



Trainocate

NEWSLETTER

January 1, 2025 / Vol 27

Welcome to January!

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 New Year!

As we begin 2025, the Imperial County Aging & Disability Resource Center (ADRC) is committed to continuing our mission of empowering individuals with disabilities and seniors to live independently, with dignity and respect. This year, we are focused on expanding our reach, enhancing services, and fostering a stronger, more connected community.

One of our primary goals is to broaden awareness of the resources available to seniors and individuals with disabilities in Imperial County. By offering information and referral services, we strive to connect those in need with vital support such as healthcare, housing, and transportation options. We are also dedicated to improving our caregiver support programs. Caregivers play a crucial role in the lives of many seniors and people with disabilities, and we want to ensure they have access to the tools and resources that make their role easier and more sustainable.

Another key initiative for 2024 is to continue expanding our services for aging in place. We aim to provide individuals with the knowledge and assistance necessary to remain in their homes independently, including resources for home modifications, assistive technologies, and mobility aids. Finally, we plan to host more community events and workshops to engage and inform the public. These will cover topics ranging from disability rights and accessibility to health and wellness for seniors.

At the Imperial County ADRC, we are excited about the opportunities ahead to better serve our community and help individuals achieve their goals for independent living. We look forward to a year of growth, collaboration, and success in 2025!



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Spotlight on our Core Support Services at the Imperial County ADRC

At the Imperial County Aging & Disability Resource Center (ADRC), we are committed to providing personalized support services to seniors and individuals with disabilities. Our goal is to ensure that everyone in our community has access to the resources they need to live independently and with dignity. Below, we highlight our four core services designed to support the diverse needs of our consumers.

Transition & Diversion Services

Our Transition & Diversion Services focus on helping seniors and adults with disabilities transition from residential medical institutions into their own independent homes. This program provides individuals with the support and advocacy they need throughout the entire process, ensuring they have the resources and assistance to succeed in their new living environments. We work closely with individuals to assess their needs, help secure appropriate housing, and provide resources for home modifications and community engagement. Our goal is to help individuals avoid institutionalization and live independently in the least restrictive environment possible. Whether you are transitioning out of a nursing home or trying to prevent placement in one, we are here to support you every step of the way.

Counseling Options

Our Counseling Options program is designed to help seniors and adults with disabilities navigate the complex world of benefits and programs. Our benefits specialists take the time to listen to each individual's unique situation and advocate for them throughout the process. We help with understanding eligibility, completing applications, and ensuring individuals have access to all available benefits. Our team works collaboratively with consumers to explore the best options for their specific needs, whether it's Social Security, healthcare benefits, or other support programs. The goal is to empower individuals with the knowledge and resources they need to make informed decisions and maximize their benefits.

Service Coordination

Service Coordination provides seniors and adults with disabilities the necessary support to reach their goals. Our case managers assess the physical, psychological, and social needs of individuals and work with them to develop personalized plans that address their specific circumstances. Through coordination, we connect individuals to various community resources and services that can help meet their needs. Whether it's assistance with housing, healthcare, or social services, our case managers ensure that individuals receive the support necessary to maintain independence and improve their quality of life.

Information & Assistance

Our Information & Assistance service is designed to help older adults and adults with disabilities access information about available services, resources, and programs. Whether you're experiencing challenges due to aging, a recent medical event, or the progression of a disability, we are here to help you find the resources that can support your independence. ADRC workers are trained to provide the guidance and support needed to connect individuals with programs that can assist with daily living, healthcare, transportation, and more. From providing referrals to answering questions about available community resources, our goal is to help individuals remain independent and informed.



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What's new & important? Medicare 2025 Changes

Stay informed about updates that can help you manage your health and wellness more effectively:

1. Lower Prescription Drug Costs

- Starting in 2025, out-of-pocket drug costs will be capped at \$2,000 annually for Medicare Part D.
- Once you hit the cap, you won't pay copayments or coinsurance for the rest of the year.
- You'll also have the option to spread your drug costs across monthly payments.

2. Better Mental Health Coverage

- Medicare now covers expanded mental health services, including intensive outpatient care and therapy from marriage and family therapists and mental health counselors.
- During your annual "Wellness" visit, providers can assess your social needs and connect you with supportive resources

3. Caregiver Support Enhancements

- Caregivers can access more training to improve care and get support when helping loved ones in hospice care.
- A new pilot program may offer additional support for people living with dementia and their caregivers.

4. Postal Service Health Benefits Program

- Starting January 1, 2025, U.S. Postal Service employees, retirees, and their families will transition to a new benefits program.

5. Telehealth Coverage Updates

- Telehealth services are available at any location in the U.S. (including at home) through December 31, 2024.
- After that, most telehealth services will require you to be in a rural office or facility, except for certain mental health services, which will remain available from home.

For more details, refer to the Medicare & You Handbook (<https://www.medicare.gov/publications/10050-medicare-and-you.pdf>)

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

I'm a senior living on a fixed income, and I'm struggling to find affordable housing. I've applied to a few places but keep getting waitlisted. I also worry about how I'll get to medical appointments if I have to move further away from the city. What can I do to improve my chances of finding a place to live and ensure I still have access to transportation?

