



Trainocate NEWSLETTER

November 01, 2023 / Vol 13

Welcome to October!

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 :)

November is National Family Caregivers Month

This month we acknowledge
the efforts of the more than
43 million Americans who
serve as unpaid caregivers for
family members.

- Approximately 39.8 million caregivers provide care to adults with a disability or illness; that's 16.6 percent of Americans. Caregiving requires sacrifice and can lead to burnout, fatigue, anxiety and depression.
- Many family caregivers (over 60 percent) must balance their home lives with working a paid job while meeting the needs of relatives in their care.
- One in five caregivers says they have no one to call for help. If you're a caregiver, tap into replacement helpers—either in-home or at a health center. Ask other family members to assist with shopping, housecleaning and errands.

- Many caregivers can become isolated from friends and family. Simply listen to them talk about how they are feeling and let them vent their frustrations, worries and fears.
- Remind them to take breaks to address their physical and mental health needs. It is vital to their wellbeing to do so.

“
There are only four kinds of people in the world. Those who have been caregivers. Those who are currently caregivers. Those who will be caregivers, and those who will need a caregiver.

Rosalyn Carter

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

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Ways to contact us!

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Show Caregivers You Care

More than 1 in 6 working Americans report assisting with care for an elderly or disabled family member, relative or friend. Millions of people juggle caregiving with their jobs and other personal responsibilities. Caregiving requires sacrifice and can lead to burnout, fatigue, anxiety and depression.

Here are some ways to show appreciation for caregivers:






- **Say thank you.** Share gratitude with heartfelt words or handwritten, thoughtful notes.
- **Offer compassion.** Many caregivers can become isolated from friends and family. Simply listen to them talk about how they are feeling and let them vent their frustrations, worries and fears.
- **Give them a break.** Babysit, run an errand or take something else off their plate.
- **Encourage self-care and support groups.** Remind them to take breaks to address their physical and mental health needs. It is vital to their wellbeing to do so.

Trainocate

NEWSLETTER

November 1st is National Stress Awareness Day: Use your senses to cope with stress.

Choosing healthy, positive ways of coping doesn't have to be a challenge. Let your senses do the work.

-  **SEE:** Distractions can be good. Find something interesting to look at. Step outside and focus on the first tree you see. Create a space in your home that gives you joy.
-  **HEAR:** Listen to calming music. Find an inspiring podcast or audiobook. Say positive statements to yourself as a verbal form of self-encouragement.
-  **FEEL:** Your skin is a powerful tool in your ability to relax, unwind and find relief. Wrap yourself in a soft blanket. Stretch your muscles or get a massage.
-  **SMELL:** Aromatherapy can be comforting. Use your favorite lotion, perfume or cologne. Light a scented candle. Step outside and take a deep breath of fresh air.
-  **TASTE:** Food can affect your mood, and hunger can lead to irritability. Rather than turning to junk food, try sucking on hard candy or sipping herbal tea.



OUTREACH- ENHANCED VISION PROGRAM

NOVEMBER 1, 2023

TIME: 10 - 11 AM

LOCATION:

HOLTVILLE GARDENS APARTMENTS

950 HOLT AVE.

HOLTVILLE, CA 92250

Access to Independence offers a program exclusively for individuals who are 55 years old or older, with Vision Loss or Blindness.

Contact: Judy Brown, LTSS Coordinator,
760-618-0167,
jbrown@accesstoindpendence.org





PRESENTACIÓN- PROGRAMA DE VISIÓN MEJORADA

1 DE NOVIEMBRE DE 2023

HORA: 10 - 11 AM

UBICACIÓN:

HOLTVILLE GARDENS APARTMENTS

950 HOLT AVE.

HOLTVILLE, CA 92250

Access to Independence ofrece un programa para personas de 55 años o más, con pérdida de visión o ceguera.

Contacto: Judy Brown, LTSS Coordinator,
760-618-0167,
jbrown@accesstoindpendence.org



REDUCING LONELINESS: HOW TO HELP SENIORS DURING THE HOLIDAYS

Why seniors experience holiday loneliness

While aging can bring wisdom and experience, there are inevitable losses that even the healthiest seniors face. Loved ones and friends fall ill and pass away. Energy and mobility levels often decrease, resulting in feelings of lost independence and opportunities. Neighborhoods change over time, leaving even those well enough to remain in their own homes feeling lonely and disconnected from their communities.

