

# Trainocate

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# NEWSLETTER

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May 01, 2024 / Vol 19

## Welcome to May!

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* :)

## Celebrating Older Americans Month: Powered by Connection

Established in 1963, Older Americans Month (OAM) is celebrated every May. Led by a federal agency, the Administration for Community Living (ACL), OAM is a time to recognize older Americans' contributions, highlight aging trends, and reaffirm commitments to serving the older adults in our communities.

This year's theme, "Powered by Connection," focuses on the profound impact that meaningful connections have on the well-being and health of older adults — a relationship underscored by the U.S. Surgeon General's Advisory on the Healing Effects of Social Connection and Community.

Your local ICADRC is observing this month by offering the most up-to-date resources to the community, inviting you to visit our website ([www.icadrc.org](http://www.icadrc.org)) for local services that include meals, transportation and more! If you are interested in being listed as a resource, you are encouraged to reach out to us at the following email: [accessmedia@accesstoindependence.org](mailto:accessmedia@accesstoindependence.org).





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ICADRC

Aging & Disability Resource Center

### ADRC Supervisors

Karina Leon  
Sara Enz

### Information & Assistance Coordinator

Coming soon!

### Transition & Diversion Coordinator

Judith Brown

### Long Term Services & Support Coordinator

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### Ways to contact us!

Website - [www.icadrc.org](http://www.icadrc.org)  
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Phone- (760) 332-3213

## Mind Your Mental Health

Talking more freely about mental health and continuing to reduce stigma around getting treatment are hallmarks of this annual observance.

Mental Health Month is a time to raise awareness of and reduce the stigma surrounding behavioral health issues, as well as highlighting the impact mental illness and addiction have on society.

- More than 50 million Americans struggle with mental health conditions.
- Rates of youth depression rose from 12.9% to 25.2% from the pre-pandemic period to 2021.
- Most Americans lack access to adequate mental health treatment, as 54.7% of adults with mental illnesses did not receive care in the last year.
- Members of LGBTQ+ community are almost three times more likely than others to experience a mental health condition such as major depression or generalized anxiety disorder.
- Annual prevalence among U.S. adults, by condition: anxiety disorders: 19.1%, major depressive episode: 8.3%, posttraumatic stress disorder: 3.6%.

**"Though our bodies may age and our abilities may change, the strength of our spirit endures. Mental health knows no boundaries of age or ability. Let us champion empathy, understanding, and support for every elderly and disabled individual, honoring their journey with dignity and care."**

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## How much physical activity do older adults need?

As an older adult, regular physical activity is one of the most important things you can do for your health. It can prevent or delay many of the health problems that seem to come with age. It also helps your muscles grow stronger so you can keep doing your day-to-day activities without becoming dependent on others.

Keep in mind, some physical activity is better than none at all. Your health benefits will also increase with the more physical activity that you do.

Adults aged 65 and older need:

- At least 150 minutes a week (for example, 30 minutes a day, 5 days a week) of moderate-intensity activity such as brisk walking. Or they need 75 minutes a week of vigorous-intensity activity such as hiking, jogging, or running.
- At least 2 days a week of activities that strengthen muscles.
- Plus activities to improve balance, such as standing on one foot.

If chronic conditions affect your ability to meet these recommendations, be as physically active as your abilities and conditions allow.

Here are some ways to meet the physical activity recommendations:

Example 1	Example 2	Example 3
		
Moderate-intensity aerobic activity	Vigorous-intensity aerobic activity	An equivalent mix of moderate- and vigorous-intensity aerobic activity
(such as brisk walking) for 150 minutes (for example, 30 minutes a day, 5 days a week)	(such as jogging or running) for 75 minutes (1 hour and 15 minutes) every week	on 2 or more days a week
AND	AND	AND
		
Muscle-strengthening activities	Muscle-strengthening activities	Muscle-strengthening activities
on 2 or more days a week that work all major muscle groups (legs, hips, back, abdomen, chest, shoulders, and arms).	on 2 or more days a week that work all major muscle groups (legs, hips, back, abdomen, chest, shoulders, and arms).	on 2 or more days a week that work all major muscle groups (legs, hips, back, abdomen, chest, shoulders, and arms).
PLUS	PLUS	PLUS
		
Balance activities	Balance activities	Balance activities
Walking heel-to-toe or standing from a sitting position.	Walking heel-to-toe or standing from a sitting position.	Walking heel-to-toe or standing from a sitting position.



**UPCOMING EVENTS**

The Chamber of Commerce for Greater Brawley is proud to host the 5th **Annual Imperial Valley Taco Festival** on May 3rd, 2024.

This event is a Community and family-friendly event, packed with live music, fun activities, delicious food, and of course... TACOS! There will be no better way to celebrate Cinco De Mayo! We are calling all Taco lovers for the opportunity to experience Tacos (And Salsa) from the best taquerias in the Imperial Valley and surrounding areas.

Date: May 3rd

Location: Main Street. Brawley 92227

Time: 5 PM - 10 PM

**Creative Young Minds Art Exhibit**

Date: May 7-16, 2024

Location: Carmen Durazo Cultural Arts Center. 233 4th St.

Calexico, 92231

Time: 5:30 PM - 7:30 PM



## *Mango Banana Smoothie*

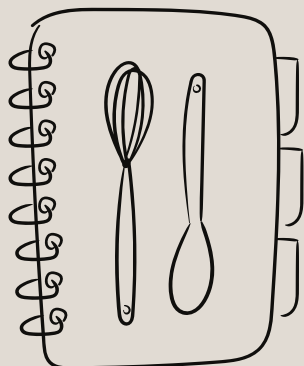
### Ingredients:

- 1 ripe mango, peeled and diced
- 1 ripe banana, peeled
- 1/2 cup plain Greek yogurt
- 1/2 cup coconut water (or regular water)
- 1 tablespoon honey or maple syrup (optional, adjust to taste)
- 1/2 teaspoon vanilla extract (optional)
- Ice cubes (optional, for a colder smoothie)

### Instructions

1. Place all the ingredients in a blender.
2. Blend until smooth and creamy. If the smoothie is too thick, you can add more coconut water or regular water to reach your desired consistency.
3. Taste the smoothie and adjust sweetness if needed by adding more honey or maple syrup.
4. Pour the smoothie into glasses and serve immediately.
5. Enjoy your refreshing Mango Banana Smoothie!

Feel free to customize the recipe by adding a handful of spinach or kale for extra nutrients, or a scoop of protein powder for an added protein boost.







# *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**

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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.