



## Trending Healthy

December  
2020



### What a Year, Right?

It's the fourth quarter of the game and we are absolutely exhausted. We've been trying to beat our pandemic opponent for 10 long, agonizing months.



As fatigued and frustrated as some of us may feel, we have to keep up the fight. Hope and help is just around the corner, and it's warming up on the bench. We WILL defeat this pandemic opponent.

Until then, it's even more critical for us to dig deep into our reserves to keep ourselves and our loved ones safe. We must continue fighting against this pandemic by masking, social distancing, and giving up some of our traditions of gathering over the holidays. The whole World is in this fight! *Are You In?*

Let's take a look at what we know so far about our "secret weapon" (the vaccine), coming off the bench soon to help us beat this pandemic opponent once and for all.

Learn where to find the facts about the vaccine.

Let's also look back on some of the helpful and still relevant information from previous Trending Healthy issues.

**Happy, Healthy, Holidays, and Read On!**

### In this issue :

- The Game Changer...
- What About the Vaccine?
- What Can Seniors Expect?



- What is Washington State's Plan?
- Social Security Benefits to Increase
- Cheesecake Santas & Grinch Kabobs - not just for kids!
- Medicare Part B premiums for 2021
- They say 32 Million Families are Doing This for the Holidays
- Eating the Holiday Wreath - It's Healthy!!!
- A Year of Trending Healthy - Take a Look! Here are some highlights:
  - January - Do you have prescriptions?
  - March - Disaster planning for seniors by seniors
  - March - A senior center without walls?
  - April - How do you define "community"?
  - May - Opioids and Arts & Crafts
  - July - A break from all that is COVID-19
  - August - Fatiguing Out and Zucchini Fries
  - September - Falling for you, but not Falling
  - October - Aging Attitudes
  - November - You Don't Want This!
- Holiday Awareness Mini Campaign - APS
- Where to Find Housing and Utility Assistance during COVID-19
- Peppermint Bark Popcorn & a Christmas Movie
- Gift Idea - Giving someone a friend (?)
- From 728 to 923! Thank you!!
- Editor's Invitation



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



Our offices are temporarily closed to walk-ins due to the pandemic, but staff are still available to take your call. Please call us if you need information:

**Clallam County:** Forks Office(360) 374-9496, Sequim Office (360) 452-3221

**Grays Harbor:** Aberdeen Office (360) 532-0520

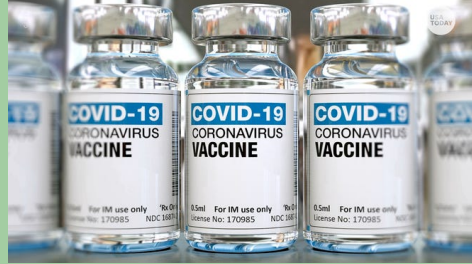
**Jefferson County:** Port Townsend Office (360) 385-2552

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

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

**THE GAME  
CHANGER:**

**Pandemic Vaccine.** There's already so much out there discussing and speculating about the vaccine. Let's just cut to the chase and go to the experts. The World Health Organization's website includes factual Q & A, has information about "how vaccines work", and tackles the topic, "vaccine acceptance is the next hurdle" and so much more! [Click here to empower yourself with the facts.](#)



**What About the Vaccine?** Let's also take a look at what the Centers for Disease Control and Prevention (CDC) has prepared for us to read about the COVID-19 "Vaccine Information for You and Your Family". This website includes links to the following factual topics:

- 8 Things to Know about U.S. COVID-19 Vaccination Plans
- Benefits of Getting a COVID-19 Vaccine
- Different COVID-19 Vaccines
- How CDC is Making COVID-19 Vaccines
- Ensuring the Safety of COVID-19 Vaccines
- Ensuring COVID-19 Vaccines Work
- FAQs About COVID19 Vaccination

[Click here to inform yourself with the facts about the vaccine!](#) You may consider saving these websites as favorites and checking back for updates. Know the facts.

