

# The Scoop



**July 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/](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.



## Important Announcements



**New Horizons Band:** On Wednesday, July 3<sup>rd</sup>, the New Horizons Band will share their musical talents with us in a celebration for Independence Day.

**July 4<sup>th</sup> –THE SENIOR CENTER IS CLOSED** both Thursday, July 4<sup>th</sup> and Friday, July 5<sup>th</sup>.

**Bus Transportation Cancelled** – There will be no bus transportation on Monday, July 15<sup>th</sup> due to Bus Driver training.

## 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

## July Senior Center Activities & Presentations

**Seniors Taking Charge** – Wednesday, July 10<sup>th</sup> at 10:30 am

**Tai Chi** – Thursday, July 18<sup>th</sup> at 10:30 am

**Music with Amanda** – Wednesday, July 24<sup>th</sup> at 10:30 am

## Upcoming Area Events

**Oconee Fourth of July Fireworks** – Thursday, July 4, 2019 @ 9:30 pm.

Oconee County Parks and Recreation Department presents the Oconee 4th of July Fireworks at Epps Bridge Centre. Magic 102.1 will be onsite with a live broadcast leading up to the fireworks show at 9:30 pm.

**Movies on Rocket** – July 13 @ 8 pm – Summer Date Night Movie. Enjoy a movie under the stars in Downtown Watkinsville at Rocket Field. Bring blankets, foldable chairs and your own picnic or try some of the food vendors that will offer a variety of food & beverages for a small fee.

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*"Some people, no matter how old they get, never lose their beauty – they merely move it from their faces into their hearts."* — Martin Bauxbaum



## 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        | 8:45 am  |
| Arts/Crafts Class | 10:15 am |
| Chair Zumba       | 10:45 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    | 10:45 am |
| Computer Class | 1:00 pm  |

### Fridays

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

### First Wednesdays

|                 |          |
|-----------------|----------|
| Quilts for Kids | 10:00 am |
|-----------------|----------|

### Third Wednesdays

|         |          |
|---------|----------|
| Tai Chi | 10:30 am |
|---------|----------|

### Fourth Wednesdays

|                   |          |
|-------------------|----------|
| Music with Amanda | 10:30 am |
|-------------------|----------|

## **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

**Tai Chi** – Consult the calendar

*“Those who think they have no time for bodily exercise will sooner or later have to find time for illness.”*

— Edward Stanley

## **The Senior Center needs you!**

- VOLUNTEERS NEEDED! The Oconee County Senior Center needs volunteers to help deliver meals to the homebound with our Meals on Wheels program.
- Meals on Wheels – If you know of anyone who is homebound, unable to provide meals for themselves, and not able to come to the Senior Center for meals, please talk to Angela (706-769-3979).



### **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 |                        |

### *The Little Boy and Old Man*

Said the little boy, sometimes I drop my spoon.

Said the little old man, I do that too.

The little boy whispered, I wet my pants.

I do too, laughed the old man.

Said the little boy, I often cry.

The old man nodded. So do I.

But worst of all, said the boy,

it seems grown-ups don't pay attention to me.

And he felt the warmth of a wrinkled old hand.

I know what you mean, said the little old man.

– Shel Silverstein

## **Visit the Happy Valley Pottery**



(706) 769-5922 | 1210 Carson Graves Road, Watkinsville, GA 30677

As seen on HGTV and in Southern Living Magazine, witness glass-blowing and pottery demonstrations by local artists and purchase their works on site.

Open to the public Monday through Saturday from 10 am to 4 pm. For more info, visit Happy Valley Pottery on Facebook.

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## Did you know . . .

- There is a national “parents” day? Most of us would be lost without our parents. That’s why it’s good that we have a day set aside especially for them, National Parents’ Day, celebrated on the fourth Sunday in July (the 28<sup>th</sup> this year). While Mother’s and Father’s days were first officially celebrated in the early years of the 20th Century (and National Grandparents Day is already approaching its 40th anniversary!), National Parents’ Day wasn’t established until 1994 when President Bill Clinton signed a Congressional Resolution “recognizing, uplifting, and supporting the role of parents in bringing up their children.”

## Up for Discussion

Share a favorite memory about your parents with a friend.



*“There is a fountain of youth: it is your mind, your talents, the creativity you bring to your life and the lives of the people you love. When you learn to tap this source, you will truly have defeated age.”*

— Sophia Loren



## Get Oconee County Senior Center News Flashes:

To receive regular information about the newest things happening at the Senior Center, you can sign up for “News Flash.”

To sign up for this service, go to [www.oconeecounty.com](http://www.oconeecounty.com) and click on Notify Me button toward the bottom of the home page. Then enter your email address to be signed up. You will receive an email verifying your information. Once you are able to sign in, go to “News Flash” and click on Senior Center.

If you have any questions, or need assistance, please contact Angela Helwig ([ahelwig@oconee.ga.us](mailto:ahelwig@oconee.ga.us) or 706-769-3979).

## Beat the Heat

When the temperature climbs above 90°F, older adults need to be proactive and take precautions. So check the outside temperature on summer days. If it’s above 90°, older people should keep in mind the following tips:

**Stay out of the sun if possible.** If possible, wait to go out until the sun starts to set or until early the next morning.

**Air conditioning is your friend.** Spend as much time as possible in air-conditioned spaces. If you don’t have an air conditioner, go somewhere that is air-conditioned. Read a book at the library, walk around in indoor malls, watch that new movie at the theater, or meet your friends at the senior center. (Note: The federal Low-Income Home Energy Assistance Program (LIHEAP) helps adults 65 and older cover the cost of air conditioners and utility bills. To reach your state’s LIHEAP program, call 1-866-674-6327.)

