



Trainocate

NEWSLETTER

March 1, 2025 / Vol 29

Welcome to March!

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

March is Developmental Disabilities Month

Developmental disabilities include conditions such as autism spectrum disorders, cerebral palsy, ADHD, Down syndrome, and intellectual disabilities. Injuries sustained before age 22, like traumatic brain injuries, are also classified as developmental disabilities.

Many individuals with developmental disabilities have made significant contributions to society. Frida Kahlo, who had polio and possibly spina bifida, became a renowned 20th-century artist. Stephen Hawking, diagnosed with ALS at 21, overcame paralysis to become one of the world's most influential physicists. Bernard Carabello, misdiagnosed with an intellectual disability but actually having cerebral palsy, spent 18 years at the Willowbrook State School. He later became a leading disability rights advocate and founded the Self Advocacy Association of New York State.

Despite these achievements, individuals with developmental disabilities often face ableism—the belief that people with disabilities are less capable than those without. This leads to disparities in health, education, and employment. For instance, people with cognitive limitations are up to five times more likely to have diabetes than the general population, and individuals with developmental disabilities experience higher rates of cardiovascular disease and chronic conditions. (Continue reading below)

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March is Developmental Disabilities Month

Local Resources in Imperial County:

- Imperial Valley Regional Occupational Program (IVROP) - Project Impact: Provides job training, independent living skills, and educational support for individuals with disabilities.
- Imperial County Special Education Local Plan Area (SELPA): Offers educational programs and support for children with disabilities. Visit SELPA
- Arc Imperial Valley: A nonprofit organization providing employment services, transportation, and residential support for individuals with disabilities. Visit Arc IV
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For more information, visit the New York State Office for the Aging, which originally published this information.

Try our Driving Simulator



Thinking about driving again? Our Driving Simulator Program helps individuals with disabilities regain confidence behind the wheel. Visit our office to test it out and see if you're ready to drive safely and independently! This program is for youth between the ages of 14-24

Location: Access to Independence
1405 N. Imperial Ave. Suite C
El Centro, California 92243
Phone: (760)768-2044

"Thanks to Access to Independence and their driving simulator, I gained the skills and confidence I needed to pass my driving test. Their support made all the difference!" - Access to Independence consumer



Trainocate

NEWSLETTER

VIOLENCE

Spotlight on WomanHaven: Empowering the Imperial County Community

WomanHaven has been a cornerstone in El Centro since 1977, dedicated to supporting individuals affected by domestic violence, stalking, and human trafficking. Serving women, men, and children of all ages throughout Imperial County, their mission includes community outreach, education, prevention, intervention, client support services, and providing safety through shelter services.

Comprehensive Programs and Services

WomanHaven offers a range of programs tailored to meet the diverse needs of the community:

Emergency Shelter: Providing a safe refuge, support, and case management for women, men, and children.

Wellness Program: Offering individual and group counseling, workshops, and resources for those dealing with mental health challenges such as anxiety, depression, and trauma.

Walk-in Center: A safe environment where victims can consult with advocates to explore available options and access various services.

Housing Program: Assisting clients in securing stable housing solutions.

Thrift Store: Located at 742 W Main Street in El Centro, the thrift store not only offers affordable items but also supports WomanHaven's programs through its proceeds. The store recently expanded to a 4,000 square-foot space to better serve the community. (thedesertreview.com)

Upcoming Events and Initiatives

WomanHaven regularly hosts events to raise awareness and support for their cause. In October 2023, they held the 2nd Annual Festival Against Domestic Violence, bringing the community together to stand against abuse.

How You Can Get Involved

Community support is vital to WomanHaven's mission. You can contribute by donating to their thrift store, participating in events, or providing financial support. For more information on their services or to get involved, visit their website at womanhaven.org or call their **24-hour crisis hotline at (760) 353-8530**.



