

Director's Message

Many of you are waiting breathlessly for a COVID-19 vaccine. Others are skeptical, hesitant to be vaccinated until you're sure that it's safe and effective. People's attitudes about the vaccine change daily as new information hits the media. One thing that's not changed is Orange County's (OC) commitment to being ready to meet the challenge of distributing a vaccine to county residents when one is available. We're still at a stage in vaccine development where there are a lot of unknowns in terms of which vaccine will be available first, how effective it will be with different populations, how many doses

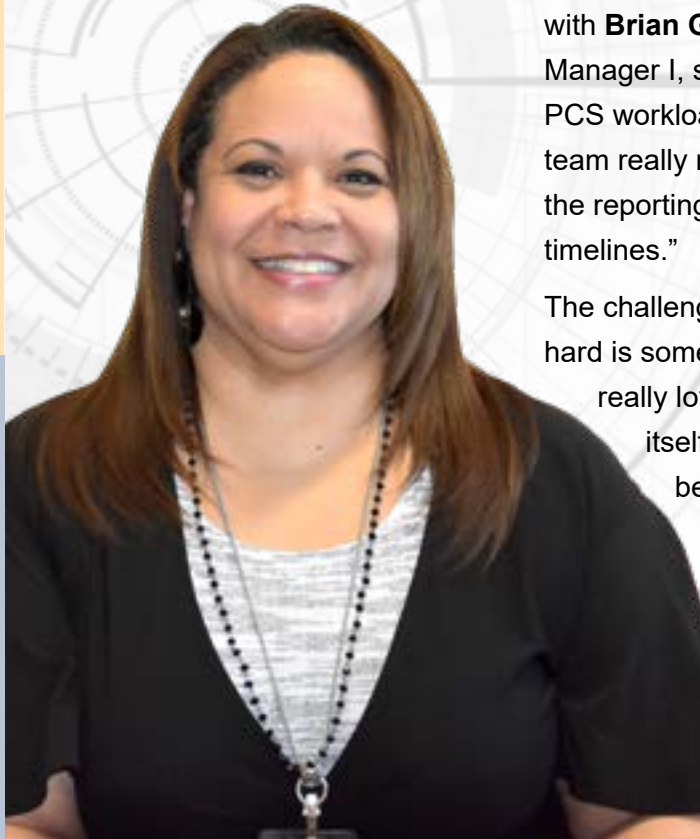
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Peer-to-Peer Nicole LeMaire A Transitional Year

It's been a transitional year in many ways and for **Nicole LeMaire**, that's included transitioning from the OC Health Care Agency's (HCA) Procurement and Contract Services (PCS) team to the program side where she promoted to Program Manager for Whole Person Care (WPC) in August. Just two months prior, Nicole was selected as a Peer-to-Peer recipient. "It was really nice being recognized. I always try to share my knowledge and experience in the hopes of helping my

co-workers and teammates. It just further validated those efforts over the past 15 years with the County or Orange and HCA." As for her transition from PCS to WPC, "It has been quite a transition, not only did I have a considerable amount of work in progress under PCS, I also joined the WPC team in the midst of Mid-Year Reporting due to Department of Health Care Services (DHCS) and initial grant reporting due to CalOptima. Thankfully there was fantastic support on either side with **Brian Greene**, Administrative Manager I, stepping in to take on my PCS workload and the entire WPC team really rallying to complete all of the reporting ahead of established timelines."

The challenge though of working hard is something Nicole likes. "I really love what I do. The work itself. My calling in life has been to help the unserved and the underserved and after nearly 15 years with PCS and now with WPC, I know I am providing



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“Heroes Work Here” is what’s written on the banner hanging at the Agency Operations Center (AOC), and it truly describes the Emergency Medical Services (EMS) staff who have distributed more than 12 million units of medical supplies and equipment since the AOC began operations for COVID-19 in mid-February. “Our EMS staff are going far above and beyond to ensure that the medical system in Orange County (OC) is prepared to meet the needs of the community during the pandemic,” said **Steve Thronson**, Deputy Agency Director, Medical Health Services (MHS). “They have worked continuously to ensure that we obtain supplies,

even those resources that are very scarce, and distribute them to the areas of greatest need. The team is monitoring data to keep the County and Agency leadership team informed, and they continually reassess and strategize to ensure we prioritize our activities to meet the needs of the community as the situation unfolds. **Cheryl Meronk**, Chief of Operations, and I are incredibly thankful to and proud of the entire EMS team and also greatly appreciate those from other teams within HCA who have stepped up during the pandemic.” Staff from other HCA divisions have shifted gears to help at the AOC during the emergency activation, with procurement,

contracts, inventory management and logistics and communications related to the pandemic.

