



Trainocate NEWSLETTER

July 01, 2024 / Vol 21

Welcome to July!

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.

NEW! View this newsletter in Spanish by visiting our website under "Newsletters"!

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

It is a Hot Summer This Year – Tips to Stay Safe!

Stay safe as summer heats up. Prepare yourself for the high temperatures. According to the [Centers for Disease Control and Prevention \(CDC\)](#), sickness from the heat occurs when your body cannot compensate and properly cool you off. However, heat-related illness and death are preventable. Before the next heat wave, or outdoor activity, follow these [protective actions from the CDC](#) and stay cool this summer:

- Stay in an air-conditioned location as much as possible.
- Drink plenty of fluids, even if you do not feel thirsty.
- Take several breaks from the heat, especially midday when the sun is hottest.
- Wear loose, lightweight, light-colored clothing, and sunscreen. Remember that you should reapply sunscreen as indicated on the package.
- Take cool showers or baths to cool down.
- Check on friends or neighbors during extremely hot days and have someone do the same for you.
- Never leave children or pets in cars.
- Check the local news for health and safety updates.

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

No Power?



Head to a local cooling center to #BeatTheHeat

Imperial Valley Cooling Centers

Camarena Memorial Library ❄️💧

Mon.-Thurs. 12 pm - 7 pm & every other
Friday 10 am - 5 pm.
850 Encinas Ave, Calexico, CA 92231
760.768.2170

Heber Community Center/Library ❄️💧

Mon. & Wed. 9 am - 5:30 pm. Fri.
10 am - 2 pm
1132 Heber Ave, Heber, CA 92249
442.265.7131

Imperial County Holtville Library ❄️💧

Mon. - Fri. 9 am - 5:30 pm. Closed 12-1 pm.
101 E 6th St, Holtville, CA 92250
760.356.2385

Holtville City Hall ❄️💧

Mon. - Fri. 7 am - 5:30 pm. Closed 12-1 pm.
121 W 5th St, Holtville, CA 92250
760.356.2912

Imperial County Calipatria Library ❄️💧

Mon.-Fri. 9 am - 5:30pm. Closed 1 pm - 2
pm
105 S Lake Ave, Calipatria, CA 92233
760.348.2630

Imperial Valley Mall Food Court ❄️💧

Mon.- Thur. 10 am - 8 pm & Sunday
11 am - 7 pm
3451 Dogwood Rd, El Centro, CA
92243
760.352.0800

Museo del Desierto del Valle Imperial ❄️💧

Mier. - Dom. 10 am - 4 pm
11 Frontage Rd, Ocotillo, CA 92259
760.358.7016

Imperial Public Library ❄️💧

Mon.-Thurs. 10 am - 7 pm & Friday 8
am - 5 pm.
200 W 9th St, Imperial, CA 92251
760.355.1332

Location Legend

❄️ Is a location that serves as a
cooling station

💧 Is a location that serves as a
Hydration Station

❄️💧 Is a location that serves
both as a Cooling Station and
Hydration Station

Visit the IC Public Health Dept for more
information.

Hydration Centers

Brawley Public Library 💧

Mon.-Tues. 4pm - 7pm. Wed-Fri 10am-
1pm, 2pm-6pm closed 12pm-1pm
400 Main St, Ste 1, Brawley, CA 92227
760.344.1891

Bombay Beach Community Center 💧

Please call ahead to confirm if the site
will be open. Hydration station is
dependent on staff availability.
9590 Avenue C, Niland, CA 92257
760.550.3264

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NEWSLETTER

ADA

Americans with Disabilities Act

American with Disabilities Act #34

34 years ago on July 26, 1990, the Americans with Disabilities Act (ADA) was signed into law. This historic civil rights law protects the rights of people with disabilities.

The Americans with Disabilities Act (ADA) became law in 1990. The ADA is a civil rights law that prohibits discrimination against individuals with disabilities in many areas of public life, including jobs, schools, transportation, and many public and private places that are open to the general public. The purpose of the law is to make sure that people with disabilities have the same rights and opportunities as everyone else. The ADA is divided into five titles (or sections) that relate to different areas of public life.

Title I - Employment

- Helps people with disabilities access the same employment opportunities and benefits available to people without disabilities.
- Applies to employers with 15 or more employees.
- Requires employers to provide reasonable accommodations to qualified applicants or employees. A "reasonable accommodation" is a change that accommodates employees with disabilities so they can do the job without causing the employer "undue hardship" (too much difficulty or expense).
- Defines disability, establishes guidelines for the reasonable accommodation process, and addresses medical examinations and inquiries.

