

Director's Message

Dear OC Health Care Agency (HCA) Team,

I sat down with Jaime Puerta and Perla Mendoza from Stop the VOID (Victims of Illicit Drugs) for a Your Health Matters OC talk show about fentanyl, which you can watch [here](#). Their personal stories of losing a child to unintentional fentanyl poisoning are heart breaking. What's worse is that their stories are not unique. While pharmaceutical fentanyl is approved for treating severe pain, the most recent cases of fentanyl-related harm, overdose, and death in the US are linked to illegally made fentanyl sold through illegal drug markets, including on social media platforms. It is often mixed with heroin and/or cocaine as a

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FEATURED ARTICLES

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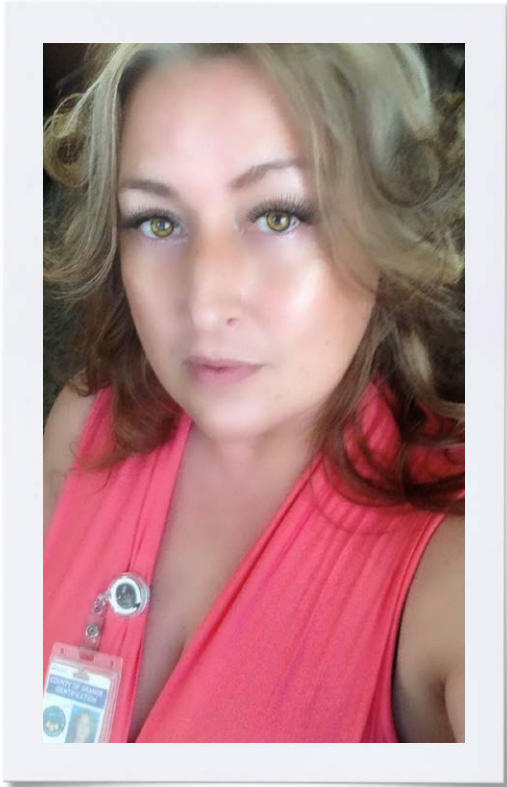
Peer-to-Peer

Rebeka Sanchez

“I absolutely love working for the Office of Suicide Prevention (OSP) and volunteering for the Mental Health and Suicide Prevention Awareness campaigns (in May and September respectively). I take every opportunity to talk to anyone who asks about the work that I do.” Spend any amount of time with Peer-to-Peer recipient **Rebeka Sanchez**, Health Program Specialist, OSP, and you'll see her passion for the work she does. “I explain that “whole health begins with mental health,” and stigma is our biggest barrier. So in our work, we normalize as much as possible the conversations around mental illness/wellness in order that more people feel comfortable sharing their experiences and seeking help when they need it. Suicide prevention is not necessarily about convincing someone not to die, but it is giving them a reason for living--giving them hope.”

Rebeka recognized her desire to bring hope to people's lives when she was a pre-med student planning to go into cancer research. While earning undergrad degrees in Kinesiology and Health Science at San Francisco State University, and a Master's in Public Health and Community Health, she became involved in several outreach programs. In one program Rebeka worked with women and young girls to address violence, exploitation and substance use; in another program she researched and made recommendations on policies for at-risk and homeless populations; in another program she did street outreach for sexually transmitted

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Director's Message

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combination product—with or without the user's knowledge—to increase its euphoric effects. Mr. Puerta lost his son Daniel to fentanyl poisoning on April 6, 2020. He said, "Most people believe you will not lose a child because you don't have anyone who uses drugs in your family...but fentanyl is deceiving children. They think they are buying pharmaceutical grade pills such as Xanax or Vicodin when they are actually pills made of binder and fentanyl."

The HCA's [2022 Drug and Alcohol Deaths Among Youths And Young Adults Report](#) illustrates a stark percentage trend of fentanyl involvement in opioid-related overdose deaths among youth and young adults, showing that fentanyl has moved from being found in less than a third of opioid-related overdose deaths in 2017, to being involved in nearly all opioid-related overdose deaths (98%) in 2021.

