




# What's



JUNE 2022 NEWSLETTER

SUMMERTIME



## Director's Message

Dear OC Health Care Agency (HCA) Team,

**June is here and we celebrate the start of summer!** I truly hope you can take or find time to relax, recharge or rest during the summer. I sincerely say "thank you" for all the hard work you have done throughout the pandemic in serving the Orange County (OC) community. I believe I could go through each program within the HCA and find something to praise for the work you've been doing. Some items that come to mind are that we can be proud of our COVID-19 teams who continue their dedicated work on the frontlines by providing boosters and vaccinations. Last summer we faced a COVID-19 surge with

... continued on page 2

## Peer-to-Peer

# Marian Kettler

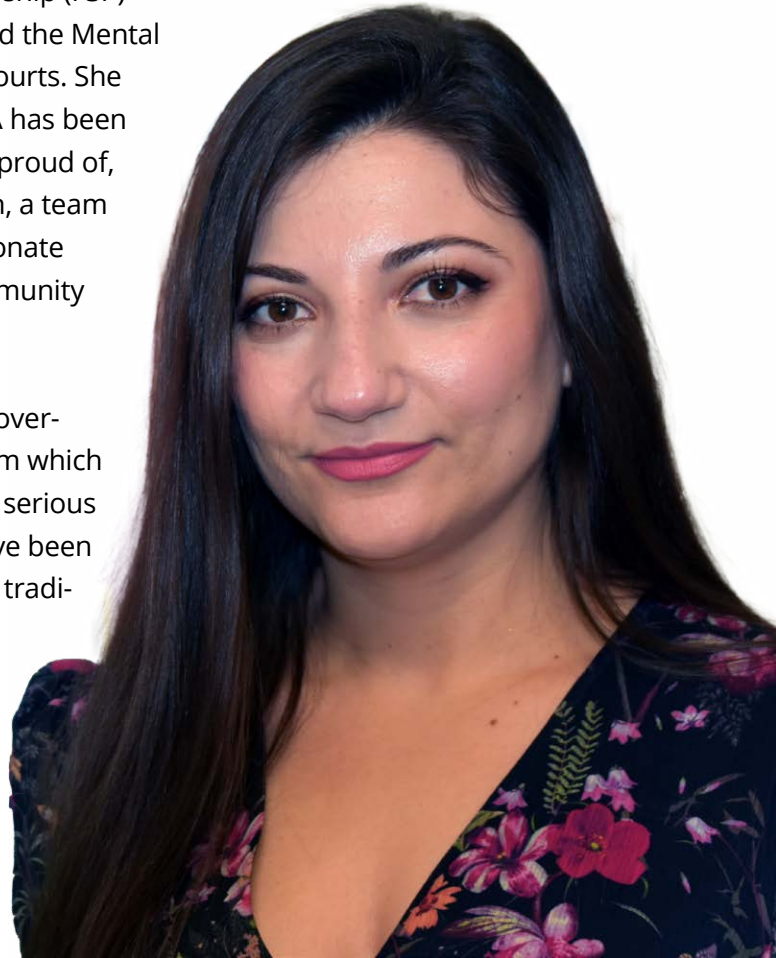
Contributor: **Julia Mayuga**, Communications Intern

Congratulations to Peer-to-Peer recipient **Marian Kettler**. When her selection was announced in early May she was Service Chief I with Mental Health and Recovery Services, Assisted Outpatient Treatment (AOT). Now in early June, Marian is marking her sixth year with the OC Health Care Agency (HCA) and celebrating a promotion to Service Chief II with the Full Service Partnership (FSP) Coordination Office and the Mental Health Collaborative Courts. She said serving at the HCA has been rewarding, "I am most proud of, and enjoy working with, a team that is genuinely passionate about serving the community and helping others."

clinicians, mental health specialists, and office support staff. The team collaborates with community providers including the AOT court team, public defenders, district attorneys and jails. The work we do can be challenging. I enjoy the collaboration we share to create a common goal for our clients."

