

The Scoop



November 2021

Be Thankful!

Oconee County Senior Center

3500B Hog Mountain, Watkinsville, GA 30677
(706) 769-3979 www.oconeecounty.com

Open Monday through Thursday, 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.

7 Scientifically Proven Benefits of Gratitude (by Amy Morin, psychologytoday.com)

"Stop feeling sorry for yourself," we are often told. And while it can be hard to avoid self-pity entirely, mentally strong people choose to *exchange* self-pity for *gratitude*. Whether you choose to write a few sentences in a gratitude journal or simply take a moment to silently acknowledge all that you have, giving thanks can transform your life.

Here are 7 scientifically proven benefits:

1. Gratitude opens the door to more relationships. Not only does saying "thank you" constitute good manners, but showing appreciation can help you win new friends, according to a 2014 study published in *Emotion*. The study found that thanking a new acquaintance makes them more likely to seek an ongoing relationship. So whether you thank a stranger for holding the door or send a thank-you note to that colleague who helped you with a project, acknowledging other people's contributions can lead to new opportunities.
2. Gratitude improves physical health. Grateful people experience fewer aches and pains and report feeling healthier than other people, according to a 2012 study published in *Personality and Individual Differences*. Not surprisingly, grateful people are also more likely to take care of their health. They exercise more often and are more likely to attend regular check-ups, which is likely to contribute to further longevity.
3. Gratitude improves psychological health. Gratitude reduces a multitude of toxic emotions, from envy and resentment to frustration and regret. Robert Emmons, a leading gratitude researcher, has conducted multiple studies on the link between gratitude and well-being. His research confirms that gratitude effectively increases happiness and reduces depression.
4. Gratitude enhances empathy and reduces aggression. Grateful people are more likely to behave in a prosocial manner, even when others behave less kindly, according to a 2012 study by the University of Kentucky. Study participants who ranked higher on gratitude scales were less likely to retaliate against others, even when given negative feedback. They experienced more sensitivity and empathy toward other people and a decreased desire to seek revenge.
5. Grateful people sleep better. Writing in a gratitude journal improves sleep, according to a 2011 study published in *Applied Psychology: Health and Well-Being*. Spend just 15 minutes jotting down a few grateful sentiments before bed, and you may sleep better and longer.

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6. Gratitude improves self-esteem. A 2014 study published in the *Journal of Applied Sport Psychology* found that gratitude increased athletes' self-esteem, an essential component to optimal performance. Other studies have shown that gratitude reduces social comparisons. Rather than becoming resentful toward people who have more money or better jobs—a major factor in reduced self-esteem—grateful people are able to appreciate other people's accomplishments.
7. Gratitude increases mental strength. For years, research has shown gratitude not only reduces stress, but it may also play a major role in overcoming trauma. A 2006 study published in *Behavior Research and Therapy* found that Vietnam War veterans with higher levels of gratitude experienced lower rates of post-traumatic stress disorder. A 2003 study published in the *Journal of Personality and Social Psychology* found that gratitude was a major contributor to resilience following the terrorist attacks on September 11. Recognizing all that you have to be thankful for—even during the worst times—fosters resilience.

We all have the ability and opportunity to cultivate gratitude. Rather than complain about the things you think you deserve, take a few moments to focus on all that you *have*. Developing an “attitude of gratitude” is one of the simplest ways to improve your satisfaction with life.

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

Things To Do This Thanksgiving (oprahdaily.com)

- Write down what you are thankful for.
- Connect with far-away family members.
- Watch the Macy's Thanksgiving Day Parade.
- Collect canned goods for donation.
- Watch a classic holiday movie.
- Set a beautiful table for your Thanksgiving meal.
- Play games after dinner.
- Have a potluck meal with friends and family.
- Share the leftovers.
- Try new recipes.
- Volunteer for a local organization.
- Go for a walk after dinner.
- Play or watch football.
- Share favorite family stories.
- Share the things for which you are grateful.



“For me, every hour is grace. And I feel gratitude in my heart each time I can meet someone and look at his or her smile.”

-- Elie Wiesel

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

Veterans Day Facts (history.com)

Veterans Day originated as “Armistice Day” on Nov. 11, 1919, the first anniversary of the end of World War I. Congress passed a resolution in 1926 for an annual observance, and Nov. 11 became a national holiday beginning in 1938. Unlike Memorial Day, Veterans Day pays tribute to all American veterans—living or dead—but especially gives thanks to living veterans who served their country honorably during war or peacetime.

