




What's



JULY 2022 NEWSLETTER

HAPPY 4TH OF JULY!



Director's Message

Dear OC Health Care Agency (HCA) Team,

Our newsletter this month contains a letter to you, the HCA Family, from County Medical Officer **Dr. Regina Chinsio-Kwong**, whom we all know as "**Dr. CK**." She shares about a cancer diagnosis she is living through which unfortunately is common to many. I have been in touch with Dr. CK and her family throughout and am pleased to report she is doing well. I've encouraged Dr. CK to take care of herself during this time as we all know she is looking forward to getting back to what she's always done which is taking care of others. I join you in keeping Dr. CK and her family in your thoughts and prayers. You can read her letter on page 4.

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Peer-to-Peer Juan Corral

He serves with "excellence and a smile and along with his team in Procurement and Contract Services (PCS) is willing to help out even when something is outside their scope of responsibility." That was one of the comments submitted in a nomination form for Peer-to-Peer recipient **Juan Corral**, Division Manager, PCS. Juan called the recognition "exciting" and said his team deserves credit. "I am most proud of all the work and effort that my team continues to exhibit. None of the success or recognition would be even close to possible without the excellence that my team is known for."

The PCS team does all of the procurement and contracting for

the OC Health Care Agency (HCA). So, whenever HCA staff make a spending request it goes through PCS. "My role is to ensure that our team is able to procure the necessary resources that the Agency needs," said Juan. "Our team's responsibility is also to ensure that we mitigate the level of risk and exposure that the County of Orange (County) is put under through the contracts that our team produces."

Juan said he is fortunate to work with a dynamic team that has an amazing work ethic and takes pride in all they do to serve the HCA. "I like to support our HCA colleagues by providing potential solutions to their procurement

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Director's Message

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This is also an opportunity to say I extend my heartfelt best wishes to each of you if you have ever gone through, or if you ever do face, a medical trial whether it involves you, a family member or another loved one. Dr. CK is surrounded by a solid support group and a support group is one of the best things I recommend if you find yourself dealing with a medical issue. If you ever need help you can find resources at <https://bit.ly/3y7i42j> to get you started.

As Dr. CK recovers, our 6 Deputy Health Officers are able to act on behalf of the County Health Officer if needed. We're in good hands with **Dr. Chun Chiang**, Correctional Health Services; **Dr. Patricia De Marco Centeno**, Mental Health and Recovery Services; **Dr. Michelle Laba**, California Children's Services; **Dr. Carl Schultz**, Emergency Medical Services; **Dr. Almaas Shaikh**, Office of Population Health and Equity; and **Dr. Matthew Zahn**, Public Health Services. Oh yes, I'm very familiar with the duties as well.

I would like to offer my best wishes to **Steve Thronson** who retired at the end of June as Chief of Medical Health Services following six years of leadership. In addition to overseeing the health of all County of Orange employees, Steve and his team did so during the pandemic while also distributing personal protective equipment and coordinating shipments of vaccines, among many other duties. Steve served twice at the HCA having been Chief of Public Health Operations from 2001 to 2005. Throughout his career he has served in leadership positions in many health and community settings – all of which are testimonies to his talents, skills and dedication. I know you'll join me in wishing Steve well as he pursues the next chapter of his career and community service journey. I thank Steve for his years of service, professionalism and excellence.

I hope you are able to take time off this summer with family or friends or just make time for yourself to relax or enjoy those things you like to do. During July we observe:

MINORITY MENTAL HEALTH MONTH: July focuses on

the unique needs of racial and ethnic minorities in the United States regarding mental illness. Those needs are heightened by the pandemic. This observance is part of the mission of the Office of Minority Health to improve the overall health of racial and ethnic groups by developing health policies and programs to eliminate health disparities.

CLEAN BEACHES WEEK: The Fourth of July weekend is one of the busiest at the beaches and the most littered. Beach goers are encouraged to enjoy themselves and only leave their footprints. Thank you to our Environmental Health Division who advise on water quality in OC.

INTERNATIONAL SELF-CARE DAY ON JULY 24: Self-care isn't selfish. It includes a regular sleep routine, maintaining a healthy weight and practicing gratitude. Consider creating a gratitude journal to count your blessings, or take a day to pamper yourself, and for some learning to say "no" can be self-care.

