

# CORNING HEALTHCARE DISTRICT SERVING SOUTHERN TEHAMA COUNTY

CORNING HEALTHCARE DISTRICT  
BOARD MEETING  
Tuesday Mar 20, 2018  
District conference room  
275 Solano Street  
Corning Healthcare District Campus  
Meeting Inquiries (530) 824-5451

**Assistance for those with disabilities;** If you have a disability and need accommodation to participate in the meeting, please call Shirley Engebretsen, District Manager, at (530) 824-5451 for assistance so the necessary arrangements can be made.

**CALL TO ORDER: 6:30 pm**

**ROLL CALL:** Directors: Charles Rouse, Ross Turner, Yvonne Boles, Jan Irvin, Lilia Rodriguez  
District Manager: Shirley Engebretsen

**ALSO PRESENT** Attorney Andrews, Don Holden

## **PLEDGE OF ALLEGIANCE**

**INVITATION TO PUBLIC TO ADDRESS BOARD:** If there is anyone in the audience wishing to speak on items not already set on the Agenda, please state your name, and briefly identify the matter you wish to have placed on the Agenda. The Directors will then determine if such matter will be placed on the Agenda for this meeting, scheduled for a subsequent meeting, or recommend other appropriate action. If the matter is placed on tonight's Agenda, you will have the opportunity later in the meeting to discuss the issue. The law prohibits the Directors from taking formal action on the issue, however, unless it is placed on the Agenda for a later meeting so that interested members of the public will have a chance to appear and speak on the subject. There will be a three minute limit on public comments.

## **ADOPTION OF AGENDA:**

### **MINUTES:**

**POSTED TUESDAY, Mar 13, 2018**

### **FINANCIAL REPORT:**

### **PRESIDENT'S REPORT:**

### **COMMENTS AND REPORTS FROM DIRECTORS:**

Charles Rouse, Ross Turner, Yvonne Boles, Jan Irvin, Lilia Rodriguez

## **PROCLAMATION, APPOINTMENTS, RECOGNITIONS, PRESENTATIONS:**

### **District Manager**

## **COMMUNICATIONS, CORRESPONDENCE, AND INFORMATION:**

## **REGULAR AGENDA**

1. Change Meetings back to Monday Evenings
2. Ducting of 155 Solano (Clinic)
3. Intercom system
4. Hiring a fourth employee as part time Administrative assistant

**CORNING HEALTHCARE DISTRICT  
BOARD OF DIRECTORS MINUTES  
Tuesday, Feb 20, 2018  
DISTRICT CONFERENCE  
275 SOLANO STREET  
MEUSER BUILDING, CHD CAMPUS**

**CALL TO ORDER: 6:30 p.m.**

**ROLL CALL: Directors:** Charles Rouse, Ross Turner, Yvonne Boles, Jan Irvin, Lilia Rodriquez

**District Manager:** Shirley Engebretsen  
Absent:

**ALSO PRESENT:** Don Holden, Attorney Andrews

**PLEDGE OF ALLEGIANCE** Given

**INVITATION TO PUBLIC TO ADDRESS BOARD: Ruby Rodriquez (Adventist Health Clinic) gave an update of patients served and providers**

**ADOPTION OF AGENDA:** Director Ross made a motion to approve the agenda as presented. The motion was seconded and approved.

**MINUTES:** Director Turner made a motion to approve the minutes with correction in attendance for January 16, 2018. Motion was seconded and approved.

**FINANCIAL REPORT:** Director Turner made a motion to approve the financial reports as presented. Motion was seconded and approved.

**PRESIDENT'S REPORT.**

**DIRECTORS' REPORT** Vice President Boles gave a report on the Chamber Installation dinner.

**District Manager**

- Reported that the Board of Education had a sexual Harassment prevention training. She suggested that the directors take the training 2 years from now.
- Directors turned in their forms 700.
- Don Holden gave a report on the police opinion of panic buttons. It was decided by consensus to install a building wide intercom system then discuss further options at the next meeting.
- The District Manager reported on th Insurance company asking if the directors wanted workmen's comp insurance for volunteers (including directors. Died from lack of motion

**COMMUNICATIONS, CORRESPONDENCE, AND INFORMATION:**

**REGULAR AGENDA:**

**Edward Jones**

- Vanessa From Edward Jones was unable to attend due to illness

**Stipend for Directors Meetings**

- Director Irvin made a motion to make a \$50 stipend to directors available for each meeting in a month. Motion was seconded and approved.
  - **Ayes:** Rouse, Rodrigues, Irvin
  - **Nayes:** Turner, Boles

**155 SOLANO Ducting**

- Director Rouse made a motion to hire an engineer to create plans for the ducting at 155 Solano Street. Motion was seconded and approved.