Until 2019, fentanyl was nonexistent among overdose deaths in youth under 18 years of age. In 2021, youth in the 10–17-year age group saw a rise in fentanyl-involved overdose deaths from 0 deaths to 19 deaths in 2021, and even 1 death occurring in 2020 for the under 10 age group. Young adults experienced a 550% increase in fentanyl-involved overdose deaths from 2017 (n=12) to 2021 (n=78). The overall rate for fentanyl-involved overdose deaths rose 8.5-fold within the 5-year time-frame from 1.1 per 100,000 persons to 9.4 per 100,000 persons.

In response to these horrific trends, the County of Orange (County) increased access to Narcan, a nasal spray version of the medication naloxone, which is a prescription medication that reverses the effects of an overdose from opioid substances. All County-contracted Narcotic Treatment/Opioid Treatment Program sites have Narcan available to clients with opioid use disorders, and all County behavioral health clinics have Narcan onsite, in case someone overdoses at a clinic.

The HCA encourages you to remind patients, especially

youth, the only safe medications are ones that come from licensed and accredited medical professionals. The HCA also encourages medical providers and families to carry Narcan in their first aid kits. For information on how to access Narcan for your clinic or for a list of local substance disorder treatment providers, visit [OC Navigator](#). By the way, OC Navigator is one of our newest tools for serving the people of Orange County. You can learn more about OC Navigator on page 4.

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 underneath.

Dr. Clayton Chau
MD, PhD, MASL
HCA Director



Peer-to-Peer

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disease prevention by providing culturally competent and multilingual prevention education services. “These experiences are where I recognized large scale needs assessment, and these are where my love for research and program planning began. Because of these, my life focus shifted to public health, with an emphasis in prevention and early intervention, and I had a desire to one day work for a health care agency.”

That day came when she moved from the Bay Area and joined the OC Health Care Agency (HCA) in 2006. “I am most proud of working with a team that is passionate about serving the community and helping others. Our team is small but mighty and we all have a ‘can-do’ attitude.” When she’s not at work, Rebeka is, well, working on something whether it’s a pet, neighbors, hobby or her own learning. She has a rescued piglet (Daisy), two rescued Cane-Corso dogs (Cavallier and Gitana), a small puppy (Wiggles, breed unknown), a 31-year-old macaw (Matisse), a rescued pineapple conure (Canela), rescued lovebird (Cielo), rescued bunny (Maybelline), and a number of cats, indoors and outdoors, and all rescues (Peaches, Cream, Manchitas, Messi, Milo, Tiger and Leo). “Needless to say, I will take in and provide a loving home to any animal in need. And, yes the food bill is high but I wouldn’t have it any other way,” Rebeka laughs.

Her pets are popular with the neighborhood kids, whom Rebeka enjoys helping with their homework or by playing educational games with, “there’s always lots of laughter which I enjoy the most.” Basically she just seems to enjoy being busy. “I spend my down time playing the piano, going to garage sales and upcycling, cooking, baking, sewing, upholstering, crafting and event planning for a wedding or party, and puttering in the garden—tending to my vegetables and flowers. There is never a moment where the sewing machine, glue gun or paint brush are put away. Even after church on Sundays, it’s BBQ time.”

Still, she has plans for her career. “I consider myself a lifelong learner and my next goal is to pursue a Doctorate in Population Health Science.” Her education already includes being able to speak in Ukrainian, Russian and Spanish, all of which she learned growing up. “My grandparents emigrated from Ukraine to Paraguay before World War II. My parents came from Paraguay to San Francisco, where I was born. I didn’t learn English until I started school because we spoke Ukrainian and Spanish at home.” (Russian came from a piano teacher.) Rebeka is the first in her family to earn a higher education, thanks to her parents’ support. “I’m so grateful for them and twice a month I travel to visit them at their home in the Bay Area.”



Navigator

Find help in Orange County by connecting with resources for health, wellness, and more.



Introducing the **OC** Navigator

Contributor: **Aimara Freeman**, Public Information Officer

Orange County (OC) boasts hundreds of public and private agencies and community groups that are dedicated to serving others. Locating a trusted resource aligned with the unique needs of patients can be difficult, even more so for the person experiencing the hardship.

