

Trainocate

# NEWSLETTER

January 01, 2024 / Vol 15

## Welcome to January!

Welcome back ICADRC  
subscribers!

The "Trainocate  
Newsletter" is a monthly  
publication of the Imperial  
Valley Aging & Disability  
Resource Center. Our goal  
is to keep you informed of  
issues and events that may  
be of interest to you as well  
as inform you of available  
resources in Imperial  
County.

Enjoy this month's issue of  
*Trainocate* :)

## Happy New Year!

Happy New Year from your local Aging &  
Disability Resource Center (ADRC)!!

If you've noticed, our website is under  
construction. Our website will be finished  
mid- January. If you are interested in  
being listed as a resource, send an email  
us an email to:

[accessmedia@accesstoindependence.org](mailto:accessmedia@accesstoindependence.org)



# Trainocate

## NEWSLETTER

*ICADRC*

**Aging & Disability Resource Center**

**ADRC Supervisors**

Karina Leon  
Sara Enz

**Information & Assistance  
Coordinator**

Coming soon!

**Long Term Services & Support  
Coordinator**

Coming soon!

**Trainocate Newsletter Staff**

Andrea Brunye

**Ways to contact us!**

Website - [www.icadrc.org](http://www.icadrc.org)

Email - See below

[abrunye@accesstoindependence.org](mailto:abrunye@accesstoindependence.org)

Phone- (760) 332-3213

## Tips To Boost Your Health as You Age

Many factors can influence healthy aging. While some of these factors, such as genetics, are not within our control, research shows there are steps you can take to help manage your health as you age. Even making small changes in your daily life can help you live longer and better.

Try these tips to get started:

-  Get moving - try gardening, biking, or walking.
-  Choose healthy foods rich in nutrients.
-  Manage stress- try yoga or keep a journal.
-  Learn something new - take a class or join a club.
-  Go to the doctor regularly.
-  Connect with family and friends.

Learn more about the steps you can take to promote healthy aging at [www.nia.nih.gov/healthy-aging](http://www.nia.nih.gov/healthy-aging).



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## NEWSLETTER

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## Imperial Valley Transportation Services

Transportation services are provided for elderly people and people with disabilities. Possible means of transportation may include bus, taxi, and volunteer drivers for shopping, nutrition, business and personal needs.

### **IVT Access**

IVT ACCESS vehicles are equipped with wheelchair lifts to accommodate people with specific transportation needs who are unable to use the regular bus system for such trips as medical appointments, shopping or visiting friends.

792 E Ross Rd, Ste B, El Centro, CA 92243 (760)-482-2908

<https://www.ivtaccess.org>

### **IVT Med Trans**

IVT MedTrans is funded and administered by the Imperial County Transportation Commission and is operated by First Transit, Inc. to provide non-emergency transportation service between Imperial Valley and San Diego County medical facilities, clinics and doctor offices. Transportation is provided four days a week to medical facilities and is available to transit dependent persons requiring essential or lifeline medical services who meet the established criteria.

792 E Ross Rd, Ste B, El Centro, CA 92243 (760)482-2900

<https://www.ivtmedtrans.com>

### **IVT Ride**

IVT RIDE provides curb to curb transit service for seniors; persons age 55 years and over, and persons with disabilities upon advance phone reservations.

792 E Ross Rd, Ste B, El Centro, CA 92243 (760)337-1760

<https://www.ivtride.com>

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## NEWSLETTER

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## Imperial Valley Transportation Services Continued

### **Yuma County Intergovernmental Public Transportation Authority (YCIPTA)**

The Yuma County Intergovernmental Public Transportation Authority (YCIPTA) is proud to provide Yuma County Area Transit (YCAT) fixed route, vanpool and YCAT OnCall demand responsive bus service throughout southwestern Yuma County.

2715 E 14th St Yuma, AZ 85365 (928)783-2235

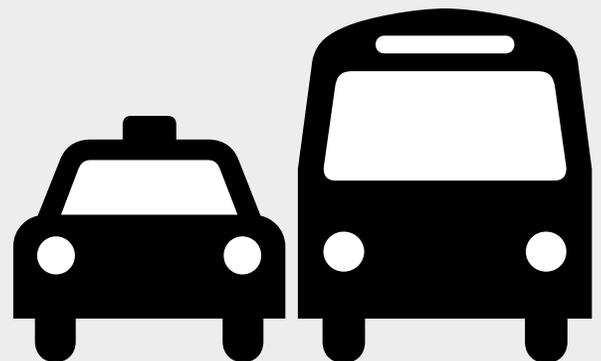
<https://www.ycipta.org>

### **Calexico On Demand**

Calexico On Demand, a new zero-emission public transportation service available in the City of Calexico. Calexico On Demand allows anyone in the service zone to book an on-demand shared ride through an app or by calling a phone number. The service is powered by Via's software, which uses intelligent algorithms to match riders headed in the same direction into one vehicle for quick, efficient trips.

760-350-3414

<https://city.ridewithvia.com/calexico-ondemand>



## HOW TO GET IN TOUCH WITH THE ADRC

As we start another new year, the ADRC wants to remind our consumers the best way to access the wonderful resources we have. We want to always be available to our consumers during their times of questions and need for information. Our office is open Monday through Friday from 8:00 AM to 4:30 PM for calls and walk-ins.

### CONTACT US

**Calling our office** - When consumers call our office, every call is answered by ADRC staff. We will ensure that you are directed to the correct staff or resource that you need. You can contact us at (760)332-3213.

**Walk-ins** - When consumers come to our office, just like with a phone call, our trained staff will ensure you are able to either meet with available staff and help connect you with appropriate resources. You can find us located at 321 Wake Ave. El Centro, CA 92243.



