

CORNING HEALTHCARE DISTRICT
BOARD MEETING
Tuesday June 20, 2023
District conference room
275 Solano Street
Corning Healthcare District Campus
Meeting Inquiries (530) 824-5451

COMMUNICATIONS,
CORRESPONDENCE, AND
INFORMATION:

Elder Services Newsletter Summer 2023

COMMENTS AND REPORTS FROM
DISTRICT MANAGER:

General Manager Leadership Summit,

Strategic Plan Update

Corning Healthcare District

ELDER SERVICES

Newsletter

No. 24

Summer 2023

A challenge to make 2023 the Summer of Kindness!



SUMMER



Let's practice kindness

It starts with you! How kind are you to yourself?

PHYSICALLY – soften the body

How do you care for yourself physically (e.g., exercise, massage, warm bath, cup of tea)? Can you think of new ways to release the tension and stress that builds up in your body?

MENTALLY – reduce agitation

How do you care for your mind, especially when you're under stress (e.g., meditation, watch a funny movie, read an inspiring book)? Is there a new strategy you'd like to try to let your thoughts come and go more easily?

EMOTIONALLY – soothe and comfort yourself

How do you care for yourself emotionally (pet the dog, journal, cook)? Is there something new you'd like to try?

RELATIONALLY – connect with others

How or when do you relate to others in ways that bring you genuine happiness (e.g., meet with friends, send a birthday card, play a game)? Is there any way that you'd like to enrich these connections?

SPIRITUALLY – commit to your values

What do you do to care for yourself spiritually (pray, walk in the woods, help others)? If you've been neglecting your spiritual side, is there anything you'd like to remember to do?

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Contact Information:

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Elder Services Program Manager

Corning Healthcare District

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Corning, CA 96021

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Find us on Facebook

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

Or visit our website at

<https://www.corninghealthcaredistrict.org>

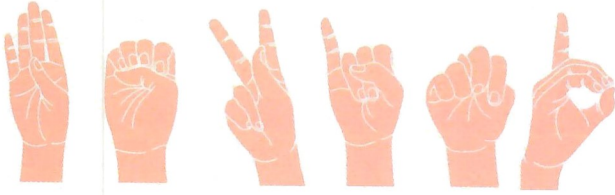


**In a world where you
can be anything,
be kind.**



**Corning
Healthcare District**

Bringing Health Services to Southern Tehama County



SOME STRANGER
SOMEWHERE
REMEMBERS YOU
BECAUSE
YOU WERE KIND
TO THEM



Thankful for Strangers

Thank you for the kindness of
strangers

Who open doors out of chivalry

Male or female

Child or adult

They open doors for me.

I remember when I was young

I had energy in all my limbs

I laughed heartily

Slept soundly

I went about with a grin.

Now that much of my life is past

It's hope in the young I see

Who are thoughtful

Kind and helpful

To someone a old as me.

~Shirley Engebretsen~



DID YOU KNOW?

Being kind can positively change your brain. Kindness boosts serotonin and dopamine, which are neurotransmitters in the brain that give you feelings of satisfaction and well-being, and cause the pleasure/reward centers in your brain to light up. Endorphins, which are your body's natural pain killer, also can be released.

- Not only does practicing kindness stimulate the production of serotonin, just witnessing acts of kindness produces oxytocin.
- Acts of kindness can help with emotional well-being, make you feel stronger and more optimistic, and increase your feelings of self worth.
- Practicing kindness can increase your energy level and make healthy habits such as diet and exercise more satisfying.
- Kindness can lower levels of anxiety and depression, help you feel calmer, lower your blood pressure, improve your overall heart health, and may even extend your lifespan.
- Kindness can promote inner strength and help you cope with life's challenges.

Find free kindness ideas and resources on the
Random Acts of Kindness website:

<https://www.randomactsofkindness.org>

It's not just how you treat other people — it is also how you extend those same behaviors and intentions to yourself. The Mayo Clinic offers a variety of free, self-guided programs that can improve different aspects of your health and wellness, including kindness.

<https://www.mayoclinichealthsystem.org/wellness/kindness>

Be kind with your own self talk

Comfort

Soothe

Motivate

Encourage

Validate

- 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.



