

Not Gathering, But Still Getting Together!

I'm sure you understand by now just how unusual this coronavirus is, and how it affects people differently from other viruses. Perhaps you've heard or read some of the stories about people who were infected with the coronavirus and who suffered through a loooong recovery process. There are also stories out there about the guilt that people felt who unknowingly infected others, even their most loved ones.

As we begin to think about the Holiday season and our traditions of gathering with family and friends, most every state is reporting increases in COVID-19 cases. CNN reports that "the Fall surge in Covid-19 infections added nearly half a million cases to the US national total in just one week." The other thing to think about is that we are approaching flu season.

So, why should we consider creative alternatives instead of gathering together for the Holidays? Because of the possibility of exposing ourselves or someone else to the coronavirus.

Here are some fun & creative alternatives for you to still carry on the festivities with friends and family! And, let's toss in some comforting casserole ideas for those cold nights!

--> Continue to mask-up, maintain 6-feet of social distance, wash your hands regularly, gather up some pine cones, and READ ON!



WHAT'S YOUR RISK LEVEL?

- HIGH RISK**
Close contact in a household with someone with a confirmed case of COVID-19.
- LOW RISK**
Being in the same room as a symptomatic person who has tested positive for COVID-19 but didn't go within six feet of them.
- MEDIUM RISK**
Sustained close contact (10 minutes or longer) within six feet of a symptomatic person.
- NO RISK**
Walking by or briefly being in a room with a symptomatic person who tested positive.

- Washingtonians' COVID-19 Testimonials
- Creative Alternative Idea A: Hanging Out, Virtually
- Chicken Tortilla Casserole - Warm and Comforting!
- Turkey Pine Cones - Fun & Festive Project
- How the Coronavirus Attacks Your Body
- Creative Alternative Idea B: You've Got Mail!
- Simple Pork Chop Casserole - Visually Appealing!
- Christmassy Pine Cones - Festive & Fun!
- All Hands (worldwide) on Deck
- Creative Alternative Idea C: Eat Together, But Separately!
- Beefy Nacho Casserole - Hearty and Popular!
- Make a New Year's Kissing Ball, plus: New Year's Eve Kiss History
- Washington State & COVID-19: numbers right now...
- Creative Alternative Idea D: DING DONG, DROP!
- Turn All Those Apples Into This!
- Dr. Fauci's Stern Advice Regarding Gatherings
- What the Experts are Saying About the Holidays
- Decorate Your Christmas Tree with These!
- How to Tell Relatives You Are Staying Home for the Holidays
- IN CASE YOU MISSED IT
- This is for you...
- Check out timeless issues of Trending Healthy
- Pass it on!
- Got an idea for the next Trending Healthy?



**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: 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

**You just DON'T WANT
to get this virus!**

- King County resident, early 40s. Her story is here.
- The Seattle Times offers

this: "Meet some of the people..." [Click here for that story.](#)

- A Longview resident shares that he was hospitalized for five days and it took three months before he got this strength back. [Read here.](#)



- In her 30s, a Yakima resident shares her story: "It's very serious, like when you cannot breathe and you're trying to clothe yourself or walk to the bathroom and you cough so hard that you pee your pants...As a young adult, that's really humbling,"...[full article here.](#)

Creative Alternative Idea "A."

Plan a Virtual "FUN" Hangout. Get some of the family members who are not as familiar with the internet more involved with one of the many video chatting tools: Facetime, Google Hangouts, Zoom, to name a few. Help them by walking them through the steps to join along before the date and time that everyone plans to virtually get together.



Then, sing, tell stories, wear a costume---get silly and have fun! *Laughter is the Sun that Drives the Winter from the Human Face!*

Family history is created by passing down stories from one generation to the next. In a virtual hangout, you will have everyone's attention to tell a story! If not, mute them. ;)

COMFORTING CASSEROLE #1: Chicken Tortilla Casserole

Just picture pulling this creamy creation out of your oven and serving it up! Takes only about 30 minutes to put together. This recipe includes a Video! [Click here.](#) Yum!



Turkey Pine Cones!

Got pine cones at home? Decorate your dinner table, mantel, or desk at work with these! Check out this fun project for yourself or for your family at home! [Click here.](#)

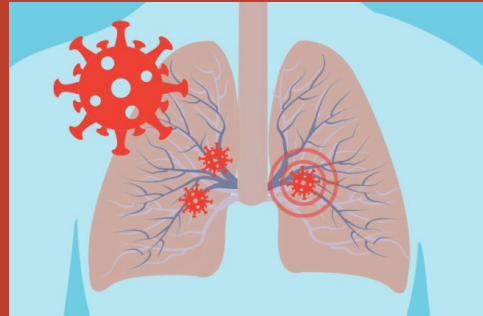
Here's another cute turkey pine cone craft idea! Maybe make a few extra and share with your co-workers. [Click](#)

here.



