

Trainocate

# NEWSLETTER

September 01, 2023 / Vol 11

## Welcome to September!

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* :)

## Falls Prevention Awareness Week (September 18-22, 2023)

Falls among older adults continue to be a national public health concern. This year's 16th annual Falls Prevention Awareness Week is focused on From Awareness to Action.

Every **11 seconds**, an older adult is seen in an emergency department for a fall-related injury. Many falls are preventable. Stay safe with 6 steps to help prevent falls in older adults!

**1. Find a good balance and exercise program.** Look to build balance, strength, and flexibility. Contact your local Area Agency on Aging for referrals. Find a program you like and take a friend.

**2. Talk to your health care provider.** Ask for an assessment of your risk of falling. Share your history of recent falls.

**3. Regularly review your medications with your doctor or pharmacist.** Make sure side effects aren't increasing your risk of falling. Take medications only as prescribed.

**4. Get your vision and hearing checked annually and update your eyeglasses.** Your eyes and ears are key to keeping you on your feet.

**5. Keep your home safe.** Remove tripping hazards, increase lighting, make stairs safe, and install grab bars in key areas.

**6. Talk to your family members.** Enlist their support in taking simple steps to stay safe. Falls are not just a seniors' issue.

To learn more, visit [ncoa.org/FallsPrevention](https://ncoa.org/FallsPrevention).

Take a Falls Free Check Up Assessment by visiting:

[ncoa.org/age-well-planner/assessment/falls-free-checkup](https://ncoa.org/age-well-planner/assessment/falls-free-checkup)





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*ICADRC*

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## **Flu Vaccine: Your best shot for avoiding serious illness from the flu.**

An annual flu shot is one of the best ways to protect yourself from getting seriously ill with influenza virus. However, getting a dose of the flu vaccine does not mean that you are immune to the flu.

Influenza is a respiratory infection that can cause serious complications, particularly in young children, older adults and people with certain medical conditions. Getting an influenza vaccine - though not 100% effective- is the best way to prevent the misery of the flu and its complications. Each year's flu shot offers protection against several of the influenzas viruses expected to be in circulation that flu season.

Get one from your doctor or pharmacy as soon as you can!

### **Myth**

The flu shot can give me influenza.

### **Fact**

It is impossible for the flu shot to give you influenza because it does not contain the live virus. Some people might experience mild soreness, redness or swelling at the injection site, and rarely a headache or low-grade fever.

**2023 WALK TO END ALZHEIMER'S - IMPERIAL COUNTY**

The Walk to End Alzheimer's is the world's largest fundraiser for Alzheimer's care, support, and research. This event calls on participants of all ages and abilities to join the fight against the disease.

Join the 2023 Walk to End Alzheimer's - Imperial County on **Saturday, November 11, 2023**, at **8:30 AM** with the ceremony and walk beginning at 9:00 AM

This event will take place at **Bucklin Park**  
**1350 S. 8th St. Imperial County, CA 92243.**

For more information you can contact Joanie Ewing at 619-329-1308 or email [jeewing@alz.org](mailto:jeewing@alz.org). To register visit:

[https://act.alz.org/site/TR?sid=23936&type=fr\\_informational&pg=informational&fr\\_id=16425](https://act.alz.org/site/TR?sid=23936&type=fr_informational&pg=informational&fr_id=16425)

**MEDICARE OPEN ENROLLMENT DATES TO REMEMBER****October 15 - December 7th**

During this time, you can join, drop, or switch to another Medicare Advantage Plan (or add or drop drug coverage), switch from Original Medicare to a Medicare Advantage Plan, join a Medicare drug plan if you're in Original Medicare, or switch from one Medicare drug plan to another if you're in Original Medicare.

Medicare Part D and Medicare Advantage Plans can change their premiums, co-pays and other plan details each year. Be sure to review your plan and make any changes by December 7th! Coverage will start January 1st of 2024.

For more information visit [Medicare.gov](https://www.Medicare.gov) or call your local ADRC at (760) 332-3213.



NATIONAL SUICIDE PREVENTION MONTH

September is Suicide Prevention Awareness Month. This observance promotes greater awareness of the risks of suicidal thoughts and behavior for people around you, and encourages those at risk to connect with needed treatment services.

- Forty-six percent of people who die by suicide have had a diagnosed mental health condition, but research shows 90% may have experienced symptoms of a mental health condition.
- Suicide is the second leading cause of death among youth ages 10–14.
- You can prevent a suicide if you're able to spot warning signs and arrange for safety and professional treatment.
- Individuals in crisis may withdraw from others and their usual activities, talk about dying, show stark personality changes or large emotional swings, and/or appear depressed.
- If you or someone you know is in crisis, help is available. Call or text 988 or chat 988lifeline.org to reach the 988 Suicide & Crisis Lifeline

**It's Okay to Ask for Help**

**Mental Health Resources for Yourself and Your Friends**

**Suicide & Crisis Lifeline**

988  
Press 1 for Veterans, Press 2 for Spanish

**Crisis Text Line**

Text TALK to 741741 for English  
Text AYUDA to 741741 for Spanish  
Text with a trained counselor for free, 24/7

**RAINN**

National Sexual Assault Hotline  
Lifeline: 1-800-656-4673  
Chat: Via hotline.rainn.org

**TWLOHA**

Connect to mental health resources in your community  
twloha.com/find-help

**The Trevor Project**

TrevorLifeline: 1-866-488-7386  
TrevorText: Text TREVOR to 1-202-304-1200  
TrevorChat: thetrevorproject.org

**National Alliance for Eating Disorders**

Helpline: 1-866-662-1235  
allianceforeatingdisorders.com

**National Eating Disorders Association**

www.nationaleatingdisorders.org

**Seize the Awkward**

seizetheawkward.org  
@seizetheawkward



[afsp.org/resources](https://afsp.org/resources)



## ORDERING DIABETES TESTING SUPPLIES - MEDICARE PART B

Medicare Part B (Medical Insurance) covers some diabetic test supplies, including blood glucose (blood sugar) test strips, as durable medical equipment (DME).

