



Olympic Area  
Agency on Aging  
Grays Harbor, Pacific,  
Clallam & Jefferson  
Counties

## Trending Healthy February 2021



### Chasing After a Moving (mutating) Target

*Destination: Herd Immunity, Population - Everyone. In the whiniest voice ever, "are we there yet?"*



The beginning of February finds us still driving towards the end of this pandemic, stuck behind the steering wheel facing down what seems to be an endless stretch of roadway. We are navigating around vaccine distribution delays, wondering when it's our turn, and waiting lines to finally get the shot---while still masking up and not gathering for anything. We are trying desperately to put the pandemic in our rear view mirror so we can move forward with living our lives. Okay...enough with metaphor already.

It's just that this pandemic has been a huge test of our abilities to cope with such a long, drawn-out crisis. We were warned that these few months leading into 2021 might be some of the most challenging yet. I know that many of us just want this to be over and we want to get back to something that resembles "normal". It's *such* an exhausting road trip. (Heavy sigh here.)

However, right now? This day? Let's all just take a deep breathe in...and exhale slowly. Take a minute for yourself to recognize that you have made it this far---you have attained some "resiliency".

We may not like the changes that we've had to make. Change is hard, but we've done it. We are accustomed now to wearing masks, we are mindful of social distancing, and we have found alternatives to social gatherings. We have remembered to find grace and gratefulness for what we do have, and to keep those who have lost *so much more*, in our thoughts and prayers.

So, good job everyone for hanging in there. Give yourself some credit for adjusting and adapting in this long fight against the pandemic. We will win.

**IN THIS ISSUE,** let's take a closer look at vaccine distribution information, Resiliency, perhaps learn a little about coronavirus variants, and hear about a new program our agency is supporting called "Social Call"!

AND, how about considering some heart-healthy recipes for Valentine's Day!

I'd like to welcome our newest Trending Healthy readers who joined our reading group since January:

Welcome Patricia, Lizbeth, Casey, Melissa, Reta, Deijah, Don, Cassandra, Donna, Victoria, Kari, Rebecca, and Barbara! ; )

Text A LOT of people a hug for **Valentines Day**, try a new Heart Healthy recipe this month, and Read On!

<--hug-->

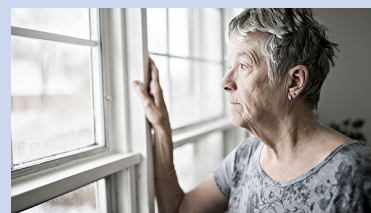
## In this issue :

- How To Get Notified When You Are Eligible to Get the Vaccine..*phases, tiers, and so much more...*
- What is Resilience?
- COVID-19 Variants-what is known so far...
- **Heart Healthy Recipe #1**
- Testimonials After Getting the COVID-19 Vaccine
- Valentine's Dinner at Home? Here's 40 Ideas!
- Getting Lost in a Book is Good for You!
- ATTN GRAYS HARBOR - O3A Advisory Council Volunteers Needed
- **Heart Healthy Recipe #2**
- How You Can Affect Herd Immunity
- Why We Still Need to Mask Up After the Vaccine
- **Trending Healthy SPOTLIGHT: Social Call**
- Puzzling for our Health?
- **Heart Healthy Recipe #3**
- A Story of Adopting a Dog
- Please Don't Pass the Salt???
- Pets Help Our Hearts!!!
- **HEART TRIVIA!**
- **Heart Healthy Recipe #4**
- Editor's Invitation - Got Ideas?





**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)

**Washington State, Department of Health -  
CAN NOTIFY YOU!**



Want to get an email or text message when you are eligible to get the vaccine?

THEN, check out DOH's "Vaccine Phase Finder". It's simply a series of easy questions that you can quickly click through. After you complete the questions (*it only took me a minute*), it tells you whether or not you qualify for the Phase/Tier that the vaccine is available for. If not, then it asks if you would like to be notified when you do. I simply entered my name and mobile number. *This Washington State site IS HIPAA protected.* [Click here.](#)

**---> This website also keeps you up-to-date with:**

- The Current Phase and Tier of the Vaccine Distribution
- When and Where You Can Get the Vaccine
- How Do I Know the Vaccine is Safe and Effective?
- Vaccination Progress Dashboard and Data
- How Does the Vaccine Work?
- Vaccine Distribution Plan
- And, Answers to Frequently Asked Questions

**What is Resiliency, exactly?**

Resilience helps us get through and overcome hardships. But resilience is not something we're born with--it's built over time, and, it's unique to each individual.

