



Trainocate NEWSLETTER

June 01, 2024 / Vol 20

Welcome to June!

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* :)

This newsletter is brought to you by a partnership between Access to Independent and the Area Agency on Aging with funding provided by the California Department of Aging

June is Alzheimer's & Brain Awareness Month

Alzheimer's is the most common cause of dementia, a general term for memory loss and other cognitive abilities serious enough to interfere with daily life. Alzheimer's disease accounts for 60-80% of dementia cases.

Alzheimer's is not a normal part of aging. The greatest known risk factor is increasing age, and the majority of people with Alzheimer's are 65 and older. Alzheimer's disease is considered to be younger-onset Alzheimer's if it affects a person under 65. Younger-onset can also be referred to as early-onset Alzheimer's. People with younger-onset Alzheimer's can be in the early, middle or late stage of the disease.

On **June 21st** "The Longest Day" (summer solstice) participants fight the darkness of Alzheimer's and all other dementia through a fundraising activity of their choice on a day that works for them. With sports tournaments, card games, parties, baking and more, participants raise funds to advance the care, support and research efforts of the Alzheimer's Association

If you or someone you know has been diagnosed with Alzheimer's or another dementia, you are not alone. The Alzheimer's Association is the trusted resource for reliable information, education, referral and support to millions of people affected by the disease.

- Call our 24/7 Helpline: 800.272.3900

Source: Alzheimer's Association



Trainocate

NEWSLETTER

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

Susana Garcia

Trainocate Newsletter Staff

Andrea Brunye

Ways to contact us!

Website - www.icadrc.org
Email - See below abrunye@accesstoindpendence.org
Phone- (760) 332-3213

Know the Signs

Memory loss that disrupts daily life may be a symptom of Alzheimer's or other dementia. Alzheimer's is a brain disease that causes a slow decline in memory, thinking and reasoning skills. There are 10 warning signs and symptoms. If you notice any of them, don't ignore them. Schedule an appointment with your doctor.

- 1. Memory loss that disrupts daily life.** One of the most common signs of Alzheimer's disease, especially in the early stage, is forgetting recently learned information. Others include forgetting important dates or events, asking the same questions over and over, and increasingly needing to rely on memory aids (e.g., reminder notes or electronic devices) or family members for things they used to handle on their own. What's a typical age-related change? Sometimes forgetting names or appointments, but remembering them later.
- 2. Challenges in planning or solving problems.** Some people living with changes in their memory due to Alzheimer's or other dementia may experience changes in their ability to develop and follow a plan or work with numbers. They may have trouble following a familiar recipe or keeping track of monthly bills. They may have difficulty concentrating and take much longer to do things than they did before. What's a typical age-related change? Making occasional errors when managing finances or household bills.
- 3. Difficulty completing familiar tasks.** People living with memory changes from Alzheimer's or other dementia often find it hard to complete daily tasks. Sometimes they may have trouble driving to a familiar location, organizing a grocery list or remembering the rules of a favorite game.
- 4. Confusion with time or place.** People living with Alzheimer's or other dementia can lose track of dates, seasons and the passage of time. They may have trouble understanding something if it is not happening immediately. Sometimes they may forget where they are or how they got there.
- 5. Trouble understanding visual images and spatial relationships.** Some people living with Alzheimer's or other dementia could experience vision changes. This may lead to difficulty with balance or trouble reading. They may also have problems judging distance and determining color or contrast, causing issues with driving.



Trainocate

NEWSLETTER

Intergenerational Activities are a Win-Win!

Intergenerational connections are good for everyone who engages in them and they are good for the community, too! Connecting with people of different generations helps foster respect and understanding across generations. And combining the experiences, wisdom and perspectives of people of all ages can improve lives and strengthen communities. In fact, older adults who participate in intergenerational activities often describe feeling increased life satisfaction, decreased social isolation, a stronger sense of community and improved quality of life. For younger people, engaging in intergenerational activities can lead to an improved sense of self, purpose and self-confidence.

