

# 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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**<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.