The first step is to be mindful of your own symptoms of stress. It's different for everyone. Just don't ignore it. Become aware of the information or tools (e.g. meditation, exercise, a new hobby) that are out there to help you manage the feelings you have. This helps you to build resiliency!!!



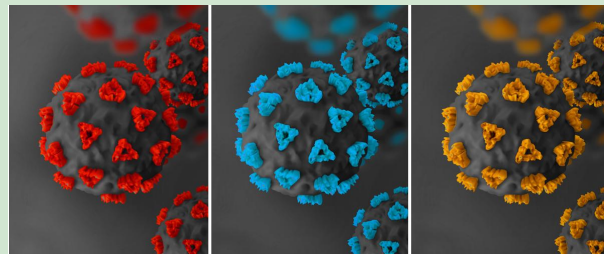
In my research, I found this excellent resource:

*Everyday Health's* website has very comprehensive information about Resilience, "What is Resilience? Your Guide to Facing Life's Challenges, Adversities, and Crises". What does it mean to be resilient? Are you resilient enough? [Click here to read more.](#) **If not for yourself, then to help a loved one.**

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## COVID-19 Variants

First, what's a variant? What's a strain? What's a mutation? In an article published 1/30/2021, OPB reports that just as the vaccines are rolling out, so are newer versions of the COVID-19 virus. The information about variants seems to be changing and is updated every day. This is a pretty technical article, but, it might help us understand these differences. [Click here](#) OPB's article.



Next, the Mayo Clinic discusses the three new COVID-19 variants. It's a short three paragraphs and **ends up telling us to keep following the precautions for avoiding infection as with the COVID-19 virus.** [Click here](#) to read about the three variants identified so far.

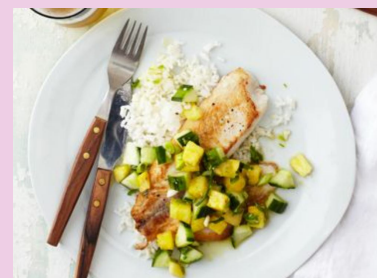
Lastly, the Centers for Disease Control and Prevention (CDC), in their 1/28/2021 updated article state, "Scientists are working to learn more about these variants to better understand how easily they might be transmitted and the effectiveness of currently authorized vaccines against them. New information about the virologic, epidemiologic, and clinical characteristics of these variants is rapidly emerging". [Click here](#) for the full coverage of the three variants.

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## HEART HEALTHY RECIPE #1:

**Seared Tilapia with Pineapple and Cucumber...**...doesn't this just sound light, fresh, and flavorful?!!!

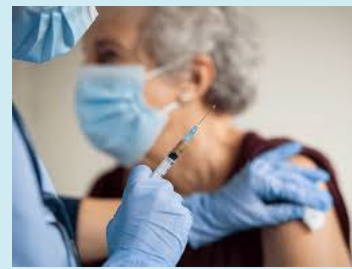
[Click here](#) for the recipe!





## "Here's How It Really Feels After Getting the COVID-19 Vaccine"

The Huffpost website shares testimonials from folks who got their shots, and the physical and emotional effects they experienced. [click here](#).



**Helpful Tips AFTER Getting the Vaccine:** The Centers for Disease Control and Prevention (CDC) offers this: [click here](#)

## Valentine's Dinner Ideas for a Cozy, Romantic Night In!

You may be thinking this: "I'd rather have a night OUT, thank you very much!" But, we still need to play it safe.

Although the article below begins with "skip the stress of a dinner reservation", I'm sure that there are many struggling restaurants near you who would LOVE to take your order for "pick up"!



But, in case you want to make a special dinner yourself, check out all 40 of these ideas! [Click here](#).

Lemon Garlic Shrimp, Tuscan Chicken Pasta, Crab Alfredo... *I want to try them all...like right now.*

## "5 Science-Backed Reasons 'Getting Lost in a Book' is Good for You!"

Remember reading a book and simply "getting lost" in the story? Not only is reading good for keeping our cognitive skills sharp, but it also helps with...[click here](#) to read the "5 benefits of reading a good novel backed by science".



