



Bringing in the New Year with:

Hope and Gratitude

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"2021" is timidly and tentatively peeking around the corner---uncertain of its reception.

**BEFORE WE AGREE  
TO 2021,  
WE NEED TO  
DISCUSS THE  
TERMS & CONDITIONS.**

**- SINCERELY,  
THE NEW YEAR'S COMMITTEE**

As I prepare this issue, I'm not sure how many of us are planning to bring in the New Year with a big bang. Just don't bring it in with a large gathering. The pandemic still looms large, emergency rooms and hospitals are overflowing in many states, and there's still the need for us to remain vigilant against spreading the virus.

But we all know that the long awaited vaccines are getting distributed just as fast as our wonderful healthcare workers can line us up and poke our arms. And, there actually have been some good things that have happened *because* of the pandemic.

So, we should welcome 2021. As Monte Hall might have said, "2021, Come On Down!!" Let's all of us make a deal to welcome 2021 with hope and gratitude. Shall we?

**In this issue**, let's take a look at where the vaccine is now, why we still need to mask up after getting the vaccine, what's going on in our state, understand what herd immunity is, and consider a unique opportunity to cheer up someone who is alone.

Oh...and how about some recipes? Yah, now I got your attention. ; )  
I'm thinking appetizers for dinner. Let's take a look!

**Happy Healthy 2021! Read On!**

# In this issue :

- Information about the Vaccine
- Gov Inslee - Ensuring Vaccine Safety for Washingtonians
- Washington's Vaccine Plan
- Baked Goat Cheese & Fire Roasted Tomatoes Dip
- Stronger Advocacy for Older Adults, Because of the Pandemic
- Herd Immunity...what, why and when?
- Why we still need to Mask Up after the Vaccine
- **Trending Healthy SPOTLIGHT: You will have 525,600 minutes in 2021. Take a few minutes for this...**
- Easy French Dip Sliders (by the BATCH!)
- Mean People (Scammers) Suck
- NEW YEAR'S TRIVIA! See if you know the answers!
- Looking Back at a Year of Trending Healthy!
- Washington Listens - 1-866-681-0211 (*I called! Check it out...*)
- **Find the hidden special recipe!!!** Look for this link hidden somewhere in the Newsletter: "TeeHeeHee"
- 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)**

**VACCINE INFORMATION - JUST THE FACTS, PLEASE.** 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 for the facts.](#)

The Centers for Disease .. has great updated information on the following. [Click here](#) for information about:

- 8 Things to Know about the Vaccination Program
- Who Gets Vaccinated First
- Your Vaccine Appointment
- Benefits of Vaccination
- Different Vaccines
- Rare Severe Allergic Reactions
- and other Frequently Asked Questions

**Washington State joins 3 other western states** to review the safety and efficacy of FDA approved vaccines. Washington, Oregon, and Nevada join with California to add an extra layer of independent expert review for vaccine safety. [Click here](#) to read Governor Inslee's announcement.

And, here's the latest from the Western States workgroup, [click here!](#)



## What is Washington State's Vaccination Plan?

**(UPDATED DEC 31):** 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 checking in with our DOH and it's progress, [by clicking here.](#)



## Baked Goat Cheese & Fire Roasted Tomatoes Dip. Hayley?

*How is it that it's always around lunchtime when I work on this newsletter? My mouth is watering... Check out this recipe ([click here](#)). I'm thinking this recipe along with a cooked chicken breast? I'd call it dinner.*





because of the pandemic.