... continued on page 3

Marian said she loved overseeing the AOT program which serves individuals with serious mental illness, who have been unsuccessful linking to traditional mental health treatment. "This is a specialty program with a multi-disciplinary team of psychologists,



## FEATURED ARTICLES

- Lessons Learned from COVID-19 .....4
- Red Cross Heroes Award .....6
- TEA Time.....8
- Pride Month.....9

## Director's Message

*continued from page 1*

the Delta variant. This summer, after the success of Operation Independence, we have more residents who are vaccinated and now there are therapeutics available for treatment – contact your health care provider for information on those. In addition, vaccines are recommended for children aged 5 and up. You can find vaccine resources on our website [here](#).

It's not only the pandemic keeping us busy. Our Public Health Services Division mobilized to serve families impacted by the baby formula shortage; our Mental Health and Recovery Services Division provides support during times of trauma while working to prevent trauma; and our Correctional Health Services has innovated with the first care and treatment clinic for individuals with diabetes and implemented a Medication Assisted Treatment multidisciplinary team. I hope you know that the HCA always welcomes opportunities to share the terrific work we are doing. Feel free to tell us "What's Up" in your division by emailing HCA Communications at [hcacomm@ochca.com](mailto:hcacomm@ochca.com).

This month, we observe **Men's Health Month** and **National HIV Testing Day**. Men of every age and background can be empowered to make the best health decisions by being informed. Take time to find the tools needed to keep you or the man/men in your life healthy. You can start [here](#). "HIV Testing is Self-care." That's the theme for National HIV Testing Day on June 27. Knowing your status is one of the keys to ending the HIV epidemic. You can find an HIV testing location in OC [here](#).

**HEALTH MATTERS:** The month of June is also an opportunity to recognize several additional health observances, including:

- **[Alzheimer's and Brain Awareness Month](#):** This is a time to have conversations about cognitive health and well-being. Alzheimer's is a degenerative brain disease and most common form of dementia affecting more than 55 million people around the world. Your memory often changes as you grow

older, but memory loss that disrupts daily life is not a typical part of aging.

- **Family Health and Fitness Day (June 11):** There are two of these days celebrated during the year. In June the focus is on inviting families to get active and healthy at their local park or recreation center. You can find activities from [OC Parks](#). There are also a variety of resources available at [www.resources-forliving.com](http://www.resources-forliving.com).
- **National Safety Month:** The focus is to keep ourselves and each other safe from the workplace to anyplace. The HCA Safety Program promotes a safe, risk-free and comfortable working environment for all HCA employees and visitors. You can find more about the Safety Program on the HCA Intranet [here](#).
- **World Blood Donor Day (June 14):** Do you know your blood type? Safe blood and blood products are lifesaving. It just takes a heart to give blood. Find a donation center near you through the American Red Cross [here](#).

**CULTURE MATTERS:** This month, we recognize the following cultural observances:

- **Juneteenth (June 19):** Juneteenth celebrates the ending of slavery in the United States when a general in the Union Army arrived in Galveston, Texas to enforce the Emancipation Proclamation and free the last enslaved Americans. The day is now a federal holiday. Juneteenth is proudly being recognized and celebrated throughout OC. With activities planned across OC, let's all join in the celebration including festivals at the Great Park in Irvine, Segerstrom Center for the Arts, Heritage Museum of OC, and at Centennial Regional Park on June 19th. For more on Juneteenth history visit [here](#).
- **LGBTQ Pride Month:** Lesbian, Gay, Bisexual, Transgender and Queer Pride Month commemorates the 1969 Stonewall Uprising in New York City which became a tipping point for the Gay Liberation Movement. In addition to celebrations, memorials are held for those lost to hate crimes or HIV/AIDS.

Click [here](#) to learn more on the history of Pride Month.

Here are some additional health and cultural observances to note for the month of June, click on each link to learn more:

- June: [PTSD Awareness Month](#)
- June 8: [World Oceans Day](#)
- June 20: [World Refugee Day](#)

Health and culture matter here at the HCA. There are many observances that are recognized across the world and throughout the year. If you know of a health or cultural celebration that you would like to be acknowledged in a future message, please feel free to send an email to [hcacomm@ochca.com](mailto:hcacomm@ochca.com). Thank you team for your support and understanding!

Stay Well,



A handwritten signature in black ink that reads "Clayton Chau MD". The signature is written in a cursive style and is positioned over a white background.

**Dr. Clayton Chau, MD,  
PhD, MASL**  
HCA Director

Now that she's promoted, Marian said it's a return to something familiar as she was a part of her "new" team before joining the AOT program and Marian said she's happy to accept the new responsibilities, "I oversee the contracts that the HCA has with Adult FSP programs to provide mental health services to clients with serious mental illness. I also oversee a team that works with the Collaborative Courts to coordinate mental health services for justice-involved individuals."

