

Director's Message

Dear OC Health Care Agency
(HCA) Team,

Happy New Year to you! I hope
your holiday season has been
enjoyable and fulfilling. As we
start the new year I wish you
the best both personally and
professionally.

I'm pleased to share that Orange
County (OC) is one of just 15
counties across the nation
selected to participate in the
National Health and Nutritional
Examination Survey (NHANES)
conducted by the Centers for
Disease Control and Prevention.
Surveys have been mailed out to
randomly selected households
throughout the county. The
residents/household selected

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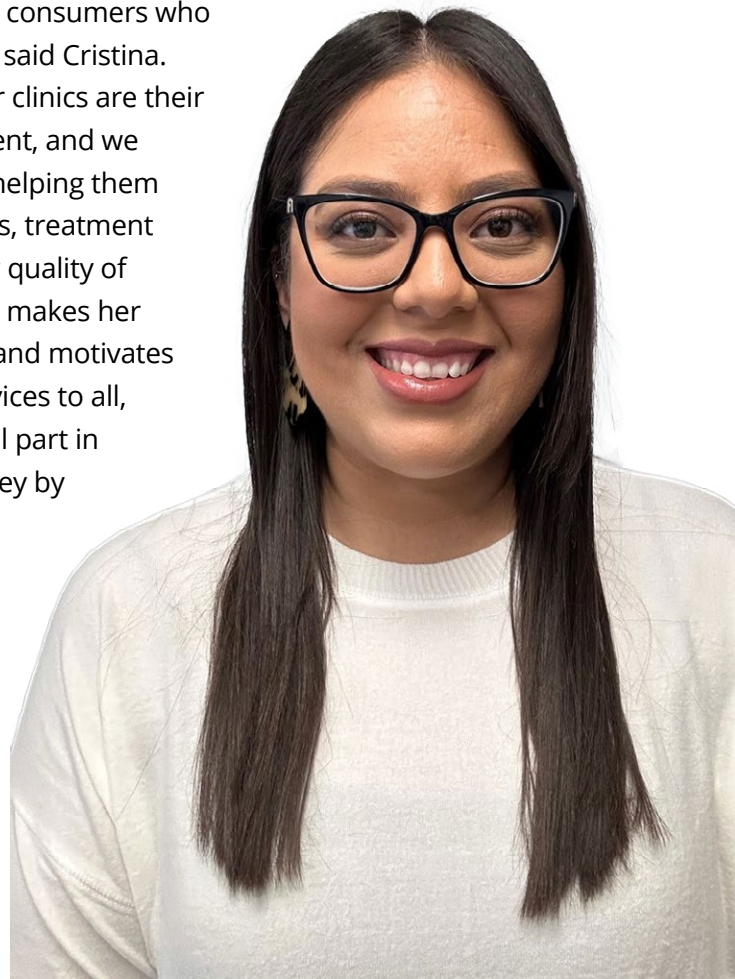
Peer-to-Peer

Cristina Cardenas

"I started with the OC Health Care Agency (HCA) in May 2020, in the midst of the COVID-19 pandemic, because my passion is to serve the ever-changing needs of individuals with mental illness, trauma and substance use challenges," despite the pandemic, joining the HCA was a natural step in the career of Peer-to-Peer recipient **Cristina Cardenas**, Mental Health Specialist with the Program for Assertive Community Treatment (PACT) South in Mission Viejo. When she joined the HCA, Cristina had already been connecting clients with Agency programs while working with a contracted vendor, and she understood the importance of the HCA's mission. "Our County of Orange (County) behavioral health clinics play such a vital role in providing access to consumers who are in need of treatment," said Cristina. "For many consumers, our clinics are their first experience in treatment, and we take our role seriously in helping them understand their diagnosis, treatment options and improve their quality of life," and Cristina said that makes her value her role in the HCA and motivates her to provide quality services to all, "I am proud to play a small part in someone's recovery journey by offering support, compassion and hope."

Cristina said she and
the PACT team care
for clients who are
high risk and high
need. Even though it

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Director's Message

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to participate are by invitation-only. If you have or know of community members who received this invitation, please encourage them to participate. NHANES provides important national data on the health and nutritional status of adults and children across the United States. The HCA has released more information on this through a [Press Release](#) as well as a [Press Conference](#). There's more information about the survey here [NHANES Coming to Your Community Video](#) as well as this [NHANES The Nation's Mobile Health Survey Video](#).

