

The Scoop



March 2022

Happy St. Patrick's Day!

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.

A Little History of St. Patrick's Day (wikihow.com)

St. Patrick's Day has been observed as a religious festival in Ireland for over a thousand years, though it was only recognized as a celebration of Irish culture and heritage in the 1970s.

The day is named in honor of St. Patrick, the patron saint of Ireland, who has been credited with bringing Christianity to Ireland. There are multiple origin stories for St. Patrick, but:

- Most sources agree that St. Patrick's actual name was Maewyn Succat. They also agree that Maewyn was kidnapped and sold into slavery at age 16 and, to help him endure his enslavement, he turned to God.
- Six years after his captivity began, St. Patrick escaped from slavery to France, where he became a priest, and then the second Bishop to Ireland. He spent the next 30 years establishing schools, churches, and monasteries across the country. He brought Christianity widespread acceptance amongst the pagan indigenous peoples.
- It is thought that St. Patrick used a shamrock as a metaphor for the Trinity (Father, Son, and Holy Spirit), showing how three individual units could be part of the same body. His parishioners began wearing shamrocks to his church services. Today, "the wearing of the green" on St. Patrick's Day represents spring, shamrocks, and Ireland.



Make Irish Soda Bread (sandiegofamily.com)

Combine 4 cups flour, 4 Tbsp. white sugar, 1 tsp. baking soda, 1 Tbsp. baking powder, ½ tsp. salt and ½ cup softened margarine in a bowl. Add 1 cup of buttermilk, 1 egg and 1 cup raisins (optional) and mix well. Knead dough slightly and form into a round. Place on baking sheet. Cut "X" in bread top and brush with 1 egg white. Bake for 45 to 50 minutes at 375 degrees F (190 degrees C).



NATIONAL KIDNEY MONTH (nationaldaycalendar.com)



National Kidney Month during March is a reminder to give our kidneys a check-up. Statistics show that 1 in 3 Americans are at high risk for kidney disease because of diabetes, high blood pressure, or a family history of kidney failure. On top of that, 30 million Americans already have kidney disease, and many of them are not aware of it because symptoms usually don't show until the disease has progressed.

Our kidneys are crucial for 3 main reasons. They regulate water, they remove waste and regulate minerals, and they produce hormones. Located in our lower back, these two hard-working organs also filter 200 liters of blood a day! Keeping our kidneys healthy is vital to a long and productive life.

HOW TO OBSERVE #NationalKidneyMonth

Learn more about caring for your kidneys at www.kidney.org and use #NationalKidneyMonth to share on social media. Schedule a checkup, and learn what symptoms to keep an eye out for to know if your kidneys are starting to fail or become infected. Here's what else you can do this month to protect your kidneys:

1. **Control your blood pressure** (and diabetes if you have it.) These are the two leading causes of kidney disease and kidney failure.
2. **Exercise often.** Regular exercise keeps your kidneys healthy by keeping things moving and controlling blood pressure.
3. **Cut out processed foods.** They tend to be big sources of sodium, nitrates, and phosphates, and they've been linked to kidney disease.
4. Try to **reduce over-the-counter pain medicines.** They may help with aches and pains, but they can greatly damage your kidneys.

An Irish Joke

Paddy, Deion and Bruce were three passengers in a light plane. The aircraft got into difficulties and they needed to bale out, unfortunately there were only two parachutes.

The first passenger, Paddy, was the Irish Mastermind Champion. The second passenger, Deion, was an American Football Hall of Famer. The third passenger, Bruce, was an Australian dual Olympic Games Champion.

The conversation went thus, Paddy said, 'There have been many American Hall of fame footballers and several people have won Olympic Gold medals, but there has only ever been one Irish Mastermind Champion. So I'll take the first parachute and you two can fight it out for the last one'. With that Paddy leapt out of the plane, which incidentally, by now was in considerable distress.

'How shall we decide who has the last parachute?' Deion asked Bruce.' No worries', Bruce said, 'Yonder Irish Mastermind Champion has jumped out with my backpack.'

Stretching is good for Seniors

For many older adults, maintaining mobility at an older age can be quite difficult.

Our bodies, like any machine, undergo many changes as we age, which can make staying active and mobile all the more challenging. Through proper care and exercise, however, we can strengthen our muscles and joints to help mitigate changes and keep our bodies strong and flexible. In addition to muscle and movement maintenance, stretching exercises can help delay the onset of diseases, such as diabetes and arthritis – it can even improve mental health. Especially

important for seniors, stretching exercises play a crucial role in fall prevention by helping you maintain your balance and overall strength. For more about stretching and some exercise examples, go to <https://ioraprimarycare.com/blog/stretching-exercises-for-seniors/>.

