



Carrying On... Conversations

Ever wake up in the middle of the night thinking about something that you need to take care of? Like, OMG. I gotta get the Trending Healthy Newsletter done...!



"I just thought we should talk more."

During this 2:03 a.m. conversation with myself, I drew a blank at what the next "theme" should be, or what topics might be interesting and/or helpful. Some of us may feel that we need a break from discussing or hearing about the lingering pandemic mayhem. There's already so much information out there--what more could I add? And it's difficult, really, to keep on top of all the vaccine distribution information that practically changes daily.

So, I thought about some of the helpful articles from previous Trending Healthy issues, and how some information can easily dissipate from our thoughts as the months tick by. Maybe, there are some topics that we should continue to "carry on conversations" about.

Another spin to "carrying on conversations" might be "how" to have a difficult conversation; like about issues that older and aging adults might face. For instance, having to tell your parent(s) that it's time to stop driving, or that they may need some extra help in order for them to remain independent in their own home.

Also, given the recent elevation of addressing social isolation and its effects, like loneliness and depression, we could practice becoming more comfortable "carrying on conversations" about mental health. I still run into "stigma" around mental health illnesses--even in the language that some people still use. Why not address mental health problems with the same comfortable and caring compassion as we do physical health problems?



IN THIS ISSUE:

So awesome Trending Healthy readers, let's take a look at some tips for carrying on some of those "difficult" conversations, revisit some conversations sparked from previous TH issues, and stir up some new conversations. And for a sprinkling of recipes, how about something

RICE!

Let's welcome our newest Trending Healthy readers who joined us since February:

Welcome Corrine, Eva, Candice, Robert & Carol, Mary, Aubrey, Cindy, Melanie, Karin, Susan S., Katherine, Alyanna Marie, Susan L., Judy, Jackie, Kimberly, Tim, Barbara, Cyndi, James, Sharon, Ben, and Karen. And a special welcome to Lori Clary, the new Washington State DOH Older Adult Falls Prevention Specialist! Thank you so much for joining!

Billy Frank Jr. Day, March 9

Carry (Read) On!

In this issue :



- Tips For Difficult Conversations
- Care For Yourself as You Care for Others!
- Long-Haulers: Another Reason to Get Vaccinated
- Spring RICE Recipes
- Houseless Seniors
- Organizing Prescriptions!
- We Are Sharing Your Email Address with Online Marketers ;)
- Cooked Brown Rice - Recipe It UP!
- Nisqually Tribe Celebrate Billy Frank, Jr. Day
- Previous TH Conversations to Carry On!
- Rice 101 - Complete with Recipes!
- Parity in Mental Health Language
- HEY GARDENERS! Do this before you head outside...
- Check out previous Trending Healthy Issues
- Editor's Invitation

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**GOT VACCINE QUESTIONS ?
NEED ANY ASSISTANCE ??**

KNOW ANYONE WHO MIGHT ???

**Call us OR
share our contact information with someone**

who has questions!!!

**Please call our amazing Information & Assistance staff
at anyone of the offices below:**

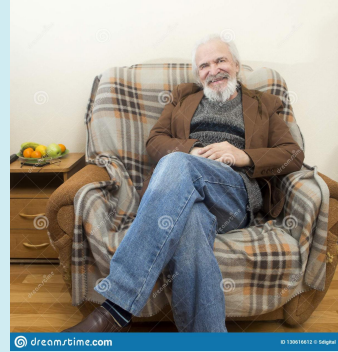
Clallam County: Forks Office (360) 374-9496,
Sequim Office (360) 452-3221

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

Visit our website: www.O3A.org



How can you approach a difficult conversation with an aging loved one?

There may come a time that you are faced with the need to have a "difficult conversation" with an aging loved one. It's easy to just avoid it or put it off until sometime later. However, postponing these difficult conversations could allow the problem to become worse. Addressing an issue with a family member can be stressful, but with the right tools and preparation, you can feel more confident about beginning the conversation. Check out these **10 Tips to Prepare for Difficult Conversations.** [CLICK HERE.](#)



Another resource to quickly scroll through to get some ideas on how to approach a difficult topic: **"Strategies to Make Tough Conversations More Effective"...**[CLICK HERE.](#)

Here's an article from the Working Daughter (caregiver) Website: **"How to Initiate Difficult Conversations with Your Aging Parents":** [CLICK HERE.](#)

What to Do When It's Time for Your Parents to Stop Driving. This article seems a bit technical and "efficient". Just remember some of the tips from above about "when" and "where" to have difficult conversations. And, it might help to have another family member with you. [CLICK HERE.](#)

I like this article in how it's presented when facing the "time to stop driving" conversation: [CLICK HERE.](#) *It sort of follows how my conversation went with my Mom. It wasn't easy, but we talked through it.*

"Few of us like to consider the fact that our parents will die, but nothing will change this truth. In actuality, avoiding end-of-life discussions and failing to help aging loved ones prepare for this inevitability can make the whole experience more difficult and painful for the entire family in the long run." Having **"The Talk: How to Discuss End-of-Life Issues with Parents"** [CLICK HERE.](#) This article also provides some other very useful tips and information.