Here's something you want to read in the plight of making our nursing homes safer. It's a bit technical to read, but quite poignant. And I LOVE that it includes FACTS and REFERENCES. [Click here.](#)



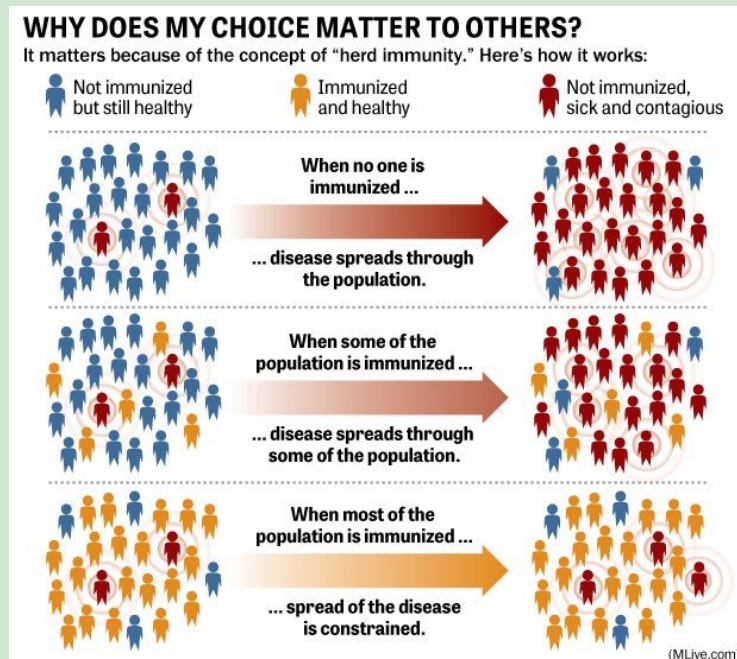
Social isolation and loneliness take a toll on any person's health. But with the pandemic, for our loved ones who are living in long term care facilities, the awfulness of "no visitors" due to the pandemic is too sad to describe. But, folks have stepped up their advocacy. Here's a good story from AARP, "Feds Tell Nursing Homes to Open for Visitors (safely, of course!) [Click here](#) to read the story.

If you would like to know what's going on in your state around advocating for older adults, learn about the Washington State Council on Aging. [Click here.](#)

AND! I LOVE THIS GROUP! Check out the **Washington State Senior Citizens' Lobby** and what advocating they do for Seniors. Check out what they are working on as a result of the pandemic. [Click here.](#)

## The Importance of "herd immunity" and it's potential impact on the COVID-19 pandemic.

I'm pretty sure that most everyone understands what herd immunity is. But in respect to the coronavirus, the discussion takes on a more in-depth meaning. A person's choice not to get vaccinated can affect many. Here are some links to fill you in on other stuff like, "threshold proportion". [Click here for the discussion by the Mayo Clinic.](#)



In case you don't feel like reading, sit back and watch this short video: [Click here.](#)

**Now that that vaccine is available, when might we achieve "herd immunity"?** It's interesting to learn what Dr. Anthony Fauci suggests in the Healthy & Medicine report from *The Harvard Gazette*. Dr. Fauci says, "herd immunity possible by..." [click here to read his report.](#)

And, until we reach herd immunity - continue masking up! **The Huffpost** does a pretty good job of answering this question: **"Do we still**

**have to wear face masks after getting the COVID-19 vaccine"? The answer of course is **yes**, but here's exactly why: [click here!](#)**

## TRENDING HEALTHY: SPOTLIGHT

Take a few minutes to become a  
Pen Pal:



Gosh, just by simply writing a letter you could totally make someone's day.

Amber Garrotte is the Regional Long Term Care Ombudsman for Clallam, Grays Harbor, Jefferson and Pacific Counties.

She is volunteering time from her busy schedule to coordinate a Pen Pal opportunity for some folks who reside at a long-term care facility. Sign up! Email Ms. Garrotte at [amber.garrotte2@dshs.wa.gov](mailto:amber.garrotte2@dshs.wa.gov) for more information.

HERE'S A BIG TRENDING HEALTHY SPOTLIGHT SHOUT OUT  
TO AMBER!

*AND A HUG from the TH Editor, <---HUG---*

### Easy French Dip Sliders

I wouldn't deviate a bit from this recipe! You don't make them individually, but in a quick batch! [Click here.](#) You will have to scroll down a bit, but it's worth it. The recipe offers some suggestions to "pair" dishes with the French Dip Sliders, but I say, just pair it with a second helping. I'm thinking French Dip Sliders and a glass of milk? I'd call it dinner.



