

INNOVATIONS

What's New in the World of Aging?



You've probably heard the saying, "The more things change, the more they stay the same."

But *do* they? We live in a time of rapid change--especially when you think about technology. Today's seniors grew up in the pre-digital age. The next generation encountered computers as teenagers or young adults. Their children have never known a world without technology. Long gone are the days of owning an encyclopedia set or looking for a book at the library by thumbing through a card catalog organized by the Dewey decimal system. (I don't know about you, but I don't miss either of those.)

Whether these changes are good or bad isn't the point. They are here to stay. And the changes have seeped into every aspect of our lives, from telehealth visits to ordering groceries or attending classes online. Most of us have abandoned watches because we just check the time on our phones. And when's the last time you memorized a phone number? Uh huh.

Of course, not all changes involve technology. This issue of Trending Healthy focuses on some changes, whether technological or other, impacting the field of aging.

Take a look below at some of the ways we are supporting people to age in place safely and with maximum independence. You'll also find some general information that is less about change and more about staying current on available services and resources. Because really, not EVERYTHING changes--or at least, not at the same breakneck pace that technology does.

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- Diabetes-Friendly Desserts
- The Living Well 2022 Seniors Resource Guide



Are you looking for services for older adults and caregivers? Call us or stop by!

THERE IS A REAL PERSON READY TO TAKE YOUR CALL!



Clallam County:

Forks Office(360) 374-9496
 Sequim Office (360) 452-3221

Grays Harbor County:

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

Meet ElliQ, a New Kind of Companion

Why in the world would anyone want a robotic companion in their home? Well, to improve their health and well-being!



Many seniors experience loneliness and social isolation. They may not have friends and family nearby, or their friends and family are not available often due to work and other commitments. Many seniors no longer drive and do not have access to reliable transportation. Others have medical conditions that make it difficult

to get out and about.

The physical consequences of loneliness and social isolation have been compared to those of smoking and obesity. Mental health consequences can also be significant.

Advances in technology have led to a new generation of assistive devices, such as the ElliQ, that provide companionship; medication and other reminders; and easy ways to connect with friends and family, telehealth providers, case managers, and anyone else you want to add. ElliQ is different than Alexa or Siri, which respond to specific commands. ElliQ initiates conversation, suggests activities, and 'remembers' things you have told her. For example, if you tell her you're going for a walk with your friend, she may check in later to ask if you enjoyed the walk.

ElliQ comes loaded with trivia and other games, can play music or tell you what the weather forecast is, or remind you of upcoming doctor's appointments. She'll tell you a joke--usually a bad one ;)--and ask if you would like to have coffee with her in Copenhagen or Tokyo, for instance. If you say yes, she'll show you a slideshow of the city you choose and play some music from that country.

O3A will be starting a pilot project very soon with Intuition Robotics, the company that developed ElliQ. We'll provide ElliQ to 20 individuals in Grays Harbor and Pacific Counties for up to a year and collect preliminary data on whether people feel less lonely and more connected with her in the house.

Stay tuned...we'll share an update later this year!

In the meantime, if you'd like to learn more and watch some short videos of ElliQ users talking about the device, [Click here](#) to visit the ElliQ site.

Why Homesharing Might be a Win-Win for Homeowners and Home Seekers

Check your local real estate listings and you'll see there isn't much available - and what is available is being snapped up quickly. More people are interested in moving into rural areas (particularly beautiful ones like ours) from the cities, especially with more remote work options available to them.



At the same time, our housing and living expenses are going up and up and up.

There is a possible solution - homesharing. Homeshare is when **two or more people live in one housing unit** and share costs associated with maintaining housing such as rent and utilities. It increases housing options for more people. Homesharing supports financial stability for people of all ages. It helps to address loneliness. And can help us feel more connected to one another.

Homesharing is intended for people who have a stable income and need help finding housing and are interested in Shared Housing options. It's not for everybody. But it could be for you. Knowing what you need in a housemate is as important as attributes for who you might date, so check these sites out and see if they might be a good fit for what you are looking for to fill your housing needs.

As a homeowner these may be good reasons to consider homesharing:

- You have a fair-sized home with bedrooms that are empty and there is a need in the community for rentals.
- You are finding the expenses of maintaining your home or just plain living expenses are becoming challenging to keep up with.
- You would like the company a roommate provides.
- You feel isolated living outside the city (or maybe even inside the city) as you age and a roommate would just make you feel safer.
- You are a gregarious individual and sharing your home would suit you.
- You are finding that you need a little more help around the house and perhaps a younger individual or family living could help.

As a renter, you may have similar reasons for homesharing but there is also the really significant issue that there are almost no single housing units for rent.

