

Director's Message

Our Office of Compliance wrapped its annual survey a few months back, and I'm pleased to learn that a record-breaking 97% of respondents recognized the name of Chief Compliance Officer [Chi Rajalingam](#) and 98% reported knowing how to reach her.

This is important because we want our employees to know there is a mechanism here at the Health Care Agency to report compliance issues, even anonymously. But what's the difference between a Human Resource Services (HRS) concern vs. one more appropriate for Chi's team?

The Office of Compliance (OOC) is here to deal with healthcare compliance and privacy issues. For example, we need to ensure that

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Exercise Tests Our Ability to Transport and Screen Weapons of Mass Destruction

The 9th Civil Support Team (CST) hosted a 3-day joint exercise with our Public Health (PH) Laboratory and Environmental Health Hazardous Materials teams to test coordination and response during a possible terrorist attack in Orange County involving a weapon of mass destruction (WMD).

Street Clinic in Santa Ana served as base command for two CST mobile testing units that were used during the exercise to test samples of a possible WMD. These vehicles contain highly advanced technology and a full suite of laboratory analysis equipment to support complete characterization of an unknown hazard.

"This exercise offered a unique opportunity to test our capability working alongside federal authorities to coordinate how we would respond during a WMD event," said **Megan Crumpler**, Public Health Laboratory Director.

The exercise scenario involved significant increases of people developing severe to mild gastrointestinal illness that were linked to the consumption of milk. Upon investigation by the Federal Bureau of Investigation (FBI), a suspect who worked

The back parking lot at the 17th

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FEATURED ARTICLES

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Director's Message

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each staff member understands and follows all applicable laws, like HIPAA, doesn't have any conflicts of interest and isn't in violation of any requirements from our (many) funding sources.

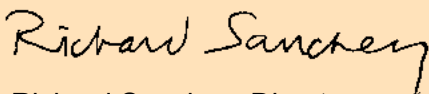
The Code of Conduct is the part that gets a bit tricky for some of us. While the OOC sets our ethical standards through the Code of Conduct, not all issues that arise in the workplace that violate that Code are "compliance issues." To give you an idea of what I mean, the following situations would be routed to HRS to look into and handle:

- If an employee is feeling that his/her supervisor or co-worker is not treating him/her with respect
- Allegations that an employee is not working his/her hours as scheduled
- Issues involving promotions, demotions, hiring, termination, or employee evaluations

Because we have a "no wrong door" policy, employees can report these types of issues to OOC if they choose, and the team will refer them over to HRS for investigation and resolution. Hopefully my message this month helps make the distinction a little clearer.

To learn more about the OOC, please visit <http://intranet/compliance>. Chi and I are working together to address the meaningful survey feedback we've received and will roll out a response in the months to come.

Best,



Richard Sanchez, Director

From Patient Care to Wedding Cakes, Peer-to-Peer Winner Loves Her Work

Guadalupe (Lupe) Becerra, a Comprehensive Care Licensed Vocational Nurse (LVN) with Correctional Health Services (CHS), has worked for the County of Orange for over 21 years. This outgoing and high-energy nurse loves her job, loves her co-workers and loves to bake!

Lupe began her career with CHS because of the opportunity to work the night shift. Nights afforded her the ability to have better work and life balance by freeing her daytime hours to care for her four children. Prior to joining CHS, Lupe spent 10 years performing urgent care clinic work at Queen of the Valley Medical

Center in West Covina.

Working in a jail might instill fear in some, but Lupe confidently said, "I have never felt in danger. I treat my patients with respect and never judge them. I let them know I am simply there to take care of them, and we get along great."

Lupe works at several County jails including the Central Men's and





Lupe Becerra, CHS LVN and avid baker is May's Peer-to-Peer recipient.

Women's Jails, the Intake Release Center and the Theo Lacy Facility. Now that her children are grown, Lupe spends her days off creating beautiful baked treats! She and her youngest daughter discovered their love and talent for baking a few years ago. Today they make wedding cakes, themed cupcakes, decorative cake pops, macarons and other custom creations for weddings, birthdays, Quinceaneras, retirements and many other special occasions.

Whenever co-workers celebrate key milestones, Lupe always volunteers her talents for the party by lovingly preparing special treats for retirements, promotions, or

other life events. Her affinity for her co-workers led her to initiate a fundraising effort for a fellow nurse in need. She made and sold chocolate strawberry bouquets for Valentine's Day, raising more than \$300.

Her peers state that they could not ask for a better teammate. Lupe is always willing to assist her fellow staff members whether providing support during an emergency, gathering health related data for the Registered Nurses during assessments or providing Spanish translations. Lupe is also the go-to person for training new staff to ensure they are familiar with all aspects of patient care and procedures. The first to volunteer when last minute



staffing issues occur, Lupe always does so with a pleasant smile and positive attitude.

When she is not baking, Lupe and her husband spend their spare time attending music concerts or riding their Harley 2007 Ultra Classic to bike rallies throughout the western states.

The CHS management team celebrates Lupe as a shining example for all CHS staff. Her optimistic outlook, team spirit and contagious laugh make any area she works a great place to be, and her team greatly appreciates all she does!

Thank you Lupe for your commitment to excellence, integrity and service! Job well done!

Whole Person Care Pilot Program Wins Top NACo Honors



Congratulations to the [Whole Person Care](#) (WPC) pilot program team, winners of a National Association of Counties (NACo) Achievement Award for demonstrating outstanding innovation in a government program.

“This truly belongs to all participating entities in the WPC Program who have embraced the concept of Whole Person Care and continue to work with us to build and improve on our successes,” said **Melissa Tober**, Strategic Projects Manager, Health Policy, Research and Communications. “It’s a privilege to work with such talented staff in HCA, other County departments and, most importantly, our community.”

WPC is the coordination of physical, behavioral health, and social services in a patient-centered approach with the goals of improved health and well-being through more efficient and effective use of resources for [Medi-Cal](#) beneficiaries struggling with homelessness.

