

CORNING HEALTHCARE DISTRICT  
BOARD MEETING  
Tuesday March 19, 2024  
District conference room  
275 Solano Street  
Corning Healthcare District Campus  
Meeting Inquiries (530) 824-5451

# **COMMUNICATIONS, CORRESPONDENCE, AND INFORMATION**

Director of Ground Ambulances, Jason Swann

Adventist Health Report, Ruby Rodriguez

Elder Services Newsletter Spring 2024

# **REGULAR AGENDA**

- SAINT ELIZABETH'S HOSPITAL'S MOBILE LIFE SUPPORT UNIT TEHAMA COUNTY AMBULANCE PROJECT GRANT CONTRACT

**Recommendation:**

Discussion and approval of the ambulance grant contract

-ANNUAL CORNING CHAMBER DINNER APRIL 27<sup>TH</sup>

**Recommendation:**

Discussion and approval of the date, location, and number of district attendees

-CHD DIRECTORS APPRECIATION MEETING

**Recommendation:**

Discussion and approval of the Directors Appreciation Meeting date

**CORNING HEALTHCARE DISTRICT  
BOARD MEETING  
Tuesday February 20, 2024  
District conference room  
275 Solano Street  
Corning Healthcare District Campus  
Meeting Inquiries (530) 824-5451**

# **ELDER SERVICES NEWSLETTER SPRING 2024**

# Corning Healthcare District

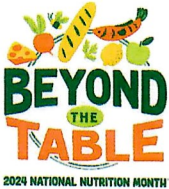
## ELDER SERVICES

### Newsletter

No. 27

Spring 2024

#### March is National Nutrition Month®



National Nutrition Month® is an annual campaign established in 1973 by the Academy of Nutrition and Dietetics.

During the month of March, everyone is invited to learn about making informed food choices and developing healthful eating and physical activity habits. This year's theme is "Beyond the Table," which addresses the farm-to-fork aspect of nutrition, from food production and distribution to navigating grocery stores and farmers markets — and even home food safety and storage practices. It also describes the various ways we eat — not only around a dinner table, but also on the go, in schools and restaurants, at games and events. This theme also includes sustainability, for instance, decreasing food waste from school and work to home and beyond. For more information, check out the Academy of Nutrition and Dietetics website:

<https://www.eatright.org/national-nutrition-month>

#### **BUILD A SOUP**

##### **START WITH 1 QUART LIQUID**

(water, broth, or stock)

##### **PICK A PROTEIN**

Beans (any variety), chickpeas, lentils, tofu, chicken, turkey, beef, ham/pork, shrimp

##### **ADD 3+ VEGETABLES**

Bell peppers (any color), broccoli, cabbage, carrots, cauliflower, celery, chard, corn, green beans, kale, mushrooms, onions, peas, potatoes, pumpkin, rutabagas/turnips, spinach, squash, tomatoes, zucchini

##### **ADD A WHOLE GRAIN**

Barley, brown rice, bulgur wheat, quinoa, egg noodles, whole wheat pasta

##### **ADD SEASONING AND FLAVOR**

Basil, chives, cilantro, garlic, oregano, paprika, parsley, thyme, salt, pepper, chili flakes



#### Contact Information:

**Elaine Benwell**

**Elder Services Program Manager**

**Corning Healthcare District**

**P.O. Box 996**

**275 Solano Street, Suite 103**

**Corning, CA 96021**

**Phone: 530-824-5451**

**Email: [chd.elderservices@gmail.com](mailto:chd.elderservices@gmail.com)**

**Find us on Facebook**

**<https://www.facebook.com/Corning-Healthcare-District-2050272095201371>**

**Or visit our website at**

**<https://www.corninghealthcaredistrict.com>**



Bringing Health Services to Southern Tehama County



To deny myself what I  
 want may to me feel  
 unfair.  
 Why shouldn't I enjoy  
 all things  
 The reason seems  
 unclear.  
 A roll in the fresh green  
 grass  
 In spring is so much  
 fun  
 Unless of course I am  
 allergic,  
 Then it should not be  
 done.  
 But to restrain from  
 chocolate  
 And delightful things I  
 can eat  
 Is not only healthy for  
 my weight,  
 The discipline makes  
 me think.  
 When I deny pleasures  
 for a season  
 I become more self  
 aware.  
 It is important that I am  
 in control  
 Not devour without  
 care.

