



Casually Getting Serious... About Our Own Self-Care and Health!



Hi! Let's start off with a fun exercise:

Raise your hand if you are willing to help someone you know because they: are not feeling well, suffered an injury, suddenly find themselves alone, lost a pet, need a few things from the grocery store, are experiencing some sadness, just need a friend?

WOW...that's quite a sea of hands! (*Well, there are over 800 of you.*) Thanks everyone! You may lower your hands now.

How thoughtful of you who have the compassion in your heart to want to help others. I'm sending you all a 'hug' for your thoughtfulness and kindness. ;)

However, (*Okay...here we go, buckle up.*) are you just as willing to help yourself in the same manner??? Now raise your hand if you provide yourself with that same level of care, compassion and attention. *Hmmm...not as many hands as before.* So, do you find it easier to take care of others and not yourself? Well, you are not alone.

Let's get to the point: For some of us, we need to amplify our awareness of taking care of ourselves--just as we like to take care of others. Now, I'd like to say Get To Work on this, but, it doesn't really have feel like "work" or be that hard! **Taking care of ourselves can be easy and fun!** Read along while I unpack some ideas throughout this issue. Don't skip over this...**it's time for you to casually get serious about your own self-care and health!**

"Be there for others, but never leave yourself behind." - Dodinsky,
In the Garden of Thoughts.

IN THIS ISSUE:

We'll explore how improving and maintaining our physical and mental health self-care can be simple and FUN! Let's also look at some very important issues that we should be aware of (and have the personal power to change.) Of course, we'll have some fun along the way, and how about some....Recipes! I'm thinking it's too hot to cook!



Hey! Let's welcome our newest Trending Healthy readers who joined our reading group since July:

~*Welcome*~ Evana P., Ann P-C., Kathy S., Gina W., Helen S., Betty M., Karen H., Susan K., Lietta R., Robby R., Rebecca C., Sharon M. Thank you for signing up! *We appreciate you and welcome you to our reading group!!!*

Casually Get Serious and Read On!

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**Do you wonder what services are available
for Older Adults and Caregivers?
You should call us!**

OUR OFFICES ARE OPEN!

The Olympic Area Agency on Aging (O3A) serves as a safe entry point for information and assistance for seniors and adults with disabilities in Clallam, Grays Harbor, Jefferson and Pacific Counties. We can help you explore your options, answer your questions (or find the answers!), and help link you to the right services.



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

Jot These Down: Self-Care Quotes That Will Make You Feel Good About Loving and Caring for Yourself!

So, you probably thought you were in for a plethora of scholarly article references and website links about caring for yourself. HA...gotcha! Let's have some FUN reading some great self-care Quotes! Click on this link to take you to some funny self-care quotes, self-care quotes for Moms, and so much more! Post'em on your Facebook, send them in a "I'm thinking of you" card to a friend, or Jot them down on a sticky note for yourself: Here's just a few:



- "Self-care has become a new priority - the revelation that it's perfectly permissible to listen to your body and do what it needs."
- "Lighten up on yourself. No one is perfect. Gently accept your humanness."
- "Take care of your body. It's the only place you have to live."
- "Those who have no time for bodily exercise will sooner or later have to find time for illness."
- "Almost everything will work again if you unplug it for a few minutes, including you."

The Million-Dollar Question

"What does it mean to take care of yourself?"

Taking care of yourself is simply realizing that you're also important. It means not to unnecessarily and constantly ignore your needs and the things that make you feel good. It can be best described as helping others by helping yourself first. It means prioritizing your happiness and fulfillment without infringing on others. **CLICK HERE to skim through some Common Misconceptions, How to Care for Yourself (you may 'think' you know), and some Final Thoughts about your own self-care. Come on...you owe it to yourself to read this. It's QUICK and easy!**



Also, click below for:

- **The 5-Step Guide for Self Care for Busy People**
- **12 Powerful Self-Care Tools That You Can't Live Without**

Having Some Fun is an Essential Part of Self-Care

The old adage that “Laughter is the best medicine” isn’t just a popular saying. It’s actually **rooted in fact**. Research indicates that (*You: ohhhh great, here she goes with all that scholarly stuff...*) **laughter**

releases tension, reduces stress, stimulates important organs, boosts your immune system, improves your mood, and can even help alleviate pain. Make sure it’s part of your life on a regular basis.



