



Trainocate NEWSLETTER

February 1, 2025 / Vol 28

Welcome to February!

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

February is Heart Awareness Month

The best way to survive a heart attack is to never have one. How can you prevent becoming one of the millions of Americans who suffer a heart attack? There is actually a lot you can do to protect your heart. Knowing the risks and symptoms of heart disease is a good start.

Key risk factors for heart disease are:

- High Cholesterol;
- Hypertension;
- Smoking;
- Diabetes;
- Unhealthy body weight;
- Too much alcohol; and
- Lack of physical activity.

Age is also a risk factor. Your risk for heart disease goes up as you age. In fact, heart disease is the leading cause of death in people 65 and older. There are lifestyle choices and changes you can make to lower your risk. When you control your risk factors, you help protect your heart. It's easy to get started. Here are a few ideas:

- Eat healthy meals.
- Add exercise to your life.
- If you smoke, quit.

Heart disease is the leading cause of death for men and women. The most common type of heart disease is coronary artery disease, which can lead to a heart attack. While some heart attacks are sudden and intense, others can start slowly with mild pain or discomfort. Often people aren't sure what's wrong and wait too long before getting help. Pay attention to any of the following warnings of a possible heart attack:

- Chest pain or discomfort;
- Pain or discomfort in the jaw, neck or back;
- Feeling weak, light-headed or faint;
- Pain in arms or shoulder;
- Shortness of breath; and
- Nausea (an extra symptom in women).

Talk with your health care provider. Ask about lifestyle, exercise and dietary changes you can make to cut your risks. Follow your doctor's advice and take your medicines as directed. Most importantly, if you think you are having a heart attack, call 911 right away.

CARDIAC ARREST VS. HEART ATTACK

People often use these terms interchangeably, but they are not the same.

WHAT IS CARDIAC ARREST?

CARDIAC ARREST occurs when the heart malfunctions and stops beating unexpectedly.

Cardiac arrest is triggered by an electrical malfunction in the heart that causes an irregular heartbeat (arrhythmia). With its pumping action disrupted, the heart cannot pump blood to the brain, lungs and other organs.



Cardiac arrest is an **"ELECTRICAL"** problem.

WHAT IS A HEART ATTACK?

A **HEART ATTACK** occurs when blood flow to the heart is blocked.

A blocked artery prevents oxygen-rich blood from reaching a section of the heart. If the blocked artery is not reopened quickly, the part of the heart normally nourished by that artery begins to die.



A heart attack is a **"CIRCULATION"** problem.

WHAT HAPPENS

Seconds later, a person becomes unresponsive, is not breathing or is only gasping. **Death occurs quickly if the person does not receive immediate CPR.**

WHAT TO DO



A person's chance of surviving cardiac arrest can be doubled or tripled if CPR is provided immediately. First, call your local emergency number and start CPR right away. Then, if an Automated External Defibrillator (AED) is available, use it as soon as possible. If two people are available to help, one should begin CPR immediately while the other calls your local emergency number and finds an AED—there is a 10% drop in survival each minute, which is why CPR is so important. EMS staff are also trained to revive someone whose heart has stopped.

CARDIAC ARREST is a **LEADING CAUSE OF DEATH.**

Cardiac arrest affects thousands of people annually with about 75% of them occurring in the home.

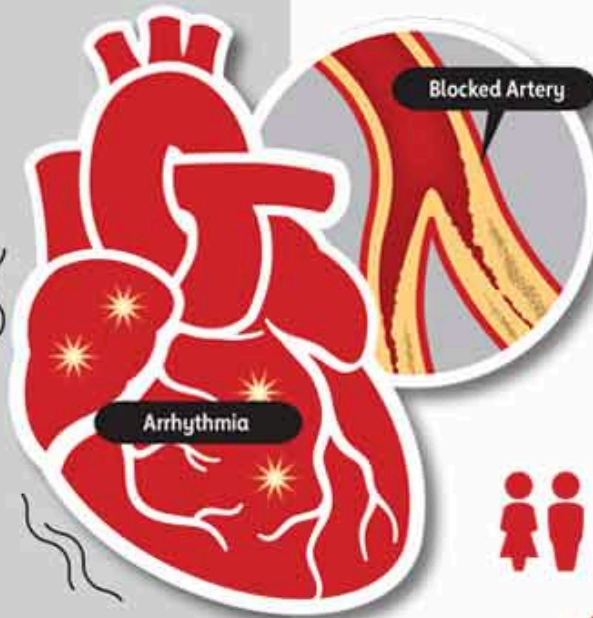


Fast action can save lives.

