

The Scoop



March 2020



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:

We need volunteers for our Meals on Wheels program! If you are looking for a meaningful way to volunteer and you can drive your own vehicle, please consider delivering meals to the homebound in Oconee County. Please consider dedicating just about an hour of your time, once a week delivering meals and smiles to folks who really need both. If you have the time, you can provide nutrition, well checks, as well as the benefit of human contact. Talk to Angela at the Senior Center if you are interested. Thanks!

Coming up in March:

On Wednesday, March 4th, enjoy the singing and guitar music of Jason Powers starting at 10:30 am.

On Wednesday, March 11th, be sure to attend on this day in order to experience a performance at 10:30 am by Athens Irish Dancers.

On Monday, March 16th, the Senior Center will sponsor a lunchtime trip to the Golden Corral in Winder. Sign up at the front desk. The cost is only \$10 for the meal plus tip.

On Friday, March 20th, Get ready to rock and roll at the Spring Fling with the Cherry Cherry Band. They will cover all of your Neil Diamond favorites. Don't be shy – get up and dance!

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

Senior Transportation Options

Wheels of Hope – 706-765-8332 – Requires application – see Angela

Georgia Medical Transportation – 706-286-9610

Caring Man in a Van - 706-769-0075

Go Go Grandparent – 855-464-6872

Companion Transportation Service – 706-201-0571

Upcoming Area Events:



The Jefferson Tree Council is pleased to host the **10th Annual Spring Foliage Fest**. Date: Saturday, March 21, 2020; Time: 10am-4pm; Location: Jefferson City Park.

Enjoy live musical performances, arts and craft vendors, food and drink vendors, as well as a large variety of trees, shrubs, and flowers for sale. Plus, special guest Walter Reeves will be on hand to answer your gardening questions.

The event is free to the public including parking. For more information, please contact jeffersonfoliagefest@gmail.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

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 is back! – Consult the calendar.



*Spring!
New Life!
New Hope!*

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	
Brady Gilley	Transportation Services Aide	

Georgia's Staycation Destinations

Summer isn't the only time to travel and you don't always have to leave the state or country to have a great time. We've rounded up five staycation spots across Georgia that are great last minute getaways. Whether it's a family trip, a girl's trip or romantic experience you're looking for we've got you covered.

TreeTop Hideaways on the side of Lookout Mountain in Flintstone, Georgia near the Tennessee line: Experience a secluded cozy night in the trees, while enjoying complimentary wine, s'mores and locally made artisan products that include fresh coffee, tea and granola bars. The lodging also comes with full climate control and Wi-Fi. (www.treetophideaways.com)

Unicoi State Park and Lodge: This unique property set in the Northeast Georgia Mountains has cabins made from retired wine barrels that come with full kitchen and living areas. (www.unicoilodge.com)

Barnsley Resort in Adairsville: An hour north of Atlanta, this location has cottages with fireplaces and bathtubs. The resort offers guests horseback riding, spa treatment, a golf course and Southern dining. (www.barnsleyresort.com)

Southern Cross Guest Ranch: The duo horse farm and bed and breakfast located in Madison offers guest rooms with king-sized beds, Jacuzzi bathtubs and fireplaces. There are even trail rides, shopping and nearby golfing. (www.southcross.com)

Twelve Oaks: This bed and breakfast located in downtown Covington and offers historic tours of the mansion and grounds. It's been named one of the top antebellum sites to see in Georgia. (www.thetwelveoaks.com)

Other websites to check out include www.gastateparks.org, www.exploregeorgia.org and www.stonemountainpark.com.



"March on. Do not tarry. To go forward is to move toward perfection. March on, and fear not the thorns, or the sharp stones on life's path." ~ Khalil Gibran



"Behold, my friends, the Spring is come; the earth has gladly received the embraces of the sun, and we shall soon see the results of their love!"