Types of Intergenerational Engagement Activities

Lend a Helping Hand

Interested in volunteering? Volunteering can help you develop intergenerational connections and share your skills and knowledge with children, teenagers and young adults in your community. This may include participating in AmeriCorps Seniors programs like the Foster Grandparent Program, providing tutoring or mentoring at schools, volunteering at a local children's hospital or participating in civic engagement opportunities such as helping younger adults register to vote.

Action Step: Contact local schools and childcare centers to learn about any available volunteer opportunities.

Learn New Skills and Share What You Know

On a quest to learn new things or share your knowledge? Participating in intergenerational lifelong learning opportunities can offer you a chance to learn new skills and share your knowledge with other generations. This may include taking a technology training class taught by younger adults, participating in local community service projects, sharing your experiences through oral history, teaching young people how to cook or passing along your favorite family recipes.

Action Step: Contact local mentoring/ youth service organizations about volunteer opportunities.

Express Your Creative Side

Do you want to explore your artistic talents? Engaging in arts and other creative activities alongside children and young adults helps create meaningful connections. Because they welcome people of all ages, many community groups, such as choirs, orchestras or theatre groups, have participants from many generations. You can also explore your creative side by joining a dance class or participating in local arts and crafts classes such as painting, drawing, knitting, quilting, jewelry making or pottery.

Action Step: Contact your local community center for arts activities that are open to all ages.

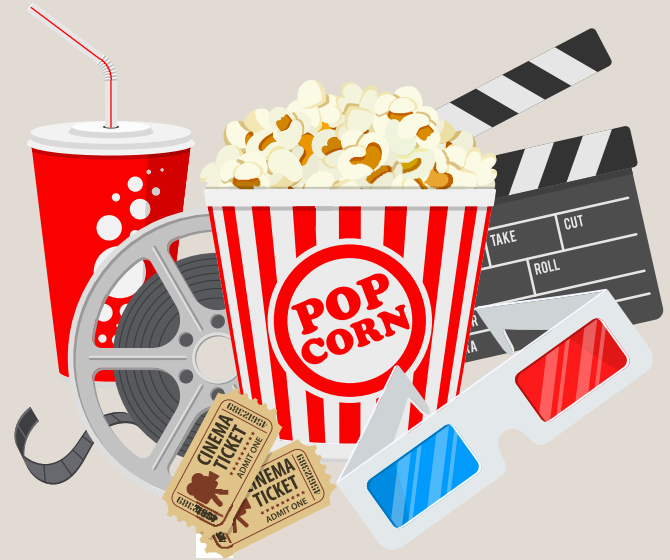
Build Healthy Habits

Food always brings people together! Connecting with younger generations through food is another way to form mutually beneficial relationships and connections. Activities may include volunteering during lunchtime at a local school, joining cultural cooking classes or helping maintain a community garden. You can also join group fitness activities such as intergenerational walking groups, mindfulness sessions or dance groups to connect with people from different generations.

Action Step: Share your skills such as cooking, art and gardening with children at youth clubs or at a community center.

