



## STUCK AT HOME!

The laundry is caught up, books are read, light bulbs dusted, the puzzle is complete,

NOW WHAT!



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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](http://www.O3A.org)

## Coping While Stuck at Home.

I encourage us all to take a few minutes for a quick look at some of the basic information about "coping in isolation" since everyone reacts differently to stressful situations. One thing to do is to TAKE REGULAR BREAKS from the (over) abundance of news and information



about COVID-19. Although, it is important to keep up with what's going on in your community. Just try to balance it all out. Please take a quick look at this information about coping with the stress and anxiety in times of a pandemic illness. This website also offers a Disaster Distress Helpline. If not for yourself, then, for someone who you believe may need some reassurance or thoughtful information. Take a few minutes to just scroll through this web page to find relevant and helpful information: [\(click here to read more.\)](#) Thank you for following the stay at home and social distancing directives.

**"Social Distancing"** is being talked about ever-y-where. And, it's not just what my nephew-in-law in California believes (who is an Oakland A's fan), "is the space between the Mariners and the World Series". Here's more about how people react to social distancing and isolation during an infectious disease. This web page also offers some other insightful resources...[click here to read more.](#)

**Worth Mentioning** - **Watch out for those COVID-19 scammers!** The FDA has already identified companies selling and promoting fraudulent test kits for COVID-19. If you are not sure about something, call your local health department. Don't fall victim to those unscrupulous idiots out there. Here's a link to the FDA's press release: [\(click here.\)](#)



### **How About Visiting a Senior Center Without Walls! (Wait, what???)**

Have you ever heard about Well Connected? You gotta check this out. For one, you can call in at a set time each week and connect with groups to talk about all sorts of things, AND MORE. "This award-winning program offers activities, education, support groups, and friendly conversation over the phone or online." Check out their catalog and sign up! [\(click here to go to Well Connected website.\)](#)

### **Washington 211 is a quite a resource!**

If you haven't check 211 in a while, it's definitely worth checking it out now... Not sure what services are available these days? Call or visit on line! [\(Click here!\)](#)



**Take a stroll through these art galleries, museums!** Well, not with your feet but with you fingertips! If you're craving art and culture amid a stay at home order, here is your chance to take in some of the world's most acclaimed works of art and historical pieces without ever having to leave your couch.

The British Museum, London. Founded in 1753. [Click here!](#)

THE MET! Metropolitan Museum of Art, New York. [Click here!](#)

Louvre Museum, Paris. [Click here to check out a 360-degree virtual tour!](#)

How about the Insect Zoo at the Smithsonian! [Click here!](#)

Check **THIS** website out for some **virtual vacations!** [Click here!](#)

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## **PPE - Personal Protection Equipment**

By now, we've all heard that there is a shortage of PPE, nationwide. Our Director of Contracts and Planning, Jody Moss, has been in the thick of things. Some of her time includes being involved with local Emergency Operation Centers' daily briefings. She's learned how some of our community members in Clallam County (and other counties) may be able to help out by making masks at home. Jody writes, "During times like these many people want to volunteer to help. And yet we need to find something we can do that keeps us away from other people..." [Click here to read more.](#)

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## **Stay Home, Stay Healthy!**

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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  
*"It's not how old you are, it's how you are old!"*

Jules Renard



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