~ Sitting Bull



"Listen to the mustn'ts, child. Listen to the don'ts. Listen to the shouldn'ts, the impossibles, the won'ts. Listen to the never haves, then listen close to me . . . Anything can happen, child. Anything can be." ~ Shel Silverstein

The Life of a Saint

Saint Patrick is the patron saint of Ireland. He was a Christian missionary credited with converting Ireland to Christianity in the AD 400s. So many legends surround his life that the truth is not easily found. St Patrick was not actually Irish. His exact birthplace and date is not known. However it is believed he was born around 375AD in Scotland. His parents Calpornius and Conchessa, were Romans living in Britain in charge of the colonies. His real name is believed to be Maewyn Succat and he took on the name Patrick upon becoming a priest. As a teen he was kidnapped by pirates and sold into slavery in Ireland to herd and tend sheep. During his six-year captivity, he became fluent in the Irish language. He turned to God in prayer and escaped after having a dream sent from God in which he was told to leave Ireland by going to the coast where he would find a ship waiting to sail to Britain. He is believed to have met up with his parents in Wales before travelling to France where he became a priest and later a bishop. Patrick was sent another dream in which the people of Ireland were calling out to him to come and walk among them once more. He was given the task of teaching Christianity to the Irish. He travelled throughout Ireland, preaching the Gospel and converting many. He and his disciples preached and converted thousands and began building churches all over the country. He reportedly preached and converted all over Ireland for 40 years. There is much debate over when and where he died but it is believed that he died on March 17th, 460. That is why Saint Patrick's day is celebrated on March 17th. Some people suggest he was also born on March 17th. (saintpatricksdaysparade.com)



March is National Kidney Month

Get to know your hard working kidneys

6 WAYS KIDNEYS KEEP YOU HEALTHY



Regulate fluid levels

Activate Vitamin D for healthy bones

Filter wastes from the blood

Directs production of red blood cells

Regulate blood pressure

Keep blood minerals in balance

8 PROBLEMS KIDNEY DISEASE CAN CAUSE



Nerve damage



Cardiovascular disease



Heart attack



Stroke



Anemia/ low red blood cell count



Weak bones

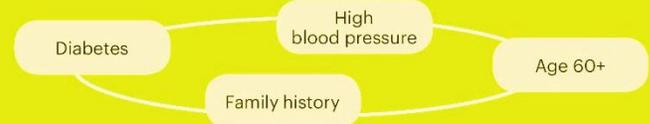


High blood pressure



Kidney Failure

4 RISK FACTORS



7 SYMPTOMS



Swelling: face, hands, abdomen, ankles, feet

Blood in urine
Foamy urine

Puffy eyes

Difficult, painful urination

Increased thirst

Fatigue

2 TESTS YOU CAN TAKE (BLOOD AND URINE)



Urine albumin-to-creatinine ratio estimates the amount of a type of protein, albumin, that you excrete in your urine.

Glomerular Filtration Rate (GFR) tells how well your kidneys are working to remove wastes from your blood. It is the best way to check kidney function. Doctors measure blood creatinine (waste build up) levels and perform a calculation based on race, age and gender.



Learn more at kidney.org

Here are eight tips to help keep your kidneys healthy.

1. Keep active and fit – Regular exercise is good for more than just your waistline. It can lower the risk of chronic kidney disease. It can also reduce your blood pressure and boost your heart health, which are both important to preventing kidney damage. You don't have to run marathons to reap the reward of exercise. Walking, running, cycling, and even dancing are great for your health. Find an activity that keeps you busy and have fun. It'll be easier to stick to it and have great results.
 2. Control your blood sugar – People with diabetes, or a condition that causes high blood sugar, may develop kidney damage. When your body's cells can't use the glucose (sugar) in your blood, your kidneys are forced to work extra hard to filter your blood. Over years of exertion, this can lead to life-threatening damage. However, if you can control your blood sugar, you reduce the risk of damage. Also, if the damage is caught early, your doctor can take steps to reduce or prevent additional damage.
 3. Monitor blood pressure – High blood pressure can cause kidney damage. If high blood pressure occurs with other health issues like diabetes, heart disease, or high cholesterol, the impact on your body can be significant. A healthy blood pressure reading is 120/80.
- Continued . . .