During her HCA career some things have been consistent for Marian. She notes the importance of collaboration, passion and teamwork. "Supporting the program starts on the ground level and moves up. I do my best to support my team, whether through team building activities or supporting their professional development, which then allows my team to support their clients in the community. This also impacts the public, as our most vulnerable population gets access to needed resources."

Marian notes the County of Orange and HCA have opportunities. "One of the benefits I've utilized within HCA is being able to cross train and participate in different projects and challenges, which leads to a more fulfilling work life as well as professional development."

Before joining the HCA Marian spent time at a family community clinic and a partial hospitalization program treating eating disorders. Working in an intensive outpatient setting, she assisted clients with mental illness and wanted to specialize in providing care to vulnerable populations and clients without a support system. "I was motivated to provide this treatment to more vulnerable populations, including clients who may not have family or system support," said Marian.

When not at work, you'll likely find Marian enjoying time with family and friends, including her energetic dog Ziki and easy-going cat Mish-Mish.



# LESSONS LEARNED FROM COVID-19 and for Going Forward

Two distinguished panels of Orange County (OC) leaders and community members were brought together to discuss the lessons learned during the COVID-19 pandemic and to make recommendations for the future. Titled "Beyond COVID-19: A Community Forum on Health, Equity, and Hope", the panel discussions were hosted by Orange County Board of Supervisors Chairman Doug Chaffee, the Asian American Senior Citizen Service Center and the OC Health Care Agency (HCA). The first panel featured communities which were highly impacted during the pandemic, while the second panel featured COVID-19 responders.

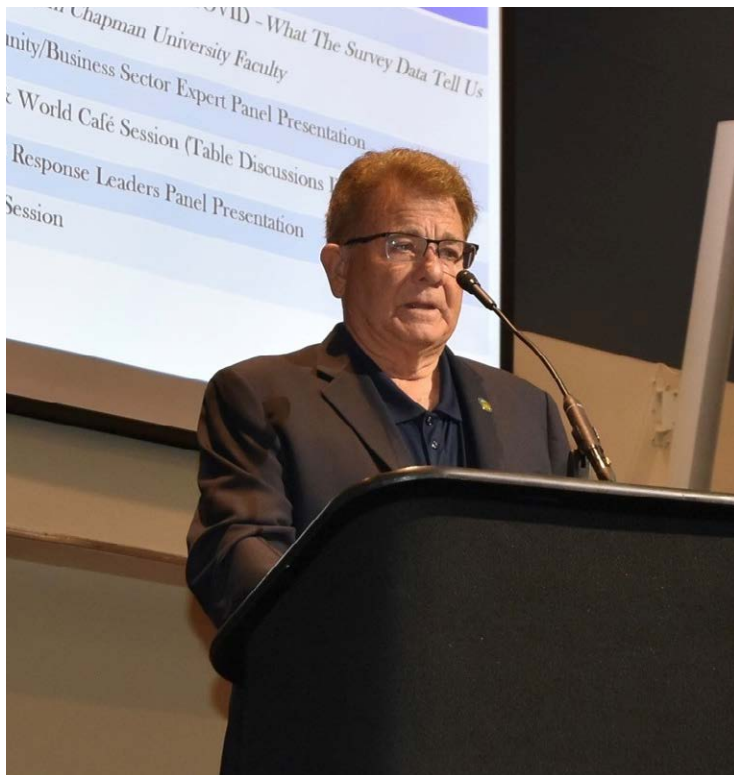
One of the goals of the forum was to look for ways to make the system better for the OC community by "looking for blind spots" during the pandemic said Chairman Chaffee. "We started off with testing and ended with vaccines. We've made great progress but there's still work to be done."

The forum also shared examples of where the County of Orange (County) excelled in its response. "Orange County was the first place in the US to vaccinate seniors over age 65," said HCA Director **Dr. Clayton Chau** who pointed out, "the state followed OC in vaccinating seniors. That leadership by OC is a credit to the COVID-19 Vaccine Taskforce and to the work of so many at the HCA and in the County."