**Domestic Life Insurance**

- Domestic life insurance – The Board decided by consensus to continue with the narrow definition of domestic partner for insurance policies.

**May Corning in the Evening**

- President Rouse appointed a temporary adhoc committee of volunteers to plan a corning in the evening event for May. The members of the committee and Directors, Boles, Rodrigues add Irvin.

**ADJOURNMENT: 6:50 P.M.**



Shirley Engebretsen Ph. D.  
District Manager

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To file a complaint of discrimination, write USDA Director, Office of Civil Rights, 1400 Independence Avenue, S.W., Washington, D.C. 20250-9410 or call (800) 795-3272 (voice) or (202) 720-6382 (TDD).”

9:00 AM

03/14/18

Accrual Basis

# CORNING HEALTHCARE DISTRICT

## Profit & Loss

February 2018

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	<u>Feb 18</u>
Ordinary Income/Expense	
Income	
CD Interest Income	521.75
checking Interest Money	11.46
RENTALS	<u>17,405.67</u>
Total Income	17,938.88
Expense	
-MED RECORD-PUR SERV	757.84
ADMIN-LEGAL	1,137.50
ADMIN-OTHER EXPENS	
Senior Program	136.78
Advertising	96.46
S. Engebretsen	75.66
ADMIN-OTHER EXPENS - Other	<u>2,675.71</u>
Total ADMIN-OTHER EXPENS	2,984.61
Communications-Postage	40.00
Communications-Telephone	631.79
EMPLOYEE BEN-HLTH INS.	2,758.94
GEN ACCT-OFFICE SUP	722.43
Maint-Repair	1,680.79
Payroll Expense	12,107.77
UtiLity Electric	1,939.56
Utility Water	<u>357.83</u>
Total Expense	<u>25,119.06</u>
Net Ordinary Income	<u>-7,180.18</u>
Net Income	<u><u>-7,180.18</u></u>

