

# The Scoop



**November 2019**



*Happy Thanksgiving*

**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

**Indoor Yard Sale and Holiday Market Opening:** Saturday, November 16th from 8 am to 12 noon. Don't miss the Senior Center's Indoor Yard Sale! There will be bargains galore! The Holiday Market will also open in the Senior Center foyer. (By the way, If you want to donate Christmas and Holiday items, we will take those donations through December 6th.)

**Santa Paws Pet Photos:** Along with the yard sale and holiday market on November 16th, there will be pet photographers at the Center starting at 9 am. They will make adorable photos of your special friends. This activity is a fundraiser for Oconee County Animal Services. Come out and join the fun!

## Important 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

## November Senior Center Activities & Presentations

*Seniors Taking Charge* – Wednesday, November 6<sup>th</sup> at 10:30 am

*AARP Driving Course* – Wednesday, Nov 13<sup>th</sup> from 8:30 to 4:00. Please sign up at the front desk.

*GA Cares Medicare Open Enrollment Info* – Wednesday Nov 20<sup>th</sup> at 10:30 am

## Upcoming Area Events

**Play: Overnight Christmas – Presented by Brightstone Productions, November 21 – 24.** Overnight Christmas is a unique musical that takes Frank on a journey. Frank works at a package delivery plant, but when he gets assigned the last delivery run before Christmas, he has no idea that an amazing adventure awaits him. With the help of his dispatcher, Gabe, he travels around the world delivering packages while encountering the timeless traditions of China, the festive celebrations of Russia, the wild African plains, the lush green hills of Scotland, the grandeur of New Orleans, and the heart of Texas. For more info, visit <http://brightstoneathens.com>.

## Native American Festival and Pow Wow – November 7 – 10.

Held at Stone Mountain Park's Historic Square, the event showcases Native American culture through dance, music, authentic craft demonstrations, cooking traditions, storytelling, wildlife presentations and more.

Experience the central role of dance in native culture as Native Americans from across the U.S. and Central America compete in inter-tribal dance and drum competitions.

Learn about primitive skills such as flint-knapping, bow making, fire starting, open fire cooking, and pottery. Crawl inside a tipi and other traditional native dwellings.

Find that one-of-a-kind holiday gift in the artists' marketplace, where world-renowned Native and Native-inspired artists and crafters demonstrate their skills and offer hand-crafted items for sale. [www.stonemountainpark.com](http://www.stonemountainpark.com)

## 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
Knit/Crochet Group	10:30 pm
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
Afternoon Exercise (\$2)	1:30 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
-----------------	----------

### Fourth Wednesdays

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

### Occasional – check calendar

Tai Chi	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

**Afternoon Exercise** – Wednesdays at 1:30 pm (\$2 fee)

**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

*"Gratitude is riches. Complaint is poverty."*  
~ Doris Day

## **Spread the Word!**

This is your Senior Center. Please help the Center spread the word about our services and programs. We need your help. *Please* talk to everyone you know about 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	Asst. Director/Activities Coord.	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	

## **Positive Thinking Can Help You Age Well**

There seems to be a lot of negativity in the world today – recent natural disasters, such as Hurricanes Harvey remind us of the fragility of life. And while we can't change what happens in the world, we do have control over our reactions to events. If we learn to recognize challenges as a way to learn and to grow, we are better able to deal with them and have a more positive response to them.

### **Be conscious of your thoughts**

Your thoughts are very powerful. The first step to reprogram your brain is to be conscious of them. If you find yourself thinking "Life is hard," notice what you're thinking and choose another thought to replace it. You may choose to shift your thoughts to "Life is hard and I continue to experience joy every day" or "Life is a blast and the challenges I face simply make me stronger." If you change your thoughts, you can form new pathways in the brain which may, in turn, change your experience of life.

### **Start your day with gratitude**

We've all heard that breakfast is the most important meal of the day. Likewise, mornings are the most important time of day to work on creating a positive attitude, as it can set the tone for the entire day. Get up early enough that you can prepare for your day leisurely. Acknowledge the beauty of the day and all you have to be grateful for. When you start your day with gratitude, you've wired your brain to notice the good in your life.