Health and culture matters 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 acknowledged in a future message, please feel free to send an email to hacomm@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 with a long horizontal line extending from the end.

Dr. Clayton Chau
MD, PhD, MASL
HCA Director

Peer-to-Peer

continued from page 1

and contracting needs," he said. "I enjoy the daily interactions that I have with HCA staff. I also enjoy collaborating with my staff, Program, Accounting, and Program Support to be able to find solutions and options to any challenges that may come up."

Juan has been with the County since 2009. Prior to that, he worked as a Data Analyst with a County-contracted program collecting, analyzing, and presenting performance outcomes, while working closely with program leadership on the implementation of data driven strategies. In 2016 Juan joined the HCA because "I was interested in being involved with the services the HCA provides to the community. I am a believer in the Agency's Mission and Vision being the driver for what we do, and it motivates me to want to excel at my role."

He's especially proud of the work the PCS team did throughout COVID-19. "Our team successfully navigated all of the procurement challenges that the pandemic presented and now is focused on applying the same energy to the normal course of business. This has fostered an excellent "Can do" attitude across the Division."

When he's not "dotting the i's or crossing the t's" on contracts, you might find Juan handing out "T's" - as in technical fouls or you might find him writing papers - while working towards a degree. He recently completed his third master's degree and now holds a Master of Science in Psychology, a Master of Public Administration in Public Management Concentration and the newest, a Master of Business Administration in Health Care Management and Policy. Why the pursuit of education? "I consider myself a life-long learner and pursuing the degrees provides an opportunity to fulfill that and

acquire the valuable skills to become a better leader. This helps me to align the PCS Division with the HCA's mission and vision in the services we provide."

When he has spare time, Juan works as a referee in Men's College Basketball, which he's done since 2007. He's called games in the Pac-12, West Coast, Mountain West and Big West conferences. "I love the game of basketball and refereeing provides me the opportunity to still be involved with the game. It is truly an honor to be able to interact with the student athletes and coaches during the highly competitive games." True to HCA form, Juan along with other NCAA referees, wore face masks during games throughout the COVID-19 pandemic.



Photo courtesy: Juan Corral

DR. REGINA CHINSIO-KWONG

Leave of Absence

Greetings to the OC Health Care Agency (HCA) team and to those I've come to know as family. I wanted to take a moment and share with all of you the reason I am taking a medical leave of absence to take care of my health needs. I will entrust the duties of the County Health Officer to our very talented and capable Deputy Health Officers. I'd also like to share with you the blessings we have of living in a great community which we all know is Orange County (OC). Finally, I'd like to share with you the importance of regular medical check-ups and how they truly can make for a healthier outcome in life.

In early May my doctors confirmed I had breast cancer. I have a common form of breast cancer called DCIS (ductal carcinoma in situ). This cancer was detected through a routine screening mammogram. I'm 43, with many protective factors that place me at low risk. I have no first-degree relatives with breast cancer, I typically get more than 5 servings of fruits and vegetables a day, exercise regularly and am not obese. I had my first child before the age of 30 and breast fed both children. The main risk factor I have is being female, having dense breast tissue and a history of breast cysts and fibroadenoma (both of which have been benign with previous evaluations).



By the time you read this in early July, I will have undergone my procedure and be on the road to recovery. As someone who values life, you can be sure I'm going to make the most of every day going forward! I believe because of the early diagnosis, great care, and strong support my family and I have received, that the outlook is bright.

While it can be scary to get a diagnosis like this, breast cancer is something that 1 in 8 women will face during their lifetime. Even as a physician, I make the mistake most people make in assuming that most breast cancers are related to inherited genetic abnormalities that are passed from generation to generation. Only 5-10% of breast cancers are inherited. The remaining 85-90% are from genetic alterations that are a result of other factors—including aging and other exposures that can cause tissue damage. I also learned that in the past 2 decades, the breast cancer incidence

rate in the US increased more significantly amongst Asian and Pacific Islander women compared to other ethnicities. <https://www.cdc.gov/mmwr/volumes/71/wr/mm7102a2.htm>

I want you to know that I have a positive outlook and

feel blessed that Orange County has so many resources to support women who have breast cancer.

