



Trainocate

# NEWSLETTER

December 01, 2024 / Vol 26

## Welcome to December!

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

## Happy Holidays from the Imperial County ADRC!

As we approach the close of another year, the team at the Imperial County Aging and Disability Resource Center (ADRC) would like to extend our warmest wishes for a joyous holiday season and a bright New Year! This time of year is about celebrating the spirit of togetherness, reflection, and hope, and we're grateful to serve a community filled with resilience, kindness, and compassion.

In 2024, the ADRC had the privilege of supporting individuals, families, and caregivers across Imperial County. We've been inspired by the strength of our community and are honored to be part of your journey toward independence and improved quality of life. From resource counseling to outreach events, we are here to help each individual access the support they need to thrive.

As we look forward to the coming year, the ADRC remains committed to expanding resources, building community connections, and enhancing programs for older adults and individuals with disabilities. We're excited to continue our work with you and for you, and we're eager to meet the opportunities and challenges of 2025 together. Wishing you and your loved ones a season filled with joy, peace, and health. May the New Year bring new possibilities, happiness, and fulfillment to all!

Warm regards,  
The Imperial County ADRC Team

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ICADRC

Aging & Disability Resource Center

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Coming soon!

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## Overcoming the Winter Blues: Staying Connected and Uplifted

As winter sets in, the shorter days and colder weather can sometimes bring about the “winter blues,” leaving many feeling a bit more isolated. Fortunately, there are ways to stay connected, uplifted, and make the most of this season. Here are a few simple ideas to help keep your spirits bright.

### Tips for Staying Connected and Finding Joy

- **Reach Out Regularly to Friends and Family.** Staying in touch with loved ones can have a powerful impact on your mood. A regular phone call, text message, or video chat can help maintain meaningful connections. Try setting a recurring time to talk each week—these consistent conversations can ease feelings of isolation and build a supportive rhythm to your days.
- **Join Community Events or Groups.** Many local organizations offer social gatherings, wellness workshops, and support groups during the winter months. Community activities provide an opportunity to meet new people, share experiences, and feel a sense of belonging. This season, consider joining a group that aligns with your interests, whether it’s a book club, exercise group, or a social coffee gathering.
- **Volunteer or Give Back.** Helping others is a wonderful way to lift your spirits and feel connected. Volunteering can provide a sense of purpose, introduce you to new friends, and boost well-being. You might find joy in preparing meals for others, helping at community events, or supporting a local charity.
- **Find Joy in Small Daily Rituals.** Small, meaningful rituals can bring comfort and lift your spirits. Enjoy a favorite hot drink each morning, spend a few minutes journaling, or listen to uplifting music. Embracing these daily moments can make winter feel more special, adding comfort and warmth to your routine.
- **Take Care of Your Body and Mind.** Physical and mental health go hand in hand with emotional well-being. Try to get outside for some fresh air and sunlight whenever possible, stay active with gentle exercise, and prioritize healthy meals. Practicing self-care can boost both mood and energy, making it easier to stay positive and engaged.

Winter might come with a few challenges, but it’s also a season of warmth, reflection, and community. By staying connected, embracing little joys, and caring for yourself, you can find comfort and meaning all season long.



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### Walking: A Simple Way for Seniors to Stay Independent and Mobile

Walking is a simple yet powerful exercise that brings multiple health benefits, especially for older adults. According to Harvard Health, regular walking not only improves physical fitness but also plays a key role in helping seniors maintain mobility and independence as they age. This accessible exercise can prevent many age-related health issues, enhance balance and strength, and improve quality of life for seniors who aim to stay active and independent.

Regular walking enhances seniors' mobility and independence by strengthening the legs and improving coordination, reducing the risk of falls and injuries. This is essential for staying independent longer and enables seniors to continue daily activities without needing assistance. Walking also supports cardiovascular health, lowering blood pressure and cholesterol levels while boosting overall cardiovascular fitness.