This need, coupled with the OC Health Care Agency's (HCA) vision to provide quality health for all, lead the Agency to develop the OC Navigator. It's a digital resources tool designed to help community members find local supportive resources including physical and mental health, transportation, education, housing, and childcare, in one easy-to-search platform.

The HCA worked in partnership with 185 community members, representing 65 OC agencies, to curate content for the platform, ensuring the information was accurate, accessible, trustworthy reflective of the community, and included a focus on the whole person.

The HCA invites you to visit [OC Navigator.org](https://www.ocnavigator.org) and to inform others of this incredible new tool. Resources displayed on the OC Navigator website were carefully designed and organized in a welcoming and easy to understand format, ideal for those who desire a self-guided exploration of local resources.

Visitors can also click on the "I want help now" button to be connected to a trained OC Links Navigator, via phone, chat or text, 24-hours a day, ensuring visitors can access the resources using their preferred method of communication anytime the need arises.

Resources and support on the OC Navigator are available in 9 languages: English, Spanish, Vietnamese, Korean, Arabic, Farsi, Mandarin, Khmer and Tagalog.



Transgender Latinx Community Forum

Contributors: **Matilde Gonzalez-Flores**, MPH, CHES, (Pronouns: she/her), Program Manager, HIV Planning and Coordination, Clinical Services Division. **Mindy He**, MPH, (Pronouns: she/her), Grants Manager, HIV Planning and Coordination, Clinical Services Division

The OC Health Care Agency's (HCA) HIV Planning and Coordination (HIVPAC) Unit in partnership with Alianza Translatinx, a community-based organization, hosted the Transgender and Gender Non-Conforming (TGNC) Latinx Community Forum as part of an ongoing effort to bring awareness to the health care needs of the TGNC Latinx community in Orange County (OC). The event was attended by about 100 participants, including health care providers, TGNC community members, and HCA staff.

The TGNC Latinx Community Forum was held to present the *Summary of Findings: Access to HIV/STD Health Care Services in the TGNC Latinx Community of Orange County*, which is the first to document the HIV/STD health care needs of this community. The summary of findings includes the results of a survey and focus groups, which present the perspectives and feedback from the TGNC Latinx community about their experiences with the health care system and access to services throughout OC.

The event featured welcoming remarks from HCA Director **Dr. Clayton Chau**. HIVPAC, Alianza Translatinx, and the 17th Street Testing, Treatment and Care (TTC) Clinic

staff presented key findings and recommendations for health care providers in OC. The forum also featured a panel discussion, with individuals from the TGNC Latinx community, and moderated by the HCA Director of Population Health & Equity, **Hieu Nguyen**.

The event was well received, and participants shared the following:

- "We need more events like this in the future."
- "This was a great start to achieving health equity."
- "The information I received at this forum will help me be better prepared when addressing Trans individuals that I work with and their needs."

The TGNC Latinx Community Forum is part of the HCA's Ending the HIV Epidemic work and supports the Agency's mission to "in partnership with the community, deliver sustainable and responsive services that promote population health and equity."

Click [HERE](#) to learn more about Alianza Translatinx efforts on how they assist the transgender and gender non-conforming community. Click [HERE](#) to view the services TTC offers as well.

Your Health Matters OC

If you haven't done so already, you are welcome to tune in - and share on social media - the OC Health Care Agency's (HCA) live stream talk show **Your Health Matters OC**. The show features experts from the HCA, and the community, who discuss a variety of topics that affect us all. Previous episodes include discussions on Nursing, Water Safety, Colorectal Cancer, Sexually Transmitted Disease Awareness, Fentanyl and much more. The shows are saved on the HCA YouTube channel page at <https://www.youtube.com/c/OrangeCountyHealthCareAgency>.

Your Health Matters OC can be seen on the HCA's Facebook page <https://www.facebook.com/ochcahealthinfo> or the HCA's YouTube channel, every other Tuesday at 6 p.m. Viewers are invited to submit questions before and during each show at yourhealthmatters@ochca.com. On August 9 at 6 p.m. tune in for back-to-school time as we look at the preparation children need to be ready for school. Vaccinations, mental health awareness and dental care are just some of the considerations before children go back to school.

