



IN THE SPOTLIGHT

Highlighting the People and Programs Serving our Mission

DIRECTOR'S MESSAGE

Some of the most important work that happens here at the OC Health Care Agency (HCA) may not be on your radar because it rarely makes headlines; and yet, it impacts every service area and reaches hospitals, clinics, schools, non-profits and other businesses and individuals throughout Orange County. Without the contributions of our colleagues in this field, our ability to provide many vital services would grind to a halt. Any guesses?

Contract Services is responsible for developing, soliciting, negotiating and administering human services contracts for HCA. What exactly does "human services" mean? Generally, it's a service that is provided to help individuals stabilize their lives and find self-sufficiency through guidance, counseling, treatment and the provision of basic needs. The team also supports our fiscal and operational integrity by using the County's competitive

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On-Site Certificate Program Helps Staff Receive Master's in Public Health

Seven Health Care Agency staff who participated in the 2013-14 on-site offering of the California State University, Fullerton (CSUF) Public Health Certificate program earned their full Master in Public Health degree (MPH) in May.

The certificate program is a collaboration between CSUF and Public Health Services (PHS) that offers four of the core MPH graduate-level classes (issues in Public Health, Advanced Methods in Epidemiology, Advanced Environmental Health and Advanced Study in Health Promotion and Disease Prevention) to employees through University Extended Education. Classes are taught by CSUF faculty at 17th Street, making it convenient for staff to attend after work. "This is a tremendous opportunity for staff as well as for Public Health," said **David Souleles**, Public Health Services Deputy Agency Director. "The program is the envy of health departments across the state. We're appreciative of the partnership we have with the university and so proud of the dedication and accom-



Pictured (left to right): Mindy He, Susanna Lewis, TuMinh Pham, Public Health Services Deputy Agency Director David Souleles, Karen McLean, Katie Siemers, Minoo Ghajar and Dough Schan.

plishments of our staff!"

Successful graduates of the certificate program are eligible to register for the full MPH program and apply the four classes to their degree requirements. One graduate expressed he probably would have never pursued an MPH if certificate program classes had not been offered on-site.

The program was previously offered in 2011 and 2013; 34 participants have earned the certificate and 24 have gone on to earn their MPH. PHS is conversing with CSUF to possibly begin a new cohort in Fall 2018. More information will be provided to staff as it becomes available in a future issue of What's Up.

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Director's Message

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bidding process to obtain the most cost effective services as well as providing oversight of vendors to safeguard our financial resources. No small task!

While many of us recently celebrated the first day of summer (fun fact: it was June 20th), the Contract Services division has cause to celebrate a different season altogether – what we call “Renewal Season” here at headquarters. Every May and June, we go through a formal review process by the OC Board of Supervisors to renew millions of dollars-worth of contracts. It's a testament to the extremely hard working and dedicated staff – who begins preparations for this undertaking a year in advance – that 156 human services contracts were successfully renewed for fiscal year '17/'18 with a total value of more than \$122 million without much fanfare.

Sometimes, no news really is good news. I want to express my appreciation for and kudos to the team. From ensuring the continuity of existing services to preparing contracts for implementation of new or increased services, you've done more with less this season and it hasn't gone unnoticed.

Sincerely,



Richard Sanchez
Director, OC Health Care Agency

Waste Not OC Coalition Named Community Champion of the Year

The Health Care Agency celebrates the selection of the [Waste Not OC Coalition](#) (WNOC) as Community Champion of the Year by the Orange County Chapter of the American Academy of Pediatrics (AAP) for promoting pediatric excellence through its contributions to the community that achieve optimal health for Orange County's children.

As the first recipient to receive an award in this new category, the honor is an example of how the Coalition's efforts to find ways to end hunger in Orange County, where 1 in 6 children face food insecurity, have not gone unnoticed. The goal of WNOC is a simple one – reduce food waste through the donation of wholesome surplus food from food-producing facilities to local pantries and identify those in need.

WNOC partners with Children's Hospital of Orange County and fam-



Pictured (left to right): Al Baroudi, Cheesecake Factory, Dr. Eric Handler, County Health Officer, Dr. Dean Jacobs, American Academy of Pediatrics Chapter 4 President and Mark Lowery, OC Food Bank Manager.

ily resource centers throughout the community to screen children and families to determine their level of food insecurity using a 2-question tool to identify those who don't know where their next meal is going to come from, and refers them to local

food pantries and resources near them. To date, more than 68,000 individuals have been screened. Learn more [here](#).