Speakers and panelists included: **Dr. Margaret Bredehoff**, Chief of Public Health Services; and **Dr. Helene Calvet**, Communicable Disease Control Division. **Hieu Nguyen**, Director of the Office of Population Health and Equity hosted the first panel and **Dr. Regina Chinsio-Kwong**, County Health Officer hosted the second panel.

In addition to the public forum, attendees were invited to have their COVID-19 experiences recorded for future use.





Orange County Board of Supervisors **Chairman Doug Chaffee**.



OC Health Care Agency Director **Dr. Clayton Chau**.



County Health Officer **Dr. Regina Chinsio-Kwong**.



**Dr. Margaret Bredehoff**, Chief of Public Health Services and **Hieu Nguyen**, Director Office of Population Health & Equity.



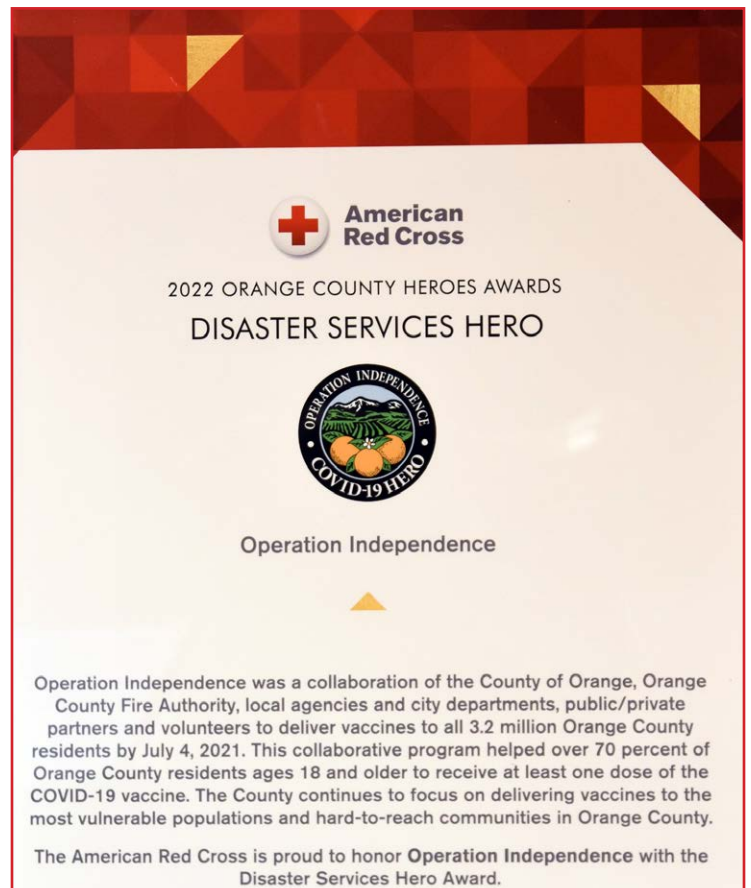


# Operation Independence Receives RED CROSS HEROES AWARD

Operation Independence, the trailblazing COVID-19 vaccination effort by the County of Orange (County), received a [Heroes Award](#) from the Red Cross of Orange County! Operation Independence was a collaboration of the County, the OC Health Care Agency, Orange County Fire Authority, local agencies and city departments, public/private partners and volunteers to deliver vaccines to all 3.2 million Orange County (OC) residents by July 4, 2021. This collaborative program helped more than 70% of OC residents ages 18 and older to receive at least one dose of a COVID-19 vaccine.

In presenting the award the Red Cross said, "We are proud to honor Operation Independence with the Disaster Services Award on behalf of everyone in Orange County. Thank you for your dedication to keeping our community safe."

The Red Cross put together a video to present the award, which you can see by clicking [here](#).



# AGENCY PROGRAMS RECEIVE NATIONAL RECOGNITION

The National Association of Counties (NACo) recognized two OC Health Care Agency (HCA) programs in the 2022 NACo Achievement Awards: the [OC Links Behavioral Health Service Line](#) and the [OCHCA and MindOC Collaboration: Be Well Campus](#). The NACo achievement awards are presented to counties for innovative programs that modernize county government and increase services to county residents.

This recognition reflects the amazing work of our Agency and highlights that work at the national level. You can locate information about nominations submitted by other counties across the nation in NACo's searchable awards database by clicking [here](#).