Up for Discussion

Do you have any Irish ancestry?

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, click on the Notify Me button at the bottom of the home page. Then enter your email address to sign 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 need assistance, please contact Angela Helwig (ahelwig@oconee.ga.us or 706-769-3979).



Things to do for St. Patty's Day:

1. Drink green beer.
2. Dress in green.
3. Go to a St. Patrick's Day parade in Savannah, Atlanta or Dublin.
4. Go to a St. Patrick's Day Festival. There's one in Athens on March 14th.
5. Watch an Irish movie like Leap Year, Waking Ned Devine, or The Crying Game.
6. Learn how to stepdance.
7. Eat corned beef and cabbage.
8. Drink an Irish coffee.
9. Listen to some Irish Music. Think U2, Van Morrison, Sinead O'Connor, Enya, or The Cranberries.
10. Dye your hair green
11. Read a book by an Irish author such as Angela's Ashes, P.S. I Love You, or Dracula.
12. Visit an Irish style pub in Athens like Cutter's, or Flanagan's.
13. Grow a shamrock (Oxalis).
14. Kiss someone who is Irish.



Find the Shamrock: *There is a tiny shamrock hidden (unlike the ones below) somewhere in this newsletter. Show it to Angela to be entered into a drawing for a cool prize.*



Prehypertension is between that point and 139/89. Lifestyle and dietary changes may help lower your blood pressure at this point.

If your blood pressure readings are consistently above 140/90, you may have high blood pressure. You should talk with your doctor about monitoring your blood pressure regularly, making changes to your lifestyle, and possibly taking medication.

4. Monitor weight and eat a healthy diet – People who are overweight or obese are at risk for a number of health conditions that can damage the kidneys. These include diabetes, heart disease, and kidney disease. A healthy diet that's low in sodium, processed meats, and other kidney-damaging foods may help reduce the risk of kidney damage. Focus on eating fresh ingredients that are naturally low-sodium, such as cauliflower, blueberries, fish, whole grains, and more.

5. Drink plenty of fluids – There's no magic behind the cliché advice to drink eight glasses of water a day, but it's a good goal precisely because it encourages you to stay hydrated. Regular, consistent water intake is healthy for your kidneys. Water helps clear sodium and toxins from your kidneys. It also lowers your risk of chronic kidney disease. Aim for at least 1.5 to 2 liters in a day. Exactly how much water you need depends largely on your health and lifestyle. Factors like climate, exercise, gender, overall health, and whether or not you're pregnant or breastfeeding are important to consider when planning your daily water intake. People who have previously had kidney stones should drink a bit more water to help prevent stone deposits in the future.

6. Don't smoke – Smoking damages your body's blood vessels. This leads to slower blood flow throughout your body and to your kidneys. Smoking also puts your kidneys at an increased risk for cancer. If you stop smoking, your risk will drop. However, it'll take many years to return to the risk level of a person who's never smoked.

7. Be aware of the amount of OTC pills you take – If you regularly take over-the-counter (OTC) pain medication, you may be causing kidney damage. Nonsteroidal anti-inflammatory drugs (NSAIDs) including ibuprofen and naproxen can damage your kidneys if you take them regularly for chronic pain, headaches, or arthritis. People with no kidney issues who take the medicine occasionally are likely in the clear. However, if you use these medicines daily, you could be risking your kidneys' health. Talk with your doctor about kidney-safe treatments if you're coping with pain.

8. Have your kidney function tested if you're at high risk – If you're at high risk of kidney damage or kidney disease, it's a good idea to have regular kidney function tests. The following people may benefit from regular screening:

- people who are over 60 years old
- people who were born at a low birth weight
- people who have cardiovascular disease or have family with it
- people who have or have a family history of high blood pressure
- people who are obese
- people who believe they may have kidney damage

A regular kidney function test is a great way to know your kidney's health and to check for possible changes. Getting ahead of any damage can help slow or prevent future damage.