In the past few weeks, I've connected with other young women who have gone through or are going through similar situations and the shared message is that we will all survive this- and that this journey only makes us stronger because of the support that surrounds us.

I'm positive and I want you to be too. My family and I also welcome prayer if you feel so led to pray for us.

Part of my healing and my journey involves sharing my story and getting the message out- in hopes that more lives will be saved from early detection and intervention. I hope everyone takes their health seriously and gets screened for cancer when appropriate.

We are blessed with so many resources- it would be a tragedy for anyone to be diagnosed at a later stage cancer because of not following up on routine health care screening and regular medical check-ups.

Trust your instincts if you think something is up. You can find more information on breast cancer screenings [here](#).

SERVICE AWARDS

2022 Second Quarter Employee Service Awards (April 1 – June 30 Hire Dates)

Congratulations to the following staff for their years of service to the OC Health Care Agency and the County of Orange!

30 Years

Gerri Lynn Arias
Luis Armenta
Rochelle Bracken
Maridet Ibanez
Dawn Wolfe

25 Years

Muriel Enos
Evelyn Escobar
Joan Eugenio
Leticia Macias
Teresa Moreno
Marie Joie Roe
George Varela

20 Years

Huma Athar-MacDonald
Mary Chavez
Ian Kemmer
Michael Kulzer
Nelda Owens
Etsuko Stauder
Hector Varela
Irene Wong

15 Years

Juan Acevedo Gutierrez
Priscilla Aguirre

Reno Aguirre
Elena Arceo
Paola Bautista
Wayne Chang
Iris Corpus
Tina Dean
Melinda Flores
Sarah Garcia

Arcelia Heraldez
Maria Herмосilla
Angelica Higareda

Scott Jordan
Tien Lam
Linda Molina
Berenice Moran
Anthony Padilla
Ann Pan
Patrick Pham
Shawanna Poland
Juliet Rankin
Avelino Santos
Daisy Sevilla
Tiffany Tillman
Angelica Torres
Julie Truong
Luis Vasquez
Diane Vu
Brenda Wicks
Lisa Wilson

Mindy Winterswyk
Berenice Yniguez
Nancy Young
Henry Zamora

10 Years

Monica Diaz
Alicia Lemire
Maria Christine Lugar
Anh Nguyen
Dean Tran
Eliza Vassiliades

5 Years

Muhammad Anees
Kristin Boone
Alicia Carranza
Megan Crumpler
Ashley Fick
Anthony Flores
Catherine Guinto
Patricia Guzman
Lori Hoffman
Johanna Jimenez
Maria Minaglia
Katherine Moore
Guadalupe Perez-Rincon
Mateusz Ploszynski
Stephanie Lee Santos
Vi-Anh Tran



MENTAL HEALTH AND RECOVERY SERVICES STRENGTHENS THE NEXT GENERATION OF MENTAL HEALTH PROFESSIONALS

Contributor: **Michael J. Mullard**, Ph.D., LMFT (Photos are from the Intern Thank You Party, 2022 graduates.)

Mental Health and Recovery Services (MHRS) programs regularly recruit student interns from local universities to spend an academic year providing services to OC Health Care Agency (HCA) participants. Several programs such as Adult Older Adult Behavioral Health (AOABH), Children and Youth Behavioral Health (CYBH) and Prevention and Early Intervention (PEI) have independently built informal networks with several universities within Southern California, including Cal State Universities at Fullerton and Long Beach; Chapman University; Azusa Pacific; and the Chicago School of Professional Psychology, as well as several online programs.

Over the years, these talented students provided counseling and case management services to Medi-Cal participants in exchange for practicum credits.

Participating in the recruitment efforts for MHRS have been **Diane Holley**, Division Director; **Erika Hayden**, Behavioral Health Clinician II (BHCII); **Jody Spellmeyer**, BHCII; **Niyati Roy**, Psychologist II; and **Matt Lynch**, Psychologist II. These individual programs and their field instructors, preceptors, and clinical supervisors have provided outstanding service to promising students who in turn gained valuable knowledge and skills which contributed to their early career successes.