On August 23 at 6 p.m. we'll take an in-depth look at what seniors and those who care for seniors should know and be aware of for healthy aging.



Welcome **Dr. Almaas Shaikh**

DEPUTY COUNTY HEALTH OFFICER

“My leadership philosophy is based in ‘servant-leadership’ and I aim to serve those who I have been given the privilege to lead. To that end, I am here to help however I can!” Deputy Health Officer (DHO) **Dr. Almaas Shaikh**, MD, MPH said she is looking forward to serving others as part of the team at the OC Health Care Agency (HCA). “I am proud to have the opportunity to impact our communities through ongoing and developing quality driven, compassionate, evidenced-based population health programs aimed at providing equitable health care for all.”



Dr. Shaikh joins the HCA after practicing for more than two decades as a full time trauma/critical care surgeon in Orange and Los Angeles Counties. She said her experience is one reason she came to the HCA and into the public health space. “I have had the privilege of caring for individual patients at one of the most vulnerable moments in their lives. I was driven to join the HCA because I wanted to pursue an additional professional journey that allows me the opportunity to impact populations and communities through public health initiatives and programs.”

Dr. Shaikh will manage clinical compliance and provide subject matter expertise in areas of population health, health equity, and quality assurance for the various areas throughout the Agency under the direction of the County Health Officer. “Dr. Shaikh is a visionary executive,” said **Dr. Clayton Chau**, HCA Director who noted he began working with Dr. Shaikh during the COVID-19

pandemic. “With her expertise in disaster and trauma management, she assisted the HCA with deployment of emergency resources and field hospitals during the height of the pandemic. She also consulted for Emergency Medical Services assisting with disaster preparation, quality initiatives and trauma systems development.”

“My work includes an expertise in patient care, organizational transfor-

mation, leading individuals to achieve higher levels of performance, along with quality program implementation, community program development, disaster preparedness, and health care system optimization,” said Dr. Shaikh. “Applying my skill set and knowledge to serve others, while learning along the way, is my hope and goal as part of the HCA. I find the HCA full of enthusiasm and with a passion to help the communities we serve. Everyone is dedicated to the Agency’s goals.”

Dr. Shaikh is a native of Irvine and alumna of the University of Southern California where she earned a Bachelor of Arts in English Literature, a Doctor of Medicine and a Master of Public Health. Away from work she enjoys traveling while learning about other cultures, trying out a new recipe, mentoring youth, and reading for growth or a good story. Speaking to her most challenging adjustment at the HCA, she comments, “As a former full-time trauma/critical surgeon I didn’t live by a schedule. Learning to live by Outlook and emails has probably been the hardest part of my job and has certainly had its growing pains!”

Welcome **NEW**

MHSA Coordinator



"I believe in the mission of the Mental Health Services Act (MHSA). I like the ability to be inclusive and creative in developing and improving public behavioral health services which MHSA gives." That's what drew her to service with the MHSA said **Michelle Smith**, the OC Health Care Agency's (HCA) new MHSA

Coordinator. "The MHSA gives us the ability to look past billable services so we can provide necessary supports for our most vulnerable populations, promote community equity and wellness, and support the continuous development of recovery-oriented systems."

Michelle joined the HCA after serving more than six years as MHSA Coordinator in San Bernardino County. She has more than 20 years of public sector, mental and behavioral health experience. Joining the HCA is a homecoming. "I grew up in this area of southern California," she said. "All of my family and friends live here and this is my way of returning home and being able to serve my community."

In addition to her role with the HCA, Michelle continues serving with the California Behavioral Health Directors Association. She currently co-chairs a state committee focused on MHSA policy, legislation and evaluation efforts across the state. She has also served as Chair for MHSA Executive Committee meetings that reviewed MHSA program and fiscal implementation and recommended action for quality improvement.

When not a work, Michelle said she's a simple person, but she keeps busy! "I like being outdoors and enjoy running, hiking, fly fishing (biggest catch: "8-9 pound trout"), and time with my family, ("both human and fur family"). I also love live music, hockey ("Go Kings Go!") and baseball ("Angels all the way!")."

