



Trainocate NEWSLETTER

April 01, 2024 / Vol 18

Welcome to April!

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* :)

National Walking Day

The first Wednesday in April is National Walking Day and it encourages Americans of all ages to get out and stretch their legs and get their hearts pumping.

Physical activity is one of the best ways to improve overall health and manage stress, yet 1 in 4 U.S. adults are sedentary for more than eight hours each day, which can have negative consequences on physical and mental health. The American Heart Association, the nation's oldest and largest organization dedicated to fighting heart disease and stroke, established National Walking Day to encourage people to move more throughout their day.

Walking is one of the simplest ways to get and stay active. Physical activity such as walking can help reduce stress, improve mood and sleep and lower the risk of diseases! Lets get walking!



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ICADRC

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Dementia & Driving

How does Dementia affect driving? Dementia is the loss of memory, language, problem-solving, and other cognitive abilities. It doesn't refer to a singular disease but is a broad term encompassing various medical conditions, including Alzheimer's. Multiple types of dementia are progressive and gradually worsen over time. While individuals may still drive safely in the early stages of dementia, doing so becomes more of a risk as it progresses. The disease can affect insight and judgment, potentially creating a dangerous driving situation. It can also lead to mood and personality changes, making reactions more pronounced. This may lead to more erratic or aggressive behavior behind the wheel.

When should someone with Dementia or Alzheimer's Stop Driving? It can be challenging for some people to recognize it is time to stop driving because of safety issues. If your loved one has been diagnosed with dementia or Alzheimer's, you may want to observe their driving skills or watch for signs indicating it's no longer safe to drive.

Signs may include the following:

- Showing signs of unsafe driving
- health issues that may impair safe driving, including vision, hearing, and movement complications
- anxiety about driving
- recommendations from a doctor to modify or cease driving habits
- Spikes in car insurance premiums due to driving issues
- Comments from family, friends, and neighbors about unsafe, erratic, or aggressive driving
- Two or more traffic tickets within the past 2 years

What Are Some Signs of Unsafe Driving?

- New dents or scrapes on the vehicle
- Multiple near misses or car accidents
- Confusing the brake and gas pedals
- Driving too slowly or speeding
- Poor decisions in traffic, such as abrupt lane changes
- Poor lane control
- Signals incorrectly or not at all
- Taking excessive amounts of time to complete a simple errand without explanation
- Stops in traffic for no reason
- Lacks good judgment
- Increased nervousness or irritation while driving
- Difficulty seeing pedestrians, vehicles, and other objects

Coping With No Longer Driving

For many people, driving translates to independence and freedom. Yet, when that freedom is taken away, the ability to come and go as one pleases is no longer as simple as grabbing the car keys and heading out. Losing this independence can be difficult to grapple with. Providing an empathetic, understanding ear is crucial if your loved one struggles to cope with the transition. Reflective listening can help you convey support and encouragement to their struggle in a non-confrontational way.

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Dementia & Driving

As your loved one navigates the transition, support them by helping them find a safe, creative outlet, such as painting, sculpting, or other projects. Also, help them find alternative forms of transportation. This can alleviate the stark loss of independence by allowing them to do their favorite things. In this challenging time, it's essential to convey that relinquishing their driving option doesn't automatically smother their independence or mobility. Here are a few ways seniors can maintain these things throughout the transition:

- **Establish routines:** Set routines, including meals, bathing times, and sleep schedules, to promote feelings of familiarity and security.
- **Write schedules:** Knowing scheduled appointments, mealtimes, and activities promotes independence for seniors with dementia, as they know what to expect.
- **Use labels and signs:** Recalling tasks is often tricky, so use labels and signs placed in the living space as reminders.
- **Use alternative transportation:** Not driving doesn't mean being stuck at home. Look for alternative transportation to get safely from Point A to Point B.
- **Remain social:** Social activities offer a sense of meaning and purpose. Pick activities that match their preferences and ability levels.

How to Talk to a Person About Quitting Driving



Plan ahead:

This isn't always an option, but if possible, discuss the topic with the person before it becomes an issue.



Initiate the conversation:

Express your concerns, focus on the positives, and offer alternative options.



Acknowledge their feelings:

Remain open and empathetic about their feelings regarding this loss, as this can feel like losing their independence.



