

NUMBERS SERVED

The Corning Healthcare District **Elder Services Program has provided service to 70 clients from July through September.** This number reflects in-person presentations, consultations, phone calls, referrals, and other kinds of informal help.

HEALTH TALKS

The Corning Senior Center was officially open to the public for congregate lunches beginning in July so Elaine began her in-person lunchtime Health Talks.

- **July – Summer Hydration**
- **August – Heat Stress**
- **September – Fire Safety**

July brought the first in-person Health Talk at the Corning Senior Center in over two years. Topics included the need for hydration, how much water should we drink, and the purpose of electrolytes. Handouts were a list of common summer fruits with nutritional values and water content percentages. Everyone was given a reusable foldable fruit-shaped shopping bag. Information was also shared at Tehama Village.

As the summer temperatures soared, Elaine responded to a special request from the Corning Senior Center Director in **August** by talking about the dangers of heat stress. She discussed the difference between heat stroke and heat exhaustion, described the symptoms of each, and shared information about how to avoid them as well as what to do when they occur. Elaine gave a cooling towel to everyone. She also shared the information and some cooling towels at Tehama Village.

September is Emergency Preparedness Month and October is Fire Safety Month but in order to accommodate the schedules of others, Elaine had to switch the topics and do **Fire Safety** at the Corning Senior Center in **September**, leaving Emergency Preparedness for October (a combined talk on both topics is scheduled for Tehama Village in October). Have to be flexible! So for Fire Safety, the Corning Fire Chief was invited to speak at the Senior Center in September and do a demonstration of how to use a fire extinguisher. People had the opportunity

to try it for themselves. Elaine provided fire safety information and raffled off two prizes - a home fire extinguisher and a smoke alarm.

FILE OF LIFE

FoL was shared with fire safety information in September.

HICAP

Elaine has been busy with training to get ready for Part D Open Enrollment although due to the moratorium on in-person counseling for the past two years, she will require re-certification before in-person counseling can take place and she is actively working to make that happen.

COMMUNITY OUTREACH

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

OTHER

- **Newsletter** – the **Autumn edition** of the CHD Elder Services Newsletter was sent out in September.
- **Facebook** – Elaine maintained the CHD Facebook page.
- Two unsolicited and spontaneous comments in August made Elaine smile. One woman at the Corning Senior Center offered sincere thanks to Elaine for the fruit-shaped foldable grocery bag she had received the month before, saying she really likes the bag and she uses it often. Another person at Tehama Village mentioned a recipe that Elaine had shared during a cooking and nutrition workshop many years ago and said she still uses it! Little things add up and it is gratifying to know that the Corning Healthcare District is having a positive and lasting impact in the community.
- Fire Safety materials were generously donated by CalFire in September.
- Elaine cooperated with Tina Hale and Yvonne Boles to put together 250 Breast Cancer Awareness bags to be given out during the Olive Festival in October (details will be provided in Elaine's next report).

Training and Professional Development Jul/Aug/Sep

- **NIHCM (National Institute for Health Care Management)** *Climate Changes Health: Moving Towards Environmental Health Equity* – Climate change damages many of the resources that are social and environmental

determinants of health - clean air, safe drinking water, sufficient food and secure shelter. This webinar explored the interconnectedness of climate change and health, environmental injustice, and what can be done to combat these issues. The expert speakers will talk about solutions that can improve health outcomes.

- **NIHCM (National Institute for Health Care Management)** *Climate Impacts Mental Health: the Importance Climate-Resilience* – The United Nations, for the first time, has highlighted the mental health challenges caused by rising temperatures and extreme weather events, in its latest climate assessment. Mental health challenges, including anxiety, stress, and post-traumatic stress disorder, are expected to only increase as temperatures continue to rise, and people experience more extreme weather events. For every one person affected physically during a climate disaster, 40 people are affected psychologically. This webinar explored the interconnectedness of climate change and mental health, focusing on climate resilience and what can be done to combat these issues.
- ****NCLER** *Understanding and Fighting the Grandparent Scam: What Aging Network Professionals Should Know to Empower Older Adults* - Grandparent scams play on the love grandparents share with their grandchildren by misrepresenting that a grandchild is in trouble with the law or sick or injured and in need of an immediate transfer of large sum of money to prevent dire harm to the grandchild. The scammers are becoming more audacious even coming to the door of intended targets, and any grandparent could fall for this insidious scam. In this webinar, aging services professionals will learn how to identify this fraud, empower grandparents to resist this scam, how to partner up with law enforcement to go after the scammers and how to help those who have experienced this scam to recover from their losses and regain their agency.
- **AARP** *Planning for Medicare When Working* - How Medicare works for those who plan to keep working after age 65.
- **HICAP Part D update training** – getting ready for Open Enrollment
- **AARP** *Collecting Social Security While Working* – your options for collecting Social Security benefits while still working whether it's before full retirement age or after.

