

Trainocate NEWSLETTER

October 01, 2024 / Vol 24

Welcome to October!

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

National Disability Employment Awareness Month (NDEAM)

Each October, during National Disability Employment Awareness Month, or "NDEAM," we celebrate the value and talent workers with disabilities add to America's workplaces and economy. NDEAM's purpose is to confirm our commitment to ensuring disabled workers have access to good jobs, every month of every year. That's the spirit behind this year's official theme: "Access to Good Jobs for All."

The Imperial Valley's ADRC is proud to be part of this year's National Disability Employment Awareness Month!



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

To have a booth at the Annual AT & Disability Resource Fair

email:
jbrown@accesstoindpendence.org



SAVE THE DATE

Annual AT & Disability Resource Fair

November 14, 2024

2:00 PM - 5:00 PM

Imperial Valley Mall
3451 S. Dogwood Rd.
El Centro, CA 92243

Join us to celebrate and bring awareness to Disability & Employment Awareness month! Learn about different assistive technologies and local resources available in the community! There will be informational booths and resource tables from other organizations/agencies and employers and job seekers.

Don't miss out on this great opportunity!



www.accesstoindpendence.org



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Know Your Voting Rights

All Registered Voters can Vote in a Primary or General Election

To Register to vote in California, you must be:

- A United States citizen and a resident of California
- 18 years or older on Election Day
- Not currently serving a state or federal prison term for the conviction of a felony
- Not currently found mentally incompetent to vote by a court

How to Register to Vote

You can register and update your voter registration online or by completing a Voter Registration Card (VRC).

Visit registertovote.ca.gov

For help on how to fill out a California VRC using American Sign Language, watch this video:

www.youtube.com/watch?v=Xuu0ByH9sJk

How to Vote

Vote-by-Mail

County elections officials mail vote-by-mail ballots to all active registered voters. Any registered voter may vote using a vote-by-mail ballot instead of going to the polls on Election Day.

Voting at a Polling Place or Vote Center

If you need help marking your ballot, you may choose up to two people to help you. This person cannot be:

- Your employer or anyone who works for your employer
- Your labor union leader or anyone who works for your labor union

If you are unable to go to the polls because of conditions resulting from your absence from the precinct for an election, you may apply in writing for a replacement vote-by-mail ballot to be provided to representative. This application must be provided in person to your county elections office by the voter or the voter's representative.

Once you mark your ballot, you may return your voted ballot by returning it in person to any polling place or drop-off location and drop box within the state or the office of your county elections official. Please note that vote-by-mail ballots that are mailed must be postmarked on or before Election Day and received by your county elections office no later than 7 days after Election Day. If you are not sure your vote-by-mail ballot will arrive in time if mailed, bring it to any polling place in the state between 7:00 a.m. and 8:00 p.m. on Election Day. Vote-by-mail ballots that are personally delivered must be delivered no later than the close of polls at 8:00 p.m. on Election Day.

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Continued...

Curbside Voting

Curbside voting allows you to park as close as possible to the voting area. Elections officials will bring you a roster to sign, a ballot, and any other voting materials you may need, whether you are actually at a curb or in a car. All polling places and vote centers are required to be accessible to voters with disabilities and will have accessible voting machines.

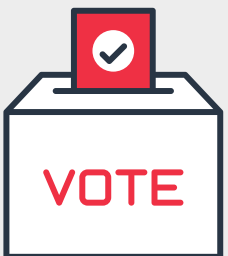
Voting at Home

Remote accessible vote-by-mail (RAVBM) systems provide an accessible option for voters with disabilities to receive their ballots at home and mark them independently and privately before sending them back to elections officials. When using RAVBM you can now mark your ballot by using your own compatible technology to vote independently and privately.

Accessible Voting Machines

You can also ask your county elections office about their Accessible Voting Machines. For a step-by-step guide to using the voting equipment in Imperial County visit:

<https://www.sos.ca.gov/elections/ovsta/frequently-requested-information/voting-systems-used-counties/how-use-your-countys-voting-system>



You have the right:

- **To vote if you are a registered voter even if your name is not on the list.** You will vote using a provisional ballot. Your vote will be counted if elections officials determine that you are eligible to vote.
- **The right to vote if you are still in line when the polls close.**
- **The right to cast a secret ballot** without anyone bothering you or telling you how to vote.
- **The right to get a new ballot if you have made a mistake,** if you have not already cast your ballot.
You can:
 - **Ask an elections official at a polling place** for a new ballot,
 - **Exchange your vote-by-mail ballot** for a new one at an elections office, or at your polling place, or
 - **Vote using a provisional ballot.**
- **The right to get help casting your ballot** from anyone you choose, except from your employer or union representative.
- **The right to drop off your completed vote-by-mail ballot at any polling place** in California.
- **The right to get election materials in a language other than English** if enough people in your voting precinct speak that language.
- **The right to ask questions to elections officials about election procedures** and watch the election process. If the person you ask cannot answer your questions, they must send you to the right person for an answer. If you are disruptive, they can stop answering you.
- **The right to report any illegal or fraudulent election activity** to an elections official or the Secretary of State's office.

NEW SECTION: ASK A COORDINATOR**Answers to your housing, transportation, long-term care questions****Dear Coordinator,**

My parents are getting older and their health isn't what it used to be anymore. I want to talk to them about what their future looks like and start coming up with a long-term care plan. How do I go about planning for long-term care?

