

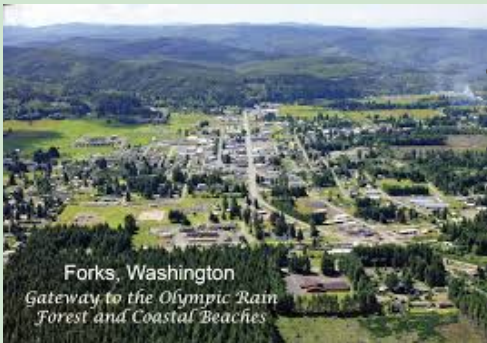


Trending Healthy **SPECIAL ISSUE**

Serving Clallam, Jefferson, Grays Harbor & Pacific Counties

Community

How do you define "Community"? Is it a collection of buildings, clustered together offering goods and services for our households? It's actually more than that. It's about us---human beings, interacting with Good Will. So, amidst a Pandemic and physical distancing directives, how can we strengthen our own communities? Sounds daunting? Like something that may seem too big or out of our grasp? Well, maybe not! Not if we individually reach out to our neighbor, just next door. What if everyone did this? Read on to check out some great examples of what's being done during these testing times. What are your ideas?



Forks, Washington
Gateway to the Olympic Rain
Forest and Coastal Beaches

In this issue:

- Renew Your Sense of Community!
- Keep Healthy while Staying at Home
- In Case You Missed It
- Find "Good News" and SHARE IT!
- Practice Compassion
- SS Beneficiaries - Get Your Impact \$\$
- Editor's Invitation

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

Renew Your Sense of Community!

What might this look like for you? Do you live miles away from your neighbor, or, do you watch weeds pop

up in their lawns from your kitchen window? While some of us might feel that we are living in the constrained shadows of COVID-19, there are ways to strengthen your community--especially now when its needed more than ever. You CAN help!



Maybe little things like taking the time to wave if you see someone walking by with their dog or working in their yard next to yours. Introduce yourself if you haven't already--while maintaining at least a six foot distance. (Physical distancing is still very important to battle the spread.) How about leaving a "kindness postcard" for your neighbor? And, rather than writing "I hope you all are doing well, let me know if you need anything," how about something more specific like, "I will be running to Safeway tomorrow, is there anything I can pick up for you?"

Perhaps now might be the time to start up a Neighborhood Connection newsletter, blog, or Facebook Group. Maybe start with the people on your block or cul-de-sac. You just might find some neighbors in need, but who don't feel comfortable asking for help.

Here's a thoughtful and brief message from the City of Ashland, Oregon. Check out their ideas and then, think of your own! YOU can begin to strengthen your Community, one neighbor at a time. ([Click here to read more.](#))



Keep Healthy While Staying Home!

Soup cans and a radio? During our extra time at home, we should make the effort to be mindful of developing some new, healthy habits. I looked into some good tips, and I really liked this short article. To learn how soup cans and a radio can help, read on! ([click here.](#))

In Case You Missed It!

It continues to be very important for us to take care of ourselves, our friends and family. In the previous Trending Healthy issue, "Stuck at Home," we offered this **excellent** resource for coping while staying at home. I really encourage you to at least take a look. You can get some great information to help someone who may be struggling....([click here](#)).



Look for the Good News, it's out there!

Accredited mental health authorities report that

"reading bad news stirs up hormones and sparks neurotransmitters that change mood, so does good news." I believe that as we learn more about our brain and how it works, we are learning that "what we feed our brain", whether it's our own self-talk or what we read and hear, DOES change the way we FEEL. I'll skip my lesson on Cognitive Behavioral Therapy and jump right into "go find some good news to read"! Start with this: "[Inspire More](#)," ([click here](#)), then see what else you can find! Happy Good News Hunting!



More Good News: (click on the following to happily read more!)

- [Good News Network](#)
- [The Happy Newspaper](#)
- [Positive News](#)
- [The Happy Broadcast](#)



Practice Compassion! 10 Self-Compassion Practices for COVID-19.

"3. Giving and Receiving Compassion – Although we need to physically distance ourselves from others because of the corona virus, we don't need to emotionally distance ourselves. Connection feels good. We can stay in

compassionate connection with others by..." This is just one of ten thoughtful suggestions. [Click here to read more!](#)

Social Security Beneficiaries - Get Your Economic Impact Payment: From a Social Security News Release issued Friday, April 3, the Department of the Treasury announced on April 1 that Social Security beneficiaries who are not typically required to file tax returns **will not need to file an abbreviated tax return** to receive an economic impact payment. For updates from the IRS, please visit www.irs.gov/coronavirus.



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

"We don't stop playing because we grow old. We grow old because we

stop playing.” - George Bernard Shaw



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