Congratulations to the HCA programs for receiving the NACo recognition! Thank you to all who were involved in putting the nominations together and giving recognition to our Agency's programs.



1. L-to-R: **Chi Pham, Deborah Diaz de Leon, Jenna Sarin, Jenny Qian, Joseph Minderhoud,** Paulette Chaffee, Frank Kim, **Dr. Clayton Chau, Steve Thronson,** Mario Ortega, **Dr. Margaret Bredehoft, Torhon Barnes, Katie Kalvoda, Dr. Regina Chinsio-Kwong.**
2. L-to-R: **Dr. Clayton Chau,** Mike Petro, **Dr. Margaret Bredehoft,** Chairman Doug Chaffee, Paulette Chaffee, Frank Kim and Brian Fennessy.
3. Orange County Board of Supervisors Chairman Doug Chaffee accepting Red Cross award. L-to-R: Wendy Burch, Frank Kim, **Dr. Clayton Chau, Dr. Margaret Bredehoft,** Mike Petro, Paulette Chaffee and Brian Fennessy.
4. L-to-R: **Torhon Barnes, Dr. Clayton Chau,** Paulette Chaffee, **Deborah Diaz de Leon, Joseph Minderhoud** and **Chi Pham.**







# TEA Time

— at the —

## OC Health Care Agency

1

Contributor: **Chris Prevatt**, Co-Team Leader, Labor & Management Committee

The OC Health Care Agency (HCA) aims to provide quality care through a variety of programs and services for residents of Orange County (OC). Each department at the HCA is composed of a unique set of teams who embody specific qualities, but all share the common attribute of providing an exceptional work ethic, leadership abilities and dedication to working together.

In an effort to continue recognizing teams that best represent our principles as an Agency and excellence as a collaborative team, the HCA/OC Employees Association (OCEA) Labor and Management Committee (LMC) created the Steve Ambriz Team Excellence Award. The award symbolizes the team committed to excellence and recognition of the great work being done each and every day. Last year's winners, Mental Health & Recovery Services - Prevention & Intervention OC Links, exemplified this through their ability to overcome significant challenges associated with the COVID-19 pandemic and provide a critical 24/7 entry point for Orange County residents needing behavioral health services.

**Starting this summer, the HCA/OCEA Labor and Management Committee will be seeking nominations for the 2022 Steve Ambriz Team Excellence Award.**

Please start now to consider taking this opportunity to nominate a team, program, or department within the HCA that excels as a unit. You can visit the LMC Team Excellence Award Intranet webpage at <http://intranet.ochca.com/lmc/team> for application criteria, details about previous winners, and additional information about what makes an excellent team. We will send out the final application information soon, so look for the email announcement.

The members of the LMC look forward to receiving your team's nomination!



1. L-to-R: **Carla Romero, Michelle Pak, Asita Aminian, Johanna Jimenez, Sara Alsabbagh, Maria Romo, Tim Sigafoos, Rudaina Elalami, Maite Sbabo, Shannon Peterson, Debbie Hyun, Brittani Hollier, HaiYing Thien, Melissa Herrera, Lisa Tran, Marina Haroon and Susan Choe.**
2. **Chris Prevatt** (Left) presents Team Excellence Award to **Timothy Sigafoos**, Service Chief II.



**JOIN** the Orange County Employees Association (OCEA) Labor & Management Committee (LMC) Telecommuting Best Practices Committee



Contributor: **Chris Prevatt**,  
Co-Team Leader, Labor & Management Committee

The OCEA Labor & Management Committee is looking for **NEW MEMBERS** so that we can assist the OC Health Care Agency (HCA) Director's Office in identifying best practices for the Agency Telecommuting Pilot Project prior to its one-year anniversary review in February 2023.

The OCEA LMC is a cooperative partnership between HCA Labor and Management that serves as a resource for achieving business goals and objectives Agencywide. The LMC does this by collaborating to develop solutions to workplace issues, assisting with Agency communications, and providing knowledge and expertise to help implement a more efficient, responsive, accountable, and results-oriented organization.

The LMC also conducts the annual Steve Ambriz Team Excellence Awards. The award recognizes an exemplary team committed to excellence and acknowledges their great work being done each and every day.

The role of the LMC is to:

- Help to create engaging work environments
- Develop solutions to improve communication
- Identify solutions to issues affecting the HCA workplace
- Improve workplace policies and procedures

Join Us today!