### **Surround yourself with people and things that support a positive attitude**

People can take on other people's energy without even being aware of it. If you find yourself feeling negative, find some positive people to hang out with. Read a book with a positive message or listen to music that inspires you.

### **Focus your attention on the good in your life**

We all have something to be thankful for. Your job is simply to discover those things and acknowledge them. Once you start focusing on the good things in your life, you'll start attracting more and more things to be thankful for.

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

## Did you know . . .

- A ten-year-old mattress weighs double what it did when it was new? This is due to debris that it absorbs over time including dust mites (their decaying bodies), mold, millions of dead skin cells, dandruff, animal and human hair, lint, pollen, dust, soil, sand, and a lot of perspiration, which the average person loses at a rate of a quart a day. Good night!
- If a statue in the park of a person on a horse has both front legs in the air, the person died in battle? If the horse has one front leg in the air, the person died as a result of wounds received in battle. If the horse has all four legs on the ground, the person died of natural causes.
- Montpelier, VT is the only U.S. state capital without a McDonalds?
- In Egypt around 1500 B.C., a shaved head was considered the ultimate in feminine beauty? Egyptian women removed every hair from their heads with special gold tweezers and polished their scalps.
- The only member of the band ZZ Top without a beard has the last name Beard.

## Up for Discussion

Share with your friends the things for which you are most thankful.

## 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 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](mailto:ahelwig@oconee.ga.us) or 706-769-3979).

## November 2019: Diabetes Awareness Month

November is National Diabetes Month, a time when communities across the country team up to bring attention to diabetes. In partnership with the National Heart, Lung, and Blood Institute (NHLBI), this year's focus is on the link between diabetes and cardiovascular disease. ([www.niddk.nih.gov](http://www.niddk.nih.gov))



Adults with diabetes are nearly twice as likely to die from heart disease or stroke as people without diabetes. This is because over time, high blood glucose from diabetes can damage your blood vessels and the nerves that control your heart. The good news is that the steps you take to manage your diabetes can also help lower your chances of having heart disease or a stroke:

- Stop smoking or using other tobacco products.
- Manage your A1C, blood pressure, and cholesterol levels.
- Develop or maintain healthy lifestyle habits - be more physically active and learn ways to manage stress.
- Take medicines as prescribed by your doctor.

## Become a Diabetes Advocate

Use your voice to help people with diabetes thrive. Stand up for diabetes research and programs, healthcare, insulin affordability, diabetes prevention, and help support people living with and impacted by diabetes everyday—until we find a cure.

By signing up as a Diabetes Advocate you can:

- Learn about the latest news from Capitol Hill, and state capitals affecting people living with and at risk for diabetes.
- Access easy to understand resources to learn more about how the American Diabetes Association's advocacy efforts are bending the curve and helping people with diabetes thrive.
- Receive a bimonthly newsletter offering opportunities to engage in advocacy and learn more about diabetes priorities.
- Plug into information about local community events and how you can get more involved.

The communications you will receive provide an opportunity for EVERYONE who wants to raise their voice on behalf of those living with and impacted by diabetes. By becoming a Diabetes Advocate you are helping to build an advocacy movement to support key diabetes priorities in Congress, state legislatures, and legal advocacy. There's nothing more powerful than the collective voice of our Diabetes Advocates—join us today! ([www.diabetes.org](http://www.diabetes.org))

---

*"Some people are always grumbling because roses have thorns; I am thankful that thorns have roses."*  
~ Alphonse Karr

---

## Live Your Best Life in Retirement

No more 9 to 5 means a whole new approach to life. Here's how to embrace retirement with healthy habits that can make your golden years quality years. When you first launched into your working life, you may have dreamed of the day you could hang up your employee ID badge and turn off your alarm clock and cellphone. But for many workers, when it actually happens, the transition

