

## FOLKS - WE NEED TO STAY THE COURSE!

We all would like to get back to doing the normal things we enjoy--especially now that it's Summer. **But the FACTS are, we are not out of the pandemic woods yet.** You may have learned that as some counties moved into Phase 2 and Phase 3, there were increases in COVID-19 cases, especially in areas where people were not wearing masks. Also, people gathering in crowds caused spikes. And while we may feel safe having small get-togethers with our friends and family, the facts are that the coronavirus takes advantage of ANY type of social interaction. Someone could be infected for days and not know it. Because of the increase in cases, Governor Inslee put a pause on any county moving into a next Phase. (Read more here.)



"The best things Washingtonians can do to slow the spread of the virus and save lives is to wear facial coverings, continue to maintain physical distancing and good hygiene practices". (Governor Inslee, John Wiesman, DrPH, MPH, June 27, 2020. Press Release, "Inslee and Wiesman announce pause on county progressions to Phase 4."

**This isn't over, PLEASE stay the course, and let's talk about wearing masks. Also, how about some stuff not related to COVID-19?**  
Read on!

### In this issue - Stay the Course!

- Who Should Mask, and Who Shouldn't?
- Using Technology to Stay Social While Physically Distancing
- What You Need to Know About COVID-19 and Pets
- You Are Not Alone - Addressing Isolation
- A COVID Respite - Therapeutic Power of Making Art



### Also in this issue - Healthy Aging Matters Not Related to COVID-19!

- Memory Loss - Keeping a Family Member Safe at Home
- Healthy Lifestyles and link to Reducing Alzheimer's
- What Does Growing Older Mean to You?

- AgeWise TV! Programs produced for older adults...tune in!
- Long-Term Care Coalition - "Protect WA's Most Vulnerable"
- Interested in Advocating for Long-Term Care? - Ombuds Training
- Check out (and contribute, perhaps?) to this EXCELLENT Olympic Peninsula Resource!
- Top 5 YouTube Fitness Channels for Seniors
- **Pass it on! THANK YOU!**
- Editor's Invitation!

**Do you wonder what services are available for Older Adults and Caregivers? You should call us! Our Information & Assistance Offices are reopening to the public on July 6. We ask that you wear cloth face coverings and maintain physical distancing. Our staff can assist you. We still recommend that you make an appointment.**

Here are the numbers for our offices:

**Clallam County:** Forks Office(360) 374-9496, Sequim Office (360) 452-3221

**Grays Harbor County:** Aberdeen Office (360) 532-0520

**Jefferson County:** Port Townsend Office (360) 385-2552

**Pacific County:** Long Beach (360) 642-3634, Raymond (360) 942-2177

Or visit our website: [www.O3A.org](http://www.O3A.org)

### Who Should Mask and Who Shouldn't?

The Centers for Disease Control and Prevention (CDC) offer these considerations for wearing cloth face coverings:

- CDC recommends that people wear cloth face coverings in public settings when around people outside of their household, especially when other physical distancing measures are difficult to maintain.
- Cloth face coverings are most likely to reduce the spread of COVID-19 when they are widely used by people in public settings.



YOU can slow the spread of COVID-19. Cloth face coverings act as a barrier to help prevent respiratory droplets from traveling into the air and onto other people when the person wearing the cloth face covering talks, raises their voice, coughs, or sneezes. Gov. Inslee announced a statewide mandatory face covering order that took effect on June 26.

The CDC offers some additional information about cloth face coverings here: [\(click here to continue reading...\)](#)

**And, just in case you want a little PIZZAZZ with your mask?  
There is no shortage of where to buy stylish face masks:**

Vogue: [\(click here\)](#)

Etsy: [\(click here\)](#)

Refinery29: [\(click here\)](#)

Disney: [\(click here\)](#)

Amazon: [\(click here\)](#)





Physical Distancing is still an important practice to help slow the spread. We just need to remember to be mindful about it. Avoid crowded spaces. Pay attention to the one-way aisles and six-foot markers at the grocery stores. If you want to meet up with friends or family, it's better to try and have these visits outdoors. For many of us though, this means not participating in social activities like we used to. Here's an excellent article and a [must read](#): "Using Technology to Stay Social While Physical Distancing". This article offers some tips on getting access to electronics and the internet! [Click here to read more!](#)

"At this time, there is no evidence that animals play a significant role in spreading COVID-19 to people." Read more from the Factsheet, "What You Need to Know About COVID-19 and Pets" by [clicking here](#).



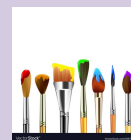
**You are not alone.** "Isolation is not good for us. We need each other for support and for fun, especially when we are dealing with the stress of a pandemic...". Continuing reading this thoughtful Washington State Department of Health post ([click here](#)).