WNOC and its partners have recovered 5.6 million pounds of extra food and transformed it into 4.6 million meals

in 2016 and plans to reach these same numbers, if not outpace them this month. To learn more about WNOC, visit www.wastenotoc.org. Details about the AAP award can be found [here](#).



“ Waste Not OC continues to be a model program for addressing food insecurity and has received national recognition for its commitment. Success of the program is due to the dedication of the entire WNOC team, Orange County United Way, and through support from our County Board of Supervisors who've awarded \$100,000 to the Coalition two years in a row. ”

— Dr. Eric Handler, County Health Officer

Contracts



Administrator Shares Passion for Perseverance

“As a teacher at heart, I like to encourage staff to adapt to change, strive to work hard and always motivate others to do their best. Leading by example and sharing my expertise to help them succeed is my ultimate goal.”

With a penchant for procurement and robust background in purchasing, law and teaching, **Leila Garcia**, Contracts Services Administrative Manager I, is known for her knack in problem-solving and drive to inspire others to achieve greatness by putting their best self forward.

Leila works in the Procurement Unit of Contract Services and is responsible for administering human services. She works with programs one-on-one from start to finish on solicitations, an extensive process that can take anywhere from nine months to one year and requires persistence, consistency and transparency for it to be successful.

She exhibits positive team spirit and exemplary work ethic by taking the initiative to utilize her experience with contracts and sole source (no-bid contract) solicitations to mentor staff.

“Leila is known as a true leader. She respects timelines and continually applies excellent customer service to ensure projects keep moving forward,” said **Brandi Solarte**, Administrative Manager II, Contract Services.

Leila was nominated by her colleagues and selected as June’s [Peer-to-Peer](#) award winner. Congratulations, Leila!

Mental Health Matters Month Messages Resonate Countywide

The voices of everyone who wanted to put an end to stigma were amplified throughout Orange County through a first-of-its-kind social media campaign to #UpliftOC during Mental Health Matters Month last May.

A variety of County agencies/departments, Orange County hospitals, non-profits and individuals were inspired to join us using the hashtag #UpliftOC on their social media accounts. We collectively shined

the spotlight on simple behaviors community members can implement in their everyday lives to positively lift the spirits of friends and loved ones while simultaneously improving their own mental health and wellbeing.

Two unique videos that we created ([What it Means to Wear Lime Green](#) and [#UpliftOC with Simple Acts of Kindness](#) featuring County Health Officer Dr. Eric Handler) and posted on the Health Care Agency's [Facebook](#), [Twitter](#) and [YouTube](#) accounts, received an overwhelming number of views and shares from our followers. Check out our social media infographic that spotlights the campaign's success below!



What it Means to Wear Lime Green Video

16,907 Video views

299 Views



Melissa Acedera

@mellmusic

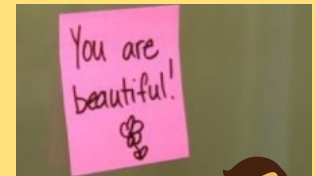
Replying to @ohealth

I usually keep extra healthy snacks in my car incase I'm driving somewhere and see someone in need. #UpliftOC



OrangeCoastMemorial @. May 12

Write positive statements on sticky notes & spread them around! Acts of kindness are good for your mental health. #UpliftOC #FeelGoodFriday



POSTS

126,650 people reached

49,072 tweet was seen

FOLLOWERS

Gained over 100 social media followers thanks to the campaign



Conner Crane @ConnerC... May 23

Have a fantastic day, everybody!
#UpliftOC

Our Health Ca @ourhealthca

Research shows performing simple acts of kindness is good for your mental health! Tweet out some kindness and tag it #UpliftOC




Here are more highlights celebrated during the month:

- ◆ Lime green the color for mental health awareness was seen throughout Orange County with the distribution of 31,193 green wristbands and 21,148 green ribbon pins to 62 different providers.
- ◆ 22 HCA worksites and programs engaged participants by having clients take part in ribbon wall activities to open conversations about mental health.
- ◆ Lobbies and common areas at various Health Care Agency sites were decorated to feature lime green and highlight California's [Each Mind Matters](#) mental health movement campaign.
- ◆ Schools throughout Orange County incorporated educational activities in their classrooms or lunch-time by pledging to improve mental wellness through poster creation and open communication using lime green ribbons or wristbands to start a dialogue.
- ◆ 64 events were hosted by community providers and partners that took place countywide all throughout the month of May.
- ◆ Check out the slideshow [here](#) to view more Mental Health Matters Month event photos and activities.