## 28 things to be Thankful for:

1. Your parents – if not for them, there would not be you.
2. Your family
3. Your friends
4. Sense of sight – for letting you see the colors of life.
5. Sense of hearing – for letting you hear trickle of rain, and the harmonious chords of music.
6. Sense of touch – for letting you feel the breeze of the wind, the hands of your loved ones.
7. Sense of smell – for letting you smell perfumes, and beautiful flowers.
8. Sense of taste – for letting you savor the sweetness of fruits, the saltiness of seawater, and the spiciness of chili.
9. Your speech – for expressing you.
10. Your heart – for pumping blood to all the parts of your body.
11. Your lungs – for breathing.
12. Your immune system – for fighting viruses that enter your body.
13. Your hands – so you can hold the hands of your loved ones.
14. Your legs – for letting you walk, run, swim, play the sports you love.
15. Your mind – for the ability to think.
16. Your good health – for enabling you to do what you want to.
17. Your school – for learning.
18. Your teachers – for passing down knowledge to you.
19. Tears – for helping you express your deepest emotions.
20. Disappointment – so you know the things that matter most.
21. Fears – for teaching you.
22. Pain – for strength.
23. Sadness – for you to appreciate the spectrum of human emotions.
24. Happiness – for you to soak in the beauty of life.
25. The Sun – for bringing in light and beauty to this world.
26. Sunset – for a beautiful sight to end the day.
27. Moon and Stars – for brightening up our night sky.
28. Sunrise – for a beautiful sight to start the morning.

<https://tinybuddha.com>

to retirement can feel daunting. That dream you had at age 25 of sipping piña coladas on the beach may feel more like "What now?" at 65.

Like any major life transition, retirement is a time of shifting priorities. And how you spend all that newfound free time can make a big difference in your health and quality of life. Here's how to make the most of your post-working years.

### Picture the life you want

Close your eyes and imagine your happiest and most fulfilling version of retirement. What do you hope to be doing on a random Tuesday? Do you picture yourself spending time with grandchildren? Trying new recipes and hosting dinners? Volunteering at a hospital or mentoring co-workers at your old job? Playing golf with your friends?

Taking the time to think about what brings you meaning and purpose gives you a clearer vision of where you will find a good quality of life — and some helpful road markers to know if you are getting closer or further away.

### Find a routine

Sure, freedom and flexibility sound great. But for many people, too much flexibility can start to be more stressful than pleasant. Most people have healthier lives with routines and patterns.

That doesn't have to mean packing your schedule. Simply slot in a few regular activities that fit with how you want to spend your time. It could be weekly walks with a neighbor, or picking up your grandchild from school every Tuesday.

And that dream about a life without an alarm clock? Go for it, but keep some boundaries on your sleep habits. Sleep is the foundation for a resilient life, and getting up at the same time each day (within an hour) is a healthy routine to keep — even without a job to report to every day.

### Stay socially connected

Loneliness can be a part of aging. But it doesn't have to be. If work has been your primary social outlet, moving away from that world can feel like a shock. Think about what social connections you want to maintain, and what new ones you want to build on — ideally before you retire.

Sign up to volunteer in your community, invite your neighbor over for a BBQ and reinvest in your relationship with your spouse or other close friends. Senior Centers and faith based communities can also be a source of social connection.

### Keep on learning

Research shows that challenging the brain in new ways can help to keep you mentally sharp. While you're working, that often comes with the territory: meeting new people, mastering new skills. But when you retire, you may have to be more proactive.

You can — and should — keep discovering new things in your retired life, too. But you may have to seek them out. There are plenty of ways to do it, and crossword puzzles and Sudoku are only the beginning.

Travel, whether it's to a nearby city for a day or a far-flung destination for a month. Walk in nature. Take an adult education course at a community college. Whatever you choose, be sure to also get offline: More screen time has been linked with worse mental health in retirement, while more physical activity has the opposite effect.

So with some planning and challenging ourselves, retirement can be an enjoyable phase in our lives. (By Mayo Clinic Staff – [www.mayoclinic.org](http://www.mayoclinic.org))