



# FOOD FOR THOUGHT

FROM THE KITCHEN: CC CAFE

December 2021  
Newsletter

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Dear Clients,

Happy Holidays and a Festive New Year to you and your family. As in the previous Holiday you will be receiving an extra prepackaged frozen or shelf stable meal a day prior to the holiday.

During the holidays if you will be out with family, please notify us via phone or directly with the driver/ site coordinator to avoid cancelling service.

Please wear your facemask when not eating at any of the congregate sites, please sanitize your hands by the entrance and before eating. There will be added space between chairs and tables, and disposable plastic ware utensils will be used with meals.

If you are unable to attend a dining site please contact Ivan Romero/ Case Manager for the Home Delivered Meal Program at (760) 353-6822 Ext: 1313

**Program Manager: Polo Salazar/ (760) 353-2748 Ext: 1371**

**\*Closures\***

*Christmas Holiday December 24th & 27th  
New Years Eve Holiday December 31st*



**"Kindness is like snow- It beautifies everything it covers."**

Kahlil Gibran



# INFORMATION



## Imperial County Public Administrator's Office

778 W. State Street, El Centro, CA 92243

(442) 265-7000

[www.psa24.org](http://www.psa24.org)



### Public Administrator



- Public Administrator probates the estates of decedents who die without a will or where there is no family living in the State willing or able to do so.
- Conduct thorough investigations to marshal all assets of the deceased. Locate persons entitled to inherit from the estate and ensure these individuals receive their inheritance.



### Indigent Burial

- All deceased persons shall be afforded a dignified burial commensurate, whether they have loved ones who can assist with burial expenses or have no family when they pass.



- Designed to help families who are financially unable to pay for a funeral.

### Public Guardian/Public Conservator



- The Public Guardian/Public Conservator acts as the legally appointed guardian/conservator for persons found by the Superior Courts to be unable to properly care for themselves or their finances or who can't resist undue influence or fraud.



- Such persons usually suffer from severe mental illness or are older, frail and vulnerable adults. The court can appoint a conservator of the person only or both person and estate.

### Targeted Case Management/Homeless Placement



- Provide services to eligible individuals that are homeless or at imminent risk of becoming homeless.



- Assist eligible individuals gain access to needed housing such as eviction prevention, rental assistance, and hotel placement, mental health services, medical services, applying for financial benefits, and other social services.

- Goal is to ensure that the challenging needs of eligible individuals are address on an ongoing basis and appropriate choices are provided among the widest array of options for meeting those needs.

# Dear Members

**Here are a few tips to help you stay healthy during December and beyond!**

## **Exercise Nearly Every Day:**

Regular exercise is one of the most important strategies for overall health. If you are not a regular exerciser, daily exercise may sound like a chore. If that applies to you, take a moment to list all of the good things exercise can do for you – from burning extra calories to reducing your risk of cancer, heart disease and diabetes. Make exercise a time to socialize with friends or enjoy some “me time” away from the hustle and bustle. Enjoy the great outdoors when you can and wear weather appropriate clothing. Always be on the lookout for ways to fit more activity into your day!

## **Eat Well Most of the Time.**

Do your best to follow a healthy diet without depriving yourself of the foods you love. Unfortunately many holiday treats are loaded with sugar and saturated fat, so watch portion sizes and avoid “seconds”. “One plate is great” should be your mindset at holiday gatherings. It’s helpful to carry healthy snacks when you are out shopping and running errands in case you get hungry.

## **Get Plenty of Rest.**

Just like exercise, we know it can be hard to get enough sleep during this busy time of the year. Most of us need about 7 - 9 hours of sleep each night. Remember that restful, sound sleep benefits your mood, concentration and energy.