Now is the time to change the conversation about mental health in Orange County. Begin the discussion and encourage those in need to seek assistance. For more information, visit Behavioral Health Services Mental Health Matters Month webpage [here](#).



 **OC Animal Care @Oran...** May 2
May is Mental Health Matters month! Take a new leash on life and help [#UpliftOC](#)



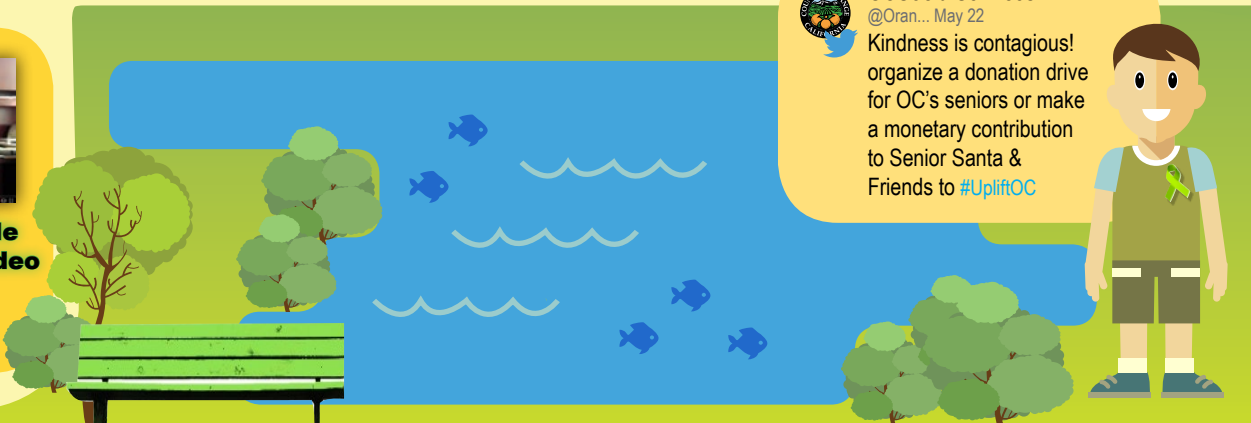
 **AAP - OC Chapter**
@OCA... May 10
[@OCAAP](#) supports simple acts of kindness with [@DrHandlerMD](#) & [@ochealth](#). Share yours with [#UpliftOC](#) [youtu.be/SVimYOug8v8](#) via [@YouTube](#)



Dr. Handler's Simple Acts of Kindness Video

 335 video views

 297 views



OC Social Services

@Oran... May 22

Kindness is contagious! organize a donation drive for OC's seniors or make a monetary contribution to Senior Santa & Friends to [#UpliftOC](#)



FARM-TO-TABLE EVENT INSPIRES CHAMPION MOMS TO ENCOURAGE Healthy Eating

More than 70 Orange County [Champion Moms](#) and peer educators attended a recent workshop at [Centennial Farm](#) to learn how to build and prepare healthy meals using fresh produce.

The workshop “Try It, Like It, Grow It” featured a farm-to-table approach (system in which food production, processing, and consumption are integrated to enhance the environmental, economic, social and nutritional health of a particular place) as participants toured the grounds, sampled fresh produce and learned tips from a master gardener on how to grow the fruits and vegetables they tasted in their own backyards.

Attendees committed to sharing key messages for choosing healthy, fresh options within their communities and expressed interest in bringing their families to local farmers markets or the Centennial Farm.

HCA's Nutrition Services Nutrition Education and Obesity Prevention (NEOP) program along with Community Action Partnerships and the OC Fair & Events Center hosted the event for moms and educators who advocate for healthy changes in their neighborhood. OC Champion Moms is part of the California Department of Public Health's [Champions for Change](#) Supplemental Nutrition Assistance Program Education (SNAP-Ed) program.

Orange County is proud to support 87 Champion Moms; the greatest number in the State's SNAP-Ed program. To learn more, visit HCA's [NEOP Program](#) or contact Anna Luciano-Acenas, Public Health Nutritionist II at ALuciano@ochca.com.