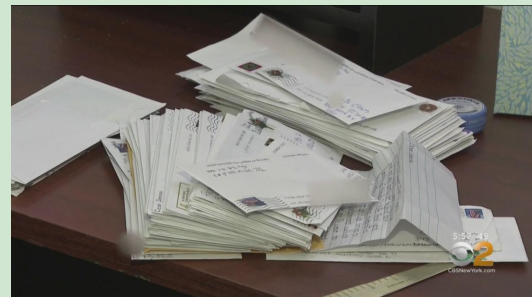
Coronavirus: What Happens When You Get Infected?

"A virus infects your body by entering healthy cells. There the invader makes copies of itself and multiplies throughout your body. **The new coronavirus latches its spiky surface proteins to receptors on healthy cells**, especially those in your lungs. Once inside, the coronavirus hijacks healthy cells and takes command. Eventually, it kills...". Please take a minute to finish reading this WebMD article that explains further, why the COVID-19 virus is more likely to go deeper than viruses like the common cold, and why it makes it more tough for you to breathe. [Click here.](#)



Creative Alternative Idea "B".

Use the Old-Fashioned Mail. Why not break out your favorite pen and sit down and write a letter! Get creative with what kind of paper you use! The back of some wrapping paper, a square cut from a brown paper bag, or on a colored sheet of construction paper!



Try this! For everyone that would have normally gathered together for the holiday, instead make a list of their addresses. Make sure that everyone gets the list of addresses. Everyone has to write a letter to all family members or friends on the list.

So take the time to sit down and write a letter, or draw a picture, write about your favorite [holiday] story, or send a card with a funny cartoon to each member of your family. **Just think of all the fun, personal letters you will get!**

COMFORTING CASSEROLE #2: Simple Pork Chop Casserole

If you run across a good deal on pork chops, here's a simple and good looking casserole. I always love a recipe that shows pictures. This one shows each step! [Click Here.](#)



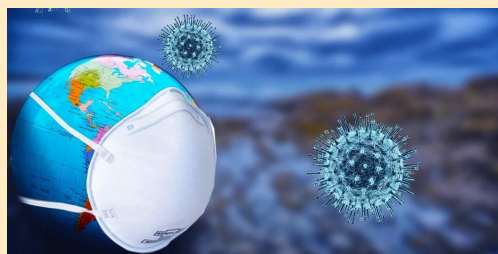
Christmassy Pine Cones

There are SO many fun and festive ways to decorate a pine cone for the Holidays! And, the supplies you need could be right at home. Think about creating a festive backdrop on the wall behind you as you Skype or Zoom!

Check out these 33 Pine Cone Crafts. [..click here](#) to scroll through all the pictures.



It's you, it's me, it's our family, friends, co-workers - it's all of us ON THIS PLANET EARTH. The United Nations declares, "All hands on deck to fight a once-in-a-lifetime pandemic". UN Secretary-General speaks at an event in New York. [Read the article here.](#)



Creative Alternative Idea "C".

Eat Together, But Separately!

Consider planning an easy "shared menu" that everyone in the family can make in their own home on the same evening. Set up a Zoom (or other virtual platform) dinner date and time. When it's time to eat, log in and enjoy your shared meal, together!



Perhaps you all could discuss how you each prepared the entree. You could show the dish or entree (by holding it in front of the camera) and explain what you added or changed! And, in case that turns into a little family competition of "my dish looks better than your dish", you could always say that yours tastes better. ;)

COMFORTING CASSEROLE #3: Beef Nacho Casserole

SOooo easy. Seven ingredients. I'm never disappointed with a recipe from AllRecipes! Make sure to have some sour cream on the side and garnish it with fresh cilantro. [Click here.](#)



A Kissing Ball made with...PINE CONES!

It's not too early to start making a Kissing Ball for New Year's! Check out this pine cone craft... [Click here.](#)

So, have you ever wondered why people kiss on New Year's Eve? Check out this Time Magazine article about the Mysterious Origins of the New Year's Eve kiss. [Click here!](#)



WASHINGTON STATE: COVID-19. At of the end of October, there were 113,000 COVID-19 cases in Washington state, and 2,468 deaths...and counting. [Click here to see the most current statistics.](#)

Creative Alternative Idea "D".

DING DONG, DROP OFF SOME HAPPINESS!

Create a Family Drop Box! For those who have relatives in close proximity, a family dropbox makes a fun activity everyone can look forward to. Each family household places a box in front of their home. (For more security, choose a box with a lid and put it in a hidden spot.) Then, everyone commits to dropping off a little



something special, like perhaps a note, a photo, a baked goodie, or some little gift, in each other's box weekly, daily, or whatever frequency suits everyone best.

Let your kiddos get in on planning what they would like to put in relatives' boxes. Now that many pleasures are limited, it's amazing how much the anticipation of a surprise can brighten up a lonely day - for both kids AND adults!

