

Trending Healthy *Summer at Last* June 2022

Summer on the Coast

Short but oh-so-sweet!

We're in that brief, sunshine-filled time between the spring rains and the fall rains. The birds are back, the trees are in leaf and the flowers in bloom, and we're all doing our best to soak up some vitamin D.



In this issue we'll cover all the usual topics (wellness, new recipes, news) as well as find a few easy and accessible trails where you can take advantage of the amazing coastal and mountain areas that surround us. Getting out and about is good for body and soul!



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**Wondering what services are available for older adults, people with disabilities, and caregivers?
Call us or stop in!**

Call or stop by one of our offices to learn more about the many resources available in each of the communities we serve. O3A is your one-stop shop to get connected!

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



Mobile Services Coming to Grays Harbor

O3A is partnering with the North Beach Senior Center to provide mobile services in outlying areas of Grays Harbor County. The Mobile Assistance Vehicle, or MAV, will travel to several locations and offer a full food bank, COVID-related supplies and information, and connection to other community resources. The unit will serve everyone--no documentation is required. (Note: some of the community resources and programs do have eligibility requirements.)

The Arc of Grays Harbor will also partner with us to provide a bilingual outreach specialist for some events.

Look for the MAV to be out and about later this summer! Once it's in operation, the schedule will be available on our website at O3A.org.

Funding provided by the Centers for Disease Control and Prevention of the U.S. Department of Health and Human Services, through a grant with the WA Department of Health.



Social Security News: *Personal Needs Allowance (PNA) Will More Than Double*

Social Security recipients on long-term care services will see a big change starting July 1st in what's called "participation," or the amount they are required to pay out of pocket towards services.

Currently the personal needs allowance (PNA)--what the individual is allowed to keep for personal expenses before contributing to the cost of care--is only \$1,074. That means that if someone receives \$2,074 per

month in Social Security, they are expected to pay \$1,000 of that in participation. This leaves very little for basic expenses such as food, housing, utilities, and transportation.

Thanks to the legislature and the Governor, and to the advocacy of many who work with older adults, the PNA will increase to \$2,523 on July 1st.

The increase will allow more people to receive long-term services without having to choose between paying a caregiver and buying food or paying their rent or mortgage.

Wellness Corner: Exercise

O3A offers free exercise classes for those age 60+. Check out the options.



SAIL (Stay Active and Independent for Life)

A strength, balance, and fitness class for adults 65+. Improve your balance. It works! It's safe! It's fun!

In-person and online. Registration required.

Learn more [here](#).

Bingocize®

BINGOCIZE® is a 10-week health promotion program that combines the game of bingo with fall prevention exercise. Come play bingo and meet new people while learning techniques to reduce falls. Program offered free of charge to residents of Grays Harbor, Olympic, Clallam and Jefferson Counties who are age 60+. Online.

Learn more [here](#).



Wellness Corner: Spring Recipes Glorious, glorious desserts!

It's potluck season! With the Fourth of July just around the corner, guests coming by (especially if you live in a beach town), and any other possible reason for a celebration, there are a million ways to sweeten things up with the perfect dessert.

How about trying this **amazing fruit pizza**? You might even tempt the kids in the crowd with this gorgeous dessert from The Food Network. It features a variety of fresh seasonal fruit on a sugar-cookie crust. Recipe [here](#).

Or maybe you're more of a chocolate lover. This **flourless chocolate cake** is gluten-free and has a dense, decadent texture. This is a luxurious dessert sure to impress. Find the recipe [here](#), also at The Food Network.

Wellness Corner: COVID Updates

From the Washington State Department of Health website: (link below)



Coexisting with COVID-19

We now know that COVID-19 is here to stay for the foreseeable future. It's important to understand how to live our lives while keeping ourselves, loved ones and community as safe as possible. How can we do that? By using all the tools we've learned so far: getting vaccinated and boosted, getting tested and staying home if sick or exposed, wearing a mask in crowds, and keeping our distance.

For more information about COVID, including cases and vaccination rates for different counties, visit the [state Department of Health website](#).

