

# The Scoop



**OCTOBER 2018**

**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](http://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.*



**Attention Seniors!** The Oconee County Senior Center is looking for Senior Center members who would be interested in serving on our Senior Representative Council to the Oconee County Senior Center Site Council. If you are interested, please give your name to Pat at the front desk. Serving (once a month) on this representative group is a great way to help make the Senior Center the best it can be for all of our members.

**Don't forget:** Medicare open enrollment begins October 15<sup>th</sup> and ends December 7<sup>th</sup>. Georgia Cares provides help for local people with Medicare. For assistance or to get more information about Georgia Cares, please call 706-549-4850 or 1-866-552-4464.

## **Important Phone Numbers for Seniors:**

- Northeast Georgia Area Agency on Aging (Aging Resources) – 706-583-2546 or 1-800-474-7540
- Athens Community Council on Aging – 706-549-4850
- Alzheimer's Day Care & Respite Service – 706-549-4850
- Community Care Services Program – 706-354-1621
- Legal Services Program – 706-369-7147
- Georgia Cares (Medicare Info) – 706-549-4850 or 1-866-552-4464

## **October Senior Center Activities**

- **Presentation by Piedmont ARMC** – Wed, October 3<sup>rd</sup> at 10:30 am
- **Alzheimer's Caregiver Support Group** – Tue, October 9<sup>th</sup> at 1:30 pm
- **Tai Chi Class** – Wednesday, October 17<sup>th</sup> at 10:30 am
- **Creative Bouquets** – Thursday, October 18<sup>th</sup> at 10:00 am
- **Eighties Ladies & a Few Good Men** – Performance on Friday, October 19<sup>th</sup> starting at 10:00 am
- **Seniors Taking Charge (Nutrition, etc.)** – Wed, October 24<sup>th</sup> at 10:30 am
- **Superhero/Villain Halloween Party** – Wed, October 31<sup>st</sup> at 10:30 am

## **Upcoming Area Events**

- **First Saturday on Main** – Oct 6, Downtown Watkinsville – 706-769-5197
- **Oconee County Farmer's Market** – Every Saturday from 8 am to 1 pm at the Oconee County Courthouse, 23 N. Main, Watkinsville
- **Oconee Cultural Arts Foundation's Stein & Stem** – Fine food, beer, wine, live music, etc. at OCAF, 34 School Street Watkinsville, Sunday, October 14<sup>th</sup> from 4 to 7 pm.
- **Oconee Fall Festival** – October 20, 2018 from 9:00 am to 4:00 pm – For info, call 706-769-7947
- **Washington Farms** – Fall activities and corn maze through October 28<sup>th</sup> – [www.washingtonfarms.net](http://www.washingtonfarms.net)

## Weekly Schedule

### Mondays

Bridge	9:00 am
Exercise with Betsy	10:00 am
Line Dancing	11:00 am
Bridge/Mahjong	12:30 pm

### Tuesdays

Senior Fit	8:30 am
Arts/Crafts Class	10:15 am
Chair Zumba	10:30 am
Canasta/Games	1:00 pm

### Wednesdays

Chair Yoga	8:30 am
Texas Hold'em Poker	9:00 am
Bridge	9:00 am
Bridge/Mahjong	12:30 pm

### Thursdays

Senior Fit	8:30 am
Bridge	9:00 am
Chair Zumba	10:30 am
Computer Class	1:00 pm
Jewelry Making	2:00 pm

### Fridays

Bridge	9:00 am
Bingo	11:00 am
Canasta/Games	12:30 pm

### First Mondays

Wellness Group	12:30 pm
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### First Wednesdays

Quilts for Kids	10:00 am
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### Fourth Wednesdays

Music with Amanda	10:30 am
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### Third Wednesdays

Tai Chi	10:30 am
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**GOOD THINGS  
COME TO  
THOSE WHO  
SWEAT.**

*"True enjoyment comes from activity of the mind and exercise of the body; the two are ever united."*

Wilhelm Von Humboldt

## Meet Our Staff



**Patricia "Pat" Anderson** is the newest member of the Oconee County Senior Center staff. She began as a volunteer before becoming a staff member in September. She serves as front desk receptionist and also assists with activities.

