

❄️ **January 2018** ❄️

The Scoop



Oconee County Senior Center

Fellowship ~ Nutrition ~ Exercise ~ Fun

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!



Upcoming Events

Active Aging Resource EXPO

On Wednesday, January 31st, the Oconee County Senior Center will present an Expo to aid Seniors – with presenters from medical and other organizations in our area. The Expo will start at 9 am and continue to 2 pm. There will be no regular activities (including lunch and bus transportation) at the Center on that date. If you have questions about the Expo, please call Allison Burns at 706-769-3979.

Tai Chi ~ A Tai Chi class will be held on Wednesday, January 17th at 10:30 am.



The essential principles of Tai Chi, an Ancient Chinese practice, include mind integrated with the

body; control of movements and breathing; The ultimate **purpose of tai chi** is cultivate the qi (life energy) within us to flow smoothly and powerfully throughout the body.



Every Month @ OCSC

Mondays

Bridge	9 am
Exercise with Betsy	10 am
Line Dancing	11 am
Bridge	12:30 pm
Wellness Group	1 pm

Tuesdays

Senior Stretch with Carolyn	9 am
Arts/Crafts Class	10 am
Zumba Gold with Anie (\$5)	10 am
Chair Zumba	11 am

Wednesdays

Yoga with Carolyn	8:30 am
Texas Hold'em Poker	9 am
Bridge	9 am
2 nd Wednesday Bingo	11:00 am
Bridge and Mahjong	12:30 pm
Zumba Gold	2 pm

Thursdays

Senior Stretch	9 am
Zumba Gold (\$5)	10 am
Chair Zumba	11 am
Computer Class	1 pm

Fridays

Bingo	10:30 am
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First Wednesdays

Quilts for Kids	10 am
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Second Wednesdays

Bingo!	12:30 pm
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Fourth Wednesdays

Music with Amanda	10:30 am
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“Just because you’re grown up and then some doesn’t mean settling into the doldrums of predictability. Surprise people. Surprise yourself.”
~ Victoria Moran

“To know what you know and what you do not know, that is true knowledge.” ~ Confucius

New Year's Message

Great goodness, how this year has flown by!

As I look back over the year I find myself chuckling at all the fun times we've had!

This year was chocked full of fun and entertaining, over the top, moments during Allison's parties, activities and creative art projects.

Mary Ann and Shirley have kept the kitchen hopping! Those ladies have served up a whole heap of great meals this year. Monday through Friday, they cook food from scratch, coordinate with volunteers to deliver meals to the homebound, pick up and sort food donation from Trader Joes and Publix, and make coffee for the masses.

Angela has been hard at work signing up all the new members you've been making friends with every day. She spends most of her days coordinating and keeping up-to-date records and information for membs who attend the center, use our transportation services, and the volunteers who deliver Meals on Wheels.

Tall tales of glory and fearlessness (some fibs too, probably) have been passed around while traveling all the back roads of Oconee County on Russell and Kathy's buses. Marge has comforted and remembered us with greeting cards, phone calls, kind visits at our tables and she has made us laugh with all her crazy antics.

Lastly, Debbie has started our day with a cheerful smile and greeting which sets the pace for our fun days at the center. She has graciously assisted us with purchases from the thrift store and snack cart all the while compiling the fun and crazy moments of the day, in dedicated chapters of her new book set to release in the year 2028 – just kidding!

I am so proud of how much the center has grown this past year and am so thankful to you all for bringing smiles to our faces and for being a part of our extended family.

As the year closes and we reflect on days gone by, loved ones lost, or times of uncertainty, please know we are here to help support you. Times like this can often bring on feelings of great sadness, but reaching out to others and sharing can also bring comfort to you.

Taking time to do for others, no matter how large or small the gesture, can bring peace and joy not only to those who may be struggling, but yourself as well. Take time to remember the new friends

you've made this year and the blessings they bring into your life. Honor the memories of those you've lost with prayer and reflection knowing that they too continue to bring joy and gladness to your heart.