Alongside physical health benefits, walking promotes mental well-being. Nature walks or social walks with friends reduce feelings of loneliness, elevate mood, and decrease stress. Seniors who incorporate walking into their routines often report a greater sense of purpose and positivity.

Walking also strengthens muscles and bones, helping to maintain bone density, which is crucial for avoiding falls and fractures. Regular walking can even increase energy levels by improving circulation and oxygen flow, reducing fatigue, and keeping seniors active throughout the day.

For seniors interested in starting a walking routine, it's easy to begin with small distances and gradually increase over time. Comfortable, supportive shoes can make the experience more enjoyable. For those with limited mobility or in challenging weather conditions, walking at home or in local malls can be great alternatives.

Ultimately, walking is an accessible, effective way for seniors to boost health, maintain independence, and enjoy life to the fullest. Just a few minutes a day can make a meaningful difference.

### January Walking Goal Calendar for Seniors

Start the New Year with a commitment to staying active and mobile! Here's an easy-to-follow, week-by-week walking calendar that gradually builds up strength and endurance.

#### Tips for Success:

- Begin each walk with a warm-up stretch.
- Stay hydrated by bringing a bottle along.
- Listen to your body and take breaks when needed.
- Enjoy your walks!

#### Week 1

##### Goal: 5-10 minutes, 3 times this week

- Day 1: Walk for 5 minutes at a comfortable pace.
- Day 2: Rest or light stretching.
- Day 3: Walk for 5-7 minutes.
- Day 4: Rest.
- Day 5: Walk for 8-10 minutes, focusing on steady breathing.
- Day 6 & 7: Rest or gentle stretching.

#### Week 2

##### Goal: 10-15 minutes, 4 times this week

- Day 1: Walk for 10 minutes at a comfortable pace.
- Day 2: Rest.
- Day 3: Walk for 12 minutes, increasing speed slightly.
- Day 4: Rest or light stretching.
- Day 5: Walk for 15 minutes.
- Day 6: Rest.
- Day 7: Optional 10-minute walk.

#### Week 3

##### Goal: 15-20 minutes, 4 times this week

- Day 1: Walk for 15 minutes.
- Day 2: Rest.
- Day 3: Walk for 18 minutes, keeping a steady pace.
- Day 4: Rest or gentle stretching.
- Day 5: Walk for 20 minutes.
- Day 6: Rest.
- Day 7: Optional 15-minute walk.

#### Week 4

##### Goal: 20-25 minutes, 5 times this week

- Day 1: Walk for 20 minutes at a comfortable pace.
- Day 2: Rest or stretch.
- Day 3: Walk for 22 minutes, maintaining steady breathing.
- Day 4: Rest.
- Day 5: Walk for 25 minutes.
- Day 6: Walk for 15-20 minutes at a relaxed pace.
- Day 7: Optional 20-minute walk.

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

I've been living independently for many years, but recently, I've found certain daily tasks a bit harder. My family worries about me and has suggested I look into options for extra support, but I'm not sure where to start. I want to maintain my independence, but I could use a little help here and there. How can I find services that match my needs without losing the freedom I value?

- Independent but Needing Assistance

**Dear Aging with Independence,**

Thank you for reaching out! Your desire to keep your independence is shared by so many others, and finding a balance between self-sufficiency and support is key. You're not alone in feeling this way, and there are many options available that provide just the right amount of help without impacting your freedom.

First, take a moment to think about what areas you need help with the most. Whether it's assistance with transportation, household tasks, or managing medications, knowing your specific needs will help narrow down the resources that will make the biggest impact.

Next, consider connecting with local agencies that specialize in aging and disability resources. These programs are designed to support individuals just like you, offering flexible, in-home services and support to keep you thriving in your own space. Many services—like meal deliveries, home safety evaluations, or even technology training—can often be tailored to your preferences and schedule.

a Coordinator

Finally, it's also worth considering community programs. Often, there are neighborhood or senior centers that host social activities, exercise classes, and even volunteer opportunities for people who want to stay active and connected. Joining in on these can be a wonderful way to meet new people while maintaining independence.