**CNN Health offers this story, "What seniors can expect when COVID-19 vaccines become available?"** This video also covers a few FAQs. Learn what expert Dr. Sanja Gupta has to say. This is worth watching! [Click here.](#)

## What is Washington State's Vaccination Plan?

(Last update Dec 7): The Washington State Department of Health (DOH) continues to make progress with their COVID-19 vaccine distribution planning. The CDC requires all states to turn in a plan. [Click here to see Washington State's Plan](#)

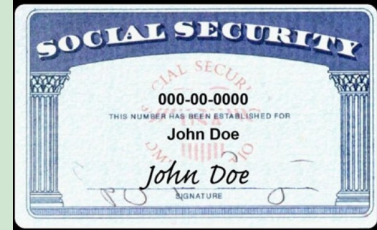


Keep in mind that this is a living document and will change over time. Keep checking in with our DOH and it's progress, [by clicking here.](#)

## Social Security - COLA Update:

"We will mail COLA notices throughout the month of December to retirement, survivors, and

disability beneficiaries, SSI recipients, and representative payees. Want to know your new benefit amount sooner? You can securely view and save the Social Security COLA notice online via the Message Center inside my Social Security in early December without waiting for the mailed notice."



Read the Press Release facts here: [click here.](#)

Create an account! You can choose text or email alerts when there is a notice in Message Center by updating your Preferences at [www.ssa.gov/myaccount/opt-out.html](http://www.ssa.gov/myaccount/opt-out.html) so you always know when we have something important for you.

## For the KID in you!

Check out these [healthy holiday snack recipes](#)!

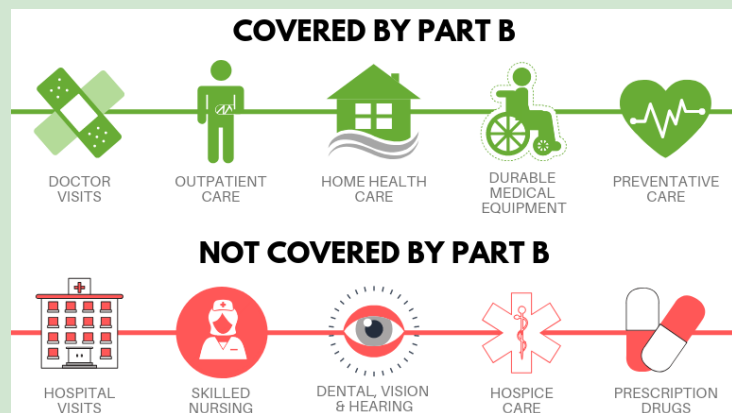
Strawberry Cheesecake Santas, Grinch Fruit Kabobs, Magic Cookies, Chocolate Covered Apple Slices, Eggless Eggnog, Pecan Pie Bites, and MORE! [Click here.](#)



## 2021 Medicare Premiums & Low-Income Subsidy Eligibility Limits

CMS recently [announced the Medicare Part B premiums and deductible amounts for 2021](#). The

standard premium for Part B enrollees increased by \$3.90 to \$148.50 per month, and the annual deductible increased by \$5 to \$203 in 2021. The Medicare Part A inpatient deductible is \$1,484 in 2021, an increase of \$76 from 2020. Congress capped the Part B premium increase due to the estimated large growth in Medicare spending next year due to COVID-19.



## 32 Million Families are...

...heading into the basement or attic and unpacking ornaments, twinkle lights, and motorized Santas! While



holiday decorating is all about fun, and we certainly could use some fun this year, it's important to remember this: [click here](#) to finish reading!



## Serving Up a Holiday Wreath as a Snack!

You guessed it...veggie holiday wreaths! ; )

TREAT YOURSELF AND YOUR FAMILY AT HOME. I like this recipe the best. Kale, brussels sprouts, broccoli...just so much healthy goodness! [Click here for the recipe!](#)



Here's the recipe for the wreath you see in this picture! [Click here.](#) You may not even need to follow the recipe. Just follow the picture.

How about a Christmas Wreath Veggie Pizza? This one sure is pretty to look at. [Click here](#) for that recipe!

Oh...here is something I just found that I'm going to try: Holiday Wreath Taco Ring. Check this one out! [Click here.](#)

Oh...this one too: An appetizer wreath (crescent rolls, cream cheese...) [Click here](#) to see how cute (and appetizing) this wreath turns out!

And for dessert? How about this Gingerbread Fruit & Nut Edible Christmas Wreath...[click here.](#)

## Trending Healthy Looking Back at 2020

Relevant, Fun, and Interesting!



**January 2020** - We covered a couple of timeless topics: *[Medications May Increase Your Fall Risk](#)* ([click here](#)) and, tips for *[Traveling with Prescription Medicines](#)*, ([click here](#)) if you plan to travel...some day.

**March 2020** - "**March into Spring**". Obviously still learning to finely hone my editorial skills with THAT corny title. Our featured article, still relevant, is "[8 Questions to Ask Your Pharmacist](#)" ([click here](#)). We also published where

to drop off unneeded or unused prescriptions. [Click here](#) to see that Trending Healthy issue.