# CORNING HEALTHCARE DISTRICT Transaction Detail By Account February 2018

Type	Date	Num	Name	Memo	Clr	Split	Amount	Balance
<b>ADMIN-OTHER EXPENSES</b>								
<b>Senior Program</b>								
Bill	02/22/18		Rabo Bank Credit C...	dollar tree		Accounts Paya...	11.85	11.85
Bill	02/22/18		Rabo Bank Credit C...	Raley's		Accounts Paya...	24.42	36.27
Bill	02/22/18		Rabo Bank Credit C...	wal-mart		Accounts Paya...	37.60	73.87
Bill	02/22/18		Rabo Bank Credit C...	grocery outlet		Accounts Paya...	9.90	83.77
Bill	02/22/18		Rabo Bank Credit C...	dollar tree		Accounts Paya...	14.03	97.80
Bill	02/22/18		Rabo Bank Credit C...	R N Rayley's		Accounts Paya...	3.98	101.78
Bill	02/22/18		Rabo Bank Credit C...	Been Readt		Accounts Paya...	35.00	136.78
Bill	02/22/18		Rabo Bank Credit C...	dollar treee		Accounts Paya...	0.00	136.78
Total Senior Program							136.78	136.78
<b>Advertising</b>								
Bill	02/06/18		Corning Chamber of...	chamber intall...		Accounts Paya...	35.00	35.00
Check	02/09/18	7065	Yvonne Boles	Basket for city...	X	Rabo Checking	0.00	35.00
Check	02/09/18	7068	Yvonne Boles	Installation Di...		Rabo Checking	61.46	96.46
Total Advertising							96.46	96.46
<b>S. Engebretsen</b>								
Check	02/01/18	7052	S. Engebretsen	ESCC		Rabo Checking	75.66	75.66
Total S. Engebretsen							75.66	75.66
<b>ADMIN-OTHER EXPENSES - Other</b>								
Check	02/01/18	7052	S. Engebretsen	computer rep...		Rabo Checking	18.58	18.58
Deposit	02/01/18	3875725	Aramark	reimbursement		Rabo Checking	-73.58	-55.00
Check	02/05/18	7054	E. Benwell	mileage		Rabo Checking	95.36	40.36
Bill	02/06/18		Your Business Office	Bookkeeper f...		Accounts Paya...	186.00	226.36
Bill	02/07/18		Red Bluff Daily News	Bull & Guildin...		Accounts Paya...	991.72	1,218.08
Bill	02/07/18		Aramark	1-1-18		Accounts Paya...	73.58	1,291.66
Bill	02/09/18		Battle Creek Pest C...	175 solano		Accounts Paya...	35.00	1,326.66
Bill	02/09/18		Battle Creek Pest C...	275 Solano		Accounts Paya...	45.00	1,371.66
Check	02/15/18	201802	Intuit	payroll taxes...		Rabo Checking	6.00	1,377.66
Bill	02/22/18		Rabo Bank Credit C...	postmaster		Accounts Paya...	8.05	1,385.71
Bill	02/22/18		Rabo Bank Credit C...	MicroSat		Accounts Paya...	70.00	1,455.71
Bill	02/22/18		Rabo Bank Credit C...	victor magic q...		Accounts Paya...	295.00	1,750.71
Bill	02/27/18		Peerless Bldg Maint...	Quaterly spec...		Accounts Paya...	155.00	1,905.71
Bill	02/28/18		Northern Services-1...	invoice 021839		Accounts Paya...	770.00	2,675.71
Total ADMIN-OTHER EXPENSES - Other							2,675.71	2,675.71
Total ADMIN-OTHER EXPENSES							2,984.61	2,984.61
<b>TOTAL</b>							<b>2,984.61</b>	<b>2,984.61</b>

## CORNING HEALTHCARE DISTRICT

## Balance Sheet

03/14/18

As of February 28, 2018

Accrual Basis

	Feb 28, 18
<b>ASSETS</b>	
Current Assets	
Checking/Savings	
Rabo Checking	382,603.62
Capital Improvement 1200003612	52,632.67
Edward Jones CD 580-14264-1-1	
Capital One Bank USA 7-19-27	25,000.00
Wells Fargo Bank 3-15-22 PD	20,000.00
Wells Fargo @100.57 1-22-19	30,000.00
Cash from interest on CDs	33,792.47
Capital One Bank USA 3-8-21 PD	20,000.00
Amer EX Centurian 7-11-18 PD	25,000.00
Goldman sachs 7-12-19 PD	25,000.00
Goldman Sacha B USDA 2-13-20	30,000.00
State B of India USDA 1/25/23	30,000.00
Edward Jones CD 580-14264-1-1 - Other	-0.37
Total Edward Jones CD 580-14264-1-1	238,792.10
Petty Cash	100.00
Total Checking/Savings	674,128.39
Accounts Receivable	
Accounts Receivable	-439.34
Total Accounts Receivable	-439.34
Other Current Assets	
Prepaid Ins.	12,076.95
Total Other Current Assets	12,076.95
Total Current Assets	685,766.00
Fixed Assets	
1210.00-Land Imp-Park Lot	34,081.00
1210.01-Land Imp-Park Lot 1998	71,000.20
Accum Dep Bldg Imp	-84,458.00
Accum Dep Equip	-3,797.00
Accum Dep Land Imp	-122,667.00
Accum Dep Med Bldg	-916,434.00
Bldg Improvements	137,261.63
Land	20,313.00
Land-Demolitation Cost	518,035.56
Medical Offic Bldg	3,744,628.76
Office Equipment	3,746.00
Total Fixed Assets	3,401,710.15
<b>TOTAL ASSETS</b>	<b>4,087,476.15</b>
<b>LIABILITIES &amp; EQUITY</b>	
Liabilities	
Current Liabilities	
Accounts Payable	
Accounts Payable	6,288.59
Total Accounts Payable	6,288.59
Other Current Liabilities	
Accrued Payroll	4,397.15
Contract Retentions Payable	-22,171.72
Interest Payable	24,584.48

