FOOD FOR THOUGHT

From the kitchen: CC Cafe

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"August rain: the best of the summer gone, and the new fall not yet born. The odd uneven time."

-Sylvia Plath

Scan to visit our website!

Catholic Charities
DIOCESE OF SAN DIEGO

Dear Clients,

Some of you have already turned in your enrollment forms (for Congregate site only). For those of you that have not, please do so as soon as possible. We will be taking off names of the sign-in sheets for those who do not fill one out around 1st of September.

We are well into summer with no end to our Imperial Valley heat in site. As a reminder, it is very important to stay hydrated. Drink plenty of water and stay indoors during the hottest part of the day. If you own pets, they should be kept inside. If you have outdoor pet, please make sure they have plenty of shade and water. A kiddie pool is a great way to keep them cool.

For August we added more salad or cold meal entree as some of you have suggested.

We encourage you all to attend our dinning sites, but please avoid attending the site if you're not feeling well or if you had a fever, cough, or other mild symptoms, these are COVID-19-related symptoms, especially if exposed. If you have any of the above signs, we encourage you to get tested.

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

No Closures

Office Hours
Monday - Thursday 8:00 am - 3:00 pm
Friday 8:00 am - 12:00 pm
Closed for Lunch 12:00 pm - 1:00 pm

You've worked hard all your life.
Now let us work for you.

IMPERIAL COUNTY AREA AGENCY ON AGING
778 W. State Street • El Centro, CA 92243
1-800-510-2020
www.aaa24.org

Public Administrator
(442) 265-7000

Information & Assistance
(442) 265-7033
1-800-510-2020

Long-Term Care Ombudsman
(442) 265-7032
1-800-231-4024

INFORMATION & ASSISTANCE
Area Agency on Aging (442) 265-7033

Provides information, links individuals to community services available. Assesses the individual's problems and capabilities. Provides follow-up, where possible, to ensure that services were received.

LONG-TERM CARE OMBUDSMAN
OMBUDSMAN (442) 265-7032

Ensures the rights and entitlements of persons in long-term care facilities by investigating and resolving complaints, initiating corrective action and asserting civil and human rights.

IN-HOME RESPITE CARE
AlzCare, Inc. (760) 344-4654

In home care for the frail or impaired elderly, to provide short term relief for unpaid family caretakers. Seeks to prevent or delay nursing home admissions of the person receiving care and/or the physical decline of the one giving care.

HOME DELIVERED MEALS
Catholic Charities (760) 353-2748 Ext. 1371

Nutrition for the homebound to help in recovery.

CONGREGATE MEALS
Catholic Charities (760) 353-2748 Ext. 1371

Nutrition in a group setting to help physical and social well being.

SENIOR HEALTH CLINICS
HLT Nutrition Co. Inc. (657) 566-1492

Assists seniors, age 60 and over, to stay healthy and active by providing basic health screening, counseling, and referrals.

LEGAL ASSISTANCE
Elder Law & Advocacy (760) 353-0223

Provides legal advice, referral services, counseling and representation by an attorney or paralegal acting under the supervision of an attorney.

HICAP
Elder Law & Advocacy (760) 353-0223

Provides Medicare beneficiaries and those soon becoming eligible for Medicare with counseling and advocacy as to Medicare, private health insurance, and related health coverage plans.

TRANSPORTATION
IVT Ride Now (760) 337-1760

Curb-to-Curb transit access to group lunch.

Why does your sense of taste change as you age?

Taste buds and aging

Sense of taste, also called the gustatory system, is largely controlled by taste buds. Each taste bud contains receptor cells that are responsible for reporting the sense of taste to the brain. It's how we experience the five types of taste: bitter, salty, sour, sweet and "umami" (savory). Taste buds shrink as we get older too, resulting in diminished sense of taste. Typically, seniors notice this loss of taste with salty or sweet foods first.

The smell-taste connection

Loss of taste isn't the only sense that can dull with age; smell can diminish as well. In fact, the two are closely related. Your food might taste different when you have a cold because you can't smell it as well. Just like taste buds decrease with age, so do the olfactory fibers in the nose. The remaining fibers aren't as strong, especially for seniors older than 60.

