

NUMBERS SERVED

The Corning Healthcare District **Elder Services Program has provided service to 69 clients from October through December.** This number reflects in-person presentations, consultations, phone calls, referrals, and other kinds of informal help but does not reflect people contacted via special events.

HEALTH TALKS

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

- **October – Emergency/Disaster Preparedness**
- **November – Phone programs for elders and special needs**
- **December – Seasonal Affective Disorder (SAD)**

As mentioned in the last report, September is Emergency Preparedness Month and October is Fire Safety Month but the topics got reversed to accommodate someone else's schedule, so Elaine talked about fire safety at the Corning Senior Center in September, and in October she addressed other types of emergencies (flood, volcano, hazmat, storms, power outages, etc.) and responses (evacuation or shelter in place). She raffled off two Emergency Preparedness Go Bag Starter Kits at the Corning Senior Center. She also offered a talk at Tehama Village, where she combined the two topics of Fire Safety and Emergency/Disaster Preparedness and offered prizes of one Emergency Preparedness Go Bag starter kit, one home fire extinguisher, and a solar phone charger. Trick or Treat goodies were handed out at both events.

For **November** Elaine brought in a special speaker from California Connect to the Corning Senior Center to provide information about specialized phones for people with hearing problems or other special needs. Raffle prize was a winter soup and crackers gift basket (see photos below).

Following a special request, in **December** Elaine spoke at the Corning Senior Center and at Tehama Village about Seasonal Affective Disorder (sometimes called "Winter blues"). Elaine talked about the role of sunlight, vitamin D, and melatonin, including a caution about adding supplements without first consulting

their healthcare provider. She discussed the impact of a healthy balanced diet, exercise and other activities, camaraderie, and encouraged people to reach out for professional help if natural interventions didn't work. She offered a seasonal-themed raffle prize after both talks (photo of the winner at the Senior Center is not available but a photo of Tehama Village winner is included below).

FILE OF LIFE

At the Olive Festival in October, FoL refrigerator magnets were included in the Breast Cancer Awareness Bags that were given away and personal size FoL were shared on the CHD table. Also during October, Elaine shared FoL at her Health Talk and at the Emergency Preparedness workshop at Tehama Village. In November FoL was offered on the CHD table at LIFT Tehama.

HICAP

Elaine was busy in the last quarter working on restoring her certification for counseling, which she hopes will resume in 2023.

COMMUNITY OUTREACH

- Elaine maintained connections whenever possible through attending virtual meetings via Zoom, Google, and through email, and telephone conferences.
- LIFT Tehama – Elaine hosted a table for the Corning Healthcare District at the LIFT Tehama event in November. LIFT Tehama is a multi-agency effort, combining what used to be three separate events: Recycle the Warmth, Continuum of Care, and Project Homeless Connect. Materials and information offered included File of Life, Passages HICAP, emergency preparedness, hypothermia, vaccinations for seniors, and N95 face masks.
- Elaine helped to host a table at the Olive Festival where CHD provided information and promotional items from Passages HICAP; shared fire safety and emergency preparedness materials; gave away 250 Breast Cancer Awareness bags (see photo below). Included in the reusable foldable shopping bag (imprinted with the Corning Healthcare District logo) were a tie tack, lanyard, pen, pencil, pocket calendar, File of Life, and information about breast cancer in women and men.

OTHER

- **Newsletter** – the **Winter edition** of the CHD Elder Services Newsletter was sent out in early December.
- **Facebook** – Elaine maintained the CHD Facebook page.
- For November Elaine coordinated with the **Center for Healthy Communities at Chico State** to provide a three-part series of workshops at Tehama Village on food and nutrition. The reception for the workshops was enthusiastic so a fourth workshop was added to the original schedule of three. Elaine was informed later by a representative of the Center for Healthy Communities that these classes were the best turnout they'd ever had.
- **Adopt-A-Senior Christmas Program** – Eight seniors were referred from Tehama Village. In addition to the Adopt-A-Senior gifts (which were provided by community members who “adopted” and shopped for the individuals), each person received a gift bag from the Corning Healthcare District containing a plush blanket, a smaller flannel throw, puzzle books, a 2023 wall calendar, and at least one item related to their Christmas wish list. Half of them have small pets who are “family” so those people also received a small toy for their furry companions. Six of the eight people returned the self-addressed stamped thank you cards. Below are their comments:
 - 1) *Thank you for these kind-hearted gifts. They make me get a warm feeling in me. Christmas is such a special time. Merry Christmas. (She decorated the inside of the thank you card with a hand drawing of a holly leaf with berries.)*
 - 2) *Merry Christmas and a happy new year. What a complete total blessing. Thank you for everything that you've done for me. You don't know but you made my day. You made my Christmas. And many blessings to you and your family. Thank you for everything. God bless you and many blessings and again thank you. Merry Christmas and happy new years, God bless.*
 - 3) *Thank you for your thoughtfulness. Also thank you for making this a very merry Christmas.*
 - 4) *Thank you so much for the blanket and puzzles and the dog toy, my dog loves to play with. The throws will be a lot of use as well as the puzzles which I will enjoy for many hours. Merry Christmas and love to you!*