NOMINATIONS DUE SOON FOR TEAM EXCELLENCE AWARD

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



STEVE AMBRIZ *Team Excellence Awards*

The deadline is August 23 to submit a nomination for the 2022 Steve Ambriz Team Excellence Award presented by the OC Health Care Agency (HCA)/Orange County Employees Association (OCEA) Labor & Management Committee (LMC).

The award spotlights HCA teams committed to excellence and recognizes 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.

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.

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

AUGUST IS NATIONAL BREASTFEEDING MONTH!



#NBM22

National Breastfeeding Month

Contributor: **Liza Scammahorn**, Supervising Public Health Nutritionist

“Step up for Breastfeeding, Education and Support,” is this year’s call to action for World Breastfeeding Week during the first week of August. In the United States, August is National Breastfeeding Month, and the theme is “Together We Do Great Things.” The benefits of breastfeeding are well documented and you can learn more about the benefits [here](#).

BUT did you know that California employers must provide a lactation space to employees who wish to express breastmilk for their infant? The space must not be a bathroom and must:

- Be free from intrusion and shielded from view
- Be in close proximity to the employee’s work area
- Be safe, clean and free of hazardous materials
- Have a surface to place a breast pump and personal items
- Have a place to sit
- Have access to electricity

You can read more about California’s lactation accommodation law (SB 142) [here](#).

The County of Orange (County) supports its breastfeeding employees and is in compliance with SB 142. If you are a County employee and need a place to express your breastmilk, please consult with your supervisor to find out where your nearest lactation space is or click here to find a location: <https://bit.ly/3NQzWTS>.



WABA | WORLD BREASTFEEDING WEEK 2022

PUBLIC HEALTH SERVICES In The Community

Contributor: **Sammy Petrich**, Public Health Services Communication Specialist

In partnership with the OC Health Care Agency (HCA) the County of Orange (County)-organized health system, CalOptima, serves more than 867,000 low-income children, adults, seniors, and persons with disabilities. CalOptima has grown to be the single largest health insurer in Orange County (OC) but stayed true to its mission of providing members with access to quality health care services. Working with HCA's Public Health Services (PHS) CalOptima hosted three events in north OC for community members earlier this summer. PHS' Health Promotion programs, Nutrition Services and Local Oral Health Program, participated in the events in support of the community. Attendance at these events ranged from 500-1,500 people looking to better their overall health.

The Local Oral Health Program hosted a booth and focused on linking community members to a dental clinic home to maintain regular dental care. They provided participants oral health kits that consisted of a tooth-

brush, holder, toothpaste, floss, and a timer for the children's kits to help educate and activate the habit of dental care.

Continuing the momentum, our Nutrition Services team hosted a "Rethink Your Drink" booth at each of the events to raise the awareness about the health benefits of drinking water instead of sugar-sweetened beverages. Staff actively engaged participants on how to estimate the amounts of sugar in beverages, and tips on how to drink more water and make healthier choices.

PHS staff also distributed recipe cards offering creative ways to make drinks tasty and healthy. Most participants acknowledged they were unaware of how much sugar they were consuming on a regular basis and shared that, with their new knowledge, they wanted to be more mindful of their behavior in the future to include more water as part of their overall health plan!





TOBACCO USE PREVENTION PROGRAM

Working to Protect Youth from Flavored Tobacco and Secondhand Smoke

Compare the photos above: Flavored tobacco is sometimes marketed in packaging that resembles familiar snack products that can be attractive to youth.

Contributors: **Alicia Carranza**, Health Educator, **Deepa Shanadi**, Research Analyst, **Veronica Ramirez-Bartholi**, Health Educator

Did you know that nicotine can affect learning, attention and memory? It is especially addictive in teen brains and when used during times of stress. To lessen the impact, the OC Health Care Agency's (HCA) Tobacco Use Prevention Program (TUPP) works throughout Orange County. One example is in La Habra where TUPP has been collaborating with residents and members of the Vape Free La Habra Coalition to reduce exposure to secondhand smoke and youth access to flavored tobacco in La Habra.

"We are pleased to work with our partners in La Habra who have been committed to reducing smoking and vaping in our communities since 2017," said **Anabel Bolaños**, TUPP Program Supervisor. "We're also working with partners in Cypress, Garden Grove and Westminster to create smoke free parks and outdoor recreational areas," she said.