Remain supportive:

Appeal to their sense of responsibility surrounding safety while reaffirming your unwavering love and support.



Seek third-party assistance:

Sometimes, it's best to seek help from an objective third party or their physician.



Remain firm:

If the conversation doesn't go smoothly, remain firm, but be patient. This is a difficult transition and can be overwhelming to face.



Offer gentle reminders:

The initial conversation about driving may be the first of many, so be patient and offer gentle reminders as the conversation reappears.



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Embracing community helps us live longer and be happier.

In 1938, groundbreaking study commenced at Harvard University with 268 sophomores to unravel the secrets of healthy and fulfilling lives during the Great Depression. Over nearly eight decades, the Harvard Study of Adult Development monitored the surviving participants, yielding a wealth of data on their physical and mental well-being.

“The surprising finding is that our relationships and how happy we are in our relationships has a powerful influence on our health,” said Robert Waldinger, director of the study, a psychiatrist at Massachusetts General Hospital and a professor of psychiatry at Harvard Medical School. “Taking care of your body is important, but tending to your relationships is a form of self-care too. That, I think, is the revelation.”

Close relationships, more than money or fame, are what keep people happy throughout their lives, the study revealed. Those ties protect people from life’s discontents, help to delay mental and physical decline, and are better predictors of long and happy lives than social class, IQ, or even genes. That finding proved true across the board among both the Harvard men and the inner-city participants. The long-term research has received funding from private foundations, but has been financed largely by grants from the National Institutes of Health, first through the National Institute of Mental Health, and more recently through the National Institute on Aging.

Researchers who have pored through data, including vast medical records and hundreds of in-person interviews and questionnaires, found a strong correlation between men’s flourishing lives and their relationships with family, friends, and community. Several studies found that people’s level of satisfaction with their relationships at age 50 was a better predictor of physical health than their cholesterol levels were. “When we gathered together everything we knew about them about at age 50, it wasn’t their middle-age cholesterol levels that predicted how they were going to grow old,” said Waldinger in a popular TED Talk. “It was how satisfied they were in their relationships. The people who were the most satisfied in their relationships at age 50 were the healthiest at age 80.”

He recorded his TED talk, titled “What Makes a Good Life? Lessons from the Longest Study on Happiness,” in 2015, and it has been viewed 13,000,000 times. The researchers also found that marital satisfaction has a protective effect on people’s mental health. Part of a study found that people who had happy marriages in their 80s reported that their moods didn’t suffer even on the days when they had more physical pain. Those who had unhappy marriages felt both more emotional and physical pain.

Those who kept warm relationships got to live longer and happier, said Waldinger, and the loners often died earlier. “Loneliness kills,” he said. “It’s as powerful as smoking or alcoholism.”

According to the study, those who lived longer and enjoyed sound health avoided smoking and alcohol in excess. Researchers also found that those with strong social support experienced less mental deterioration as they aged.

In part of a recent study, researchers found that women who felt securely attached to their partners were less depressed and more happy in their relationships two-and-a-half years later, and also had better memory functions than those with frequent marital conflicts. “Good relationships don’t just protect our bodies; they protect our brains,” said Waldinger in his TED talk. “And those good relationships, they don’t have to be smooth all the time. Some of our octogenarian couples could bicker with each other day in and day out, but as long as they felt that they could really count on the other when the going got tough, those arguments didn’t take a toll on their memories.” Since aging starts at birth, people should start taking care of themselves at every stage of life, the researchers say.

“Aging is a continuous process,” Waldinger said. “You can see how people can start to differ in their health trajectory in their 30s, so that by taking good care of yourself early in life you can set yourself on a better course for aging. The best advice I can give is **‘Take care of your body as though you were going to need it for 100 years,’ because you might.**”

Taken from The Harvard Gazette, *Good Genes are nice, but joy is better.* 2017

Get your taxes done for free.

**Old Post Office Pavilion
230 S 5th St El Centro - Tuesdays & Wednesdays
10AM - 2PM
Info & Appointments: 760-353-280**



Also see if you are eligible for the California Earned Income Tax Credit.



Working for You

We work hard to make sure you get every tax credit and deduction you've earned.



Welcoming and Free

The program is open to taxpayers of all ages. AARP membership is not required.