1. Champion Moms and peer educators sample farm-grown fruits and vegetables; 2. An OC Master Gardener shares tips and tricks to grow vegetables at home; 3. An OC Champion Mom and Peer Educator challenged the audience to create healthier Latino meals using MyPlate guidelines; 4. Event participants enjoyed the opportunity to learn about agriculture and healthy farm-to-table tips.



Survey Results Identify Opportunities for

HCA Efficiencies & Innovations Survey

Efficiencies & Innovations

Allyson N. Furry, MA, Research Analyst
Janel Alberts, PhD, Research Manager I
Curtis Condon, PhD, Research Manager II

April 2017

Efficient employees are an asset to any organization, while innovative employees can increase an organization's efficiency leading to further success. Together, these two qualities act as the driving force to progress and helps create a client-centered system of care. But, what can we do to improve both here at HCA?

We asked that question of our staff and results from a new "[HCA Efficiencies and Innovations](#)" survey show that most feel they are efficient at doing their jobs; however, employees suggest four key factors that drive the need for a culture shift within their programs and HCA as a whole should be implemented in order to progress.

These include:

- **Technology Today Leads to an Innovative & Efficient Tomorrow:** Modify access restrictions and improve technology to allow more staff to brainstorm new ways to provide services, evaluate outcomes, and fully utilize resources needed to do their jobs.
- **Embracing Change Leads to Progress and Productivity:** Improve communication and encour-

age management to be open to staff ideas that can lead toward advancing program efficiency and innovation.

- **Innovative Thinking Needs Time:** Improve hiring procedures, delegation and management of workloads, increase staffing and allow for more time in the workday. These elements work hand-in-hand to allow more focus on a client's well-being and an opportunity to develop new ways to provide services and information.
- **Building a Skillful and Talented Workforce:** Provide continuous training to staff to create a well-educated and prepared workforce. Learning new skills helps improve efficiency, breaks down silos and facilitates innovation.

The report summarizes results from the recent HCA/ HCA Labor Management Committee survey in which employees participated and is part of HCA's effort to identify key areas for improvement and to engage in meaningful discussions within each program and division. To read the full report, click [here](#).

A Clearer Picture of OC Communities:

OCHEALTHIERTOGETHER.ORG'S

New Demographic Dashboard

Orange County's

HEALTHIER TOGETHER

Improving Health through Planning and Partnerships

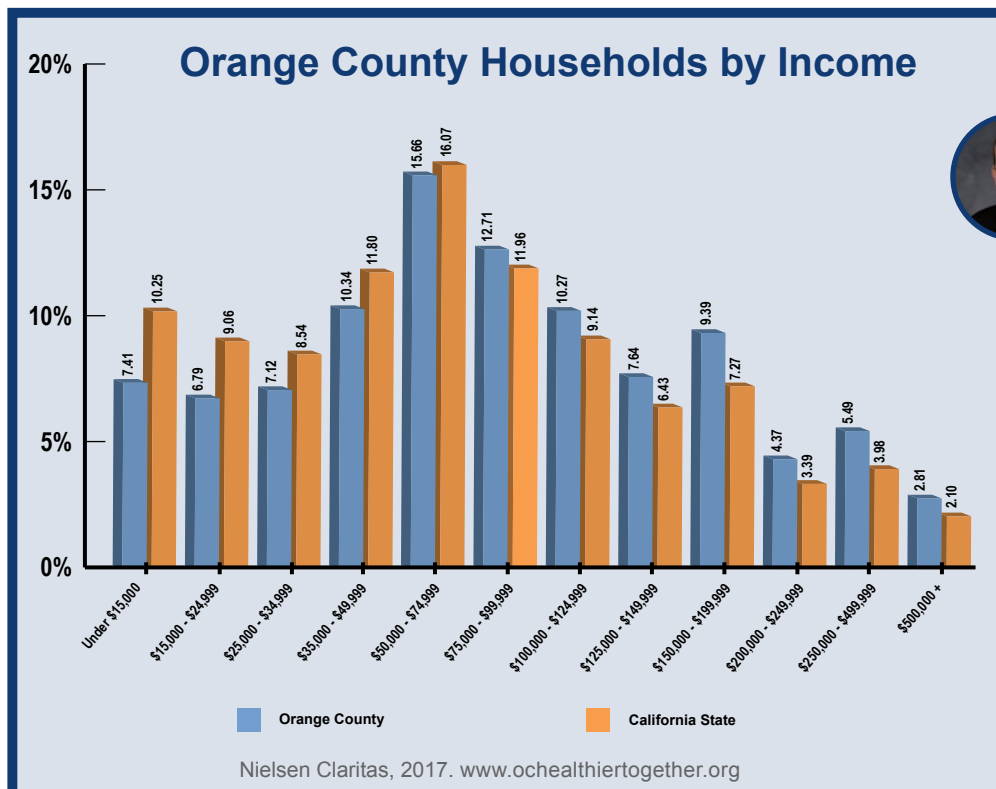
Orange County's Healthier Together [OC Demographic Dashboard](#) now includes more than 500 items to easily find and compare demographic and social determinant data for the 3,212,946 residents living in Orange County. The Dashboard (updated for 2017) includes data on age, race, ethnicity, income, housing, and education and is searchable by zip code.

