” ~ Elvis Duran

Important Phone Numbers

- Aging Resource Connection: 706-583-2546
- Alzheimer’s Day Health and Respite Service (Athens Comm. 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



October 30th – 11 am - 12 pm

\$5 ticket – includes catered sack lunch and 2 entries in a drawing giveaway

**Reservations are required.
Senior Center members only.
Limited seating is available.**

HAUNTED by Shel Silverstein

I dare you all to go into the Haunted House on Howlin' Hill,
Where squiggly things with yellow eyes peek past the wormy window sill.

We'll creep into the moonlit yard,
Where weeds reach out like fingers,
And through the rotted old front Door a-squeakin' on it hinges,
Down the dark and whisperin' hall,
Past the musty study,
Up the windin' staircase--
Don't step on the step that's bloody--
Through the secret panel
To the bedroom where we'll slide in
To the ragged cobweb dusty bed
Ten people must have died in.
And the bats will screech,
And the spirits will scream,
And the thunder will crash
Like a horrible dream,
And we'll sing with the zombies
And dance with the dead.
And howl at the ghost
With the axe in his head,
And--come to think of it what do you
Say we go get some ice cream instead?

*"There is a child in every one of us who is still a trick-or-treater looking for a brightly-lit front porch."
~ Robert Brault*

AT YOUR SERVICE:

Merry Howard, Senior Center Director: mhoward@oconee.ga.us

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

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

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Shirley Finch, Food Services Aide

Russell Ruggieri, Transportation Services Aide

Tim Dutton, Maintenance Services Aide

Angela's Top Fifteen Scary Movies for Halloween

If you are like me, you like scary things but not the bloody, gory stuff. Below is my top fifteen list of favorite thriller movies that don't gross you out (too much). I would watch any of these movies again just for the chance to be creeped out again. Please let me know if you like my list or if you have a favorite scary movie that's not listed. Email me at ahelwig@oconee.ga.us.

15. **The Mothman Prophecies** – 2002, This eerie film is based on a true story and stars Richard Gere and Laura Linney.
14. **Beetlejuice** – 1988, A funny ghost story with some bloodcurdling moments. Stars Michael Keaton (as the title character), Alec Baldwin and Geena Davis.
13. **Tremors** – 1990, Kevin Bacon and Fred Ward try to stop deadly creatures living underground in their desert town. As funny at times as it is scary.
12. **The Burbs** – 1989, Are the next door neighbors killers or just strange. Tom Hanks and Bruce Dern try to find out. Lots of laughs and scary scenes.
11. **The Skeleton Key** – 2005, A spooky old house haunted by deadly secrets from the past. This chiller stars Kate Hudson and Gena Rowlands.
10. **What Lies Beneath** – 2000, How can you go wrong with Harrison Ford and Michelle Pfeifer plus an alarming plot twist?
9. **Shaun of the Dead** – 2004, Funnier than it is scary, it is still scary enough for Halloween. Simon Pegg stars in this Zombie Apocalypse spoof.
8. **The Mist** – 2007, A horrifying creature feature, written by Stephen King and starring Thomas Jane. Features a group of people sheltering in place.
7. **Gothika** – 2003, An unnerving psychological thriller that takes place in an insane asylum. Halle Berry and Robert Downey Jr. star.
6. **1408** – 2007, John Cusack spends a spine-chilling night in a haunted hotel room. Another story by Stephen King.
5. **Fallen** – 1998, Denzel Washington plays a homicide detective trying to stop a serial killer that turns out to be a body jumping demon.
4. **The Sixth Sense** – 1999, A modern day classic about a boy who says, "I see dead people." Stars Bruce Willis and Haley Joel Osment.
3. **Stir of Echoes** – 1999, An unbelievably scary movie about a man (Kevin Bacon) who starts seeing visions after being hypnotized.
2. **Signs** – 2002, A very chilling creature feature starring Mel Gibson and Joaquin Phoenix. Don't watch this one alone.
1. **Psycho** – 1960, Watch it and it will be weeks until you can get back in the shower – Hitchcock's fabulous classic starring Anthony Perkins and Janet Leigh.