Every year, the students express their appreciation for this opportunity to work at the Agency. For example, one student provided the following email to Diane Holley:

Hello Ms. Holley: I just want to extend my gratitude and thanks to you for giving me the

opportunity to be a part of the HCA Team at the AB-109 Specialty Clinic. I was able to enhance my skills and abilities while providing mental health services to the AB-109 clinic participants. I was also able to begin an introspective process that included identifying counter-transference and implicit biases that I was unaware of. I will be taking my newly acquired skills, counseling techniques, and coping methods with me for use in my future endeavors. Thank you, for the learning opportunity once again. My internship will be ending on 4/28/2022. – Carl Evans, MSW Intern, Azusa Pacific University.

Another student intern, Jenny Nguyen, wrote the following:

Good morning Hason, (Hason Vu, Service Chief I),

I'd like to take a moment to thank you for hosting my internship over the past six months. It's been an invaluable experience for me, and I hope I was able to provide some value to you as well.

My experience working with older adults was rewarding. Although I was there only six months, I recognized your leadership resonating throughout the program. I enjoyed learning and working with a great group of passionate and enthusiastic clinicians to help the vulnerable older adult population.

In addition, the staff shared their knowledge and provided the support to ensure the interns learned the necessary clinical skills. All staff was accommodating and willing to teach me whenever I had questions. You created a happy and friendly work environment making me feel like a full-time member. Their commitment to helping others truly reflect your leadership skills.

Last but not least, I would also like to thank Diane (Holley) for accepting my internship application

and **Vuthy Yam, Community Worker II** for ensuring everything went smoothly during my internship journey.

Again, thank you for giving me a truly excellent internship experience. I look forward to meeting with you again.

To further strengthen the internship program, MHRS is creating a new “cohort model” of clinical training for the student interns. The program is being developed under the direction of the Clinical Supervision Program headed by **Dr. Mike Mullard** and his Core Team that includes **Luyen Pham**, Service Chief I (SCI), Jody Spellmeyer, and Niyati Roy. Students will participate in monthly virtual training sessions that will expose them to different Agency programs, provide introductions to different clinical modalities, focus on trauma-informed care principles and practices, and help them plan for their future licensure. The goal of the program is to create closer collaboration with our university partners, provide enriched training for the next generation of behavioral health professionals and encourage the students to apply to the HCA for a full-time position upon graduation. We are happy to report that many interns have applied and been hired within the HCA family!

If you have any questions about the program, please contact Dr. Mike Mullard at mmullard@ochca.com





Tobacco Use Prevention Program Summer Cessation Program

The OC Health Care Agency's (HCA) Tobacco Use Prevention Program (TUPP), in partnership with 1-866-NEW-LUNG, is hosting free weekly sessions, throughout the summer, to quit smoking and vaping. 1-866-NEW-LUNG is a free, quit smoking and quit vaping program funded by TUPP. The provider, Anaheim Regional Medical Center, offers free services to Orange County teens and adults from South County in San Clemente to North County in La Habra. "During 2020-21, TUPP partners provided smoking cessation services to 919 youth and adults countywide," said **Anabel Bolaños**, TUPP Program Supervisor. "Of the adults, 44.9% reported staying tobacco free 180 days later. Those results are tremendous and show the dedication of staff and people wanting to quit when you consider this was all done during the pandemic."

NEW LUNG offers telephone counseling and both in-person and virtual seminars, 5-session classes, and individual counseling in five languages. "English, Spanish, Vietnamese, Korean, and Farsi," said **Kristy Nguyen**, TUPP Health Program Specialist. "The effectiveness of the program is truly enhanced by the languages that are available."

The NEW-LUNG team also recently hosted a World No Tobacco Day event on May 31 at Anaheim Regional Medical Center to provide information on the effects of tobacco. NEW LUNG is available to host cessation classes at schools, businesses, community organizations, and other sites interested in setting up a class. Please visit www.1866newlung.com or call 1-866-639-5864 for more information.