It sounds like you're already doing a wonderful job at staying active and involved, and adding just a few more supports may be the perfect step. You've got this, and know we're cheering you on to keep living life your way!

Sincerely,  
Your Imperial Valley's ADRC

## Reporting Medicare Fraud & Abuse

Medicare fraud and abuse can happen anywhere. It's important that you protect your Medicare number and other personal information and check your Medicare claims regularly so you don't become a victim.

To help spot and prevent Medicare fraud and abuse:

- Compare the dates and services on your calendar with the Medicare statements you get to make sure you got each service listed and that all the details are correct.
- Know what a Medicare health or drug plan can and can't do before you join.
- Learn more about Medicare and recent scams

## Protect yourself from medical identity theft

Medical identity theft is a serious crime that happens when someone uses your personal information without your consent to commit Medicare fraud or other crimes. Use the following tips to protect yourself from becoming a victim.

### Do:

- Protect your Medicare Number and your Social Security Number.
- Guard your Medicare card like it's a credit card.
- Become familiar with how Medicare uses your personal information. If you join a Medicare health or drug plan, the plan will let you know how it will use your personal information.
- Check the receipts and statements you get from providers for mistakes, and call your provider's office if you think a charge is incorrect. The person you speak to may be able to help you understand the services or supplies you got, or they may realize a billing error was made.
- Remember that Medicare will never call you to sell you anything or visit you at your home. Medicare, or someone representing Medicare, will only call and ask for personal information in limited situations:
  - A Medicare health or drug plan may call you if you're already a member of the plan. The agent who helped you join can also call you.
  - A customer service representative from 1-800-MEDICARE can call you if you've called and left a message or a representative said that someone would call you back.
  - If you filed a report of suspected fraud, you may get a call from someone representing Medicare to follow up on the status of your suspected fraud report.

### Don't:

- Give your Medicare card, Medicare Number, Social Security card, or Social Security Number to anyone except your doctor or people you know should have it (like insurers acting on your behalf or people who work with Medicare, like your
- State Health Insurance Assistance Program (SHIP)
  - What do I do if my card is lost, stolen, or damaged?
- Accept offers of money or gifts for free medical care.
- Allow anyone, except your doctor or other Medicare providers, to review your medical records or recommend services.
- Join a Medicare health or drug plan over the phone unless you called us.

Report Identity Theft: [www.identitytheft.gov](http://www.identitytheft.gov)

## *Cranberry-Orange Bread*

### Ingredients:

- 1 ½ cups all-purpose flour
- 1 cup sugar
- 1 ½ teaspoons baking powder
- ½ teaspoon baking soda
- ¼ teaspoon salt
- 1 large egg
- ¾ cup orange juice (freshly squeezed if possible)
- ¼ cup vegetable oil
- 1 tablespoon orange zest (from about 1 orange)
- 1 ½ cups fresh or frozen cranberries (coarsely chopped if desired)
- 1 teaspoon vanilla extract
- ½ cup chopped walnuts or pecans (optional)

### Instructions

1. Preheat your oven to 350°F (175°C). Grease a 9x5-inch loaf pan or line it with parchment paper.
2. In a large bowl, combine the flour, sugar, baking powder, baking soda, and salt. Stir to combine.
3. In a separate bowl, whisk together the egg, orange juice, vegetable oil, and orange zest until smooth.
4. Pour the wet ingredients into the dry ingredients and stir gently just until combined. Be careful not to overmix. Fold in the chopped cranberries and nuts (if using).
5. Pour the batter into the prepared loaf pan. Smooth the top with a spatula. Bake for about 60 minutes, or until a toothpick inserted into the center comes out clean.
6. Let the bread cool in the pan for 10 minutes, then transfer it to a wire rack to cool completely. Slice and enjoy!

For extra holiday flair, drizzle the bread with an orange glaze. Mix 1 cup of powdered sugar with 2 tablespoons of orange juice until smooth, and drizzle over the cooled bread.





# *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.*

**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!

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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.