## CORNING HEALTHCARE DISTRICT

## Balance Sheet

03/14/18

As of February 28, 2018

Accrual Basis

	<u>Feb 28, 18</u>
<b>Payroll Liabilities</b>	
Accr Fed W/Hold	1,206.61
Accr FICA-Employee	875.64
Accr FICA-Employer	875.67
Accr S.D.I.	213.45
Accr S.U.I.	-531.25
Accr ST W/Hold	710.25
Payroll Liabilities - Other	<u>3,149.54</u>
<b>Total Payroll Liabilities</b>	6,499.91
<b>Payroll Liabilities,</b>	<u>481.84</u>
<b>Total Other Current Liabilities</b>	<u>13,791.66</u>
<b>Total Current Liabilities</b>	20,080.25
<b>Long Term Liabilities</b>	
Loan Payable - USDA	<u>1,388,300.00</u>
<b>Total Long Term Liabilities</b>	<u>1,388,300.00</u>
<b>Total Liabilities</b>	1,408,380.25
<b>Equity</b>	
2310.00-Fund Bal-Ret Earn	2,656,664.35
net assets	-39,426.58
Net Income	<u>61,858.13</u>
<b>Total Equity</b>	<u>2,679,095.90</u>
<b>TOTAL LIABILITIES &amp; EQUITY</b>	<u><u>4,087,476.15</u></u>

**CORNING HEALTHCARE DISTRICT**  
**Income by Customer Summary**  
February 2018

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	<u>Feb 18</u>
Family Counseling Center	235.00
Feather River Hospital	5,944.22
Northern Valley Catholic Social Service - Tehama County	920.00
Children First	315.06
QUEST DIAGNOSTICS, INC.	829.00
<b>TOTAL</b>	<b><u>17,405.67</u></b>



**CORNING HEALTHCARE DISTRICT**  
**Expenses by Vendor Summary**  
February 2018

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	<u>Feb 18</u>
Alhambra & Sierra Springs	62.66
Aramark	0.00
At & T U-Verse	177.00
AT&T	233.93
Battle Creek Pest Control	80.00
City of Corning-175 Solano coro 145	68.60
City of Corning-275 Solano coro168	196.87
City of Corning 218 - coro218	92.36
Comcast Business	220.86
Corning Chamber of Commerce	35.00
deluxe bus sys prod	68.39
Intuit	6.00
Law Offices of Thomas N. Andrews	1,137.50
Mike Smith	600.00
Northern Services-155 Solano	770.00
Pacific Gas & Electric	2,488.85
Peerless Bldg Maintenanc Corp	155.00
Quill Corporation	438.48
Rabo Bank Credit Card	1,533.27
Red Bluff Daily News	991.72
S. Engebretsen	94.24
schawaab	128.98
Special District Risk Management	2,758.94
Waste Management	208.55
Your Business Office	186.00
	<hr/>
<b>TOTAL</b>	<b><u>12,733.20</u></b>