While some groups are forming to talk positively about death, which may

not be for everyone, an article published on the Seattle Magazine website, "*Seattle, It's Time to Talk About Death*", discusses Death Cafe pop-ups which have "taken place in 52 countries worldwide". The article covers the topic very broadly and suggests **"there are lots of good reasons to talk about death, and not only because such discussion helps us prepare for the inevitable"**. (Advance directives, 5 wishes, etc.). It's a well-thought out and presented article, [CLICK HERE](#) to check it out if you want.

Sometimes it's hard to take the first step in a conversation, but, when you believe it's time to **talk to an older or aging relative about planning for their funeral**, "having this talk when your parents are younger and healthier keeps the focus on their legacy rather than their passing." Aging Care.com offers this information: [CLICK HERE](#).

Signs of Dementia. It's hard for adult children to watch parents decline in health as they age. It is even harder, for most of us, to talk with them about the changes we see. Here's an article with some examples of this tough topic, as well as **"six tips for talking with a loved one (scroll down a bit to get to the six tips):** [CLICK HERE](#). "People who suffer from Dementia or Alzheimer's often have trouble reasoning or expressing their thoughts and emotions making it difficult for them to communicate with others." Here are some tips for **having this type of conversation so that a loved one does not become frustrated or angered.** [CLICK HERE](#).

How about the conversation when you **begin to notice that your parent(s) are having difficulty with maintaining a house and/or other important daily living activities?** How do you have a conversation with them to suggest a Caregiver? Here's an article, **"7 Ways To Talk To Your Parents About Getting Help at Home"**. [CLICK HERE](#). This next article addresses, **"Five Approaches to Talking About Senior Care Services.** [CLICK HERE](#).

And, who might you call to learn more about what services are available for older adults and their caregivers? Why, us of course! **The Olympic Area Agency on Aging serves Older Adults and Caregivers in Clallam, Grays Harbor, Jefferson and Pacific Counties.** Visit us at www.O3A.org. (gosh. that sounds so....advertizie...);)

Don't Forget to Take Care of Yourself!!!

You may be familiar with the term, "The Sandwich Generation". These are adults who are caring for their parent(s) while still caring for their own family. The Northwest Primary Care website has some pretty interesting statistics around **"Health Care and the Sandwich Generation"**. The site states that, "the sandwich generation is a fast-growing group of individuals between the ages of 40-50 years old." And, it provides a very colorful & informative **"infographic"**! Check it out...[CLICK HERE](#).



Even if you are not caring for your own immediate family, caring for an older family member is quite stressful! Sometimes you need to read a little

something to remind yourself to: Take. Care. Of. Yourself. Keep these tips in mind from the Mayo Clinic: [CLICK HERE.](#)



STRESS BUSTING PROGRAM FOR FAMILY CAREGIVERS COMING SOON!

The Olympic Area Agency on Aging is super pleased to announce that we have contracted with Each Moments Counts, LLC, to offer the Stress Busting Program for Caregivers --- **online**, AND FOR FREE, thanks to federal funding from the Older Americans Act.

The **Stress Busting Program for Family Caregivers** is a multi-component program where two certified facilitators meet online with a small group of caregivers for about an hour a week, to address the emotional, physical, spiritual and cognitive needs of caregivers. Content includes the topics of:

- (1) stress and relaxation;
- (2) grief, loss, and depression;
- (3) dealing with challenging behaviors of people with dementia;
- (4) coping with stress;
- (5) positive thinking;
- (6) taking time for yourself; and
- (7) choosing a path of wellness.

Stress management techniques are taught including: relaxation breathing, meditation, imagery, art, music, journaling, and aromatherapy.

**We hope to announce the program dates
on our website beginning this Summer!**

In the meantime, if you care about a caregiver, or if you want to get your own name on a list for the first or second training, or have questions, don't wait to email Margaret at eachmomentcounts@outlook.com !!

AFTER RECOVERING FROM COVID-19 VIRUS - SYMPTOMS THAT WON'T GO AWAY!