For me, I draw from your courage and strength every day; please know you continue to be a blessing to me.

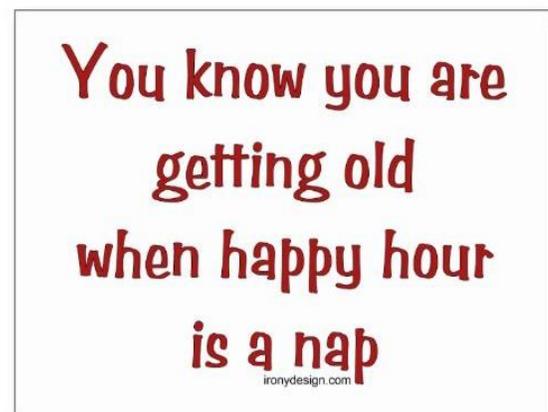
And lastly, as the year closes and you're counting your blessings, please remember those men and women who are overseas and continue to fight for the freedom of others as well as those who have fought and died for our freedom here at home and abroad.

"Every end marks a new beginning; keep your spirits and determination unshaken, and you shall always walk the glory road. With courage, faith and great effort, you shall achieve everything you desire." ~ Anonymous

May you all be blessed with safe travels, good health, and prosperity in the New Year!

Merry Howard

Senior Center Director



Did you know?

- Over the last 6 months, the Oconee County Senior Center has served an average of 961 congregate meals per month with an average of 132 persons served per month.
- Over the last 6 months, the Senior Center has served an average of 378 home delivered meals (Meals on Wheels) monthly with an average of 15 homebound clients per month.
- Over the last 6 months, the Senior Center has provided transportation averaging 584 trips per month serving an average of 25 riders monthly.
- Over the last 6 months, the Senior Center has served an average of 1680 persons per month participating in an average of 151 different activities per month.

If you have any questions regarding these statistics, please contact Angela at 706-769-3979 or ahelwig@oconee.ga.us.

News You Can Use

Seniors who want to lose weight should hit the weight room while they cut calories, a new study suggests. Older folks who performed resistance training while dieting were able to lose fat but still preserve most of their lean muscle mass, compared with those who walked for exercise, researchers report.

"The thought is if you lose too much lean mass, that this will exacerbate risk of disability in older adults," said lead researcher Kristen Beavers, an assistant professor of health and exercise science at Wake Forest University in Winston-Salem, N.C. "Our findings show if your treatment goal is to maximize fat loss and minimize lean mass loss, then the resistance training is probably the way to go."

Excess pounds significantly contribute to frailty and disability in old age, but there's concern that dieting alone might rob older adults of the muscle they need to maintain their mobility and independence.

To suss out the best way for seniors to lose weight, Beavers and her colleagues randomly assigned 249 people, average age 67, to one of three different weight-loss groups.

All of the groups went on a diet, but the second and third groups also were asked to exercise four

days a week. The second group lifted weights, while the third walked briskly. After 18 months, the resistance training and aerobic groups both had lost more fat than those who only dieted -- 17 and 15 pounds, versus 10 pounds, respectively.

But the resistance training group maintained more of their muscle mass, losing only 1.7 pounds of lean mass compared with 3.5 pounds of muscle lost in the walking group and 2.2 pounds in the diet-only group. The findings were published in the November issue of the journal *Obesity*.

Minimizing the loss of muscle is important not only for protecting seniors' mobility and independence, but also as insurance if they eventually put some pounds back on. "We know that for older adults, they tend to preferentially regain fat mass," Beavers said. "When they're losing weight, they're losing some bone and muscle along with fat. When they're regaining weight, they're putting back on more fat than they lost. You'd like to lose as little lean mass as possible."