Get 8 more free rapid tests. If you ordered tests previously, check the expiration dates. It may be time to replace those tests! To get additional rapid tests sent to you for free, sign up through the USPS [here](#).

Is Shared Housing Right for You?

As food, housing, and other costs rise, more people are turning to shared housing as a solution. Even beyond the economic benefits, shared housing can be a good option for many people, whether it's single parents joining forces to watch the kids or seniors looking for companionship or intergenerational matches.



More and more older adults live alone. While the independence of aging in place is desirable, many people find they have difficulty maintaining their homes as they get older. One possibility is to rent out a spare room to someone who needs affordable housing and is willing to exchange work in the house or yard to offset some of the rent.

O3A is partnering with Silvernest, a national shared housing solution, to see if shared housing can help alleviate some of the issues arising from a lack of affordable housing and an aging population that needs support to age in place.

Silvernest provides a safe platform to exchange messages without sharing personal information until both parties are ready to meet. It also gather information about lifestyle and housemate preferences, does background checks on all parties, and provides lease templates so you don't have to worry about whether the agreement is legal and

binding.

To learn more, visit Silvernest at <https://www.silvernest.com/>.

Questions About Medicare? SHIBA can help!

If you're confused by the many options available through Medicare, help is available. O3A has SHIBA (Statewide Health Insurance Benefits Advisors) staff and volunteers who offer free, unbiased, confidential help, both in person and over the phone.



In-person

Sequim: 1st & 3rd Tuesdays from 10 to noon at the Shipley Center, 921 E Hammond

Port Angeles: 2nd & 4th Fridays from _ to _ at the Port Angeles Senior Center, 328 E 7th St

Port Townsend: 1st & 3rd Tuesdays from 1 to 3 at the Port Townsend Senior Center, 620 Tyler St

Chimacum: 2nd & 4th Tuesdays from 10 to noon at the Tri Area Community Center, 10 W Valley Rd

Aberdeen: Appointments available daily; contact Dave at 360.532.0520

By phone: Call 800.562.6900 to get a call back from a SHIBA volunteer
Or call one of our offices for more information about scheduling an appointment



How to Safely Dispose of Medications

Medication disposal can be complicated. Some medications can be dropped off at special locations, some can be flushed, some can be rendered inactive and thrown in the garbage.

Here's a quick guide to help you understand how to dispose of different kinds of medication.

When should I flush my medicine?

The FDA has a list of medicines that it recommends flushing for the safety of a household, which include medicines that have potential to be harmful to others for whom they are not prescribed. Specifically, children and pets may be the ones to come into contact with the medicine, risking accidental injury or even death. Some examples include:

- oxycodone/acetaminophen (Percocet[®])
- hydrocodone/acetaminophen (Vicodin[®])
- fentanyl (Duragesic[®]) patches
- diazepam (Diastat[®]) gel
- methylphenidate (Daytrana[®]) patches
- Several others -this list can be accessed at: [FDA Recommended Medicines to Flush](#)

What are controlled substances and where do I dispose of them?

Controlled substances are medicines like certain pain relievers and stimulants, which have the potential to be abused. Five different classifications or “schedules” are used for grouping these medicines, and the Drug Enforcement Administration (DEA) handles this task. Only law enforcement locations, like police departments and sheriffs' offices, can accept controlled substances for take-back. Visit www.fda.gov/drugs/safe-disposal-medicines

Other disposal options

Some pharmacies offer a National Prescription Drug Take Back program. Click here for more location and detailed information on this: [DEA Drug Take-Back Program](#)

Another self-directed option is with your local pharmacy. Ask your pharmacy team if they carry a medicine disposal product called Dispose RX, which is a safe option for disposing of unwanted medicine at home, including pills and patches. It is a specially formulated solution that dissolves and neutralizes the chemical contents of medicine. The entire bottle can then simply be discarded into the trash.

