

# The Scoop



# March 2021

**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.

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## Keep Driving By on Thursdays!

The Senior Center is having more drive-bys in March – On March 4th, there will be a Healthy Habit drive-by. On March 11th, we will celebrate St. Patty’s Day with a drive-by. And, on March 18th, there will be a drive-by to recognize National World Water Day. Be sure to join us for the fun!

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<p>HOT DOG PLATE LUNCH MARCH 26, 2021 11:30am-1pm \$5 DRINKS &amp; DESSERTS \$1</p>	<p>MARCH FOR MEALS WITH MEALS ON WHEELS™</p>	<p>STRAWBERRY JAM &amp; MIXED BERRY JELLY ½ PINT \$5 PINT \$10</p>	<p><b>March for Meals.</b> The Meals on Wheels program is a meal service provided to qualified homebound older adults in Oconee County through the senior center. Meals are freshly prepared in-house daily by our staff and delivered by a host of caring volunteers.</p>
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March for Meals is a nationwide celebration to raise awareness and funds to support such an amazing program. The Oconee County Senior Center has set a goal of raising \$3,000 in 30 days. We are offering you different ways to participate in our 2021 fundraising campaign. We will be selling Mary Ann’s famous Jam and Jelly, as well as hosting a Hot Dog Lunch Plate drive through.

All proceeds from sales and donations will go towards reaching our goal. Please contact the center if you would like to participate at 706-769-3979.

All other donations should be noted for Meals on Wheels and can be sent to: Oconee County Senior Center, 3500B Hog Mountain Road, Watkinsville, GA 30677

### 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

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*"I enjoy the spring more than the autumn now. One does, I think, as one gets older." Virginia Wolfe*

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### 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 Services Manager: mhall@oconee.ga.us

**Marge McKee**, Senior Activities Aide: mmckee@oconee.ga.us

**Pat Anderson**, Receptionist/Activities Aide: panderson@oconee.ga.us

**Shirley Finch**, Food Services Aide

**Russell Ruggieri**, Transportation Services Aide

**Tim Dutton**, Maintenance Services Aide

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*"The beautiful spring came, and when nature resumes her loveliness, the human soul is apt to revive also." Harriet Ann Jacobs*

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### ♣ St. Patrick's Day activities ♣

- Wear green
- Drink some green beer
- Eat some corned beef and cabbage
- Make a festive cake with green decorations
- Watch a movie set in Ireland (such as Leap Year)
- Listen to some Irish music (including U2 or the Cranberries)
- Look for a pot of gold at the end of the rainbow
- Beware of Leprechauns
- Attend a St. Patty's Day parade
- Decorate your home with shamrocks
- Perform an act of greenness by doing something environmentally friendly
- Make a list of your favorite things
- Make a St. Patty's Day craft (check out Pinterest)

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*"Don't wait for someone to bring you flowers. Plant your own garden and decorate your own soul."*  
Luther Burbank

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### On the Highway of Aging

- I'm at a place in my life where errands are starting to count as going out.
  - I'm getting tired of being part of a major historical event.
  - I don't always go the extra mile, but when I do it's because I missed my exit.
  - My goal for 2020 was to lose 10 pounds. Only have 14 to go.
  - A recent study has found women who carry a little extra weight live longer than men who mention it.
  - Remember back when we were kids and every time it was below freezing outside they closed school? Yeah, Me neither.
  - Having plans sounds like a good idea until you have to put on clothes and leave the house.
  - You don't realize how old you are until you sit on the floor and then try to get back up.
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### In Your Garden, Take Advantage of the Beneficial Insects

*Article by Barbara Mrgich, MD Master Gardener, Adams County*

Everything in nature exists as a check or balance to something else. If mankind would just keep his finger out of the mix, the earth would get along just fine. But we humans keep working at messing up the balance. That is especially true when it comes to gardening and landscape. For many homeowners, their only goal is to have a perfect lawn with no bugs. Many people don't recognize the difference between beneficial insects and pests, nor do they understand just how important those beneficial insects are to our very life.

There are different categories of beneficial insects. At the top of the list is Pollinators. Pollinators move pollen to fertilize the egg which allows the plant to produce fruit and propagate.

Bees are, by far, the royalty of the pollinators. A huge majority of our plants would disappear if bees were not here to pollinate them. Keep in mind that if the plants were to disappear, we could not exist either. You might say, "Well, we could just eat meat," but the animals we eat exist on plants as their food source.

