

## Attitudes About Getting Older!

So, what do you think some of the attitudes are out there about getting older, aka "Aging"? How do *you* think about aging? Have you heard of the term - "Ageism"? Can you define "Ageism"? You might not be interested in Ageism now, but could become more interested as you continue to add candles to your birthday cakes. That's our main topic for this issue. But, we'll toss in some Fall recipes (requested by popular demand), offer you a chance to meet our new Executive Director, as well as, remind you of the **critical importance** to be mindful of reaching out to those around us to offer compassion, support, and strength as this pandemic wears on us so.



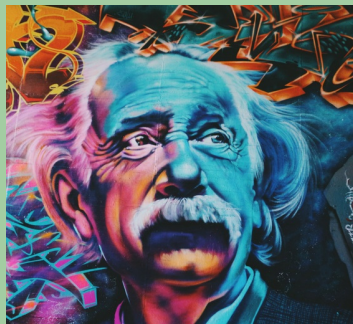
Take a few minutes to sit down and relax, and READ ON!

## In this issue :

- **What is Ageism?** (includes link to "This Chair Rocks.")
- **Ageism Language -** Checking our vocabulary.
- **Four Types of Ageism**
- **Your Attitude About Aging Can Affect How (healthy) You Age!**
- **5 Steps to a More Positive Attitude About Aging!**



- **Hey! O3A has a new Executive Director! Meet Laura!**
- **Miss flipping through magazines while waiting for a doctors appointment? Here's why...**
- **Just in time for Fall: Easy, Creamy Potato Soup!**
- **SAFE alternatives for Holiday Gatherings... Submit Your Ideas!**
- **It's a must bake: Pumpkin Bars!**



*"I have no special talents, I am only passionately curious."*

ALBERT EINSTEIN

- **Serious Health Concerns about Loneliness & Social Isolation, and**
- **"14 Ways to Help Seniors Avoid Social Isolation"**
- If you haven't tried it...be curious! Pumpkin Soup!
- **Medicare Open Enrollment - check out what's new!**
- FALL is definitely tossed into THIS Salad recipe!
- **Don't forget this Senior Center without walls! Try it or recommend it!**
- **IN CASE YOU MISSED IT...A flu Season in the Middle of a Pandemic**
- Pass it on! Thank you!
- **Is there a healthy aging topic you would like addressed?**

**Do you wonder what services are available for Older Adults and Caregivers? You should call us!**

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

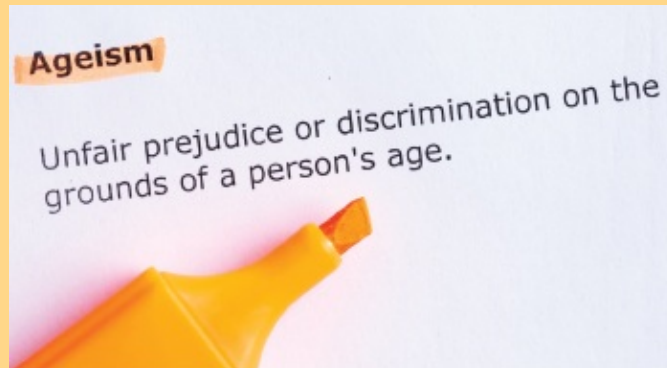
Or visit our website: [www.O3A.org](http://www.O3A.org)



## WHAT IS AGEISM?

### What does Ageism *mean*?

Well, when I "googled" this question, the search engine returned over 1 million hits. It's a hot topic these days. So, where do we begin with understanding what Ageism is about with respect to Older Adults? Let's start with some



examples I found in an article, "[12 examples of everyday ageism](#)" : 1) Describing minor forgetfulness as a "senior moment". 2) Assuming that young people are computer geniuses and older people are technologically inept. 3) Praising older people by comparing them to younger ones: "You look good for [your age], or "You're young at heart". 4) Patronizing language (dear, honey, sweetie). There's more to read from this article, [click here.](#)

In some of the articles that I read through about Ageism, I found several that mentioned the book written by **Ashton Applewhite**, "**This Chair Rocks**". Ms. Applewhite says, "So really ageism begins with each of us. Ageism begins between our own ears. Many of us are unwittingly ageist towards ourselves as well as others, and we need to listen more carefully to ourselves." I had the opportunity to see Ashton Applewhite talk about Ageism while attending a national conference a couple weeks ago - via Zoom. She described her book as a "manifesto against ageism". I've **definitely learned more about what Ageism is!** Visit her website to see what she has to say!! [Click here!](#)





healthy aging resource mentioned in previous issues of *Trending Healthy!* Remember the article about the FREE Aging Mastery Kit? Find it in a previous issue... [Click here to visit some fun and informative previous issues!](#)



**Laura Cepoi is the new Executive Director for the Olympic Area Agency on Aging!** Laura moved from the Bay Area where she accumulated over 15 years of directing programs in aging and developmental disabilities. Her focus was on strengthening community resources so that people could return/remain in their home communities. Surviving fires, earthquakes and floods, she has experience in developing emergency response in disasters and pivoting resources to meet the greatest community need. In pursuing her Master's, she travelled along several paths including Political Science and Environmental studies. She has served on a variety of housing boards and served as a Community Development commissioner for the City of Napa for 10 years. When not working she can be found in nature. She has volunteered with many marine mammal organizations and specializes in pinnipeds. **WE WELCOME YOU, LAURA!**