Staffing at the AOC has ranged from 12 to 75, but the core EMS team has been working overtime every week since the AOC activated to ensure supplies are received, managed and distributed appropriately to the OC medical community. “The EMS staff were not able to drop what they were normally doing,” said Cheryl. “They oversee and monitor the County’s EMS system, including 911 ambulance services, hospital emergency and trauma receiving centers, etc. Our EMS staff have worked tirelessly to not only ensure that the County’s emergency medical system continues to be operational, but also that it is prepared to meet the needs of the residents and visitors during the COVID-19 health emergency.”

Emergency medical supplies for the county are procured by Purchasing, or come from the National and State strategic stockpiles, and are sent to the AOC warehouse for management and distribution. Here’s a list of what’s been distributed.



Inventory Report

February 18 to October 21, 2020
Medical Supply/Equipment
Total Units Distributed

N95 Masks	4,728,170
Surgical Masks	1,550,305
Gowns	1,700,411
PPE-Suits	17,955
Gloves	2,829,750
Eye Protection	301,307
Hand Sanitizer	305,960
Other Items	1,012,051
Total Units	12,445,909

EMS will be monitoring the situation throughout the pandemic and continue to ensure that Orange County's medical providers can meet the needs of the community.

1. Banner at the entrance to the Agency Operations Center (AOC). "This message recognizes and describes the OC Emergency Medical Services team at the AOC, which has ensured the Orange County medical community has the supplies they need to continue to respond effectively to the COVID-19 pandemic." —Steve Thronson, Deputy Agency Director, Medical Health Services.

2. Staff with a portion of the medical supplies inventory they have been managing throughout the pandemic.



Director's Message

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will be available initially, and the big question—when will it be available. But there's a lot we do know.

Whichever vaccine is approved first will be released in small enough amounts that only a fraction of the population can be vaccinated. The first group to be vaccinated will be critical health care workers and first responders. As more vaccine is made available, an increasing percentage of the population will be able to be vaccinated and some process of deciding who is highest priority will have to be put in place until, eventually, there is enough for everyone. Vaccine distribution is not something new for the OC Health Care Agency (HCA), and procedures, locations, providers and methods of tracking vaccine administrations are already being put in place.

With limited information about the vaccines themselves, some people have reservations about being vaccinated. Perhaps you have seen the survey HCA is conducting to assess people's attitudes toward the COVID-19 vaccines; and, what areas of concern are important to them. Our Orange County COVID-19 Vaccine Taskforce will use this survey to determine what concerns people have about a vaccine and how to address those concerns. Vaccines can provide not just protection to the person vaccinated, but protection to the community as a whole if enough people get vaccinated. This requires that the vast majority of people who are eligible to be vaccinated actually do get vaccinated. Our COVID-19 Vaccine Taskforce is dedicated to trying to make that happen.

There may be a lot we don't know about a COVID-19 vaccine, but we know enough to be ready to implement a well-thought-out vaccination program. You can be sure that when a vaccine becomes available, the HCA will be ready for it.

Help us understand attitudes toward a COVID-19 vaccine by taking this survey: <https://occovid19.ochealthinfo.com/covid-19-vaccine-survey>.

Follow us and learn more about COVID-19 Vaccine on our COVID-19 Vaccine Taskforce website here: www.ochealthinfo.com/cv19vaccine.

Meanwhile, thank you to everyone who has received or scheduled your flu vaccination. For those who haven't, please remember to get your flu shot by November 16th.

Sincerely,

Dr. Clayton Chau
HCA Director
County Health Officer

New Division Manager

Mindy Winterswyk

For California Children's Services



"I've been around children all my life, starting as a baby-sitter. I love interacting with children and I always knew that I wanted to work with children, so that's why I became a pediatric physical therapist." That decision and those that followed, has now led **Mindy Winterswyk**, to the role of Division Manager/Chief of the Medical Therapy Program with California Children's Services (CCS). "I really like the philosophy of CCS which treats children from ages 0-21 with chronic disabilities. The program allows our team to follow the children throughout their childhood. I joined the OC Health Care Agency (HCA) in 2007 because Orange County (OC) CCS was known for having a good reputation and known for being more cutting edge, organized, and a leader in the state."

