

The Scoop



DECEMBER 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/

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.



Important Announcements

“Town” Meetings: The Oconee County Senior Center is holding three town hall style meetings for members of the Senior Center. The meetings will be held at 10:30 am on Wednesday, November 7th, Monday, November 19th, and Friday, November 30th. Let your voice be heard, regarding your concerns for the Oconee County Senior Center, by attending one of these meetings.

Georgia Cares: Don’t forget Medicare open enrollment ends December 7th. 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
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

December Senior Center Activities

Pajama Day – Friday, December 14th
New Horizon Band – Wednesday, December 19th at 10:15 am
The Senior Center will be closed from December 24th to January 1st

Upcoming Area Events

Christmas Songs & Stories with John Berry – Wednesday, December 19th at 7:00 pm – Oconee County Civic Center. For info, call 706-769-3902.
The Nutcracker – December 22, 23 at 4 pm at the Classic Center Theatre in Athens

“Christmas is a time when everybody wants his past forgotten and his present remembered.”

~ Phyllis Diller



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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Keep yourself fit & healthy

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

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.

AIDS Awareness Month

December is AIDS Awareness Month, a key opportunity to raise awareness, commemorate those who have passed on, and celebrate victories such as increased access to treatment and prevention services.

According to AIDS.gov, more than one million Americans live with HIV, but one in five of them are not aware they are infected.

World AIDS Day (December 1) is important because it reminds us that HIV has not gone away – every 9.5 minutes someone in the U.S. is infected. There is still a vital need to raise money, increase awareness, fight prejudice and improve education.



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	

It's a Wonderful Life

How much do you know about the iconic Christmas classic?

1. "Strange, isn't it? Each man's life touches so many other lives. When he isn't around he leaves an awful hole, doesn't he?" What is the name of the stumbling, bumbling, but very lovable angel who helps George realize what a wonderful life he has?
2. What is the name of the city where this story takes place?
3. What is the name of the book that Clarence is reading in the beginning of the movie?
4. Who lost the \$8,000?
5. Where is Mary working when George tries to find her after Clarence changes everything?
6. What happens every time a bell rings?
7. What is the closing song of the movie?

1. Clarence; 2. Bedford Falls; 3. The Adventures of Tom Sawyer; 4. Uncle Billy; 5. The library; 6. An Angel gets his wings; 7. Auld Lang Syne

Peace On Earth

Did you know . . .

- St. Nicholas is the world's most popular non-Biblical saint. He has over 2,000 churches dedicated to him in France and Germany, and 400 in England.
- German-born American illustrator Thomas Nast (1840-1902) helped create the modern version of Santa as jolly, chubby, and dressed mainly in red. Coca-Cola further solidified his image in the mainstream media in 1931 when they used him in their advertising.
- Believing in Santa Claus cultivates a child's imagination and ability to think of possibilities and potentialities.

Up for Discussion

Do you believe in Santa Claus?

Oconee County Civic Center

The Civic Center is a county government, community oriented civic facility available to host a variety of events in its Performing Arts Theatre and Banquet Room.

The Performing Arts Theatre can seat up to 500 attendees for theatrical plays, dance recitals, cultural events and performances, pageants, movies, concerts, conferences, seminars and even wedding ceremonies.

The over 6500 square foot Banquet Room is perfect for luncheons, civic banquets, birthday parties, civic club events, anniversary celebrations, corporate events, conferences, trade and business expos, job fairs, receptions and small weddings.

News You Can Use – Advance Care Planning

The Centers for Medicare and Medicaid Services reports that from 2002 to 2012, per person personal health care spending for the 65 and older population was \$18,988, over five times higher than spending per child (\$3,552) and approximately three times the spending per working-age person (\$6,632).

The elderly only make up approximately 14 percent of the population but represent more than one third of the nation's healthcare costs; one of the factors behind this disparity may be that families tend to resort to costly medical interventions to extend older family members' lives as they age.

According to American Academy of Hospice and Palliative Medicine chief medical officer Dr. Joseph Rotella, this figure may be influenced by families not having a thoughtful conversation about what the patient wants.

"The public and the people we care for want to have a say in their care. Many families have had the experience of a loved one who was on life support, where the family has to make painful decisions," he said.

The best way to avoid this worst-case scenario? Tackle the difficult conversation of your loved one's end-of-life wishes well in advance. "The only thing that can make it easier is if they know what the patient would have wanted," Rotella said.

Starting a conversation

While there is no easy way to broach the subject of a loved one's end of life care, including a physician in these conversations can be very helpful. Hospice or palliative care doctors and nurses can provide valuable insight into what patients and their families can expect under various scenarios, which can help your loved one make informed decisions about their wishes.

A doctor's care planning visit can cost around \$85 for a 16-30 minute session, but physicians have been able to bill Medicare's Physician Fee Schedule since 2016 to cover the cost.

Creating a document

While having a discussion between you, your loved one, and a healthcare professional is arguably the most important step for advance care planning, all of that conversation must also be recorded in a legal document called an advance healthcare directive to be helpful.

Consumers will want to focus specifically on drafting one type of advance healthcare directive called a living will, which dictates what a patient wants in terms of medical care if they are no longer able to speak for themselves in the future. This can address scenarios such as the use of dialysis or breathing machines, resuscitation orders, or organ and tissue donations if the patient passes away.

Another type of advance directive called a Durable Power of Attorney for Health Care Decisions is also important because it authorizes a surrogate to speak on the patient's behalf if they are unable to speak for themselves.

Not just for the old or infirm

While advance care planning is especially important for older individuals or those with a chronic disease, experts say these decisions aren't reserved just for the old or infirm.

www.cdc.gov