WPC promotes increased communication between hospital emergency rooms, [CalOptima](#), community clinics, Health Care Agency Behavioral

Health Services and Public Health Services as well as recuperative care (acute and post-acute medical care in a supportive transitional housing environment) providers to improve access and navigation of services for the homeless population.



WALT CADENA is June’s Compliance Hero

If you’ve sent office furniture, fixtures or supplies to the warehouse for surplus, you’ve likely interacted with **Walt Cadena**, Warehouse Worker III with Purchasing Services. Walt is June’s Compliance Hero and is recognized for finding 1,700 client records at the bottom of a filing cabinet that was ready to be auctioned.

“Without Walt’s detailed inspection,

On October 24, 2016, the County of Orange was approved through the State of California's Department of Health Care Services to implement the WPC pilot program for a five-year project. To learn more, click the WPC graphic or visit their webpage [here](#).

For more information about the NACo Achievement Awards Program, visit www.naco.org/topics/awards-programs.

WHOLE PERSON CARE

What is it?
Whole Person Care (WPC) is the coordination of physical, behavioral, social, and mental services in a patient centered approach with the goal of improved health and well-being through more efficient and effective care for Medi-Cal beneficiaries, (including self-managing).

When a WPC beneficiary enters an Orange County, CA, hospital or is referred through the OC Health Care Agency, behavioral health services (BHS) Outreach and Engagement (OCHEG) will be engaged.

WPC Connect
Electronic systems are certified and the beneficiary's care plan is created. The system will have the capability to share data from the care plan (electronically) with CalOptima for ease of access by medical case management staff.

- Recuperative Care (047/966)
 - Month: 12,612 bed days
 - Year: 14,708 bed days
 - Month: 22,820 bed days
 - Year: 2020
- One-on-One CalOptima personal care coordinator
- Community-based Network
- Coordinated Entry (no permanent, supportive housing)
- Linkage to mental health services (voluntary and involuntary treatment)

To learn more, please visit ochealthinfo.com/wpc or email wpc@ochca.com

Workshop Teaches Kids and Parents Healthy Habits

More than 64 parents and kids from homebased daycares attended the first annual Early Child Care Workshop at the OC Fair's Centennial Farm in Costa Mesa to learn how to eat healthy and be physically active.

The workshop taught parents how to be healthy role models, kids saw first-hand how fruits and vegetables are grown and harvested, and four 'Champion Daycare Providers' received recognition for their initiative and leadership in creating healthy daycare environments.

One mom shared, "I enjoyed the day's events and loved that my child gets nutrition education, healthy meals and physical activity at his daycare."



The workshop incorporated [Color Me Healthy](#) curriculum that influences kids' behaviors using interactive learning opportunities to stimulate the senses of young children: touch, smell, sight, sound and taste. Attendees further enriched their learning activities by visiting the Fair's [Imaginology](#) program to see science, technology, engineering, art and math come alive.

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these records wouldn't have been found and could have potentially exposed protected client health information," said **Dr. Chi Rajalingam**, Chief Compliance Officer. "Had Walt not been aware of Health Insurance Portability and Accountability (HIPAA) standards, the agency would have been at risk for a large breach, which could have resulted in great financial and reputational harm."

This serves as a good reminder for all of us to be sure and check all items before sending them for surplus, especially for those of us who work within agency programs

that handle patient information. This example emphasizes the importance of knowing HCA polices and being diligent.

Compliance is everyone's business and is the motto that drives the Office of Compliance's Hero program that recognizes Health Care Agency staff for their exceptional efforts to ensure the agency's compliance with all Federal and State regulatory requirements that govern our professional activities.

If you happen to see someone who you feel would be a great Compliance Hero, contact the Office of Compliance, who will select the

heroes based on those they see working with compliance in mind. To learn more about compliance and HIPAA, visit the Office of Compliance intranet site [here](#). For questions about any compliance or privacy related issues, contact:

Call: (714) 568-5614

Email: OfficeofCompliance@ochca.com

Anonymous Reporting via Hotline: (866) 260-5636

Anonymous Reporting via Online: www.ochealthinfo.com/about/admin/compliance

Exercise Tests Our Ability to Transport and Screen Weapons of Mass Destruction

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at a dairy processing plant, was taken into custody and suspicious cultures were identified as being incubated at his/her home.

As part of the evidence collection process, EH Hazmat team members stepped in to oversee the proper decontamination of all sampling containers in the suspect's home, ensured that the samples were properly labeled under the Chain of Custody (a chain-of-custody form is used to track the movement, trans-

portation and receipt of the evidence collected), and transported them to the PH Lab for analysis.

PH Lab staff **Karen Galliher**, Supervising PH Microbiologist, **Vida Mofidi**, PH Microbiologist I, **Tuminh Pham**, Microbiologist II and **Vicky Tran**, PH Microbiologist II, performed testing on the samples and identified them as *Bacillus anthracis* and *Yersinia pestis* (type of bacteria that may be used in a bioterrorism attack and can be deadly).

While the PH Lab tested samples from the suspect's home, CST teams tested milk samples from the dairy processing plant in their mobile testing vehicles. Though they didn't identify the same bacteria as the PH Lab, they did receive positive results for ricin (a highly toxic protein obtained from the pressed seeds of the castor-oil plant).

Additional FBI findings were presented to the PH Lab and CST teams that identified the presence



During the exercise, the back parking lot at the 17th Street clinic served as base command for two CST mobile testing units.



A member of the CST team tests samples from the dairy processing plant.



of castor beans and rosary peas in the suspect's home. Ricin and abrin are both deadly toxins that can be extracted from castor beans and rosary peas, respectively. At the end of the exercise, it was determined that the suspect had released ricin and abrin into the storage vats at the dairy processing plant that subsequently made people ill.

In the event of a terrorist attack, the 9th Civil Support Team (based out of the Joint Forces Base in Los

Alamitos) would be the first military responders on the ground to assist local authorities to determine the nature of an event involving chemical, biological, radiological and nuclear high-yield explosives. They operate 24/7/365 and are designed to deploy rapidly, provide medical and technical advice, assist with state or federal military force requests, and act as the liaison between the [Joint Task Force Civil Support](#). To learn more about the 9th Civil Support Team, click [here](#).