"There's a lot of enthusiasm and dedication among our partners in La Habra," said **Alicia Carranza**, Health Educator. "We've carried out more than 60 surveys at stores that sell tobacco and are currently conducting over 150 surveys at multi-unit housing complexes. We look forward to sharing the results in this community-driven effort to reduce smoking and vaping in La Habra."

If you work or live in the City of La Habra and would like to learn more about how you can partner with TUPP to protect youth in La Habra from flavored tobacco, sign up by scanning the QR code or clicking the link <https://forms.office.com/g/RRcC2qRmtx>.



Partner with TUPP in La Habra
by scanning the QR code.

ENSURING HEALTH EQUITY

Contributor: **Wesley Shain**, Equity Staff Specialist, Office of Population Health and Equity

The Office of Population Health and Equity (OPHE) hosted their first of three CHILA events. CHILA, the Community Health Improvement Leadership Academy, is a multi-day learning session that integrates relationship-building and community planning into the event structure and focuses on the skills development that are necessary for making and sustaining transformational change and improvement. “The initial CHILA event really energized the community as it kicked off Phase Two of the Equity in Orange County (EiOC) Initiative,” said **Hieu Nguyen**, Director of the OPHE. “You could feel a sense of empowerment when one presenter said ‘Hope is not a plan, some is not a number and soon is not a time.’”

More than 250 participants including community residents, community-based organizations, County of Orange departments, and government officials took part in the three-day CHILA event. They left with a focus for success including:

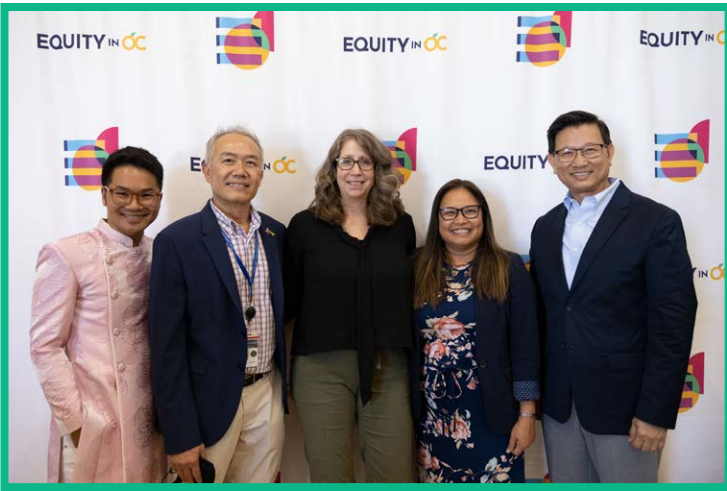
1. *The process* by which work is carried out.
2. *The relationships* and quality of connections between people engaged in the work.
3. *The results* of accomplishing goals or tasks.

“The CHILA provided an opportunity for participants to learn a variety of quality improvement approaches they can use for their EiOC improvement projects as well as in their everyday work to help create a healthier, more resilient, and equitable Orange County,” said **Karin Kalk**, Director, Office of Project Management and Quality Improvement. “By helping to form partnerships among participants, we also began to build the community collaboration that is so critical to addressing the social determinants that are so often at the root of health inequities experienced in OC communities.”

The response to the CHILA event was positive as one participant said, “CHILA allowed me to experience the uniqueness of this approach and it has built trust in the process and allowed me to suspend judgment, enjoy the process, and build hope.”

To learn more about Equity in Orange County, visit the Equity in OC website [here](#).