- **HICAP** *Welcome to Medicare Series*, Tatiana Fassieux – Refresher on Medicare and updates ahead of Open Enrollment for Part D.
- **California Health Advocates** *Food or Medications, Medicare LIS Workshop , Avoid Making Hard Choices*, Tatiana Fassieux.
- *******SMP** *Understanding Medicare Hospice Benefits* -- What hospice is and what it is not; How to access the hospice benefit; Avoid being a victim of hospice fraud.
- **Center for Medicare Services National Training Program (CMS NTP)** *Medicare Open Enrollment Period Boot Camp, Part I* – Medicare Plan Finder basics, updates, and user tips, information about The Inflation Reduction Act (IRA) of 2022, including details about new costs for insulin and vaccines in 2023.
- **Center for Medicare Services National Training Program (CMS NTP)** *Medicare Open Enrollment Boot Camp, Part II* – Medicare OEP overview, general program and cost updates, OEP Media outreach campaigns, Call Center overview and activities, vaccination campaigns, State Health Insurance Assistance Program (SHIP) overview and OEP resources, and fraud awareness and 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

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 inquires and requests from seniors needing help or information on a variety of topics, including: Alzheimer's & dementia; Advance Directives; Hospice; File of Life; FMLA (Family Medical Leave Act); Bereavement; Older Drivers.

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

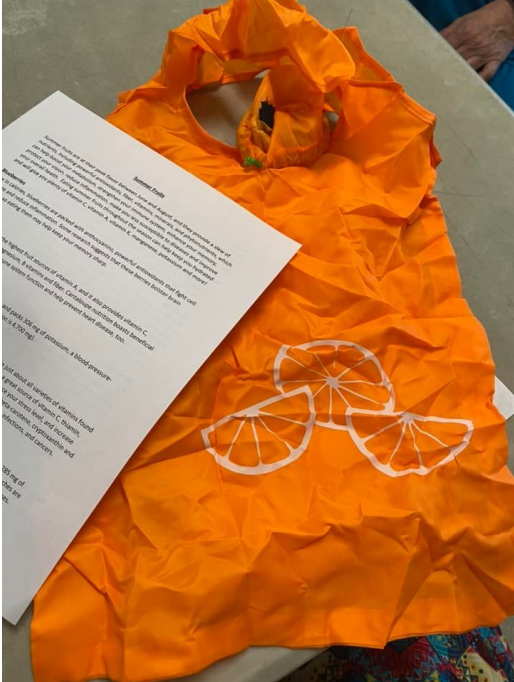
Through the above services, the Elder Services Program **fulfills the Mission Statement** of the Corning Healthcare District by bringing quality healthcare and human services related to health to the South County region in order to facilitate areas of unmet healthcare needs.

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.

Health Talks at the Corning Senior Center started on July 21, 2022

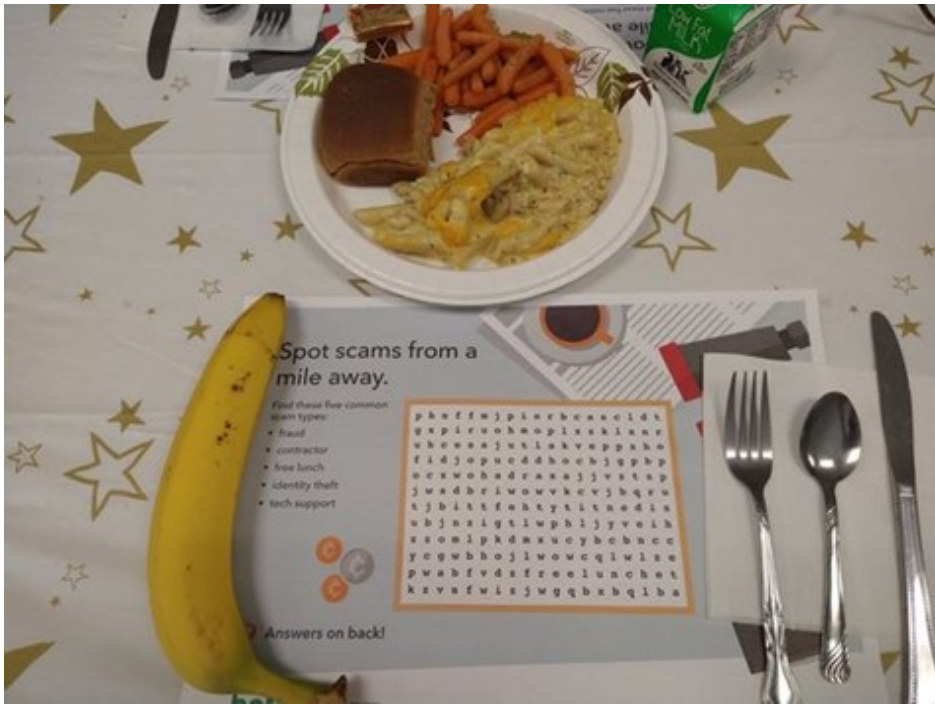
July (Staying Hydrated) Photos courtesy of Karen Burnett



Tomato Shopping Bag Necklace!



August Health Talk (Heat Stress) (Note the placemats, donated by Elaine to Corning Senior Center in June (mentioned in last Quarterly Report.)



September Health Talk (Fire Safety)



