

NUMBERS SERVED

The Corning Healthcare District **Elder Services Program** has provided **service to 145 clients from April through June**. This number reflects phone calls, consultations, referrals, or other kinds of informal help, and events.

HEALTH TALKS

The Corning Senior Center will be officially open to the public for congregate lunches beginning in July. For the months of April, May, and June, however, the lunches continued to follow COVID protocol and Elaine provided health and well-being information that was distributed to the Corning Senior Center drive-thru lunch bunch and also shared at Tehama Village.

- **April – Parkinson’s Disease**
- **May – Memory/Dementia/Alzheimer’s Disease**
- **June – Fraud and Scams**

April is Parkinson’s Awareness Month so Elaine shared information about Parkinson’s disease with the Corning Senior Center and at Tehama Village. Ahead of this, a Parkinson’s-related article written by Shirley Engebretsen had been featured in the Spring newsletter (which had been sent out in March).

May is Mental Health Awareness and Elaine distributed information for seniors on memory loss for patients as well as caregivers.

There are a number of observances in **June**, including Elder Abuse. Elder abuse takes many forms, one of which is financial abuse, so Elaine focused on schemes, fraud, and scams that affect seniors. On offer to the drive-thru lunch and at Tehama Village was a variety of related materials, including a very nice detailed Resource Guide from the Federal Deposit Insurance Corporation (FDIC), to help seniors recognize and therefore avoid being victimized by unscrupulous people eager to take their money.

FILE OF LIFE

FoL was offered along with other information at the Gardening Event in April and the Memory Event in May. Also shared via Tehama Together at the Greenville Rancheria Health Fair in June.

HICAP

Nothing to report

COMMUNITY OUTREACH

Elaine maintained connections whenever possible through attending virtual meetings via Zoom, Google, and through email, and telephone conferences.

OTHER

- **Newsletter** – the **Summer edition** of the CHD Elder Services Newsletter was sent out in June.
- **Facebook** – Elaine maintained the CHD Facebook page.
- The recent death of **Orle Jackson** will have an impact on Tehama County. Aside from being the founder and CEO of Tehama Together, Orle was the current Chair of the Elder Services Coordination Council (ESCC), a consortium of agencies and service providers. It is an entity that exists for the sole purpose of meeting the needs of elders in our community by sharing information and resources. The ESCC has faced a number of challenges over the past few years and Orle's passing, though not unexpected, was another blow. As a result, the ESCC steering committee decided to suspend meetings until next year. After the break, the ESCC will determine a future course of action.
- Elaine was able to obtain for free two cases of disposable paper placemats. The placemats from one source were printed with information about financial fraud awareness and the others were printed with brain games, like crossword puzzles. Elaine donated the placemats to the Corning Senior Center, which expects to reopen in July for congregate lunches.

Gardening Event at Tehama Village (April)

As the weather warmed up and COVID restrictions were relaxed, Elaine wanted to offer an opportunity for Tehama Village residents to rejuvenate. Enforced social isolation has been very hard on seniors so Elaine organized

an outdoor gardening event. Residents were invited to enjoy some fresh air, some sunshine, and some company. Elaine provided information about container planting (suitable for apartment living) and offered plants, pots, and soil for people to take home. Herbs were also planted in the community wheelbarrow “garden” (see photos below). Refreshments were served, a number of raffle prizes were given away, and Elaine had the biggest turnout of any event she ever offered at Tehama Village. It was a huge success.

Older Americans Month (May)

The theme for Older Americans Month 2022 was *Age My Way*. This theme promoted elements that Elaine included in the Proclamation that was signed and sealed by the Mayor (photos below):

- Planning: prompted elders to think about what they need and want in the future, from home and community-based services to community activities that interest them.
- Engagement: encouraged them to remain involved and contribute to the community through work, volunteer, and/or civic participation opportunities.
- Access: make home improvements and modifications, use assistive technologies, and customize supports to help facilitate better aging in place.
- Connection: maintain social activities and relationships to combat social isolation and stay connected to the community.