ABOUT US

Our mission is to promote and provide a comprehensive response to domestic violence, stalking and human trafficking through Community Outreach & Education, Prevention, Intervention, Client Support Services & Safety and Shelter Services.

SERVICES & PROGRAMS



WALK IN CENTER SERVICES

Education about the criminal and civil justice system (civil protective orders), victim advocacy, safety planning, assistance with temporary restraining orders and court accompaniment.

(760) 353-6922



EMERGENCY SHELTER

WomanHaven shelters are residencies with fully furnished rooms that are equipped to provide women, children and men with assistance while working through the harmful effects of domestic violence, stalking and human trafficking.

(760) 353-8530



WELLNESS PROGRAM

The Wellness Program provides services to anyone in the community that has suffered by mental illness. Services provided include, assessment, plan development, individual therapy, rehabilitation, crisis intervention and case management services.

(760) 337-3915



HOUSING PROGRAM

WomanHaven's Housing Department helps the community rebuild lives and keep them permanently and in a secure home. The programs goal is to assist families or individuals who have been unable to pay rent, or have too many barriers in keeping secure housing.

(760) 337-4015

See more at www.womanhaven.org

510 W. Main Street, Suite 106 El Centro, CA 92243

Office hours : Monday – Friday 8:00 AM - 5:00 PM with the exception of Observed Holidays



24/7 Domestic Violence Hotline

(760) 353-8530

Scan here





WELLNESS SERVICES



Wellness Program

The Wellness Program provides services to individuals that have suffered a traumatic experience, anxiety, depression, stress, anger, low self-esteem and/or anyone suffering from mental illness.

Make an appointment



Wellness Program: (760) 337-3915

Services We Offer

- Assessment
- Individual Therapy
- Mental Health Services
- Crisis Intervention
- Targeted Case Management

Services are provided



OFFICE



ZOOM



PHONE

104 N. 5th St. El Centro, CA 92243
Monday – Friday 8:00 AM - 5:00 PM
with the exception of Observed Holidays

Mental Health Program Supervisor
Isabel Chavez
ichavez@womanhaven.org



Scan here



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

Dear Coordinator,

I recently moved to Imperial County and need reliable transportation to get to my medical appointments and the grocery store. I don't drive, and public transit options seem limited. Are there any services available to help people with disabilities get around?

— Stranded in Imperial County

Dear Stranded in Imperial County,

Transportation can be a challenge, but there are options available to help you stay mobile and independent! Imperial County has services like IVT Access, a paratransit system for individuals with disabilities who cannot use fixed-route buses. You may also qualify for non-emergency medical transportation (NEMT) through Medi-Cal, which covers rides to medical appointments.

Additionally, some local organizations and senior centers offer ride programs or volunteer driver services for essential trips like grocery shopping. I'd be happy to connect you with the right resources and help with eligibility requirements. Reach out, and let's get you moving!

Warm Regards,
Your ADRC Coordinators



a Coordinator

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

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



WWW.ICADRC.ORG

Easy One-Pan Lemon Garlic Salmon with Roasted Veggies

Ingredients:

- 2 salmon fillets
- 1 tbsp olive oil
- 2 cloves garlic, minced
- 1 lemon (juice + zest)
- 1 tsp dried oregano
- Salt & pepper to taste
- 1 cup cherry tomatoes, halved
- 1 zucchini, sliced
- 1 bell pepper, sliced
- ½ red onion, sliced

Instructions

1. Preheat oven to 400°F (200°C). Line a baking sheet with parchment paper.
2. In a small bowl, mix olive oil, garlic, lemon juice, zest, oregano, salt, and pepper.
3. Place salmon fillets on the baking sheet and brush with the lemon-garlic mixture.
4. Arrange tomatoes, zucchini, bell pepper, and onion around the salmon. Drizzle remaining marinade over the veggies.
5. Roast for 15-18 minutes or until salmon is cooked through and flakes easily with a fork.
6. Serve hot with a side of quinoa or brown rice for a complete 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.