



Trainocate

NEWSLETTER

April 1, 2025 / Vol 30

Welcome to April!

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

April is Autism Awareness Month

Autism is a neurological condition that affects social interaction, communication, and behavior. It is a spectrum disorder, meaning that individuals experience it in different ways. The CDC estimates that 1 in 36 children in the U.S. is diagnosed with autism, but it is a lifelong condition that also affects many adults.

Autism is not a disease and does not need to be cured. With the right support, individuals with autism can thrive in school, work, and daily life. Many people with autism have unique strengths, such as strong attention to detail, creative thinking, and deep focus on their interests. However, they may also experience sensory sensitivities, such as being overwhelmed by bright lights, loud noises, or certain textures.

Early intervention can significantly improve communication, learning, and social skills. Additionally, creating a more inclusive and understanding community helps individuals with autism feel supported and valued.

At the Aging & Disability Resource Center, we are committed to supporting individuals with autism and their families. Whether it's connecting people to services, providing peer support, or offering information on community resources, we are here to help. By fostering awareness and acceptance, we can ensure that individuals with autism have the opportunity to lead fulfilling and independent lives.

IMPERIAL COUNTY

ADRC

You have questions...
WE HAVE ANSWERS.

GIVE US A CALL

I DON'T DRIVE ANYMORE. WHO DO I CALL FOR RIDES TO MY MEDICAL APPOINTMENTS?

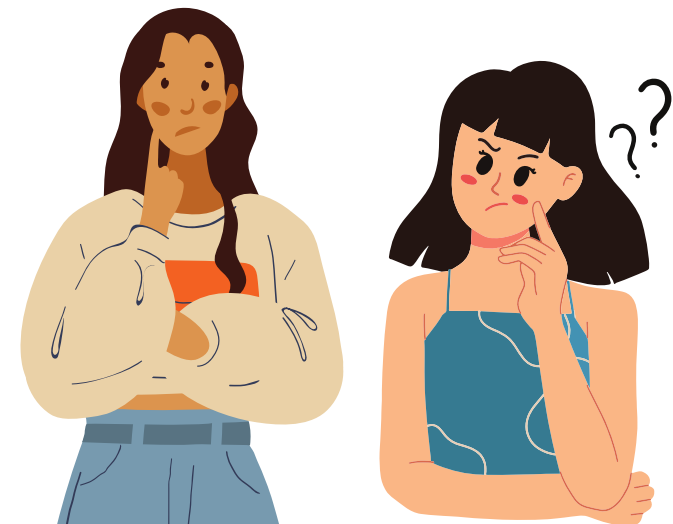
YESTERDAY I FELL FOR THE FIRST TIME. NOW I'M AFRAID. WHAT CAN I DO TO PREVENT FUTURE FALLS?

I NEED MORE HELP AT HOME BUT I DON'T THINK I'M READY FOR A NURSING HOME. WHAT CAN I DO? ARE HOME DELIVERED MEALS AN OPTION FOR ME?

MY HUSBAND WAS JUST DIAGNOSED WITH ALZHEIMER'S DISEASE. WHAT COMMUNITY SUPPORT IS AVAILABLE?

I WAS APPROVED FOR DISABILITY BUT MEDICARE WON'T START FOR 2 YEARS. WHAT DO I DO NOW?

MEDICARE A, MEDICARE B, MEDICARE D... WHAT DOES IT ALL MEAN?



**THE AGING AND DISABILITY
RESOURCE CENTER OF
IMPERIAL COUNTY:
CONNECTING YOU WITH
SUPPORTS AND SERVICES.**

(760) 332-3213

Trainocate

NEWSLETTER

Upcoming Easter Egg Hunts & Spring Events in Imperial County - April 2025

El Centro Community Easter Egg Hunt

📍 1910 North Waterman Avenue, El Centro, CA 92243

📅 Sunday, April 13, 2025 | 🕒 12:00 PM

A family-friendly event hosted by the Imperial Valley Food Bank featuring an egg hunt, games, and prizes for toddlers and older children. CalFresh resources will also be available for parents.

📞 Contact: Isabel at (760) 545-0148 | ✉️ Isabel@ivfoodbank.com

Eager Park Easter Egg Hunt

📍 Eager Park, Imperial, CA 92251

📅 Saturday, April 12, 2025 | 🕒 9:00 AM - 11:30 AM

This event, hosted by First Southern Baptist Church Imperial, includes an Easter story time, an egg hunt, and free hot dogs, drinks, and desserts. Registration begins at 9:30 AM.

📞 Contact: Mary-Ann Wilson at (760) 791-1165 | ✉️ pastormatt@fsbimperial.com

Tito Huerta Park Easter Egg Hunt & Movie Night

📍 1165 Palm Avenue, Heber, CA 92249

📅 Thursday, April 17, 2025 | 🕒 6:00 PM

Join the Heber Public Utility District for an evening of fun, including an egg hunt, live performances, and a street fair with food and craft vendors.

Egg Hunt: 6:00 PM

Live Performances: 6:30 PM

Food & Craft Vendors: 4:00 - 9:00 PM

📞 Contact: (760) 482-2240 | ✉️ heber@heber.ca.gov

🚗 East Side Story Car Show & Fiesta

📍 Imperial Valley Fairgrounds

📅 Saturday, April 5, 2025 | 🕒 11:00 AM - 7:00 PM

🎵 Celebrate with classic cars, live music, food vendors, and cultural festivities.

