

Pandemic Fatigue... *heavy sigh...*

Stories have been coming out that "psychological fatigue with social distancing is emerging as a major challenge for curbing a pandemic now into its eighth month." The *The Daily World* article goes on to discuss that this is especially so among young adults who are less fearful of the coronavirus. The article suggests reasons for this. Check out what they have to say: [click here](#).



More information is becoming available on how to "reduce pandemic fatigue". Check out the "**7 Steps to Reduce Pandemic Fatigue**" as suggested by UCLA Health: [click here](#). Also, Carisa Parrish, MA, PhD, writes a terrific article posted on the John Hopkin's Medicine website which discusses why it's hard to stick to coronavirus precautions: "**How To Deal with Coronavirus Burnout and Pandemic Fatigue**", [click here](#).

For myself, and as the editor for this online "Trending Healthy" newsletter for older adults, I tell you this: I have pandemic fatigue. I believe that we all need to take a break occasionally from watching, listening, reading and talking about the pandemic. BUT THIS DOESN'T MEAN THAT WE CAN BECOME LESS CAREFUL ABOUT WEARING MASKS, PHYSICAL DISTANCING, AND WASHING OUR HANDS FREQUENTLY! PLEASE KEEP UP WITH MASKING AND FIGHTING AGAINST THE PANDEMIC SPREAD. We ALL want this to be over. But we must combat it--together. Discourage social gatherings. Hang in there and remain vigilant! So for now, let's take a short break from any pandemic topics and let's look at some interesting topics and a few fun Summer healthy recipes!

Read on and enjoy!

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- **Editor's Invitation!**

Do you wonder what services are available for Older Adults and Caregivers? You should call us! Our Information & Assistance Offices have reopened to the public. 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

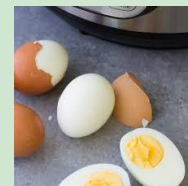
Pacific County: Long Beach (360) 642-3634, Raymond (360) 942-2177

Or visit our website: www.O3A.org



Zucchini fries? Oh yeah! Did you plant more than one Zucchini plant in your garden this year? Think about how you would like to serve these **Baked Parmesan Zucchini Curly Fries**. Maybe dip them in a marinara sauce or a ranch dip sauce made with plain greek yogurt. Check out the recipe by [clicking here](#). Enjoy!

Wish you could have more Energy? Check out this great article posted by Home Helpers: "How Seniors Can Boost Energy Levels": [click here](#). Also, Harvard Medical offers 9 tips to boost your Energy, naturally. [Click here to read more.](#)



America's Health Rankings Senior Report includes some pretty interesting facts, including that "there are 11 million more young seniors than there were in 2002." Wow. Take some time to scroll through the

United Health Foundation's Senior Report for 2019. [Click here.](#)



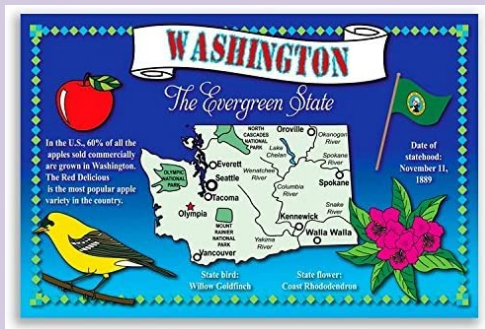
Got Time for Reading? Whether you like non-fiction, self-help, or sharing reading reviews with others, check out this overview of the 7 best reading apps for older adults. Read on! [click here](#)

OH MY FRESH FRUIT GOODNESS!

I made this Summer Fruit Salad and was amazed at how beautiful it looked and how "zesty" it tasted. Seriously, if you want to impress someone, check out this recipe! Although...I will say it took me a bit longer than the 25 minutes prep time. ITS. SO. WORTH. IT. Here's the recipe from my favorite recipe website, allrecipes! [Click here.](#)



SAVE MONEY ON PRESCRIPTIONS: The average person with Medicare spends over \$600 on prescriptions each year. If you have multiple chronic conditions, chances are you're paying even more. Affording your medications can be expensive, but there are programs that can help you save money. [Click here for more information.](#)



Washington State Senior Resources. Don't overlook this informative website for information about resources for older adults. Take a few minutes and scroll through. It just might have some information that you can pass onto someone. [Click here.](#)

Test Your Memory! Here's just a little something for fun. Check out the Suddenly Senior website and this list to tally up how many things you remember! To play, [click here.](#) And, while you are visiting the Suddenly Senior website, check out their Senior Jokes!