“ This is our first time participating in an exercise of this kind and we were fortunate to also have a representative from the California Department of Health’s (CDPH) Laboratory Response Network Chemical lab team to observe. In an actual event, CDPH partners would provide consultation, chemical testing, and surge testing if needed. ”

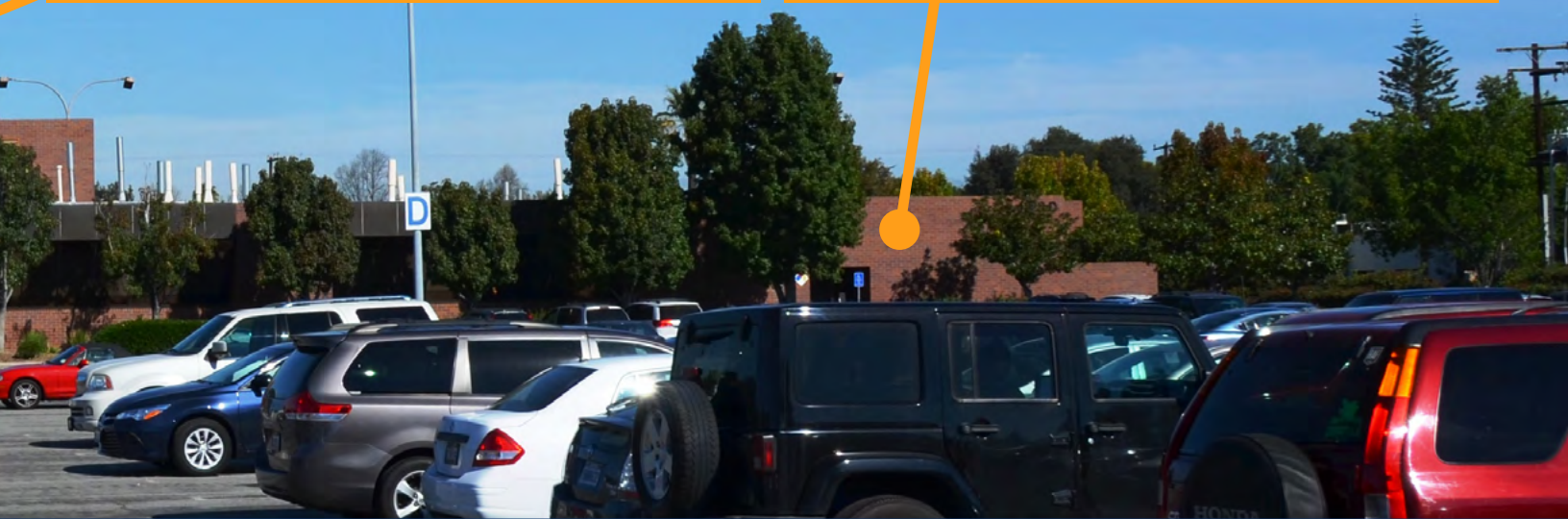
— Megan Crampler,
Public Health Laboratory Director



CST mobile testing vehicles contain advanced technology to support complete testing of unknown hazards.



Members from the 9th Civil Support Team meet with Public Health Lab staff during the exercise briefing.



Expanded County Contracted Narcotic Replacement Therapy Services Begins July 1



“ This increased benefit will help address the treatment needs for the growing number of Orange County residents addicted to opioids and will make it easier for those who are experiencing homelessness and struggling with substance abuse to access these needed resources. ”

— Jeff Nagel,
BHS Director of Operations

Beginning July 1, Behavioral Health Services (BHS) will contract with two Drug Medi-Cal certified treatment providers to offer Medi-Cal eligible residents of Orange County [narcotic replacement therapy](#) (formally known as methadone treatment).

Narcotic replacement maintenance is a daily therapy that is medically supervised outpatient treatment utilizing methadone for opioid users. Program services include medically determined narcotic replacement detoxification therapy, assessment and evaluation, counseling, services for participants with co-occurring disorders, case management, relapse prevention and referral services to

link participants with supplementary services.

Anticipated outcomes of the program are compliance with methadone treatment and abstinence from illegal substances. Past outcomes in successful programs with the non-Medi-Cal population demonstrate that 70% of clients show evidence of a productive lifestyle after 90 days in treatment and 50% achieve abstinence from illegal substances after 90 days in treatment.

The Department of Health Care Services (DHCS) received a Federal [1115](#) waiver to develop a five-year demonstration project to expand



Substance Use Disorder (SUD) services funded by Drug Medi-Cal (DMC) in the state. In 2016, the Health Care Agency (HCA) submitted a plan to DHCS to provide a continuum of SUD, reimbursable under DMC for Orange County residents. HCA received approval of this plan on May 8, 2018.

On May 22, 2018, the OC Board of Supervisors approved HCA to begin seeking contracts with various DMC certified treatment providers to begin provision of services. To learn more about the program, visit DHCS [here](#) or visit www.ochealth-info.com/opioids for prevention and treatment resources.



Donate to the 'Essentials for Young Lives' Campaign Through June 8

Did you know families represent 61% of those living in Orange County shelters who are in need of basic essential items like diapers, wipes and food? The [HomeAid](#) 'Essentials for Young Lives' campaign is a community-wide effort to collect these needed items in partnership with the [Children and Families Commission of Orange County](#).

Join the movement today and help homeless families living in shelters by dropping off your donation in a collection box at one of the Health Care Agency sites below. Let's meet or beat last year's goal of more than 1.2 million baby items collected!

For donation questions, contact [Lisa Alford](#) at (714) 834-8975 or click [here](#) to learn more about the campaign. All baby care items will be distributed to 21 shelters in the county.