Applications are found at [intranet/lmc/member](#).

If you have any questions, please contact us at

[hcaocealmc@ochca.com](mailto:hcaocealmc@ochca.com).

**OC Health Care Agency Celebrates**

*Pride Month*

Contributors: **Mary Young**,  
Public Health Services, Administrative Manager II  
**Sammy Petrich**,  
Public Health Services, Communication Specialist

LGBT Pride Month commemorates the Stonewall Riots of June 1969. The month of June has transformed to a celebration to recognize the impact of LGBT people across the world. The OC Health Care Agency (HCA) will be supporting and celebrating too with our community members and our community-based organizations.

Many major cities across the world celebrate Pride, and on June 25 the OC LGBT Pride event will overtake the streets of downtown Santa Ana with a parade, performances, and booths! The HCA will be present to celebrate alongside our LGBT community members. The 17th Street Testing, Treatment, and Care (TTC) HIV/STD Clinic will be in attendance to promote the services the clinics provide. HCA staff will educate attendees on sexually transmitted diseases (STDs), safe sex practices, and the importance of getting tested for HIV/STDs regularly. TTC will offer HCA swag, tear pad flyers of the services TTC offers, as well as free condoms to our community members.

The HCA will also promote National HIV Testing Day with our community-based organizations on June 27. The HCA supports other organizations that share our same mission and population. Our local funded testing providers like APAIT, Radiant Health Centers, and LGBT Center OC will host events and special testing hours in celebration of National HIV Testing Day.

## ORANGE COUNTY STUDENTS

# DIRECTING CHANGE FOR MENTAL HEALTH

The OC Health Care Agency (HCA) Mental Health and Recovery Services (MHRS) is very excited to share the success of Orange County (OC) students' accomplishments in the Directing Change Film Contest this year. "OC students created very powerful films about suicide prevention, mental health, and additional health and social issues," said **Dr. Veronica Kelley**, Chief of MHRS. "The students' talents and creativity in using the medium of film to draw attention to these vital health issues is very impressive. I encourage you to take a moment and watch these 60 second films."

Two films won first place at the state level: the film "Alone" by El Dorado High School students in the category of Mental Health Matters; and the film "Heritage Held High" by Canyon High School students in the Justice Category. Films by students at Portola High School, El Dorado High School, Santiago High School, Woodbridge High School, La Quinta High School, Rosary Academy, Samueli Academy were regional winners.

"Congratulations to all the students who received awards," said **Dr. Bhuvana Rao**, Director Office of Suicide Prevention. "In addition to the winning films, we are pleased the Los Angeles Angels screened the student film "There's Always Someone" by Costa Mesa High School students at an Angels game during Mental Health Matters Month and will also screen it during a game in June."

The complete list of Orange County films can be viewed here: <http://directingchange.org/orangecounty/#events>.

**"Alone"** Category: Mental Health Matters

2022 National Winner

View Film: [vimeo.com/683583254](https://vimeo.com/683583254)  
Orange County, El Dorado High School  
Filmmakers: Tahla Pompel, Samantha Mar, Scarlett Martinez, and Caleb Lim

[www.DirectingChangeCA.org](http://www.DirectingChangeCA.org)

Directing Change Program & Film Contest

2022 National Winner

Supported by funding through the Mental Health Services Act (Prop 63)

**"A Call to Macy"** Category: Suicide Prevention

2022 National Winner

I hope, you know,  
I'm always here for you to listen.

View Film: [vimeo.com/683907295](https://vimeo.com/683907295)  
Orange County, Portola High School  
Filmmakers: Grace Shao, Elena Kim, Cecilia Mou, and Shanlee Sankhala

[www.DirectingChangeCA.org](http://www.DirectingChangeCA.org)

Directing Change Program & Film Contest

2022 National Winner

Supported by funding through the Mental Health Services Act (Prop 63)

**the Hope & Justice** Category

Revealing our  
March 2022 Hope  
and Justice  
Winning Entries

[www.DirectingChangeCA.org](http://www.DirectingChangeCA.org)

Directing Change Program & Film Contest

2022 National Winner

Supported by funding through the Mental Health Services Act (Prop 63)

**Heritage Held High**

2022 National Winner

Film: *Heritage Held High*

Filmmaker: Scott Hayashida  
Canyon High School  
Orange County

It is something that brings all of us together.

