

The Scoop



October 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



Halloween Party: We're going to have lots of fun and games on All Hallows' Eve (Thurs, Oct 31). Don't forget to wear your cutest, funniest, or scariest costume. There will be prizes for the best ones. The festivities begin at 10:30 am.

Knitting and Crocheting – Do you like to work with yarn or have you always wanted to try knitting and crocheting? The Senior Center will host a new Knit & Crochet class every Tuesday at 10:30 am beginning on Tuesday, Oct. 8th. All skill levels are welcome!

Support Breast Cancer Awareness – On Friday, October 18th, wear pink to support the National Breast Cancer Foundation's *Breast Cancer Awareness Month*. See page 3 for more info about breast cancer.

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

Advantage Behavioral Crisis Walk In – 706-583-7307

Georgia Crisis Access Line – 800-715-4225

October Senior Center Activities & Presentations

Arm Chair Travel to Tuscany – Wednesday, Oct 23rd at 10:30 am

Dining Room Games – Tuesdays, Oct 1st and 8th at 10:30 am

Aging Healthy – Wednesday, Oct 11th at 10:30 am

Music with Amanda – Wednesday, Oct 25th at 10:30 am

Upcoming Area Events



Zombie Farms – Open Fridays and Saturdays starting October 4th and ending November 2nd. If you are looking for a haunted house or haunted attraction in Northeast Georgia, you don't want to miss Zombie Farms in Winterville! You get a full 3/4 mile walk through dark and spooky woods filled with scary monsters and creepy characters who will scare you, entertain you, and sometimes even make you laugh. With 15 unique horror sets and over 65 professional actors, Zombie Farms is a fully immersive experience. For more info, visit www.zombiefarms.com.

Oconee Fall Festival – Saturday, October 19th from 9 am to 4 pm. The festival is known as a premiere Arts & Crafts festival with over 200 booth spaces and 20,000 visitors in attendance, this one day outdoor festival is the largest arts & crafts venue in the area.

"When witches go riding, and black cats are seen, the moon laughs and whispers, 'tis near Halloween."
~ Unknown

"When black cats prowl and pumpkins gleam, may luck be yours on Halloween."
~ Unknown

Weekly Schedule

Mondays

Bridge	9:30 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

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

Thursdays

Senior Fit	8:30 am
Bridge	9:30 am
Floral Class	10:15 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
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Fourth Wednesdays

Music with Amanda	10:30 am
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Occasional – check calendar

Tai Chi	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 8:45 am. Class size limited to 35.

Chair Zumba – Tuesdays and Thursdays at 10:45 am

Tai Chi – Consult the calendar

“There is a child in every one of us who is still a trick-or-treater looking for a brightly-lit front porch.”

~ Robert Brault

Please Promote the Senior Center!

This is your Senior Center and you are the best promotor of its programs. The staff needs your help. *Please* talk to your friends, family, and neighbors about our many programs including the exercise, the games, the fellowship, the fun, the trips, the informative talks, and more. Tell them about all the things you enjoy and about the activities you think they may enjoy. Thanks!

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	

Create a Happiness Bucket List:

Write down a list of things that you want to start doing today that will help you achieve your goals for becoming a happier, healthier, more radiant you.

Make your list action-oriented, practical, and possible. Be sure to include both those things that you think will be easy to incorporate into your life, as well as more challenging. Dream big and visualize yourself accomplishing each item on your list as you focus your energy on making it a reality.

If you don't know where to begin—talk to family and friends about what they want to start doing in order to live a happier life, or borrow ideas from the website – <https://findinghappinessmovie.com>.

Then inspire others to do the same. Continue to help motivate one another, challenge each other to make greater changes, and help each other to break through barriers.

Sample Finding Happiness Bucket List:

- Try to spend at least 15 minutes in nature every day.
- Commit to a bi-weekly or more yoga or exercise class.
- Try to learn something new you've always wanted to learn.
- Take an around-the-world trip and explore new cultures.
- Be kinder to your loved ones.
- Make a complete stranger smile.
- Volunteer at least once a month to a cause you truly believe in.
- Learn to meditate.
- Try a new healthy recipe each week and share it with family and friends.
- Make happiness a skill, something you can practice and study each day.
- Start each day with a happiness quote (try <https://therightmessages.com>), and share it with others to inspire them.

“When you change, your whole world changes.” Begin the journey to finding happiness. (<https://findinghappinessmovie.com>)



Did you know . . .

- Jack-o-lanterns were originally carved in turnips? In a traditional Celtic story, a man named Jack tricked the Devil, so after Jack died the Devil made him roam the night with only a burning coal to light his way. Jack put the piece of coal in a carved-out turnip, a common vegetable there, and became known as Jack of the Lantern. Irish and Scottish people would carve their own versions of Jack's lantern with scary faces and place them near windows or doors to frighten away Jack or other evil spirits. When immigrants brought the tradition to America, the native pumpkin was more available than turnips, and today's jack-o-lanterns were born.
- Dressing up in costumes was once a way to hide from ghosts? The tradition originated as a way for the Celtic and other European people to hide from the spirits who returned at this time of year. People wore masks when they left their homes after dark so the ghosts would think they were fellow spirits. To keep the ghosts out of their houses, people would place bowls of food outside to make them happy.

Up for Discussion

Share your favorite Halloween memory with a friend.

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 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 info. 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 or 706-769-3979).

October: Breast Cancer Awareness Month



October is Breast Cancer Awareness Month, which is an annual campaign to increase awareness of the disease sponsored by the National Breast Cancer Foundation, Inc. whose mission is to help those affected by breast cancer through early detection, education and support services.