According to the [National Institute of Mental Health](#) (NIMH), socially isolated older adults are at higher risk for depression. The focus on family, friends and togetherness during this time of year can actually bring melancholy feelings to the forefront for many elders. It's more important than ever to be supportive of and attentive to our loved ones, but in ways that keep everyone as safe and healthy as possible.

If you believe that an aging parent, friend or neighbor may be feeling lonely or depressed, there are steps you can take to help lift their spirits. You are probably busy with adapting your own holiday plans and traditions, but we must remind ourselves what the holiday season is truly about. Simplifying some things will allow you to focus on what really matters: the important people in your life. Use these ideas to brighten up a loved one's winter season.

There is a lot of pressure on people to enjoy themselves during the holidays. The season is supposed to be merry and bright, but many elders feel increasingly isolated and unhappy this time of year—even before the coronavirus pandemic complicated everyday life and special occasions. Understandably, families are still concerned about how minimizing COVID-19 risk will affect their holiday plans with aging loved ones this year.

Here are 8 tips to reducing loneliness during the holidays:

1. Make a point of actively listening when your loved one wants to talk, even if the discussion is negative. An honest and empathetic conversation can help them process what is bothering them, whether they are mourning a loss or coming to terms with new challenges in life. It may also reveal why they are feeling down and inspire other ways of lifting their spirits.
2. Remind them how important they are as a part of your life, your family members' lives and these annual holiday celebrations. They may feel useless or burdensome if they cannot contribute to or fully participate in the festivities like they used to. Encourage them to do what they are capable of and be especially careful not to act like what you do for them is done out of a sense of duty. Show them they are loved.
3. Over the years, holiday cards often bring bad news and diminish in quantity. Be gentle with your loved ones if these annual greetings are an important tradition of theirs. If possible, ask family members and friends to contribute cards, photographs or drawings to help keep the senior's seasonal mail more upbeat.
4. Help your loved one see that you are trying to simplify your holiday plans to focus on the real meaning of these celebrations. Let them know you are trying to ignore the increasing hype over food, gifts, decorations and parties in order to focus on the people and values you cherish. Remind them that they have taught you the importance of family and friendship and thank them for that.



REDUCING LONELINESS: HOW TO HELP SENIORS DURING THE HOLIDAYS

Article continued...

5. If a senior is in a long-term care facility, check with the activities director and local schools or extracurricular programs to see if they can arrange for children to do virtual or distanced visits with or performances for the residents. New activities and interactions with younger generations can be very uplifting for elders who are in physical or emotional pain. Visiting pet therapy is another source of entertainment and socialization that can bring joy to seniors whose social lives have been significantly impacted by COVID-19.

6. Help them add festive touches to their home or room in the long-term care facility. Ensure that these items do not present a safety hazard and try to decorate in stages to prolong the fun and give them something to look forward to. Many seniors enjoy reflecting on past holidays as they unpack cherished decorations, so be sure to listen to their stories and ask about special pieces. If you can't be there in person, at least phone or video call while they're decking the halls. Some small, easy-to-use decorations in senior apartments include removable window clings, garland, and artificial wreaths or floral arrangements.

7. Cook traditional baked goods or treats with your loved one if it is safe to get together in person. If they reside in an assisted living facility or nursing home, bring familiar treats that represent your holiday customs for your elder to enjoy and share with their friends. Try to make their dining table festive, too, by offering to send themed decor, appropriate colors and seasonal flavors.

8. The most important thing you can do with a senior to make them feel loved and included this season is to simply spend time with them in a safe way. Look at family photos, watch home videos or holiday movies, listen to seasonal music, or do crafts together. For some, these traditions may need to take place outside (weather permitting), via FaceTime or Zoom, or while you social distance and wear masks. Regardless of what you decide to do together, any time you can spare is a precious gift.

Taken and revised from Aging Care.



GRIEF: HOW TO HELP OTHERS THROUGH THE GRIEVING PROCESS

Grief is a natural response to the loss of someone or something very important to you. Grieving is the process of emotional and life adjustment you go through after a loss. There is no “normal and expected” period of time for grieving and everyone grieves differently. Experiencing a loss can cause feelings of grief when you least expect it. You may find that old feelings from a past loss can be triggered by current experiences or anniversaries of that loss. This is normal. You may feel anticipatory grief, which happens in advance of an impending loss and helps us prepare for the loss, because a loved one is sick and dying.