# CORNING HEALTHCARE DISTRICT

## Rabo checking register

As of February 28, 2018

Type	Date	Num	Name	Memo	Split	Amount	Balance
<b>Rabo Checking</b>							
Bill Pmt -Check	02/01/18	7036	Alhambra & Sierra S...	49411161031...	Accounts Paya...	-18.00	403,848.19
Bill Pmt -Check	02/01/18	7037	Aramark	635785675	Accounts Paya...	-367.90	403,830.19
Bill Pmt -Check	02/01/18	7038	At & T U-Verse	127454452 / ...	Accounts Paya...	-40.00	403,462.29
Bill Pmt -Check	02/01/18	7039	Corning Chamber of...	chamber intall...	Accounts Paya...	-140.00	403,422.29
Bill Pmt -Check	02/01/18	7040	Northern Services-1...	75-3120754	Accounts Paya...	-770.00	403,282.29
Bill Pmt -Check	02/01/18	7041	Pacific Gas & Electric	4586584129-5	Accounts Paya...	-13.34	402,512.29
Bill Pmt -Check	02/01/18	7042	Peerless Bldg Maint...	windows	Accounts Paya...	-70.00	402,498.95
Bill Pmt -Check	02/01/18	7043	ServiceMaster Clean	VOID: prevent...	Accounts Paya...	-2,562.40	402,428.95
Bill Pmt -Check	02/01/18	7044	Tehama County Boa...		Accounts Paya...	0.00	399,866.55
Paycheck	02/01/18	7045	Benwell, Elaine		-SPLIT-	-617.90	399,866.55
Paycheck	02/01/18	7046	Engelbreitsen, Shirley I		-SPLIT-	-1,786.46	397,462.19
Paycheck	02/01/18	7047	Holden, Don		-SPLIT-	-1,656.81	399,248.65
Paycheck	02/01/18	7048	Holden, Don		-SPLIT-	-30.35	395,775.03
Liability Check	02/01/18	7049	Don F Holden	63640007.63...	-SPLIT-	-251.24	395,523.79
Liability Check	02/01/18	7050	Edward Jones B	580-97339	-SPLIT-	-396.72	395,127.07
Liability Check	02/01/18	20180...	Electronic Federal T...	94-6003824	-SPLIT-	-3,035.57	392,091.50
Liability Check	02/01/18	20180...	Employment Develop...	VOID: 499-03...	-SPLIT-	0.00	392,091.50
Check	02/01/18	7051	Corning Healthcare ...	USDA loan	Capital Improv...	-6,717.00	385,374.50
Check	02/01/18	7052	S. Engelbreitsen	ESCC	-SPLIT-	-94.24	385,280.26
Check	02/01/18	7053	D. Holden	VOID: workm...	Maint-Repair	0.00	385,280.26
General Journal	02/01/18	20171...	D. Holden	For CHK 705...	Maint-Repair	-212.27	385,067.99
General Journal	02/01/18	20171...	D. Holden	Reverse of G...	Maint-Repair	212.27	385,280.26
Check	02/01/18	7035	D. Holden	mileahe	Maint-Repair	-121.27	385,158.99
Deposit	02/01/18			Deposit	-SPLIT-	6,567.86	391,726.85
Check	02/05/18	7054	E. Benwell	mileage	ADMIN-OTHE...	-95.36	391,631.49
Deposit	02/07/18			Deposit	-SPLIT-	10,911.39	402,542.88
Bill Pmt -Check	02/09/18	7055	Aramark	635842411	Accounts Paya...	-73.58	402,469.30
Bill Pmt -Check	02/09/18	7056	At & T U-Verse	127454452 / ...	Accounts Paya...	-88.00	402,381.30
Bill Pmt -Check	02/09/18	7057	AT&T	530-824-5451...	Accounts Paya...	-233.93	402,147.37
Bill Pmt -Check	02/09/18	7058	Law Offices of Thom...		Accounts Paya...	-1,137.50	401,009.87
Bill Pmt -Check	02/09/18	7059	Pacific Gas & Electric	481492080-4	Accounts Paya...	-1,939.56	399,070.31
Bill Pmt -Check	02/09/18	7060	Quill Corporation	2 black and 1 ...	Accounts Paya...	-438.48	398,631.83
Bill Pmt -Check	02/09/18	7061	Red Bluff Daily News	Bull & Guildin...	Accounts Paya...	-991.72	397,640.11
Bill Pmt -Check	02/09/18	7062	Special District Risk ...		Accounts Paya...	-2,618.34	395,021.77
Bill Pmt -Check	02/09/18	7063	Waste Management	533-0000136...	Accounts Paya...	-208.55	394,813.22
Bill Pmt -Check	02/09/18	7064	Your Business Office	Bookkeeper f...	Accounts Paya...	-186.00	394,627.22
Check	02/09/18	7065	Yvonne Boles	VOID: Cormin...	Advertising	0.00	394,627.22
Bill Pmt -Check	02/09/18	7066	Corning Chamber of...	chamber intall...	Accounts Paya...	-35.00	394,592.22
Bill Pmt -Check	02/09/18	7067	Pacific Gas & Electric		Accounts Paya...	-535.94	394,056.28
Check	02/09/18	7068	Yvonne Boles	Installation Di...	Advertising	-61.46	393,994.82
Deposit	02/15/18			Interest	checking Intere...	5.26	394,000.08
Paycheck	02/15/18	7069	Benwell, Elaine		-SPLIT-	-617.92	393,382.16
Paycheck	02/15/18	7070	Engelbreitsen, Shirley I		-SPLIT-	-1,786.47	391,595.69
Paycheck	02/15/18	7071	Holden, Don		-SPLIT-	-1,656.82	389,938.87
Check	02/15/18	201802	Intuit	payroll taxes ...	ADMIN-OTHE...	-6.00	389,932.87
Check	02/15/18	7072	Corning Healthcare ...	USDA loan	Capital Improv...	-6,717.00	383,215.87
Bill Pmt -Check	02/15/18	7073	Alhambra & Sierra S...	49411161031...	Accounts Paya...	-23.23	383,192.64
Bill Pmt -Check	02/15/18	7074	At & T U-Verse	127454452 / ...	Accounts Paya...	-89.00	383,103.64