**California Special
Districts Association**
Districts Stronger Together

*All New Content
Including Keynotes
& Breakout Session
Options!*



CSDA's 2023
**GENERAL
MANAGER
LEADERSHIP
SUMMIT**



*A leadership conference for general managers
and other management staff in special districts*

June 25 – 27, 2023
Everline Resort & Spa

(Formerly the Resort at Squaw Creek)
a Destination by Hyatt Property



SCHOLARSHIPS AVAILABLE!

visit sdlf.org

The General Manager Leadership Summit provides the best networking and professional development opportunities for special district general managers and other management staff from districts of all types and sizes throughout California.

Come together with others facing the same challenges and opportunities, learn from our expert instructors, and return to your district refreshed and reenergized.

Consider sending an emerging leader from your district to this conference also – it could be the first step in preparing our next generation of special district general managers.

**THE CONFERENCE
FOR CURRENT &
EMERGING
LEADERS**



OTHERS WHO WOULD BENEFIT FROM ATTENDING:

- DISTRICT ADMINISTRATORS
- DEPARTMENT MANAGERS
- OPERATIONS MANAGERS
- OFFICE MANAGERS
- SUPERVISORS
- FINANCE OFFICERS
- BUSINESS MANAGERS
- LEGAL COUNSEL
- OTHER DISTRICT MANAGEMENT STAFF



SDRMA Credit Incentive Points

Special District Risk Management Authority (SDRMA) is committed to establishing a strategic partnership with our members to provide maximum protection, help control losses and positively impact the overall cost of property/liability and workers' compensation coverage through the Credit Incentive Program. Credit incentive points can be earned based on an agency's attendance at the General Manager Leadership Summit.



The General Manager Leadership Summit qualifies for 25 points of continuing education toward the Special District Leadership Foundation's Certified Special District Manager program. Learn more about the requirements for taking the CSDM examination on page 9.



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REGULAR AGENDA

--HVAC ADDITION TO CORNING HEALTH CLINIC

Recommendation:

Approve the purchase and installation of an additional HVAC unit to the Corning Health Clinic

-2023-2024 PRELIMINARY BUDGET

Recommendation:

Approve changes to the Preliminary 2023-2024 Budget

- APPROVAL OF FINAL AMBULANCE GRANT REPORT

Recommendation:

Approve the final grant report and payment



Bickley's Air Conditioning & Heating

P.O. Box 8880
Red Bluff, CA 96080-1880
(530) 527-7188
FAX (530) 528-1479
State Contractor's Lic. #754681
www.bickleys.com
Estimate

April 18th, 2023

Corning Health Care District
155 Solano Street
Corning, CA 96021
824-5451 or 774-7467 Tina

Re: 155 Solano Street, Corning, CA

Install 1 Mitsubishi 20,000 BTU 20 SEER duct free split heat pump.

w/1 - 12,000 BTU Ceiling head for Medical Clean Room.

Attach head from Dental Clean Room.

Model# MXZ-2C20NA4-U1
MLZ-KP12NA2-U1

TOTAL: \$ 10,983.85

Price includes: Installation, electrical, tax and prevailing wage labor.

Standard Warranty: 1 year labor, 12 year parts.

-The owner/renter of above property takes full responsibility for any lead or asbestos that may exist in the dwelling if it was built before 1981.

Frank Bickley, Owner Date

Customer Signature Date

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**PRELIMINARY
2023-2024
BUDGET**

