

The Scoop



FEBRUARY 2019

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

A Chocolate Affair to Remember: The Oconee County Senior Center is hosting a night of music, dancing and desserts, with the Trail Blazers. Celebrate Valentine's Day with us – on Friday, February 8th from 6:30 to 8:30 pm. Tickets are \$10 each with limited availability. No tickets will be sold after February 1st. Each ticket includes two entries into prize drawings.

AARP Driver Safety Course: On Wednesday, February 6th, AARP will hold a Driver Safety course from 8:30 am to 4 pm. The class is open to the public for a fee of \$15 for AARP members and \$20 for non-members. Please bring cash or check and your lunch. Call 706-769-3979 for more information.

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

February Senior Center Activities

SNAP Presentation by Leigh Ann Aaron (UGA) – Wednesday, February 13th
Tai Chi Class – Wednesday, February 20th at 10:30 am
Seniors Taking Charge – Wednesday, February 27th at 10:15 am
Music with Amanda – Wednesday, February 27th at 10:30 am

Upcoming Area Events

Rodgers & Hammerstein's Cinderella – Friday, February 4th, 7:30 pm – Classic Center. For info, call 706-208-0900.
OCAF Thrift Sale – This year's sale will kick off with a preview night on Friday, February 15th (7p.m. – 9p.m.) with \$5 admission fee, free parking, and first choice at items which will be sold at double the marked price. The sale will open to the public with free parking and admission on Saturday, February 16 from 8am to 2pm.

"They invented hugs to let people know you love them without saying anything."

~ Bil Keane



HAPPY VALENTINE'S DAY

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

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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Third Wednesdays

Tai Chi	10:30 am
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Fourth Wednesdays

Music with Amanda	10:30 am
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Stay 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

Chair Yoga – Wednesdays at 8:30 am

"Love is a symbol of eternity. It wipes out all sense of time, destroying all memory of a beginning and all fear of an end."
~ Unknown

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 – The Oconee County Senior Center is in need of volunteers to deliver meals to the homebound. Please call Angela at 706-769-3979 for information.

February is Heart Awareness Month ♥

Heart disease is the leading cause of death for men and women in the United States. Every year, 1 in 4 deaths are caused by heart disease.

The good news? Heart disease can often be prevented when people make healthy choices and manage their health conditions. Communities, health professionals, and families can work together to create opportunities for people to make healthier choices. For more info, visit www.heart.org.



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	

Valentine's Day Facts

The most important of Valentine's Day facts: why it's celebrated on the 14th of February. February 14 is the feast of St. Valentine, a Catholic saint who was executed by Roman Emperor Claudius II on that date sometime during the third century A.D. Many legends surround the reason for his death sentence. The most popular one says he was a priest who married young couples after Claudius outlawed marriage for young men (apparently they were better soldiers when they weren't romantically attached).

Why Roses: Back in the Victorian era, people expressed their emotions through floriography, or the language of flowers. Giving a certain kind of flower conveyed a specific message, and red roses meant romance. Today, they carry that same symbol of romance—and they're really cheap. The United States buys huge quantities from large farms in Colombia and Ecuador, where the cost of labor is low. Then they're transported on refrigerated planes and arrive stateside in just three or four days. The reason these summer flowers bloom in February? Growers control what temperature they're stored at to make them open in time for Valentine's Day.

Why Red: Red has long been considered the color of passion and sexuality, and science can now confirm it. A study by University of Rochester psychologists found that the opposite sex wearing red or standing in front of a red background was significantly more attractive and sexually desirable than those wearing or standing in front of different colors.



Did you know . . .

- Every year, more than 36 million heart shaped boxes of chocolates are sold across the country.
- February 14th is the second largest card giving day of the year, just after Christmas. This year, it's expected that 1 billion cards will be exchanged around the world.
- There are enough candy hearts made each year to stretch from Valentine, Arizona to Rome, Italy, and back again. The number of these candy hearts produced is approximately 8 billion.

Benefits of Dark Chocolate

1. Very nutritious: If you buy quality dark chocolate with a high cocoa content, it is actually quite nutritious, containing a decent amount of soluble fiber, and loaded with minerals including iron, magnesium, copper and manganese. Due to the high caloric content, dark chocolate is best consumed in moderation.
2. Powerful source of antioxidants: Dark chocolate is loaded with organic compounds that are biologically active and function as antioxidants. These include polyphenols, flavanols, and catechins. Cocoa and dark chocolate contain more antioxidants than most other foods.
3. Improves blood flow and lowers blood pressure: The flavanols in dark chocolate stimulate the endothelium, the lining of arteries, to produce nitric oxide. One of the functions of nitric oxide is to send signals to the arteries to relax which lowers the resistance to blood flow and therefore reduces blood pressure.
4. Raises HDL and protects LDL from oxidation: Consuming dark chocolate can improve several important risk factors for heart disease. Dark chocolate can also

Ashford Manor Bed & Breakfast



(706) 769-2633 | [5 Harden Hill Road, Watkinsville, GA 30677](#)

Ashford Manor B&B is a charming bed and breakfast completely surrounded and secluded by a border of magnolias, redbuds, and pines. Located in Downtown Watkinsville, the property includes an 1893 Victorian manor house, cottage, gazebo, and four acres of landscaped gardens that terrace down to a pool, open woods, and a creek beyond.

The property is within walking distance of antique shops and art galleries of local fine and folk art talent. A night at the manor would make a wonderful romantic getaway.

News you can use – Heart Health Tips

www.healthline.com

Stop smoking—no ifs, ands, or butts

There are many steps you can take to help protect your health and blood vessels. Avoiding tobacco is one of the best.