CONTACT	LOCATION	PHONE
Kim Passaro	Anaheim 2035 E. Ball Road, Perinatal, 1 st Floor	(714) 517-6185
Tina Aguilar	Orange 301 The City Drive, MOB, 2 nd Floor	(714) 935-6344
Lisa Alford	Santa Ana (HQ) 405 W. 5 th Street, 2 nd Floor	(714) 834-8975
Donna Routledge	Santa Ana 200 W. Santa Ana Boulevard, Suite #100	(714) 347-0481
Tracy Ernt	Santa Ana 1200 N. Main Street, Suite #100B	(714) 480-6661
Donna Lundgren	Santa Ana 1725 W. 17 th Street, Reception 101D	(714) 567-6202
Geniece Higgins	Santa Ana 1241 E. Dyer Rd.	(714) 433-6260
Gloria Trejo	Westminster 14140 Beach Boulevard, Bldg. 88	(714) 834-8680

Annual Mental Health Skills Fair Helps Nurses Keep Their Skills Sharp

Close to 100 nurses from throughout the Health Care Agency participated in Correctional Health Services (CHS) 3rd Annual Mental Health Skills Fair to expand their knowledge and clinical skillset about evidenced based mental health practices, build collaborative relationships and learn about available services and resources to assist clients.



“To accommodate a growing need to provide mental health services to inmates who come into Orange County’s correctional facilities, training and educating staff is essential to assist them with some of the most pressing issues that they face on a daily basis in the jail setting,” said **Sheryl Wamsley-Goldsmith**, Mental Health Program Manager.

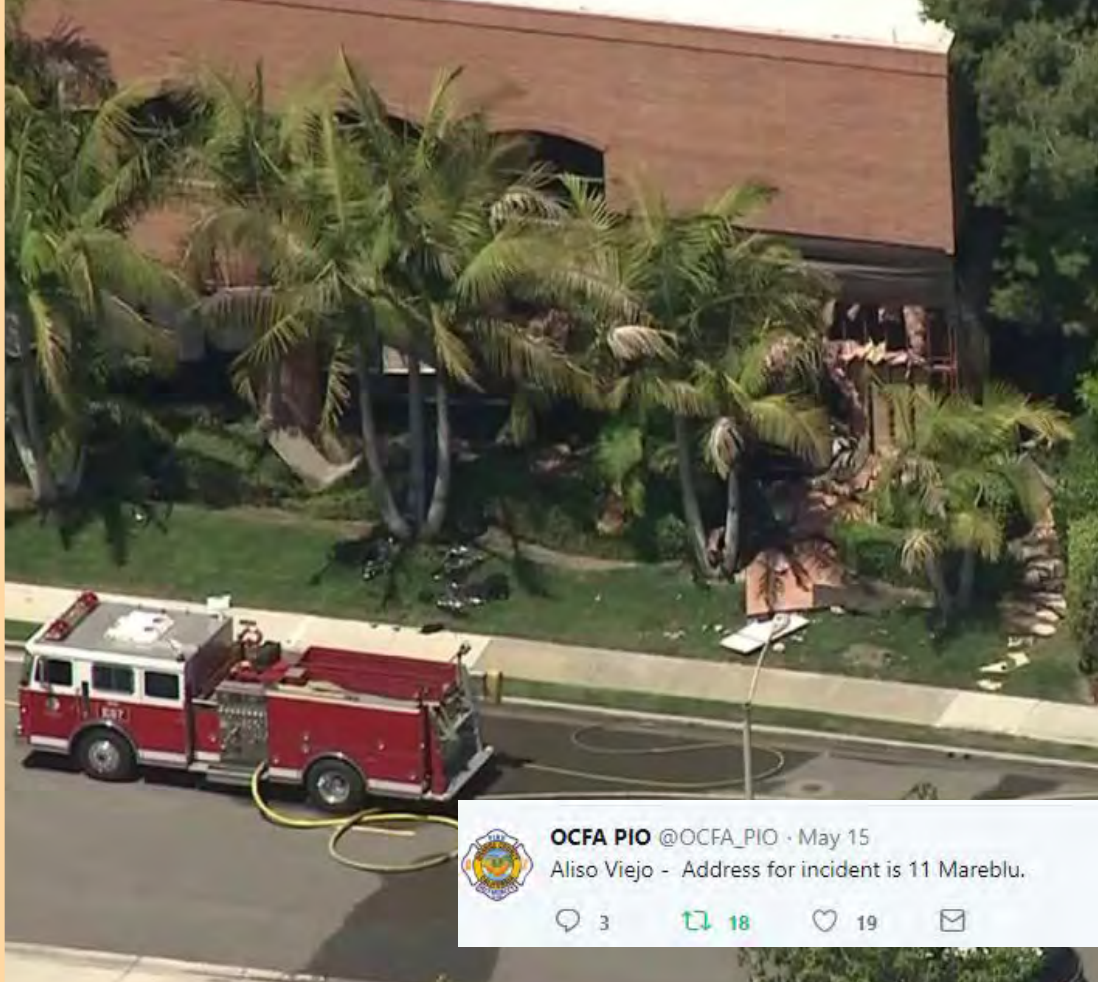
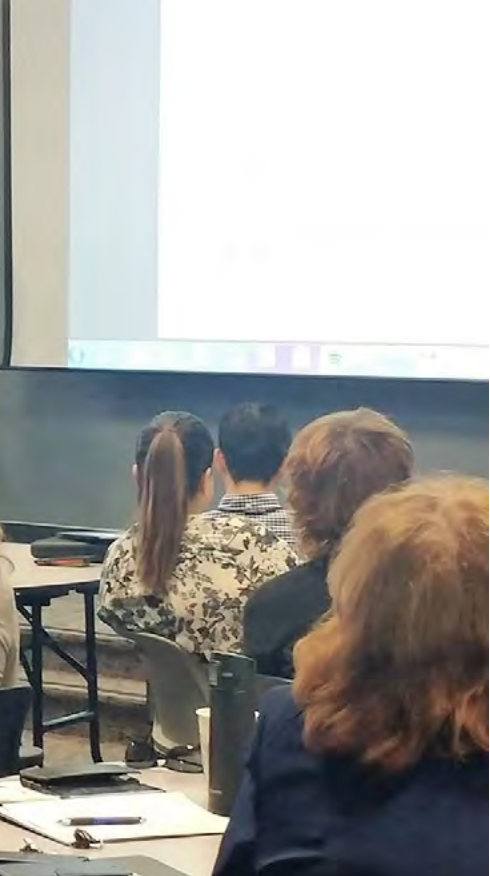
Held at the Social Services Agency Training Center, the event featured more than 10 networking opportunities with various community and County-contracted providers as well as six presentations that focused on a variety of topics relevant to mental health clients served by CHS including a presentation provided by **Dr. Kishore Desagani**, CHS Assistant Medical Director, about