## 7 TIPS TO KEEP YOUR NEW YEAR'S RESOLUTION

Making New Year's resolutions is a yearly tradition for many people. Yet, some of us fall short of reaching our goals. Below are seven tips to help you make and stick to your New Year's resolutions. By following these suggestions, UC Davis Health experts say you can set yourself up for success.

### 1. Be picky about your resolutions

We may want to lose weight, eat more vegetables, volunteer more, quit smoking and spend more time with family. But experts say that's too many goals to set for a New Year's resolution. Pick one, maybe two things you'd like to focus on and go all in. This sets you up to achieve specific goals instead of feeling like a failure for hitting none of them.

### 2. Plan your resolution

It's best to plan for your goal. Think through how you want to accomplish your resolution and how long it might take to reach your goal. For example, if your resolution is to quit smoking, research how long it takes an average person to kick the habit and the possible setbacks to expect. Proper planning will help ensure you can see it through to the end.

### 3. Set very specific goals

Many of us will set a New Year's resolution like "exercise more." But what does that really mean? Instead, you should be detailed in your resolution. It could be "exercise 30 minutes daily." This gives you a measurable goal to reach each day that you can check off your list. It will help you feel more accomplished.

### 4. Don't take on too much

Start small. Avoid setting an overly high expectation of yourself. If you'd like to lose weight, pick a small but realistic weight loss goal. Maybe that's 10 pounds in two months. Once you reach that goal, you can think about losing another 5-8 pounds. Setting small goals can help you achieve big results.

### 5. Choose a new resolution

Avoid picking a goal that you've tried in the past but failed. You may set yourself up to fall into the same pitfalls that stopped you previously. Instead, pick something different where you can set up a better path to success. Or maybe you can modify a previous goal if that's something you still want to accomplish.

### 6. Identify accountability partners for support

Lean on people – whether it's a friend to keep your exercise resolution on track, or a spouse to help with healthier eating habits. We function better with community around us, motivating and reminding us why we chose that New Year's resolution in the first place.

### 7. Give your resolution time to become a habit

New routines don't just become habit overnight. **A 2009 study** found that on average, it takes 66 days to form a new habit. Be patient with yourself. If you have minor setbacks or don't hit your goal one week, pick it back up the next week. Just keep working at your goal and eventually it can become second nature.

## ***Tasty Tomato Tart***

This easy weeknight dinner is packed with lycopene and vitamin C to boost vision health and add to senior nutrition. It's similar enough to pizza that even picky eaters will try it — but it's a total showstopper with fresh, colorful ingredients.

### **Ingredients:**

- 1 sheet frozen puff pastry, thawed
- 1 onion, thinly sliced
- 1 teaspoon olive oil
- 2-3 large tomatoes (multiple colors make a beautiful tart, but red works just as well)
- 1 cup of your favorite cheese (such as blue cheese, mozzarella, feta, or Parmesan)
- 1 tablespoon Italian seasoning, or chopped fresh herbs like basil and oregano

### **Instructions**

1. Preheat the oven to 425 F and line a baking sheet with parchment paper or nonstick aluminum foil.
2. Stretch out the puff pastry on the lined baking sheet. With a fork, poke small holes along the bottom.
3. Add onions and olive oil to a skillet over medium heat. Sauté, stirring frequently, until soft — about 5 minutes.
4. Sprinkle cooked onions over the pastry dough, then top with tomato slices so they don't overlap. Sprinkle with cheese and half of your seasoning or herbs. Season with salt (or salt replacement, if you're avoiding sodium) and pepper to your tastes.
5. Bake for 25 minutes until the crust is golden. Sprinkle with the remaining herbs, cut into squares, and enjoy!





# *IMPERIAL COUNTY AGING AND DISABILITY RESOURCE CENTER (ADRC)*

***Connecting seniors, people with disabilities and caregivers with long-term care services and supports***

**We can assist you with:**

- ***Counseling Options***
- ***Information & Assistance***
- ***Transition***
- ***Service Coordination***

***We help seniors and people with disabilities find the support and care they need to live as independently as possible.***



**Se Habla Español**

 **760-332-3213**

 **[www.icadrc.org](http://www.icadrc.org)**



# *IMPERIAL COUNTY AGING AND DISABILITY RESOURCE CENTER (ADRC)*

*Conectando a personas mayores,  
personas con discapacidad y  
cuidadores a servicios de cuidados  
alargo plazo y apoyo.*

**Podemos ayudarle con:**

- *Opciones de asesoramiento*
- *Información y asistencia*
- *Servicios de Transición*
- *Coordinación de servicios*



*Ayudamos a las personas  
mayores y discapacitadas a  
encontrar el apoyo y la atención  
que necesitan para vivir de la  
forma más independiente posible.*

**Se Habla Español**

 **760-332-3213**

 **[www.icadrc.org](http://www.icadrc.org)**

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# ICADRC Resource Database Application Form

Are you interested in being part of the Imperial County Aging & Disability Resource Center Resource Database? Service providers that empower older adults, disabled adults, and/or family caregivers to make personal decisions, plans, and connections that allow them to live as independently and fully as possible are eligible to apply for inclusion in the ADRC resource database.

Once your application is submitted, reviewed, and approved, your agency will be added to our resource database and website for hundreds of Imperial Valley residents to use!

## Step 1



Complete the application found on our website under 'Resources' or visit: <https://forms.office.com/r/yLCB8BHk8e> to apply today!

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# Have a Referral to Send Us?

1



Download Referral Form by clicking [HERE](#)

2

Complete form and provide as much information as possible.



3



Submit referral by email or fax found on top of the form.