When black cats prowl
and pumpkins gleam,
may luck be yours
on Halloween.

HOCUS POCUS PUMPKIN PUNCH INGREDIENTS

1/2 gal. apple cider
2 c. ginger ale
1 can pumpkin pie mix
1 tsp. vanilla extract
2 c. cool whip

Pumpkin pie spice, for garnish

DIRECTIONS

Combine cider, ginger ale, pumpkin pie mix and vodka in a pitcher. Stir until fully combined. Pour into glasses, top with cool whip, sprinkle with pumpkin pie spice, and serve.

Health Benefits of Pet Ownership

October is Adopt a Shelter Pet Month. Anthrozoology, the study of the interaction between humans and other animals, has been growing over the last 35 years. Controlled research in this discipline has proved that owning a pet can:

- Buffer stress
- Lower heart rate
- Lower blood pressure
- Give social support
- Help you stay in shape
- Prevent certain sicknesses

Pets provide their owner with comfort, love and humor, all of which have health benefits. In addition, pets demand their owners stay active by requiring walks, attention, play time, baths, and overall care. Humans have clearly adopted and loved their pets throughout time, but these are a few more reasons why adding a companion animal to your family could be a valuable decision. The advantages that pets bring to your life are just another reason to love them as much as you already do!

Mums – a Favorite Fall Flower

Chrysanthemums, nicknamed “mums,” are one of fall’s quintessential flowers. They’re usually the last plant to bloom before frost, ushering your garden into the big sleep of winter with a last bang of color. There are many species of mums, hundreds of varieties and thousands of hybrids. Mums come in a rich range of colors including white, yellow, orange, lavender, purple, red and bicolor. They’re easy-to-grow and can be used in beds, borders and containers. They attract butterflies in the fall and make great cut flowers, lasting up to two weeks in a bouquet.

There are garden mums and florist mums, and the difference is their hardiness. Garden mums are tough perennials you plant outdoors where they can live year round. Florist mums are used as indoor potted plants and won’t survive a winter. Want a blooming plant to decorate the house for the Thanksgiving guests? Buy that foil wrapped pot of chrysanthemums in the floral section of the grocery store. Want a mum that will live for years in your yard? Get a mum suited for the great outdoors from a nursery or garden center.

If you’re using a mum as a perennial, plant in early spring, or in the fall at least six weeks before the first killing frost. If you’re using chrysanthemums for a pop of fall color to boost your late season garden, plant them when they’re blooming in later summer or early fall and treat them as annuals. Mums grow best in full sun. Give them too little sunlight, and you’ll get a weak plant that produces few flowers. Mums are happiest in rich, well-drained soil. Add compost or other organic material to your soil when you plant to give your mum the best shot at being a strong, healthy plant.

Water chrysanthemums frequently, because they have a shallow root system that gets thirsty, fast. If the weather’s very hot and the rain scarce, they may need daily watering at the height of their summer growing season. Mulch around mums to keep the soil moister, longer. Prune chrysanthemums to make the plant branch and bloom more profusely. Clip off about one inch of the branch tops, two to three times per growing season. Stop pruning in late June or you won’t get flowers in the fall. Divide mums after new growth appears in the spring. Mums grown as perennials will spread so you’ll need to thin them periodically. Remove old foliage after the first frost. New growth comes from the roots. For more information visit Chrysanthemums on the HGTV.com website for the article.

Parting Words from the Master of Horror – Stephen King

“Monsters are real. Ghosts are too. They live inside of us, and sometimes, they win.”

“The world has teeth and it can bite you with them any time it wants.”

“It ain’t the blows we’re dealt that matter, but the ones we survive.”

“There are books full of great writing that don’t have very good stories. Read sometimes for the story...don’t be like the book-snob who won’t do that. Read sometimes for the words—the language. Don’t be like the play-it-safers who won’t do that. But when you find a book that has both a good story and good words, treasure that book.”

“The glory of a good tale is that it is limitless and fluid; a good tale belongs to each reader in its own particular way.”

“We are going to fight. We are going to be hurt. And in the end, we will stand.”