~ Shirley Engebretsen



Spring is a season usually associated with new growth, fresh energy, and forward momentum, but Spring is also a time of reflection and temperance, and dietary restrictions are often observed. For example, during Passover, which occurs in the Spring, Jews abstain from anything containing yeast or leaven for seven days, ridding the house of leavened grain products and flour from the five species of grain that truly leaven (barley, rye, oats, wheat, and spelt). And in the early years of Christianity in Europe, the Church instituted the practice of requiring the faithful to refrain from eating meat on Fridays, usually substituting fish. The practice was amplified during Lent (six weeks in Spring preceding Easter), when people were called upon to abstain from meat on Wednesdays or Saturdays as well as Fridays. Sometimes these restrictions did not affect the average person, who was often too poor to afford meat.

In our modern age, health has taken center stage in determining what we eat and studies have shown that a little restraint can have many positive results. A balanced diet that includes healthy foods in moderation has developed into the idea of a Meatless Monday or "Tofu Tuesday" and is gaining popularity due to its positive impact both on health and the environment. A new term has arisen - the "flexitarian", that is a person who eats mostly plant-based foods but occasionally eats meat, poultry and fish. According to the Mayo Clinic, this kind of healthy eating is key to the Mediterranean diet and a number of other ethnic cuisines. These diets limit red meat and focus instead on fruits, vegetables, beans, peas, lentils, nuts, whole grains and healthy fat. This type of diet has been shown to lower the risk of heart disease and other chronic conditions. A study from the Jean Mayer USDA Human Nutrition Research Center on Aging (HNRC) at Tufts University, published in the American Journal of Clinical Nutrition, found a striking correlation between higher plant-based protein intake and reduced incidence of chronic diseases such as heart disease, cancer, diabetes, as well as cognitive and mental health decline.

<https://www.earth.com/news/plant-protein-linked-to-healthier-aging-and-lower-risk-of-disease/>

Small changes over time can make a big difference. Consider how you might improve your overall health by modifying your diet. For more information about the benefits of lowering your meat consumption, check out the Mayo Clinic website at:

<https://www.mayoclinic.org/healthy-lifestyle/nutrition-and-healthy-eating/in-depth/meatless-meals/art-20048193>



IN THE NEWS

A cancer vaccine on the horizon? Read more about it:

<https://abcnews.go.com/Health/melanoma-cancer-vaccine-minimal-side-effects-nearing-phase/story?id=106521186>

<https://www.newsweek.com/2023/12/08/cancer-vaccine-scientists-are-working-it-1845840.html>

- The Corning Healthcare District (CHD) Elder Services Program provides health and wellness education, workshops on cooking and nutrition, Medicare counseling through HICAP, Diabetes support, and information on a wide variety of issues relevant to seniors, including Parkinson's Disease, Alzheimer's, caregiving, falls prevention, personal and home safety, emergency preparedness, depression and mental health, suicide prevention, and end of life planning.\* We have assisted seniors with incontinence supplies, walkers, emergency food, and much more.
- CHD Elder Services also distributes the File of Life refrigerator magnet and personal-size cards free of charge to community members age 50 and over.
- \*Disclaimer: Elaine Benwell is not a medical professional. She provides information and support only. She does not diagnose, treat, prescribe, or give medical advice.

**SAINT ELIZABETH'S HOSPITAL'S  
MOBILE LIFE SUPPORT UNIT  
TEHAMA COUNTY AMBULANCE  
PROJECT GRANT CONTRACT**

 **Corning**  
**Healthcare District**  

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**NOTICE OF GRANT AWARD**

March 4, 2024

Mercy Foundation North  
2625 Edith Avenue, Suite E  
Redding, CA 96001

The Corning Healthcare District (CHD) has accepted the grant proposal, dated February 15, 2024, for the St. Elizabeth's Community Hospital's Mobile Life Support Unit to purchase a new ambulance to help meet the healthcare needs of Southern Tehama County.

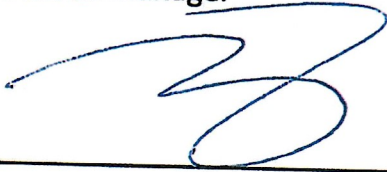
The grant period will be from April 1, 2024, to June 30, 2025. An initial grant payment of USD\$50,000.00 will be issued to Mercy Foundation North upon execution of the contract.

By your signature below Mercy Foundation North acknowledges notification of this grant award.