OR...check THIS out

**"Pirate radio station helps older adults deal with loneliness".** ([click here for more information!](#))

Or call "Radio Recliner" for a request! Dial 1-855-863-0050

**For a respite from COVID-19 worries, try simple creative projects.** Check out this article from [nextavenue.org](#), "The Therapeutic Power of Making Art". ([click here](#))



**And now, how about some information NOT Related to COVID-19!**

**Yeah! (Read on...)**

**A Guide for Families: Keeping the Person with Memory Loss Safer at Home.** There is so much going on when trying to help a family member who has memory loss (including those with Alzheimer's Disease and other dementias). It's an emotional and stressful time. Then, you find yourself tasked with the need to "prepare their home" in order to keep him or her safe. Here's an excellent Booklet that includes suggestions from actual caregivers, and has tips on things like :



where to find home safety items, stories, and other helpful resources. [Click here to take a look at this helpful guide.](#)

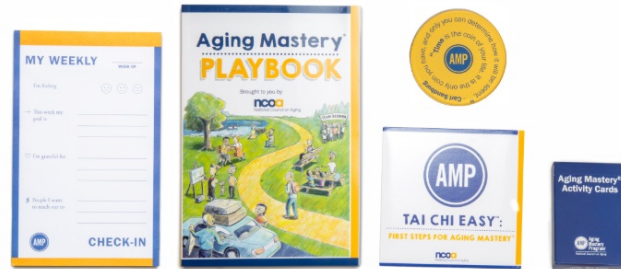


**BRAIN HEALTH:** Combination of Healthy Lifestyle traits may substantially reduce Alzheimer's. The National Institutes of Health just released this this article on June 17, 2020. [Read more about the study by clicking here.](#) There is also research linking healthy eating and healthy living, extending to healthy brain aging. [Click here to read more.](#)

## DON'T PASS THIS UP!

### *What Does Growing Older Mean to You?*

Are you up for a challenge of your preconceptions? Here it is: AGING MASTERY. Heard of it? It's a great and FUN program, and it's **FREE**. So, what is the Aging Mastery Starter Kit? This free self-paced kit is designed to encourage older adults to take small steps to improve their health and quality of life. It includes a playbook, exercise DVDs, activity cards, and a weekly check-in notepad. The playbook is organized into six (6) dimensions of aging: Gratitude and Mindfulness, Healthy and Well-Being, Finances and Future Planning, Learning and Creativity, Connections and Community and Legacy and Purpose. [Participants do not need a computer to use the Starter Kit materials and kits can be mailed to your home address!](#)



How can you get a **FREE** kit at home? Please contact Rebecca Matter at 1 (206) 291-2833 or email at [rebecca.matter.ctr@ncoa.org](mailto:rebecca.matter.ctr@ncoa.org).

To read more about the Aging Mastery starter kit, [click here](#). But remember, you can order it for free by contacting Rebecca!



**AgeWise TV** - A new series of programs produced for older adults - first aired on The Seattle Channel on June 25, 2020 ([click here to read more!](#))

## Long-Term Care Coalition Calls on Lawmakers to Protect Washington's Most Vulnerable.

Advocates assembled in response to recent budget reductions exercises that propose significant cuts - \$220 million under the worst-case scenario - to critical services that support Washington's seniors and people with disabilities. [Click here to read the June 30, 2020 press release.](#)





Want to make a difference? Interested in Advocating for Long-Term Care? The July 6th edition of *Peninsula Daily News* reports "Online volunteer training available! This is an excellent time to train as a volunteer ombudsman..." ([click here to read the informative article](#))



The Olympic Community of Health seeks to connect people and agencies throughout the region with resources and opportunities related to improving population health. If you live or work in the Olympic Peninsula, THIS website is definitely one to save as favorite! ([click here](#))

**TOP 5 YouTube FITNESS CHANNELS FOR SENIORS.** Is anyone surprised to find one of these offered by Jane Fonda? [Click here](#) and look into filling up 20 minutes of your day for strengthening and exercise!



PASS THIS ON!

Dear Reader: Thanks for making it this far in the newsletter! I hope that you found something interesting and helpful to read. My hope is that you will recommend this newsletter to another awesome older adult who may enjoy our "trending healthy" topics. Or, have them visit our website and sign up for themselves! Please visit [www.O3A.org](http://www.O3A.org). [Click here to go to the website](#). Thank you!!

**Wear Face Coverings, Wash Your Hands, Don't Touch Your Face  
Stay Healthy!**

Editor's Invitation: Greetings! Thank you for reading *Trending Healthy*. I invite you to let me know if there is an important topic about healthy aging that you would like to see us address. Please let me know! You can reach me at [janis.housden@dshs.wa.gov](mailto:janis.housden@dshs.wa.gov).

Peace, Love, and Aging Gracefully, Janis M. Housden

**"TIME is the coin of your life. It is the only coin you have, and only you can determine how it will be spent." Carl Sandburg**



[www.o3a.org](http://www.o3a.org)