44th Annual Children's Fair

📍 Bucklin Park, El Centro

📅 Saturday, April 5, 2025 | 🕒 10:00 AM - 2:00 PM



SPRING WORD SEARCH

M H W O F Y D Y Y V W I H D C U X G O K T R B Q L Q P T X B
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S W I M M I N G M Z E E I A A A G N O A Z O C E O U Z M C O
Y P A Z T W J D I E J R G B T S Z P L U E J O K L S E W D K
Q Z O S D C R Y R O I D M N J Q B J F C O N V T C Y C L E Z

FIND THE HIDDEN WORDS

Barbeque
Beach
Bike
Bloom
Cottage
Deck
Flowers

Garagesale
Grass
Ice
Lawnmower
Patio
Skateboard
Streethockey

Swim
Walk
Baseball
Beer
Bikini
Blossom
Cream

Farmersmarkets
Freshfruit
Garden
Green
Lakes
Lemonade
Plants

Rain
Soccer
Streetparty
Swimming
Warmth
Basketball
Bees

Birds
Canoe
Cycle
Flowers
Games
Golf
Hike

Landscape
Paddleboard
Playground
Rivers
Sprinkler
Stroll
Trampoline

SPRING CLEANING: TIPS FOR ORGANIZING YOUR HOME WITH EASE



As the days get longer and the weather warms up, many people take this time to refresh and renew their spaces with spring cleaning. For individuals with aging or disabilities, maintaining a safe and organized home is especially important. However, cleaning and organizing can sometimes feel overwhelming. Here are some tips to make spring cleaning easier and more manageable:

1. Start Small

If the idea of cleaning your entire home feels like too much, break it down into manageable tasks. Choose one room or even one section of a room to focus on at a time. You can gradually work your way through your space, tackling small areas that will make a big difference.

2. Declutter and Simplify

Over time, it's easy to accumulate items that no longer serve a purpose. Use spring cleaning as an opportunity to declutter. Consider donating or discarding items that you no longer use or need. A less cluttered home can make it easier to navigate and reduces the risk of tripping or accidents.

3. Use Tools and Equipment that Work for You

There are many cleaning tools designed to make tasks easier for people with mobility challenges. For example, consider using a long-handled duster, a reacher/grabber to pick up items from the floor, or a lightweight vacuum cleaner. These tools can help you clean without straining or risking injury.

4. Organize Your Space for Accessibility

When organizing your home, think about making it more accessible for everyday tasks. Store items you use frequently in easy-to-reach places, and keep walkways clear of obstacles. Make sure that frequently used items like kitchen utensils, medications, and clothing are within easy reach.

5. Create a Cleaning Schedule

Instead of trying to clean everything in one day, create a weekly or monthly cleaning schedule. Spreading out cleaning tasks over time can help prevent burnout and ensure that your home stays clean and organized throughout the year.

6. Ask for Help

If you have a family member, friend, or caregiver who can assist, don't hesitate to ask for help with more physically demanding tasks. You might also consider hiring a professional cleaning service if that fits into your budget.

7. Safety First

Spring cleaning is a great time to check your home for safety hazards. Look for things like loose rugs that could cause a fall, or objects in walkways. Consider installing grab bars in the bathroom or adding more lighting to dimly lit areas to make moving around the house easier and safer.

8. Take Breaks and Pace Yourself

Don't try to do everything in one go. Take breaks when you need them, and be gentle with yourself. Pace yourself so you don't overexert your body. Cleaning at a comfortable pace will help prevent injuries and make the process less stressful.

Spring cleaning is more than just a way to tidy up; it's an opportunity to make your living space more comfortable, safe, and enjoyable. Whether you tackle it alone or with help, remember that it's okay to take it one step at a time and prioritize your well-being. Happy spring cleaning!

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

Dear Coordinator,

I recently moved to Imperial Valley and need help finding affordable, accessible housing. I also don't drive and struggle to get to my medical appointments and the grocery store. I've heard about long-term care services but don't know where to start. What resources are available to help me?

— Searching for Support

Dear Searching for Support,

You're not alone! Many people face similar challenges, and we're here to help. There are several housing programs in Imperial Valley that offer affordable and accessible options. Depending on your situation, you may qualify for rental assistance or independent living support.

For transportation, you may be eligible for paratransit services or non-emergency medical transportation through Medi-Cal. Some local organizations also provide rides for essential errands like grocery shopping. If you're considering long-term care, we can help you explore home- and community-based services that support independent living. Let's connect so we can find the best options for you! Reach out to our office, and we'll guide you through the next steps.

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



April 15, 2025

Spring Veggie Stir-Fry with Lemon Garlic Sauce

Ingredients:

- 1 zucchini, sliced
- 1 bell pepper, sliced
- 1 cup snap peas
- 1 carrot, julienned
- 2 cloves garlic, minced
- 1 tablespoon olive oil
- 2 tablespoons soy sauce
- 1 tablespoon lemon juice
- ½ teaspoon honey or maple syrup
- ½ teaspoon sesame seeds (optional)
- Cooked rice or noodles for serving

Instructions

- Heat olive oil in a large pan over medium heat. Add garlic and cook for 30 seconds until fragrant.
- Toss in zucchini, bell pepper, snap peas, and carrots. Stir-fry for 4-5 minutes until veggies are tender-crisp.
- In a small bowl, mix soy sauce, lemon juice, and honey. Pour over the veggies and stir to coat evenly.
- Cook for another minute, then remove from heat. Sprinkle with sesame seeds if using.
- Serve over rice or noodles and enjoy a taste of spring!



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.