



IN THE SPOTLIGHT

Highlighting the People
and Programs Serving our Mission

Megan Crumpler

New Public Health Lab Director Lands Dream Job

Who knew that taking a giant leap of faith moving from one coast to another combined with a bit of fate would land **Megan Crumpler** her dream job at the Health Care Agency?

After hearing fascinating stories at the dinner table that her mom, who's an obstetrics and gynecology technician, would share about her day, pursuing a career in the healthcare field was an easy choice for Megan, Orange County Public Health (OCPHL) Laboratory Director.

"I cold called every county public health lab when I moved from Virginia to Redlands to see which one would be willing to give me a tour so that I could train and get into the system," said Megan. "After Rick Alexander, former OCPHL Director called me back, I was able to tour the lab, meet staff and learn about the great work they do in Orange County. It's been my dream job to work at HCA ever since!"

During her first year at HCA, it's Megan's goal to learn how the OCPHL system operates, establish relationships with staff and partners and build their trust. As a member of the [Association of Public](#)

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DIRECTOR'S MESSAGE

Hi. For my first message, I'd like to address a topic some of you have already asked me about in person since I became Director of the OC Health Care Agency (HCA) – and that's change.

I've been joking with colleagues here at 405 W. 5th St. that the only immediate change that needs to happen is speeding up our elevators and moving them closer to my office! All kidding aside, I need time to get the lay of the land and conduct a thoughtful review before making any big changes to the way things are done or acting to fill the (currently) vacant position of Assistant Director.

Here's what I know today: HCA is a well-respected County department by all the metrics I have. Are we responsive to leadership in the County Executive Office and Board of Supervisors? Yes. Do our Board items get passed? Yes. Are we serving
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Director's Message

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clients and the community well as a whole? Absolutely. We're a successful organization. That said, there are also some tough financial times on the road ahead – from changes in law at the Federal level – to the programs we're responsible for financing – to potential impacts to our funding streams. I see a big part of my role as helping to navigate our steady ship through choppy waters and keep us sailing on a strong course.

As for positive change, I'm inspired by all the new and innovate ways teams from County departments like HCA, the Sheriff's Department, OC Public Works, and the Social Services Agency are collaborating and interacting with one another to tackle complex challenges like homelessness in Orange County. My job, and yours, are important because this agency sets the tone and takes the lead on physical and mental health issues in Orange County – but none of us can do it alone.

I look forward to continuing to work together.

Sincerely,

Richard Sanchez

Richard Sanchez
Director, OC Health Care Agency

New Public Health Lab Director Lands Dream Job

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[Health Laboratories](#) Emerging Leader Program, she also hopes to implement some techniques she learned with our lab staff and highlight the great work they do, which is often behind the scenes.

Prior to joining HCA, Megan worked for the Riverside County Public Health Lab where she served as a Supervising Public Health Microbiologist and promoted to Director in 2014. She holds a BS in Microbiology and Cell Science, a PhD in Microbiology and Immunology and completed postdoctoral work on HIV.

Megan is excited for the opportunity to work with a dedicated team of professionals who protect community health and prevent the spread of disease.

Please join us in welcoming Megan! She can be reached at (714) 834-8379 or via email at mcrumpler@ochca.com.

“Megan's background and experience make her an ideal fit for the Orange County Public Health Laboratory. She is well known and respected across the state and is a great asset to the Health Care Agency.”

– David Souleles, Public Health Services Deputy Agency Director

Meet Correctional Health Services' Go-To “Computer Pharmacist”

Kathryn “Katy” Martinazzi

After results from a high school aptitude test suggested that **Kathryn (Katy) Martinazzi**, either become a park ranger or pharmacist, little did she know that this simple test would later lead to a 35-year career dispensing medication and learning new computer skills and terminology!

After volunteering in a hospital pharmacy, Katy, Correctional Health Services (CHS) Chief Pharmacist, learned the importance of how and why a patient needs to receive the right medication and proper

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Meet Correctional Health Services' Go-To "Computer Pharmacist"

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dosage. It was then she decided that pursuing a career as a pharmacist was what she would do.

Katy joined CHS circa 1993, a time when nurses, doctors and pharmacy staff completed inmate medical charts with paper and pen, medication bottles were filled by hand and prescription labels were typed. Today's technology has allowed machines to dispense medications in the jails and an inmate's medical chart to evolve through implementation of the Electronic Health Record (EHR), eliminating hard copy charting and automating information to streamline staff workflow.