Sincerely,

*Tina E Hale*

Tina E Hale  
District Manager



Jake Mangas  
Mercy Foundation North

*Yvonne Boles*

Yvonne Boles, President  
Corning Healthcare District

## **GRANT CONTRACT BETWEEN CORNING HEALTHCARE DISTRICT AND MERCY FOUNDATION NORTH**

This Grant Contract ("Contract") is entered into between Corning Healthcare District ("CHD") and Mercy Foundation North ("Grantee") for the St. Elizabeth Community Hospital's Mobile Life Support Unit Tehama County Ambulance Project (Project).

### **I. RESPONSIBILITIES OF GRANTEE.**

Pursuant to the terms and conditions of this Contract, Grantee shall comply with all requirements in Addendum A

In addition, the following specific requirements are to be included:

- This grant is intended to fulfill the needs of the citizens of Corning Healthcare District (CHD), which is part of the overall community commitment of St. Elizabeth Community Hospital to the citizens of Tehama County. However, for the ten year period following the issuance of the grant, CHD reserves the right to evaluate the use of the ambulance which is the subject of the grant. Should circumstances change within the ten year period with regard to the ambulance, and it will no longer be intended to be utilized by St. Elizabeth Community Hospital primarily within Tehama County, notice of any such change shall be reported to CHD. Upon review of this change, the Board of Directors shall determine whether the ambulance should be released to St. Elizabeth Community Hospital for unlimited use or released by St. Elizabeth Community Hospital to Corning Healthcare District for further utilization within the District.
- Proof of insurance will be provided annually.
- All proceeds from the disposal of the ambulance will be returned to CHD.

### **II. COMPENSATION.**

CHD agrees to pay Grantee an amount not to exceed USD\$140,000 as approved by the Corning Healthcare District Board of Directors.

Payments will be as follows:

- One advance payment of USD\$50,000 to be issued within 30 days of grant award – due on or before June 1, 2024.
- The second installment, not to exceed USD\$45,000, shall be issued on or before February 15, 2025
- The final payment, not to exceed USD\$45,000, shall be issued within 30 days of CHD's receipt and approval of final project report.
- A Final Report Form will be submitted by June 30, 2025, to include grant implementation detail as well as a year of data support.
- Invoices and Reports submitted beyond 90 days of the final Contract end date June 30, 2025, will not be paid. If reports are not turned in to Corning Healthcare District by September 30, 2025, Grantee will be required to return all awarded grant funds.

**III. TERM OF CONTRACT.**

This Contract shall commence on April 1, 2024 and shall end on June 30, 2025.

**IV. TERMINATION OF CONTRACT.**

- A. If Grantee materially fails to perform Grantee's responsibilities under this Contract to the satisfaction of CHD or fails to fulfill in a timely and professional manner Grantee's responsibilities under this Contract, or otherwise fails to comply with the terms of this Contract, or violates any ordinance, regulation, or other law which applies to Grantee's performance herein, CHD may terminate this Contract for cause effective upon CHD giving 10 days written notice thereof to Grantee.
- B. Either party may terminate this Contract without cause by giving 10 days written notice to the other party prior to May 15, 2025.
- C. CHD may terminate this Contract immediately upon oral notice should funding cease or be materially decreased during the term of this Contract.
- D. Should this Contract be terminated, Grantee shall provide CHD with any final reports required by this Contract, inclusive to the date of termination, and all finished and unfinished products prepared by Grantee pursuant to this Contract.
- E. Upon termination of this Contract, CHD shall determine the disposition of equipment and materials purchased under this Contract to ensure their continued use toward activities that promote the mission statement of Corning Healthcare District. Grantee shall comply with that determination.

**V. NON-ASSIGNMENT OF CONTRACT; NON-WAIVER.**

Grantee may not assign, transfer, delegate, or sublet any interest herein without the prior written consent of CHD. The waiver by CHD of any breach of any requirement of this Contract shall not be deemed to be a waiver of any other breach.

**VI. EMPLOYMENT STATUS.**

Grantee shall, during the entire term of this Contract, be construed to be an independent contractor and nothing in this Contract is intended nor shall be construed to create an employer-employee relationship, a joint venture relationship, or to allow CHD to exercise discretion or control over the professional manner in which the Grantee provides the work for the Project; provided, however, that the Project is provided in a manner consistent with the professional standards applicable to the work. The sole interest of CHD is to ensure that the work for the Project shall be rendered and performed in a competent, efficient, and satisfactory manner. Grantee shall be fully responsible for payment of all taxes due to the State of California or the Federal government which would be withheld from compensation if Grantee were a CHD employee. CHD shall not be liable for deductions for any amount for any purpose from Grantee's compensation. Grantee shall not be eligible for coverage under CHD's Workers' Compensation insurance plan, nor shall Grantee be eligible for any other CHD benefit.



