

# FOOD FOR THOUGHT

*From the kitchen: CC Cafe*



## In This Issue:

- From the Kitchen..... 1
- Healthy Aging Education...2-4
- Dear Members.....5
- Spotlight.....6
- Word Find.....7
- Menu.....8

*"April is a moment of joy for those who have survived the winter."*

*-Samuel Johnson*

**Scan to visit our website!**



Dear Clients,

April is a great time to “spring” into simple, heart-healthy habits. As the days get longer, try adding more colorful seasonal produce to your plate—think crisp greens, strawberries, and peas—and aim for a variety of colors to support immunity and energy. If you’re getting outside for a short walk or gardening, remember to drink water regularly (thirst can be less noticeable as we age). This month also includes National Public Health Week (early April), a nice reminder that small choices—balanced meals, staying active, and keeping up with routine checkups—can add up to better health all year long.

Taking time to appreciate the fresh air and sunshine can also lift your mood and reduce stress. Whether you’re meeting friends for a walk or simply tending to plants, these moments outdoors contribute to overall wellness and help make healthy habits feel enjoyable.

A reminder to our congregate meal site participants, it is important to make a reservation in order to ensure your meal a day prior in person with the site coordinator or Calling (760) 353-6822 Ext: 1372, 1314 or 1371.

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



**\*Closures\***  
**April 3<sup>rd</sup> and 6<sup>th</sup>**

# HEALTHY AGING AND EDUCATION



**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](http://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.

## Voting in Imperial County



Beginning in 2026, Imperial County transitioned from traditional polling sites to Vote Centers. Vote Centers will be open for multiple days in a row, including weekends. **Voters can go to ANY Vote Center** in Imperial County to vote in person and receive voting assistance. In addition, voters will receive a ballot in the mail weeks before the election.

### Voters Can Choose from 3 Voting Methods



You can mail your ballot starting as soon as you receive it in the return envelope provided - **NO POSTAGE REQUIRED.**



You can drop off your ballot at any secure Ballot Drop Box starting as soon as you receive it - **NO POSTAGE REQUIRED.**



You can go to any Vote Center in the county to vote in person. Vote Centers will be open for multiple days in a row leading up to Election Day.

### Vote Centers & Hours of Operation

**May 23 - June 1, 2026 8:30 a.m. - 4:30 p.m.**  
**Election Day, June 2, 2026 7:00 a.m. - 8:00 p.m.**

**Brawley Lions Center**  
225 A St. - Brawley

**Camarena Memorial Library**  
850 Encinas Ave. - Calexico

**El Centro Public Library**  
1198 N. Imperial Ave. - El Centro

**May 30 - June 1, 2026 8:30 a.m. - 4:30 p.m.**  
**Election Day, June 2, 2026 7:00 a.m. - 8:00 p.m.**

**Calipatria City Hall**  
125 Park St. - Calipatria

**Heber Community Center**  
1132 Heber Ave. - Heber

**Veterans Hall**  
247 S. Imperial Ave. - Imperial

**Desert Trails - Ryerson Hall**  
225 Wake Ave. - El Centro

**Holtville City Hall**  
121 W. 5<sup>th</sup> St. - Holtville

**West Shores High School**  
2381 Shore Hawk Ave. - Salton City

**I.V. Housing Authority**  
1401 D St. - Brawley

**Niland Fire Station - Cooling Center**  
8071 Luxor Ave. - Niland

**Westmorland Youth Center**  
200 W. 2<sup>nd</sup> St. - Westmorland

**Mario Esquer Building**  
850 Eady Ave. - Calexico

**Seeley Fire Station - Cooling Center**  
1862 W. Evan Hewes Hwy. - Seeley

# HEALTHY AGING AND EDUCATION

## **7 Golden Rules of Kidney Disease Prevention**

Many of us don't give much thought to our hardworking kidneys. The truth is 33% of adults in the United States are at risk for developing kidney disease. The main risk factors of kidney disease are diabetes, high blood pressure, heart disease, a family history of kidney disease, and obesity.

Here are 7 Golden Rules of Prevention to lower your chances of getting kidney disease.