## **Take Time for Stress Relief:**

Un-managed stress can ruin the holiday season, and many people struggle with that during this time of the year. Stress and anxiety are painful and harmful to your overall health and well being. Manage stress by focusing on the things under your control, such as how much you eat, drink, and spend. Control stress proactively through relaxation techniques, physical activity, giving to others and other healthy habits. Don’t waste time, money or energy trying to have the “perfect holiday”. Ask for help when you need it and take time to help others if you are able.

## **During the holiday season, we typically travel more than other times of the year. When you are driving use the tips below to keep you and your passengers safe:**

- Be a sober driver.
- Make sure everyone wears a seat belt.
- Follow the speed limit.
- Maintain a safe stopping distance.
- Use your turn signals when appropriate.
- Keep sunglasses with you in the car.
- Do not text while driving.

**Source:** <https://studylib.net/doc/13762475/get-well--stay-well-newsletter-your-guide-to-healthy-living>

**Ivan Romero,  
QA. Case Manager / Senior Nutrition Program  
(760)353-6822 ext. 1313**

# Dear Members



"THE JOY OF BRIGHTENING OTHER LIVES, BEARING EACH OTHERS' BURDENS, **EASING OTHERS'** LOADS AND SUPPLANTING EMPTY HEARTS AND LIVES WITH GENEROUS GIFTS BECOMES FOR US THE MAGIC OF THE HOLIDAYS." - W.C. JONES



SENIOR PROGRAMS ARE PROVIDED TO YOU THROUGH CONTRACTS WITH THE IMPERIAL COUNTY AREA AGENCY ON AGING (AAA) THROUGH FUNDING RECEIVED FROM THE CALIFORNIA DEPARTMENT OF AGING (CDA). CONTACT THE AAA AT (442) 265-7030 FOR FURTHER PROGRAM INFORMATION.

**Ivan Romero,  
QA. Case Manager / Senior Nutrition Program  
(760)353-6822 ext. 1313**



THE IMPERIAL COUNTY AREA AGENCY ON AGING IS PROUD TO PRESENT

## HEALTHY AGING VIRTUAL EDUCATION TRANSPORTATION SERVICES IN IMPERIAL COUNTY



### Join us:

To learn more about the services provided by the Imperial County Transportation Commission and meet Gustavo Gomez, Regional Mobility Coordinator for the ICTC. He will go over the local and regional transit service programs including routes, fares, schedule, eligibility requirements for some of the transit services, and additional details.



**DECEMBER 8, 2021 | 10:00 A.M.**

### ZOOM Meeting Information:

<https://us02web.zoom.us/j/81850385916?pwd=aU41amxBZWxZRWdENTB3N1BYLytOdz09>

Phone Number: 669.900.6833

Meeting ID: 818 5038 5916

Passcode: 488731

This training is part of a series provided by the Imperial County Area Agency on Aging. Join us the second Wednesday of every month using the same meeting information to learn more about our services and other valuable resources in our community. For more information, please contact us at (442) 265-7033.



LA AGENCIA DEL AREA PARA PERSONAS DE LA TERCERA EDAD DEL CONDADO DE IMPERIAL

SE ENORGULLOCE EN PRESENTAR

## ENVEJECIMIENTO SALUDABLE EDUCACION VIRTUAL SERVICIO DE TRANSPORTE EN EL CONDADO DE IMPERIAL



### Acompañenos:

Y obtenga información acerca de los servicios que ofrece la Comisión de Transporte del Condado de Imperial (ICTC) y conozca a Gustavo Gomez, Coordinador de Movilidad Regional. Él nos hablara de los programas de transporte locales y regionales incluyendo rutas, horarios, tarifas, elegibilidad para ciertos servicios de transporte y más detalles.



**8 DE DICIEMBRE DE 2021 | 11:00 A.M.**

### Información de la reunión ZOOM:

<https://us02web.zoom.us/j/81850385916?pwd=aU41amxB5WxZRWdENTB3N1BYLytOdz09>

Número de teléfono: 669.900.6833

ID de reunión: 818 5038 5916

Contraseña: 488731

Este taller es parte de una serie que está organizando la Agencia del Área para Personas de la Tercera Edad del Condado de Imperial. Acompañenos el segundo miércoles de cada mes vía ZOOM (utilice la misma información de esta reunión) y obtenga información sobre nuestros servicios y otros recursos valiosos en nuestra comunidad. Para obtener más información, comuníquese con nosotros al (442) 265-7033.