In her remarks to the Mayor and the City Council, Elaine said, *“On behalf of the Corning Healthcare District, I would like to thank the Mayor for the continued support, for recognizing our elders, for validating them, and acknowledging their contributions to our community. It has been said that getting old is not for the faint of heart. It takes courage, stamina, and strength that is often unseen. That has never been more true than it is today. But each one of us will be there some day, with any luck. And we will look back on the things we do today with gratitude, knowing we did our part to make ourselves and our community stronger. So today I am grateful for this.”*

Memory Event at the Corning Senior Center (May)

Elaine was approached by the Family Counseling Center and asked if she wanted to collaborate with them to host a public event on memory loss during May, which is Mental Health Month. Elaine did the organizing and provided an abundance of information about dementia, Alzheimer's, and memory care, and the Family Counseling Center provided the speaker, Dr. Alison Lindauer, a specialist in aging and Alzheimer research. The Family Counseling Center and the Disability Action Network also had information tables set up at the event. People who attended and registered in advance were provided with a complimentary lunch, courtesy of the Senior Nutrition Program. A number of raffle prizes were offered at the end, including some beautiful flower arrangements donated by Cairo Florist. The event was well-attended and Elaine was personally thanked by several people for her role in organizing the event. But the star of the show was Dr. Lindauer, who was not only knowledgeable, but also approachable and engaging, encouraging questions. The information she shared was relevant and useful ("very much needed" one attendee told Elaine).

An article announcing our Memory Event was published in the Red Bluff Daily News. <https://www.redbluffdailynews.com/2022/05/12/doctor-to-speak-on-alzheimers-dementia/>

Training and Professional Development AprMay/Jun

- ****NCLER *Dementia Informed Advocacy*** - Advocates in legal, aging, and disability services will likely engage with clients living with dementia. Effective dementia-informed practices enhance communication and support person-directed legal assistance and advocacy for older adults who have dementia. This training will apply the informed services model to understanding how dementia impacts a person's ability to communicate, remember, and give informed consent. Participants will also learn how responses and behaviors are impacted by dementia and will hear about methods to support effective communication and understanding when representing older adults living with dementia. This training will address: the ways dementia can change the communication and responses of persons living with dementia; strategies for communication with persons living with dementia to enhance the ability to be an advocate for the person and to provide person-directed legal assistance; and understanding

changes in behavior by persons living with dementia and ways to work through unexpected behaviors.

- *****SHIP** *How to Use the SHIP TA Center's Medigap Plan Finder*
- ****NCLER** *Strategies for Responding to Debt Collectors* - Complaints regarding debt collectors and collection practices are frequently among the top complaints of older consumers struggling with the health and economic consequences of the pandemic. Legal Services Corporation's most recent Justice Gap Report shared that consumer and finance is one of the most common types of civil legal problems experienced by low-income older adults' households. This session will provide different strategies advocates can use to help older consumers respond to debt collectors, including dealing with debt collection harassment. These strategies have been updated to reflect new federal debt collection regulations that took effect on November 30, 2021. Participants will learn about: strategies for responding to debt collectors; new debt collection regulations and how these impact older consumer; potential scams and how to avoid them.
- *******SMP** *Weapons of Fraud* - How do fraud criminals work their crimes? While victims of fraud crimes come in all shapes and sizes, we all share one thing in common – the ability to be persuaded by appeals to our human nature. Research consistently shows that anyone can be the victim of a fraud crime. This presentation will dissect how fraud criminals use social influence as the weapon in their crime by describing common influence tactics used in a variety of frauds and how pitches are tailored to maximize impact. Most importantly, we will use this analysis to identify intervention points for fraud prevention.