COMFORTING CASSEROLE #5: Sweet Apple Cake Casserole

Hey Carrie, still got a lot of apples? This is so easy to put together! A square of this might go nice with a cup of tea or coffee. Enjoy the cinnamon aroma as it floats around in your kitchen. [Click here.](#)



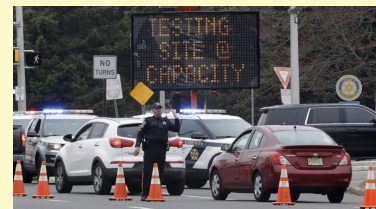
Dr. Fauci Has Some Stern Warnings About Thanksgiving Gatherings This Year.



October 21, 2020. Dr. Fauci discusses that a surge in cases leads to a surge in hospitalizations, and then, an increase in deaths.

He also discusses that we have to be careful and assess the risk of traditional gatherings. To read more from this article [click here.](#)

WHAT EXPERTS ARE SAYING About



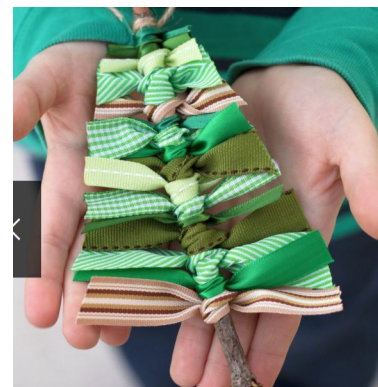
Gatherings: "Memorial Day get-togethers were partly blamed for an increase in COVID-19 cases the USA experienced early in the summer. Events such as a Sweet 16 party late last month on Long Island, New York - linked to 37 positive tests - and a wedding in August in Maine - which led to more than 175 infections - **underscore the danger of relatively small social functions turning into superspreaders.**" Experts weigh in... [Click here to read the full article.](#)

(You will need to scroll down a bit to get to the article.) This article also offers some safe advice if you do plan a small gathering.

Fun & Creative Homemade Tree Decorations!

Over 72 fun ideas - [click here](#) to view the gallery of pictures.

Get inspired and have some fun arts & crafts time! If you start now, you'll have enough to decorate your whole tree by Christmas! ;)



Home for the Holidays. "How to make hard choices and deal with pushy relatives" is just one of the many topics discussed in this article posted by a health clinic. There's a lot of good advice in this article if you find yourself needing to explain your reason for staying home. [Click here for the full article.](#) It's a long article, so you may need to scroll down a bit to find the advice topic that interests you.



IN CASE YOU MISSED IT FROM THE LAST T.H. ISSUE:

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.](#)

Self Care - You Deserve It.

I hope you will take a minute for yourself and check out this website. You deserve Good Self Care.

Check out a lot of interesting ideas including these topics:

- 10 ways to create comfort in your life,
- Plan for the 2020 Holidays,
- Relationship resources, *Check your Depression,
- 5 signs you need some alone time, *and so much more.*



Please note that you have to click the arrows to go through all the pages of self-help goodness. ***Take care of your mind & body - it's the only place you have to live.** [Click here for some great stuff.](#)

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

Olympic Area Agency on Aging
Elder Abuse Prevention
Financial & Healthcare Planning
Housing & Transportation Services

Trending Healthy October 2020

Serving Clallam, Jefferson, Grays Harbor & Pacific Counties

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

A word cloud visualization showing various words associated with aging. The most prominent words are "Old", "tired", "boring", "cranky", "senile", "feeble", "weak", "ugly", "crazy", "lazy", "greedy", "neurotic", "indecisive", "unattractive", "eccentric", "derogatory", "vicious", "selfish", "anxious", "decline", "invalid", "crippled", "diseased", "heartless", "contempt", "fragile", "withdrawn", "emerging", "dirty", "out-of-date", "not-of-touch", "disappointed", "senior", "childlike", "elderly", "controversial", "wasteful", "obnoxious", "stupid", "fearful", "lonely", "sad", "helpless", "dependent", "burden", "inconvenient", "expensive", "miserable", "pitiful", "pathetic", "despicable", "repulsive", "repellent", "revolting", "disgusting", "repulsive", "repellent", "revolting", "disgusting".

A photograph showing two people's hands reaching towards each other in a classroom. One person, wearing a dark shirt, is seated in a wheelchair and reaching out with their right hand. The other person, wearing a dark shirt with white stripes on the sleeve, is standing and reaching out with their left hand. They are positioned in the aisle between rows of wooden desks and metal chairs. The background shows more rows of desks and chairs, and a tiled wall. The lighting is warm and slightly dim, creating a focused and intimate atmosphere.

5 MINUTE SELF-CARE

@ STACIESWIFT

- WRITE DOWN 3 NICE THINGS ABOUT YOURSELF
- STEP OUTSIDE FOR SOME FRESH AIR
- DRINK SOME WATER
- DO A SHORT MINDFULNESS BREATHING EXERCISE
- BOOK THE APPOINTMENT YOU'VE BEEN PUTTING OFF
- LISTEN TO A SONG THAT MAKES YOU SMILE
- FIND A VIDEO OF CUTE ANIMALS ONLINE

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



www.o3a.org