CHD 2023-2024 Preliminary Budget		
Investment Income	\$ 22,000.00	
Checking Interest	\$ 25.00	
Assessment Income	\$ 462,000.00	
Rental Income	\$ 246,000.00	
Total Income		\$ 730,025.00
Payroll	\$ 190,000.00	
Health Insurance	\$ 58,620.00	
Work Comp Insurance	\$ 3,350.00	
Training	\$ 5,000.00	
Total Employee Expense		\$ 256,970.00
Public Education Material	\$ 3,800.00	
Admin Legal	\$ 16,000.00	
Office Supplies	\$ 4,800.00	
Advertising	\$ 3,600.00	
Audit	\$ 11,000.00	
Election	\$ 13,000.00	
Admin Other	\$ 9,000.00	
Total Admin Expense		\$ 61,200.00
Electric Utility	\$ 48,000.00	
Water	\$ 6,350.00	
Telecom	\$ 16,000.00	
Garbage	\$ 3,500.00	
Maintenance and Repair	\$ 24,000.00	
Outside services	\$ 69,000.00	
Special Projects	\$ 24,000.00	
Fire & Liability Insurance	\$ 29,600.00	
Total Facility Expense		\$ 220,450.00
Total Expense		\$ 538,620.00
Operating Profit		\$ 191,405.00
USDA Interest		\$ 52,713.00
Depriciation		\$ 131,456.00
Net Income		\$ 7,236.00

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APPROVAL OF FINAL AMBULANCE GRANT REPORT

Contract Number: 22-01		Grantee: MERCY FOUNDATION NORTH	
Contact Name: Delcie Strahan			
Project Name: St. Elizabeth's Hospital's Mobile Life Support Unit Tehama County Ambulance Project			
Contract Term: One year commencing July 1, 2022		Contract End Date: June 30, 2023	
Funding Requested: \$100,000.00	Funding Awarded: \$100,000.00	Awarded Materials Cost: \$100,000.00	

Grantee Responsibilities

For the above referenced grant final report, please provide the following:

- Details of where the asset was acquired.
- Detailed description of acquired asset.
- Copies of all vendor invoices to Mercy Foundation North related to acquired asset.
- Copies of all payments made by Mercy Foundation North related to acquired asset.
- Copy of activity statistics for acquired asset since service deployment, excluding all information that could be construed as personal, medical, or confidential.

Please submit report by June 30, 2023

GRANTEE:
<i>Delcie Strahan</i>
Delcie Strahan
Grantee Tax ID Number- <u>94-3136799</u>
<u>6/13/23</u>
Date

CORNING HEALTHCARE DISTRICT:
<i>Yvonne Boles</i>
President of the Board of Directors, Yvonne Boles
<u>6-18-23</u>
Date

Vendor: LEADER INDUSTRIES
Remit To Location:
Invoice: 117335 0 Invoice
Invoice Amount: 101,301.90 USD
Discount Amount: 0.00
Net Payable: 101,301.90
Taxable Amount: 92,522.00
Tax Amount: 6,939.15 Tax Code
Paid Amount: 101,301.90
Tax Adjust:
Invoice Description:
Status: History
Approved: Yes ttownsl
Payment Number: 1425866 EFT RECONCILE
Invoice Date: 06/30/2022 Payment Date: 07/19/2022
Due Date: 07/15/2022 NT15
Voucher: 49305366
Purchase Order: 15362021 0 CAP
Return Reference Nbr:
Reference Type: Reference Nbr:

CALIFORNIA FLEET AUTO INSURANCE IDENTIFICATION CARD

COMPANY NUMBER
43575

COMPANY NAME AND ADDRESS
INDEMNITY INS CO OF N. AMERI
P.O. Box 7716
Philadelphia, PA 19192

CLAIMS(877) 576-1897

POLICY NUMBER
SCAH25569519

EFFECTIVE DATE EXPIRATION DATE
07/01/2022 07/01/2023

THIS POLICY MEETS THE REQUIREMENTS OF § 16056 OR § 16500.5 OF THE
CALIFORNIA VEHICLE CODE AND IS A COMMERCIAL OR FLEET POLICY

YEAR MAKE/MODEL VEHICLE IDENTIFICATION NUMBER
"All Owned, Leased or Rented Vehicles"

AGENCY/COMPANY ISSUING CARD
Marsh USA Inc.
525 Vine Street Suite 1600
Cincinnati, OH 45202

INSURED
 0433B - ST. ELIZABETH
COMMUNITY HOSPITAL
2550 SISTER MARY COLUMBA DRIVE
RED BLUFF, CA 96080

SEE IMPORTANT NOTICE ON REVERSE SIDE

THIS CARD MUST BE KEPT IN THE INSURED
VEHICLE AND PRESENTED UPON DEMAND

IN CASE OF ACCIDENT: Report all accidents to your Agent/Company as
soon as possible. Obtain the following information:

1. Name and address of each driver, passenger and witness.
2. Name of Insurance Company and policy number for each
vehicle involved.