# WINTER WORD SEARCH

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

BLIZZARD

ICY

SHOVEL

FROSTY

IGLOO

SLED

FROZEN

JACKET

SNOWBALL

HOT COCOA

MITTENS

SNOWFLAKE

ICICLE

SCARF

SNOWMAN



# DECEMBER 2021

## CC CAFE

**AREA AGENCY ON AGING PSA24**

REGISTERED DIETITIAN: Nancy Chen, MS, RDN

Monday

Tuesday

Wednesday

Thursday

Friday

Catholic Charities, Diocese of San Diego

Program Manager: Polo Salazar

6	7	8	9	10	11
<p><b>Meat/ Alternative</b> 2 oz.</p> <p><b>Vegetable</b> 1 - 2 servings (1 cup raw leafy = 1 serving)</p> <p><b>Dairy</b> 8oz. 1% milk</p> <p><b>Fruit/ Dessert</b> 1/2 cup</p> <p>(1-2 servings) 1/2 should be whole grain = &gt; 1,000 mg sodium</p>	<p><b>Meat/Alternative</b> 3oz. CHICKEN PARMESAN TOMATO SAUCE LINGUINE W/ BUTTER PARSLEY</p> <p>ITALIAN GREEN BEANS</p> <p>GARDEN SALAD</p> <p>APPLE SAUCE</p> <p>WHEAT BREAD</p> <p style="text-align: right;"><b>13</b></p>	<p>3.1oz. GRILLED BEEF PATTY OVER GRAVY</p> <p>MASHED POTATO PEAS</p> <p>ROMAINE SALAD</p> <p>PEARS</p> <p>WHEAT BREAD</p> <p style="text-align: right;"><b>14</b></p>	<p>3oz. CHICKEN TOSTADA W/ MAZZARELLA CHEESE</p> <p>(LETTUCE, SLICED CUCUMBER, AND TOMATO)</p> <p>THREE BEAN SALAD</p> <p>SLICED MANDARINS</p> <p>CORN TOSTADA</p> <p style="text-align: right;"><b>15</b></p>	<p>3oz. BEEF STEW (RED POTATOES, ZUCCHINI, CELERY, CABBAGE, AND CARROTS)</p> <p>VALLEY BLEND SALAD</p> <p>TROPICAL FRUIT</p> <p>CORN TORTILLA</p> <p style="text-align: right;"><b>16</b></p>	<p>8oz. PAWTUCKET CHICKEN CORN CHOWDER (celery, carrots, and onions)</p> <p>ARCADIAN SALAD</p> <p>CORN BREAD</p> <p>PEACHES</p> <p>SLICED WHEAT BREAD</p> <p style="text-align: right;"><b>10</b></p>
<p><b>Meat/Alternative</b> 3oz.</p> <p>BREADED FISH WITH LEMON</p> <p>JASMINE RICE</p> <p>ZUCCHINI</p> <p>VALLEY BELND SALAD</p> <p>FRUIT COCKTAIL</p> <p>WHEAT BREAD</p> <p style="text-align: right;"><b>20</b></p>	<p>3.1oz. CHICKEN ALFREDO (GRILLED SLICED CHICKEN ON A BED OF PASTA W/ ALFREDO SAUCE, AND PARMESAN CHEESE)</p> <p>CARROTS</p> <p>ORANGES</p> <p>CORN TORTILLA</p> <p style="text-align: right;"><b>21</b></p>	<p>3oz. CHICKEN PATTY W/ GRAVY</p> <p>RICE PILAF</p> <p>CAPRI BLEND</p> <p>VEGETABLES</p> <p>GREEN SALAD</p> <p>MANGO W/ GRAPES</p> <p>SLICED WHEAT BREAD</p> <p style="text-align: right;"><b>22</b></p>	<p>3.5oz. BREADED CHICKEN TENDERS</p> <p>BAKED SPIRAL POTATO</p> <p>DICED CARROTS</p> <p>GREEN SALAD</p> <p>BANANA</p> <p>SLICED WHEAT BREAD</p> <p style="text-align: right;"><b>23</b></p>	<p>3oz. BBQ PORK RIB MEAT PATTY</p> <p>BAKED BEANS</p> <p>BROCCOLI</p> <p>ROMAINE SALAD</p> <p>TROPICAL FRUIT</p> <p>SALAD</p> <p>SLICED WHEAT BREAD</p> <p style="text-align: right;"><b>24</b></p>	
<p><b>Meat/Alternative</b> 3oz.</p> <p>BEEF ALBONDIGA SOUP</p> <p>(WHITE HONEY, CARROTS, POTATO, CILANTRO)</p> <p>ARCADIAN BLEND SALAD</p> <p>LEMON PACKET</p> <p>PINEAPPLE TIDBITS</p> <p style="text-align: right;"><b>27</b></p>	<p>3oz. KOREAN STYLE CHICKEN (SAUCE &amp; CHOPPED GREEN ONIONS)</p> <p>BROWN RICE</p> <p>ASIAN STYLE VEGETABLES</p> <p>PEAR HALVES</p> <p style="text-align: right;"><b>28</b></p>	<p>3oz. BEEF POT ROAST (POTATOES, CARROTS, TOMATO SAUCE, AND CELERY)</p> <p>VALLEY BLEND SALAD</p> <p>APRICOTS</p> <p>WHEAT BREAD</p> <p style="text-align: right;"><b>29</b></p>	<p>3oz. BEEF CHEESEBURGER</p> <p>TATER TOTS</p> <p>CALIFORNIA BLEND VEGETABLES</p> <p>LETTUCE W/ TOMATO</p> <p>ORANGES</p> <p>WHEAT HAMBURGER BUN</p> <p style="text-align: right;"><b>30</b></p>	<p>3.3oz. BBQ GRILLED CHICKEN</p> <p>RANCH BEANS</p> <p>WINTER BLEND VEGETABLES</p> <p>ROMAINE SALAD</p> <p>PEARS</p> <p>SLICED WHEAT BREAD</p> <p style="text-align: right;"><b>31</b></p>	

