



Senior Viewpoint

gwinnettcounty senior services



lite

"There's No Place Like Home!"

December 2011

Our partners are more than elves



Ho, ho, ho – what are those noises on the roof? Did Santa remember me this year?

Many of our seniors may have missed Santa for a variety of reasons in past years, but our partners are doing all that they can to bring holiday joy to willing seniors. Home Instead Senior Care owners Sam and Gerry Serotte are loyal partners who have begun another **Be a Santa to a Senior** gift campaign. Miss Gerry, ably assisted by her obedient little white dog Snowball, has set up gift collection sites at Wal-Mart and Belk stores as well as other sites where holiday shoppers can purchase basic gifts including personal care items, socks, gloves, and lap throws. As the Be a Santa to a

Senior bins begin to fill, Gerry and her “elves” collect the gifts and organize wrapping parties where high school clubs, Girl Scouts, and Sunday School classes fill holiday-themed bags with goodies. A special tip of the Santa hat goes to the Gwinnett Senior Provider Network for generously donating funds to purchase the cheerful gift wrapping materials. Another partner who is helping to make this project so special is Homestead Hospice – they are purchasing all the large gift bags for all the goodies. In addition, RICOH Electronics, Inc., and their employees are again collecting and donating food items that will be distributed to seniors with needs.

Thanks to all our partners who will once again make the holiday season a bit more merry for our seniors!

It's the most wonderful time of the year – By Julie Lucas, Office Assistant to Health Services

If holiday music makes you feel all warm and fuzzy inside, it might be just the thing you need to get through the stress of the holiday season. Music, especially the songs and sounds of the holidays, has the ability to evoke fond memories. Just hearing melody, instruments, or vocals can drown out sadness and bring in optimism, joy, and relaxation. According to studies at Penn State University, any kind of music can lift someone's mood. Other studies have found that music aids in the storage and recall of information in the human brain.

Take the time to listen to your favorite holiday music, sing a chorus or two, and have a wonderful holiday season. Here are some fun holiday music trivia questions to exercise your brain:

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| <ol style="list-style-type: none"> 1. How many “las” are after the “fa” in <i>Deck the Halls</i>? 2. How many geese are laying in <i>The Twelve Days of Christmas</i>? 3. How many times does Santa check his list before he comes to town? 4. What wouldn't the other reindeer let Rudolph do? 5. What was Frosty the Snowman's nose made of? | <ol style="list-style-type: none"> 6. How many horses are pulling the sleigh in the song <i>Jingle Bells</i>? 7. Where was mommy kissing Santa Claus? 8. What does “Feliz Navidad” mean? 9. What is another name for the song <i>O Tannenbaum</i>? 10. As you finish singing <i>We Wish You a Merry Christmas</i>, what desert do you ask for? |
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1. Eight 2. Six 3. Twice 4. Play games 5. Burton 6. One 7. Under the mistletoe 8. Happy Christmas 9. Christmas Tree 10. Figgy Pudding

Adapted from www.squiglyshouse.com

Food safety: keep holidays happy and healthy – By Pat Milhous, Nutrition Services Coordinator

During the holidays, food is a part of the celebrations. Follow these simple food safety tips:

- Wash hands. Proper hand washing is the most effective way to keep food and guests safe. Wash hands for 20 seconds with soap and water following restroom use, after handling raw meat, or before eating. Clean hands help prevent the spread of germs
- Keep it fresh. It can be unsafe to add new food to a serving dish that has already been used. Many people's hands may have touched the food, which has been sitting at room temperature. Replace empty platters with freshly filled ones. Doing this frequently helps keep food at proper temperatures



- Take temperatures. Cooked, hot foods should be kept at 140 F or warmer. Consider using a food thermometer (the only safe way to ensure proper temperature) to check temperatures
- Watch the clock. Remember the two-hour rule: Do not leave perishable food out at room temperature for more than two hours

- Keep it cold. Cold foods should be kept at 40 F or less. Keep cold foods refrigerated until just before serving. If food is going to stay out on the table longer than two hours, place plates of food on ice to keep them cold
- Keep it small. If you're planning a potluck and are not sure how quickly the food will be eaten, keep portions small. Prepare a number of platters and dishes ahead of time. Store cold dishes in the refrigerator. Keep hot dishes in the oven before serving

Adapted from "Chef Charles Says" November 2011, Iowa Nutrition Network.

Happy holidays! – By Adrienne Noble, Information and Referral Specialist

Hello everyone,

This time of year is a time of reflection, a time of giving, a time to be with family and friends. In this season there are still some of us that could benefit from the support and kindness of others. Giving is not always about money or physical gifts. With all that goes on in our daily lives, we may sometimes feel we don't have time to be involved. We cannot do everything, but we can do something. If we each participate in a cause, if we each battle an illness, if we each contribute time or energy to someone for something, a great deal could be done. During this holiday season I continue to encourage you to reach out and enjoy your family and friends. Simple things such as calling someone you haven't spoken with in a while, sending a card to that special person, visiting your loved ones, or inviting someone who is alone over for a quiet dinner, are all examples of little things that mean a lot. It's a season for giving of your heart.

I wish for you a very happy holiday and a prosperous new year. I look forward to hearing from each of you in the year to come.

Gwinnett County Senior Center Locations

Buford
2755 Sawnee Avenue
Buford, GA 30518
(770) 614-2527

Lawrenceville
Rhodes-Jordan Park
225 Benson Street
Lawrenceville, GA 30046
(770) 822-5180

Norcross
5030 Georgia Belle Court
Norcross, GA 30093
(770) 638-5683



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Connection
Area Agency on Aging, Atlanta Regional Commission