"The EHR ensures that staff who provide medical care are seeing an inmate's most up-to-date health history via their computers. This automation allows offsite programs like our Public Health Lab and UCI's Lab to electronically input test results directly into a patient chart, giving the patient's nurse or doctor a quicker turn-around time to view these results and provide proper care," said Katy. "The EHR interface along with our electronic pharmacy program allows the pharmacist to review every medication order as soon as it is written and ensures that the patient is receiving the correct medication and dosage."

As Chief Pharmacist, Katy wears many hats, but she's notably recognized as the "Computer Pharmacist." In addition to her duties overseeing CHS and Juvenile Health Services pharmacy operations, she serves as the CHS EHR liaison – troubleshooting, problem solving and coordinating

with HCA Information Technology and vendors to recommend and make system enhancements. She's also the go-to person for staff when it comes to EHR technical questions or the jails' medication packaging machines.

As an individual who loves to organize and figure out how things work, Katy's computer knowledge and skills are self-taught and were gained

while learning the ins and outs of the EHR. Katy's colleagues note that she's positive and proactive, never takes short-cuts and can be relied on to see that any task is completed from start to finish. As a stickler for detail, her peers also note that her finished product or project is always spot on.

With her ongoing contributions to HCA and the community, it should come as no surprise to readers that Katy was nominated by her colleagues and selected as April's [Peer-to-Peer](#) award winner. Congratulations, Katy!



Kathryn "Katy" Martinazzi,
Correctional Health Services Chief
Pharmacist.

“ Correctional Health Services is proud to have someone of Katy's caliber on the healthcare team. She embodies the characteristics that make the CHS program successful – respect, integrity, compassion, teamwork, and accountability. This recognition is so well-deserved. ”

– Erin Winger,
CHS Chief of Operations



Community Partners Recognized for Building Healthier Communities

To celebrate National Public Health Week (NPHW) from April 3-9, our Public Health Services (PHS) division honored the people, programs, organizations and jurisdictions we work with here at the Health Care Agency that help make Orange County a healthier place to live, work and play.

As the foundation of Orange County's Healthier Together initiative, the [Orange County Health Improvement Plan](#)'s priorities on infant and child health; older adult health; obesity and diabetes; behavioral health; and the public health system served as categories to which staff and community members could nominate individuals and organizations who've made a difference in our communities to promote optimal health.

"I am always proud of the work that we do in Public Health. This year's Public Health Week Celebration was especially meaningful since the work of public health cannot be successful without collaboration and partnerships," said **David Souleles**, Public Health Services Deputy Agency Director. "We appreciate opportunities to work together and were pleased to be able to recognize these efforts."

On April 4, more than 20 nominees and winners comprised of individuals, organizations, cities, hospitals and student groups gathered at HCA's 17th St. Training Center to receive awards and recognition for the great work they do improve the health of Orange County and get us one step closer to achieving a healthier generation.

Special recognition was presented to the following five individuals and organizations that work with HCA to improve the health of all Orange County community members and visitors:

- [MOMS Orange County](#)
- [Alzheimer's Orange County](#)
- [City of Buena Park](#)
- Sergeant Michael Pixomatis [Orange County Sheriff's Department](#)
- [Orange County Asian & Pacific Islander Community Alliance](#)

See the full list of nominees and winners [here](#).

NPHW celebrates the power of prevention and champions the role of a strong public health system. The NPHW theme "Healthiest Nation 2030," focused on making the United States the healthiest nation in one generation by year 2030. To learn more, visit www.nphw.org or [click here](#) to learn how our PHS division keeps Orange County healthy by protecting us from disease and injury.

Terry Carrier

Terry Carrier Honored for 20-Year Commitment to State Board

Congratulations to **Terry Carrier**, Supervising Hazardous Materials (HazMat) Specialist from HCA's Environmental Health (EH) Division, on being named Outstanding Certified Unified Program Agency (CUPA) Individual by the California CUPA Forum Board for his remarkable dedication serving as the Hazardous Waste Technical Advisory Group (TAG) Coordinator for 20 years.

Terry is an in-house expert on technical questions and information regarding hazardous materials and waste (biological, chemical and/or radiological that has the potential to cause harm to humans or the environment, either by itself or interaction with other factors) for the statewide CUPA and its participating agencies, and serves as presenter during the Forum Board's annual conferences to provide updates to attendees on CUPA and inspection processes.

"The TAG Coordinator position typically rotates to another individual every couple of years, but no one has volunteered since Terry first took the position," said **Christine Lane**, Environmental Health Assistant Director. "Terry is commended for his dedication to the CUPA Forum Board and for his commitment to protecting public health and keeping our environment safe for Orange County's residents and visitors."

Terry supervises and trains new HazMat inspectors, oversees the Waste Tire Enforcement Program, is an active member of the EH HazMat Emergency Response team and participates in various committees and technical advisory groups. His 30-year experience also includes working in EH's occupational health and food protection programs.