UPCOMING EVENTS**Movies at the Pool
- City of Imperial**

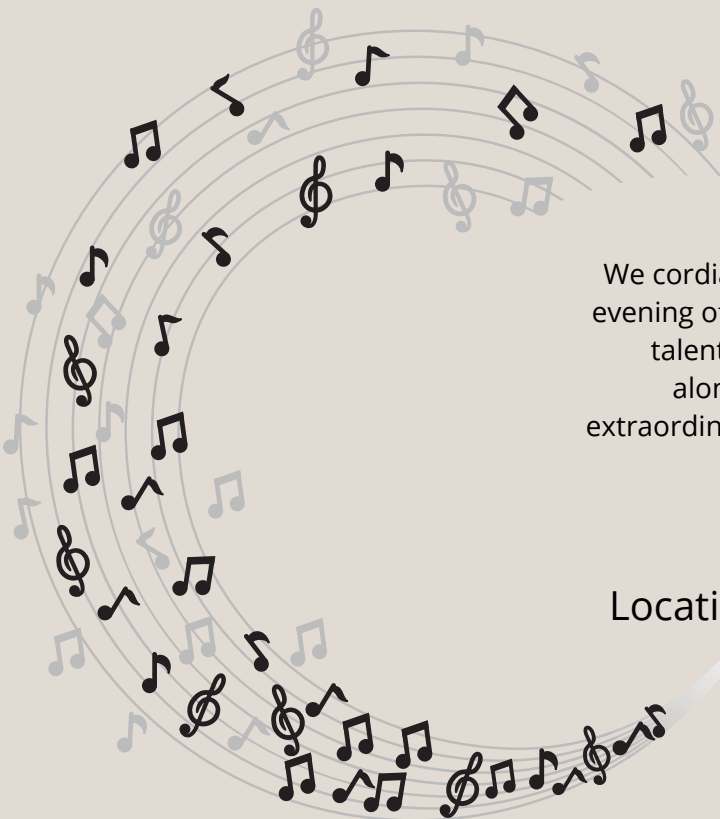
Dive on in and enjoy a movie under the stars. Bring out your rafts and inner-tubes and float along with all your family and friends for a fun summer night at the Imperial Pool. Movie starts at Dusk. Snacks and drinks are available for purchase.



Date: June 28, 2024

Location: Imperial Pool -
618 West Barioni Boulevard

Time: 7 - 10 PM

**Imperial Valley Symphony
- Young Artists Concert**

We cordially invite you to join us on June 1, 2024, for an exceptional evening of musical excellence. The event will feature the remarkable talents of young musicians from the Imperial Valley, performing alongside our accomplished symphony orchestra. Witness the extraordinary skills of our local youth as they showcase their musical prowess on stage with the symphony.

Date: June 8, 2024

Location: Jimmie Cannon Theater at Southwest
High School

Time: 5:30 PM - 7:30 PM

WWW.ICADRC.ORG

GRILLED HONEY MUSTARD CHICKEN AND BROCCOLI

Ingredients:

- 1 pound boneless chicken thighs
- ⅓ cup + 3 tablespoons dijon mustard
- ¼ cup + 2 tablespoons honey
- 2 to 3 tablespoon olive oil
- kosher salt and pepper
- 4 cups broccoli florets
- garlic powder
- chives, for garnish

Instructions

1. Place the chicken in a bowl or resealable plastic bag. Whisk together the ⅓ cup dijon, ¼ cup honey and 1 tablespoon olive oil. Pour it over the chicken and marinate for at least 30 minutes or even overnight. Stick it in the fridge, covered, to marinate.
2. When ready to grill, preheat the grill to high. Remove the chicken about 20 minutes before grilling to take the chill off. In a small bowl, I whisk together another 2 tablespoons of honey and 3 tablespoons of dijon, for basting the chicken while grilling. This is optional but very delicious!
3. Place the broccoli florets in a bowl and drizzle with the remaining olive oil. Sprinkle on a big pinch of salt and pepper and a sprinkle of garlic powder. Toss well. Spread the florets on a grill pan in a (mostly) single layer. If you don't have a grill pan, you can use aluminum foil. I do 2 or 3 layers of foil and foil up the edges to make a tray.
4. Place the chicken on the grill. Grill for 5 to 6 minutes per side, or until the temperature in the thickest part of the chicken registers at 165 degrees F. The last 2 to 3 minutes, brush the chicken with the honey mustard mixture.
5. While the chicken is grilling, place the broccoli on the other side, whether on the grill pan or foil. Grill these both with the lid closed. Toss the broccoli every few minutes, until it's charred and golden enough for your liking. This usually takes around 10 minutes.
6. Remove the chicken and broccoli from the grill. Let the chicken rest for 5 minutes. Serve!





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

 **760-332-3213**

 **www.icadrc.org**

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.