Registered dietitian Stephanie Schiff agreed that resistance training "will help you maintain, or even increase, your lean body mass." "When you lose weight due to dieting, you lose not only fat mass, you may lose lean muscle mass as well. This can result in a loss of strength, and a possible decrease in metabolism," said Schiff. "The key is to maintain muscle mass by eating a healthy diet and getting enough protein, and using resistance training to avoid muscle depletion."

Beavers noted that combining both resistance training and aerobics with dieting potentially would be the best combination. "It seems like people who are better able to maintain their weight loss have incorporated physical activity as part of their lifestyle," Beavers said. "They also will need to keep eating right," Schiff added.

"The best kind of diet for weight loss usually involves cutting calories," Schiff said. "It keeps you full by including lots of vegetables and fruits, which are great sources of fiber. It includes healthy fats, and does not include a lot of refined sugar or refined grains. It includes enough protein to spare your muscles." ~ everydayhealth.com

"And in the end, it's not the years in your life that count. It's the life in your years."

~ Abraham Lincoln



At your service . . .

Merry Howard	Senior Center Director	mhoward@oconee.ga.us
Allison Burns	Arts and Activities Coordinator	aburns@oconee.ga.us
Angela Helwig	Aging Services Coordinator	ahelwig@oconee.ga.us
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Marge McKee	Senior Activities Aide	mmckee@oconee.ga.us
Debbie Dean	Front Desk Receptionist	ddean@oconee.ga.us
Shirley Finch	Food Service Aide	
Russell Ruggieri	Transportation Services Aide	
Kathy Shanks	Transportation Services Aide	

Meet our Staff



Hello Everyone,

As most of you know, my name is **Allison Burns**. I was born and raised in Athens, Georgia.

I am married to my wonderful husband, Mike and we have two beautiful children, Lyle and Belle.

I am a 1999 graduate of UGA with a Bachelor's degree in Art Education. I worked as an artist/gift product designer for several years before deciding to go back to school to get my Masters in Early Childhood Education.

I worked in the public and private sector for almost 10 years before venturing into the senior center to investigate Zumba for my mother in law.

I began volunteering in the art class and never left. The center is now my home away from home and I feel very blessed to work among such wonderful people.

Do you remember?

From suddenlysenior.com

1. Where did car headlight dimmer switches used to be located? a. On the floor shift knob; b. On the floor, left of the clutch; c. Next to the horn

2. The bottle top of a Royal Crown Cola bottle has holes in it. For what was it used? a. Capture lightning bugs; b. To sprinkle clothes before ironing; c. Large salt shaker

3. Why was having milk delivered a problem in northern winters? a. Cows got cold and wouldn't produce; b. Ice on highways

forced delivery by dog sled; c. Milkmen left deliveries outside doors and milk would freeze, expanding and pushing up the cardboard top

4. Which was a popular candy when you were a kid? a. Strips of dried peanut butter; b. Chocolate-licorice bars; c. Wax coke-shaped bottles with colored sugar water inside

5. Before inline skates, how did you keep your roller skates attached to your shoes? a. With clamps, tightened by a skate key; b. Woven straps that crossed the foot; c. Long pieces of string or twine

6. As a kid, what was considered the best way to reach a decision? a. Consider all the facts; b. Ask Mom; c. Eeny-meeny-miney-mo

7. What was the worst thing you could catch from the opposite sex? a. A cold; b. VD; c. Cooties

8. What was a Duck-and-Cover Drill? a. Part of the game of hide and seek; b. What you did when your mom called you in to do chores; c. Hiding under your desk, covering your head with your arms in an A bomb drill

9. What was the name of the Indian Princess on the Howdy Doody show? a. Princess Summerfallwinterspring; b. Princess Sacajewea; c. Princess Moonshadow

10. Who left his heart in San Francisco? a. Tony Bennett; b. Xavier Cugat; c. George Gershwin

11. "Praise the Lord, and pass the _____?" a. Meatballs; b. Dames; c. Ammunition

(For answers, contact Angela)

"What good is the warmth of summer without the cold of winter to give it sweetness?"

~ John Steinbeck