There's still so much more to learn about the coronavirus. Countries, like ours, are busy just trying to get the vaccines out. The pressing priority is to attain a level of herd immunity so that we all can get back to freely enjoying our lives, with a low risk of getting or passing on COVID-19 and/or some other strain.



Some people who have had COVID-19 returned back to health.
Some have not.

People infected with COVID-19, many months later are still suffering some effects. "**A third of COVID Survivors Have Long-Haul Symptoms**", reports a HealthDay Reporter for webmd.com. **The report cites our own University of Washington researchers:** "fatigue, loss of smell or taste, and brain fog. If you contract coronavirus, there's a good chance you could experience a lingering effect." [Click here](#) to read this article.

The most common lingering symptoms are **fatigue, body aches, shortness of breath, difficulty concentrating, inability to exercise, headache, and difficulty sleeping.** "Since COVID-19 is a new disease that first appeared in December 2019, we have no information on long-term recovery rates", reports Dr. Anthony Komorooff, MD, Editor-in-Chief of the Harvard Health Letter, in the article "The tragedy of long COVID"...[Click here](#) to continue reading.

NBC News reported that "Long-term COVID can affect multiple organ systems, highlighting treatment challenges." [Click here](#) to read the March 22, 2021, article.

Since "Infographics" seem to be a popular thing right now, here's an infographic from the National Institute for Health Care Management (NIHCM), "**Aging & COVID-19: Vaccination, Mental and Physical Health, and Isolation**". LOTS of data. Check it out...[CLICK HERE.](#)

Spring Rice!

HA! I didn't have a clue that there were actually "Spring Rice" Recipes. I googled Spring Rice Recipes with hopes to find some healthy rice recipes using spring veggies or early crocuses and up pops a recipe for "Spring Rice"!



Here's a hearty Spring Fried Rice recipe from Healthier Steps. It calls for cooked brown rice. [CLICK HERE.](#)

This Spring Herb Rice recipe from Better Homes and Gardens sounds really fresh and flavorful! [CLICK HERE.](#)

I love anything with fresh cilantro. Here's an Herbed Spring Rice recipe, with 6 quick ingredient: rice, almonds, peas, asparagus, cilantro, and a squeeze of lemon! [CLICK HERE.](#) Save some leftovers for me. ;)

Houseless Seniors

The Washington State Department of Commerce published an online article,

August 7, 2020, "[A Growing Population: Houseless Seniors](#)". With the exponential cost of living and rising rents, "the number of houseless seniors is on the rise". Often, seniors experiencing homelessness have co-occurring challenges including chronic health conditions, mobility challenges, and cognitive and behavioral health challenges. As rental and housing prices

in our state climb dramatically, seniors on fixed incomes face immense risk of housing instability. "Further, once they do fall into crisis and homelessness, the system overall is under equipped to support them."



This Washington State website has **A LOT OF INFORMATION AROUND HOMELESSNESS** and other services, and also includes information about, "[Are you at risk of losing your home?](#)". Scroll through the resources...[click here](#).

Many of us should be proactive in our retirement planning. Have a conversation with loved ones to plan for their retirement as well. Research the resources available to you now--don't put this off.

- AARP Planning for Retirement - [click here](#)
- NerdWallet, intro and how-to guide - [click here](#)

Here's how you can learn more about "what Social Security can mean for your and your family's financial future." [Click here](#).

Got Lots of Prescriptions? Organization and Reminder tips:

Some of us have to take prescriptions on a daily basis. This article mainly discusses affordability issues, but also reports that: "More than half of adults 65 and older (54%) report taking four or more prescription drugs". [Click here](#).

It's important that we keep our prescriptions organized and develop a steady routine to take them as prescribed.



So, how about some ideas for reminders to take medications? Healthline reports on "6 of the Best Reminders for Your Medications". [Click here](#).

And, if you are into apps for your phone, check this out: "Best Medication Reminder Apps". [Click here](#).

As I travel along my own aging journey, slowly edging out beauty products in my bathroom mirror cabinet to make room for all of those little orange bottles, I like this tracking tool for prescriptions. It's something that I could

easily take to my doctor appointment for review. This is a free PDF you can download and print: [Click here.](#)

By the way! Please don't forget to safely dispose of any unused or unneeded prescriptions. Check with your local pharmacy. :)

We Are Sharing Your Email Address with Online Marketers!!!

Oh my gosh, just kidding. **April Fools!!**
Was that too mean? *Please don't unsubscribe...*



HERE'S SOME APRIL FOOLS TRIVIA:

(1) When was the last time Easter Sunday and April Fools Day occurred on the same day?