## VII. INDEMNIFICATION.

Grantee shall defend, hold harmless and indemnify CHD, its elected officials, officers, employees, agents and volunteers against all claims, suits, actions, costs, expenses (including but not limited to reasonable attorney's fees of counsel retained by CHD, expert fees, litigation costs, and investigation costs), damages, judgments or decrees by reason of any person's or persons' bodily injury, including death, or property being damaged by the negligent acts, willful acts, or errors or omissions of Grantee, or any subcontract of Grantee, or any person employed under said Grantee, or under any subcontractor, or in any capacity during the progress of the work, except when the injury or loss is caused by the negligence or intentional wrongdoing of CHD. Grantee shall also defend and indemnify CHD for any adverse determination made by the Internal Revenue Service or the State Franchise Tax Board and/or any other taxing or regulatory agency and shall defend, indemnify, and hold harmless CHD with respect to Grantee's "independent Contractor" status that would establish a liability on CHD for failure to make social security deductions or contributions or income tax withholding payments, or any other legally mandated payment.

## VIII. INSURANCE.

Grantee shall obtain, and maintain, general liability and auto insurance where appropriate.

## IX. ADDITIONAL COMPLIANCES.

Grantee and subcontractor(s) shall observe and comply with all applicable Federal, State, and local laws, ordinances and codes including, but not limited to:

- Drug-Free Workplace
- All employment and anti-discrimination laws, which include no discrimination in employment practices or in the delivery of services on the basis of race, color, creed, national origin, religion, sex, age, marital status, sexual orientation or physical or mental disability

## X. ACCESS TO RECORDS/RETENTION.

Documentation directly pertinent to the subject matter of this Contract shall be kept available by Grantee during the Contract term and thereafter for five years from the Contract end date. Examples of activity documentation may include but are not limited to receipts and other proof of expenditures, sign-in sheets, and advertisement.

## XI. CONTACTS.

CHD Grant Coordinator will be available to act as liaison to Grantee for oversight of all aspects of this Contract.

Grantee shall contact

District Manager, Tina E Hale, [healthyreminders4u@gmail.com](mailto:healthyreminders4u@gmail.com) for such purposes.

CHD will contact

Delcie Strahan, [Delcie.strahan@dignityhealth.org](mailto:Delcie.strahan@dignityhealth.org) for oversight of the contract for Grantee.

(Contractor)  
(Grant Number)

**XII. NOTICES.**

A. Any notice required to be given pursuant to the terms and provisions of this Contract shall be in writing and shall be sent by first-class mail to the following addresses:

If to CHD: Tina E Hale, District Manager  
Corning Healthcare District  
PO Box 996  
Corning CA 96021  
healthyreminders4u@gmail.com

If to Contractor: Delcie Strahan  
Mercy Foundation North  
2625 Edith Avenue, Suite E  
Redding, CA 96001  
[delcie.strahan@dignityhealth.org](mailto:delcie.strahan@dignityhealth.org)

With copy to: CommonSpirit Health Legal Team  
185 Berry Street, Suite 200  
San Francisco, CA 94107

B. Notice shall be deemed to be effective two days after mailing.

IN WITNESS WHEREOF, CHD and Grantee have executed this Contract on the dates set forth below. By their signatures, each signatory represents that he/she has the authority to execute this Contract and to bind the party on whose behalf his/her execution is made.

**CORNING HEALTHCARE DISTRICT:**

Date: \_\_\_\_\_

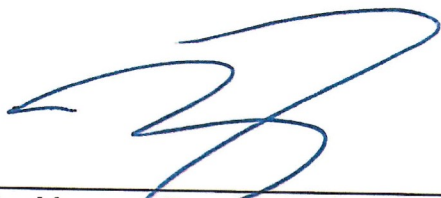
\_\_\_\_\_  
Yvonne Boles  
President of the Board of Directors