Check out some great and timeless information in our previous issues of *Trending Healthy*! [Click here!](#)



New Research Finds Flu and Pneumonia Vaccines May Lower Alzheimer's Risk.

Two studies were presented recently at the Alzheimer's Association International Conference (AAIC). Both studies were previewed at the AAIC

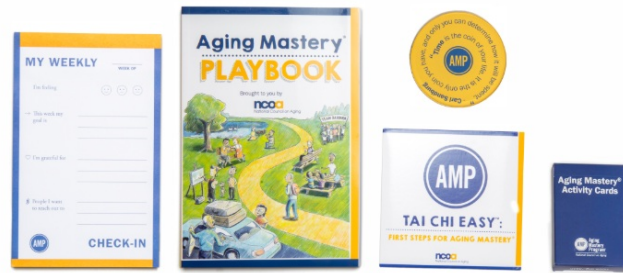
prior to peer-reviewed journal publication. "The results of these studies show vaccines are strongly associated with lower prevalence of dementia..."to continue reading, [click here.](#)

IN CASE YOU MISSED IT FROM
THE LAST ISSUE:

What Does Growing Older Mean to You?

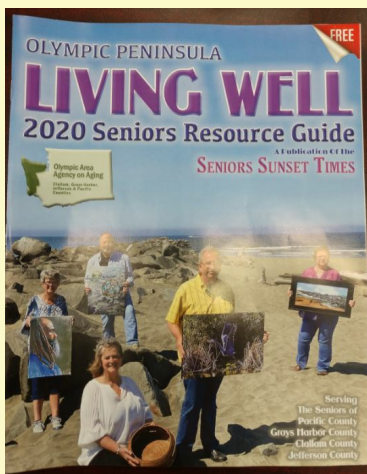
Are you up for a challenge of
your preconceptions? Here it

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.

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



The "Living Well 2020 Seniors Resource Guide" is coming to a rack, stack, or stand somewhere near you. Watch for it! It's seriously packed with excellent resources and services for older adults and caregivers. I appreciate that it has a three-page index in the back that lists every service in alphabetical order. Sooooo easy to use! And, here's where you can find it online. Share it with someone you know! [click here](#)

Cool, fresh, creamy, and packed with protein! Chicken Salad Stuffed Avocados. YUM! Delicious goodness in it's own little bowl. Fix it and grab a spoon! Here's the recipe! ([click here](#))



Powerful Tools for Caregivers, A Class for Family Caregivers. Submitted by Margaret Taylor, Each Moment Counts, LLC, and Powerful Tools Trainer. You can contact Margaret for more information about this free training, available online for caregivers. Email - eachmomentcounts@outlook.com :

Have you lost taking care of yourself while taking care of a vulnerable family member or friend? So busy with their needs that you have forgotten your own?

Caregiver burnout is real. And it impacts the health of the caregiver and the person receiving their care. A recent CDC study found that almost 31% of self-reported unpaid caregivers had considered suicide in the past 30 days. Powerful Tools for Caregivers is an online (free) workshop sponsored by the Olympic Area Agency on Aging which puts the focus on the caregiver's goals. Workshop dates are posted on the Olympic Area Agency on Aging calendar. The next class begins on Monday, September 14th. To find other class dates, visit the O3A website or contact Margaret directly at the email above. www.O3A.org

GET LEGAL INFO AND HELP, and DO-IT-YOURSELF FORMS:

Did you know that you can find some legal forms - online? Free legal information and self-help materials that provide information about non criminal legal problems affecting low-income people in Washington State are available to you. Information includes: COVID-19 legal info, divorce/separation, parenting plans/custody, eviction/tenant's rights, vouchers and rent assistance, bankruptcy/debt collection, and more: [click here to visit the website](#).



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. [Click here to go to the website](#). Thank you!!

A little time consuming to prepare, but Oh My Good-ness: **SUMMER ROLLS WITH PEANUT DIPPING SAUCE**. I will be happy to taste-test these for you! Check out the [recipe here!](#)



TREAT YOURSELF TO SOMETHING HEALTHY TODAY!

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