Whew...then the pandemic hit:

**March 2020 Special Issue - "STUCK AT HOME!"** *The laundry is caught up, books are read, light bulbs dusted, the puzzle is complete, now what?* Check out the discussion and resources available for Coping While Stuck at Home. Ten months later and it still applies: [\(click here\)](#). Or, just check out the picture we used for this issue. It says it all!

**April 2020 Special Issue - "Got Community"**. This issue was really about reaching out to your neighbors who may be in need. We also offered this link [\(click here\)](#) for "10-Self Compassion Practices for COVID-19". It's worth a quick review. If not for yourself, then for someone you care about.

**May 2020 "Keep Up with Hanging in There"**. Before the pandemic took over headlines all over the world, we were still struggling with an Opioid epidemic. Remember that? Well, it's still a cause for concern. In this issue, we asked Jeanine Bradley from Clallam County, who is a Registered Pharmacist and Certified in Medication Therapy Management, to offer some advice for starting and/or stopping Opioids. **Great article!** Check it out...[click here](#).

**July 2020 "This Isn't Over, Stay the Course"**. Yikes...by this time I was SO DONE talking about COVID-19. I did address the reasons why we still needed to stay the course and continue masking up, but, I added many articles NOT related to the pandemic. Check out this issue for "other than Covid-19", [click here](#).

**August 2020 "Fatiguing Out"**. Yep. By that time I'd hit the wall and this issue reflected it. I offered a great Johns Hopkins resource to help reduce pandemic fatigue [\(click here\)](#) then I avoided any coronavirus topics like I was avoiding the virus itself. This is the issue where I began introducing recipes. Little did I know that the recipes would become more popular than any of the other articles and resources!! But, here's a resource that you may want to bookmark: "Get Legal Information and Help, and Do-It-Yourself Forms". [click here](#).

**September Falls Issue:** This is an issue you have to visit if you have not yet read it [\(click here\)](#). You may not want to think about "falling" being a health issue, but I tell you: it is. Learn what you need to do to keep yourself from being a statistic. And, the most popular healthy recipe to date? [Click here](#).

**October 2020 "Attitudes About Getting Older!":** Here we looked at the term "Agism" with some examples and information about the types of Agism. Also, here's a good article to remind ourselves that our attitudes about aging can affect how we age! [Click here](#).

**November 2020, "Ding Dong Drop?"** Great ideas about not gathering, but still getting together. And, by the number of "clicks", the Chicken Tortilla Casserole scored the highest! We also looked at some stories shared by other

## Holiday Awareness Mini Campaign

Our state's Adult Protective Services offers some helpful information about staying connected, and reducing isolation. Also, it reminds us to be mindful of watching out for vulnerable adults. [Click here](#) to read some great bullet points and links to information.



## Housing and Utility Assistance During COVID-19

"As the COVID-19 pandemic carries on, many older American are finding their budgets stretched to the limit. If you know of someone who may need help, the National Council on Aging offers some tips and resources to get them started in the right direction for help. [Click here.](#)



Also, Washington State Department of Financial Institutions has developed a list of financial resources for Washington consumers impacted by the Coronavirus. [Click here](#) to learn more about help with things like mortgage assistance, paying rent, trouble paying credit cards, and utilities assistance.

## Peppermint Bark Popcorn and Your Favorite Christmas Movie!

You may want to double the recipe here. It only takes about 10 minutes to make! Decide what movie you want to watch then [click here](#) for the recipe!



## Give the Gift of "Being Connected to Others"

In a time when some of us may find ourselves or others feeling disconnected socially, it's worth your time to just read what this FREE service has to offer. Check it out for yourself, or check it out for someone you may know who feels lonely or isolated during the constraints of the pandemic.

If you like zoology, art, music, or meditation, there is a program for almost every topic! Each Well Connected session (call from a phone or attend virtually) offers groups and classes on a wide range of topics, 365 days a year!

So, how does it work? Fill out a simple form, and call in via a toll-free number at a set time each week. Newcomers are welcome! If you don't feel

like talking a first, you are welcome to just listen in as long as you let the group know you are there.

Ready to just check it out? Call 877-797-7299 or [click here](#) to visit the website. Check out their current catalog!

### Dearest Trending Healthy Readers:

A sincere THANK YOU for your ideas and comments over the past year, and THANK YOU for recommending this newsletter to other people you know. I'm pleased to say that our readership has increased from 728 in January to 923 at present!



**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**



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