Mindy truly enjoys working "hands on" with children and their families. She moved from Long Beach to OC because of her CCS career which started with the Placentia Medical Therapy Unit and included stops in Fullerton and Anaheim. "The funny thing is, is that I never envisioned myself in this position when I came to CCS. I wanted to work with children and their families. The physical therapist that I shared a desk with in 2010, once looked at me and said, "someday you are going to be the Chief Therapist; I just know it." I was a bit surprised by this comment. I will say I'm thankful for those who have invested their time and energy to mentor me and those whose trust I have earned." Mindy said she is looking to give back. "I am thankful for the promotion because I am able to lead this amazing team in a direction that is

evidence-based, is more technologically advanced, and with a positive work environment/culture." She said her leadership style is to Lead By Example. "I truly believe the culture of the organization starts at the top and trickles down. It is up to me to lead with a positive attitude, excellent work-ethic, and confidence in our division so that this is the sentiment of each employee who works for CCS."

QUESTIONS AND ANSWERS WITH MINDY WINTERSWYK.

Can you sum up what you've done so far, and what has been most rewarding about your work to this point?

- I've enjoyed all the roles I've had with CCS and before that with Rancho Los Amigos National Rehabilitation Center.
- In 2009, I took a test and am recognized as a Board Certified Pediatric Clinical Specialist by the American Board of Physical Therapy Specialties.
- Developed the Pediatric Orthopedic Medical Therapy Conference in 2012 - currently with Dr. Robert Kay from Children's Hospital Los Angeles (CHLA). Children are seen and evaluated by Dr. Kay at the Garden Grove Medical Therapy Unit location.
- Led the workgroup that established a Hip Surveillance Program for Children with Cerebral Palsy – CCS OC. The outcome of this workgroup was each physical therapist in CCS OC can evaluate for and recognize the signs of hip dislocation in children with cerebral palsy. The therapists work collaboratively with the child's orthopedic physician to ensure that the hips are surveilled over time so that silent hip dislocations are caught early and can be remedied with the appropriate intervention. CCS

OC partners with orthopedic physicians from both Children's Hospital Orange County and CHLA in this endeavor.

How many people in your division and what is your vision for the work your division does?

We have approximately 150 people.

Both parts of the division need stability as there has been a recent loss of management and supervisory positions as well as many years of historical knowledge. This is a building year for the program. For the Administrative/Medical side of the program, in July 2019, there was a large shift within the program to Medi-Cal Managed Care after Senate Bill 586 - Whole Child Model was implemented. We are still streamlining processes and working with CalOptima weekly to determine the most efficient and efficacious methods of coordinating the care for our mutual patients. This portion of the CCS division determines CCS medical eligibility based on diagnosis and medical, financial, and residential criteria. We authorize medical services for critically ill children.

The Medical Therapy Program portion of the division provides physical and occupational therapy at 12 locations throughout Orange County. Eligibility is determined by medical and residential criteria. Many of our therapists are pediatric clinical specialists. For the Medical Therapy side of the program, we are working on some technological advances with WiFi being installed at each Medical Therapy Unit to ensure we are able to provide telehealth services, multiple iPads, iPhones and devices ordered to ensure we are able to provide the telehealth therapy services. In addition, we are always striving to ensure that the services we provide are cutting-edge and evidence-based. Our staff attend many continuing education classes each year to ensure that they are current with the Occupational Therapy and Physical Therapy practices related to the population we treat. Our goal for this year is to continue to provide excellent therapy services while adapting to the challenges that come with the COVID-19 pandemic.

Care to share anything about hobbies, personal interests or what you do away from work?

My interests are spending time with my daughter, family and friends. I am the Girl Scout troop leader for her troop. We love going to the beach, traveling, to the mountains to ski or to the tropics. We also adore our Boston Terrier "Buddy"- he is a little clown.

Advising State on **COVID-19 Vaccine**

Dr. Matt Zahn, Medical Director of the OC Health Care Agency's (HCA) Communicable Disease Control Division, has been appointed to the governor's Scientific Safety Review Workgroup which will independently review the safety and efficacy of any COVID-19 vaccine that receives approval from the Food and Drug Administration.

