

July 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](http://www.oconeecounty.com)!

Look for us on Facebook!



## July 4<sup>th</sup> Ice Cream Sundaes

On Friday, July 6<sup>th</sup>, we will celebrate Independence Day with Ice Cream Sundaes.

### New Horizons Band

Come enjoy a special patriotic performance by the New Horizons Band on Wednesday, July 11<sup>th</sup>

### Christmas in July

Please join the Senior Center and Volunteer Oconee Camp in collecting items to benefit America's Adopt a Soldier Organization. Items are sent to veteran's homes in our community as well as to hospitals, homeless, and deployed veterans.

We will be collecting items through July 20<sup>th</sup>.

Look for the tree in the lobby with needed items listed on the ornaments.

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*"True independence and freedom can only exist in doing what's right."* ~ Brigham Young

*"Where liberty dwells, there is my country."* ~ Benjamin Franklin

## Every Month @ OCSC

### Mondays

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

### Tuesdays

Senior Stretch with Carolyn	9 am
Arts/Crafts Class	10 am
Chair Zumba	11 am
Canasta/Games	12:30 pm

### Wednesdays

Yoga	8:30 am
Texas Hold'em Poker	9 am
Bridge	9 am
Bridge/Mahjong	12:30 pm

### Thursdays

Senior Stretch	9 am
Chair Zumba	11 am

### Fridays

Bingo	10:30 am
Canasta/Games	12:30 pm

### First Wednesdays

Quilts for Kids	10 am
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### Fourth Wednesdays

Music with Amanda	10:30 am
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### Third Wednesdays

Tai Chi Chih	
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*"For to be free is not merely to cast off one's chains, but to live in a way that respects and enhances the freedom of others."*

~ Nelson Mandela

*"We hold these truths to be self-evident: that all men are created equal; that they are endowed by their Creator with certain unalienable rights; that among these are life, liberty, and the pursuit of happiness."*

~ Thomas Jefferson



# News You Can Use

## Many Adults Ages 65 to 80 Continue to Be Sexually Active

Forty percent of adults aged 65 to 80 are sexually active, and more than half, 54 percent, say sex is important to their quality of life.

According to the National Poll On Healthy Aging by the University of Michigan, romantic relationships and sex are important even later in life. Sixty-five percent of people in this age group describe themselves as being interested in sex.

"While sex is an integral part of the lives of many older adults, this topic remains understudied and infrequently discussed," the study states.

The study, published Thursday, asked 1,002 adults aged 65 to 80 a variety of questions regarding relationship status, interest in sex and level of sexual activity.

Sixty-six percent of respondents were married or partnered, 15 percent were divorced or separated, 12 percent were widowed and 7 percent had never married. Fifty-four percent of those in a romantic relationship reported they were currently sexually active. Seven percent of single respondents reported the same. Overall, 74 percent of respondents said sex is an important aspect of a romantic relationship at any age.

An increase in age led to a decrease in sexual activity. Forty-six percent of 65- to 70-year-olds reported being sexually active, compared to 39 percent of 71- to 75-year-olds and 25 percent of 76- to 80-year-olds. Men were more likely to be sexually active than women: 51 percent versus 31 percent. Almost three-quarters, 73 percent, reported being satisfied with their sex life.

Men were also more likely to report they were interested in sex. Fifty percent of men reported being extremely or very interested in sex,

compared to 12 percent of women. A divide existed among people with different health statuses.

Those who reported their health was excellent, very good or good were more likely to be sexually active than those who reported their health was fair or poor – 45 percent versus 22 percent.

If a problem concerning sexual health arose, 62 percent of respondents said they would speak with their health care provider about it. Thirty-six percent said they would discuss the issue with their spouse or partner, 17 percent said they wouldn't discuss the problem with anyone, and 10 percent said they would talk about it to a family member or friend.

Seventeen percent of respondents reported speaking with their health care provider about their sexual health in the past two years. More than half, 60 percent, initiated the conversation themselves, and 88 percent said they felt comfortable talking about sexual health.

"Sexual health among older adults doesn't get much attention but is linked closely to quality of life, health and well-being," co-director of the poll Erica Solway, said in a press release. "It's important for older adults and the clinicians who care for them to talk about these issues and about how age-related changes in physical health, relationships, lifestyles and responsibilities such as caregiving, affect them." According to the study, 18 percent of men and 3 percent of women took medications or supplements to improve sexual function in the past two years, and 77 percent reported they were helpful.

Senior Vice President of Research for AARP Alison Bryant said in the press release, this survey "confirms the need for and interest in sexual intimacy doesn't stop at a certain age."

[www.usnews.com](http://www.usnews.com)

### AT YOUR SERVICE . . .

<b>Merry Howard</b>	<b>Senior Center Director</b>	<b>mhoward@oconee.ga.us</b>
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<b>Mary Ann Hall</b>	<b>Food Service Manager</b>	<b>mhall @oconee.ga.us</b>
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<b>Shirley Finch</b>	<b>Food Service Aide</b>	
<b>Russell Ruggieri</b>	<b>Transportation Services Aide</b>	
<b>Randy Randall</b>	<b>Transportation Services Aide</b>	
<b>Kathy Shanks</b>	<b>Transportation Services Aide</b>	



## Meet our Staff



Transportation Services Aide Russell Ruggieri is a resident of Oconee County since 1999 and has worked for the Oconee County Senior Center for two years. His duties include driving the buses, delivering for Meals on Wheels and assisting with miscellaneous projects to prepare the

center for its activities and events.

Russell is married to Kay Hobbs (a member of the Center). Between them they have six children and four grandchildren whom they love visiting across five states.

Russell's hobbies include gardening, yard maintenance and working on projects both inside and outside the home.

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*"The wiser mind mourns less for what age takes away than what it leaves behind."*

~ William Wordsworth

## Test your knowledge

### Independence Day Quiz

- How many people were living in the newly independent United States when the Declaration of Independence was signed?
  - One million
  - 500,000
  - 2.5 million
- Who was the King of England on July 4, 1776?
  - King George III
  - King William IV
  - King Edward VII
- Who was president of the Second Continental Congress in 1776?
  - George Washington
  - John Hancock
  - Thomas Jefferson
- Which future president was chosen to draft the Declaration of Independence?
  - John Adams
  - Benjamin Franklin
  - Thomas Jefferson

- Who sewed the first American flag?
  - Betsy Ross
  - Abigail Adams
  - Dolly Madison
- How many stars and stripes were on the first American flag?
  - 50 stars and 13 stripes
  - 13 stars and 13 stripes
  - One star and 13 stripes
- What two presidents died on Independence Day in 1826?
  - Thomas Jefferson and John Adams
  - John Adams and George Washington
  - George Washington and Thomas Jefferson
- How many signed the Declaration of Independence?
  - 56
  - One
  - 13
- Who was the first person to sign the Declaration of Independence?
  - George Washington
  - Thomas Jefferson
  - John Hancock
- When was Independence Day declared a legal holiday?
  - 1776
  - 1830
  - 1941

See Angela Helwig for answers. Good luck and Happy Fourth!

*"Growing old is no more than a bad habit which a busy person has no time to form."*

~ Andre Maurois

*"I look forward to being older, when what you look like becomes less and less an issue and what you are is the point."* ~ Susan Sarandon