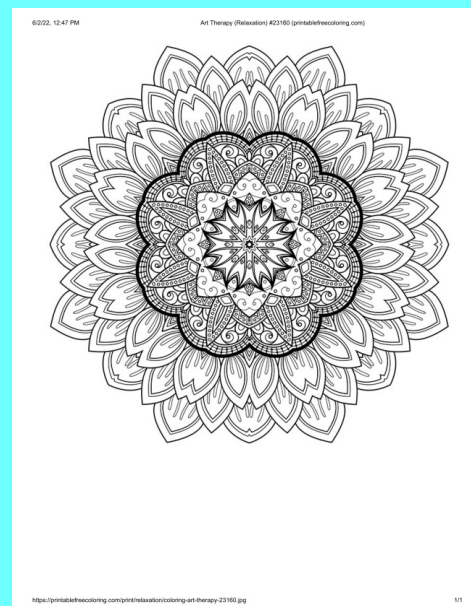
Look up your nearest medication drop box: <https://med-project.org/> or www.takebackyourmeds.org

Adapted from an article by Jeannie Bradley, RPh

How Do *YOU* Relax?

Relaxation is important for all of us. Stress negatively impacts both physical and mental health. Relaxation techniques run the gamut from breathing exercises to vigorous exercise to bubble baths to...**coloring**.

If you haven't tried coloring before, maybe it's time to break out the colored pencils, the grandkids' crayons, or your favorite set of watercolors and give it a whirl. For free printable coloring pages, visit



Printable Free Coloring [here](#) or Crayola [here](#).

And if you're a caregiver caring for someone 60 or over, check out our free 9-week online Stress-Busters class [here](#).

Senior Farmer's Market Nutrition Program



O3A is pleased to announce that the Senior Farmer's Market Nutrition Program for low-income adults 60+ has begun! This program provides access to fresh, nutritious, unprepared locally grown fruits, vegetables, herbs and locally produced honey from Authorized Farmers Markets! This special program is offered from June 1 to October 31, 2022.

For those who live in Clallam and Jefferson Counties and are interested in signing up, please call OlyCAP at (360) 385-2571. You may be eligible for up to \$80 in voucher checks to use at approved Farmers Markets.

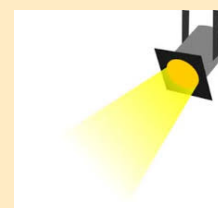
For those who live in Grays Harbor and Pacific Counties, please call CCAP at (360) 533-5100. You may be eligible for bags of locally grown produce.

To learn more about the program, please visit the State's website by [clicking here](#).



Westport Light State Park in Grays Harbor County

TRENDING HEALTHY SPOTLIGHT



Out and About in Our Beautiful Corner of the World

Many trails along the coast and in the mountains offer short, easy hikes. Some are wheelchair accessible (some of these will indicate that they are accessible with assistance). Why not take advantage of the summer weather to check out some of the natural beauty that surrounds us? The

exercise is good and the mental benefits of getting out and enjoying new places and scenery are an added bonus.

Before you go: check to see whether passes are required.

One of the most famous is the **Hall of Mosses Trail** in the Hoh Rainforest. At only 0.8 miles, this loop winds through old growth forest in the Olympic National Park. The moss-draped trees are otherworldly. Trailhead is near the Hoh Rainforest Visitor Center. Not wheelchair accessible. For more information, visit the Washington Trails Association page [here](#).

Or check out the **Kestner Homestead Loop Trail**, where you can visit abandoned farm buildings and learn about homesteading in the Quinault River Valley. Starting at the Quinault River Ranger Station, this 1.3 mile loop is marked as accessible with assistance. Visit the National Parks Experience Blog [here](#) for more information.

If you love waterfalls (and who doesn't??), try the **Sol Duc Falls Trail**. The short version is 1.6 miles roundtrip from the end of Sol Duc Road. This trail is not accessible. Visit the National Parks Experience Blog [here](#) for more information.

For beach vibes, visit **Westport Light State Park**, which boasts a 1.3-mile path, most of it paved, for incredible views of the ocean and big whiffs of salt air. Learn more on the Washington State Parks page [here](#).

For a list of **accessible or partially-accessible trails throughout the state**, visit the Washington Trails Association page [here](#).

Editor's Invitation:

Is there a topic related to healthy aging that you want to learn more about? If so, let us know!

Please send comments to michelle.fogus@dshs.wa.gov



www.o3a.org