Office of Public Guardian Offers Helping Workshop

Contributor: **Shelia Roberge**
Quality Improvement and Special Projects Manager

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In order to serve Orange County community members who need to renew a private Lanterman-Petris-Short Act (LPS) conservatorship (mental health), or for those who have questions about the reappointment process, The Office of the Public Guardian (PG) offers a no-cost workshop. “We saw a need for this training as one of the ways we assist individuals appointed by the court as a private conservator,” said **Jenny Qian**, Public Guardian. “The workshop is made possible with support from Community Legal Aid SoCal and through volunteer efforts of lawyers and law students.”

“The PG took the initiative to provide this workshop for the public,” said **Shelia Roberge**, Quality Improvement and Special Projects Manager. “It provides an overview to the reappointment process and offers guidance on the completion of the forms required to renew the mental health conservatorship. The workshop has been beneficial to private conservators struggling to navigate the legal system.”

The Public Guardian’s office has been branching out its efforts to train and engage with community partners and the general public as a part of the OC Health Care Agency strategic plan efforts in health equity and access. The private conservatorship workshop is an integral part of its efforts to ensure that the community is engaged in the conversation of caring for their loved ones with mental health concerns and who are unable to care for themselves. Many privately conserved individuals receive a variety of services through the HCA. If you know someone who may need assistance on conservatorship, please have them reach out to the Public Guardian’s office.

Dates are scheduled for two workshops which will be held via Webex, August 25, and November 3, 2022. To sign up for either of the workshops, to request a Private Conservator Handbook, or to obtain more details, please call the Office of the Public Guardian at (714) 567-7660.





Dr. B's Bulletin Board

Dr. Margaret Bredehoft
Chief, Public Health Services



- Now that summer is in full swing and beach and pool days in Orange County (OC) are a regular occurrence, it's a great time to review water safety with your children! The OC Health Care Agency (HCA) participates in the Drowning Prevention Task Force. You can visit <https://drowningpreventionoc.org/> for more information and water safety tips. You can also watch our HCA "Your Health Matters OC" episode from May 31 on YouTube where our own Injury Prevention Supervisor, **Kelly Soemantoro**, and co-founder of the Jasper Ray Foundation, Julie Lopiccolo, discuss the importance of water safety in detail. You can view it here: <https://bit.ly/3A6GtXg>.
- The OC Fair is back! The long-awaited summer event has returned and runs from July 15 to August 14 to welcome back residents and visitors to Orange County. The OC Fair has a history of more than 130 years, but did you know that every year HCA's Environmental Health (EH) programs, Temporary Events and Water Quality teams, participate in the OC Fair? The Temporary Events program permits food vendors and ensures all food is prepared safely. The Water Quality program inspects cross connections to ensure potable water isn't contaminated or polluted. We value our EH team and these important steps in keeping the OC Fair a safe and enjoyable event for all attendees. Thank you for always keeping us safe EH! See you at the OC Fair!
- Congratulations on wrapping up another fiscal year! Each day, all of you care for our community members through the challenges and muddled times of this past year. Thank you all for your sacrifices and your commitment to our community. With fiscal year 2021-2022 behind us, I commend you and look forward to another year of innovation, advancement, and excellence for a better Orange County.

Cocoa Nut Butter Energy Bites

(serves: 15)

Take a snack with you to keep you energized!

Ingredients

- ½ cup Peanut Butter or Almond Butter
- ¼ cup Maple Syrup or Honey or Agave Syrup
- ¼ cup Chia Seeds
- 1 cup Rolled Oats
- 1/3 cup Unsweetened Shredded Coconut

Directions

1. In a large bowl, mix all ingredients together, starting with ½ cup nut butter and adding more if the mixture seems too dry. Chill for 10 minutes.
2. Shape into small balls, about 1 inch in diameter, and enjoy!

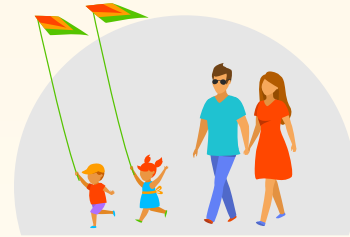


[Recipe Cocoa Nut Butter Energy Bites](#)

Active Play EVERY DAY!