**Watch out for Scammers!** Geez, mean people take advantage of any kind of angle to illegally scam us. If anyone asks you to share your Medicare Number or to pay for access to the vaccine, you can bet it's a scam. [Click here](#) to learn when NOT to share your Medicare number!



Here's another good story about scams that are **falsely promising early access to the vaccine, and promoting disinformation or use the vaccination as a guise to seek out personal and financial information.** [Click here](#) to read the rest of this information. Honestly, if you are not sure? Contact your local public health office.

Although I'm not yet a member of AARP, I tell ya...they've got our backs. Here's their information about "[5 Things to Know about COVID-19 Vaccine Scams](#)", [click here](#). And, just as soon as they mail me another promotional advertisement to get a free travel bag for joining? I'm signing up.

### How about some New Year's TRIVIA! (Step away from Google..)



1. Auld Lang Syne was written by a Poet, an Apothecary, or by a Blacksmith in the 1700s?
2. Vehicles are stolen on New Year's Day more than any other holiday. TRUE OR FALSE?
3. The first New Year's celebration dates back to when Scotland entered into a political union with the Kingdom of England in 1707. TRUE OR FALSE?
4. What percent of Americans make New Year's resolutions? a. 45%, b. 55%, c. 60%, d. 75%?
5. Twenty-five percent of those who make resolutions give them up by a. the 1st week in February, b. the last week of January, c. the 1st week in March, d. the second week of January?

You can find the answers in the very end of this Newsletter.

## 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!! "[TeeHeeHee](#)". 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 Washingtonians who got COVID-19. [Click here](#).

**Washington Listens -  
1-833-681-0211**

While many of us have reached a point of pandemic fatigue, and are just now - numb, we still will have times of feeling angry, sad, afraid and perhaps



Call our support specialists for free confidential assistance.

WE PROVIDE:  
Information  
Education  
Emotional Support  
Links to Resources

CALL  
**Washington Listens**  
**1-833-681-0211**

Washington Listens is a new program to support people in the Puget Sound area during the COVID-19 pandemic.

overwhelmed. Designed for us Washingtonians, Washington Listens is a free, anonymous service. It's a partnership of several agencies from across the state to provide emotional support to individuals and families during these trying times. This program was created in response to the COVID-19 outbreak and offers information about resources in your community.

**If you or someone you know just wants someone to listen,  
call 1-833-681-0211**

**TRENDING HEALTHY TEST:** So, to learn more, I called 1-833-681-0211. Of course you will get the recorded message that, "if this is an emergency, dial 911". Then I was on hold for only a few seconds (violin music) and my call was taken by a very nice woman. She only wanted to know my zip code and age. She explained that they try to keep it as confidential as possible. I asked her what kind of help she offers. She said that she first asks to listen to the person's story. What is bothering them and if they have any needs.

She has at her fingertips a plethora of services that are offered to us Washingtonians, and for the area that we live in. She was so sweet and chatty. It was a nice call! I know that if I explained to her my **frustration** of grocery shopping with a mask, and trying unsuccessfully to open a plastic bag for my head of lettuce because I no longer can lick my thumb to pinch open the edges, she would probably agree with me and we would enjoy a good laugh together. Huh...I feel better just having shared that with YOU! Sometimes we just need to vent.

**If you or someone you know just wants someone to listen,  
call 1-833-681-0211**

THANK YOU, TRENDING HEALTHY  
READERS, FOR ALLOWING ME TO BRING A  
LITTLE INFORMATION YOUR WAY, ALONG  
WITH A FEW RECIPES.

**HAPPY NEW YEAR TO YOU AND  
YOUR FAMILY & FRIENDS!**

Warmly, Janis Housden  
Contracts and Program Manager, and Trending  
Healthy Editor  
Olympic Area Agency on Aging



**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**



Trivia Answers: 1. A Poet - Robert Burns. 2. True - according to statistics from the national insurance crime bureau. 3. False - The first New Year's celebration dates back 4,000 years! Julius Caesar was the first to declare Jan 1 a national holiday. 4. a. 45%. 5. d. 2nd week of January.



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