Pat likes working at the Senior Center because of the people – she enjoys getting to know all the members as well as working with staff members who enjoy their jobs.

Pat's greatest interest is her family. She enjoys traveling with them. They love adventures,

visiting other countries and enjoying new experiences.

Pat has one daughter and a wonderful son-in-law who have blessed her with four terrific grandchildren – Thatcher (19), Chapin (16), Easton (13), and Townes (6). Her family enjoys all sports but soccer keeps them travelling.

Pat says, "my life is wonderful and I am truly blessed with a loving family and great friends."

If you haven't met Pat, please be sure to stop at the front desk, talk to her, and experience her joyful personality.

## HERO OR VILLAIN?



**October 31<sup>st</sup>, 2018**

**10:30am**



**WHAT IS YOUR SUPER POWER?**

### Put your powers to work on Halloween

The Senior Center is sponsoring a fun-filled Superhero/Villain party for Halloween. Come dressed as your favorite superhero or villain. There will be games, prizes, food and lots of fun! Wednesday, Oct 31<sup>st</sup> at 10:30 am.



According to the VisitOconee website, "Watkinsville is affectionately known as the **Artland of Georgia** for having more artists per capita than any other city in Georgia. Explore our art community by browsing national and regional art exhibitions, shopping art galleries, witnessing fascinating art demonstrations, and attending premier art events throughout the year." For information on art-related activities, please visit [www.visitoconee.com](http://www.visitoconee.com).

## The Senior Center needs your help!

- Senior Center membership – Please encourage your friends, neighbors and family to visit the Senior Center. They will find friendship, activity and fun.
- Meals on Wheels – If you know of anyone who is currently homebound and in need of Meals on Wheels, please encourage them to call Aging Resources for a referral – at 706-583-2546.
- Volunteering – The Center is currently in need of Meals on Wheels volunteers to deliver meals to homebound Oconee residents. If you are interested in volunteering, please talk to Angela Helwig or call 706-769-3979.

## Staying Fit

The Oconee County Senior Center offers a variety of exercise programs:

**Exercise with Betsy** – Mondays at 10:00 am

**Line Dancing** – Mondays at 11:00 am

**Senior Fit** – Tuesdays and Thursdays at 8:30 am. Class size limited to 35.

**Chair Zumba** – Tuesdays and Thursdays at 10:30 am

**Chair Yoga** – Wednesdays at 8:30 am

**Tai Chi** – 3<sup>rd</sup> Wednesdays at 10:30 am

## National Breast Cancer Awareness Month

October is Breast Cancer Awareness Month, a worldwide annual campaign involving thousands of organizations, to highlight the importance of breast awareness, education and research. The third Friday in October each year is **National Mammography Day**, first proclaimed by President Clinton in 1993. On this day, or throughout the month, women are encouraged to make a mammography appointment. In 2018, National Mammography Day will be celebrated on October 19.



## At your service . . .

Merry Howard	Senior Center Director	mhoward@oconee.ga.us
Allison Burns	Assistant Director	aburns@oconee.ga.us
Angela Helwig	Aging Services Coordinator	ahelwig@oconee.ga.us
Mary Ann Hall	Food Service Manager	mhall @oconee.ga.us
Marge McKee	Senior Activities Aide	mmckee@oconee.ga.us
Pat Anderson	Front Desk Receptionist	panderson@oconee.ga.us
Shirley Finch	Food Service Aide	
Russell Ruggieri	Transportation Services Aide	
Randy Randall	Transportation Services Aide	
Kathy Shanks	Transportation Services Aide	

## State Capitals Quiz

1. Wisconsin
  - a. Green Bay
  - b. Madison
  - c. Altoona
2. Virginia
  - a. Roanoke
  - b. Charlottesville
  - c. Richmond
3. Idaho
  - a. Boise
  - b. Idaho Falls
  - c. Dubois
4. Washington
  - a. Olympia
  - b. Tacoma
  - c. Seattle
5. Illinois
  - a. Chicago
  - b. Bloomington
  - c. Springfield
6. Pennsylvania
  - a. Philadelphia
  - b. Harrisburg
  - c. Lancaster
7. Massachusetts
  - a. Gloucester
  - b. Springfield
  - c. Boston
8. South Dakota
  - a. Pierre
  - b. Sioux Falls
  - c. Rapid City

If you answered five or more correctly, consider yourself a whiz on state capitals. For answers, talk to Angela.



