

Trainocate NEWSLETTER

September 01, 2024 / Vol 23

Welcome to September!

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"!

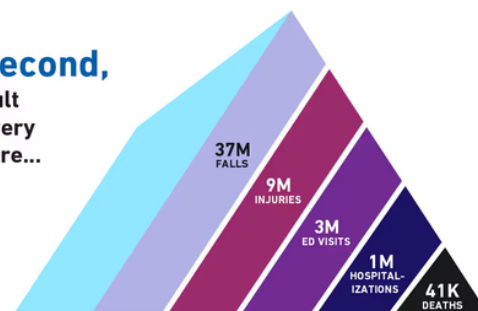
This newsletter is brought to you by a partnership between Access to Independent and the Area Agency on Aging with funding provided by the California Department of Aging

September is Fall Prevention Month: About Older Adult Fall Prevention

Falls can be prevented. Falls are a threat to the health of older adults and can reduce their ability to remain independent. However, falls don't have to be inevitable as you age. You can reduce your chance of falling or help a loved one prevent falls. There are proven ways to reduce and prevent falls, even for older adults. We identify older adults as anyone 65 years and older.

- Each year, 37 million falls occur among older adults age 65 and older.
- While not all falls result in an injury, about 37% of those who fall reported an injury that required medical treatment or restricted their activity for at least one day, resulting in an estimated nine million fall injuries.
- Nearly one million older adults are hospitalized because of a fall injury every year, most often due to a head injury or hip fracture.
- Hip fractures due to a fall accounted for 88% of emergency department visits and hospitalizations and 83% of deaths related to hip fractures were also caused by falls.
- Falls are also the most common cause of TBI-related deaths and hospital admissions.

**Every second,
an older adult
falls, and every
year there are...**



National Vital Statistics System; National Electronic Injury Surveillance System—All Injury Program; Behavioral Risk Factor Surveillance System

Source: [CDC](#)

Talk with your health care provider about medication side effects

Make your home safer by using night lights, installing grab bars in the bathroom, and securing carpet to the floor

Stand up slowly to avoid dizziness



Trainocate

NEWSLETTER

ICADRC

Ageing & Disability Resource Center

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Steps to take to prevent falls.

If you take care of your overall health, you may have a lower chance of falling. Most of the time, falls and accidents don't just happen for no reason. Here are a few tips to help lessen your risk of falls and broken bones, also known as fractures:

- Stay physically active. Plan an exercise program that is right for you. Regular exercise improves muscles and makes you stronger. Exercise also helps keep your joints, tendons, and ligaments flexible. Mild weight-bearing activities, such as walking or climbing stairs, may slow bone loss from osteoporosis, a disease that makes bones weak and more likely to break
- Try balance and strength training exercises. Yoga, Pilates, and tai chi can all improve balance and muscle strength. You can also try lifting weights or using resistance bands to build strength. Learn more about different types of exercises to improve balance and strength.
- Fall-proof your home.
- Have your eyes and hearing tested. Even small changes in sight and hearing are linked to an increased risk for falls. When you get new eyeglasses or contact lenses, take time to get used to them. Wear your glasses or contacts as your eye doctor advises. If you have a hearing aid, be sure it fits well and wear it.
- Find out about the side effects of any medicines you take. If a drug makes you sleepy or dizzy, tell your doctor or pharmacist.
- Get enough sleep. If you are tired, you are more likely to fall.
- Take extra caution when walking on wet or icy surfaces. These can be very slippery! Use an ice melt product or sand to clear icy areas by your doors and walkways.
- Avoid or limit alcohol. Too much alcohol can lead to balance problems and falls, which can result in hip or arm fractures and other injuries.
- Stand up slowly. Getting up too quickly can cause your blood pressure to drop. That can make you feel wobbly. Get your blood pressure checked when lying and standing.
- Use an assistive device if you need help feeling steady when you walk. Using canes and walkers correctly can help prevent falls. If your doctor tells you to use a cane or walker, make sure it's the right size for you. Walker wheels should roll smoothly. If you borrow walking support equipment from a friend, ask your health care provider to make sure the equipment is the correct size and is safe to use. This is exceptionally important when you're walking in areas you don't know well or where the walkways are uneven. A physical or occupational therapist can help you decide which devices might be helpful and teach you how to use them safely.
- Keep your hands free. Use a shoulder bag, fanny pack, or backpack to leave your hands free to hold on to railings.
- Choose the right footwear. To fully support your feet, wear nonskid, rubber-soled, low-heeled shoes. Don't walk on stairs or floors in socks or in shoes and slippers with smooth soles.
- Consider staying inside when the weather is bad. Some community services provide 24-hour delivery of prescriptions and groceries, and many take orders over the phone.
- Always tell your doctor if you have fallen since your last check-up, even if you did not feel pain when you fell. A fall can alert your doctor to a new medical problem or issues with your medications or eyesight that can be corrected. Your doctor may suggest physical therapy, a walking aid, or other steps to help prevent future falls.

TAKE THE FALLS FREE CHECKUP.

Stay healthy and independent by checking your risk for a fall.

<https://www.ncoa.org/tools/falls-free-checkup>





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NEWSLETTER

Food insecurity and skyrocketing inflation. It's a recipe for disaster for fixed-income seniors.