You can arrange to rent space in your own home using two particular providers which national housing advocates note are well done and make an effort to create good matches for housing mates, with some guard rails addressing safety and a quality process - Silvernest (www.silvernest.com) and Nesterly (www.nesterly.com). Both providers give you tools to figure out who would fit with you in a house sharing situation...who would you get along with, what are your habits that may work with another person's habits, your interests, traits you would want in the people who might live with you.

Soon, O3A will be launching a homeshare program in partnership with Silvernest. If you are 60 or older, and live in Clallam, Grays Harbor, Jefferson, or Pacific counties you will be able to sign-up through Silvernest at no cost to you. Look for more information on our website and Facebook to be coming soon!

Winter Comfort Food Recipes!

As we slide into February (!), we still have a month or two of chilly weather ahead of us. What could be better than soup?! Or maybe a casserole?



A cookbook developed by the AAA in Ventura, California for senior nutrition has recipes for classics like minestrone, tomato basil, and chicken noodle soup as well as taco soup, cauliflower chowder, meatball soup, and much more.

If your idea of comfort food trends more towards casseroles and such, check out their recipes for tuna casserole penne, turkey stroganoff, low-sodium chicken enchiladas, or one of the other entrees.

[Click here](#) to find their online cookbook. And happy eating!

Mobile Services Help Reach Rural Communities

Coming soon to Pacific County...and beyond?

One of the biggest challenges facing people in rural areas is accessing services--especially when they don't have reliable transportation options. Mobile services can help bridge that gap.



Mobile services are not new: Meals on Wheels is very familiar, and in some areas there are mobile dental clinics, mobile mammography providers, and other services. But usually those are limited to a single service.

In Grays Harbor, O3A is using a DOH grant focused on rural equity to fund a mobile unit, the MAV (Mobile Assistance Van), that attempts to meet the broader needs of outlying areas. It provides food, COVID supplies and information, and general assistance connecting to a wide variety of community resources--from state benefits such as SNAP to LIHEAP and other utility assistance programs to long-term care programs and much more.

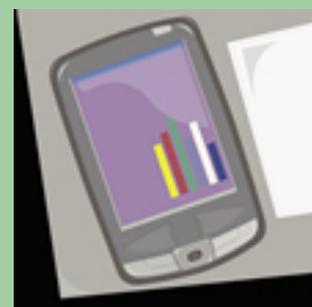
Our partner, the North Beach Senior Center, which operates the van, has reached just over 1,000 individuals in the first three months we've been on the road and provided thousands of dollars worth of food items. We recently added cold weather gear to assist unhoused people in some of the target communities. We also partner with the DOH Care-a-Van to offer COVID and flu vaccines in outlying areas and have given out hundreds of rapid home tests and masks.

The MAV will be expanding into Pacific County in the near future, and may also begin providing services in the west end of Clallam and Jefferson Counties in the late spring. Funding is being secured and we are looking for partner locations in those areas. Stay tuned!

[Click here](#) to see the schedule of upcoming MAV events or call 564.212.0662.

What is a Smart Home, and How Can it Help People Age in Place?

Another exciting advance in technology is smart devices. These are connected to some kind of hub, which is connected to the Internet. They allow people to control lights, TVs, door locks, and other things in the home through an app on your phone or tablet.



Inside the home, you can use voice commands to turn on lights before you get up in the middle of the night, for instance, or to turn on the TV or coffee pot. Almost anything can be made into a smart device by using a simple, inexpensive smart plug. The app can also be used from other locations to

control smart devices when someone is away. For instance, you could turn on the lights while you're on vacation or adjust your thermostat before you head home from an outing so the house will be toasty.

Smart devices can reduce fall risk, make it easier for people to function in their homes when they're alone, provide remote oversight of loved ones, and more. Setups vary depending on each person's needs. Doorbell cameras might be useful for ensuring one person's safety but unnecessary for another.

Most devices are also very cost-effective. They do require Internet service, but most devices do not have a monthly subscription fee. (One exception is the ElliQ, featured above, and similar companionship or health monitoring devices.)

Given the nationwide caregiver shortage, smart devices are gaining in popularity as a way to help seniors stay safe and independent in their homes for longer.

Do You Need Help Navigating Medicare? Stay Up-To-Date on Changes with SHIBA



The Statewide Health Insurance Benefits Advisors (SHIBA) program is a program of the Washington State Office of the Insurance Commissioner consumer protection services. Locally, SHIBA is sponsored by the Olympic Area Agency on Aging.

Our volunteer advisors are trained to give you the latest **Medicare** information. We provide up-to-date, unbiased information to help you to make informed decisions. Our assistance is always free and confidential with no obligations. We're not associated with any insurance company. We don't sell anything because we have nothing to sell!

If you need help navigating Medicare, please come and see us. Our volunteer advisors can help you:

- Assess your Medicare related health care coverage needs.
- Determine your general eligibility for Medicare related coverage programs.
- Evaluate and compare Medicare related insurance plans and programs.
- Provide enrollment help with Medicare.
- Speak with 1-800-MEDICARE on your behalf.
- Make referrals to other agencies and programs.
- Collect and report possible Medicare fraud complaints.