"It's an honor and it's certainly a reflection of the great work and dedication of so many throughout the HCA," said Dr. Zahn. "I look forward to representing Orange County 'at the table' as so many crucial decisions are being made about a COVID-19 vaccine in California." The Workgroup members will be guided by the principles of safety, equity and transparency, and will review any COVID-19 vaccine that receives federal approval and verify its safety, before it becomes available to those most at risk in California.

The state is putting a system in place for the distribution and administration of a COVID-19 vaccine as supply becomes available. The California Department of Public Health submitted an initial COVID-19 vaccine distribution plan to the Centers for Disease Control and Prevention.

The governor's announcement and list of Workgroup members can be read by clicking [here](#).



▲ Dr. Matt Zahn, Medical Director, Communicable Disease Control Division, speaking to audience at University of California, Irvine in mid-February at start of COVID-19 outbreak.

5 Things You Need to Know About:

1 Health equity is the belief that all people should have a fair opportunity to attain their full health potential. According to the American Public Health Association, “Health inequity refers to the uneven distribution of social and economic resources that impact an individual’s health. Inequities often stem from structural racism or the historical disenfranchisement and discrimination of particular marginalized groups, including racial and ethnic minorities, low-income populations, and members of the LGBTQ community. These groups have historically been withheld from obtaining resources that are needed to be healthy, and are disproportionately exposed to a combination of health risks such as poverty, violence, poor neighborhood conditions, and environmental health hazards.” Learn more [here](#).

2 A recruitment process is currently underway for the OC Health Care Agency’s (HCA) Director of the new Office of Population Health Equity. The Director will be leading the Agency-wide equity effort including, but not limited to, the oversight of the existing cultural competency program under Behavioral Health Services as well as the new health equity measures recently implemented by the State to address disparities due to the pandemic under Public Health Services.

Award Winning COVID-19 Campaign

The OC Health Care Agency’s (HCA) COVID-19 campaign recently won the “Best in Show” Award at the 45th Annual PROTOS Awards announced (via webcast) by the Orange County Chapter of the Public Relations Society of America (OCPRSA).

The HCA Communications and Public Health Services (PHS) teams collaborated on the campaign. The teams and their work were recognized by the OCPRSA for their “agility, timeliness, innovation and so much more,” for keeping the public, “informed and engaged in the midst

of a once-in-a-generation health crisis.”

“On behalf of the HCA Communications team, our colleagues in PHS and our partners at Pulsar Advertising, thank you for acknowledging the tremendous work, on many fronts, that has gone into this campaign,” said **Jessica Good**, Public Information Manager, HCA Communications. “It’s taken a lot of research to make sure we’re targeting OC’s hardest hit communities with the important messaging they need to hear in the way they

need to hear it, and we’re really glad it’s been well received.”

“I’m very honored to work with such an amazing group of people,” said **Julie MacDonald**, Marketing Manager. “It feels really rewarding to do work that makes an impact.”

“It’s always nice to be acknowledged,” said **Dr. Tamarra Jones**, Division Manager, Health Promotion and Community Planning Division. “But this could not have been done without the wonderful team of people we have in the HCA. I’m so happy

Health Equity

3 The HCA has a dedicated website on Health Equity Initiatives (HEI) which are underway as a result of COVID-19 in Orange County (OC). You can view the website by clicking [here](#). HCA Director and County Health Officer **Dr. Clayton Chau** told the Orange County Board of Supervisors the community's response to the HEI has been, "great." Recent efforts include the Latino Health Equity Initiative and free COVID-19 testing for Asian and Pacific Islanders and Middle Eastern and Northern African populations.

4 Health equity is one of the metrics in the [Blueprint for a Safer Economy](#) from the California Department of Public Health (CDPH). Health equity is used to determine the COVID-19 tier status of counties for reopening. You can learn more [here](#). The CDPH's health equity metric went into effect in early October. It has been used more and more often in the media since. This [report](#) by the OC Register is one of many that includes coverage of health equity metrics.

5 The concept of health equity has been a previous focus of the HCA. One resource has been the OC Healthier Together website, which identifies at-risk populations in OC and lays out goals and strategies to help improve their well-being. You can see the health equity metrics for OC on the website <http://www.ochalthiertogether.org/>.

to work with this team because it does make your day a little bit better, to have such a dedicated group of coworkers."

You can see the announcement on the OCPRSA Facebook page. It's 49 minutes and 14 seconds into the video here: <https://www.facebook.com/OCPRSA/videos/678461922568115>. To learn more about the campaign, please visit <https://mailchi.mp/ochca/coulditbecovid>.