In fact, smoking is one of the top controllable risk factors for heart disease. If you smoke or use other tobacco products, the American Heart Association (AHA), National Heart, Lung, and Blood Institute (NHLBI), and Centers for Disease Control and Prevention (CDC) all encourage you to quit. It can make a huge difference to not just your heart, but your overall health, too.

Focus on the middle

That is, focus on your middle. Research in the Journal of the American College of Cardiology has linked excess belly fat to higher blood pressure and unhealthy blood lipid levels. If you're carrying extra fat around your middle, it's time to slim down. Eating fewer calories and exercising more can make a big difference.

Knit a scarf

Put your hands to work to help your mind unwind. Engaging in activities such as knitting, sewing, and crocheting can help relieve stress and do your ticker some good. Other relaxing hobbies, such as woodworking, cooking, or completing jigsaw puzzles, may also help take the edge off stressful days.

Power up your salsa with beans

When paired with low-fat chips or fresh veggies, salsa offers a delicious and antioxidant-rich snack. Consider mixing in a can of black beans for an added boost of heart-healthy fiber. According to the Mayo Clinic, a diet rich in soluble fiber can help lower your level of low-density lipoprotein, or "bad cholesterol." Other rich sources of soluble fiber include oats, barley, apples, pears, and avocados.

Let the music move you

Whether you prefer a rumba beat or two-step tune, dancing makes for a great heart-healthy workout. Like other forms of aerobic exercise, it raises your heart rate and gets your lungs pumping. It also burns up to 200 calories or more per hour, reports the Mayo Clinic.

Go fish

Eating a diet rich in omega-3 fatty acids can also help ward off heart disease. Many fish, such as salmon, tuna, sardines, and herring, are rich sources of

reduce insulin resistance, another common risk factor for many diseases like heart disease or diabetes.

5. May reduce heart disease risk: The compounds in dark chocolate appear to be highly protective against the oxidation of LDL. This should cause much less cholesterol to lodge in the arteries, resulting in a lower risk of heart disease. Several long-term observational studies show a fairly drastic improvement.

Up for Discussion

What is the most romantic thing you've ever experienced?

Oconee County Welcome Center

The Oconee County Welcome Center is located in Downtown Watkinsville, and is staffed with tourism leaders and volunteers to assist you during your time in Oconee County. The Welcome Center provides welcome packets, hosts and plans group tours, offers relocation information, and assists with special events. Start your journey at the Welcome Center for day trip ideas, personalized itineraries, and information on the wonderful attractions, restaurants, and lodging options in our community. Call 706-769-5197 or email welcomecenter@oconee.ga.us for information.

Volunteers needed!

The Oconee County Meals on Wheels program is in need of volunteers to deliver meals to the homebound. For information, please contact Angela at 706-769-3979 or ahelwig@oconee.ga.us.



"Anyone can catch your eye, but it takes someone special to catch your heart."
~ Unknown



omega-3 fatty acids. Try to eat fish at least twice a week, suggests the AHA. If you're concerned about mercury or other contaminants in fish, you may be happy to learn that its heart-healthy benefits tend to outweigh the risks for most people.

Laugh out loud

Don't just LOL in emails or Facebook posts. Laugh out loud in your daily life. Whether you like watching funny movies or cracking jokes with your friends, laughter may be good for your heart. According to the AHA, research suggests laughing can lower stress hormones, decrease inflammation in your arteries, and raise your levels of high-density lipoprotein (HDL), also known as "good cholesterol."

Stretch it out

Yoga can help you improve your balance, flexibility, and strength. It can help you relax and relieve stress. As if that's not enough, yoga also has potential to improve heart health. According to research published in the Journal of Evidence-Based Complementary & Alternative Medicine, yoga demonstrates potential to reduce your risk of cardiovascular disease.

Raise a glass

Moderate consumption of alcohol can help raise your levels of HDL, or good cholesterol. It can also help prevent blood clot formation and artery damage. According to the Mayo Clinic, red wine in particular may offer benefits for your heart. That doesn't mean you should guzzle it at every meal. The key is to only drink alcohol in moderation.

Sidestep salt

If the entire U.S. population reduced its average salt intake to just half a teaspoon a day, it would significantly cut the number of people who develop coronary heart disease every year, report researchers in the New England Journal of Medicine. The authors suggest that salt is one of the leading drivers of rising healthcare costs in the United States. Processed and restaurant-prepared foods tend to be especially high in salt. So think twice before filling up on your favorite fast-food fix. Consider using a salt substitute, such as Mrs. Dash, if you have high blood pressure or heart failure.

Move it, move it, move it

No matter how much you weigh, sitting for long periods of time could shorten your lifespan, warn researchers in the Archives of Internal Medicine and the American Heart Association. Couch potato and desk jockey lifestyles seem to have an unhealthy effect on blood fats and blood sugar. If you work at a desk, remember to take regular breaks to move around. Go for a stroll on your lunch break, and enjoy regular exercise in your leisure time.

Know your numbers

Keeping your blood pressure, blood sugar, cholesterol, and triglycerides in check is important for good heart health. Learn the optimal levels for your sex and age group. Take steps to reach and maintain those levels. And remember to schedule regular check-ups with your doctor. If you want to make your doctor happy, keep good records of your vitals or lab numbers, and bring them to your appointments.

Find your happy place

A sunny outlook may be good for your heart, as well as your mood. According to the Harvard T. H. Chan School of Public Health, chronic stress, anxiety, and anger can raise your risk of heart disease and stroke. Maintaining a positive outlook on life may help you stay healthier for longer.