Other causes

Loss of taste and smell is considered a normal part of aging, but there are other causes:

- **Viral infections**: The common cold, flu and COVID-19 can cause a temporary diminished sense of smell and taste.
- **Medications**: Certain medications, both prescription and over-the-counter medicines, can alter the senses, especially antibiotics and blood pressure medications.
- **Dental problems:** Gum disease, a tooth abscess, thrush or dry mouth can affect sense of taste.
- **Smoking:** The toxic chemicals in cigarettes interact with your tongue in such a way that the taste buds lose their shape and become flatter.
- **Head or facial injuries:** Trauma to the head, neck or brain can damage the olfactory nerves that signal scents to your brain.
- **Nasal polyps:** These soft, noncancerous growths on the lining of your nasal passages or sinuses can impact your senses.
- **Cancer treatment:** Some types of cancer and cancer treatments can alter the signals between your nose, mouth and brain.
- **Vitamin deficiencies:** Loss of taste and smell could be a sign that your body is low on certain vitamins.

The effects of losing sense of taste

The loss of taste can have a negative impact on quality of life and lead to other health complications. You might lose your appetite and eat less, resulting in poor nutrition, vitamin deficiencies and weight loss. Changes to the sense of taste might also tempt you to add excess salt and sugar to foods to enhance flavor. You might also not be able to detect if food or liquid is spoiled or if it contains ingredients you're allergic to.

Is it treatable?

That depends. Unlike those gray hairs or wrinkles under your eyes, if changes to taste and smell are age-related, it's not possible to reverse those changes. However, if your reduced senses are a result of other causes, it might be only temporary or treatable.

Coping with loss of taste

If your sense of taste has weakened, there are ways to make your food more palatable without reaching for salt or sugar

·A variety of herbs and seasonings like sage, thyme, and rosemary. Even adding a splash of lemon or lime juice can give food some. Add spices like black pepper, chili pepper, cinnamon, cumin, garlic powder and ginger to enhance flavor.

·When it comes to livening up your meals, it isn't just the food that matters. If you can, make meals more social by cooking and eating with friends and family members.

Temperature can also factor into taste.

SOURCES:
https://www.encompasshealth.com/health-resources/articles/why-does-your-sense-of-taste-change-as-you-age

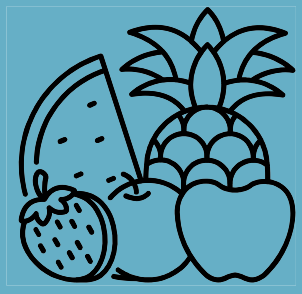
Catholic Charities
DIOCESE OF SAN DIEGO

DEAR MEMBERS...

Diet Tip Corner

Tip of the Month:

August is peak season for many fruits and vegetables. Fill half your plate with colorful produce like tomatoes, berries, peaches, corn, zucchini, cucumbers, and leafy greens. Seasonal foods are often fresher, more flavorful, and packed with vitamins, minerals, and antioxidants that support overall health.



By Annie Huber Rd

FOOD SAFETY CHECKLIST

- KEEP ALL STORAGE, EATING AREAS CLEAN. WASH COOKING AND EATING UTENSILS AFTER EVERY USE.
- IF YOU DO NOT EAT YOUR MEAL RIGHT AWAY REFRIGERATE OR FREEZE IMMEDIATELY TO KEEP IT SAFE.
- DISCARD ANY FOOD PAST THE EXPIRATION DATE OR FOOD THAT HAS BEEN SITTING OUT IN THE TEMPERATURE DANGER ZONE FOR TWO HOURS OR LONGER.
- DO NOT LEAVE MEALS ON STOVE TOP, KITCHEN COUNTER OR IN AN OVEN WITH THE PILOT LIGHT ON.
- KEEP FOOD OUT OF THE TEMPERATURE DANGER ZONE, BETWEEN 40-140 DEGREES FAHRENHEIT.

THE SENIOR NUTRITION PROGRAM IS EXTREMELY CONSCIOUS WHEN IT COMES TO PRACTICING SAFE FOOD HANDLING TECHNIQUES, AS SHOULD THE PARTICIPANTS WHEN STORING AND PREPARING DELIVERED MEALS.

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.