The dashboard helps the Health Improvement Partnership of more than 35 public and private sector organizations that includes the Health

Care Agency, better understand the health and social conditions of our residents and define areas of success and disparities. These demographics also help form objectives and strategies for addressing [priority health areas](#) (infant and child health, older adult health, obesity and diabetes, and behavioral health) identified in the OC Health Improvement Plan. It's also a great resource for students, reporters and researchers, as evidenced by an average of

10,000 page views the site gets per month!

Orange County's Healthier Together is a community-wide initiative, administered by Public Health Services, that aligns public and private resources within the public health system to improve health for all communities. To learn more, watch https://youtu.be/IDBH-3_tv20 or visit www.ochealthiertogether.org.



OCHealthierTogether.org has really improved our ability to find and use data to inform our work. This new dashboard ensures that we have up-to-date information on social conditions that impact our community's health such as income, housing, and education and that we are able to look it at a zip-code level.

— David Souleles,
Public Health Services Deputy Agency Director



INNOVATIVE PROGRAM

Helps Kids Be Healthy BUILDS COMMUNITY CAMARADERIE



Did you know that walking to school can have a positive impact on kids' health and also foster a sense of community pride? A fun and creative program called the Walking School Bus does just that by encouraging schools, parents and kids to be physically active as they socialize with friends and neighbors.

Students from Olive Street Elementary School in Anaheim were the first to fire up their feet and demonstrate the project in action as they walked to school together with adult supervision. Check out the video [here](#). Similar to a carpool, the adult “bus driver” either meets students at a designated meeting spot or picks them up along the walking route to school.

“The project came about in response to feedback we received from parents who saw the value in walking to school,” said **Amy Buch**, Health Promotion Division Manager. “They want their kids to be active, but had safety concerns about them walking unsupervised. Participants enjoy walking with their friends and the

school enjoys less traffic and congestion; it’s a win-win for everyone!”

The project will roll out over the next several months to more schools in Orange County with support from HCA’s Health Promotion Division that includes:

- Training school staff and parent volunteers
- A Walking School Bus toolkit: resources for “bus drivers” – reflective vests, whistles, clipboards, water bottles and a backpack
- Supplies for students to create customized bus shaped vinyl banners and special markers for decorating

For more information about the program or if you know of a school that would like to participate, visit the [Walking School Bus Program](#) online or contact **Megan Beard**, Safe Routes to School Coordinator at MBeard@ochca.com.

Summertime Campaign Shares Tips to Prevent Drowning

The beach or pool can be a memorable outdoor adventure for both kids and adults alike, but also an unforgiving place when a tragedy occurs. Drowning is the leading cause of accidental injury and death in children under the age of 5 and 50% of adults over 50.

Thanks to the leadership of Orange County Supervisor Todd Spitzer, the OC Drowning Prevention Task Force was developed in 2015 to coordinate first responders, elected officials, medical personnel, Olympic athletes, nonprofit staff, and OC Health Care Agency staff. In 2016, a summertime OC Drowning Prevention Task Force campaign was launched to educate the community about the dangers of drowning and how to prevent it. The drowning prevention message is simple: always watch the water by designating a “Water-Watcher” (a responsible adult who watches kids in the water without distraction and wears a water watcher tag), and adults over 50 should never swim alone.

