



Trending Healthy January 2020

Serving Clallam, Jefferson, Grays Harbor & Pacific Counties



Happy New Year! We are excited to share interesting information about important issues and resources helpful to adults aging in place and living independently. Our New Year's resolution is to issue *Trending Healthy* every other month. ;) Join us as we explore relevant topics and have some FUN along the way!

Happy 2020 Reading!

In this issue:

- **Don't get caught off-guard!** Drug Education Featured Article: "*Medications May Increase Your Fall Risk*"
- **You just can't miss these:** Articles Worth(your)while...
- **Navigating Our Older Adult Experience**, introducing a new feature in our newsletter!
- **Tips to Prevent Falls** (Yes, we HAVE to think about this!)
- **Social Security - COLA & Frequently Asked Questions**
- **2020 Healthy Programs - Reviewing Proposals**
- **Visit our Calendar of Events!**

Do you wonder what services are available for Older Adults and Caregivers?
You should call us! Here are the numbers for our offices:

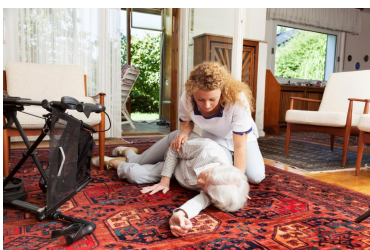
Clallam County: Forks Office(360) 374-9496, Sequim Office (360) 452-3221

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



Medications May Increase Your Fall Risk.

"Every 19 minutes, an older adult dies from a fall. This makes fall prevention one of the most important aspects of aging well. One of the leading causes of falls in older adults is the medications they're taking." (to continue reading,

click here!)

Articles Worth(your)while:

[Express Gratitude Every Day](#), by Jody Moss, January 2020. My father use to say, "getting old isn't for cowards". We walk slower, our memory slips a little, our eyes don't work, our hearing is going, we can't find our keys...(click here and read more of this humorous and uplifting article!)



[Falling for you, but not FALLING](#), by Jody Moss, July 2019. Falling in love...falling for a pair of shoes...falling as in a FACE PLANT... (click here to read this article, it just keeps getting better!)

In case you missed it in our previous issue, here are some helpful tips when [Traveling with Prescription Medicines](#). "When you're on vacation, the last thing you want to deal with is an emergency when you realize your forgot to pack your medication and have to get a prescription from an unknown pharmacy"... (click here to read many more helpful tips and reminders).

[DON'T MAKE RESOLUTIONS FOR 2020, But if You Do, Here Are Some Suggestions](#), by Mark Harvey, December 24, 2019. "I know what you're thinking, and it isn't pretty." (click here to read on...)

Navigating Our Older Adult Experience



In December 2019, after 772 weeks, the Olympic Area Agency on Aging bid a fond farewell to Mark Harvey, the Direct Services Supervisor. However, his words of wisdom will be with us forever. Mark's informative, lighthearted and "straight-shooting" articles helping many of us to "age with grace" with "USEFUL information", have been published for many years in almost all of the newspapers covering the Olympic Peninsula. Here, in what I would like to call "Navigating Our Older Adult Experience" section, we will spotlight some of our favorite Mark Harvey articles, with his entertaining and spot-on, "words of wisdom" for us navigating through our older adult experience.

Let's get started with Mark's farewell article, then in future Trending Healthy issues, we will reach back over the years and provide you with some of our favorite articles--still very much relevant today! Read on and stay tuned!

[Longtime Daily World columnist Mark Harvey Bids Adieu](#), by Mark Harvey, December 31, 2019. I'm fighting off the urge to begin with, "The time has come, the walrus said..." (click here to read more)

Tips to Prevent Falls!

Why is Fall Prevention so important? Well, as hard as it may be for us to accept, as we age we just don't bounce back like we use to. Falls are the leading cause of injury deaths, unintentional injuries, and hospital admissions for trauma. Falls are associated with increased lengths of hospital stays and poorer health outcomes. The Mayo Clinic shares six (6) simple reminders for us to keep in mind. (Click here for these helpful tips.)



Social Security - Frequently Asked Questions

For some of you who receive Social Security and Supplemental Security Income (SSI) benefits, you may have already learned about the annual cost-of-living adjustment (COLA) increase of 1.6% for 2020. The Social Security Administration website has a pretty easy-to-navigate website feature of "Most Asked Questions". They keep this information pretty well updated. If you would like to learn more about the COLA increase, and other frequently asked questions, check out their FAQ page here: <https://faq.ssa.gov/en-US/> .

2020 Healthy Programs - Reviewing Proposals

The Olympic Area Agency on Aging receives funding under the Federal Older Americans Act, Title IIID, to help build local programs that support healthy lifestyles for older adults. Some examples include, Stay Active & Independent for Life (SAIL), Tai Chi Quan, Powerful Tools for Caregivers, and Dance Exercise for Parkinson's Disease. In 2020, we have been allocated \$28,142 to fund disease prevention programs in the following Olympic Region counties: Clallam, Grays Harbor, Jefferson and Pacific. The Request for Proposals was released on January 1st. Proposals submitted will be reviewed beginning January 27th. To learn about which programs will receive funding, check out the announcements in our next Trending Healthy issue, or keep an eye on our website. -> www.O3A.org. We will add specific information about the new programs in our Calendar of Events.



Don't Forget to Visit Our Calendar of Events!

We are adding new stuff all the time. Check out information for SAIL classes and Powerful Tools for Caregiver trainings. ([click here](#))

Editor's Invitation: Greetings! Thank you 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

"Aging is not lost youth but a new stage of opportunity and strength".

Betty Friedan