Get Together with Family or Friends...

...and just Color, Paint Rocks, or Play Games! **We are NEVER to old for this stuff!** Serve up some healthy snacks and beverages, and let the fun & laughs care for YOU!

Click on the following:

- **Coloring Books for Seniors: 5 Benefits and 4 Recommendations**
- **Rock Art 101 (paint some self-care quotes and give to your friends OR leave them along your favorite walking trail!)**
- **80 Top Games - Fun for All Abilities!!!** Omgosh, I love this website: Puzzle, tile, board games; Video games; CARD GAMES; Dice Games, Word and Number games, and more!
- **Funny and Cute Senior Jokes!** Editor's caution: *These are a bit salty, and smack of ageism. Just be prepared that you'll find yourself chuckling. ;)*

It's Too Hot To Cook Recipe #1

Heirloom Caprese Salad with Herb Oil

Ooooh...look at all those colors. Only 6 ingredients! When I give this recipe a try, I'll probably add an extra tablespoon of Pine Nuts. YUM! [CLICK HERE](#) for this Fab Recipe sure to dazzle your eyes and get your tastebuds dancing! (This recipe includes nutritional facts.)



SEENAGER (Senior Teenager): "I have everything that I wanted as a teenager, only 50 years later:"

- I don't have to go to work or school
- I get an allowance every month
- I have my own place
- I don't have a curfew
- I have a driver's license and my own car
- And I don't have acne



Far Out, Man! (tee hee hee)

Self-Care Can Be as EASY as Taking a **WALK!**

Mix it up a bit and have an adventure of exploring that state or county park you've driven past a hundred times!



Next time you need to run errands, plan to leave your house about 20 minutes early. Stop by some place new, walk around and just explore. Have fun!

"Walking can be as good as a workout, if not better than running...[click here to read the NBC news health article.](#)

Editor's note: So, if you Google "walking is a simple and great exercise" you will get about 204,000,000 results. I'll spare you. You're welcome. ;)

My point here is: taking care of yourself can be as simple as going for a casual walk. Make it adventurous and FUN!

CLICK ON ANY OF THE FOLLOWING:

TOP TEN DAY HIKES (aka walking) ON THE OLYMPIC PENINSULA

STATE PARKS in the OLYMPIC AND KITSAP PENINSULAS

[Clallam County Parks](#)

[Grays Harbor Parks](#)

[Jefferson County Parks](#)

[Pacific County Parks](#)

Say, ever consider Walking Poles? This short Mayo clinic article explains the benefits, [click here.](#)

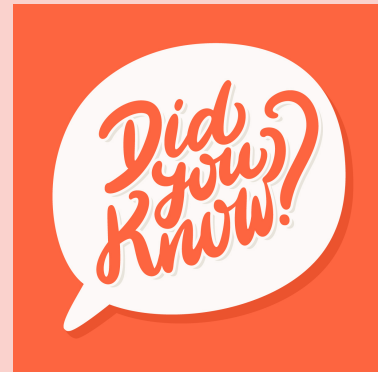
Click on any of the following:

- [Best Walking Sticks and Hiking Poles for Seniors](#)
- [Best Trekking Poles for 2021 \(not an ad, nytimes article\)](#)
- [How to Choose the Best Trekking Poles for Seniors](#)

Walking poles work your arms, shoulders, chest and upper back muscles through a functional range of motion as you walk — which can help you turn your daily walk into a full-body workout. This activity is sometimes called Nordic walking.

Well, since you are not Walking right at this minute, how about some WALKING FACTS:

The longest walk around the world was completed by a former neon-sign salesman, Jean Beliveau. He walked 46,600 miles around 64 countries. The trip took him 11 years.



To burn off one plain M&M candy, a person would need to walk the entire length of a football field. *(Well, I've certainly got some walking to do...tee hee hee.)*

Given that the world is about 25,000 miles in circumference and that the average walking rate is 3 miles per hour, it would take a person walking nonstop approximately 347 days to walk around the world.

Experts suggest walking 6,000 steps a day to improve health and 10,000 steps a day to lose weight.