Title II - Public Services: State and Local Government

- Prohibits discrimination on the basis of disability by "public entities" such as state and local government agencies.
- Requires public entities to make their programs, services and activities accessible to individuals with disabilities.
- Outlines requirements for self-evaluation and planning; making reasonable modifications to policies, practices, and procedures where necessary to avoid discrimination; identifying architectural barriers; and communicating effectively with people with hearing, vision and speech disabilities.

Title III - Public Accommodations and Services Operated by Private Entities

- Prohibits places of public accommodation from discriminating against individuals with disabilities. Public accommodations include privately owned, leased or operated facilities like hotels, restaurants, retail merchants, doctors' offices, golf courses, private schools, day care centers, health clubs, sports stadiums, movie theaters, and so on.
- Sets the minimum standards for accessibility for alterations and new construction of commercial facilities and privately owned public accommodations. It also requires public accommodations to remove barriers in existing buildings where it is easy to do so without much difficulty or expense.
- Directs businesses to make "reasonable modifications" to their usual ways of doing things when serving people with disabilities.
- Requires that businesses take steps necessary to communicate effectively with customers with vision, hearing, and speech disabilities.

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Title IV - Telecommunications

- Requires telephone and Internet companies to provide a nationwide system of interstate and intrastate telecommunications relay services that allows individuals with hearing or speech disabilities to communicate over the telephone.
- Requires closed captioning of federally funded public service announcements.

Transportation

- Public transportation offered by a state or local government is covered by Title II of the ADA. Publicly funded transportation includes, but is not limited to, bus and passenger train (rail) service. Rail service includes subways (rapid rail), light rail, commuter rail, and Amtrak.
- If transportation is offered by a private company, it is covered by Title III. Privately funded transportation includes, but is not limited to, taxicabs, airport shuttles, intercity bus companies, such as Greyhound, and hotel-provided transportation.

Title V - Miscellaneous Provisions

- Contains a variety of provisions relating to the ADA as a whole, including its relationship to other laws, state immunity, its impact on insurance providers and benefits, prohibition against retaliation and coercion, illegal use of drugs, and attorney's fees.
- Provides a list of certain conditions that are not considered disabilities.

The Imperial County Aging & Disability Resource Center is proud to support the Americans with Disabilities Act (ADA) 34th Anniversary. On July 26th we celebrate this important civil rights law that prohibits discrimination against individuals with disabilities in all areas of public life, including jobs, schools, transportation, and all public and private places that are open to the general public. The purpose of the law is to make sure that people with disabilities have the same rights and opportunities as everyone else. #ADA34 #ThanksToTheADA

UPCOMING EVENTS**Pioneer's Book Club - The Chinese Parrot**

Our Pioneers' Book Club is meeting this summer to read a nearly 100-year old classic detective novel set in the California desert, "The Chinese Parrot!" Stop by our gift shop to pick up your copy and join us.

Date: July 25, 2024

Location: Pioneer's Museum.

373 E. Aten Rd. Imperial, CA 92251

Time: 6 - 7 PM

**Fireworks Spectacular 2024**

Free to attend, vendor row will be on N. International Blvd. north of Main St. Vendor row will have: DJ Music Premiere Soundz 6-10 P.M. Car Display 6-10 P.M. Food Vendors 6-10 P.M. Merchandise Vendors 6-10 P.M. Informational Displays 6-10 P.M. Hot Dog Eating Contest at 7 P.M. Ice Cream Eating Contest at 8 P.M. Fireworks show: 9:00 P.M. Fireman's Water Polo at Radmacher Park

Date: July 4, 2024

Location: 111 S. Lake Ave. Calipatria 92233

Time: 6 PM - 10 PM



Watermelon Feta Salad

Ingredients:

- 4 cups cubed seedless watermelon
- 1 cup crumbled feta cheese
- 1/4 cup fresh mint leaves, chopped
- 2 tablespoons extra virgin olive oil
- 1 tablespoon balsamic vinegar
- Salt and pepper to taste

Instructions

1. In a large bowl, combine the cubed watermelon, crumbled feta cheese, and chopped mint leaves.
2. Drizzle the olive oil and balsamic vinegar over the watermelon mixture.
3. Gently toss everything together until well combined.
4. Season with salt and pepper to taste.
5. Serve immediately or refrigerate for 30 minutes to allow the flavors to meld together before serving.

Enjoy this light and flavorful salad as a refreshing side dish or light lunch on a hot summer day!





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.