L-to-R: **Hieu Nguyen** (Director, Office of Population Health and Equity); **Dr. Clayton Chau**, Director, OC Health Care Agency; **Karin Kalk**, Director, Office of Project Management and Quality Improvement; Katie Kalvoda (Advance OC); First District Supervisor Andrew Do



L-to-R: **Wesley Shain**, Staff Specialist (SS); **Luis Gonzalez**, Admin Manager (AM) II; **Ryan Natividad**, AM I; **Esther Lee**, SS; **Jill Lubarski**, SS; **Hieu Nguyen**; Director OPHE





Dr. B's Bulletin Board

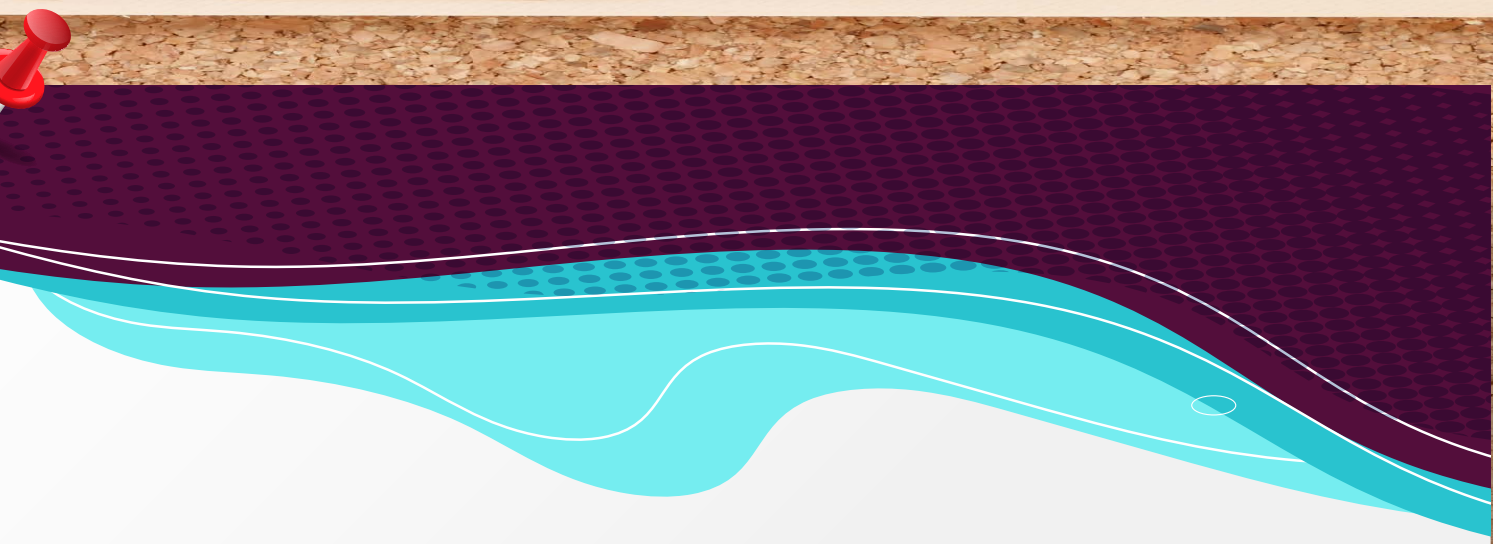
Dr. Margaret Bredehoft

Chief, Public Health Services

The onset of the COVID-19 pandemic in early 2020, accentuated the need for the OC Health Care Agency (HCA) Public Health Services (PHS) reassessment of critical infrastructure. Local health jurisdictions (LHJ) have been challenged with rapidly scaling up their pandemic response plan due to the magnitude of COVID-19. World-wide attention on the public health system intensifies the pressure for LHJs to develop soft and critical infrastructure, including but not limited to organizational, physical and information technology (IT) systems—all which are vital to a sustainable and thriving whole-system health solution. The federal, state, and local directives for human and capital investments into public health—evident by the allocation of new, largely time-limited funds to strengthen public health services and capacity—underscores the need for transformation.

To respond to the demands and opportunities available, PHS is focusing on: **Organizational Realignment and Capacity Building, Technology Development, and New Campus Construction.**

As part of the focus on Organizational Realignment and Capacity Building, we have shifted from current siloed areas by discrete service, to four unified structures including our Deputy Chiefs of Operations (DCO) positions. Driving excellence, strengthening infrastructure, and enhancing our vision of PHS for the future; we are pleased to have four DCOs strategically advocating for and advancing our efforts: **Dr. Obinna Oleribe**, DCO - Communicable Disease Control Division/Public Health Laboratory, **April Orozco**, DCO - Community and Nursing Services Division/Clinical Services Division; **LaRisha Baker**, DCO - Environmental Health/Health Promotion and Community Planning and **Anza Vang**, Deputy Chief of Strategy and Development. This team provides a wealth of experience, insight and exceptional tactical expertise to accelerate the goals and objectives of our strategic plan and leverage internal and external resources as we move toward increased capacity and physical space infrastructure, modernization and technology development, data informatics to drive key decision making and goals, expanded collaborations and presence



in the community, and focused investment on workforce development and operational efficiencies.