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5 Things You Need to Know ABOUT THE EXPLOSION IN

1 At approximately 1:10 p.m. on Tuesday, May 15, Orange County Fire Authority ([OCFA](#)) firefighters were dispatched to reports of an explosion at a medical office building located in the city of Aliso Viejo. Initial reports incorrectly gave the address of the blast as 5 Mareblu (address of an HCA Behavioral Health Services [BHS] outpatient facility). Calls from reporters flooded the Health Care Agency’s media line shortly thereafter to confirm.

2 The Communications team immediately contacted HCA Facilities, BHS and the Director’s Office to obtain details, research breaking online news stories and view social media feeds from local authorities to corroborate reports. It was determined that the address was incorrectly reported and the correct location (11 Mareblu) was actually the building across the street from our facility. The team informed the media that all HCA staff and clients were safely evacuated and unharmed.



Know About ALISO VIEJO

3 The influence of social media was put into action when the ‘rumored’ address was immediately corrected through tweets sent by OCFA ([@OCFA_PIO](#)) and HCA ([@OCHealth](#)). Word rapidly spread through the community and to our media followers who retweeted the messages and updated breaking news stories.

4 Due to the uncertainty of what caused the explosion, our Environmental Health Hazardous Materials (Hazmat) team was requested to respond to the site and provide assistance working alongside the Orange County Sheriff Department’s Bomb Squad, OCFA Hazmat, Federal Bureau of Investigation (FBI) and Orange County Intelligence Assessment Center. Learn more about our Hazmat team [here](#).

5 The FBI later determined that the blast that killed one woman and injured three others was intentionally set. Read the KTLA Ch. 5 news story [here](#). Because of the ongoing FBI investigation, BHS staff and clients have been redirected to the Mission Viejo Adult Clinic and the Laguna Beach Children’s Clinic until further notice.

KTLA Ch. 5 News aerial photo of 11 Mareblu in Aliso Viejo taken on the day of the explosion.



Health Care Agency @ochealth · May 15
Fire under investigation in #AlisoViejo occurred at 11 Mareblu. Our outpatient clinic is located at 5 Mareblu. All Health Care Agency staff members and clients have been safely evacuated and are unharmed.

🗨️ 2 ❤️ 2 📌

OC Health Care Agency Celebrates our **FANTASTIC NURSES!**

As caregivers, teachers, communicators and advocates, the nurses of the Health Care Agency are the heart of healthcare, and are often the most direct point of care for our clients and their families, providing services in the community, at clinics and in correctional settings.

We celebrated our nurses during [National Nurses Week](#) from May 6-12 at a special recognition and appreciation event held on May 10 at the 17th Street Clinic in Santa Ana. This year's theme of 'Inspire, Innovate and Influence,' was profoundly echoed among the many sentiments shared during the event's program.

EVENT HIGHLIGHTS:

- An OC Board of Supervisors National Nurses Week Resolution was presented by Chairman Andrew Do to our Comprehensive Health Assessment Team Homeless (CHAT-H) for the great work they do to improve health outcomes for homeless individuals and families in the county. Learn more about CHAT-H [here](#).
- **Richard Sanchez**, Agency Director, indicated that he's a

product of Public Health (began career at HCA in Environmental Health) and grew up near the 17th Street Clinic. He commended HCA's nurses for their dedication and compassion in providing the highest quality of care to our clients and making a difference in the lives of those they touch.

- **David Souleles**, Public Health Services Deputy Agency Director, referred to HCA's nurses as the 'unsung heroes of our community' who work day in and day

out to ensure that our community is a healthier and safer place for all who live, work and play.

- **Jeff Nagel**, Behavioral Health Services (BHS) Chief of Operations, shared that the more than 40 nurses who work within the BHS division are the bridge to providing our clients with the integrated care they need.
- **Maria Cristina Moore**, Correctional Health Services (CHS) Sr. Comprehensive Care Nurse (on behalf of **Erin Winger**, CHS





Interim Deputy Agency Director), commented that nurses often choose their profession because of the care and compassion they received from a nurse as patients themselves. She also shared an inspirational quote from Donna Wilk Cardillo – “Nursing is not for everyone. It takes a very strong, intelligent, and compassionate person to take on the ills of the world with passion and purpose and work to maintain the well-being of the planet. No wonder

we’re exhausted by the end of the day!”

- Pat Orme**, Public Health Nursing Division Manager, read comments provided by **Steve Thronson**, Regulatory/Medical Health Services Deputy Agency Director, who shared that Steve is providing a commemorative coin to all HCA nurses as his ‘token of appreciation’ because the work that nurses do for our clients and the community is priceless.

- Jenna Sarin**, Family Health Division Manager, on behalf of the 2018 HCA Nurses Week planning committee, closed the program by thanking all of the agency’s nurses for their dedication and compassion in providing services to Orange County’s diverse population.

National Nurses Week is celebrated annually from May 6 (National Nurses Day) to May 12 (the birthday of Florence Nightingale, founder of modern nursing). To learn more, visit the American Nurses Association [here](#).