For the first time this year, campaign [media materials](#) are now included in Vietnamese, in addition to English

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“ Drowning is 100% preventable. There’s no substitute for active supervision while children are playing in or near water. Always designate a water-watcher, an adult dedicated to watching kids distinguished by wearing a water-watcher tag (free at any [Orange County Fire Authority Station](#)). ”

— Todd Spitzer, Board of Supervisor, 3rd District



**Tai Nạn Chết Đuối
Diễn Ra Chỉ Trong Vài Giây.**

Chết đuối là nguyên nhân hàng đầu gây tử vong do tai nạn cho trẻ em dưới năm tuổi tại Quận Cam.

Luôn luôn trông chừng con của quý vị khi trẻ ở gần nước.



Get Notified About Orange County or Work Location Emergencies

Its 6 a.m. on a workday when a major fire breaks out at the HCA Headquarters building with nearby streets closed as fire crews battle it out. Unaware, you begin your daily commute into the office. Did you know that there's an alert system that could have notified you?

AlertHCA is a system that's designed to notify employees about a county emergency or incident near their work location. The system is simple: register your profile with work and personal details (that's protected) including phone numbers, addresses and emails to receive an alert based on where the emergency is located, either countywide or specific to the addresses you saved.

"A primary benefit of AlertHCA ensures our ability to quickly notify HCA staff of events occurring in and around their work area or throughout Orange County during all hours," said **Steve Thronson**, Regulatory/Medi-

cal Health Services Deputy Agency Director. "Many HCA employees have already registered their profiles, but some are hesitant to include personal information. Know that your information is protected and entering it in detail will customize the alerts based on your profile."

A key feature of AlertHCA is that once you've acknowledge receipt of an alert, the system stops contacting you. Please be sure to enter personal details other than your work phone and email as a backup to receive notifications when not in the office. Order of notifications can be personalized in your profile.

To register or request username credentials, please email **Mike Chiles**, Emergency Medical Services Communications Coordinator at MChiles@ochca.com. You'll receive an email through AlertHCA with a unique URL web link to access the AlertHCA portal.



AlertHCA

Give
Blood



**American
Red Cross**

#ChooseYourDay

Orange County Hall of Administration

**333 W. Santa Ana Blvd.
Santa Ana, 92701**

**Tuesday, August 15, 2017 to
Wednesday, August 16, 2017
9 a.m. – 3 p.m.**

Red Cross Bloodmobile

To schedule your appointment sign up online at www.redcrossblood.org enter **sponsor code: OC1**.

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.

All donors must have an I.D. to donate. Promotions provided by the Red Cross.

Effective December 2014: Individuals who receive a tattoo, by a licensed body art establishment & technician, in California, are eligible to donate blood.

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 Employee Health Services at EHS@ochca.com or call (714) 565-3780.

Summertime Campaign Shares Tips to Prevent Drowning
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and Spanish, along with new Public Service Announcement (PSA) videos that feature Orange County Supervisors, Olympic Swimmer Kayleigh Gilchrist and OC mom Julie Lopiccolo who lost her son Jasper to a pool drowning at age 2. Watch Julie's video with Supervisor Spitzer [here](#). A Patch.com news article [here](#) shares more details about Julie's story and this year's campaign. Supervisors Andrew Do and Lisa Bartlett are also participating in this year's campaign and will be featured in PSA videos.

For more drowning prevention tips and resources, visit www.ocdrowningprevention.com.

Behavioral Health Services HCA Portal Goes Live

Behavioral Health Services (BHS) clients at the Aliso Viejo clinic now have 24/7 secure online and mobile access to their personal health information and various health and resource tools via a new patient portal that went live last month.

Once a client signs-up for the "HCA Portal" through their Plan Coordinator, they can utilize it to view visit summaries, request routine appointments, exchange secure non-urgent messages with their clinic and providers, and access helpful resources and tools like the [OC Links](#) information and referral line. For added convenience, clients can

download a free mobile app called "HealthLife" available on iTunes and Google Play to access the portal.

The Aliso Viejo clinic was the first to pilot the new HCA Portal. Staff hope to gain a better understanding of how BHS clients use the portal that will help them determine what additional features to add as it goes live at more clinics and programs later this month.



“An important goal of an electronic system is to provide the right information to the right people at the right time.”

— Susan Weidhaas,
Administrative Manager, Authority and
Quality Improvement Services

I'm Watching the Children
in the Pool.

I will not leave until another adult has
their eyes on the children in the pool.



Children Drown Without a Sound!
Watch for Children in the Water

1. Never leave a child alone in the water; keep small children within arm's reach.
2. Avoid distractions, such as talking on the phone, eating or poolside chats.
3. Keep a telephone (to call 911) and rescue equipment poolside.
4. Learn CPR.
5. If a child is missing, always check the water first.

