

The Scoop



Oct 2021

Autumn leaves are on the way!

Oconee County Senior Center

3500B Hog Mountain, Watkinsville, GA 30677
(706) 769-3979 www.oconeecounty.com

Open Monday through Thursday, 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.

Resources for Living Independently (aginginplace.org)

Living independently during our golden years can be enjoyable and rewarding. As a senior, you can maintain the dignity and quality of life and independence while living at home as long as your needs are met so you are safe, healthy, and happy. It's important to understand that there are many resources available to seniors aging at home. Whether you need help with your taxes, transportation, medical insurance, finding the right caregiver service, modifying your home, or finding out what government benefits you may be eligible for, there are lots of great resources that can help you get the help you need. Here is a short list.



National Council on Aging

Known as both a respected national leader and trusted association dedicated to helping people aged 60+, the National Council on Aging works with nonprofit organizations, governments, and businesses in order to provide community programs and services. For more info, visit ncoa.org.

Eldercare Locator

Eldercare Locator is a great resource for seniors. As a free national service of the US Administration on Aging, it helps find local resources available to seniors such as legal and financial support, caregiving services, home repair and modification, transportation and more. Call 800-677-116 or visit eldercare.acl.gov.

Area Agencies on Aging

Area Agencies on Aging is a network of over 620 organizations servicing local seniors (60+). Most of the agencies serve a specific geographic area of several neighboring counties. Each Area Agency provides valuable information and assistance with programs that can help seniors including nutrition and meal programs, caregiver support, assistance programs, transportation services, Medicaid assistance. You can reach the Northeast Georgia Area Agency on Aging at 706-583-2546.

"When one door of happiness closes, another opens; but often we look so long at the closed door that we do not see the one which has been opened for us."

-- Helen Keller

AT YOUR SERVICE:

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Shirley Finch, Food Services Aide

Russell Ruggieri, Transportation Services Aide

Tim Dutton, Maintenance Services Aide

Halloween Traditions (mentalfloss.com)

Carving Jack-o-lanterns Jack-o-lanterns, which originated in Ireland using turnips instead of pumpkins, are supposedly based on a legend about a man name Stingy Jack who repeatedly trapped the Devil and only let him go on the condition that Jack would never go to Hell. When he died, however, Jack learned that Heaven didn't really want his soul either, so he was condemned to wander the Earth as a ghost for all eternity. The Devil gave Jack a lump of burning coal in a carved-out turnip to light his way. Eventually, locals began carving frightening faces into their own gourds to scare off evil spirits.



Seeing ghosts Celtic people believed that during the festival Samhain, which marked the transition to the new year at the end of the harvest and beginning of the winter, spirits walked the Earth. Later, the introduction of All Souls Day on November 2 by Christian missionaries perpetuated the idea of a mingling between the living and the dead around the same time of year.

Wearing scary costumes With all these ghosts wandering around the Earth during Samhain, the Celts had to get creative to avoid being terrorized by evil spirits. To fake out the ghosts, people would don disguises so they would be mistaken for spirits themselves and left alone.

Trick-or-treating There is a lot of debate around the origins of trick-or-treating. One theory proposes that during Samhain, Celtic people would leave out food to placate the souls and ghosts and spirits traveling the Earth that night. Eventually, people began dressing up as these otherworldly beings in exchange for similar offerings of food and drink.

Other researchers speculate that the candy bonanza stems from the Scottish practice of guising. In the Middle Ages, soulers, usually children and poor adults, would go to local homes and collect food or money in return for prayers said for the dead on All Souls' Day. Guisers ditched the prayers in favor of non-religious performances like jokes, songs, or other "tricks."

Some sources argue that our modern trick-or-treating stems from belsnickling, a tradition in German-American communities where children would dress in costume and then call on their neighbors to see if the adults could guess the identities of the disguised guests. In one version of the practice, the children were rewarded with food or other treats if no one could identify them.

Playing pranks Some sources say that pranks were originally part of May Day celebrations. But Samhain, and eventually All Souls Day, seem to have included good-natured mischief. When Scottish and Irish immigrants came to America, they brought along the tradition of celebrating Mischief Night as part of Halloween, which was great for candy-fueled pranksters.

"Anyone could see that the wind was a special wind this night, and the darkness took on a special feel because it was All Hallows' Eve."

-- Ray Bradbury

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

UPCOMING OCONEE EVENTS (visitoconee.com)

Sept 28 – Nov 30 | Haunted History Tours

Event Description

Enjoy learning about the spirited past while taking a spooky walk through downtown Watkinsville with your tour guide, Jeff Clarke. Jeff is a folklorist/local historian who has appeared in the series ‘The American Revolution’ on the Discovery Channel as well as the Travel Channel series ‘Tales of Terror – Historical Hauntings’.