Environmental Health is the designated CUPA that coordinates the regulation of hazardous materials and wastes in Orange County. To learn more, visit www.occupainfo.com. Visit [CUPA Forum News](#) to learn more about the award.

What is CUPA?

HCA's Environmental Health Division was designated as the Certified Unified Program Agency (CUPA) for the County of Orange by the State Secretary for Environmental Protection on January 1, 1997. The CUPA is the local administrative agency that coordinates the regulation of hazardous materials and hazardous wastes in Orange County. CUPA provides its regulated businesses several convenient benefits such as a single point of contact for permitting, billing and inspections; uniformity and consistency in enforcement of regulations; and a single fee system incorporating all of the applicable fees from six CUPA programs (Hazardous Materials Disclosure, Business Emergency Plan, Hazardous Waste, Underground Storage Tank, Aboveground Petroleum Storage Tank and California Accidental Release Prevention). To learn more, click [here](#).

5 Things You Need to Know About CA's Tobacco Tax Increase Initiative

- 1 As of April 1, 2017, the tax on a pack of cigarettes increased \$2, from \$0.87 to \$2.87. This is a result of [Proposition 56](#), the California Healthcare, Research Tobacco Tax approved by voters November 2016. It also impacts some tobacco-related products that include nicotine (like electronic cigarettes and e-liquid).
- 2 Smoking remains the number one cause of preventable death and disease in California. About 3.1 million or one out of nine California adults smoke, while an estimated 34,000 Californians die from smoking-related diseases each year.
- 3 At \$2.87 per pack, California has the ninth highest cigarette tax in the country, with New York leading at \$4.35. A recent Sacramento Bee article discusses how the new tax is motivation for some smokers to quit smoking. Read the article [here](#).
- 4 Proposition 56 funds tobacco-use prevention programs and research on tobacco-related illnesses such as cancer and heart disease. It also provides additional resources for the California Department of Public Health to enforce underage tobacco-sales laws, funds programs to prevent and treat dental diseases, and strengthens the Medi-Cal health care system.
- 5 Free countywide smoking cessation services are available for teens and adults who live, work and play in Orange County by calling 1-888-NEW LUNG (in multiple languages too!). More details are available [here](#). Visit our [Tobacco Use Prevention Program](#) to learn how they're working with schools, community providers and local retailers to reduce tobacco use and exposure to secondhand smoke.



SERVICE AWARDS

On behalf of the Health Care Agency Executive team, we extend our heartfelt congratulations to each of you for your years of service to the County and HCA team!

2017 First Quarter Service Awards
(January 1 - March 31 Hire Dates)

20 Years

Janene Bankson	Jinnie Kwak	Diane Powell-Washington	Caroline Statzula
Guadalupe Becerra	Christine Lane	Sandra Scott	Yvonne Tran
Luz Conde	Carla Parmeter	Richard Skaff	Sandra Walden
Jovita Gonzalez	Michael Parra		

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15 Years

Leeann Bailey	Liliana Deleon	Elisa Kemmer	Armando Rodriguez
Debra Barnes	Lynette Ewing	Maricela Lujan	Eugenio Rodriguez
Raquel Betancourt	Marilyn Garcia	Rosa Macias	Fran Shapiro
Vernon Castle	Aileen Franz	Hung Pham	Nhan Vo
Zorina Catuna	Andrew Hadden	Ana Portillo	Les Weinert
Tania Chiem	Gloria Herrera	Christina Riggio	

10 Years

Linda Aceves	Ronnie Gassaway	Maria Victoria Mozo	Sujata Swaroop
Ken Alma	Roberto Godinez	Danny Nguyen	Daniela Tabara
Kenneth An	Jessica Good	Tuan Huy Nguyen	Christopher Terucha
Christine Baun	Norma Guillen	Maria Nicholas	Annie Tran-Luong
Katherine Boelts	Olga Gutierrez	Anabell Ochoa	Lana Urteaga
Jessica Bueno	Cynthia Hernandez	Maryagatha Okpala	Guadalupe Villasenor
Esmeralda Cendejas	Shirin Ihani	Diana Padilla	Darline Vo
Diann Chang	Leticia Iniguez	Sarah Pham	Yan Wang
Mark Delgado	Tamarra Jones	Rosangela Quiroz	Vicki Wheeler
Krutigna Desai	Kevin Lambert	Kimberly Rangel	Elijah Wooldridge
Hisham Elmishad	Alfred Marquez	Sheila Refoy	
Leni Corazon Espiritu	Elizabeth Mercado	Jacqueline Rivera	
Nancy Garcia	Lynn Miles	Natalia Surgent	

5 Years

Harriet Fain-Tvedt	Diane Hannaford	Catherine Shreenan
Christopher Goffredo	Romylin Laborete	Esra Soydinc
Susan Hoang	Yihuan Lai	Maria-Teresa Thomas
Kimberly Pickering	Jenny Nghe	

Let's #UpliftOC this Mental Health Matters Month!