Living on a fixed income can make meal planning and grocery shopping challenging, and eating healthy on a budget can be incredibly difficult when you must be mindful of your expenses. This article will explore budget-friendly tips and valuable insights to help older adults make informed choices about their diet, optimize their nutrition, and stretch their food budget to the fullest.

Affordable and Nutritious Food Choices

Buy Economical Produce

Choose in-season fresh fruits and vegetables, which are typically more cost-effective. When fresh is not available, choose frozen produce. Frozen produce can have more nutrients than fresh, as harvesting happens at peak ripeness.

Prepare in Advance

Take advantage of bulk items and sales by cooking larger quantities of food and freezing it. Prepping ahead ensures you always have a nourishing, home-cooked meal ready. For example, if chicken is on sale, buy extra, cook it in a healthy recipe, portion it out, and freeze the leftovers.

Consider Generic

Switching from name-brand to store-brand food and beverage items such as generic sliced bread, cereal, and toilet paper can be as good as branded options but cheaper. [Consumer Reports](#) states most store brands can match name brands in flavor and quality, but they're often 20% to 25% lower in price!

Switch from Canned to Dried

Swap canned food for dried alternatives like beans, lentils, and grains. These foods are less expensive and often more nutritious, with fewer additives and sodium content than canned. Though they take more prep time, the cost savings and health benefits are worth it. Buying these foods in bulk also saves money.

Plan Ahead

Shop with a list to avoid unnecessary purchases. Never go grocery shopping while hungry, as this can lead to impulse purchases and excessive calorie intake.

Senior discounts

Many grocery stores offer senior discounts. Senior Discount days are usually one day a week or one day a month. The discount is generally between 5 and 10% off your bill. For example, at [Fred Meyer](#), seniors over age 55 can take an additional 10% off of select items. You can find other stores that offer similar discounts by looking online.

Recipes

You can find healthy, easy-to-prepare recipes by searching websites for meal planning. [AARP](#) has free recipes, dinner ideas, and discounts on food.

Community Resources

If you're on a tight budget and still want to eat healthy, there are several great places to start seeking help: Senior Food Box Program

You may be eligible for the [Senior Food Box](#) program, which is the USDA's Commodity Supplemental Food Program, providing nutritional assistance to eligible seniors. You may qualify even if you receive other benefits, like SNAP. Each state establishes eligibility limits for older adults at or below 130 percent of the [Federal Poverty Income Guidelines](#).

Give your local ADRC a call for more food resources. **Phone- (760) 332-3213**

Source: <https://www.councilonaging.org/blog/eating-healthy-on-a-budget/>

UPCOMING EVENTS

Chews from the Heart

Calling on all young artists! Join Jamie Chew and the Color Crusaders in designing and painting custom shoes for a great cause. Participants will be selected. Each artist will create uniquely customized designs based on the preferences chosen by the recipient. Shoes and all painting materials will be provided.

Date: September 5, 2024

Location: Sr. Craft Room 707 Dool Ave.
Calexico, CA

Time: 7:30 PM



City of Calexico Recreation & Cultural Arts Program Guide

The Calexico Recreation Program Guide for Fall 2024 and Winter/Spring 2025 features a variety of recreational activities and events for all ages.

Register Online at:
calexicoca.myrec.com

Butternut Squash Soup

Ingredients:

- 1 large butternut squash, peeled and cubed
- 1 large carrot, peeled and chopped
- 1 large apple, peeled and chopped
- 1 large onion, chopped
- 3 cloves garlic, minced
- 4 cups vegetable broth
- 1/2 teaspoon ground cinnamon
- 1/4 teaspoon ground nutmeg
- 1/4 teaspoon ground ginger
- Salt and pepper to taste
- 2 tablespoons olive oil
- Optional: 1/2 cup heavy cream or coconut milk for creaminess

Instructions

1. Preheat your oven to 400°F (200°C).
2. Place the cubed butternut squash, chopped carrot, and chopped apple on a baking sheet. Drizzle with olive oil and season with salt and pepper. Toss to coat.
3. Roast in the preheated oven for 25-30 minutes or until the vegetables are tender and slightly caramelized.
4. In a large pot, heat a tablespoon of olive oil over medium heat. Add the chopped onion and cook until translucent, about 5 minutes. Add the minced garlic and cook for another 2 minutes.
5. Add the roasted vegetables, vegetable broth, cinnamon, nutmeg, and ginger to the pot. Bring to a boil, then reduce heat and simmer for 15 minutes.
6. Use an immersion blender to blend the soup until smooth. Alternatively, you can transfer the soup in batches to a blender and blend until smooth.
7. Ladle the soup into bowls and serve hot.
Optionally, garnish with a drizzle of cream or a sprinkle of fresh herbs.





Fundraiser

Enjoy delicious food and support a great cause!

During this time, 10% of sales from all three Johnny's Burritos locations will be donated to Access to Independence when you show this flyer (paper or digital) to the cashier.

SEPTEMBER 14, 2024 | 12 - 1 PM

All Johnny's Burritos Locations

El Centro:

301 Wake Ave, El Centro, CA 92243

Imperial:

105 S Imperial Ave, Imperial, CA 92251

Brawley:

490 D St, Brawley, CA 92227



For more information contact:

Karina Leon, Program Manager

☎ 760-768-2044

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.