COVID-19 HOMELESS



Jason Austin, left, Director Office of Care Coordination during interview with reporter outside Project Roomkey site in Stanton.

Leadership from the OC Health Care Agency (HCA), County Executive Office (CEO) and the Orange County Board of Supervisors (BOS) have all shared words of praise in recent weeks for the Office of Care Coordination (OCC) for its deft handling of homelessness during the COVID-19 pandemic. The pandemic led the OCC to develop the County of Orange (County) COVID-19 Homelessness Response System. “Working with a diverse group of stakeholders, this has been an incredible collaboration with the support of our County family from CEO Real Estate and Orange County (OC) Public Works, HCA Public Health Services and Behavioral Health Services; along with homeless providers the Illumination Foundation, City Net, Friendship Shelter, Mercy House and Pathways of Hope; our partners in the cities and law enforcement; and the hotels themselves,” said **Jason Austin**, Director of the OCC. The OCC has coordinated stakeholders and services through Project Roomkey, Project Homekey and Project Toolbelt. Also worth noting is that the development of the OCC has taken place during the COVID-19 outbreak with Jason appointed OCC Director in early April and having assembled the OCC team during the pandemic.

1. Project Roomkey

Collaborative effort between the State and the County to temporarily secure motel and hotel rooms for people experiencing homelessness who are at higher risk for developing severe illness from COVID-19 until a more permanent housing solution can be identified.

Highlights:

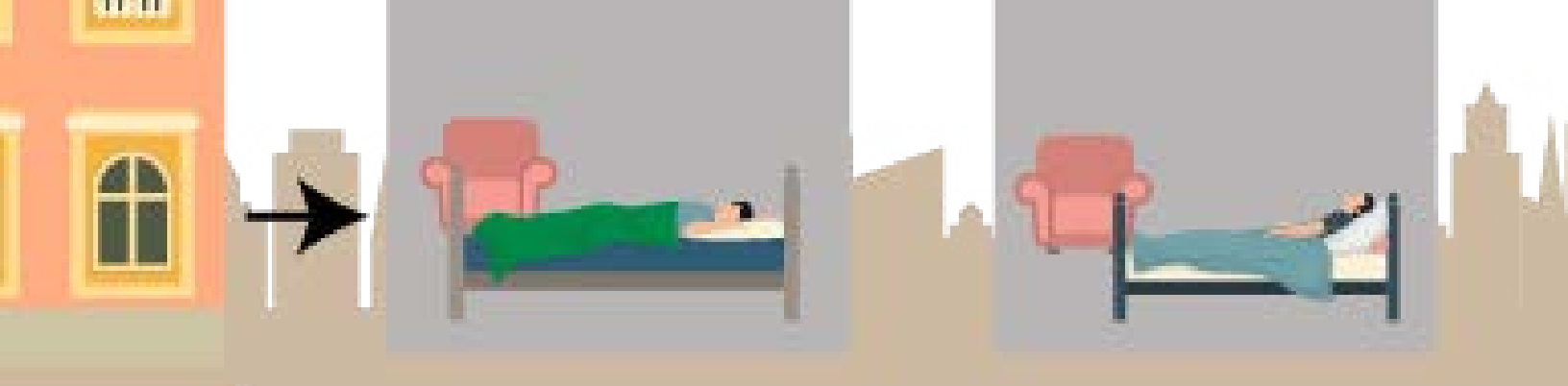
1,944 of some of the most vulnerable to COVID-19 in OC received access to emergency shelter. So far 97% have enrolled in Project Toolbelt with the goal of receiving a more permanent housing solution. BOS Chairwoman Michelle Steel, Supervisor Second District, praised the enrollment into Project Toolbelt as a “smooth transition,” giving those served, “the option of being placed into new, safe locations,” and “I am proud of the work that has been done.”

Status:

We continue to operate the Stanton Inn & Suites as a Project Roomkey site until it transitions to a Project Homekey program, and participants will stay on as the program becomes an interim housing site. We are continuing the site with the Illumination Foundation for those individuals experiencing homelessness who are sick or symptomatic.

Insight:

“The County recognized that Project Roomkey provided a unique opportunity to engage, assess and facilitate housing placement for many individuals experiencing homelessness who were not previously receiving services through the Homeless System of Care,” said Jason.