## Did you know . . .

- Oconee County has 9.5 miles of mountain biking trails at Heritage Park? The trails include challenging climbs, fast downhill, and a scenic view of the Apalachee River.
- Watkinsville is one of seven cities on Georgia's Antebellum Trail highlighting homes built before the Civil War? One example is the Eagle Tavern in downtown Watkinsville.
- Oconee County has an 8-mile antique trail from Watkinsville to Bishop? Browse through and shop vintage furniture, jewelry, knick-knacks, and a popular Civil War collection.

## Up for Discussion

What is your favorite thing to do in Oconee County?

## Parks & Recreation

In the many parks that occupy Oconee County, there are several miles of hiking, biking, and equestrian trails available to the public. Heritage Park's 364 acres provides 2.5 miles of walking trails, 4.5 miles of equestrian trails, and 9.5 miles of mountain biking trails.

In addition to trails, get active at the softball and soccer fields, and the basketball and tennis courts at Oconee Veterans Park and Herman C. Michael Park. The parks also host softball, cycling, and ultimate Frisbee tournaments and events throughout the year. Oconee's two golf courses – Lane Creek and Jennings Mill – invite you to practice your swing on their 18-hole courses.

All parks are dog-friendly.

*'He who has health,  
has hope;  
and he who has hope,  
has everything.'*

## News You Can Use – Food Safety Tips

A lot has changed over your lifetime, including the way food is produced and distributed. Today, instead of being produced locally, food in your local grocery store comes from all over the world.

Another thing that has changed is our awareness and knowledge of illnesses that can be caused by harmful bacteria in food.

One of the other things we know today is that some people – including people over 65 – can be more susceptible to getting sick from bacteria in food. But seniors who take care to handle food safely can help keep themselves healthy.

Foodborne illness can be dangerous, but is often easy to prevent. By following the basic rules of food safety, you can help prevent foodborne illness for yourself and others. **There are 4 basic food safety rules:**

- **CLEAN: Wash hands and surfaces often.** Did you know that one of the easiest ways to prevent most types of illnesses is simply to wash your hands properly? Use plenty of soap and wash hands for 20 seconds before and after handling food.
- **COOK: Cook foods to proper temperatures.** Use a food thermometer to check the internal temperature of foods that you cook. Cook steaks and roasts to at least 145°F, ground meat to 160°F, and poultry to at least 165°F. Foods cooked or reheated in a microwave oven must be bubbling and hot throughout.
- **SEPARATE: Don't cross contaminate.** Keep raw foods like fruits and vegetables and ready-to-eat foods like luncheon meats safe from harmful bacteria by storing them away from raw meats in your grocery cart or refrigerator.
- **CHILL: Refrigerate foods promptly.** Keep cold foods and leftovers in the refrigerator. Set your home refrigerator to 40°F or below and the freezer unit to 0°F or below. **Follow the 2 Hour Rule:** Don't allow perishable foods to sit on the counter for more than 2 hours. This means no thawing of meat on the counter. And one special tip: divide large amounts of leftovers into shallow containers for quick cooling in the refrigerator. It won't hurt your refrigerator to put hot food like soups or stews right in the refrigerator in shallow containers, and it will keep you – and your food – safe.

**Fresh fruits and vegetables** require special care. Most should be stored in the refrigerator, but some, such as bananas, will retain quality for a longer period if stored on the counter. Ask your grocer how to store fruits and vegetables if you aren't sure.

All precut or peeled produce should be refrigerated for safety and quality. Precut melons must be kept refrigerated; if left out for more than 2 hours, they should be discarded.

**Hot foods** that you purchase or are delivered to your home need to be kept hot (145°F) and eaten within 2 hours. If dishes will not be eaten within 2 hours, refrigerate the food and then reheat to bubbling hot when you are ready.

For more food safety information, please contact your local Extension Office. (Source: University of Wisconsin Extension – [www.uwex.edu](http://www.uwex.edu).)

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*"Seize the moment. Remember all those people on the "Titanic" who waved off the dessert cart."*  
Erma Bombeck