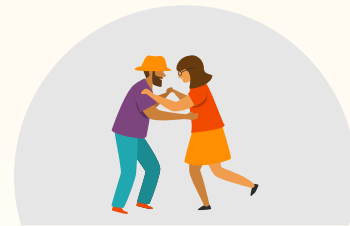
Contributor: **Christine Baun**, Public Health Nutritionist II

Take the opportunity to teach children about the importance of playing outside and how being out and about can be a part of a healthy lifestyle! Make a plan to get outdoors and add active play to your daily routine. Some ways you can add more activity to your family's busy schedule include:



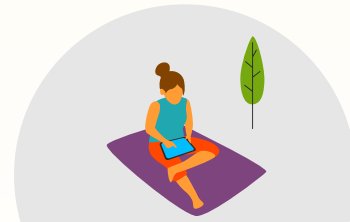
START SMALL

Begin by introducing one new activity, adding more when everyone is ready.



TURN OFF THE TV

Play an active family game, dance to favorite music, or go for a walk.



PLAN AND TRACK YOUR PROGRESS

Let your kids help plan activities and write them down on your family calendar.

REGISTRATION REQUIRED TO EARN



Subject Line: Registration Required to Earn Your 2023 Wellness Credit

***NOTE: AOCDS employees who are not currently enrolled in a County health plan can disregard this email.**

The County of Orange Employee Wellness Program, **Your Pathway to Wellness** (previously OC Healthy Steps) is designed to support you year-round in all avenues of wellness: emotional, physical, financial and environmental/social. Through Your Pathway to Wellness, now powered by the WebMD ONE portal, you can participate in healthy activities, learn about your health and earn the annual Wellness Credit.

ACTION - Registration Required

The County's well-being partner is now WebMD Health Services. Therefore, **before** you can make an appointment for a biometric screening or complete the other activities to earn the Wellness Credit, you need to create an account even if you had an OC Healthy Steps account. If you have not registered for the WebMD ONE portal, go to <https://www.webmdhealth.com/countyoforange> to create an account. You can use the step-by-step instructions (access from [your computer or mobile browser](#) or the [mobile app](#)) to get started. **Don't delay...** appointments for the onsite biometric screening events fill up fast.

REGISTRATION ASSISTANCE

TIP #1 - Use Microsoft Edge as your internet browser

TIP #2 - The Registration ID = your **10-digit employee ID number** found on your paystub.

*****IMPORTANT** - Include the leading zeroes (ex. 0000010233)***

If you need assistance creating your account, contact WebMD Customer Service at **800-492-9812** Monday-Friday 5:30am – 5:00pm PST, or email the County's Onsite Well-being Program Manager at YourPathway@webmd.net

Earn the 2023 Wellness Credit

To receive five percent off your 2023 health insurance premium, complete the Health Assessment, Non-Smoking Attestation, and Biometric Screening **by August 19, 2022**. With the approval of your supervisor, you are permitted to use a reasonable amount of time (average 20 minutes) to complete the online HA and NSA and an additional 30 minutes to complete your Biometric Screening.

Does this apply to me?

If you fall into one of the groups below, you are "exempt" and you do not need to complete the activities to earn the Wellness Credit for 2023.

- Employees who have waived County health insurance because they do not have a health premium.
- Employees who are in the Sharewell PPO plan and they do not have a health premium.
- New employees hired on or after May 1, 2022, until the next Wellness Credit period.
- Employees on a leave of absence as of May 1, 2022, automatically until the next Wellness Credit period.
- A dependent married to an employee that is enrolled in the EME program. Only the subscriber needs to complete the Wellness Credit.

***NOTE:** AOCDS employees who are not currently enrolled in the County health plan should contact their supervisor about Your Pathway to Wellness program and do not need to complete the Wellness Credit.