LEADER INDUSTRIES
(626) 575-0880 * FAX (626) 575-0286

10941 Weaver Avenue
South El Monte, CA 91733-2752

INVOICE# 117335

SOLD TO:

Dignity Health - St. Elizabeth Comm. Hospital
 Attn: CommonSpirit Health AP
 3400 Data Drive
 Rancho Cordova, CA 95670
 apinvoices@dignityhealth.org

SHIPPED TO:

St. Elizabeth Community Hospital
 2550 Sister Mary Columba Drive
 Receiving - Non-Stock B153A
 Red Bluff, CA 96080

INVOICE DATE	DATE SHIPPED	OUR ORDER NO	YOUR ORDER NO.	TERMS	F.O.B.	SALESPERSON
6/29/22		632940	15362021-0-CAP	COD	S.E.M.	KO
QUANTITY	DESCRIPTION					PRICE
1	REF: PO# 15362021-0-CAP One (1) 2022 Ford Gas Transit Type II Leader Van Ambulance per Your Specifications Vin# 1FDBR1CG1NKA47283 632940 Unit Price Per Quote					\$ 92,522.00
	Sub-Total					\$ 92,522.00
	Sales Tax @ 7.50%					6,939.15
	CA Tire Fee					8.75
	Estimated DMV Fees					1,132.00
	Delivery Fees					700
	TOTAL AMOUNT DUE					101,301.90

Purchaser agrees to defend, indemnify and hold Halcore Group Inc., dba Leader Industries, harmless from any claims, costs (including actual attorney's fees), damages and liabilities caused in whole or in part by any alteration or modification of, changes or additions to these purchased products.

TERMS: All Vehicle Sales Are C.O.D. Title to be Processed Upon Receipt of Payment in Full.

THANK YOU FOR YOUR BUSINESS!

Corning Healthcare District
2022 Ambulance Grant
Final Report

Mercy Foundation North (MFN) and St. Elizabeth Community Hospital (SECH) are thrilled to share that the Corning Healthcare District grant funded ambulance was received from Leader Industries far ahead of schedule in August 2022 and put into service for emergency calls the following month. This ambulance is a 2022 Ford Transit-250 Base Van with a 3.5L 6 Cylinder GAS 99G Turbo Charged engine. Prior to being put into service, the ambulance was outfitted with over \$3,000 in equipment and treatments. In an effort to be the best steward of our resources, a majority of equipment and supplies for the rig were moved from a decommissioned ambulance.

Since September 2022, this specific ambulance has responded to 1,168 emergency calls and has been driven a total of 44,917 miles throughout Tehama and the surrounding counties. In terms of South County specific emergency calls, SECH's Mobile Life Support Unit (MLSU) team responded to a total of 2,336 calls with 341 of those responded to by this ambulance. The new ambulance has responded to 15% of all South County calls since it has been in service. SECH has an ambulance fleet of 10 that can respond to emergency calls and this rig is one of the most responsive.

This ambulance's impact extends far beyond its presence in South County. Its integration into the SECH MLSU ambulance fleet reduces the burden placed on the entire fleet and extends the life of each rig. This reduces maintenance costs and improves the usability of all the rigs. Furthermore, this rig became a quick favorite of the MLSU team and is often appreciated for its state of the art technology and safety features. Teresa Davis, our MLSU Supervisor, shared, "There is nothing like having a new ambulance. Staff always want to be in this rig because it is so reliable, it handles well and they feel safe driving it. It helps to boost morale in the department but most of all, it allows us to continue to give our patient care in the comfort only a new ambulance can bring."

Lastly, this ambulance has become one of our go-to rigs for community outreach. So far it has been driven in the Corning Hometown Christmas Lighted Parade, the Downtown Red Bluff Christmas parade, and the Red Bluff Round-Up Parade. In each of these events Corning Healthcare District's generosity was highlighted. Thank you so much for your support in bringing this ambulance to Tehama County. It has already made a significant difference in our community and it will continue to do so for years to come.