To contact us, please call 1-800-562-6900.

Roasted Winter Vegetables Recipe

Many of us don't get enough fresh fruits and vegetables in our diets. It can be even harder in the winter, when the available options are fewer and a lot of favorites that are out of season are



more expensive if you can find them.

A lot of winter vegetables are easy to prepare and cook. This recipe relies on common root veggies such as carrots, parsnips, and squash. You can also roast brussels sprouts, potatoes, and more. Experiment to find your favorite combination!

[Click here](#) to find the Food Network recipe.

Volunteer with the Long-Term Care Ombuds Program!



*Do you care about people who live in local care facilities?
Are you willing to help improve their lives?*

Consider volunteering--Just 4 hours a week can make a huge difference!

The O3A Hosted Long-Term Care Ombudsman Program is looking for special people who are empathetic, diplomatic, and skilled communicators to be

State Certified Long-Term Ombudsmen

As a State-certified ombudsman, you will be assigned to a specific long-term care facility, working to ensure that the residents' rights are protected. You will help residents with problems that they are unable to resolve alone. Ombudsmen are a voice for those who are no longer able to speak for themselves.

Ombudsmen give 4 hours per week to helping elders and people with disabilities that live in long-term care facilities. An initial training of 36 hours is provided, and continuing education sessions are held throughout the year. You will be working with other dedicated and caring people in our community to help those who cannot help themselves.

**FOR FURTHER INFORMATION, PLEASE CALL Amber Garrotte
Regional Long-Term Care Ombudsman
360-538-8877**

Do You Have a Current Medication List Handy? Be Ready for Medical Appointments and Emergencies

No one likes to think about emergencies and worst case scenarios. But being prepared is the best way to ensure that, if an emergency happens, you can get the best care and the care that you want.

Older Adult Resources
GenerationRx
Safe medication practices for all

MY MEDICATION RECORD

For more information or to print additional copies, visit www.generationrx.org/toolkits/older-adult

Patient Name _____ Primary Doctor _____

Pharmacy Name, Address, and Phone _____

Adverse Drug Reactions: _____ Allergies: _____

Medicine Name as listed on the medicine bottle	Other Name Many medicines have a brand and generic name. Put the name NOT listed on the bottle in this column.	Directions for Use How many tablets and when to take	Use Why are you taking this or what is the medicine supposed to do?	Prescriber Name of the person who wrote you the prescription	Other Information Costs of money or things to avoid with the medicine.

My Medication Record Page 1

Keeping a current medication list is important. In an emergency, the list can be provided to EMTs and hospital staff. Keeping a copy in your purse or wallet gives medical personnel immediate access.

You can also post a copy on your refrigerator along with other important medical documents, such as a POLST form (or living will) that specifies how you wish to be treated in case of emergency situations where you may not be able to communicate. Do you want to be resuscitated? Do you want a feeding tube if you're unable to eat? Do you want to be intubated?

For a fillable medication list, visit GenerationRx.org. [Click here](#) to get the list. If possible, include both the brand and generic names of your medications, and note whether there are any generic versions you can't take. **Remember to update it whenever your medication changes.**

For a POLST form, [click here](#) to download the form from endoflifewa.org. They also have tips about having important conversations with loved ones about your wishes.

Diabetes-Friendly Desserts

Check out the website below for 25 diabetes-friendly desserts, from flourless chocolate cookies and apple-oatmeal cookies to crispy peanut butter balls and strawberry-chocolate Greek yogurt bark.



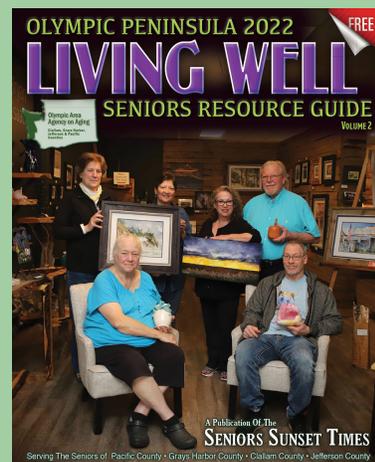
Betting these are so good your friends and family won't even notice that they're healthier alternatives to all the usual favorites!

[Click here](#) to visit eatingwell.com.

The "Living Well 2022 Seniors Resource Guide" is available.

Do You Have Your Copy?

Each year, we publish a comprehensive guide to community resources. Stop by one of our offices to pick up a copy, or check out the guide online- [CLICK HERE!](#)



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Thanks, and happy reading!

Editor's Invitation: Thank you for reading *Trending Healthy*. Please let us know if there is an important topic about healthy aging that you would like to see us address. You can email michelle.fogus@dshs.wa.gov with your suggestions.



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