Let's Get Started

Now that you have confirmed you are not exempt, here are the steps to complete your 2023 Wellness credit **by August 19, 2022**:

- Go to <https://www.webmdhealth.com/countyoforange>
- Take the online **Health Assessment (HA)** and review the results.
- Complete the online **Non-Smoking Attestation (NSA)** and review the results. This is found under the "Wellness Credit" tab.
- Complete a **Biometric Screening**. Click on the "Biometric Screening" tab. Select a screening option that works best for you from the following sources:
 - Submit a completed Health Care Provider (HCP) Form (with results dated between August 1, 2022 and August 19, 2022). Choose this option to qualify for a drawing – visit the portal for more details.
 - Attend an Onsite Screening event that are held at various locations throughout the County. Scheduled events are listed through the "Biometric Screening" card on the portal homepage. Due to updated COVID-19 protocols, onsite screening vendor, walk-ins will be limited.
 - Visit a Quest Lab (Patient Service Center).
 - Request, complete and submit an At Home Biometric Screening Kit. Kits must be ordered by August 1, 2022.
- Before August 19, 2022, **confirm** that you've completed your Biometric Screening. Not sure? Visit the Your Pathway to Wellness "Wellness Credit" tab. All completed activities will be marked as complete.

IN YOUR 2023 WELLNESS CREDIT

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ere's what you need to do to earn the 2023

[orange](#)

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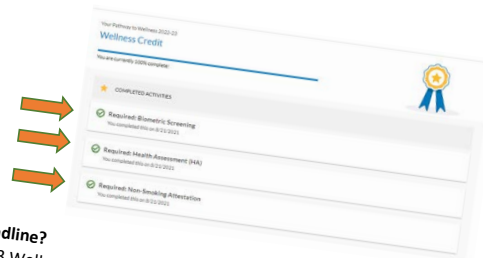
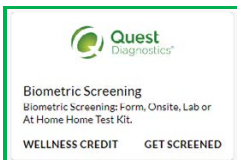
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What is the deadline?

To earn the 2023 Wellness Credit, the biometric screening, health assessment and non-smoking attestation need to be completed by **August 19, 2022**.

Need Assistance?

Watch this [short video](#) on how to create your account and complete the three activities to earn the 2023 Wellness Credit. You can also review the list of [Frequently Asked Questions](#) we have prepared for you.

Contact WebMD Customer Service at:
800-492-9812

Monday to Friday: 5:30 a.m. – 5:00 p.m. PST.

Email the County Onsite Well-Being Program Manager
YourPathway@webmd.net



Join Camp Do Good

DONATE BLOOD. HELP SAVE LIVES.

Orange County Health Care Agency Employee Health Services Red Cross Blood Drive

**OC Health Care Agency
601 N. Ross Street, Santa Ana, CA 92705
CAS Multi-Purpose Room**

**Tuesday, August 23, 2022
9:00 a.m. to 3:00 p.m.**

Please visit RedCrossBlood.org and enter Sponsor Code: OC1 to schedule an appointment.

Streamline your donation experience and save up to 15 minutes by visiting RedCrossBlood.org/RapidPass to complete your pre-donation reading and health history questions on the day of your appointment.

Please obtain approval from your supervisor prior to registering. Donating blood must be done during break times or posting leave balances; mileage is not reimbursable. For any questions, please contact Hien Nguyen @ hinguyen@ochca.com

1-800-RED CROSS | RedCrossBlood.org | Download the Blood Donor App

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REDUCING FOOD WASTE: GET ORGANIZED!

Contributor: **Christine Baun**, Public Health Nutritionist II

Food that is “out of sight, out of mind” equals food waste! A poorly organized refrigerator can lead to food waste. Perfectly good food may go uneaten just because you can’t see it. Avoid food spoilage by keeping your fridge clean and organized.

HOW TO ORGANIZE YOUR FRIDGE:

Where to store food: The top and middle shelves have the most consistent temperatures for storing milk and other perishables. The bottom shelf is the coldest area and is best for defrosted or fresh meat and eggs. The door is the warmest area and should be used for storing non-perishables like pickles and condiments.

Check your fridge often: This keeps track of what you have and what needs to be used. Designate, create and label an “Eat First” space in your fridge so everyone can easily identify the foods that need to be eaten soon to prevent spoiling.

Don’t overfill your fridge: This can prevent cold air from circulating properly.

More organizing ideas: Use clear plastic storage containers or bags for leftovers. This will allow them to be easily seen and more likely to be eaten first. Place restaurant leftovers in the “Eat First” space in your fridge.



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 or call (714) 834-2178.

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