



Corning Healthcare District

ELDER SERVICES

Newsletter

No. 25

Autumn 2023



We are the
Corning Healthcare District
*Bringing Health-related Services to
Southern Tehama County*

Corning Healthcare District funds new ambulance to serve Tehama County

Medical emergency service in southern Tehama County became better due to a \$100,000 grant from the Corning Healthcare District to Mercy Foundation North and St. Elizabeth Community Hospital for the purchase of a new ambulance.

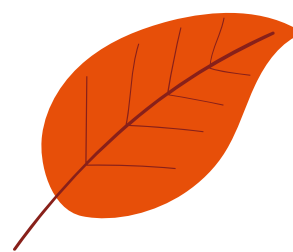


Read more at:

https://www.appeal-democrat.com/corning_observer/corning-healthcare-district-funds-new-ambulance-to-serve-tehama-county/article_8dfd3030-8621-11ed-82aa-ebf66640fc7d.html



A smiling Wini Peterson shows off the new dishwasher purchased by the Corning Healthcare District for the Corning Senior Center.



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Or visit our website at

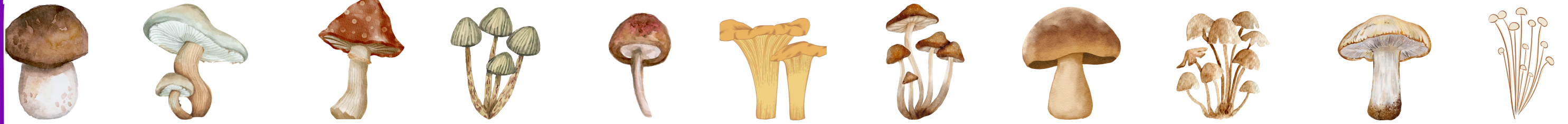
<https://www.corninghealthcaredistrict.com>



Corning Healthcare District



Bringing Health Services to Southern Tehama County



Some facts about mushrooms

Mushrooms are prized for their flavor, nutritional value, and medicinal properties.

Most mushrooms fall into one of four categories: Saprotrophs – decomposers that thrive on decay (e.g. Reishi, Shiitake, White Button, Cremini); Mycorrhizal mushrooms that partner with plants for their mutual benefit (e.g. Porcini, Chanterelles); Parasitic mushrooms that grow on a plant host and eventually kill it (Lion's Mane, Chaga); and Endophytes, a unique type of mushroom somewhere between the other three. Endophytes have a mysterious relationship with plants that is not yet fully understood.

Matsutake Mushrooms from Japan are an Autumn delicacy and may be the rarest and most expensive of the over 10,000 kinds of edible mushrooms. The price of this Mycorrhizal continues to rise due to disappearing habitat.

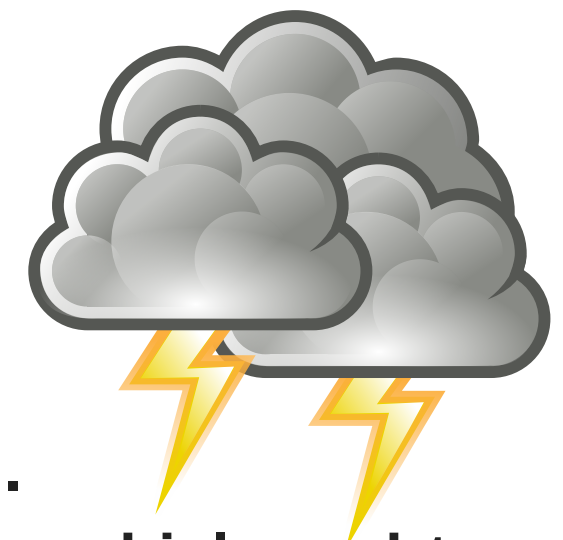
SEPTEMBER IS EMERGENCY PREPAREDNESS MONTH

Emergencies and disasters can be natural or man-made. Examples of disasters include (but are not limited to) fire, flood, landslide, tornado, thunderstorm, power outages, volcano, heat wave, Hazardous Materials (HazMat) spills, terrorism (including active shooter), highway or railroad safety, food poisoning, disease and pandemics. Depending on the type of emergency, you may be advised to evacuate or to shelter in place. Be ready by keeping a Go Bag for evacuations and a Stay Box for sheltering in place. Remember to include: Water - one gallon per person, per day • Food, non-perishable, easy-to-prepare • Flashlight • Battery-powered or hand-crank radio (NOAA Weather Radio, if possible) • Extra batteries • First-aid kit • Medications (7-day supply) and medical items • Multi-purpose tool & can opener • Sanitation & personal hygiene items • Copies of personal documents • Cell phone with chargers • Family & emergency contact information • Extra cash.

Don't forget the needs of your pets!

THUNDERSTORM SAFETY

- If you can hear thunder, you are close enough to be in danger from lightning. The National Weather Service recommends:
- Stay inside for at least 30 minutes after the last thunder clap.
- Avoid electrical equipment and telephones.
- Use battery-powered TVs and radios instead.
- Shutter windows and close outside doors securely.
- Keep away from windows. Do not take a bath, shower or use plumbing.
- If you are driving, try to safely exit the roadway and park. Stay in the vehicle and turn on the emergency flashers until the heavy rain ends. Avoid touching metal or other surfaces that conduct electricity in and outside the vehicle.



If you are outside and cannot reach a safe building, avoid high ground; water; tall, isolated trees; and metal objects such as fences or bleachers. Picnic shelters, dugouts and sheds are NOT safe.

Remember: If thunder roars, go indoors!

- 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.