Date: \_\_\_\_\_

\_\_\_\_\_  
Tina E Hale, District Manager

**GRANTEE:**

Date: 3/13/24

  
\_\_\_\_\_  
Jake Mangas, Executive Director

# Corning Healthcare District Grant Contract – Addendum A

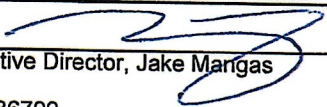
<b>Contract Number: 24-01</b>		<b>Grantee: MERCY FOUNDATION NORTH</b>	
<b>Contact Name: Delcie Strahan</b>			
<b>Project Name: St. Elizabeth's Hospital's Mobile Life Support Unit Tehama County Ambulance Project</b>			
<b>Contract Term: Commencing April 1, 2024</b>		<b>Contract End Date: June 30, 2025</b>	
<b>Funding Requested: \$140,000.00</b>	<b>Funding Awarded: \$140,000.00</b>	<b>Awarded Materials Cost: \$140,000.00</b>	

## Grantee Responsibilities

By signing, Grantee agrees that:

- Funding received from Corning Healthcare District (CHD) will not be used to supplant or replace any existing source of funding.
- The project will be implemented as defined by the Grantee's *Grant Application*. Any changes in the project must be agreed to in writing (email acceptable) prior to conducting the project. Grant funds must only be used for the purposes, over the time frame and in the manner set for the in the award and approval.
- When the Grantee is awarded a Grant, the Grantee acknowledges that CHD reserves the right to require Grantee on demand at any time to provide an account of how Grantee spent the grant and the status of project. Grantee also agrees to notify CHD immediately if Grantee is unable to complete the grant or if Grantee desires to modify the terms of the grant. Modification of a grant is within the sole discretion of CHD and if it is not granted, Grantee must complete the grant or return all funds that were awarded
- Grantee shall defend, hold harmless and indemnify CHD, it's elected officials, officers, employees, agents and volunteers against all claims, suits, actions, costs, expenses (including but not limited to reasonable attorney's fees of counsel retained by CHD, expert fees, litigation costs, and investigation cost), damages, judgments or decrees by reason of any person's or persons' bodily injury, including death, or property being damaged by the negligent acts, willful acts, or errors or omissions of Grantee or in any capacity during the progress of this project.
- Grantee agrees to complete the *Corning Healthcare District Grant Final Report* upon project completion. Report forms are to be completed electronically and will be emailed to you. The *Corning Healthcare District Grant Final Report* is due on or before the Contract End Date. If your report is late and not turned in to CHD 90 days after the Contract End Date, the Grantee will be required to return all awarded grant funds.
- Items purchased using funds and/or materials provided for this grant will be for the benefit of the project and serve the healthcare needs of southern Tehama County, and/or providers of service to the above. Purchases must be accounted for using the *Corning Healthcare District Grant Final Report* provided by CHD to the Grantee prior to conducting the project.
- Documentation directly pertinent to this Contract must be kept by Grantee during the Contract Term and thereafter for five years from the Contract End Date. Examples of documentation include; receipts and other proof of expenditures, sign-in sheets, and advertisement. CHD reserves the right to conduct on and offsite audits of records related to the use of grant funds.
- Acknowledge the support of CHD by including the statement, "Support provided by" followed by the CHD logo on physical assets, printed materials, promotions, and/or advertising developed for the project. Provide CHD with two weeks advance review on draft grant-funded materials and advertising in order to obtain required CHD approval on final product before printing or distribution.
- Grantees that fail to comply with the agreed-upon Grantee Responsibilities will be ineligible for future CHD grant funding for one year following the Contract End Date or more. In addition, the Grantee agrees that if they do not spend money consistent with the grant, fail to complete the project or fail to adequately respond to requests for status updates that CHD reserves (as a condition of the grant) the right to demand return of the awarded funds, disallow expenditures or take other remedial actions.
- In order to make a grant to an organization that does not have a public charity determination from the IRS, if Grantee is not a public charity, when the Grantee accepts such grant funds, the Grantee and its officers and directors agree to assure that grant funds are spent solely for the charitable purpose intended and for no other purpose whatsoever. Grantee acknowledges that the failure to spend funds in a manner not consistent with this commitment is violative of law and may subject the Grantee and its officer and directors to criminal and civil liability.

*Please have the person authorized to sign contractual agreements at your organization sign below. By their signatures, each signatory represents that they have the authority to bind the party on whose behalf their execution is made.*

<b>GRANTEE:</b>
 _____ Executive Director, Jake Mangas
94-3136799 Grantee Tax ID Number
3/14/24 Date

<b>CORNING HEALTHCARE DISTRICT:</b>
_____ President of the Board of Directors, Yvonne Boles
_____ Date