For more information on American Heart Association CPR training classes in your area go to heart.org/cpr.

Follow us:

[facebook.com/AHACPR](https://www.facebook.com/AHACPR) twitter.com/HeartCPR [#CPRwithHeart](https://twitter.com/HeartCPR)



WHAT HAPPENS

Symptoms of a heart attack may be immediate and may include intense discomfort in the chest or other areas of the upper body, shortness of breath, cold sweats, and/or nausea/vomiting. More often, though, symptoms start slowly and persist for hours, days or weeks before a heart attack. Unlike with cardiac arrest, the heart usually does not stop beating during a heart attack. **The longer the person goes without treatment, the greater the damage.**



The heart attack symptoms in women can be different than men (shortness of breath, nausea/vomiting, and back or jaw pain).

WHAT TO DO



Even if you're not sure it's a heart attack, call your local emergency number. Every minute matters! It's best to call your local emergency number to get to the emergency room right away. Emergency medical services (EMS) staff can begin treatment when they arrive. Patients with chest pain who arrive by ambulance usually receive faster treatment at the hospital, too.



American Heart Association.



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FREE TAX PREPARATION

The AARP Foundation's Tax Aide Program will provide

FREE TAX SERVICES

OPEN TUESDAY & WEDNESDAY

Beginning Feb 11th

TIME: 9:30AM-2 PM

LOCATION

Old Post Office Pavilion – 230 S. 5th St. El Centro

AARP Tax-Aide serves low to moderate-income individuals of all ages.

No fee, and AARP membership is not required.

Information & Appointments: 760-353-2801

*Even if you are not REQUIRED to file, you may be eligible for Earned Income Credit, Child Tax Credit, or other Credits but you MUST FILE.

*If you are a Paid Caregiver for a Family member through IHSS and do not receive a W-2 or pay taxes, you may still be eligible for these credits but you MUST FILE.

*If you received Health Insurance through Covered California you are REQUIRED to file; please bring all documents including any IRS letters including:

W-2, 1099, Property Tax Records, Prior Year Tax Return

Covered CA : IRS Form 1095-A AND FTB (State of Ca) Form 3895



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PREPARACIÓN DE IMPUESTOS GRATIS

El Programa Tax Aide de la Fundación AARP proporcionará
SERVICIOS DE IMPUESTOS GRATUITOS
ABIERTO MARTES Y MIÉRCOLES

A partir del 11 de febrero

HORARIO: 9:30 AM-2 PM

LUGAR: OLD POST OFFICE PAVILION

230 S. 5th St. - El Centro

AARP Tax-Aide atiende a personas de todas las edades con ingresos bajos a moderados. Sin cargo y no se requiere membresía de AARP.

Contacto, Información y Citas: 760-353-2801

Incluso si no está OBLIGATORIO a presentar una declaración, puede ser elegible para recibir el Crédito por Ingreso del Trabajo o el Crédito Tributario Adicional por Hijos como reembolsos en efectivo, pero DEBE PRESENTAR UNA PRESENTACIÓN.

*Si recibió un seguro de salud a través de "Covered Ca.", debe presentar la solicitud; traiga todos los documentos, incluidas las cartas del IRS, incluidos:

W-2, 1099, ID and SS cards

(Covered CA) :1095-A del IRS Y 3895 de FTB (Estado de California)

Free In-Person Tax Preparation Service

AARP Foundation Tax-Aide offers free tax preparation to anyone of any age – especially if you are 50 or older or can't afford paid tax preparation.