***HICAP** = Passages Health Insurance Counseling and Advocacy Program

****NCLER** = National Center on Law and Elder Rights

*****SHIP** = State Health Insurance Assistance Programs

******CDA** = State of California Department of Aging

*******SMP** = Senior Medicare Patrol in conjunction with any of the following: California Department of Justice, Bureau of Medi-Cal Fraud and Elder Abuse, Consumer Protection and Elder Justice, Elder Law & Disability Rights Center.

*******NCOA** = National Council on Aging

*******CANHR** = California Advocates for Nursing Home Reform

UPCOMING

Elaine expects to resume in-person Health Talks at the Corning Senior Center in July. She is also looking at the possibility of offering a nutrition-based workshop at Tehama Village in the not-too-distant future. In addition, she has begun preparations for Autumn awareness campaigns, including: Emergency Preparedness in September, Fire Safety and Breast Cancer in October.

INFORMATION AND REFERRAL

Elaine frequently receives inquiries regarding health issues and resources. She does not treat, diagnose, prescribe or give medical advice. She provides information only and practical assistance whenever possible, as well as referrals (not endorsements) to appropriate health service providers when necessary. Elaine has responded to requests for help by providing information and educational material on a variety of health-related topics. During the months included in this report, Elaine took inquiries and requests from seniors needing help or information on a variety of topics.

SUMMARY

During the months included in this report, Elder Services provided health and safety information and community outreach to seniors in Tehama County. In addition, networking was achieved, vital contacts made, and the public profile of the Corning Healthcare District was enhanced.

MISSION STATEMENT, VALUES AND OBJECTIVES

Through the above services, the Elder Services Program **fulfills the Mission Statement** of the Corning Healthcare District by bringing quality healthcare and human services related to health to the South County region in order to facilitate areas of unmet healthcare needs.

The Elder Services Program is based on care and compassion and **upholds the Values** of the Corning Healthcare District by offering feasible aspects of health service to the community. We believe in fairness, honesty and integrity.

Further, we **meet the Objectives** as stated in the Corning Healthcare District Policy Manual by addressing the health needs of the low income and elderly population of the South County area; by maintaining respectful

communications with the Corning Healthcare District and with the clients we serve; by developing and maintaining a public relations program via media and outreach in the community; and by encouraging dialogue and participation from the public.

Older Americans Month Proclamation , May 2022

PROCLAMATION MAY 2022 "OLDER AMERICANS MONTH"

WHEREAS the City of Corning includes a growing number of older Americans who contribute their strength, wisdom, and experience to our community, and

WHEREAS we believe that communities benefit when people of all ages, abilities, and backgrounds are welcomed, included, and supported; and

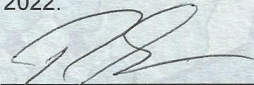
WHEREAS the **Corning Healthcare District** is committed to strengthening our community by providing services that support older adults, their families, and caregivers; and

WHEREAS the City and people of Corning affirm that we can work to build an even better community for our older residents by:

- Planning programs that encourage independence.
- Ensuring activities are responsive to individual needs and preferences.
- Increasing access to services that support aging in place.

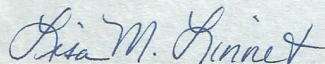
NOW, THEREFORE I, ROBERT SNOW, AS MAYOR OF THE CITY OF CORNING do hereby proclaim May 2022 to be "OLDER AMERICANS MONTH" in the City of Corning. I urge every resident to recognize the contributions of our older citizens, help to create an inclusive society, and join efforts to support older Americans' choices about how they are in their communities.

IN WITNESS WHEREOF, I have hereunto set my hand and caused the Great Seal of the City of Corning to be affixed this 26th day of April 2022.



Robert Snow, Mayor

ATTEST:



Lisa M. Linnet, City Clerk



Elaine Receiving the Older Americans Month Proclamation from the Mayor



GARDENING EVENT, TEHAMA VILLAGE, APRIL 27, 2022







Memory Event, May 17, 2022

Should I Worry About My Memory?