- The CHAT-H team (left to right): Larry Pritchett, PHN; Candace Anh, PHN; Ambar Green, Community Health Assistant; Cathy Martinez, PHN; Carl Glover, PHN; Becky Stone, Supervising PHN and Jessika Almiranez, PHN. Not pictured: Michelle Spitaleri, PHN.
- Chairman Do addresses attendees during the May 10 Nurses Week event at the 17th Street Clinic Learning Center.
- Attendees enjoy lunch provided by the Orange County Employees Association.
- Pictured (left to right): Darolyn Underwood, BHS Psychiatric Nurse Practitioner; Alicia Hughes, Senior PHN; Mahdere Negash, PHN Program Manager; and Ruth Aguilar, Health Promotion Information Processing Specialist.



What's New with Navigation, Innovation and Training?

MENTAL HEALTH TECHNOLOGY SOLUTIONS PROJECT

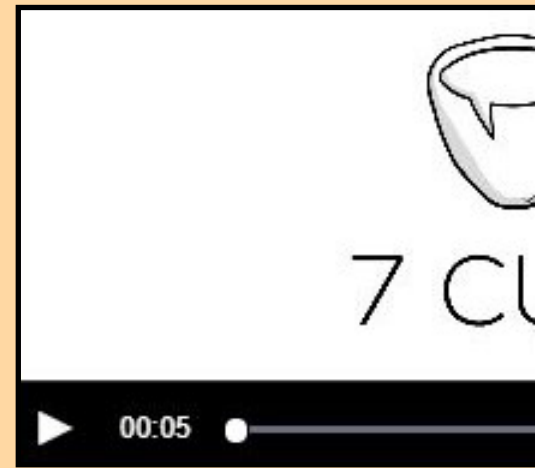
Orange County is now one of five counties in the state approved by the Mental Health Services Oversight and Accountability Commission to launch a suite of mental health technology applications, which will include [7 Cups](#) and [Mind-strong Health](#), to increase access to mental health services throughout the county. To learn more, read the OC Board of Supervisors Agenda Staff Report [here](#).

The platforms include 24/7 access to an artificial intelligence-assisted peer chat, therapy avatar and customized wellness coach that potentially

transforms how the community accesses and receives behavioral health services.

Representatives from Behavioral Health Services, California Mental Health Services Authority, clinicians, community stakeholders and marketing teams gathered at a recent kick-off Integration and Planning meeting to discuss the impact of the new platforms and collectively brainstorm rollout plans scheduled to begin in July. Stay tuned for more details!

Technology has been identified as an innovative approach to mental health through its large scale impact, unlimited access to services and support, anonymity that can alleviate fear or stigma of accessing services, and the ability to detect early warning signs of serious mental illness.



submitting their ideas about new and/or changed approaches and practices in mental health.

The team recently began marketing the website, which launched last month, to encourage the community to submit their innovative project ideas online to address mental health needs in Orange County.

For more information about Innovation Projects, visit their webpage [here](#).

Have an Idea?
Help us INNOVATE new practices in Mental Health Care

Behavioral Health Services — Innovation Projects
The Innovation Idea Generation Website will allow you to submit a project idea for review and consideration. All idea submissions will be posted for feedback on the Community Forum page.

Steps to Take
Submit an Innovative Idea:

1. Watch the Innovation video
2. Complete the Project Idea form
3. Submit the Idea form for review

After submitting an idea:

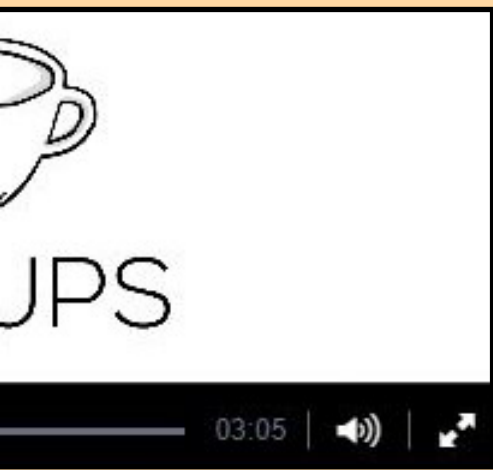
4. Check for idea feedback on the Community Forum page.
5. Use the blog format to respond to comments and feedback.

Contact us at: OCInnovations@ochca.com

IDEA GENERATION WEBSITE

The Innovation team created a new “[Idea Generation](#)” (www.ocmhsa.com) website to provide an interactive opportunity for the public to participate in the community planning process by





Environmental Health Assists SONOMA COUNTY AFTER WILDFIRES

The OC Health Care Agency's Environmental Health (EH) division provided disaster relief and emergency response support to Sonoma County after they experienced one of the most devastating fires back in October 2017 where nearly 7,000 structures were destroyed and 43 lives were lost.

Though a [Mutual Aid](#) request, **Denamarie Baker**, Hazardous Materials Specialist III and **Alonso Meija**, Hazardous Materials

Specialist II, deployed to Sonoma County for 12 days surveying more than 500 square miles of charred land to assess damaged properties and provide critical data back to the Emergency Operations Center to help with the rebuilding effort.

"Initially, I was shocked at the sheer devastation," said **Alonso**. "However, when I later saw several homes being rebuilt during our assessment in various communities, it gave me hope that Sonoma County is recovering and I was part of that effort."

Our specialists were equipped with personal protective equipment, respirators, steel toe boots, gloves, hard hats and safety vests to guard against various hazardous conditions. Over the near 2-week deployment, Denamarie and Alonso

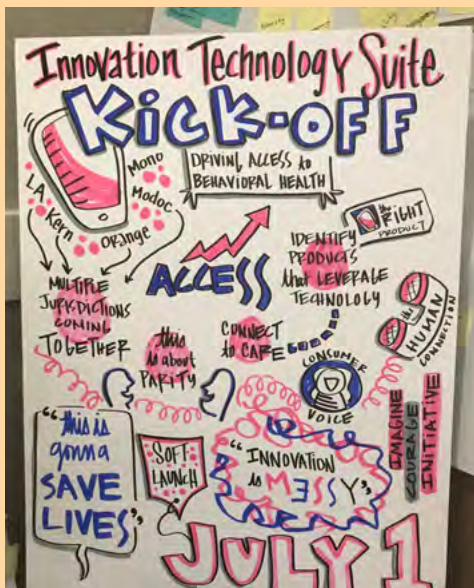


worked through strong winds, extreme rain and fog and canvassed through rough terrain to complete their tasks.