Check out how to access your local library during this pandemic:

Clallam:  
<https://www.nols.org/covid-19/>

Jefferson:  
<https://jclibrary.info/2020/11/01/curbside-service-begins-june-23/>  
<https://ptpubliclibrary.org/library/page/curbside-services>

Grays Harbor and Pacific:  
<https://www.trl.org/plan>

Editor's note: I've been reserving books online from the Jefferson County

Library in Port Hadlock. It works out pretty well: Once I reserve a book online, I get a text that my book is available for pick-up. I arrive at the Library, park my truck, and call the number posted on the parking lot sign. A masked staff person walks out to my parking space, reaches through the rolled down passenger window, and sets the book on the passenger seat with a gloved hand. So many books. So little time. Wait...I do have time.

## HEART HEALTHY RECIPE #2:

Check out this delicious and satisfying **heart healthy lentil soup** recipe! Mmmmm...[click here](#). This vegan recipe uses mock chicken broth powder.



## Olympic Area Agency on Aging is looking for...

...volunteers to represent Grays Harbor County on the Olympic Area Agency on Aging's Advisory Council. Our agency coordinates aging & long-term care services for seniors & adults with disabilities in Clallam/Jefferson/Grays Harbor/Pacific. AC members participate in legislative advocacy for funding and programs, review program allocations, etc. Contact Ingrid, 360-379-5064, [ingrid.henden@dshs.wa.gov](mailto:ingrid.henden@dshs.wa.gov) for more information.

Meetings held on 3<sup>rd</sup> Tuesday of each month via Zoom or in Shelton if in-person; mileage reimbursed & lunch included for in-person meetings. To learn more about O3A, please visit our website: [www.O3A.org](http://www.O3A.org)



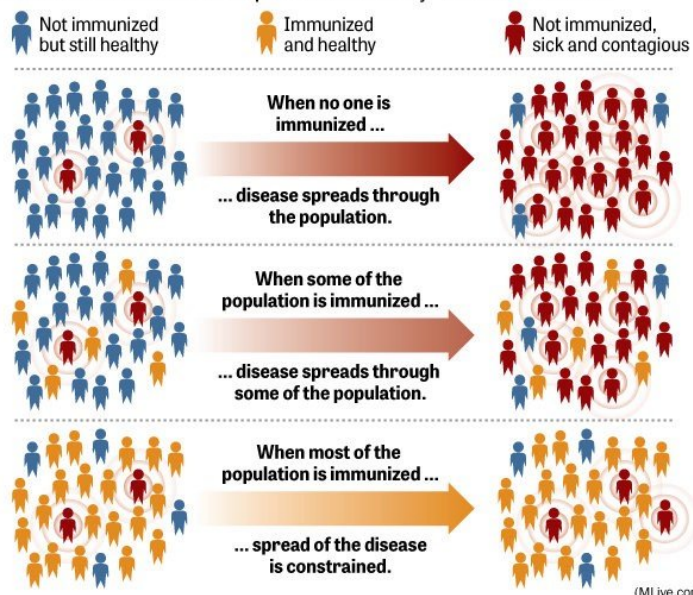
## Your Roll in Herd Immunity.

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](#).

### WHY DOES MY CHOICE MATTER TO OTHERS?

It matters because of the concept of "herd immunity." Here's how it works:



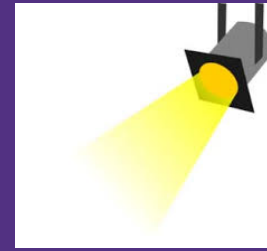
Now that that vaccine is available, when might we achieve "herd



**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.](#)**

**"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



### The Importance of Social Interaction

"As humans, social interaction is essential to every aspect of our health. Research shows that having a strong network of support or strong community bonds fosters both ...". [click here](#) to continue reading this article, "*Why Being Social is Good for You*", published by experts, South University.

Other information out there emphasizes that engaging socially is one of the best ways to cope and manage with the stressors caused by the pandemic.

### ~Social Call~

The Olympic Area Agency on Aging is launching its support of a program called "Social Call". Social Call has been around for a number of years, but it's more helpful now to help address social isolation. It's really a fun program!