FOR INFORMAITON OR ASSITANCE PLEASE CALL;
IVAN ROMERO,
QA. CASE MANAGER / SENIOR NUTRITION PROGRAM
(760)353-6822 EXT. 1313

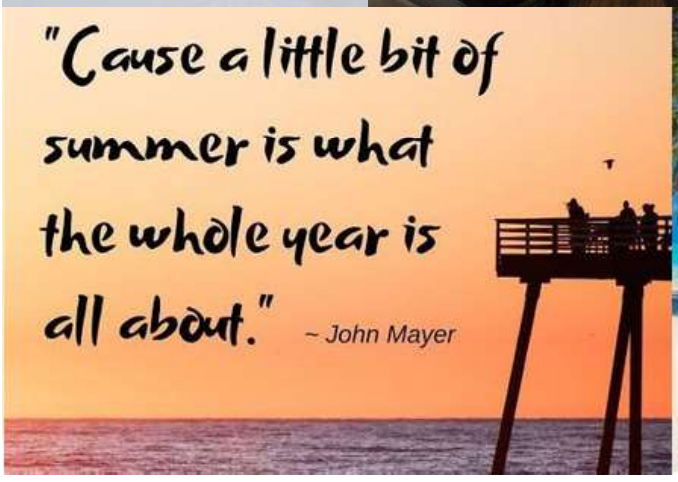
MEALS WITH CARE....

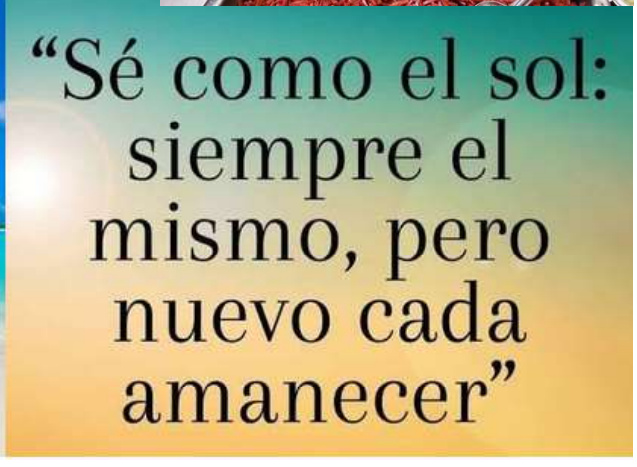
CCDSD Senior Nutrition Program aim to provide you with the best!

That is why CCDSD works hard to provide you with delicious plates, always making sure they are made daily with fresh ingredients and care.

CCDSD serves to foster client self-actualization and provide them with the tools and resources to achieve self-sufficiency.

Program Highlights





Food

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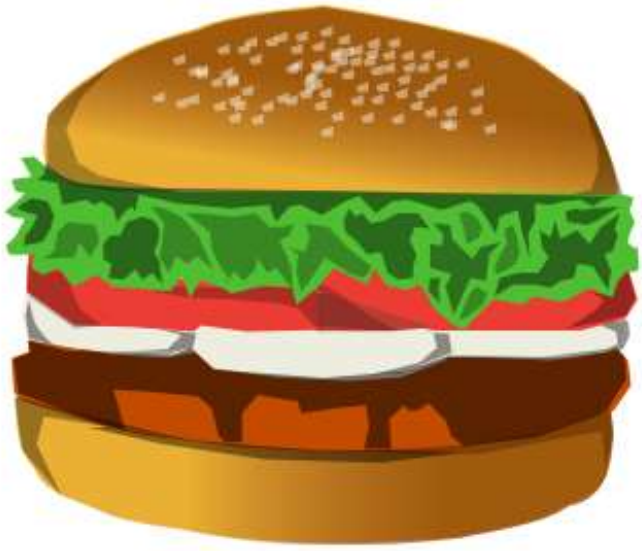
CHEESEBURGER
MAYONNAISE
HAMBURGER
SANDWICH
LEMONADE
LETTUCE
TOMATO
POTATO
ORANGE
COOKIE
COFFEE
CHEESE
CEREAL
CARROT
BUTTER
BANANA
SUGAR
PIZZA
PEACH
ONION
BREAD
APPLE
TACO
SOUP
SODA
MILK
TEA