- a. 1945
- b. 1981
- c. 2003
- d. 2018

(2) Which HUGE technological innovation, launched on April 1, was once famously believed to be an April Fools Day prank?

- a. Microsoft Windows
- b. Gmail
- c. Bluetooth
- d. the world wide web

(3) Which restaurant chain fooled the public on April 1, 1998, with the introduction of a fictional sandwich specifically for left-handed people?

- a. Burger King
- b. Jack-in-the-Box
- c. McDonalds
- d. In-N-Out Burger

(4) In 2015, which automaker held an unbelievable "April Fools Day Special", offering that the first person who brought in the April Fool's Day Special coupon, could swap their old car straight across for a new car--which many believed was a prank, but wasn't?

- a. Subaru
- b. Volkswagen
- c. BMW
- d. Toyota

Many Fooled: On April 1, 1996, the Taco Bell restaurant chain placed a full-page advertisement in a number of leading newspapers, announcing that they had purchased the Liberty Bell, "to help with reducing the nation's debt", and

renamed it the "Taco Liberty Bell".

(5) As a prank in 2009, where did Expedia say travelers could go?

- a. Mars
- b. Orion's Belt
- c. Pluto
- d. The Moon

(6) According to tradition, what time should all pranks cease?

- a. 3pm
- b. Noon
- c. Sunset
- d. Midnight

I hope this was fun! Find the answers at the bottom of this newsletter!

Brown Rice Salad

Precook and refrigerate Brown Rice, then:

Recipe It UP!

"Mediterranean" or "Mexican" or "Indian" style - check it all out! [CLICK HERE.](#)



Billy Frank Jr.

Born: March 9, 1931 Died: May 5, 2014

If you live in Washington state, and you do not know who Billy Frank Jr. is, as I did not, then I ask you to please take a moment to watch this very thoughtful tribute to this wonderful Native American who spent his life as a champion of tribal sovereignty, treaty rights and natural resources here in the Pacific Northwest. [Click Here.](#)



The State of Washington gave Mr. Frank a Medal of Merit to honor his lifetime achievement of service to all Washingtonians. Mr. Frank received numerous awards, including the Albert Schweitzer Prize for Humanitarianism. He was a Member of Board of Trustees for Evergreen State College, and the founding Board Member of "Salmon Defense" whose mission is to "protect and defend Pacific Northwest salmon and salmon habitat". To learn more about Mr. Frank, [click here.](#)

"I don't believe in magic. I believe in the sun and the stars, the water, the tides, the floods, the owls, the hawks flying, the river running, the wind talking. They're measurements. They tell us how healthy things are". Billy Frank Jr.

Conversations to Carry On

Has this ever happened to you? You attend a training, webinar, or you read something that is interesting and important to you, but as the days tick by and then turn into months, you think to yourself, "*sooo...what was my takeaway from that information?*"---*if you even think about it again at all?*



Here's where I'm going with this:

For example, in the September 2020 Trending Healthy issue, we shared a ton of information about how serious of a health concern that "falling" was. We shared that in fact, "**falls have become epidemic in America and are now the leading cause of death due to injury for those over 65, and account for 40% of all nursing home admissions**". Egads! Now, I don't expect you to remember those statistics, but I DO hope you will carry on the conversation with yourself or others that **Falls can be preventable!** Here's one of the links I provided, "9 Ways to Prevent Falling at Home". [CLICK HERE.](#)

In the October 2020 Trending Healthy issue, we took an in-depth look at "attitudes about getting older". We defined and discussed examples of "Agism", and discovered that [our attitudes about aging can affect how we age!](#) Here's the article that explains what you internalize matters...[CLICK HERE.](#)

In the February 2021 Trending Healthy issue, we defined "**Resiliency**". Resiliency helps us get through and overcome hardships and ongoing crises -- like this freaking pandemic. But **resilience is not something we are born with--it's built over time and is unique to each one of us**. This is an [excellent resource](#) to visit if you did not in February. Here's an article on what it means to be resilient...[CLICK HERE.](#)

[Be mindful of your thoughts, they become your words.](#)

[Be mindful of your words, they become your actions.](#)

[Be mindful of your actions, they become your habits.](#)

[Be mindful of your habits, they become your character.](#)

[Be mindful of your character, it becomes your destiny.](#)

So, dearest Trending Healthy readers, don't be surprised if I continue to remind you in future issues not to forget what we have already discussed and to please "**carry on the conversations**"! I might even challenge you all to a "pop quiz"! *That is...of course...that as the days tick by until the next issue I don't forget this conversation. ;)*

Rice 101 and Recipes

HA! Again surprised. I must not get out much. This website, "Cooking with Siddhi" is pretty cool.

