

The Scoop



June 2021

Here Comes the Sun!

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.

Zoom on by in June!



Join us for our June Drive Bys – Thursday, June 3rd is the “Here comes the sun” Drive By; Thursday, June 10th is a Bird Feeder craft Drive By; and Thursday, June 24th is the “Pop on Over” Drive By. Drop by the front entrance to the Senior Center to share the fun and fellowship! *Please note that the time has changed for Drive-bys. They now start at 11:00 am.*

ALZHEIMER’S & BRAIN AWARENESS (www.alz.org)

June is Alzheimer’s & Brain Awareness Month – an opportunity to hold a conversation about the brain, and share the fact that Alzheimer’s disease and other dementias are a major public health issue. Everyone who has a brain is at risk to develop Alzheimer’s, the only leading cause of death that cannot be prevented, cured or even slowed. During the month of June, the Alzheimer’s Association asks people around the world to wear purple, especially on June 21st (*the longest day*), and use their brains to fight Alzheimer’s disease.



Ways to Love Your Brain

Growing evidence indicates that people can reduce their risk of cognitive decline by adopting key lifestyle habits. Following are some good habits to benefit the brain and body.

Hit the Books – Formal education will help reduce risk of cognitive decline. Take a class at a local college, community center, or online.

Butt Out – Smoking increases risk of cognitive decline. Quitting smoking can reduce risk to levels comparable to those who have not smoked.

Follow Your Heart – Risk factors for cardiovascular disease and stroke – obesity, high blood pressure and diabetes – negative impact your cognitive health.

Stump Yourself – Challenge your mind. Build a piece of furniture. Play games of strategy like bridge.

Buddy Up – Staying socially engaged may support brain health. Find ways to be part of your local community or share activities with friends and family.

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

“The longer I live the more beautiful life becomes.”

– Frank Lloyd Wright

AT YOUR SERVICE:

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Growing Better Tomatoes (by Susan Moeller, www.aarp.org)

- 1. Know what you're growing.** Tomatoes are either determinate (that is, compact and bushy) or indeterminate (vining, which can climb up to 8 feet tall). Determinate tend to ripen within a short period. Indeterminate tomatoes, including older varieties, keep growing and producing until frost.
- 2. Choose heirloom or hybrid.** Heirlooms – varieties that can be reproduced from their own seed. Hybrids are a cross of varieties and can't be duplicated from their own seed. They were developed to be more disease- or pest-resistant.
- 3. Match your tomato to your garden.** The amount of sunlight tomatoes need depends on their size. Bigger tomatoes probably do benefit from having six to eight hours of direct sun a day, but as the size of the tomato decreases, the amount of sun it needs to be happy decreases, as well. If you're buying tomato plants, buy locally. Even big-box stores are likely to have purchased plants from regional growers, and plants will be conditioned for your area.
- 4. Go deep.** Tomatoes grow roots all along their stems. Put them in as low as you can, leaving a couple of sets of leaves above the soil. Cover up the leaves that are buried because they'll compost – don't rip them off. Toss in some finely crushed eggshells to provide calcium and prevent damping off, a fungal disease.
- 5. Provide support.** Getting plants off the ground can increase your yield by 30 percent because you'll avoid soil-borne diseases.
- 6. Prune your plants.** Too many side shoots crowd fruit, particularly if you're using cages for support, and many growers prune off lower branches to avoid leaves that attract pests or fungi from the ground.
- 7. Water from below.** Always water with a drip or soaker hose, rather than a sprinkler. You don't get as much evaporation, and the water is right where it's supposed to be. The goal is to reduce the amount of standing water on the leaves and make them less attractive to pathogens.

"If you have a garden and a library, you have everything you need."

– Marcus Tullius Cicero

"We might think we are nurturing our garden, but of course it's our garden that is really nurturing us."

– Jenny Uglow

Father's Day Lunch Plate Drive Thru – Please join us in celebrating the special men in your life on Thursday, June 17th starting at 11:30 am. The lunch plate will include a Fresh Air BBQ sandwich, chips, coleslaw, a brownie, and a drink for \$5.00. The cost will include a raffle ticket for prize drawings. Reservations and payment are required by Friday, June 11th.