MONTHLY MENU PLANNER

MENU AUGUST 2026

Area Agency on Aging PSA24 — CC CAFE — Catholic Charities, Diocese of San Diego

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
	3	4	5	6	7	
Meat/ Alternative 2 oz.	3oz BEEF HOT DOG W/ CHILI BEANS CARROTS ROMAINE SALAD W/ DICED TOMATOE RAINBOW SHERBET WHEAT HOT DOG BUN	3oz. CHICKEN PATTY W/ GRAVY MASHED POTATOES GREEN BEANS GARDEN SALAD PINEAPPLE TIDBITS WHEAT BREAD	3oz. SPAGHETTI WITH MEAT SAUCE (CHEESE) CARROTS GREEN SALAD W/ TOMATOE PEACH CORN TORTILLA	3oz. CHICKEN TOSTADA MOZARELLA CHEESE SHREDDED LETTUCE W/ TOMATO CHILLED BEETS MANGO W/ GRAPES WHEAT BREAD	3oz. SALISBURY STEAK W/ GRAVY AND MUSHROOM PIECES POTATO WEDGES BROCCOLI CUTS ROMAINE SALAD ORANGE WHEAT BREAD	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.
	10	11	12	13	14	
Vegetable 1 - 2 servings (1 cup raw leafy = 1 serving)	3oz. TUNA SALAD (3oz. Tuna mixed with mayonnaise, mustard, onion, celery, tomato, on a bed of shredded lettuce) CHILLED BEETS MANDARINS WHEAT BREAD	BEEF CHILI BEANS (GROUND BEEF, PINTO BEANS ONION, BELL PEPPER, PAPRIKA) CALIFORNIA BLEND VEGETABLES TROPICAL FRUIT CORN BREAD	2.7oz. HAM HOAGIE (HAM, CHEESE, LETTUCE, MAYONNAISE, MUSTARD, AND TOMATO) THREE BEAN SALAD (CHILLED) APRICOTS WHEAT BREAD	310oz. ALBONDIGA SOUP (3/1oz. Meatballs, zucchini, carrots, and potatoes) LEMON & CILANTRO MANDARINS CORN TOSTADA	3oz. TACO PORK AL PASTOR REFRIED BEANS ZUCHINI & STEWED TOMATOES ROMAINE SALAD PINEAPPLE TIDBITS	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
	17	18	19	20	21	
Dairy 8oz. 1% milk	3oz. MANDARIN CHICKEN SALAD (CARROTS, BELL PEPPERS, SLICED MANDARINS, CROUTON, AND ONIONS) APRICOTS WHEAT BREAD	5oz. CHILE RELLENO SPANISH RICE GREEN BEANS PLAINTAINS CORN TORTILLA	3oz. CHICKEN ALFREDO W/ PASTA (CHEESE) SPINACH TROPICAL FRUIT SALAD WHEAT BREAD	3oz. FISH TACO W/ SALSA FRESCA (TOMATO, ONION,, LEMON, AND CILANTRO) REFRIED BEANS SHREDDED CABBAGE SALAD CANTALOUPE CORN TORTILLA	3oz. MEATLOAF W/ TOMATO SAUCE MASHED POTATOES GREEN BEANS ROMAINE SALAD W/ TOMATO TROPICAL FRUIT BREAD ROLL	D) Meals by reservation: please call Transportation: IVT RIDE: 337-1760 E) Suggested Contribution $2.00 Meal
	24	25	26	27	28	
Fruit/ Dessert 1/2 cup	3oz. ORANGE CHICKEN (BREADED CHICKEN, SAUCE, BELL PEPPERS, AND ONIONS) ASIAN RICE MIXED VEGETABLES PEACH WHEAT BREAD	3/1oz. MEATBALL SUB (MARINARA SAUCE & MOZZARELLA CHEESE) BROCCOLI CUTS ROMAINE SALAD BANANA WHEAT BREAD	3oz. CHICKEN WRAP (chicken, bacon, chesee, lettuce, diced tomatoe) POTATOE SALAD MANDARINS WHEAT TORTILLA	3oz. BAKED HAM (GLAZED) AU GRATIN POTATOES BROCCOLI CUTS GREEN SALAD PINEAPPLE TIDBITS WHEAT BREAD	3OZ. BEEF DIJON (BEEF, CARAMELIZED ONION, MUSTARD) OVER NOODLES VEGETABLE BLEND CHEFCUT KEY LARGO ROMAINE SALAD W/TOMATOE BANANA	El Centro Desert Villas, 1755 W. Main El Centro Community Center, 385 S. 1st. St. Brawley Senior Nutrition, 575 J St. Calexico Senior Nutrition, 707 Dool Westmorland Senior Nutrition, 298 3rd St. Ocotillo Senior Nutrition, 1663 Imperial Hwy Salton City, 1375 Borrego Salton Sea Way Holtville Senior Nutrition, 950 N. Holt. Heber Senior Nutrition, 1132 Heber Ave. Calipatria Senior Nutrition 150 N Park Ave.
	31					
(1-2 servings) 1/2 should be whole grain = > 1,000 mg sodium	3oz. FIRE BLAZE CHICKEN CILANTRO LIME RICE GREEN BEANS GREEN SALAD W/ DICED TOMATO PEARS WHEAT BREAD					

REVIEWED AND APPROVED BY ANNIE HUBER RDN