

Keep Up with Hanging in There!

COVID-19 is hanging in there, so WE need to KEEP UP with hanging in there! Although not as close together like the folks in this picture. Seriously, let's KEEP UP with our physical distancing, washing hands, wiping things down, and staying home. Along the way, we all need to KEEP UP with our diligent efforts to engage in healthy activities - for our minds and for our bodies. Don't take any chances or let your guard down thinking that this awful pandemic is over. KEEP UP and read on!



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Do you wonder what services are available for Older Adults and Caregivers? You should call us! **While our offices are closed to the public so we can keep you and our employees safe, staff are still available to take your calls!** 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



**Thank you to Pacific County
for this warmhearted and
important message.**

**Please [click here and watch
the " Stay Home, Stay
Healthy" video.](#)**



COVID-19 IS STILL HANGING IN THERE.





Now is not the time to become complacent about the "stay home" directive during this awful pandemic. Please stay home and stop optional trips. I get that it's hard---I desperately need a haircut, I miss shopping at Ross, and I want to go to the beach with my dog. THIS CHANGE IN OUR LIFESTYLES IS HARD. But we need to KEEP UP with keeping everyone safe and we must continue this aggressive battle against the spread of the virus. Please try to stay at home except to get groceries, medications, or other essentials.

Why is this especially important for us older adults?

The U.S. Department of Health and Human Services reminds us that, "our immune systems weaken as we age, making it harder to fight off infectious disease. Cancer treatment, immune deficiencies, smoking and prolonged use of medications that weaken the immune system can also make it harder for the body to fight off the virus.

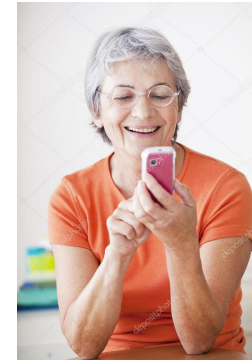
People with certain chronic health conditions - including heart disease, lung disease, obesity, diabetes or liver disease - also have a harder time fighting the virus." **So, KEEP UP with STAYING HOME and hanging in there!!!**



			
Part A Hospital Insurance	Part B Medical Insurance	Part C Medicare Advantage Plans (like HMOs/PPOs)	Part D Medicare Prescription Drug Coverage
Typically No Premium			

Statewide Health Insurance Benefits Advisors (SHIBA)

Finding Medicare, Supplemental Healthcare Policies, or Medical Bills too confusing? Talk to a SHIBA volunteer!



Under the auspices of the Washington State Office of the Insurance Commissioner, exceptionally well-trained staff and volunteers offer one-on-one consultations on health insurance plans.

Consultations may include understanding current coverage, finding/changing coverage, understanding billings, advocacy with plans/health care providers and referrals to other appropriate services.

While the program's emphasis is on navigating and utilizing Medicare, SHIBA representatives are knowledgeable about a wide range of health insurance programs and can help you understand what your options are - or aren't. Consultations and information are free and unbiased. No one will try to sell you anything, because they don't have anything to sell.

For information on the program, please contact one of our staff representatives:

Clallam & Jefferson Counties

360-452-3221/1-800-801-0070

Grays Harbor County

360-532-0520/1-800-801-0060

Pacific County

360-642-3634/1-888-571-6558



AN IMPORTANT - "In Case You Missed It!"

It's skittering through the headlines-- "mental illnesses are on the rise due to COVID-19". The Director of the World Health Organization's mental health department, Devora Kestel, warns us

that "the isolation, the fear, the uncertainty, the economic turmoil - they all cause or could cause psychological distress".

We have learned so much in recent years, and still continue to learn about how our brains function and can affect our health and well-being. Not keeping up with this progressive information can lead to misunderstanding--or stigma--about mental illnesses. It's important that we address our own stigmas about mental health. **Your body could not survive without a brain, and your brain could not survive without a body. Physical health + Mental health = Total health.** Don't be embarrassed to take care of your mental health (depression & anxiety) just as you would take care of your physical health. Address your stigma by learning more. Stigma "can translate into ... [continue reading by clicking here.](#)"

In one of the the previous Trending Healthy issues, "Stuck at Home," we offered this **excellent resource** for coping (emotionally) while staying at home. Take a take a quick look. You can get some practical information to help yourself or someone who may be struggling emotionally....[\(click here\).](#)

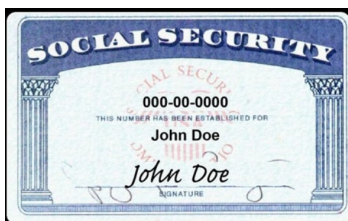
Some Fun Arts & Crafts

While we are staying home, why not engage yourself or your family members with some good old fashioned Arts & Crafts. Come on! It will be fun...I PROMISE! Here are 52 fun and simple ideas for older adults - [Check out the ideas here!](#) These sun catchers are my favorite!



Making Better Decisions Using Opiates

Speaking of still hanging in there, the fight against Opioid addiction remains just as important as ever. All of us here at the Olympic Area Agency on Aging want to remind you about the **importance of the safe use of prescription and nonprescription medications.** We asked Jeanine Bradley from Clallam County, who is a Registered Pharmacist and Certified in Medication Therapy Management, to help us with some advice for starting and/or continuing opioids. The article is posted on our website, www.o3a.org. It begins with a pretty interesting history about Opium! [Click here to read it...](#)



Social Security's Online Services are Ready! You can apply for retirement, disability, and Medicare benefits online, check the status of an application or appeal, request a replacement

Social Security card (in most areas), print a benefit verification letter, and more - from anywhere and from any of your devices! [Click here to check it out!](#)

Stay Home, 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.

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

“People worry so much about aging, but you look younger if you don’t worry about it.” – Jeanne Moreau



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