### **1. Get regular check-ups**

- Your doctor can check for kidney disease with 2 simple tests: a urine test and blood test. A urine test called albumin creatinine ratio (ACR) checks if there is a protein called albumin in your urine. A blood test called glomerular filtration rate (GFR) tells how well your kidneys are working to remove waste from your body.

### **2. Control Blood Pressure**

- **H**igh blood pressure can damage your kidneys and increase your chances of getting kidney disease. If your blood pressure remains high, your doctor may have you take medicine. Making simple tweaks to your lifestyle, such as cutting back on salt and alcohol, losing excess weight, and exercising can help keep your blood pressure in check.

### **3. Manage Blood Sugar**

- Blood sugar levels can be influenced by several factors, including those out of a person's control such as hormones, illness, or stress. Over time, high blood sugar levels can cause blood vessels inside the kidney to become narrow and clogged and can cause damage to the blood vessels and harm the kidneys.

### **4. Eat a Healthy Diet**

- A healthy diet plan, such as the Mediterranean Diet and the DASH (Dietary Approaches to Stop Hypertension) Diet, can help lower blood pressure and blood lipids (fat in the blood). These eating plans include fresh fruits and vegetables, fat-free or low-fat milk and milk products, whole grains, fish, poultry, beans, seeds, and nuts. They also have less sodium, sugars, fats, and red meats.

### **5. Exercise**

- You've heard it before and we're going to say it again: you must exercise. Exercise can help you keep a healthy weight, control blood pressure and cholesterol, build strength and endurance, and lower your chances of getting diseases such as diabetes, heart disease, and kidney disease.

### **6. Quit Smoking**

- By now you should know the many dangers associated with smoking. Smoking causes diseases in every organ of the body, including the kidneys.

### **7. Do not overuse pain medicines**

- Using too much pain medicines called NSAIDs (non-steroidal anti-inflammatory drugs such as ibuprofen) may cause kidney disease. Long-term use of NSAIDs, especially at high doses, reduces the blood flow to the kidney which causes harm to kidney tissue.

### **SOURCES:**

**<https://www.kidney.org/7-golden-rules-kidney-disease-prevention>**



## 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.**

## Diet Tip Corner

### Eat the Rainbow

Incorporate dark green (spinach, broccoli), red/ oranges (carrots, sweet potatoes), and blue/ purple (berries) produce for maximum nutrients.



BY ANNIE HUBER RD

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 INFORMATION OR ASSISTANCE PLEASE  
CALL; IVAN ROMERO, QA. CASE MANAGER /  
SENIOR NUTRITION PROGRAM  
(760)353-6822 EXT. 1313**

# SPOTLIGHT

## Meals with care...

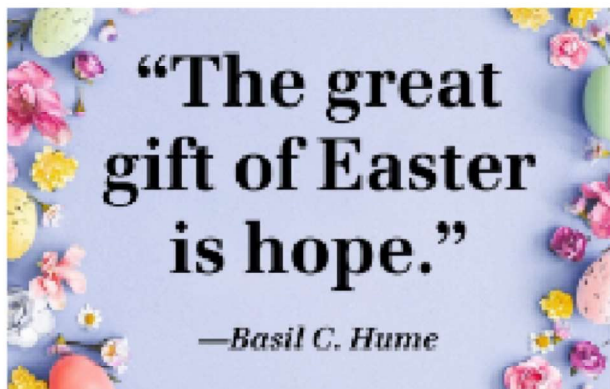
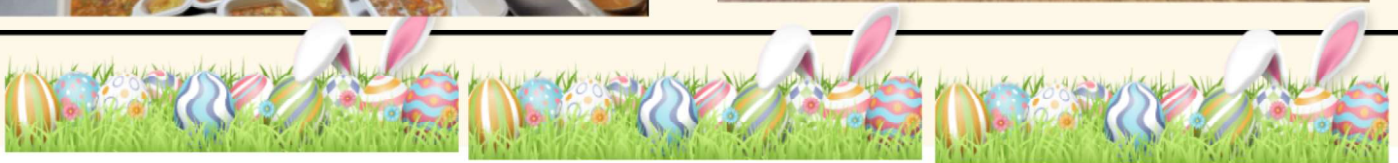
**CCDSD Senior Nutrition Program aims to provide you with the best!**