BUSINESS Response

2. Project Homekey

State and County collaboration to purchase and rehabilitate housing, including hotels, motels, vacant apartment buildings and other buildings to convert them into interim or permanent, long-term housing.

Highlights:

The 72-room Stanton Inn & Suites and the 60-room Tahiti Motel also in Stanton, are transitioning to interim housing properties. The two projects will create a total of 132 new affordable homes for people experiencing homelessness who have been impacted by COVID-19 in Orange County.

3. Project Toolbelt

“As individuals were engaged with the System of Care, the County implemented Project Toolbelt, a housing project to facilitate the engagement and transition of Project Roomkey participants into appropriate housing opportunities, by using the ‘every housing tool in the toolbelt’ approach,” said Jason. The opportunities include providing recuperative care services.

Status:

As of October 19, our Project Toolbelt providers have facilitated a total of 464 placements into other housing opportunities. This includes:

- 93 permanent placements (such as individuals having a room for rent, enter into permanent supportive housing and moving in with family or friends)
- 295 temporary placements (such as hotels and sober living programs)
- 55 placements in emergency shelter programs

Individuals in temporary housing options will continue to be supported by our Project Toolbelt Providers to identify longer term housing opportunities. As of October 22:

- The Laguna Hills Project Roomkey site had full participation in Project Toolbelt and reports no

individuals refusing services or needing any transport back to street homelessness or cities of original referral. This site had 78 participants at full capacity.

- The final group of participants transitioned out of the Huntington Beach Project Roomkey site without incident. The site had 141 individuals and they have all moved to alternative housing options. We had full participation in Project Toolbelt onsite, with zero walk offs to the City of Huntington Beach or anyone returning to street homelessness
- The Anaheim Project Roomkey site had three individuals decline Project Toolbelt services, but had their own vehicles and transported themselves off the site with no issues. No individuals walked off site. This site had 284 participants at full capacity.
- The Orange Project Roomkey site officially closed. This location was used for COVID-positive, sick or symptomatic individuals. There were 34 participants onsite, and they have all been successfully transitioned to our new COVID-positive quarantine sites, managed by the Illumination Foundation, and located in Midway City and Anaheim. There were no walk-offs in the City of Orange.



Antibody Screening Finds COVID-19 Nearly 7 Times More Prevalent in Orange County than Thought

University of California, Irvine (UCI), OC Health Care Agency (HCA) lead state's first study to widely test representative sample of residents. - Courtesy of UCI

Testing a representative sample of Orange County (OC) residents for a wide range of coronavirus antibodies, UCI researchers found that 11.5% of them have antibodies for COVID-19, in contrast to previous estimates of less than 2%. Latino and low-income residents had the highest prevalence of SARS-CoV-2 antibodies with rates of 17% and 15%, respectively. UCI researchers led the actOC project in partnership with the HCA, which provided funding, testing sites and input on the study's survey methods and scripts. Study results appear on the pre-print server site medRxiv: <https://www.medrxiv.org/content/10.1101/2020.10.07.20208660v1>.

"This rigorously designed surveillance study offers important information about how many residents of Orange County have already been exposed to COVID-19," said Bernadette Boden-Albala, director of UCI's Program in Public Health and founding dean of the campus's proposed School of Population Health. "Additionally, the study helps us to understand the impact of disparities."

The results will enable leaders of the sixth-largest county in the U.S. to identify key demographics at high-

er risk of contracting – and having adverse outcomes from – the virus. "The greater prevalence of a positive antibody response among Latinx populations is consistent with some of the testing and hospital data that has come out of OC and nationwide," said Boden-Albala, a co-principal investigator on the study. "As we look toward the fall and flu season, this data also justifies enhanced planning and resources in communities likely to be hit hardest."

"COVID-19 has had different impacts on different communities across our county. There has been particular concern for communities of color and residents with lower incomes that are disproportionately affected by this virus in terms of infection rates and poorer outcomes. Health equity continues to be paramount, and this study not only confirms the observable trend but also helps inform our strategies and policy recommendations moving forward to help ensure that all of our Orange County neighbors are able to attain access to testing, information and education, as well as the resources they need to care for themselves and their families," said **Dr. Clayton Chau**, County Health Officer and HCA Director.

A Groundbreaking Process

Working with marketing firm LRW Group to recruit a truly representative sample of OC residents, the study enrolled nearly 3,000 random people via phone and email. The participants provided demographic information, revealed whether they had experienced any coronavirus symptoms, and were asked if they'd be willing to undergo blood screening for antibodies.