After you meet the Part B Deductible, you pay 20% of the Medicare-Approved Amount (if your supplier accepts assignment). Medicare pays for different kinds of DME in different ways. Depending on the type of equipment:

- You may need to rent the equipment.
- You may need to buy the equipment.
- You may be able to choose whether to rent or buy the equipment.

Medicare will only cover your (DME) if your doctors and DME suppliers are enrolled in Medicare. Doctors and suppliers have to meet strict standards to enroll and stay enrolled in Medicare. If your doctors or suppliers aren't enrolled, Medicare won't pay the claims they submit.

Make sure your doctors and DME suppliers are enrolled in Medicare. It's also important to ask a supplier if they participate in Medicare before you get DME. If suppliers are participating in Medicare, they must accept assignment (which means, they can charge you only the coinsurance and Part B deductible for the Medicare-approved amount). If suppliers aren't participating and don't accept assignment, there's no limit on the amount they can charge you.

You can use a national mail-order contract supplier to have your diabetes testing supplies delivered to your home. National mail-order contract suppliers cannot charge you more than any unmet deductible and 20% coinsurance. **You have certain protections when using a national mail-order contract supplier. National mail-order suppliers must:**

- ✓ Make the same items and services available to people with Medicare that they make available to people without Medicare.
- ✓ Make sure you get a particular brand of diabetes testing supplies when a doctor or other health care provider prescribes a particular brand to avoid an adverse medical outcome.
- ✓ Never influence or try to convince you to switch your current glucose monitor and testing supplies brand to another brand.

**FIND A CONTRACT SUPPLIER:**

To find a list of national mail-order contract supplier's online visit:

**<https://Medicare.gov/supplier>**

enter your zip code and select "Blood Glucose Monitors and Supplies".

You can also get a list of national mail-order contract suppliers by calling **1-800-MEDICARE**



WWW.ICADRC.ORG

## Roast Chicken & Sweet Potato

### Ingredients:

- 2 tablespoons whole-grain or Dijon mustard
- 2 tablespoons chopped fresh thyme or 2 teaspoons dried
- 2 tablespoons extra-virgin olive oil, divided
- ½ teaspoon salt, divided
- ½ teaspoon freshly ground pepper, divided
- 1 1/2-2 pounds bone-in chicken thighs, skin removed
- 2 medium sweet potatoes, peeled and cut into 1-inch pieces
- 1 large red onion, cut into 1-inch wedges

### Instructions:

- Position rack in lower third of oven; preheat to 450 degrees F. Place a large rimmed baking sheet in the oven to preheat.
- Combine mustard, thyme, 1 tablespoon oil and 1/4 teaspoon each salt and pepper in a small bowl; spread the mixture evenly on chicken.
- Toss sweet potatoes and onion in a bowl with the remaining 1 tablespoon oil and 1/4 teaspoon each salt and pepper. Carefully remove the baking sheet from the oven and spread the vegetables on it. Place the chicken on top of the vegetables.
- Return the pan to the oven and roast, stirring the vegetables once halfway through, until the vegetables are tender and beginning to brown and an instant-read thermometer inserted into a chicken thigh registers 165 degrees F, 30 to 35 minutes.



## Oatmeal Pear Smoothie

### Ingredients

- 1 large pear, seeded and chopped
- 1/2 cup almond milk
- 1/4 cup low-fat vanilla yogurt
- 1/4 cup rolled or quick-cooking oats
- 1 cup of ice cubes
- 1/2 tablespoon maple syrup
- 1 tablespoon almond butter
- 1/2 teaspoon ginger, finely grated
- pinch of cinnamon, plus more for garnish



## FESTIVE FALL ACTIVITIES FOR SENIORS

**PREPARE FOR HALLOWEEN TRICK-OR-TREATERS**

If you're planning to hand out treats to children in the family or neighborhood kids, your older adult might enjoy helping with the preparations.

For a safer, no-contact Halloween, prepare individual treat bags in advance and place them on the porch so trick-or-treaters can help themselves.

Some ideas:

- Prepare fun little pumpkin pouch goody bags.
- Use coloring sheets and other decorations to make your front door more festive.
- someone with dementia might enjoy sorting a mixed bag of candy into different containers. It's a great no-fail activity that helps them feel included – even if you don't really need the candy to be sorted.

**ENJOY THE NATURAL SCENERY AND FRESH AIR**

Fall is a wonderful time to enjoy nature with your older adult.

Bundle up and breathe the fresh air, admire the beautiful colors on display, and hear the crunch of fallen leaves as you walk.

Be sure to wear face masks (unless it's not safe for your older adult's health conditions) and keep a safe distance from other people.

Adapt activities to suit different mobility levels:

- Open a window to smell the fresh air and take in the scenery
- Relax in the backyard or on the porch
- Walk to the mailbox and back
- Stroll a block or two in the neighborhood
- Walk through a local park

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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.