



Corning Healthcare District

ELDER SERVICES Newsletter

No. 21

Autumn 2022

OCTOBER IS FIRE SAFETY MONTH

FIRE EXTINGUISHERS

When to use a fire extinguisher:

Fire extinguishers can be helpful on a small fire. Quickly assess the following before deciding to use one:

- Have I alerted others in the building that there's a fire?
- Has someone called the fire department?
- Am I physically able to use a fire extinguisher?
- Is the fire small and contained in a single object (like a pan or a wastebasket)?
- Am I safe from the fire's toxic smoke?
- Do I have a clear escape route?

Use a fire extinguisher when all of these questions are answered "yes." If you're unsure about whether or not it's safe to use a fire extinguisher, and for all other situations, alert others, leave the building, and call 911 from a mobile or neighbor's phone.

How to use a fire extinguisher:

Remember the word **P A S S**

- **Pull** the pin. Hold the extinguisher with the nozzle pointing away from you and release the locking mechanism.
- **Aim** low. Point the extinguisher at the base of the fire.
- **Squeeze** the lever slowly and evenly.
- **Sweep** the nozzle from side-to-side.

There are five primary types of fire extinguishers, each designed to put out different kinds of fires.



For use with **ordinary** materials like cloth, wood and paper.

Often found in homes and businesses



For use with **combustible and flammable** liquids like grease, gasoline, oil and oil-based paints.

Often found in homes and businesses



For use with **electrical** equipment like appliances, tools, or other equipment that is plugged in.

Often found in homes and businesses



For use with **flammable** metals

Often found in factories

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For use with **vegetable** oils, animal oils and fats in cooking appliances.

Often found in commercial kitchens (restaurants, cafeterias, catering businesses)



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**Corning
Healthcare District**

Bringing Health Services to Southern Tehama County

Lessons from the Sycamore

Sycamore trees shed their bark
To keep deadly insects away
Or for photosynthesis all year long
Through cool nights or heated days

In the fall, slowing production of
chlorophyll
Displaying colors of red, yellow, no
longer green

This years leaves dropping to the
ground
To ready the branches for buds of
Spring

So our life trees shed their bark
Of memories in days gone by
Trying to live in the past
Will only make our life tree die

Letting go of what was or
What could have been
Makes room for buds of hope
That are just around the bend

~Shirley Engebretsen~



- No plants are fireproof but since large oak trees have thick, furrowed bark, they are more resistant to fire damage.
- The Jurupa Oak, also known as Hurungna Oak, in Riverside County, California is a Palmer's Oak that grows like a shrub in a colony. It is believed to be over 15,000 years old, which makes it possibly the third oldest living organism on Earth. There are no acorns on the Jurupa Oak. This oak clones itself but only does so after a fire, as new shoots grow on the scorched branches.

- 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.

The Mighty Oak

Fun Facts

Valley Oak Leaf



- Almost all species of oak trees live to be at least 200 years old. To be classified as an 'ancient', an oak has to be over 500 years old. Some oak trees can survive for thousands of years. One famous oak tree, planted by King John (of Magna Carta fame), has survived in Devon, England since the 13th century. Another famous even older oak is the Major Oak near Edwinstowe, a village in the heart of Sherwood Forest in Nottinghamshire. This tree is said to be as old as 1000 years and is believed to have been where Robin Hood and his merry men took refuge from the law.
- At 2,000 years old, the Pechanga Great Oak in Temecula, California is recognized as the oldest singular oak tree in the world.
- Oak trees were declared America's national tree in 2004, symbolizing the nation's strength and sturdiness. It is also the national tree of England, Estonia, France, Germany, Latvia, Lithuania, Poland, and Wales.
- Oak trees are associated with numerous mythologies and religions around the world. In Norse mythology, the oak tree is the sacred tree of Thor, the god of thunder. The Greeks believed oaks to be a sacred tree of Zeus, the king of the gods. It is also a significant tree to the Slavic god, Perun. The Bible makes mention of the oak tree at Shechem, and oak groves were planted by Druids for religious rites.
- Oak wood is well known for being hardy and strong. Oak makes solid furniture, ships, floors, and Yamaha drums are even made out of oak trees.
- Oak wood barrels are often used in the storage and manufacture of various alcohols. Wine, whiskey, and brandy are all stored in oak barrels. Some types of beer are oak barrel aged as well.
- Oak trees produce acorns, which are a fruit, not a seed. Oak trees don't start producing acorns until they reach around 20 years old. One tree can make 2,000 acorns every year, but only about 1 in 10,000 will become a new tree.
- Pigeons, ducks, pigs, deer, squirrels, and mice all find a delicious snack in raw acorns, but the tannic acid found in acorns can be toxic to cattle, horses, dogs, and humans. However, by leaching acorns to remove the tannins, they can be made safe for human consumption.
- There are 20 species of oak trees native to California and more than 20 hybrids, with the most common being the valley oak, interior live oak, or blue oak. The valley oak is the largest oak tree found in California.



Valley Oak Acorn