Those who agreed visited one of 11 drive-thru testing sites – selected based on HCA emergency plans – where medically trained volunteers, primarily UCI students and alumni, collected blood samples using finger pinpricks.

With a UCI-developed imaging platform, the researchers looked for antibody responses to a wide array of respiratory viruses – including SARS-CoV-2, which causes COVID-19. The highly sensitive technology allowed them to identify whether participants had contracted COVID-19 specifically, while many other antibody tests cannot accurately distinguish between it and other coronaviruses. The results were then analyzed and paired with the demographic data.

Researchers are following up every two weeks for four months with a subset of 200 people who tested positive so that they can see how the immune response changes over time.

Potential Impact

UCI researchers initiated the study because they had a hunch that the prevalence of COVID-19 had been underestimated, since individuals with few to no symptoms were rarely tested. “There was this lurking suspicion that there’s a large fraction of people who have had it that did not know,” said co-principal investigator Tim Bruckner, associate professor of public health. “Either they had symptoms and did not seek care, or they did not have symptoms and had no reason to go.”

Recent surveys in other metropolitan regions of the U.S. suggest that infection rates are higher and death rates lower than previously thought and that rates vary significantly from place to place. The results of the actOC project confirm that nearly seven times as many county residents have contracted COVID-19 as had been believed.

It’s the first study in California to employ both a truly representative sample and tests for a wide array of viral antibodies, producing an accurate picture of the disease’s prevalence in OC. The team included Dr. Chau, **Dr. Matt Zahn**, Medical Director of the HCA’s Communicable Disease Control Division; UCI public health researchers Boden-Albala, Bruckner, Daniel Parker, Scott Bartell, Veronica Vieira and Emily Drum; and UCI School of Medicine researchers Saahir Khan and Philip Felgner.



It is not yet clear what levels of antibodies indicate near- or long-term immunity for people who have had COVID-19, but continued follow-up with those who tested positive will provide further data over time. Although 11.5% is still substantially below the minimum of 70%

of residents who would need to have antibodies in order to achieve herd immunity – and given that one county cannot act as a guide for the country as a whole – many researchers hope that representative antibody testing across the U.S. could help guide reopening and public health decisions.

“Our study demonstrates that while a significant number of OC residents were already exposed and developed antibodies to COVID-19, much of the county still remains vulnerable to the virus,” Boden-Albala said. “For researchers, there is a lot more work to be done, such as understanding the protection of COVID-19 antibodies and identifying and addressing notable disparities associated with this virus.”

Photo: A medically trained University of California, Irvine (UCI) volunteer collects a blood sample from an actOC study participant at one of 11 drive-thru antibody testing sites in Orange County. Carlos Puma for UCI Health



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25TH



For Health

You don't have to wait for Thanksgiving leftovers to enjoy a tasty turkey treat any time of year. This budget-friendly recipe combines some of the best from American and Mexican cuisines and is gluten free with low added sugar.

Turkey Tacos

Serves 8

Ingredients:

- 1** carrot, sweet potato, zucchini
- ¼** head lettuce
- 2** tomatoes large
- 1 ounce** cheddar cheese low-fat
- 15 ounces** pinto beans low-sodium
- Non-stick cooking spray
- 1 pound** turkey lean ground
- 15 ounces** tomatoes canned chopped or crushed, no salt added
- 1 tablespoon** chili powder
- 1 teaspoon** garlic powder
- 1 teaspoon** oregano dried
- ½ teaspoon** salt
- ½ teaspoon** black pepper ground
- 16** taco shell



Directions:

1. Rinse, peel, and grate carrot, sweet potato, or zucchini (if using zucchini, grate but do not peel). Squeeze dry with paper towels.
2. Rinse and shred lettuce. Rinse, core and chop tomatoes.
3. Grate cheese.
4. In a colander, drain and rinse beans.
5. Coat a large skillet with non-stick cooking spray. Heat over medium-high heat. Add turkey and brown.
6. Add grated veggies, beans, canned tomatoes, chili powder, garlic powder, oregano, salt and black pepper. Stir well.
7. Reduce heat to medium. Cook until thickened, about 20 minutes.
8. Add 2 tablespoons cooked meat mixture to each taco shell. Top each with 1 tablespoon shredded lettuce and 1 tablespoon fresh tomatoes.
9. Top tacos with any of your favorite veggies, hot sauce, salsa, low-fat sour cream, or low-fat plain yogurt.