"June is the time for being in the world in new ways, for throwing off the cold and dark spots of life."

– Joan D. Chittister

Enjoying the Summer (www.nursenextdoor.com)

Take advantage of the sun while it's out! Not only does it feel good to get outside, but social engagement has been shown to improve mental and physical well-being and even prolong your life. Here are ten summer activities to try—no matter the level of mobility.

Go for a walk, jog or roll

Whether your legs still love to run or a wheelchair is the safest bet, just getting outside and moving around is a great way to keep the body and mind in shape.

Soak up the sun at the beach or park

Enjoying the sun doesn't just make us feel better—Vitamin D is necessary for bone and muscle function. Wear sunscreen, and make sure you're able to easily access cool shade by wearing a hat, bringing an umbrella, or sitting beside a tree.

Go swimming or wading

If you have access to an outdoor (or indoor) body of water, it's a great time to splash around! Because of the buoyancy, swimming is easier on the joints than many forms of exercise, and can be relaxing as well.

Have a picnic

Bring snacks, drinks, a blanket, and maybe some music to the local park (or backyard). Enjoy a sandwich, and even lie back and watch the clouds.

Create or tend to a garden

If you don't have a garden, or don't have room to create a new one, many neighborhoods have community gardens. Getting a plot to grow flowers and veggies could make for a nice outdoor pastime.

Go to a farmer's market or fair

Summer is the season for farmer's markets, craft fairs, flea markets and more. Walk around the booths, browse for deals, and go for lunch afterward.

Watch an outdoor movie

If you have a local park that hosts outdoor movies in the summer, take advantage! Don't forget to bring water and blankets to stay warm and hydrated.

Volunteer

Keep your mind sharp and give back to the community by volunteering. Talk to your local Rotary club, or non-profits and charitable organizations that resonate with you. Volunteering with friends and family can also bring you closer together.

Try Tai chi or yoga

Join a Tai chi group for a low-impact, outdoor activity. Tai chi can help prevent falls in seniors and is a great way to improve and maintain mental agility.

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Pick berries

If you live in the city you might need to drive for a while, but picking berries can be a fun outdoor activity (with plenty of water and sunscreen). And you can bake pies later.

Regular activity and socialization can help seniors improve physical and mental well-being. While this list includes options for people of all abilities, be mindful of your own capabilities. If you aren't confident that you'll be able to handle an activity, check in with your family doctor. After all, you'll have more fun if you're feeling good!

"It was June, and the world smelled of roses. The sunshine was like powdered gold over the grassy hillside."

– Maud Hart Lovelace

Key Things to Know About COVID-19 Vaccines (cdc.gov)

- COVID-19 vaccines are safe and effective.
- You may have side effects after vaccination. These are normal and should go away in a few days.
- It typically takes two weeks after vaccination for the body to build protection (immunity) against the virus that causes COVID-19. You are not fully vaccinated until 2 weeks after the 2nd dose of a two-dose vaccine or two weeks after a one-dose vaccine.
- People who have been fully vaccinated can start to do some things that they had stopped doing because of the pandemic.

What We Are Still Learning

- We are still learning how well vaccines prevent you from spreading the virus that causes COVID-19 to others, even if you do not have symptoms. Early data show that vaccines help keep people with no symptoms from spreading COVID-19.
- We are also still learning how long COVID-19 vaccines protect people.
- We are still learning how many people have to be vaccinated against COVID-19 before the population can be considered protected (population immunity).
- We are still learning how effective the vaccines are against new variants of the virus that causes COVID-19.

Vaccines are now more widely accessible in the U.S. The federal government continues to work toward making vaccines widely available for everyone at no cost. Many doctors' offices, retail pharmacies, hospitals, and clinics offer COVID-19 vaccinations. Your doctor's office or local pharmacy may contact you with information about their vaccination plans. Parents, check with your child's healthcare provider about whether they will offer COVID-19 vaccination.

Pop-up Vaccination Clinic at the Senior Center

The Department of Public Health will hold a "Pop-up" COVID-19 vaccination clinic in the parking lot of the Oconee County Senior Center. The clinic will be open to the public from 10 am to 2:30 pm on Friday, June 4th. Please be sure to share this information with everyone you know!

 **Happy Summer!** 