**Senior Nutrition Program is provided to you through a contract with the Imperial County Area Agency on Aging via funding received from the California Department of Aging. Contact the AAA at (442) 265-7000 for additional senior programs information.**

A) Menu subject to change at any time.  
B) Coffee, tea and decaf. Beverages may be used but shall not be counted to fulfill any part of the meal pattern.  
C) Lunch served from 11:30a.m. to 12:00 noon @ Dining sites.  
Home Delivered: 9:00a.m. to 1:30

D) Meals by reservation: please call  
Transportation:  
IVT RIDE: 337-1760  
E) Suggested Contribution **\$2.00 Meal**

El Centro Desert Villa, 1756 W. Main  
El Centro Community Center, 365 S. 1st St.  
Brawley Senior Nutrition, 679 J St.  
Calistoga Senior Nutrition, 767 Deed  
Westmead Senior Nutrition, 298 G St.  
Oceville Senior Nutrition, 1663 Imperial Hwy  
Salton City, 1375 Barrego Salton Sea Way  
Helvile Senior Nutrition, 949 N. Belt Ave.  
Habert Senior Nutrition, 1112 Haber Ave.



**Closed Holiday  
Christmas  
Holiday**

**Closed Holiday  
Christmas  
Holiday**

**Closed Holiday  
Christmas  
Holiday**

**Closed Holiday  
Christmas Eve**

**Closed Holiday  
New Years Eve**