Meet the
**STEVE
AMBRIZ**
award nominees
2020

The OC Health Care Agency (HCA) is pleased to introduce the 9 teams nominated for this year's Steve Ambriz Award. You can meet the nominated teams by clicking [here](#). The winning team will be announced on November 4, 2020.

The HCA and Orange County Employees Association (HCA/OCEA) Labor Management Committee renamed the Team Excellence Award after Steve Ambriz in 2006. The Award identifies the qualities and characteristics of effective work teams. It is designed to encourage teams to exemplify qualities of effective communication, accountability, enthusiasm, creativity, and collaboration. For more on HCA Award programs visit <https://intranet.ochca.com/erp/programs/>.

Peer-to-Peer

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the mechanism by which a person can obtain assistance or address a need that could potentially change their life, their families' lives, the lives of the public at large. The people we serve, the providers we support, the program teams we work with make all the difference and I am honored to be a part of that...blessed to be a part of that."

When she's not at work, Nicole might be watching the NFL, cheering on the Dallas Cowboys and other teams and players or buried in a book. "I love reading mysteries." She's volunteered with the Anaheim Public Library Foundation for more than 20 years - since her son was little, and during the pandemic, she found time to continue remodeling her home, dining and living rooms. What's her motivation for all she does?

"One of my favorite quotes that really has motivated me throughout my life is one by Maya Angelou and I have it up in my office: 'My mission in life is not merely to survive, but to thrive; and do so with some passion, some compassion, some humor, and some style.' It really sums me up and my approach."

No matter how busy she is, Nicole said she always takes time to provide guidance to anyone who asks. "I would encourage HCA and County staff to perform well in their existing positions. Performing well in the here and now is one of the best ways to shine. Opportunities will come from there for learning different things, acting on other interests, growth, and advancement. Investing in your work has and is its own reward."

SERVICE AWARDS

2020 Third Quarter Employee Service Awards (July 1 - September 30 Hire Dates)

On behalf of the Health Care Agency Executive Team, we extend our heartfelt congratulations to each of you for your years of service to our department and the County of Orange.

35 Years

Cheryl Destro
Gloria Zamarripa

30 Years

Candy Schmitt
Carmina Estrada
Dawn Umemoto
Diana Perez
Isabel Benavidez
Lynn Tang
Rosalia Reyes
Silvia Holguin
Susan Johnson

25 Years

Fidel Colin
Karen Borrego
Luiza Cole
Maria Tenorio
Patricia Stabile
Rachelle Gardea

20 Years

Ana Bills
Annette Banuelos
Brian Carroll
Carey Bornhagen
Dina Dompore
Edward Perkins
Elisa Letrondo
Guadalupe Reyes
Ha Nguyen
Heather Bell
Jennifer Sitterding
Julia Marchi
Lam Phan
Marc Verduzco-Bravo
Maria Corona
Martha Rodriguez
Ronda Pe'a
Sandra Miranda
Tu Le

15 Years

Annice Guadan
Derek Moore
Felisa Solis
Georgann Madrid
Guadalupe Guzman Tovar
Kindra Dimitriadis
Martha Ramirez-Bartoli
Melissa Nakahara
Michele Martinez
Rhonda Folsom
Sonia Cueva

10 Years

Carla Candelario
Stephen Chapin

5 Years

Allan Bautista
Anna Cho
Cabrini Langi
Carlos Espinoza
Cheryl Maytubby
Christine Baker
Cynthia Hernandez Rivera
Daniel Rivera
Daniel Garcia Jr.
David Cheung
Peter Dinh Lai
Dustin Klein
Elizabeth Graciano
Eunice Kim
Jessica Codde
Joseph Kochuveli
Joseph Girgis
Joshua Crosby
Joshua Magana

Kathleen Raphael
Kathy St. Hilaire
Kristin Alix
Krystle Torres
Lisa Tran
Marissa Peraza
Maureen Pacier
Michael Chiles
Miguel Maciel
Minh Le
Olga Gore
Petra Gomez
Phuong Thanh Nguyen
Rosa Guillen
Scott Aultman
Tiffany Tran
Tina Dinh
Tricia Gomez
Usha Sannidhi Venkata



MISSION

In partnership with the community, protect and promote the health and safety of individuals and families in Orange County through:

- Assessment and planning
- Prevention and education
- Treatment and care



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