**CORNING HEALTHCARE DISTRICT**  
**Rabo checking register**  
 As of February 28, 2018

Type	Date	Num	Name	Memo	Split	Amount	Balance
Bill Pmt -Check	02/15/18	7075	Battle Creek Pest C...	34-2046874	Accounts Paya...	-80.00	383,023.64
Bill Pmt -Check	02/15/18	7076	City of Corning-175 ...	CORO145	Accounts Paya...	-68.60	382,955.04
Bill Pmt -Check	02/15/18	7077	City of Corning-275 ...	CORO168	Accounts Paya...	-196.87	382,758.17
Bill Pmt -Check	02/15/18	7078	City of Corning 218 -...		Accounts Paya...	-92.36	382,665.81
Bill Pmt -Check	02/15/18	7079	deluxe bus sys prod	deposit slips	Accounts Paya...	-68.39	382,597.42
Deposit	02/28/18			Interest	checking Intere...	6.20	382,603.62
Total Rabo Checking						-21,244.57	382,603.62
<b>TOTAL</b>						<b>-21,244.57</b>	<b>382,603.62</b>

**CORNING HEALTHCARE DISTRICT  
BOARD MEETING  
Tuesday Mar 20, 2018  
District conference room  
275 Solano Street  
Corning Healthcare District Campus  
Meeting Inquiries (530) 824-5451**

**Regular Agenda** – Moving Meetings back to Mondays

Originally the District Board Meetings were set for Monday evenings. We changed them to Tuesday evening to avoid losing Charles on the Board as he was attending educational classes Monday evenings.

Recommendation: As President Charles Rouse has graduated, it is recommended that the directors change the Board Meetings back to Monday nights to avoid conflict with Chamber meetings.

**CORNING HEALTHCARE DISTRICT  
BOARD MEETING**

**Tuesday Mar 20, 2018**

**District conference room**

**275 Solano Street**

**Corning Healthcare District Campus**

**Meeting Inquiries (530) 824-5451**

**Regular Agenda** – Ducting for 155 Solano Street  
(clinic)

As of date of printing we have been unable to obtain an engineer to plan the project. It does not seem to be a big enough job. Most want to design entire buildings or we are out of the service area (Most are located in Sacramento.)

**CORNING HEALTHCARE DISTRICT  
BOARD MEETING  
Tuesday Mar 20, 2018  
District conference room  
275 Solano Street  
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Meeting Inquiries (530) 824-5451**

**Regular Agenda** – Don and Mike Smith installed an intercom throughout the building and speakers outside. We have requested from both County agencies a copy of their procedures for use, so that we are all on the same page.

**CORNING HEALTHCARE DISTRICT  
BOARD MEETING  
Tuesday March 20, 2018  
District conference room  
275 Solano Street  
Corning Healthcare District Campus  
Meeting Inquiries (530) 824-5451**

**Regular Agenda** – Hiring a fourth employee

The responsibilities in our services to the community have expanded over the years. From a simple office job of basically paying utility bills and filing, to a active Senior program, an busy public relations program, a major maintenance department, patients' rights advocacy and more.