When you are grieving, it's important to:

- **Get enough rest and sleep.** During sleep, your mind makes sense of what is happening in your life. Not getting enough rest and sleep can lead to physical illness and exhaustion. Try activities to help you relax, such as meditation or guided imagery.
- **Eat nourishing foods.** Resist the urge not to eat or to eat only those foods that comfort you. If you have trouble eating alone, ask another person to join you for a snack or meal. If you do not have an appetite, eat frequent small meals and snacks.
- **Stay hydrated.** Dehydration is a danger if you're grieving because the shock of the loss can leave you feeling unable to focus on basic needs. You're more susceptible to dehydration when you cry and perspire. Consume lots of water and other healthy fluids throughout the day.
- **Exercise.** If nothing else, take a walk. Brisk walking and other forms of exercise, such as yoga or tai chi and qi gong, can help release some of your pent-up emotions.
- **Comfort yourself.** Allow yourself the opportunity to be comforted by familiar surroundings and personal items that you value. Treat yourself to something you enjoy, such as a massage.
- **Try to stay involved in activities** that include your support network, such as work, church, or community activities.

To help you work through the grieving process, make sure to:

- **Have a good cry as often as needed. You often feel lighter after you have done this. Eat nourishing foods.** Resist the urge not to eat or to eat only those foods that comfort you. If you have trouble eating alone, ask another person to join you for a snack or meal. If you do not have an appetite, eat frequent small meals and snacks.
- **Surround yourself with loved ones.** You may feel lonely and separate from other people when you are grieving. Talking about your feelings and concerns with loved ones may help you feel more connected and less lonely.
- **Get involved.** Take part in the activities that occur as a result of the loss, such as making funeral arrangements.
- **Avoid quick fixes.** Resist the urge to drink alcohol, smoke cigarettes, or take nonprescription medicines (such as sleeping aids).
- **Ask for help.** During times of emotional distress, it is important to allow other people to take over some of your responsibilities. Social support, good self-care and the passage of time are usually the best medicine for grieving. If you find that your grief is making it difficult to function for more than a week or two, contact a grief counselor or bereavement support group for help.
- **Avoid making major life decisions.** Give yourself time to sort out your feelings and adjust to your loss before making big changes such as moving, starting or leaving a relationship, or switching jobs.



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Butternut Squash Jumble

Ingredients:

- 1/2 small butternut squash
- 1/2 sweet potato, peeled and cut into 1-in. chunks
- 1/2 tablespoon of olive oil
- 1/8 tsp dried thyme
- 2 tablespoons gorgonzola cheese
- 2 tablespoons chopped pecans
- 1 tablespoon fresh parsley
- Dash of salt and pepper

Instructions:

- Preheat the oven to 425
- Mix in a large bowl squash, sweet potatoes, olive oil, salt and pepper, and thyme
- Transfer onto a baking pan
- Roast until tender for 40 - 45 minutes, stirring occasionally
- Sprinkle with cheese, pecans, and parsley



Apple Pie Fall Smoothie

Ingredients

- 2 medium apples, cored
- 1 cup milk, dairy or non-dairy
- 1/2 cup plain Greek yogurt
- 1 teaspoon ground cinnamon
- 1/4 teaspoon ground nutmeg
- pinch of ground cardamom
- honey or maple syrup (optional to sweeten)



Imperial Valley Desert Museum
 &
 Unwind and Design Creative Studio
 featuring artist: Kimberly Alfaro Massey



18+
over

**Día de los Muertos
 Paint Night!**

Members- \$45 Non Members-\$50	Friday November 3, 2023	6:00PM-8:30 OPM
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11 Frontage Rd. Ocotillo, CA 92259
 (760) 358-7016
 info@ivdesertmuseum.org



Día De Los Muertos at the Imperial Valley Desert Museum

**Friday, November 3, 2023
 6 PM - 8:30 PM**

**Imperial Valley Desert Museum
 11 Frontage Road
 Ocotillo, CA 92259**

**General Admission for members: \$45
 Admission for non members: \$50**



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!

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.