SERVICE AWARDS

2017 Second Quarter Services Awards (April 1 – June 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

Christina Preble

30 Years

Terry Carrier
Kenneth Grebel
John Ralls
Mark Sutphin
Teresa Williams

25 Years

Luis Arevalo
Gerri Lynn Arias
Luis Armenta
Rochelle Bracken
Maridet Ibanez
Dawn Wolfe

20 Years

Lai Dorman
Muriel Enos
Evelyn Escobar
Joan Eugenio
Donna Grubaugh
Leticia Macias
Teresa Moreno
Marie Joie Roe
George Varela

15 Years

Huma Athar-MacDonald
Lisa Campbell
Mary Chavez
Yessenia Garcia
Janell Garza
Ian Kemmer
Michael Kulzer
Nelda Owens
Raymond Perez
Jesse Solis
Pauline Stauder
Francisco Tellez
Hector Varela
Irene Wong

10 Years

Juan Acevedo Gutierrez
Cecilia Adams
Priscilla Aguirre
Reno Aguirre
Edith Aquino
Paola Bautista
Wayne Chang
Tina Dean
Dolores Estrada
Melinda Flores
Sarah Garcia
Jeremy Harris
Arcelia Heraldez
Maria Hermosilla
Zahra Heydari
Angelica Higareda
Scott Jordan
John Kane

Kelly Kelley

Tien Lam

Audrey Marshall

Linda Molina

Berenice Moran

Anthony Padilla

Anh Pan

Patrick Pham

Shawna Poland

Juliet Rankin

Mark Remme

Avelino Santos

Daisy Sevilla

Mitzi Silva

Angelica Torres

Julie Truong

Brenda Wicks

Michael Williams

Lisa Wilson

Melinda Winterswyk

Bernice Yniguez

Nancy Young

Henry Zamora

5 Years

Mike Arroyos

Michael Delaby

Monica Diaz

Estefania Hermosilla

Alicia Lemire

Pauline Liu

Maria Christine Lugar

Anh Nguyen

Kevin Nguyen

Eliza Ortizluis

Naveen Shetty

Dean Tran

HCA's Labor Management Committee Seeks New Members

Do you have suggestions on how to make HCA a better place to work? Consider joining the LMC team! Volunteers (at any job level) must be Orange County Employees Association members and commit to 5-10 hours per month to attend meetings and other duties. If you're interested in joining, apply online [here](#). For more information about [HCA's Labor Management Committee](#), click [here](#) or contact **Lisa Alford**, LMC Recruitment Chair at LAlford@ochca.com.

Labor Management Committee

HCA Labor Management Committee (LMC) is a cooperative partnership between Labor and Management serving as a resource for achieving business goals and objectives by collaborating to develop solutions to workplace issues, assisting with Agency communications, and providing knowledge and expertise to help implement a more efficient, responsive, accountable and results-oriented organization.

Our Role

In cooperative partnership with the Orange County Employees Association (OCEA), the HCA LMC addresses and resolves workplace issues, and much more. LMC goals include:

- ♦ Creating a working environment that encourages active engagement in achieving organization goals and contributes to community, client and employee satisfaction.
- ♦ Providing a forum to improve communication between all HCA employees, supervisors, managers and executive management.
- ♦ Resolving workplace issues in order to improve employee satisfaction, while providing quality health care services and regulatory oversight.



- ♦ Providing a forum for employees to propose workplace process improvements intended to improve service delivery or improve effectiveness and/or efficiency.

The HCA LMC meets monthly on the second Wednesday from 3:00 p.m. to 4:30 p.m. The LMC needs volunteers to work on resolving workplace issues and making the County of Orange Health Care Agency a better place to work. Volunteers must be able to commit to approximately 5-10 hours per month to duties associated with LMC membership. Please consider participating in this challenging and rewarding process that benefits you and your co-workers. Belonging to the LMC is a lot of fun and is a rewarding way to contribute to the Agency's operational health.

Join the LMC Team

We welcome applications from all HCA service areas. However, for the LMC to become fully representative of all HCA service areas, we are currently in need of new members (any job level – labor and management), particularly from Correctional Health Services (CHS) and Regulatory Medical Services (R/MS). To apply please complete the LMC application @ <http://intranet.ochca.com/lmc/member>

For additional information, please contact Lisa Alford, Recruitment Chair, by phone @ 714-834-8975 or via email @ lalford@ochca.com or email LMC at hcasocalm@ochca.com.