A State Emergency Proclamation declared by Governor Brown ordered the provision of local government assistance under the authority of the [California Disaster Assistance Act](#). To learn more about the 2017 wildfires, visit the California Governor's Office of Emergency Services at www.caloes.ca.gov. More information about Environmental Health's Hazardous Materials program, visit www.occupainfo.com.

1. Alonso Meija, Hazardous Specialist II, assesses property destroyed by the wildfires in Sonoma County.

2. Santa Rosa County Environmental Health management group staff are pictured with our EH hazmat specialists Alonso Meij (black shirt) and Denamarie Baker (blue shirt).



A local artist illustrates key benefits of the new Technology Suite during a discussion at the kick-off meeting.



SERVICE AWARDS

2018 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

Nancy Hesketh

30 Years

Jennifer Durbin
Jeannette Granados
Edith Knott
Susan Kodaira
Mary Maurer
Kim Phuong Pham
Shannon Vecchione

25 Years

Elizabeth Arroyo
Emma Chavez-Valle
Susana Escobar
Estefana Martinez
Angelica Miscione
Alaka Nafday
Minh-Tam Nguyen
Dora Ponce
Joan Villanueva

20 Years

Celeste Clark
Robin Clawson
Curtis Condon
Margarita Cueto
Jocelyn Garduno
Silvia Hernandez
Veronica Hinostraza
Eileen Kirtley
Antonio Larrea
Nathan Lopez
Vivian Molinar
Jeff Nofal
Scott Snow
Jennifer Stopher
Hratch Svadjian
Alfredo Valle

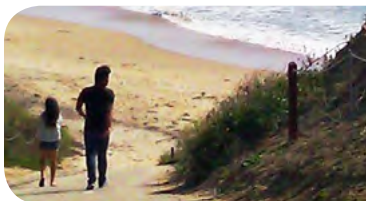
15 Years

Deborah Browning
Phuong-Thanh Bui
David Castellanos
Jaime Castellanos

Xuan Mai Chau
Robert Cormier
Suzanne Itrich
Miriam Lewis
Paterno Lopez
Peter Row
Vicky Tran

10 Years

Henricus Abundo
David Atkins
Bernadette Brown
Steven Calleros
Esmeralda Carroll
Kristina Davidovich
Brianna Garcia
Christian Greusard
Suzanne Hamasaki
Pushpa Hennayake
Paul Hoang
Keith Howard
Brianna Iniguez
Beth Levine-Jeffery
Diane Martin



Taking Strides Toward a Healthier Tomorrow



OC • HEALTHY • STEPS

The County of Orange Wellness Program

TAKE ACTION TODAY TO COMPLETE YOUR OC HEALTHY STEPS

The OC Healthy Steps wellness participation period is now open. If you choose to participate and receive your OC Healthy Steps Wellness Credit for 2019, you must complete all three OC Healthy Steps, in any order you wish, between May 21, 2018 and August 25, 2018.

PARTICIPATE IN A BIOMETRIC HEALTH SCREENING

You now have four screening options:

- NEW — Home Test Kit
- Lab option (limited availability)
- On-site biometric screening appointment (limited availability)

- Visit your own health care provider and complete the Biometric Health Screening Confirmation Form

To sign up for one of the biometric screening options, visit ochealthysteps.staywell.com and click the Biometric Screening block on the home page. It is recommended that

Martha Martinez
Karen McLean
Elizabeth Row
Chandrkanthi Sivalingam

5 Years

Candace An
Jennifer Behoteguy
Karol Ronie Bunao
Linh Dang
Stacy Dykman
Jennifer Fernandez
Adrianna Guaracha
Laura Hubbard
Sharon Ishikawa
Amanda Krotzer
Wendy Llamas
Annette Luna
Marc Meulman
Erica Moojen
Patricia Orme
Beatrice Palacio
Max Ponce
Nancy Preza
Hazzel Ramirez
Leslie Rankin
Fabiola Sanchez
Lotus Snook
Haiying Thien
Michelle Vorwerk

you sign up as soon as possible if you wish to make a lab or an on-site screening appointment, as appointments are made on a first-come, first-served basis.

TAKE THE HEALTH RISK ASSESSMENT (HRA)

Log in to ohealthysteps.stay-well.com and click Get Started at the top of the screen to begin. Answer all of the questions and click "submit." You do not need your biometric screening results to complete the HRA. If you don't

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LABOR MANAGEMENT COMMITTEE HAPPENINGS



RECYCLING PROGRAM

In response to feedback received from the Health Care Agency (HCA) [Suggestion Box](#), HCA and the Orange County Employees Association (OCEA) Labor Management Committee (LMC) have resources available [here](#) for those that may be interested in starting their own recycling program. [CalRecycle](#) provides a free starter kit, which includes up to five bins. Follow these steps to request a kit:

- Go to www.calrecycle.ca.gov
- Click the 'Beverage Containers' link under 'Where Do I Recycle'
- Click 'Recycling Starter Kit' (list on left)
- Submit your order

Staff who have successfully implemented a recycling program in their offices shared that they've used recycling funds earned to purchase staff birthday cards, breakroom/restroom supplies, utensils and paper goods, appliances (toaster, coffee maker) and prizes for teambuilding activities, to name a few. Please note that cashing in recyclables and making purchases is not permitted on County time. To learn more visit, <http://intranet/lmc/rp>.



STEVE AMBRIZ TEAM EXCELLENCE AWARDS

It's time to mark your calendars for the 2018 Steve Ambriz Team Excellence Awards on **November 7, 2018** from 2 to 4 p.m. at the Hall of Administration Board Hearing Room. View the flyer [here](#). Be on the lookout for the call for applications email in July.

The award is designed to recognize programs that demonstrate the qualities and characteristics of effective work teams, as well as stimulate creative and collaborative action. Visit the LMC Team Excellence Award intranet webpage at <http://intranet/lmc/team> to learn more about the award, read details about previous winners and learn about what makes an excellent team.