Deputy Chief of Strategy and Development, Anza Vang, stated, “We are entering a significant and exciting period of change across several initiatives, and it requires us to appropriately and systematically align our resources and efforts to efficiently solve for cross-functional issues. This will take time, courage, and candor to thrive in the times of transformation.”

Continuing that sentiment, Larisha Baker remarked, “As the Public Health Services agency, we are tasked with addressing pressing health problems. Having a skilled workforce that is responsive and nimble is essential. PHS leadership continues to pursue and identify opportunities and equitable innovative ways to increase response capacity.”

April Orozco is a longtime veteran in the County of Orange with more than 22 years of experience in nursing and leadership

positions. When asked about PHS’ goals moving forward, April noted, “seizing the opportunity to invest in workforce development and preparing for future public health emergencies, outbreaks and natural disasters is a top priority. Also creating opportunities for Public Health Nurses and other public health professionals is critical to developing the Public Health workforce of the future.”

Pursuing the expansive influx of grant funding available through nationwide initiatives provided by the Centers for Disease Control and the California Department of Public Health is also a significant focus. Dr. Oleribe stated, “I see PHS transitioning current Agency-led COVID-19 management into self-managed care across the county, writing and obtaining new grants to expand our good work for the community, and playing a major role in the development and operationalization of Public Health and Public Health Laboratory of the future. I foresee many exciting moments to come.”



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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HCA's Nutrition Services team support Local Food Pantry

The St. Anselm's food pantry in Garden Grove, California responded to a surge in their clients' needs for food assistance and the pantry's need for cold food storage during the COVID-19 pandemic. The Pantry partnered with the OC Health Care Agency (HCA), CalFresh Healthy Living, and other local agencies to meet these challenges. Today, more pantry clients are able to prepare healthy meals with the foods they receive from St. Anselm's food pantry! The SNAP-Ed partnership:

- Connected the pantry to Second Harvest Food Bank for additional supplies of healthy foods
- Provided a link to refrigerator and freezer resources for cold food storage capacity
- Provided recipes, tips, and other nutrition education to help pantry clients make the most of the foods they received
- Referred clients to additional food resources in the local community

One of the first steps taken in this partnership was the completion of the Leah's Pantry [Healthy Food Pantry Assessment Tool & Client Needs Assessment](#).

Find out more about this and other [food pantry tools and interventions](#) in the SNAP-Ed Library! You can read this full story [here](#).





Mini Omelets

(Makes 1 serving - 1 cup per serving.)

Omelets are packed with protein, which helps control cravings and prevents you from overeating and indulging in the healthier snack options. Omelets are good for your brain health – Eggs are naturally rich in a compound called choline, something that is key to maintaining nerve and brain health. Give these easy to make mini omelets a try for breakfast or a tasty snack. They're cute, easy to make and ready to go when you are! For nutritional information please visit: <https://bit.ly/3NLZfX7>.

Ingredients

- Canola cooking spray
- 1 large egg
- 2 tablespoons low-fat milk or Water
- Salt and black pepper to taste
- Additions: Shredded chicken, salsa Verde, red hot sauce, diced fresh bell pepper, fresh zucchini

Preparation

1. Grease a mug with cooking spray. In a bowl, use a fork to beat the egg, milk or water, salt, and pepper.
2. Mix in your choice of additions: shredded chicken and salsa verde, fresh red bell pepper and zucchini, or red hot sauce. Pour the mixture into the mug.
3. Microwave for 1 minute. Check that egg is fully cooked and not wet. If it's still wet, microwave for an additional 30-60 seconds.



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. The HCA is now on Instagram! You can follow us on social media by clicking below.



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