Besides pollinators, there are at least three other types of beneficial insects that perform important functions. Some are Predators, meaning that they hunt down and eat other insects. Among others, these include spiders, praying mantis, lady bugs, green lacewings, and dragon flies.

Another type of beneficial insect is the Decomposer. Decomposers break down dead plants and animals. Decomposers are very important because, without them, dead matter and waste would just pile up. The decomposers are responsible for turning a big pile of pulled weeds and garbage into compost.

Most beneficial insects are in steep decline. We need to be very concerned about this fact. The cause of this decline is simple. It's a combination of loss of habitat, invasive plants crowding out the natives, and over-use of pesticides. All three problems are caused by man. That is why it's important to have a diverse landscape. "What happens in a diverse landscape is that the population of beneficial insects goes way up, and those bugs start knocking back the pests without us even realizing it."

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### Working for You

Although the Oconee County Senior Center remains closed for now, the staff continues to work for you. Please be sure to keep contact with us through email or by phone. And, don't forget to check our facebook page and our web page at [Oconeecounty.com \(www.oconeecounty.com/177/Senior-Center\)](http://www.oconeecounty.com/177/Senior-Center). Allison stays busy creating and recommending online and in person activities. Pat goes the extra mile every day calling members, making beautiful displays for our drive-by days. Every staff member is working with one goal in mind – taking care of all our members and making sure you can return to us safely when the time comes. Please keep taking care of yourselves until then!

**10 Myths about Aging** (from [www.fellowshipsquareseniorliving.org](http://www.fellowshipsquareseniorliving.org))

As people age, they or society in general may take on some assumptions about them. There are many myths about aging or elderly people that simple aren't true.

**Myth: "Old people have 'old ways' of thinking."**

Truth: Every individual – young and old – has his or her own unique thoughts and feelings about society. It's an unfair blanket statement to assume that every person over (or under!) the age of 60 has the same beliefs. Taking some time to speak with elderly people about their thoughts about the world – and their past experiences – can shed some light on this truth.

**Myth: "People lose their memory as they age."**

Truth: Not every aging person experiences memory loss diseases such as dementia or Alzheimer's. According to Psychology Today, only 6 to 8 percent of people over the age of 65 have been diagnosed with dementia.

**Myth: Genetic health conditions can't be avoided as people age.**

Truth: While it's true that genetics play a certain role in each person's body and health, health and wellness is largely in the hands of each individual. Good rest, exercise and healthy eating help.

**Myth: Elderly people are less adaptable to change.**

Truth: This is a personal preference – some people enjoy the newness and thrill of change, while others may be more apprehensive about change. However, this is not an age-related issue. So while some elderly people may be a bit slower to adapt, they are certainly capable of change.

**Myth: Elderly people are less adventurous.**

Truth: There are many elderly people who have waited their entire lives for the opportunity to be in retirement so they can travel the world and see new things.

**Myth: People become less productive as they age.**

Truth: Retirement doesn't mean elderly people just want to sit around all day! While at a certain age and depending on health concerns, some elderly people may need to rest more, many people of retirement age enjoy active lives, help with care for their grandchildren and volunteer. A report by the Bureau of Labor Statistics reports that 24% of senior citizens volunteer throughout their retirement years.

**Myth: People are less creative as they age.**

Truth: Many people take up hobbies or crafts in their senior years that actually lead to a second career and/or income. Whether its woodworking, art or knitting, creative activities keep seniors' brains and dexterity sharp.

**Myth: "Old people are crabby."**

Truth: There is no evidence that shows that older people are crankier – people that are generally "crabby" in their younger years may continue that way. People that choose to be happy, usually continue that mindset into their golden years. It all comes down to attitude.

**Myth: Elderly people are lonely.**

Truth: There are many ways that seniors can avoid loneliness including joining Senior Centers or other taking part in other activities. Many elderly people have kept an active social life and now that they have more time in retirement, actually have a very busy calendar.

**Myth: "Older people are incompetent."**

Truth: Elderly people that continue to challenge their brains, exercise their bodies and feed their soul with religion or spiritual beliefs are perfectly competent into their senior years. Even as they age and experience some memory loss or dementia, many elderly people retain abilities to understand, make rational decisions and participate in and simply enjoy life!