EMPLOYEE BENEFITS CALENDAR

You can now access the County employee Benefits Calendar via a quick link on the HCA intranet [here](#) to view upcoming benefits and wellness events and information.





For Health

Kids and Parents Learn How to Rethink Their Drinks

Parents and kids got a jump start to drinking their way to a healthier summer during ‘[Rethink Your Drink Day](#)’ events throughout the county on May 16 by learning that water is the healthiest beverage to drink and how adding fresh fruits and veggies can enhance flavor without adding artificial sugars or calories.

Champion Mom Martha shared, “Events like this help us bring awareness about the beverages that people drink and how too much sugar in

drinks can affect their health. When event attendees sampled the lemon, orange, lime water blend that has no sugar and tastes good, they were surprised that sugar is not necessary to make a drink taste refreshing and have great flavor.”

The event featured samples of fresh fruit flavored waters like a lemon, orange, lime blend and cucumber mint breeze as well as take-home water infused recipes and handouts about the benefits of drinking water.



Living healthy doesn't have to be hard. Making small changes to what you drink can lead to big wins! Check out the fruit infused recipes on page 19 for a refreshing summer treat that's sure to be a hit with both kids and adults alike! To learn more about how water keeps us healthy, click [here](#).

‘Rethink Your Drink Day’ is a state-wide day of action to raise awareness about the health effects of drinking sugar-sweetened drinks and

Four Healthy Ways to Flavor Your Water

Did you know that water helps lubricate and cushion joints, protects your spinal cord and keeps your body's temperature normal? Getting enough water every day is important for your health, but drinking plain water doesn't have to be tasteless!

Adding in fresh fruits and vegetables can enhance its flavor without the calories. For a refreshing summer treat, try one of these recipes that's sure to quench your thirst! For additional tips to help you drink more water, click [here](#).



CUCUMBER MINT BREEZE

Ingredients:

- ½ cup sliced cucumbers
- 1-2 sprigs of fresh mint
- Ice

Preparation:

- Fill pitcher halfway with ice
- Add sliced cucumbers and mint
- Fill pitcher with water. Chill for at least 20 minutes before serving.
- Store in refrigerator and drink within 24 hours.

Follow the preparation directions above to make the following:

LOL (LEMON, ORANGE, LIME) BLEND

Ingredients:

- 1 lemon sliced
- 1 orange sliced
- 2 limes sliced

ROSEMARY WATERMELON

Ingredients:

- 3 cups cubed and seeded watermelon
- 2-3 sprigs rosemary, washed

PEACHY STRAWBERRY MEDLEY

Ingredients:

- 2 cups strawberries, cut in half
- 1 peach, pitted, cut in chunks



the health benefits of drinking more water. To learn more about 'Rethink Your Drink Day' click [here](#) or visit myHealthOC [here](#) for more tips on how to drink your way to a healthier summer.

1. Elsa Amezcua, Community Health Assistant III / Nutrition Education & Obesity Prevention (NEOP), helps youth find the number of teaspoons of sugar in drinks at a 'Rethink Your Drink Day' event at Superior Grocers in Santa Ana.

2. (left to right): Champion Mom Martha and Marisela Barcenas, Public Health Nutritionist / NEOP, greet visitors at the 17th Street clinic.

Taking Strides Toward a Healthier Tomorrow

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know your health numbers (cholesterol, glucose, etc.), leave the questions blank and complete the rest of your HRA in its entirety. Your health numbers will be automatically added to your HRA when you complete your Biometric Health Screening and your results are received by StayWell®.

COMPLETE THE NON-SMOKING ATTESTATION

Log in to ohealthysteps.staywell.com and click Get Started in the Non-Smoking Attestation block to attest to one of the non-smoking or stop smoking statements provided.

As a reminder, you can complete your wellness activity steps in any order.

With the approval of your supervisor, you are permitted to use up to 30 minutes of County time to attend a biometric screening or lab appointment, and a reasonable amount of time (the average is 20 minutes) to complete the HRA and Non-Smoking Attestation. You do not need to have your

Biometric Screening numbers to complete your HRA. Once your screening is complete your values will automatically be uploaded.

Look for additional communication to be mailed to your home. Global emails will also be sent to those with a County work email.

If you are in one of the groups below, please disregard this email:

- Enrolled in Sharewell Choice Plan
- New employees hired as of May 1, 2018
- Employees on a leave of absence as of May 1, 2018
- A dependent enrolled in the Employee Married to Employee (EME) program
- Not enrolled in a County Health Plan

For additional information about OC Healthy Steps, visit ohealthysteps.staywell.com or call the OC Healthy Steps/ StayWell® HelpLine at 1-800-492-9812.

Annual Mental Health Skills Fair Helps Nurses Keep Their Skills Sharp

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the [Lanterman-Petris-Short Act](#) (provides guidelines for handling involuntary civil commitment of individuals to mental health institutions in the State of California).

Thank you to this year's Planning Committee members Coletta Franciscus, Shani Bass, Geoff Glowalla, Nelly Magallanes and Adeline Tsujiuchi for contributing to the success of this year's skills fair. This year's well-attended event is a testament to the dedication and commitment of HCA nurses who strive to deliver quality health care to an often underserved patient population. To learn more about Correctional Health Services, visit www.ohealthinfo.com/about/chs.

Workshop teaches Kids and Parents Healthy Habits

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Four daycare providers recognized during the event include (left to right): Bianca Rangel (Bianca's Family Child Care), Gloria Clemens (Clemens Home Preschool and Childcare), Jorge Avila (Happy Hearts Family Daycare), and Esperanza Ledesma (ABC Family Daycare).

The OC Fair and Events Center and Health Care Agency's Nutrition Education and Obesity Prevention program (NEOP) hosted the event on April 14. HCA NEOP is proud to support more than 21 home-based daycares that serve over 100 children age 0-5 in Orange County. To learn more, click [here](#) or email [Christine Baun](#), Public Health Nutritionist I.



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.