[www.DirectingChangeCA.org](http://www.DirectingChangeCA.org)

Directing Change Program & Film Contest

2022 National Winner

Supported by funding through the Mental Health Services Act (Prop 63)





# For Health



## Corn and Zucchini Pancakes

(servings: 12 pancakes)

Try making these morning pancakes as an alternative to your sweet pancakes.

### Ingredients

- 3 medium-sized zucchinis, trimmed and shredded
- 1½ cups canned, fresh, or frozen corn
- 3 large eggs, whisked
- 1 cup whole-wheat flour
- ¼ teaspoon salt
- ½ teaspoon baking powder 3 scallions, trimmed and chopped
- 1½ tablespoons oil
- Optional, for topping: plain, low-fat yogurt, salsa, herbs

### Preparation

1. Grate and drain the zucchini by putting it in a colander set over a bowl and pressing down. Let the zucchini sit in the colander for 10 minutes and press down again. Remove from colander.
2. Chop the scallions into small pieces.
3. Crack eggs into a larger bowl. Whisk the eggs in the large bowl until they are pale yellow.
4. If using canned corn, drain, rinse, and measure the corn.
5. Add zucchini, corn, and scallions to the eggs.
6. Measure and add the flour, baking powder, and salt to the eggs, corn, and zucchini in the large bowl. Mix everything in the large bowl until well combined.
7. Put the skillet on the stove or cooktop and turn the heat to medium. When the skillet is hot, add the oil. If using a nonstick skillet, you may need to add the oil before heating.
8. Use the ¼-cup measuring cup to scoop the corn and zucchini mixture from the bowl into the skillet. Repeat to fill the skillet. Cook pancakes until the bottoms are golden, about 5 minutes. Turn the pancakes over and cook for 5 more minutes. Repeat with the remaining mixture.
9. Serve and enjoy the pancakes

Source <https://fns-prod.azureedge.us/sites/default/files/resource-files/tnc-pancakes.pdf>

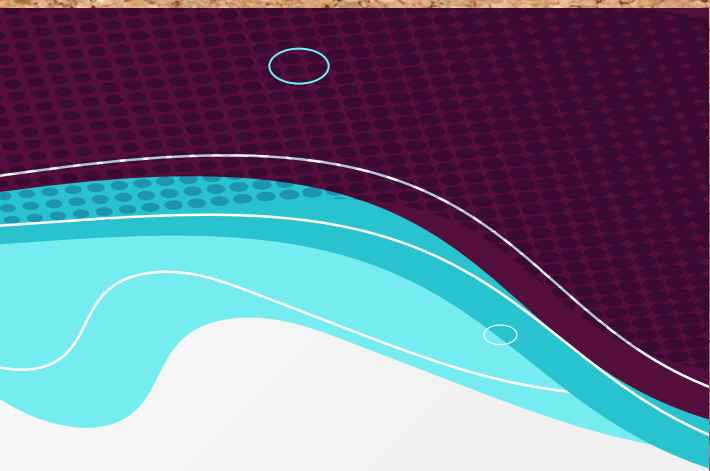


## Dr. Margaret Bredehoft's **BULLETIN BOARD**

---

- On May 12, we celebrated the dedication and resiliency of our OC Health Care Agency (HCA) Nursing staff. The unique challenges that our nurses face on a daily basis are met with professionalism, caring, patience and hope. We honor their contribution, not only to the HCA, but to the entire community. For the past two years, nurses not only acted as individuals helping individual patients, but as a group with America as the patient. Their leadership, one patient at a time, in disease prevention, awareness and education, bolsters the breadth and depth of the health care system foundation. We are proud to have such a large dynamic group of individuals working tirelessly for the residents of Orange County (OC). Thank you once again for all you do.
- As part of the HCA's Strategic Plan to provide quality, equity and value, I'd like to take a moment to highlight June 20, World Refugee Day. World Refugee Day is an international day designated by the United Nations to honor refugees around the globe. It celebrates the strength and courage of people who have been forced to flee their home country to escape conflict or persecution. World Refugee Day is an occasion to build empathy and understanding for their plight and to recognize their resilience in rebuilding their lives. Public Health Services (PHS) stands with our refugee community and we proudly partner with multiple nonprofit multicultural organizations in OC to provide services, education, and resources to assist this population achieve optimal health and wellness in their new country.
- I was honored to participate in the "Beyond COVID-19: A Community Forum on Health, Equity and Hope" which was held May 21 at California State University, Fullerton. This all-day event hosted two panel discussions to highlight lessons learned from highly impacted communities and COVID-19 responders and how we continue to move forward as a united community from here. Additionally, a World Café style table discussions were held with residents, community leaders, community-based organization representatives, and panelists to discuss how we can take lessons learned from COVID-19 to better prepare for future pandemics as well as improve existing supports as we evolve. The pandemic brought us together and taught us how we are