A 2000 study reported that walking regularly (three times or more a week for half an hour or more) saves \$330 a year in health care costs.

Walking is also known as ambulation. The term “walk” is from the Old

English *wealcan*, or "to roll". (Hmm... "walk and roll")

A typical pair of tennis shoes will last 500 miles of walking.

My grandmother started walking five miles a day when she was sixty. She's ninety-seven now, and we don't know where the heck she is.- Ellen DeGeneres

It's Too Hot To Cook Recipe #2

Fresh Shrimp and Avocado Nachos

Fun and tasty for the whole family! [Click here](#) for the recipe.

Nutrition Facts

1 serving: 264 calories, 16g fat (3g saturated fat), 72mg cholesterol, 542mg sodium, 20g carbohydrate (3g sugars, 3g fiber), 12g protein.



Some Evictions Can Resume in Washington Under New State Guidance

After a yearlong moratorium that limited evictions on an unprecedented scale, more evictions are set to resume across Washington in coming weeks.

Gov. Jay Inslee released details in July of what he calls a “**bridge**” **eviction policy** as the state **emerges from the height of the pandemic**. The governor’s proclamation will still limit evictions for unpaid rent, but will allow some evictions for other reasons.

That opens the door for landlords to seek to remove tenants for lease violations, nuisances and other issues.

The new policy marks a significant shift from the moratorium, which banned evictions statewide except in cases of immediate safety risk or when landlords wanted to sell or move into the property.

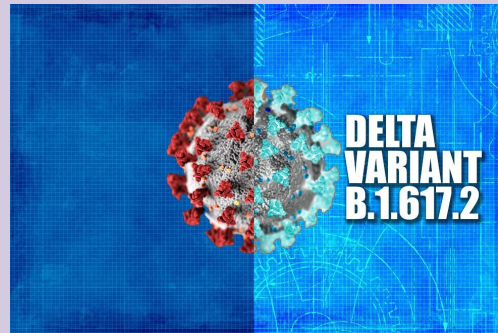
Make sure folks now about this resource: (Thanks, Janet!)

"Washington Law Help has updated information on eviction laws and how to get help for people facing eviction. Visit "Facing Eviction? Get Help!" **CLICK HERE** (*Espanol and other languages available*) to find help in your county or call 1-855-657-8387, the Eviction Defense Screening Line. Interpreters available.

ALSO: Here's a resource from the Consumer Financial Protection Bureau for "Help for Homeowners and Renters during the Coronavirus National Emergency"....**Click here.**



The **COVID Delta variant** is more contagious and causes more severe disease among **people who are not vaccinated**. As of July 2021, "The Delta variant is now responsible for 83% of COVID-19 cases in the U.S. according to the nation's top health officials."



Here's the July 28, 2021, National Council on Aging Report, "The Best Way to Protect Yourself Against the Delta Variant". [Click Here to read the report](#). Or, in sum: Get Vaccinated.

CDC Panel Recommends 3rd Vaccine Dose For Immunocompromised People. [Click here](#).

"Unvaccinated People Are Increasing the Chances for More Coronavirus Variants." This explains how it happens: [Click Here](#).

- Experts say the number of unvaccinated people in the United States is a key reason coronavirus variants are emerging.
- They explain that the virus replicates quicker in unvaccinated people, increasing the chance of mutations.
- They're concerned that new COVID-19 cases will continue to rise as variants spread and people still refuse to get vaccinated.

"Chances are, the coronavirus variant known as **Epsilon** might not be on your radar, but scientists sure are watching it. First discovered in California last December, it's now spreading in Pakistan." It's still early, but "early lab studies have shown that the Epsilon and Lambda variants have developed a resistance to vaccines." [Click here](#).

July 30, 2021: WebMD published this report citing CDC Director Rochelle Walensky, MD, ""For the amount of virus circulating in this country right now largely among unvaccinated people, the largest concern that we in public health and science are worried about is that the virus...[becomes] a very transmissible virus that has the potential to evade our **vaccines** in terms of how it protects us from severe disease and death," Walensky told reporters on Tuesday. A new, more elusive variant could be "just a few mutations away," she said. [Click here](#).