— Worried in Imperial County

Dear Worried,

Housing challenges can feel overwhelming, but there are strategies to improve your chances of finding an affordable place. You can start by contacting local housing authorities or nonprofit organizations specializing in senior housing. They may have resources or connections to programs like Section 8 vouchers or senior-specific housing communities that prioritize fixed-income applicants.

It's also helpful to follow up regularly on your waitlist applications. Many housing providers keep a first-come, first-served policy, so staying proactive can make a difference. Some smaller, independent landlords may not advertise widely, so reaching out to community boards or faith-based organizations could also uncover housing options.

Regarding transportation, many communities offer resources tailored to seniors. Paratransit services or ride programs through local Area Agencies on Aging could provide door-to-door service for medical appointments.



a Coordinator

If you're considering moving, look for locations close to bus stops or other public transit options to maintain access to healthcare and community services. We'd be happy to meet with you to discuss your situation in more depth and help connect you with local programs and supports. You're taking the right steps by reaching out—let's work together to find a solution.

Best wishes,
Your Imperial Valley's ADRC

The Importance of Social Engagement

Social engagement is a vital component of overall well-being, particularly for seniors and individuals with disabilities. Staying socially connected can improve mental and emotional health, provide a sense of belonging, and even enhance physical health. As we age or navigate the challenges of living with a disability, maintaining meaningful relationships and community involvement becomes even more important.

The Benefits of Social Engagement

1. **Improved Mental Health.** Social connections help reduce feelings of isolation and loneliness, which can lead to depression and anxiety. Interacting with others stimulates the mind and provides emotional support, fostering a more positive outlook on life.
2. **Enhanced Physical Health.** Staying socially active is linked to better heart health, lower blood pressure, and a reduced risk of chronic illnesses. Group activities, such as walking clubs or adaptive sports, combine social interaction with physical activity for a double benefit.
3. **Cognitive Stimulation.** Engaging in discussions, games, or group activities can sharpen memory and cognitive abilities. For seniors, this is particularly important as it helps slow the progression of age-related cognitive decline.
4. **Stronger Support Systems.** Social networks provide practical and emotional support during difficult times. Whether it's a friend offering advice or a community group assisting with resources, these connections can make challenges more manageable.

Overcoming Barriers to Engagement

For many seniors and individuals with disabilities, barriers such as mobility limitations, transportation challenges, or social anxiety can hinder participation in social activities. Here are some ways to address these challenges:

- **Utilize Technology:** Virtual meetups, online forums, and video calls can connect individuals with friends, family, or support groups without requiring physical travel.
- **Accessible Transportation:** Programs like paratransit services or rideshare discounts for people with disabilities can help bridge the gap.
- **Join Local Programs:** Many communities offer accessible events, support groups, and recreational activities specifically designed for seniors and people with disabilities.

How to Stay Engaged

1. **Participate in Community Events.** Many organizations host regular activities like art classes, book clubs, or adaptive sports leagues. These events foster interaction and provide a sense of accomplishment.
2. **Volunteer.** Volunteering is a great way to stay active and give back to the community. Whether it's helping at a local food bank or mentoring younger individuals, volunteering builds purpose and connections.
3. **Connect Through Hobbies.** Pursuing hobbies like gardening, painting, or music allows individuals to connect with others who share similar interests.
4. **Explore Support Groups.** Support groups tailored to seniors or individuals with disabilities offer a safe space to share experiences and build friendships.

Access to Independence: Here to Help

At the Imperial County Aging & Disability Resource Center (ADRC), we recognize the importance of social engagement and provide resources to help seniors and individuals with disabilities connect with their communities. Whether it's through support groups, recreational activities, or referrals to local programs, we are here to empower you to live a fulfilling and connected life.

To learn more about upcoming events or support services, contact us today! Remember, staying socially active is not just about meeting others—it's about enriching your life and thriving together.

Hearty Winter Vegetable Soup

Ingredients:

- 1 tbsp olive oil
- 1 medium onion, diced
- 2 carrots, peeled and chopped
- 2 celery stalks, chopped
- 3 garlic cloves, minced
- 1 medium potato, diced (any type will work)
- 1 cup green beans, trimmed and cut into 1-inch pieces
- 1 can (14.5 oz) diced tomatoes, undrained
- 4 cups vegetable or chicken broth
- 1 tsp dried thyme
- 1 tsp dried basil
- Salt and pepper to taste
- 1 cup spinach or kale (optional, for extra greens)
- Option to add protein: chicken, beans, or pasta

Instructions

1. Heat the olive oil in a large pot over medium heat. Add the onion, carrots, and celery, and sauté for 5-7 minutes until softened.
2. Stir in the garlic and cook for another 1 minute until fragrant.
3. Add the diced potato, green beans, diced tomatoes, broth, thyme, and basil. Season with salt and pepper to taste.
4. Bring the soup to a boil, then reduce the heat to low and simmer uncovered for 20-25 minutes, or until the vegetables are tender.
5. (Optional) Stir in the spinach or kale during the last 5 minutes of cooking for added nutrients.
6. Taste and adjust seasoning if needed.
7. Serve hot with a side of crusty bread or crackers.



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.