The amount of work has at least doubled and Corning Healthcare District's positive reputation of service to the community is has greatly increased.

There are some expected changes in the next couple of years, including the possible retirement of the District manager at the end of her current term.

**Recommendation.** Because time has a way of passing much quicker than any of us like to think, Director Yvonne Boles recommends that the District begin the process of training a replacement now, for the following reasons.

1. There is much to learn for anyone who takes the District Manager's place
2. It is possible that the manager train someone and that person decide they don't care for this type of work. That would cut the training time considerably and could leave the District in a difficult situation
3. The first year is training in office programs and procedures.

4. The second year would be training specifically in District Function, the laws and personnel management
5. The third year would be a slow reversal of roles so that in April of 2021 the District manager would become a part-time assistant and her assistant become the manager.

### Finances

For the effect on the budget at \$20 an hour, see the attached







# Corning Healthcare District



## ELDER SERVICES

### Newsletter

No. 3

SPRING 2018

#### Meet Karen Burnett

Corning Senior Center Director



A resident of Corning for the past 15 years, Karen has been local her whole life. Born in Chico and raised in Orland, Karen has been involved with seniors for many years, both on a volunteer and a professional basis. Karen holds an A.A. in Behavioral Science and in times past she has worked as a certified CNA and as Activity Director at a senior facility. She is also a licensed beautician who often donates her skills at the Corning Senior Center, at her church, and at community events like LIFT Tehama. Karen served on the governing board of the Corning Senior Center for a year before becoming Director two and half years ago. She has an adult son, a sister and parents living nearby. Karen is often accompanied by Geovana, a registered service dog that brings comfort to the seniors and makes them smile. When she isn't working at the Center, Karen is active in church ministry and in the community. As an RSVP Senior Corps volunteer, she spends two days per month reading to kindergarteners in the classroom. In her spare time, Karen enjoys reading cozy mysteries, camping by the beach, painting, and spending time with family and friends.



#### Contact Information:

**Elaine Benwell**  
**Elder Services Program Manager**  
**Corning Healthcare District**  
**175 Solano Street**  
**Corning, CA 96021**  
**Phone: 530-824-4559**

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



**Corning  
Healthcare District**

Bringing Health Services to Southern Tehama County

<https://www.corninghealthcaredistrict.org>



The first day of



is March 20th



## The Corning Senior Center

On average 20 people per day come to the Corning Senior Center for lunch provided by the Senior Nutrition Program. Many more just come for the fellowship and company of other seniors (and Georvana!). The Senior Center is a hub of community involvement, providing a place where seniors can socialize and engage in a variety of activities: exercise, art, bingo, bunco, trivia, commodities distribution, and Elaine's monthly Health Talk, just to name a few. Tehama Jammers also meets weekly at the Center. With so much happening, the Center is always in need of supplies: paper towels, toilet paper, bleach & cleaning products, even coffee. Call 824-4727 to help.

## What to do with all those eggs after Easter?

### Irish-Style Pickled Eggs



- 12 hard-cooked eggs
- 1 oz fresh root ginger, peeled
- 1 tbsp peppercorns (preferably white, but black will do)
- 2 tsp allspice berries
- 1½ - 2 pints white vinegar
- If you want a bit of a kick, add 2 or 3 fresh red or green chilis or red chili flakes to taste.

Add the ginger, peppercorns and allspice to the vinegar and boil for 5 minutes. You can tie up the spices in a bit of muslin or simply strain it when it's finished boiling.

Remove the spices from the vinegar and let the vinegar cool.

Peel the eggs, pack into wide-mouthed jars and cover with the cold spiced vinegar. Add a chili or two for color and bite. Be sure the eggs are completely submerged in the vinegar. Seal and store for a month before opening.

*Happy Saint Patrick's Day!*



## IN THE NEWS

**The results of a recent study show a startling link between sugar and Alzheimer's Disease.**

**Read more about it here:**

**<https://www.theatlantic.com/health/archive/2018/01/the-startling-link-between-sugar-and-alzheimers/551528/>**

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 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.