IRS-Certified

Our volunteers are trained and IRS-certified every year.

Be sure to bring the following documents to the site, if relevant:

- Government-issued photo ID for the taxpayer(s) on the return
- Social Security cards or ITIN documentation for all
- Copy of last year's tax return
- Income documents – Forms W2, SSA 1099, 1099R, 1099G, other 1099 forms, self-employment records
- Brokerage statements - sale of stocks or bonds
- 1095 forms if you purchased insurance through the Marketplace (Exchange)
- Mortgage interest, medical/dental expenses, charitable donations, sales, income or property taxes
- Records of federal and state income taxes paid
- Educational expenses – Form 1098-T, student's detailed financial school account; other education expenses
- Checking or savings account info for direct deposit of refund or direct debit of balance due
- Any recent IRS or state tax department correspondence

OLD POST OFFICE PAVILION 230 S 5th St, El Centro
Inicio Febrero 6th - Martes Y Miercoles 10AM - 2PM
Mensaje: 760-353-2801



¿Es usted elegible para el reembolso CalEITC?



Trabajamos para ti

Trabajamos con dedicación para asegurar que recibas todos los créditos y deducciones de impuestos que te corresponden.



Un servicio acogedor y gratuito

El programa está disponible para los contribuyentes de todas las edades. No es necesario ser socio de AARP.



Estamos certificados por el IRS

Nuestros voluntarios están capacitados y son acreditados por el IRS anualmente.

Asegúrate de llevar contigo los siguientes documentos al local, si son relevantes:

- Identificación con foto emitida por el Gobierno para todas las personas incluidas en la declaración de impuestos
- Tarjetas del Seguro Social o documentación con el número de identificación personal (ITIN) para todas las personas incluidas en la declaración de impuestos
- Copia de la declaración de impuestos del año anterior
- Documentación sobre los ingresos: formularios W2, SSA 1099R, 1099G y otros formularios 1099, o registros como trabajador independiente
- Estados de cuentas de inversiones, incluidas ventas de acciones o bonos
- Cuidado de la salud: formularios 1095 A, B, o C; cartas de exención del mercado de seguros de salud
- Intereses hipotecarios, gastos médicos o dentales, donaciones benéficas, impuestos sobre las ventas, sobre la renta o sobre la propiedad
- Registros de los impuestos federales y estatales pagados
- Gastos educativos: formulario 1098-T, estado de cuenta detallado de la institución educativa, otros gastos educativos
- Información de una cuenta de cheques o de ahorros para el depósito directo del reembolso o débito directo de la cantidad adeudada
- Cualquier correspondencia reciente del IRS o del departamento de impuestos estatal

WWW.ICADRC.ORG

Beet-Carrot-Apple Juice

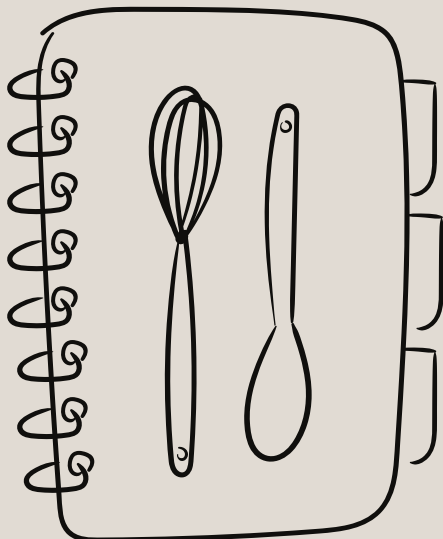
This ruby red juice is a good source of both vitamins C and K. It also contains Beta-carotene, which is converted to vitamin A in the body-good for skin and night vision. Be sure to drink your juice as soon as possible after it's made for the most nutritious bang. Adding chia seeds helps replace the fiber that is lost in the juicing process.

Ingredients:

- 2 medium beets, trimmed and scrubbed
- 1 Granny Smith apple, peeled and cored
- 3 medium carrots, peeled
- 1 tablespoon chia seeds, optional

Instructions

Juice, in this order, the beets, apples and carrots, following your juicer's specific settings for each. Stir in the chia seeds if using and let soak for 5 minutes. Serve the juice immediately over ice, if desired.





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**



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

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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!

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.