In Your Area

Camerena Memorial Library
850 Encinas Ave. Calexico
Inicio 19 de Febrero
Miercoles 9:30AM - 2PM
Información a 760-353-2801

AARP Foundation

D20248 (9/16)

Free In-Person Tax Preparation Service

AARP Foundation Tax-Aide offers free tax preparation to anyone of any age – especially if you are 50 or older or can't afford paid tax preparation.



In Your Area

Old Post Office Pavilion
230 S 5th St El Centro
Inicio 11 de Febrero
Martes Y Miercoles 9:30AM - 2PM
Información a 760-353-2801

AARP Foundation

D20248 (9/16)

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

I'm a senior living in Imperial Valley, and I've been having trouble preparing meals on my own. I've heard there are programs that deliver meals or offer a place to eat with others, but I'm not sure where to start. Can you tell me more about what's available in our area?

Sincerely,
Hungry for Help



a Coordinator

Dear Hungry for Help,

You're in luck—Imperial Valley has several programs to ensure seniors like you have access to healthy and nutritious meals! Here are some options to consider:

- **Home-Delivered Meals:** If you're unable to leave your home or have difficulty preparing meals, programs like Meals on Wheels can bring hot, nutritious meals right to your door.
- **Congregate Meal Sites:** Enjoy a meal and connect with others! Locations like the Imperial Valley Senior Center offer group meal programs where you can dine with peers in a welcoming setting.
- **Food Assistance Programs:** If you're looking for groceries, we can connect you to food banks or commodity distribution programs in the area.

These services are designed to help you maintain your independence and ensure you're getting the nutrition you need. To learn more about meal programs or to find out which options work best for you, give us a call at (760) 332-3213 or visit us at: [1405 N. Imperial Ave. Suite C, El Centro, California 92243](#)

We're here to help you stay healthy and well-fed!

Warm regards,
Your ADRC Coordinators

Have a question about available services? Submit it to "Ask a Coordinator," and we'll feature it in the next newsletter!

Welcome Dayanara Torales, to the ADRC Team!

We are excited to announce that Dayanara Torales has joined the Imperial County Aging & Disability Resource Connection (ADRC) team as our new **Information and Assistance Coordinator**! She began her role on Monday, January 13, 2025, and is eager to bring her expertise and enthusiasm to the team.

Dayanara brings extensive experience in Case Management and has worked with individuals of all ages, connecting them to vital resources and coaching them to achieve their goals. She is deeply connected to the community and has an abundance of resources at her fingertips to support those in need. Her strong educational background includes a Master's Degree in Education (Counseling) and a Bachelor's Degree in Psychology, equipping her to provide compassionate and effective support to those we serve.

You can reach Dayanara directly at:

Email: dayanaratorales@co.imperial.ca.us

Phone: 442-265-7040

Please join us in giving Dayanara a warm welcome as she steps into this important role. We are thrilled to have her skills, passion, and community connections on board as we continue to serve and support the Imperial County community together!



Roasted Beet & Citrus Salad with Feta and Walnuts

Ingredients:

- 3 medium beets (red or golden)
- 2 oranges (navel or blood oranges), peeled and sliced into rounds
- 1 grapefruit, peeled and segmented
- 4 cups mixed greens (arugula, spinach, or kale work great)
- 1/3 cup crumbled feta cheese
- 1/4 cup walnuts, toasted
- 2 tablespoons olive oil
- 1 tablespoon balsamic vinegar or red wine vinegar
- 1 teaspoon honey or maple syrup
- Salt and pepper to taste

Instructions

1. Preheat your oven to 400°F (200°C).
2. Wrap the beets in foil and roast on a baking sheet for 45-60 minutes, or until tender.
3. Once cool, peel the beets (use gloves to avoid staining) and slice into wedges
4. In a small bowl, whisk together olive oil, balsamic vinegar, honey (or maple syrup), salt, and pepper.
5. On a large plate or bowl, layer the mixed greens, roasted beets, orange slices, and grapefruit segments.
6. Sprinkle with crumbled feta and toasted walnuts.
7. Drizzle the dressing over the salad and toss lightly to combine.
8. Enjoy as a light lunch or pair it with grilled chicken or fish for a heartier meal.





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

 **760-332-3213**

 **www.icadrc.org**



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.