Did you know that research shows performing simple acts of kindness is actually good for YOUR mental health?

Follow the OC Health Care Agency on [Facebook](#) and [Twitter](#) during the month of May as we celebrate Mental Health Matters Month by shining the spotlight on simple behaviors our community members can implement in their everyday lives that will positively lift the spirits of friends, loved ones, and neighbors while simultaneously improving their own mental health and wellbeing. Show your support by sharing kindness on social media by using the hashtag (#UpliftOC)!

Every day, millions of people face stigma related to mental health and go years before receiving any help. Our goal is to amplify the voices of everyone who wants to put an end to stigma and show our support to

help make a difference in someone's life.

Employees throughout HCA will also join the [Each Mind Matters](#) movement by wearing the color lime green to open an honest dialogue about mental health and participate in a variety of activities to spread awareness about the importance of mental health and share tips and resources for those in need.

Lime green ribbons and wristbands are available in prominent areas within your HCA work location or can be also ordered [here](#).



HCA Debuts 'What it Means to Wear Lime Green' Video

So you've picked up a lime green ribbon, and you know it has something to do with mental health. But what, exactly? As the OC Health Care Agency shares [here](#), this little accessory packs a big message and wearing one is a simple way you can help #UpliftOC.

For a calendar of Mental Health Matters Month events happening throughout Orange County, a social media toolkit pre-stocked with messages you can share to promote mental health awareness on your own accounts, and more, please click [here](#).



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



Connect with Us

The **What's Up** newsletter is created and distributed monthly by HCA Communications. Please call (714) 834-2178 with any suggestions or comments.

Welcome to

Uplift

a feature designed to bring each edition of our newsletter to a close with something that inspires you.

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“In my office, I surround myself with positive quotes and affirmations to always remind me about what’s important. I collect and love putting up ‘my signs’ all over my office walls in order to also help inspire those that happen to come into my own office (especially my own staff). Many times people may read a quote off one of the signs and see that Oprah ‘ah ha!’ moment and I love it! If it helps brighten someone’s day or inspires someone to act or think more positively, it in turn makes me happy too! I have been with the County for almost 19 years and my dream is to have almost every inch of my office walls covered in positive and uplifting quotes by the time I retire!”

– **Helen Topacio**, Family Health Clinic Supervisor,
Public Health Services

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“This picture was taken on my way to the Correctional Health Services Annual Nursing Skills Fair held for the first time at Irvine Regional Park in Orange. A short drive from many County work sites, I was pleasantly surprised at the beautiful surroundings and to be greeted by the sight of this beautiful peacock as I entered the Soda Fountain Pavilion at the park.”

– **Stacey Northcutt**, Program Manager,
Juvenile Health Services

Healthy Recipe of the Month

Pineapple Smoothie

Makes 4 portions

Excerpted from the Woman, Infants and Children (WIC) "Let's Cook" Cookbook

Ingredients:

- 1 (14-16 ounce) package silken tofu
- 1 medium banana
- 1 (12 ounce) can frozen pineapple juice concentrate
- 1 (8 ounce) can crushed pineapple, chilled

Directions:

Puree all ingredients together in a blender until smooth. Serve immediately.

Nutrition Facts for One Serving:

- Calories 299
- Fat 5g
- Protein 10g
- Carbohydrate 58g
- Fiber 1.5g
- Calcium 403mg
- Iron 6mg

Nutrition Tip:

Tofu, also known as soybean curd, is a good source of calcium, protein, iron, omega-3 fatty acids, magnesium and vitamin B1.



“We are what we repeatedly do. Excellence, therefore, is not an act but a habit.” – Aristotle

“ This quote pushes me to appreciate the little things myself and others do each day because these small acts have the potential to be more impactful than we could ever imagine. You can change your life by deciding to make small adjustments and stay committed to them even when there is not an immediate or visible result. ”

– Lindsey Greene, Medical Reserve Corps Project Lead,
Health Disaster Management



What inspires you? Would you like to share a motivational quotation, photograph you've taken of something beautiful – even a fitness tip or healthy recipe – with Uplift for consideration? If so, send it via email to tlandquist@ochca.com, and please be sure to include your job title, division name, and a sentence or two about why it moves you. Please know that not all submissions will be used; decisions are at the discretion of HCA Communications.