**Stay hydrated.** Drink plenty of cool water, clear juices, and other liquids that don’t contain alcohol or caffeine. Alcohol and caffeine can dehydrate you.

**Dress appropriately.** Whenever you can, try wearing loose, light-colored clothes. Top it off with a lightweight, broad-brimmed hat and you are dressing like a pro! These simple changes will help you stay cool and avoid sunburn.

**Did someone say sunburn?** Use broad-spectrum sunscreen with sun protection factor (SPF) of 15 or higher.

**Cool down!** Take tepid (not too cold or too hot) showers, baths, or sponge baths when you’re feeling warm. To save time, wet washcloths or towels with cool water and put them on your wrists, ankles, armpits, and neck.

### **How to Spot and Treat Health Problems Caused by Heat**

It’s important to recognize when hot weather is making you sick, and when to get help. Here’s a list of health problems caused by too much heat:

#### **Dehydration**

*What it is:* A loss of water in your body. It can be serious if not treated.

*Warning signs:* Weakness, headache, muscle cramps, dizziness, confusion, and passing out.

*What to do:* Call your healthcare provider or 911. Meanwhile, drink plenty of water and, if possible, “sports drinks” such as Gatorade™, which contain important salts called “electrolytes.” Your body loses electrolytes when you’re dehydrated.

#### **Heat stroke**

*What it is:* A very dangerous rise in your body temperature. It can be deadly.

*Warning signs:* A body temperature of 103 or higher; red, hot, and dry skin; a fast pulse; headache; dizziness; nausea or vomiting; confusion; passing out.

*What to do:* Call 911 immediately. Move to a cool, shady place, take off or loosen heavy clothes. If possible, douse yourself with cool water, or put cloths soaked with cool water on your wrists, ankles, armpits, and neck to lower your temperature. Try and see if you can safely swallow water or sports drinks.

#### **Heat exhaustion**

*What it is:* A serious health problem caused by too much heat and dehydration. If not treated, it may lead to heat stroke (see above).

*Warning signs:* Heavy sweating or no sweating, muscle cramps, tiredness, weakness, paleness, cold or clammy skin, dizziness, headache, nausea or vomiting, fast and weak pulse, fainting.

*What to do:* Without delay, move to a cool, shady place, and drink plenty of cool fluids, such as water or Gatorade. Call 911 without delay if you have high blood pressure or heart problems, or if you don’t feel better quickly after moving to the shade and drinking liquids.



## Oconee County Senior Center

### Trips:

Please make sure you check the "Trips Book" at the Senior Center's front desk, on a regular basis, to see what outings are coming up. The trips will not be placed on the regular Senior Center monthly calendar.

### The Oconee Farmers Market

**Sustainability.** Small family farms have a hard time competing in a food marketplace dominated by large agribusiness. When you shop at the Oconee Farmers Market, you help sustain local farmers by purchasing their product and giving them a higher return on their produce. This in turn allows farmers to continue to farm using sustainable farming practices to produce the healthy produce to sustain the community.

**Local Food.** Did you know that only Northeast Georgia growers or producers within a 100-mile radius may sell goods at the Oconee Farmers Market? This ensures that the market remains a viable local community market and not subject to warehousing operations. Shopping local also supports local agriculture and agritourism for the benefit of the agribusiness sector of the Northeast Georgia area. Because our vendors are the original producers of their items, our market is able to supply the very freshest produce to our customers!

**Community.** Coming to the Oconee Farmers Market makes shopping a pleasure rather than a chore! For over ten years, the Oconee Farmers Market has been a community hub! It's a great place to meet friends, bring your pets, listen to live music, participate in fun activities, support local community groups, and enjoy small town life on a Saturday morning.

The Oconee Farmers Market is located in front of the Oconee County Courthouse; is open every Saturday from April to November. Hours are 8 A.M. to 1 P.M. See you there!

[www.oconeefarmersmarket.com](http://www.oconeefarmersmarket.com)

## Are you an Independence Day Scholar?

1. How many people were living in the newly independent United States when the Declaration of Independence was signed?
  - a. one million
  - b. 500,000
  - c. 2.5 million
2. Who was King of England on July 4, 1776?
  - a. King George III
  - b. King William IV
  - c. King Edward VII
3. Who was president of the Second Continental Congress in 1776?
  - a. George Washington
  - b. John Hancock
  - c. Thomas Jefferson
4. Which future president was chosen to draft the Declaration of Independence?
  - a. John Adams
  - b. Benjamin Franklin
  - c. Thomas Jefferson
5. Who sewed the first American Flag?
  - a. Betsy Ross
  - b. Abigail Adams
  - c. Dolly Madison
6. How many stars and stripes were on the first American Flag?
  - a. 50 stars and 13 stripes
  - b. 13 stars and 13 stripes
  - c. One star and 13 stripes
7. What two presidents died on Independence Day in 1826?
  - a. Thomas Jefferson and John Adams
  - b. John Adams and George Washington
  - c. George Washington and Thomas Jefferson
8. How many signed the Declaration of Independence?
  - a. 56
  - b. One
  - c. 13
9. Who was the first person to sign the Declaration of Independence?
  - a. George Washington
  - b. Thomas Jefferson
  - c. John Hancock
10. When was Independence Day declared a legal holiday?
  - a. 1776
  - b. 1830
  - c. 1941

For answers, see Angela or email [ahelwig@oconee.ga.us](mailto:ahelwig@oconee.ga.us).