Since its launch last year, the HCA Virtual Employee Suggestion Box program has had a remarkable response with many thoughtful and insightful comments received thus far. To view the March 30, 2017 Feedback Report (comments received between Dec. 1, 2016 to March 15, 2017), click [here](#).

Drop us a line and tell us what's up! Click [here](#) to send us a question, comment or suggestion. On a regular basis, feedback will be provided and placed on the HCA Intranet at <http://intranet/admin/sb>. Thanks for your input!

On-Site Certificate Program Helps Staff Receive Master's in Public Health
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Public Health Lab Happenings

Congratulations to our Public Health Lab on being selected as a host for the [LabAspire Public Health Laboratory Assistant Director Fellowship Program](#) and the selection of **Lydia Mikhail**, HCA Laboratory Manager, as a fellow in the program. The program provides financial support for



a doctoral program to only three qualified individuals across the state in order to assist them in meeting requirements to become a lab director in California. Lydia, who recently received her Master of Arts degree in Ethical Leadership from Claremont Lincoln University, will begin a distance-learning program at the University of Southern Florida in August. The program leads to a Doctorate in Public Health with a focus on public health laboratory science and practice.



Healthy Recipe of the MONTH

Peanut, Peach n' Pineapple Wrap

Makes 4 servings (prep time 15 min.)

Excerpted from [What's Cooking?](#) U.S. Department of Agriculture's Mixing Bowl

Inspired by an all-time favorite, peanut butter and jelly sandwiches, this wrap is easy and fun for kids to make. With the sweet flavor of fruit and crisp texture of green pepper and lettuce, it's a great wrap n' go meal! Now that summer is here, this recipe is also great to make for family picnics and get-togethers.

Ingredients:

- 1 can sliced peaches (15 oz., drained)
- 1 can pineapple tidbits in juice (drained)
- ½ cup red or green bell pepper (chopped)
- 1 teaspoon cinnamon
- 4 whole wheat tortillas (10-inch)
- ½ cup chunky peanut butter
- 3 cups lettuce (shredded)

Preparation (15 minutes):

- In a medium bowl, combine peaches, pineapple, bell pepper and cinnamon
- Warm tortillas (10 to 15 seconds on high heat in microwave, 3 to 5 minutes at 350°F in aluminum foil in oven, or 15 seconds per side over medium high on stovetop)
- Spread 2 tablespoons of peanut butter on one side of each tortilla, leaving room on the edges
- Spoon equal portions of the mixture over peanut butter, then top with lettuce
- Fold the side and bottom edges of each tortilla toward the middle over the filling, then roll so that the tortilla covers the filling

Nutrition Facts

1 Serving per wrap	
Serving size	
Amount Per Serving	
Calories	430
	% Daily Value
Total Fat 15g	19%
Saturated Fat 3g	15%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 600mg	26%
Total Carbohydrate 64g	23%
Dietary Fiber 8g	29%
Total Sugars 23g	
Includes 1g Added Sugars	2%
Protein 13g	26%
<small>Not a significant source of vitamin D, calcium, iron, and potassium</small>	
<small>*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.</small>	



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.



““ These beautiful hummingbirds always come to my back patio and it reminds me of my father who used to call me hummingbird when I was a child because I was small and picky eater. ””

– Dixie Terrones-Granado,
Office Specialist, Behavioral Health Services
Prevention and Intervention Division

““ Hiking is one of my favorite pastimes to do with family and friends. It’s a fun and healthy activity that also provides an environment for socializing and gets you outside and moving! Being immersed in nature also has calming and stress-relieving effects that are great for mind, body and soul. This photo was taken during one of my hikes at Solstice Park in Malibu. ””

– Grace Papish,
Social Media Volunteer, Health Policy, Research and Communications



““ I just don’t give up with clients. I point out their strengths, see things they do that are positive and let them know they’re okay and that I’m a consumer of behavioral health services too. Sometimes people need to hear that. My clients, like all people, need encouragement, support, empowerment, or someone to believe in them and recognize the positive things they do. Everybody’s got potential; they just don’t always recognize it. ””

– Robert Fore,
Office Technician, Behavioral Health Services Driving Under the Influence Program

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.