Social Call staff thoughtfully match volunteers and older adults "one-on-one" for weekly phone or video visits swapping stories, listening, and connecting.

Share stories about grandkids, fun hobbies, or chat about your favorite books or news item! Share this number with someone you know who might have fun with this service: 1-877-797-7299. Enjoy having a good visit with someone!

### Health Benefits of "Puzzling"

South Mountain Memory Care shares this about doing jigsaw puzzles: "Wrestling yourself away from screens, devices, even the television can be a nearly impossible task, but it's vital to our mental and even physical health."



Here are 7 benefits of "puzzling" that might surprise you! [Click here.](#)

Even the HuffPost is on board with working Jigsaw Puzzles! HuffPost reports "As people practice social distancing at home amid the pandemic, many have picked up new hobbies like tie-dyeing, baking banana bread and learning TikTok dances. **Another increasingly popular pastime: doing jigsaw**

puzzles"...[click here](#).

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### HEART HEALTHY RECIPE #3:

For lunch or dinner: **Homemade Chicken Tenders with Everything Bagel Seasoning over Salad.** Wow, that's a lot to write on a recipe card. [Click here](#) for this delicious recipe!



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### "I Adopted A Dog To Feel Less Alone During COVID-19. He Ended Up Changing My Life."

Have you thought about becoming a pet owner? Tracy Strauss, a guest writer for HuffPost, writes about what it's like to adopt a dog, all the good and the "challenges", and so much more. This is a heart-felt story that many pet owners can relate to, [click here](#).



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### Please Don't Pass the Salt?

Reducing salt in our diets. So, what happens to your body when you cut back on salt? In my research, I ran across this article from September 29, 2020, from "The Healthy.com" website.



"Reducing sodium in your diet can improve your health--but it may also have some effects you wouldn't expect. [Click here](#) to read "15 Things That Happen to Your Body When You Cut Back On Salt".

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### "Having a dog can help your heart - literally"

The following article in Harvard Health explains that "this does not mean that there is a clear cause and effect relationship between the two. But it does mean that pet ownership can be a reasonable part of any overall strategy to lower the risk of heart disease." Studies have shown that dog owners have...[click here](#) to continue reading the interesting article.



Well, "owning a cat can also help to relieve stress and improve your heart health", as well! This article states that "most cats love to curl up in your lap at the end of a long day while you watch television or read a book. The simplicity of this act can cause an automatic release of... [click here](#) to finish this article.

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**HEART TRIVIA!!!**



1. Your heart pumps about how many GALLONS of blood every day:

- a. 800 gallons
- b. 1280 gallons
- c. 2000 gallons
- d. 2600 gallons

2. The electrical system that controls the rhythm of your heart is called the:

- a. cardiac conveyance system
- b. cardiac conduction system
- c. cardiac flow system
- d. cardiac rate system

3. The first U.S. open-heart surgery occurred in:

- a. 1893
- b. 1745
- c. 1902
- d. 1815

4. The earliest known case of heart disease was identified in the remains of a 3,500 year old Egyptian mummy. True or False?

5. The first implantable pacemaker was used in:

- a. 1958
- b. 1963
- c. 1965
- d. 1971

6. Laughing is good for your heart. It reduces stress and gives a boost to your immune system. True or False?

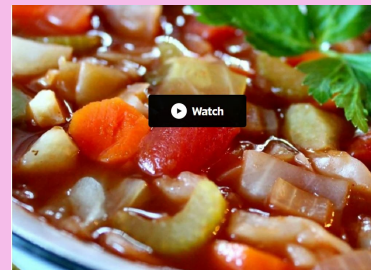
You can find the answers at the bottom of the newsletter. ; )



#### HEART HEALTHY RECIPE #4:

##### Cabbage (and more) Soup

Warm up with this healthy cabbage soup on a wet and rainy day. [Click here](#) for the allrecipes recipe! You can also just follow the video. ; )



**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](mailto:janis.housden@dshs.wa.gov).  
Peace, Love, and Aging Gracefully, Janis M. Housden

Trivia Answers: 1. c. 2000 gallons. 2. b. cardiac conduction systems. 3. a. 1893. 4. True! 5. a. 1958 6. True! Trivia questions were extracted from healthline.com.



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