**Don't you miss flipping through the People, Sports Illustrated, or Good Housekeeping magazines while waiting for a doctor's appointment?** I do. At least I began taking smart phone pictures of the recipes I wanted instead of pretending to cough as I tore out the page. But since the pandemic - NO MAGAZINES. Here's an interesting article about why magazines are missing in Doctors' offices: [Click here.](#)



So, here's a recipe that I would have ripped, snapped a picture of:

**Easy Creamy Homemade Potato Soup.** This one's for Hayley! The reason why I love this recipe, is because it's easy, inexpensive, and it's versatile. Make it healthy: Substitute yogurt for heavy cream, add or delete what veggies you want, but follow the basic recipe here. Mmmm Mmmm.. It just LOOKS like Fall! [Click here for the recipe.](#)



**Let's start planning for the Holidays - safely!** What are some of YOUR ideas for



connecting with your family and friends, instead of gathering together in person? **LET'S HEAR YOUR IDEAS!** Come on! I challenge you **TO BE CREATIVE!** Email me at [janis.housden@dshs.wa.gov](mailto:janis.housden@dshs.wa.gov) by Nov 1st, so I can print your ideas (anonymously, if you want) in the next November Trending Healthy Newsletter!



Oh, Dr. Fauci says his kids aren't coming home for the holidays... [read why here.](#)

Follow up that Creamy Potato Soup recipe with these **EASY PUMPKIN BARS**. What I like about this recipe is that it replaces the oil with applesauce. And, this particular recipe shares so much more about pumpkin bars! Check. IT. OUT!!! [Click here.](#)

Although the recipe above is a little healthier by using applesauce, let's just cancel that out by frosting them with the "Best Ever Cream Cheese Frosting" recipe: [Click here.](#) (hee hee)



## Social Isolation & Loneliness

**A Very Real Health Concern.** "Social isolation was associated with about a 50% increased risk of dementia and other serious medical conditions." This public health risk is only going to get worse with the pandemic. Read this to understand *why* loneliness and social isolation are health risks. [Click here.](#)



**Do you know of anyone at risk? Care to help them.** Here's a great article, "14 Ways to Help Seniors Avoid Social Isolation". [Click here.](#)

**EASY! Give this PUMPKIN SOUP recipe a try.**

You can substitute the heavy cream with coconut milk. [Click here for the recipe.](#) Serve it hot and maybe with some corn bread on the side. And, follow up with some of those leftover Pumpkin Bars for dessert! So...*when's dinner and what's your address???*





Medicare Open Enrollment started October 15th. It's your chance to review your coverage and see if you can save money next year.

Medicare.gov reports that "plan premiums are at historic lows". They've dropped an average of 34% over the last 3 years. So, you may be able to find a less expensive plan that meets your needs. [Click here to go to Medicare.gov.](#)

Medicare.gov

What's new this Open Enrollment

### Now, THIS is a Fall Salad!

Although I try to find easy and inexpensive recipes, this one may require a trip to the grocery market. Just look at all the Fall goodness this healthy salad offers. I plan to make it this weekend. Scroll down this webpage a bit to get right to the recipe. [Click here.](#)



Just think how beautiful this salad will look next to your pumpkin soup!

### A Senior Center Without Walls!

In this time of separation, Well Connected and Well Connected Español are here for you—to provide laughs, intellectual stimulation, inspiration, conversation and more, all via groups you can join from home, by phone or online. [Click here.](#) Seriously! Check out all this website has to offer!



A GREAT WAY TO CONNECT

### FROM THE LAST ISSUE: IN CASE YOU MISSED IT. A Flu Season, in the Middle of a

**Pandemic?** First, here are some interesting FACTS about how the pandemic flu is different from seasonal flu. Check out this side-by-side comparison by the CDC: [Click here.](#)

Next, what can we expect from this year's flu season? The CDC also reports that "this season, a flu vaccine is more important than ever". It's a little technical to read, but it explains why: [Click here.](#)

More information is posted by *The Washington Post*, whose attention-seeking headline reads, "Covid-19: A bad flu season colliding with the pandemic could be overwhelming". [Read the article here.](#) After they get the reader's

**+**  
**KEEP  
HEALTHY  
AND  
GET YOUR  
FLU SHOT**

attention, they offer that "the months ahead don't have to be so difficult. If people follow social distancing measures, those measures will limit transmission...".

CNN reports that, "**this could be your most important flu shot ever**". [Read here](#). Overall, the message is to GET YOUR VACCINE for this year, as this will help not to overburden our medical centers, and KEEP UP MASKING, DISTANCING, AND WASHING YOUR HANDS. (Hang in there folks. We will get through this! *If you are a comfort food eater like me, head for the Baked Parmesan Squash recipe.*)

Check out helpful and timeless information in our previous issues of *Trending Healthy*!

Several issues include useful information about [how to cope with this darn pandemic](#). [Click here!](#)



### 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!!



### 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](mailto:janis.housden@dshs.wa.gov).

Peace, Love, and Aging Gracefully, Janis M. Housden  
I got my flu shot, got yours yet?



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