



# Trainocate NEWSLETTER

August 01, 2024 / Vol 22

## Welcome to August!

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 Independence and the Area Agency on Aging with funding provided by the California Department of Aging

## August is National Wellness Month: Self-Care Activities

August is Wellness Month! Take this time to focus on self-care, healthy habits, and mental well-being. Just about anything that fills your tank and is a healthy habit can be self-care. Here are some of the top self-care activities.

- Connect with friends and family. Staying connected with friends and family is vital to feel loved and supported which, in turn, is vital to overall well-being and emotional health. Some great ways to maintain social connections include:
  - Joining special interest clubs
  - Talking on the phone
  - Having regularly scheduled interactions such as: Sunday dinner with family or friends a couple of times each month, a weekly breakfast or coffee date with friends, or religious activities such as weekly church services
- Learn something new. Some great new things to learn include:
  - Art forms
  - Photography
  - Games such as chess
  - Crafts
- Volunteering. Finding a way to spend time helping others is a great way to practice self-care. Volunteering offers a plethora of benefits like having the chance to be part of a community and be social, and establish a sense of purpose and accomplishment.

How do you like to practice self-care? Send us your ways by emailing: [accessmedia@accesstoindependence.org](mailto:accessmedia@accesstoindependence.org)

Source: [Administrative for Community Living](#).

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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

Susana Garcia

### Trainocate Newsletter Staff

Andrea Brunye

### Ways to contact us!

Website - [www.icadrc.org](http://www.icadrc.org)  
Email - See below [abrunye@accesstoindependence.org](mailto:abrunye@accesstoindependence.org)  
Phone- (760) 332-3213

## Community Centers in the Imperial Valley

We know the Imperial Valley summers can get extremely hot, with temperatures soaring to 120 degrees. To stay active while keeping cool, consider visiting local community centers, which also serve as cool centers. These facilities provide a safe, air-conditioned environment where you can exercise comfortably or participate in local community activities! Here are some you can visit:

### El Centro Aquatic Center

- Location: El Centro, CA
- Features: Aquatic facilities and various recreational programs
- Contact: (760)335-4550

### Imperial Parks and Recreation Department

- Location: 101 E. 4th Street, Imperial, CA 92251
- Office Hours: Mon-Fri | 8 AM-5 PM
- Contact: (760) 355-3316, [parks@cityofimperial.org](mailto:parks@cityofimperial.org)

### Heber Community Center

- Location: 1132 Heber Ave. Heber, 92249
- Features: Library, event area, kitchen, restrooms, basketball court, boxing ring
- Contact: (442) 265-1823

### Brawley Parks & Recreation

- Location: 225 A St. Brawley 92227
- Features: Sports and fitness, bingo, crafts, jewelry making, youth activities
- Contact: (760) 344-5675





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## NEWSLETTER

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Vitamin D



Vitamin D and calcium are vital for the aging population to maintain bone health and reduce the risk of osteoporosis. Vitamin D helps the body absorb calcium, which is essential for building and maintaining strong bones. As people age, their ability to produce vitamin D from sunlight decreases, making it crucial to get enough from food or supplements. Regular sunlight exposure is also important for natural vitamin D synthesis. Combining a balanced diet with adequate sun exposure can significantly improve bone health and overall well-being.

Here is a recipe that is high in both vitamin D and calcium!

### **Salmon and Spinach Salad**

Ingredients:

- 1 cup cooked salmon (rich in vitamin D)
- 2 cups fresh spinach (high in calcium)
- 1/2 cup cherry tomatoes
- 1/4 cup sliced almonds (for added calcium)
- 1/4 cup red onion, thinly sliced
- 1/4 cup feta cheese (high in calcium)
- Olive oil and lemon juice for dressing



### **Instructions:**

1. Prepare the Salad: In a large bowl, combine spinach, cherry tomatoes, red onion, and almonds.
2. Add Salmon: Flake the cooked salmon into bite-sized pieces and add to the salad.
3. Top with Feta: Sprinkle feta cheese over the salad.
4. Dress: Drizzle with olive oil and lemon juice, then toss gently to combine.
5. Serve: Enjoy immediately as a nutritious meal packed with vitamin D and calcium.

Regularly incorporating foods high in vitamin D and calcium into your diet, along with getting plenty of sunlight, can help maintain strong bones and overall health as you age.

**UPCOMING EVENTS**

**END OF SUMMER BASH**

Free Admission. Celebrate the end of summer with a luau at the pool! Join us for music, food vendors, raffles & more!

Date: August 9, 2024

Location: Imperial Pool - 618 West Barioni Boulevard

Time: 7 - 10 PM



Submit your upcoming event by emailing us  
at  
[accessmedia@accesstoinedependence.org](mailto:accessmedia@accesstoinedependence.org)



## *Grilled Peach and Burrata Salad*

### Ingredients:

- 4 ripe peaches, halved and pitted
- 2 tbsp olive oil
- 4 cups arugula or mixed greens
- 8 oz burrata cheese
- 1/4 cup fresh basil leaves
- 1/4 cup toasted almonds or pecans
- 2 tbsp balsamic glaze
- Salt and pepper to taste

### Instructions

1. Heat your grill/stove to medium-high.
2. Brush the peach halves with olive oil and place them on the grill, cut side down. Grill for 3-4 minutes until grill marks appear, then flip and grill for another 2-3 minutes. Remove from grill and let cool slightly.
3. Arrange the arugula or mixed greens on a serving platter. Place the grilled peach halves on top.
4. Tear the burrata into pieces and distribute over the salad. Sprinkle with fresh basil leaves and toasted nuts.
5. Drizzle with balsamic glaze and season with salt and pepper to taste.

This salad is perfect for a summer lunch or as a side dish for a BBQ. For more summer recipes, you can visit [Bon Appetit](#) or [Food Network](#).





# *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.*

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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.