I didn't know that there are SO MANY different types of rice: brown, white, parboiled, red, black, palakkadan matta (*I could have misspelled that and you'd never know*), basmati, sticky...

If you like rice, you gotta check out this website! **Learn about the nutritious content and health benefits**, along with some really yummy looking recipes! [**CLICK HERE**](#). Kate D.! Let me know if you try one of these! ;)



Crazy, Psycho, Mental, Schizo, Nuts, Loonie, Disturbed, Screw Loose...

Many of us have moved away from stigmatizing language, but some have not.



Changing the language we use when we talk about people suffering from mental illnesses has yet to mature. For example, here is an article that discusses why we are still learning how to correct our language. "Generations of people have grown up in societies that found terms like 'psycho', 'schizo', 'loonie', and 'crazy' perfectly acceptable...[**CLICK HERE**](#) to continue reading how stigma has permeated our language.

One of the reasons why I would like to offer this gentle reminder about the language we might accidentally use in conversations---which reinforces stigma around mental health problems---is that **"stigma creates a barrier from people seeking treatment"**.

People feel embarrassed to seek the help they need. "*We now have clear evidence that stigma has a toxic effect by preventing people seeking help...*[**click here**](#) to continue reading, "[**Stigma Still a Major Hurdle in Getting People the Mental Health Care They Need**](#)" published on the Healthline website.

Addressing stigma is especially critical during a time when so many older adults find themselves isolated and feeling depressed. In the following article, "[**How Untreated Depression Can Negatively Impact Your Health**](#)", a person's mood is not the only thing untreated depression can impact...[**CLICK HERE**](#) for more information.

The truth is, dear Trending Healthy readers, that I could find hundreds of professional and researched articles to support this argument that stigma still exists, and it's harmful.

One thing we all can do is to continue conversations about stigma and gently help one another to change our language. Our words matter!

Be the change. Here are some tips on preferred language, [click here](#). And, here's a resource for "How to Talk About Mental Health". [Click here](#).

Attention All Gardeners!

I suppose I got a bit too excited during the most recent blue-sky weekends to get out out of the house and start pulling at weeds and digging around in the yard. Whoa..I sure felt it in my muscles over the next couple of days.

Here's a great article with pictures to "*Improve your gardening: 8 best stretches to keep you pruning for longer!*" [CLICK HERE](#).

You'll love the gardening boots in this next article, "*5 Simple Stretches to Get You Ready to Garden*". [CLICK HERE](#).

And, like, not to get too personal? But, after a long winter of staying in the house and working puzzles and reading books? there's at least ONE of these stretches that's gonna take me a little while for it to look like it does in the picture (*bending over and touching the grass*). I think I'll just start the stretch by bending over and touching my wheelbarrow... hee hee. ;) Peace, Love, and Stretching Before Gardening!!



In Between Books?

Please feel free to visit any previous Trending Healthy issues! If not for the helpful healthy tips, then for the recipes! ;) [CLICK HERE!](#)

Trending Healthy SPECIAL ISSUE
Serving Clallam, Jefferson, Grays Harbor & Pacific Counties

STUCK AT HOME!
The laundry is caught up, books are read, light bulbs dated, the puzzle is complete, NOW WHAT!

Take a look...

- In this issue:
- Coping at Home!
- A Senior Center Without Walls??
- 211 is keeping up-to-date!
- Let's Go to the Museum!
- What's PPE and how can I help?
- Editor's Invitation...

Do you wonder what services are available for Older Adults and Caregivers? You should call us! While our offices are closed to the public so we can keep you and our employees safe, staff are still available to take your calls! 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) 924-0501
Jefferson County: Port Townsend Office (360) 385-0552
Pacific County: Long Beach (360) 642-3634, Raymond (360) 942-2177
Or visit our website: www.O3A.org

Coping While Stuck at Home.
I encourage us all to take a few minutes for a quick look at some of the basic information about "coping in isolation" since everyone reacts differently to stressful situations. One thing to do is to TAKE REGULAR BREAKS from the (over)

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**. I would love to hear from you!

You can reach me at janis.housden@dshs.wa.gov.

Peace, Love, and Keep the Conversations Going, Janis M. Housden

TRIVIA ANSWERS: 1. d-2018 2. b-Gmail 3. a. Burger King, "The Left-Handed Whopper" 4. c. BMW - the woman who responded traded her old Nissan straight across for a new BMW 5. a. Mars "\$99 - "book now and save 3 trillion dollars" 6. b-Noon.



www.o3a.org