As we grow older many of us notice that our memory changes. If you want to learn more about those changes from an expert, come to the Corning Senior Center on May 17th where Dr. Allison Lindauer will discuss:

- What memory changes are normal and which ones are not?
- How is "normal aging" and forgetfulness different from dementia?
- What is the difference between Alzheimer's and dementia?
- What can you do to protect your memory?

Dr. Lindauer will also offer guidance for family members or caregivers and allow time for questions and answers.



Dr. Alison Lindauer is a nationally-certified gerontological nurse practitioner and scientist. As an associate professor at OHSU's Layton Aging and Alzheimer's Disease Research Center, she cares for persons with dementia and their caregivers. With over 20 years' experience in aging care, Dr. Lindauer conducts research on dementia caregiving and telehealth. As the leader of Outreach, Recruitment and Enrollment at the Layton Center, Dr. Lindauer oversees community-based activities and study recruitment. She is a preceptor and mentor for students in health-related studies.

Allison grew up in Dairyville and attended Red Bluff High. She continues to be involved with the family farm, the Lindauer River Ranch.

Date: Tuesday, May 17th

Time: Noon

Where: Corning Senior Center

*There is **NO CHARGE** for this event.*

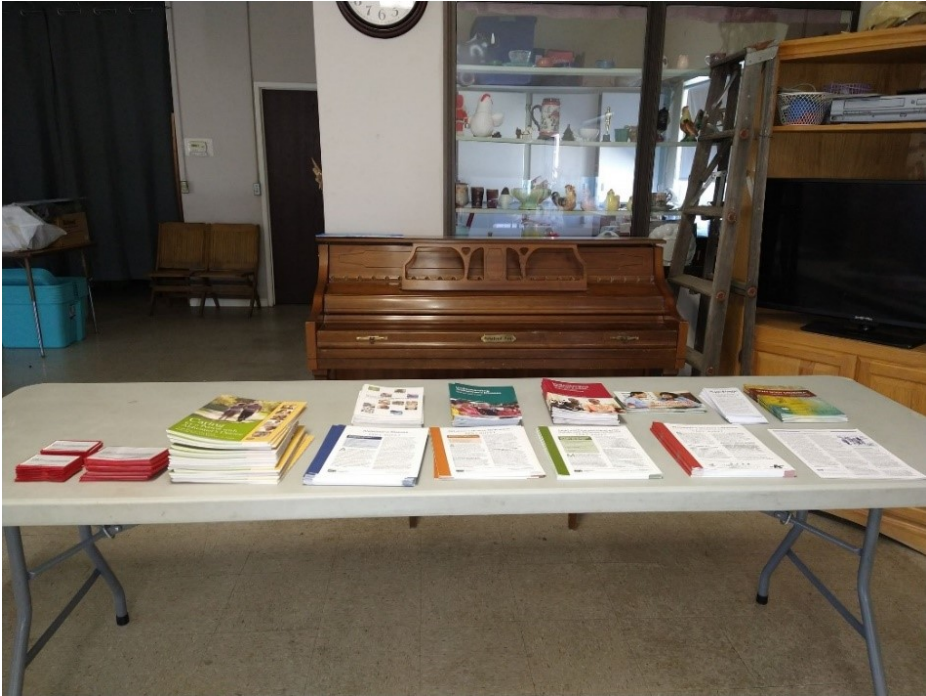
A Senior Nutrition lunch will be offered at no cost to all who attend. To reserve your free lunch, **you must RSVP to Karen Burnett at 530-824-4727 no later than noon on Monday, May 15th**

Brought to you by the Elder Services Program of the Corning Healthcare District in cooperation with the Family Counseling Center and the Corning Senior Center

Memory Event Sign In and Raffle Prizes



Corning Healthcare District Information Table



Presentation by Dr. Alison Lindauer



Raffle Prizes