**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



# April WORD SEARCH

# EASTER

## Word Search Puzzle





- BUNNY
- LAMBS
- APRIL
- EGG HUNT
- EASTER
- DYE
- RESURRECTION
- SPRING
- CHICK
- BASKET
- DAFFODIL
- HOP
- SUNDAY
- GRASS
- HIDE
- JELLYBEANS
- EASTER EGGS
- CANDY



# MONTHLY MENU PLANNER

## MENU APRIL 2026

Area Agency on Aging PSA24		CC CAFE		Catholic Charities, Diocese of San Diego		
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
Meat/ Alternative 2 oz.			1	2	3	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.
			3oz. SPAGHETTI WITH MEAT SAUCE (CHEESE) CARROTS GREEN SALAD W/ TOMATOE PEACH BREAD ROLL	3oz. CHICKEN PATTY W/ GRAVY MASHED POTATOES GREEN BEANS GARDEN SALAD PINEAPPLE TIDBITS WHEAT BREAD	Friday	
Vegetable 1 - 2 servings (1 cup raw leafy = 1 serving)	6	7	8	9	10	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
		3oz. TUNA SALAD (3oz. Tuna mixed with mayonnaise, mustard, onion, celery, tomato, on a bed of shredded lettuce) CHILLED BEETS BANANA WHEAT BREAD	2.7oz. HAM HOAGIE (HAM, CHEESE, LETTUCE, MAYONNAISE, MUSTARD, AND TOMATO) THREE BEAN SALAD (CHILLED) APRICOTS WHEAT BREAD	10oz. BEEF MINSTRONE SOUP GREEN SALAD ORANGES CORN BREAD	3oz. TACO PORK AL PASTOR REFRIED BEANS ZUCHINI & STEWED TOMATOES ROMAINE SALAD PINEAPPLE TIDBITS	
Dairy 8oz. 1% milk	13	14	15	16	17	D) Meals by reservation: please call Transportation: IVT RIDE: 337-1760 E) Suggested Contribution \$2.00 Meal
	3oz. CHICKEN ALFREDO W/ PASTA (CHEESE) SPINACH TROPICAL FRUIT SALAD WHEAT BREAD	5oz. CHILE RELLENO SPANISH RICE GREEN BEANS PLAINTAINS CORN TORTILLA	3oz. BEEF CHEESEBURGER POTATO WEDGES SLICED CARROTS LETTUCE W/ SLICED TOMATO PEACHES 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	
Fruit/ Dessert 1/2 cup	20	21	22	23	24	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.
	3oz. ORANGE CHICKEN (BREADED CHICKEN, SAUCE, BELL PEPPERS, AND ONIONS) ASIAN RICE MIXED VEGETABLES APRICOTS WHEAT BREAD	BEEF CHILI BEANS (GROUND BEEF, PINTO BEANS ONION, BELL PEPPER, PAPIKA) CALIFORNIA BLEND VEGETABLES ORANGES CORN BREAD	3oz. CHICKEN TOSTADA MOZARELLA CHEESE SHREDDED LETTUCE W/ TOMATO CHILLED BEETS TROPICAL FRUIT WHEAT BREAD	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	
(1-2 servings) 1/2 should be whole grain = > 1,000 mg sodium	27	28	29	30		
	3oz. BBQ PORK RIB PATTY POTATO WEDGES GREEN BEANS W/ CORN ROMAINE SALAD ORANGES WHEAT BREAD	3oz. BEEF BARBACOA CILANTRO AND ONION GARNISH SPANISH RICE 4 WAY MIX VEGETABLES MIXED FRUIT CORN TORTILLA	3oz. FIRE BLAZE CHICKEN CILANTRO LIME RICE GREEN BEANS GREEN SALAD W/ TOMATO PEARS WHEAT BREAD	3oz. BREADED FISH (TARTAR SAUCE) BROWN RICE SPINACH COLESLAW SALAD PEACHES WHEAT BREAD		

REVIEWED AND APPROVED BY ANNIE HUBER RDN