- Starts at 7:00 PM | Arrive 15 mins early for check-in
- Meet at the Oconee Welcome Center (21 N Main St, Watkinsville, GA)
- Tour lasts approximately 1.5 hours

Oct 16 | 47th Annual Fall Festival

Event Description

The Oconee Chamber Fall Festival started in 1974 and today is known as a premiere Arts & Crafts festival. It is held annually on the 3rd Saturday in October in Historic Downtown Watkinsville (at Rocket Field). With over 200 booth spaces and 20,000 visitors in attendance, this one day outdoor festival is the largest arts & crafts venue in the area.

Seven Tips to Beat the Fear of Aging (by Alan Heeks, nextavenue.org)

1. Maintain a positive outlook. We all have to face losses and downsides as we get older. On top of this, the sheer pace, complexity and technologies of everyday life can get you down, further aggravated by the constant barrage of news, advertisements and social media, leaving us feeling overwhelmed and powerless. How can we stay happy in spite of all these pressures pulling the other way? The basic point is that we have to continually *choose* to believe in the positives about ourselves, other people and the world in general. Try to keep noticing your thoughts and feelings, and keep choosing positive ones, like gratitude and appreciation for all the good things about yourself and your life.

2. Embrace your fears. Approaching retirement status, most people are likely to slow down, either from choice or necessity. For many, this slowing down creates a space where habitual fears can come up more strongly. If you want to grow old happily, my advice is to face these fears of aging sooner, not later. This doesn’t mean going into battle with them: invite them to tea and start a dialogue. I’ve done this a lot since turning 60: I’ve found that my fears were just trying to protect me and had some useful advice when I gave them a hearing.

3. Create cheerful daily habits. Habits are a great way to ensure you keep making the positive choices you need (as described above). Here are some examples: continually take time in your day to express gratitude for the good things in your life; try to bring humor into your daily life by enjoying some comedy on the TV or radio or watching a DVD. Get outdoors into nature; it lifts your spirits, reduces stress and is great for your health. Take a brisk walk, ride a bike or engage in some outdoor activity every day.

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4. Treat problems as an adventure. It's easy to get downcast and feel like a victim when you have problems with health or in other parts of your life. Choose to believe that there is a gift, an upside in most problems, if you can find it. Treat these difficulties the same way you'd prepare for an adventure holiday: gather maps and other information, look for a good guide and treat the new learning you need as an interesting challenge. Look out for any new openings that may arise.

5. Explore elderhood. Our modern society gives us few useful guidelines about growing old positively. We have to figure this out for ourselves. I'm using the term elderhood to invite you to connect to the mature wisdom in yourself, and in our ancestors. The old tribal cultures, such as the Celts and Native Americans, saw the elders as playing vital roles in the tribe. It was the elders' role to guide the tribe in a crisis, to dream dreams, uphold values, mentor the young and speak truths as they saw it. Clearly we live in a different kind of society, but the role of the elders is something we can learn from and update.

6. Be more conscious of your values. With modern life being so hectic and distracting, becoming more aware of your values and choosing to live by them more deliberately, can be a real service to your well-being. It's also a gift to those around you, including the younger generation. Values can be everyday ones like honesty, integrity and care for others, and choosing to respond positively to the apparently hopeless state of the world.

7. Cultivate your people skills. Many research studies show that it is our ability to express, hear and work with feelings that is far more beneficial to our personal and work life than intellect or brain power. Honing your interpersonal skills is a great step, even for retirees.

Wisdom from a Genius – Quotes from Albert Einstein

- "We cannot solve our problems with the same thinking we used when we created them."
- "A person who never made a mistake never tried anything new."
- "Learn from yesterday, live for today, hope for tomorrow. The important thing is not to stop questioning."
- "The world is a dangerous place to live; not because of the people who are evil, but because of the people who don't do anything about it."
- "Education is what remains after one has forgotten what one has learned in school."
- "Any man who can drive safely while kissing a pretty girl is simply not giving the kiss the attention it deserves."
- "There are two ways to live: you can live as if nothing is a miracle; you can live as if everything is a miracle."

A Little Humor

A turtle is crossing the road when he's mugged by two snails. When the police show up, they ask him what happened. The shaken turtle replies, "I don't know. It all happened so fast."

I asked my 91-year-old father, "Dad, what were your good old days?" His thoughtful reply: "When I wasn't good, and I wasn't old."

An old guy walks into a bar and the bartender asks for ID. "You've got to be kidding," he said. "I'm almost 60 years old." The bartender apologized, but said he had to see the license. The guy showed his ID, then paid and told the bartender to keep the change. "The tip's for carding me," he said. The bartender put the change in the tip cup. "Thanks," he said. "Works every time."