Facts about Breast Cancer In The United States

- One in eight women in the United States will be diagnosed with breast cancer in her lifetime.
- Breast cancer is the most commonly diagnosed cancer in women.
- Breast cancer is the second leading cause of cancer death among women.
- Each year it is estimated that over 252,710 women in the United States will be diagnosed with breast cancer and more than 40,500 will die.
- Although breast cancer in men is rare, an estimated 2,470 men will be diagnosed with breast cancer and approximately 460 will die each year.
- On average, every 2 minutes a woman is diagnosed with breast cancer and 1 woman will die of breast cancer every 13 minutes.
- Over 3.3 million breast cancer survivors are alive in the United States today.

Good News About Breast Cancer Trends

In recent years, perhaps coinciding with the decline in prescriptive hormone replacement therapy after menopause, we have seen a gradual reduction in female breast cancer incidence rates among women aged 50 and older. Death rates from breast cancer have been declining since about 1990, in part due to better screening and early detection, increased awareness, and continually improving treatment options.

Know the signs

Every person should know the symptoms and signs of breast cancer, and any time an abnormality is discovered, it should be investigated by a healthcare professional. Visit www.nationalbreastcancer.org to get the full list of possible signs of breast cancer.

Most people who have breast cancer symptoms and signs will initially notice only one or two, and the presence of these symptoms and signs do not automatically mean that you have breast cancer.

By performing monthly breast self-exams, you will be able to more easily identify any changes in your breast. Be sure to talk to your healthcare professional if you notice anything unusual.



10 Easy Ways Seniors Can Boost Their Mental Health and Well-Being

A challenged brain is a happy brain. So when the kids are grown and you've retired from your job, you could find yourself struggling a bit to stay busy and engaged, and you might feel depressed.

You wouldn't be alone. The National Alliance on Mental Illness says that more than 6.5 million American seniors suffer from depression. Seniors living independently have the lowest risk for depression, with the condition affecting about 1 to 5 percent of this group, according to the Centers for Disease Control and Prevention. But at the other end of the spectrum, about 13.5 percent of those who require in-home help, and about 11.5 percent of seniors who are hospitalized, experience depression.

Staying physically healthy, socially active, and mentally engaged as you age are keys to boosting senior mental health, experts agree. For instance:

Take a trip with the Oconee County Senior Center:

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.

Halloween — not just for kids

Though we all *eventually* outgrow our trick-or-treating days, that doesn’t mean we have to put the holiday behind us entirely. In fact, there may be even more to do on Oct. 31 as an adult. Here are just a few options:

1. Watch a scary movie.
2. Binge-watch a season of *American Horror Story*.
3. Carve pumpkins.
4. Go bobbing for apples.
5. Hit up a hayride.
6. Or hit up a haunted house.
7. Head to a Halloween party — or host one of your own!
8. Bake a candy cake.
9. Put yourself into a sugar coma.
10. Hand out candy.

(By Diana Pearl, www.people.com)

Just Jokin’

Two elderly ladies had been friends for many decades. Over the years they had shared all kinds of activities and adventures. Lately, their activities had been limited to meeting a few times a week to play cards.

One day they were playing cards when one looked at the other and said, “Now don’t get mad at me. I know we’ve been friends for a long time, but I just can’t think of your name. I’ve thought and thought, but I can’t remember it. Please tell me what your name is.”

Her friend glared at her. For at least three minutes she just stared at her. Finally she said, “How soon do you need to know?”



1. Just Keep Moving

Exercise is essential for both the body and mind. Go for a daily walk or join a senior exercise class at a nearby Y, gym, or senior center. If you have physical limitations, try chair exercises. If you’re physically able, try a dance class. A study published in August 2014 in the *Journal of the American Medical Directors Association* found that just one 60-minute dance class a week led to significant improvements in depression symptoms.

2. Socialize at Your Senior Center

“Senior centers offer a variety of classes — from crafts and hobbies to computer classes — to keep the mind interested and active,” Brown says. Some also offer transportation to those who need it.

3. Stay Involved in Family Gatherings

Find ways to be included and visit often with family, especially grandchildren. Keep visits short if you get tired, Dr. Husain says, and make sure you’re just there to enjoy their company rather than be a babysitter.

4. Call on Friends

Stay connected with your peers. Get your hair done together, go on a shopping trip even if it’s just to the grocery store, or have them over for dinner. The social stimulation will do you all good, Brown says.

5. Turn to Technology to Stay in Touch

Schedule regular phone calls to catch up with loved ones, and send snail mail or email letters, cards, and photos. Try Skype or FaceTime for a video call. Create a memory book with your grandchildren and share it with the entire family.

6. Go Back to School

Challenge your brain by taking a class at your local community college; many are free or offered at a very low cost, Brown says. Try a literature class or study another language, and look for online classes if you can’t leave home.

7. Get a Pet

Whether you’re a dog person or a cat person, caring for a pet can be helpful, Husain says. Animals make seniors more socially engaged, less depressed, and less agitated, according to a review of research on animal therapy published in November 2014 in *Current Gerontology and Geriatrics Research*.

8. Play Games

Try word puzzles, crossword puzzles, jigsaw puzzles, and games like Sudoku to keep your brain healthy and stimulated. Join — or start — a bridge club with your friends, Husain suggests. A good card game is always a good opportunity for conversation.

9. Make a Deeper Spiritual Connection

Religion and the community that goes with it can offer meaningful activities and support, and your place of worship can also be a great venue for volunteering, Brown says.

10. Make a Difference

Volunteering comes in all shapes and sizes. Pitch in locally or search online for ways to volunteer from the comfort of your own home. For instance, the United Nations Volunteers program has opportunities across the world. Giving back can be one of the best ways to add meaning to your life. Husain knew a 98-year-old who still volunteered at a popcorn stand at a children’s hospital. “The pleasure he got out of it was much more than any medication I could have given him,” he says.

From www.everydayhealth.com