- 5) *I want to thank you so much for giving me such wonderful gifts and it added to having a wonderful Christmas. I'm hoping to make something out of the beading items you gave me. Thank you again and it warms my heart to know there's people in the world like you. I hope your holiday was as wonderful as mine was.*
- 6) *Thank you for making Christmas a bit more special this year! The gifts I received from you are much appreciated. These are the things we all need but buy for others. Many blessings in the new year.*

Training and Professional Development Oct/Nov/Dec

- ****NCLER Medicare Part D Basics & 2022 Updates:** People with Medicare get their prescription drugs through the Medicare Part D program. This program is separate from the parts of Medicare that provide recipients with hospital and medical coverage. Medicare Part D has its own rules and can be complicated to navigate, even for seasoned advocates. During this training, presenters will provide essential information and updates on Medicare Part D, with particular emphasis on how the program works for low income consumers. This training will provide an overview of: eligibility and enrollment; the Low-Income Subsidy (LIS aka "Extra Help"); changes to both programs arising from the Inflation Reduction Act of 2022; plan choices; exceptions and appeals. This webinar will provide a foundational understanding of Medicare Part D and the most common issues advocates encounter, and an awareness of the most significant changes that will result from recent legislation.
- **Center for Medicare Services National Training Program Medicare Update and Education** -- Medicare updates and information about NTP resources and training materials to prepare for Open Enrollment; National Hispanic Heritage Month; Prescription Drug Take Back Day (October 29); Breast Cancer Awareness Month; Medicare & Other Programs for People with Disabilities.
- **National Institute for Health Care Management (NICHM) Food Insecurity and Health: Strategies to Address Community Needs** -- More than 34 million people in the United States are food insecure, including 12 million children. Some groups facing disproportionately high rates of food insecurity include children, **seniors**, Black, Indigenous, and Native American/American Indian communities. Food insecurity has various causes

which have been exacerbated by the COVID-19 pandemic, such as poverty and unemployment, lack of affordable housing, chronic health conditions, and racial discrimination. This webinar will explore the impact of food insecurity on health and factors reducing access to healthy and affordable food. Experts will discuss solutions such as community-based food system partnerships targeting vulnerable populations. Speakers will address: the importance of access to nutritious food on health and how food insecurity disproportionately impacts some communities across the nation; addressing the social determinants of health through partnerships with health care and community partners; a health plan's perspective on ensuring equitable food access, including a \$22 million investment to support the Food As Medicine program in the US.

- ****NCLER** *Introduction and Update: Integrated Care for Dual Eligibles* -- Approximately 12.2 million individuals were eligible for both Medicare and Medicaid in 2019. Insufficient coordination between Medicare and Medicaid programs contributes to poor quality of care and increased overall program spending. Federal and state governments have combined efforts to better integrate and align Medicare and Medicaid services to improve the quality of care provided to dually eligible individuals, advance health equity, reduce overall spending, and decrease consumer confusion. This webinar examines various integration models for dually eligible individuals, summarizes relevant regulatory updates, and highlights opportunities for advocates to improve the enrollee experience. The webinar will cover: Updates on the Financial Alignment Initiative for individuals dually eligible for Medicare and Medicaid; Overview of integrated care options for dually eligible individuals; Regulatory updates improving the beneficiary experience in integrated care; How legal aid and elder rights advocates can use this information to inform and assist older adult clients.

***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 inquiries and requests from seniors needing help or information on a variety of topics, including: Family Medical Leave Act (FMLA); caregiving; Medicare, housing, transportation.

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.

Each Emergency Go Bag Starter Kit (3) included a backpack with the following items:

Toiletries kit (Men's kit included shaving items)

Tehama County Emergency Info + Medicare During Disaster & Emergencies Info

Oral Health Kit

(toothpaste, toothbrush, dental floss, etc.)

Mini First Aid Kit

Mini Sewing Kit

Socks

Eye (Sleep) Mask

Ear Plugs

Wet Wipes

Tissues

Face Shield

N-95 Masks (2)

Solar Light

Mylar Rescue Blanket

File of Life

Snacks

Puzzle Book & Pen

Deck of Cards



Olive Festival, October 8, 2022



OCTOBER

BREAST CANCER AWARENESS MONTH



**Come to the Olive Festival at
the Corning Skate Park
and visit the**

**Corning Healthcare District
table to get your free Breast
Cancer Awareness bag!**



**October 8th, starting at 10 a.m.
until they're gone.**

Raffle Prize Winners at Tehama Village, October 25, 2022



**November Health Talk, Guest Speaker
Michelle Radcliffe-Garcia, California Phones**



Corning Senior Center, November Raffle prize winner



**Nutrition Workshop in cooperation with Center for Healthy Communities
(California State University, Chico) at Tehama Village
First day (Nov 7)**



Second day (Nov 14)



Third Day (Nov 21)



LIFT Tehama, November 18



**Seasonal Affective Disorder workshop at Tehama Village, Dec 15, 2022
(Two people missing from photo)**



Raffle Prize Winner, Tehama Village, December 2022



Adopt-A-Senior Gift Bags from Corning Healthcare District, Christmas



Two of the eight seniors who received gift bags (photos courtesy of Cris Harris)