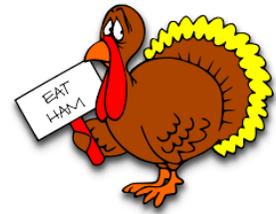
- Veterans Day occurs on November 11 every year in the United States in honor of the “eleventh hour of the eleventh day of the eleventh month” of 1918 that signaled the end of World War I, known as Armistice Day.
- In 1954, President Dwight D. Eisenhower officially changed the name of the holiday from Armistice Day to Veterans Day.
- In 1968, the Uniform Holidays Bill was passed by Congress, which moved the celebration of Veterans Day to the fourth Monday in October. The law went into effect in 1971, but in 1975 President Gerald Ford returned Veterans Day to November 11, due to the important historical significance of the date.
- Veterans Day commemorates veterans of all wars.
- Great Britain, France, Australia and Canada also commemorate the veterans of World War I and World War II on or near November 11th: Canada has Remembrance Day, while Britain has Remembrance Sunday (the second Sunday of November).

Quotes to live by

- "Spread love everywhere you go. Let no one ever come to you without leaving happier." -Mother Teresa
- "When you reach the end of your rope, tie a knot in it and hang on." -Franklin D. Roosevelt
- "The future belongs to those who believe in the beauty of their dreams." -Eleanor Roosevelt
- "Whoever is happy will make others happy too." -Anne Frank
- "Do not go where the path may lead, go instead where there is no path and leave a trail." -Ralph Waldo Emerson
- "In the end, it's not the years in your life that count. It's the life in your years." -Abraham Lincoln
- "Never let the fear of striking out keep you from playing the game." -Babe Ruth
- "You have brains in your head. You have feet in your shoes. You can steer yourself any direction you choose." -Dr. Seuss
- "The greatest glory in living lies not in never falling, but in rising every time we fall." -Nelson Mandela
- "Life is trying things to see if they work." -Ray Bradbury

A Little Turkey Day Humor

- What was the turkey thankful for on Thanksgiving? Vegetarians.
- What did the turkey say to the turkey hunter on Thanksgiving Day? Quack, quack.
- A lady was picking through the frozen turkeys at the grocery store for Thanksgiving Day, but couldn't find one big enough for her family. She asked a stock boy, "Do these turkeys get any bigger?" "No, ma'am," he answered. "They're dead."
- I worked on a toll road, answering the phone, collecting money and issuing toll tickets. One Thanksgiving Day, a woman called to ask about road conditions on the turnpike. After I said everything was A-Okay, she told me a friend was coming for dinner. Then came the stumper. "If my friend just left from exit twelve," she asked, "what time should I put the turkey in?"



Quick Health Tips for Seniors (health.gov)

Physical activity is good for people of all ages. Staying active can help:

- Lower your risk of heart disease, stroke, type 2 diabetes, and some types of cancer
- Improve your strength and balance so you can prevent injuries and stay independent
- Improve your mood
- Feel better about yourself
- Improve your ability to think, learn, and make decisions

Before you start...

If you have a health problem like heart disease, diabetes, or obesity, talk to your doctor about the types and amounts of physical activity that are right for you.

Aim for 2 hours and 30 minutes a week of moderate-intensity aerobic activities.

- If you weren't physically active before, start slowly. Even 5 minutes of physical activity has health benefits. You can build up to more over time.
- Choose aerobic activities – activities that make your heart beat faster – like walking fast, dancing, swimming, or raking leaves.
- Tell your doctor if you have shortness of breath, chest pain, or unplanned weight loss.

Do muscle-strengthening activities 2 days a week.

- Try using exercise bands or lifting hand weights. You can also use bottles of water or cans of food as weights.
- Breathe out as you lift the weight, and breathe in as you lower it. Don't hold your breath – holding your breath can cause unsafe changes in your blood pressure.

Do balance activities.

- Practice standing on one foot (hold onto a chair if you need to at first).
- Stand up from a sitting position.
- Learn tai chi, a mind-body exercise that improves balance.
- Sign up for a yoga class or try out a yoga video at home.