# Safeguarding Protected Health Information (PHI) and Personally Identifiable Information (PII) While Working Outside the Office.



OC Health Care Agency (HCA) Information Technology (IT) and the Office of Compliance would like to remind you of these tips to ensure the protection of PHI and PII when working outside the office.

able to work together to solve incredibly hard problems that may feel insurmountable when faced alone but very solvable by working together. We need to continue these efforts to solve more public health challenges to close gaps in health disparities and begin the crucial work of weaving the tapestry of equity into our communities.

- On a final note, I would like to extend my heartfelt support of the LGBTQ+ community during PRIDE month. With parades, festivals, and concerts going on across the globe, I would like to salute the strength and courage of the LGBTQ+ residents of OC. PHS is focused on increasing access, education, and awareness for the range of services we provide and ensuring that services are provided in a sensitive and appropriate manner. Providing quality, equitable health care services to our diverse community is the principal facet of our strategic plan as an Agency.



## 1 Remove HCA devices from your car.

Vehicle break-ins are one of the most common crimes. Items that are visible inside vehicles are easily taken in "smash and grab" crimes.



## 2 Your HCA laptop and/or devices are valuable.

In addition to the material value of the device, the information ON the device is valuable. Clients depend on you to take care of them and their personal information.



## 3 Keep devices off the floor.

It's too easy to step on or walk away from a device that is out of sight and therefore out of mind. If you don't have a backpack for your HCA-issued laptop, please ask for one.



## 4 Keep your passwords elsewhere.

Passwords can be a pain, we get it. Be creative, for example think of a sentence you'll remember or maybe you have a favorite saying and use the first letter of each word to create a password. If you keep a list of passwords, keep the list in a safe place.



## 5 Home safety.

The ability to work from anywhere remains a critical part of our mission and carries responsibility. That extends to securing PHI and PII at home as well.



## 6 Where to turn for help.

If your laptop is stolen report it immediately to the local police, your supervisor and IT Security at [securityincidents@ochca.com](mailto:securityincidents@ochca.com).

If you believe PHI or PII information has been compromised contact the Office of Compliance immediately at [Officeofcompliance@ochca.com](mailto:Officeofcompliance@ochca.com).

# FARMERS MARKET

Contributor: **Kelsey Escalante**, Public Health Nutritionist I

Did you know many Farmers Markets are open year-round? Visiting your local Farmers Market is a great way to find locally grown nutritious fruits and vegetables. The in-season fruits and vegetables available there provide more flavor and nutrition. It's also a great way to incorporate physical activity by walking to each booth.

## Here are more reasons to visit your local Farmers Market

**Pick-up a secret** – Farmers enjoy sharing their tips on how to cook the ingredients you buy, just ask.

**Kid friendly** – It might introduce your kids to new fruits and vegetables. You can also allow them to help prepare the meal with the produce selected.

**Support farmers** – Give to a local small business, know where your food is coming from and produced.

For a list of Farmers Markets near you, visit <https://www.myfamily.wic.ca.gov/Home/WICFarmersMarkets#WICFarmersMarkets>

## VISION

Quality health for all.

## MISSION

In partnership with the community, deliver sustainable and responsive services that promote population health and equity.

## GOALS

Promote quality, equity, and value.  
Ensure the HCA's sustainability.  
Offer relevant services to the community.

## CONNECT WITH US

The **What's Up newsletter** is created and distributed monthly by HCA Communications. We welcome your ideas, input and/or insight into HCA people and programs. To contribute, comment or connect please email us at

[hcacomm@ochca.com](mailto:hcacomm@ochca.com) or call (714) 834-2178.

Thank you!



FACEBOOK



TWITTER



YOUTUBE



EMAIL