Quick stat: Clallam County COVID Briefing from 8/13/2021 reported 1,938 cases...90% of the cases are unvaccinated.

Inslee, GET VACCINATED!

Driving home the importance of getting vaccinated, Gov Inslee

announced this as "a requirement for most state workers, and on-site contractors and volunteers to be vaccinated against COVID-19 as a condition of employment. State employees and workers in private health care and long-term care settings will have until October 18 to be fully vaccinated.



This is why:

"It is the mission of public servants and those providing health care to serve our fellow Washingtonians. These workers live in every community in our state, working together and with the public every day to deliver services," Inslee said. "We have a duty to protect them from the virus, they have the right to be protected, and the communities they serve and live in deserve protection as well."

It's Too Hot To Cook Recipe #3

Avocado and Lump Crab Salad

How does this always happen? I'm so close to lunch and I have to look at these delicious, MOUTH WATERING recipes! I'm tellin ya: It's. So. Hard. But, Trending Healthy Readers, *you are so worth it*:



This is really simple, and the fresh lime juice and fresh cilantro will more than likely push this recipe over the edge of deliciousness. Email me if you have leftovers. I can do a pick up. [CLICK HERE](#) for the recipe. ENJOY! janis.housden@dshs.wa.gov. ;) tee hee hee

Social Isolation **ALERT!** Keep a watch out for this!

I've covered Social Isolation in past issues. I doubt anyone is going to tell you, "I feel isolated and lonely".

And, what if YOU are feeling lonely and/or isolated?

FACT: loneliness can exacerbate health problems and lead to major depression.

Hot off the Press: "Addressing Social Isolation in Washington State". Download this resource paper at : [Click here](#). Social Isolation is being taken *very seriously* by the Washington State DSHS Aging and Long-Term Support



WE ALL CAN DO SOMETHING TO HELP!

If you know someone who lives alone, just give them a call them now and then. Mail or drop off a funny card (with some self-care quotes!), or refer them to some fun and helpful resources below!

The Olympic Area Agency on Aging supports **SOCIAL CALL**. Remember this from issues past? Recommend this or try this free service out: 1-877-797-7299, or [click here](#).

NEW ANNOUNCEMENT: GetSetUp. This one is brought to you FREE by Washington State DSHS. DSHS has partnered with GetSetUp to provide free virtual classes for older adults taught by older adults - ask questions, make friends, learn new things, and have FUN! Remember, self-care can be FUN! [Click here](#).

COMPANION PETS: There sure is A LOT of current buzz and evidence-based building facts about the effectiveness of simply having a robotic pet. Don't poopoo this until you really learn all about it. Don't **make** me list numerous facts and links (tee hee hee.) Check out "Joy for All, giving the gift of companionship." [Definitely Click Here](#). Watch the video, it's better than a Coke commercial with puppies. ;) **Christmas is coming up. Order now!!**

Summer Word Search

X	G	N	I	M	M	I	W	S	B	C	H
Y	Z	J	N	V	H	T	I	V	W	O	W
N	E	B	N	O	I	T	A	C	A	V	X
U	U	C	F	M	G	J	Z	S	K	G	A
M	Q	H	I	I	P	Q	U	D	W	P	A
K	E	U	D	I	E	N	H	C	A	E	B
U	B	I	O	P	S	Y	I	T	D	B	O
K	R	K	A	C	G	Y	L	T	A	E	H
O	A	C	R	E	D	A	N	O	M	E	L
O	B	E	U	P	M	A	T	O	O	X	I
B	E	X	M	P	U	L	O	B	D	P	S
N	L	V	C	L	E	D	I	S	T	U	O

FIND:

barbeque
beach
heat
lemonade
outside
pool
sunscreen
swimming
vacation

It's Too Hot To Cook Recipe #4

Fresh Corn and Tomato Salad

Oh my goodness...all these flavors mixed together will not only send your tastebuds on an adventure, but look how pretty it is too! I'm thinking you could toss in some type of legumes for protein and kick it up a notch for a dinner meal. [CLICK HERE](#).



Pop Quiz: "Self-care can be ____ and ____!"



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 Caring for Ourselves As We Do Others.

Pop Quiz: Self-care can be fun and easy!



www.o3a.org