Signed,
Planning Ahead



a Coordinator

Dear Planning Ahead,

It's wonderful that you're thinking proactively about your parents' future. Starting a conversation about long-term care can feel daunting, but it's an important step in ensuring their well-being.

First, set aside a time to have an open and compassionate discussion with your parents. Express your concerns about their health and future in a way that shows you're looking out for their best interests. Ask them about their preferences for care—whether they'd prefer aging in place, considering assisted living, or other options. This helps make it a joint decision, not just a plan you're imposing.

Next, explore financial aspects. Review their insurance coverage, savings, and whether long-term care insurance is an option. Also, discuss legal matters like power of attorney and advance healthcare directives to ensure their wishes are respected if they can no longer make decisions on their own.

It's a good idea to involve professionals, like a financial advisor or elder care specialist, to help guide your planning. Research local resources and care facilities that might fit their needs, and check for community or government programs that may offer assistance.

Starting now allows you to plan thoughtfully, rather than in a moment of crisis. Good luck—you're doing something truly important for your family.

Best,
Your Imperial Valley's ADRC

Don't let flu season slow you down



Flu season is sneaking up. Protect yourself and others by getting your no-cost flu vaccination. While you're at it, you can reduce your risk of getting COVID-19 with an updated vaccine.

The Imperial County Public Health Department provides vaccinations for children and adults of all ages. Children with Medi-Cal insurance need to bring their Medi-Cal card with them to the appointment. Each person receiving immunizations must have an appointment at the time of service. To schedule an appointment, call 442-265-1444 or visit:

<https://west.phims.org/imperial/scheduling/selfscheduling.aspx>

HEALTHY HABITS TO HELP PREVENT FLU Source: CDC.

The single best way to reduce the risk of seasonal flu and its potentially serious complications is to get vaccinated each year, but preventive actions like avoiding people who are sick, covering your cough and washing your hands also can help stop the spread of germs and prevent respiratory illnesses like flu. This also can include taking steps for cleaner air and hygiene practices like cleaning frequently touched surfaces. More information is available about core and additional prevention strategies. There also are flu antiviral drugs that can be used to treat and prevent flu.

Tips and resources to protect yourself:

1. Avoid close contact. Avoid close contact with people who are sick. When you are sick, keep your distance from others to protect them from getting sick, too. Putting physical distance between yourself and others can help lower the risk of spreading a respiratory virus.

2. Stay home when you are sick. If possible, stay home from work, school, and errands when you're sick. You can go back to your normal activities when, for at least 24 hours both are true: your symptoms are getting better and you have not had a fever and are not using fever reducing medication.

3. Cover your mouth and nose. Cover your mouth and nose when coughing or sneezing. It may prevent those around you from getting sick. Flu viruses are thought to spread mainly by droplets made when people with flu cough, sneeze or talk. Wearing a mask is an additional prevention strategy that you can choose to do to further protect yourself and others. When worn by a person with an infection, masks reduce the spread of the virus to others. Masks can also protect wearers from breathing in infectious particles from people around them.

4. Clean your hands. Washing your hands often will help protect you from germs. If soap and water are not available, use an alcohol-based hand rub.

5. Avoid touching your eyes, nose or mouth. Germs can be spread when a person touches something that is contaminated with germs and then touches his or her eyes, nose, or mouth.

6. Take steps for cleaner air. You can improve air quality by bringing in fresh outside air, purifying indoor air or gathering outdoors. Cleaner air can reduce the risk of exposure to viruses.

7. Practice good hygiene and other healthy habits. Cleaning frequently touched surfaces regularly can help prevent the spread of some illnesses. Also, get plenty of sleep, be physically active, manage your stress, drink plenty of fluids, and eat nutritious food.

Pumpkin Apple Soup

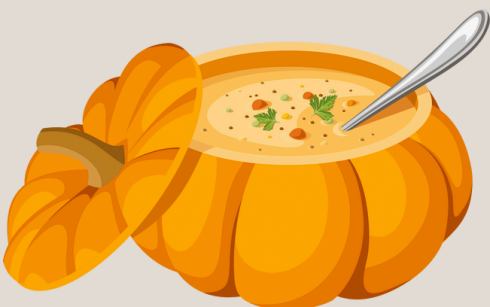
Ingredients:

- 1 can (15 oz) pumpkin purée
- 2 medium apples (peeled, cored, and chopped)
- 1 small onion (chopped)
- 2 cups low-sodium vegetable broth
- 1 cup of your choice of milk
- 1 tsp ground cinnamon
- 1/2 tsp ground ginger
- 1/4 tsp nutmeg
- 1 tbsp olive oil
- Salt and pepper to taste

Instructions

1. Heat olive oil in a large pot over medium heat. Add chopped onions and cook until softened.
2. Add the chopped apples and cook for another 3-4 minutes.
3. Stir in the pumpkin purée, cinnamon, ginger, and nutmeg.
4. Pour in the vegetable broth and bring to a simmer. Let it cook for 15 minutes.
5. Blend the soup with an immersion blender (or transfer to a blender) until smooth.
6. Stir in the almond/oat milk and season with salt and pepper.
7. Simmer for another 5 minutes, then serve warm.

Tip: Pair with whole-grain bread for added fiber. This soup is rich in vitamins, easy to digest, and perfect for cooler October days!





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.