



**MARCH!** Or walk. Or stroll. Whatever gets you moving! We know that any exercise is GOOD for us. So how about an at-home activity like...**Spring Cleaning?** In this issue, find out what Spring Cleaning has to do with prescriptions and emergency preparedness. March on with reading and enjoy your day!

## In this issue:

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- Spring Cleaning Your Medicine Cabinet (*why, what a great idea!*)
- Other Articles Worth(Your)While
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- Don't forget to check our Calendar of Events!
- Editor's Invitation...

Do you wonder what services are available for 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)

## 8 Questions to Ask Your Pharmacist

You should feel free to MARCH right up to your pharmacist (or call) and ask questions about your prescription. In fact, here are some questions that your pharmacist wants you to ask! ([Click here to read more...](#))



**Spring Cleaning your Medicine Cabinet?** Perfect idea! This is a great time to consider disposing of unused or unneeded Prescriptions. It is particularly important to return your unused pain management medications. Returning your unwanted medicines to a take-back program is the safest and most environmentally protective way to dispose of unused medication. Throwing unused medicines in the trash is better than flushing, BUT it does not adequately protect people and our environment from exposure to potentially dangerous drugs. **Here are drop-off locations for Clallam, Grays Harbor, Jefferson, and Pacific counties:**

**Clallam County:**

Clallam County Sheriff's Department  
223 E. 4th Street, Suite 12  
Port Angeles. Monday - Friday, 8:30 a.m. to 4:30 p.m.

Jim's Pharmacy  
424 E. 2nd Street  
Port Angeles. Monday - Friday, 8:30 a.m. to 7:00 p.m.  
Saturday, 9:00 a.m. to 5:00 p.m.

**Grays Harbor County:**

Hoquiam Police Department  
215 10th Street  
Hoquiam. Daily, available 24 hours

Montesano Police Department  
112 N. Main Street  
Montesano. Monday - Friday, 8:00 a.m. - 5:00 p.m.

**Jefferson County:**

Port Townsend Police Station  
1919 Blaine Street  
Port Townsend. Monday - Friday, 8:30 a.m. - 4:00 p.m.

Jefferson County Sheriff's Department  
79 Elkins Road  
Port Hadlock. Monday - Friday, 8:30 a.m. - 4:00 p.m.

**Pacific County:**

Long Beach Police Department  
212 Pacific Avenue, South  
Long Beach. Monday - Friday, 8:30 a.m. to 4:30 p.m.

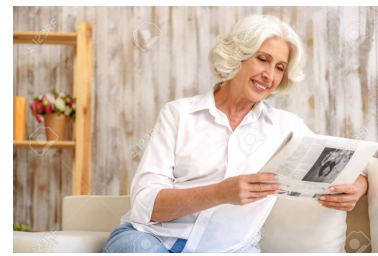
South Bend Pharmacy  
101 Willapa Avenue  
South Bend. Monday - Friday, 8:00 a.m. to 6:00 p.m.  
Saturday, 9:00 a.m. - 5:00 p.m.

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## Other Articles Worth(your)while:

In case you missed it in our previous issue, we learned that Medications May Increase your Fall Risk. "Every 19 minutes, an older adult dies from a fall." (Click here to read more about some simple things to keep in mind.)



2020 marks the year of the Decennial Census. Jody Moss shares with us that this year the Census is a little different. Actually it is a BIG different! And that is because this year the primary way to respond to the census will be through the internet in an online process. "So what?" the technologically active older adult says...(click here to read more of this interesting article!)

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## 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.



Here's an article that Mark wrote on March 17, 2018. "*Things you have to do when you turn 65*". You might want to take a look even if you are years away from turning 65. The tips he provides are still relevant when it comes to Social Security! (click here to read this article)



**COVID-19, Coronavirus, Pandemic!**, by Jody Moss, Director of Contracts Management and Planning, Olympic Area Agency on Aging. Information about the virus is being updated daily. Jody shares some

good websites to visit, as well as discusses "reacting and overreacting". (Click here to learn more.)

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## Emergency Preparedness - Disaster Planning for Seniors by Seniors!

Now that you have done some Spring Cleaning, perhaps you have room now to store some basic supplies to keep handy in the event of an emergency. The American Red Cross offers this great guide for Seniors:



*"We are just like many of you. Some of us are in good health but aren't quite as agile as we used to be. Some of us have hearing or vision problems; others use a cane or wheelchair. Whatever our limitations, we still need to be prepared. We can be prepared!"* To read this information published by the Red Cross, [\(please click here\)](#).

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### 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. [\(click here\)](#)

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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

*"It's not how old you are, it's how you are old"*

Jules Renard



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