This winter, we are faced with the combination of COVID-19, Respiratory Syncytial Virus (RSV) and influenza. There was much learned and gained over the past 3 years since the COVID-19 pandemic began. We now have effective vaccines, therapeutics, and a better understanding of basic preventive mitigation strategies individuals and communities can put into practice to protect themselves. Despite this, many in our community are still experiencing mild to severe illness from COVID-19 in addition to other viral illnesses- RSV and influenza. I encourage you to continue taking preventive measures to reduce the transmission of viral illness and to seek treatment earlier on, to reduce the potential for more severe illness.

I would like to recognize and say "thank you" to the HCA's pharmacists in celebration of National Pharmacist Day on January 12. Even though October is National Pharmacists Month, National Pharmacist Day takes place in the winter. That's fitting since children can get up to 12 colds a year while adults average two to four. The day is to focus on the importance of pharmacists and honor how much they impact the health and well-being of all they serve. The HCA has pharmacists in Correctional Health Services, Emergency Medical Services, Mental Health and Recovery Services, and Public Health Services. We can be proud of the dedication and professionalism the HCA's pharmacists and pharmacy technicians provide for all those we serve.

January brings with it significant cultural and health matters including:

[National Blood Donor Month](#)

[Radon Action Month](#)

[National Birth Defects Prevention Month](#)

[National Breast and Cervical Cancer Early Detection Program](#)

[Martin Luther King, Jr. Day](#) – January 16

[Chinese New Year](#) – January 22 – Year of the Rabbit

And if you're up for a little quiz, can you name what days in January these events take place:

Learn Your Name in Morse Code Day

Compliment Day

National Dress Up Your Pet Day

Find the answers to these and learn more about the days of January by clicking [here](#).

Stay Well,



A stylized handwritten signature in white ink that reads "Clayton Chau MD".

Dr. Clayton Chau

MD, PhD, MASL

HCA Director

can be intense at times, she said the work is essential, reduces stigma, and serves clients and the community, "I enjoy when a client is ready to graduate our program because it allows for reflection and reviewing all their growth and successes. It feels really nice to be able to highlight all the positive changes they have made which many times they don't see those changes themselves. It's important to celebrate even the smallest victories."

The biggest enjoyment for Cristina is the team she works with, "I know they have my back. We all look after each other, offer assistance, remind each other to take breaks and grab a snack. We always check in on each other and try to laugh/joke throughout the day to contrast the heavy situations we find ourselves in." Cristina said she is grateful to be part of a team that has accomplished much and goes above and beyond in their duties, "I value the relationships I have with my supervisor and with my coworkers and I am proud of our commitment to celebrating and recognizing work successes and personal successes."

Cristina also said working for the County could open up future career opportunities, "I've learned so much working with PACT and I have challenged myself to be open to other learning opportunities by joining the Disaster Response Team and becoming a Workplace Wellness Advocate. I look forward to continuing to challenge myself and seek continued growth."

When she's not at work, Cristina loves finding travel deals, "My favorite travel experiences include swimming with sharks in Hawaii and visiting Machu Picchu in Peru. My favorite thing about travel is when people say, "I never thought about going there, but now I want to go." We sometimes have misconceptions about certain places/countries but I believe every new place has magic to offer." Cristina also said she loves planning events to celebrate others and going to concerts, "I am the biggest Beyonce fan! It must be said."



Cristina at Machu Picchu. "I'd like to visit Turkey and Croatia and start checking off countries in South America. I'd also like to visit all 32 states in Mexico."

Orange County Probation Department

A Safer Orange County Through Positive Change



Congratulations to **Correctional Health Services and Juvenile Health Services** *for* **OC Probation Chief's Awards!**

OC Health Care Agency (HCA) Correctional Health Services (CHS) staff were among County of Orange (County) teams which were honored in the 2022 Annual Probation Chief's Awards Recognition Ceremony in November. The awards event, hosted and led by OC Probation Chief Daniel Hernandez, honors outstanding employees and collaborative partners for their service, with the overarching goal of saving lives and improving outcomes for our community members.

Dr. Joanna Su, Juvenile Health Services (JHS), Physician II-Correctional; **Dr. Jonathan Watson**, JHS, Physician III-Correctional; and **William Crittenden**, Service Chief, Adult CHS; were recognized for their collaboration with OC Probation on Medication Assisted Treatment (MAT). The HCA team was credited with sharing information about the science behind addiction treatment and for

their work in reaching more than 200 Probation officers during two presentations on how to support clients receiving MAT in the community. The ceremony presentation also noted that HCA staff served as panelists at the "MAT in Jails and Justice Systems Conference" in Oakland where the Orange County MAT and Reentry practices in adult and juvenile systems were highlighted to a national audience!

Receiving the OC Probation Valor Award were **King Aliping**, Registered



Orange County Probation Department

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Nurse (RN), Senior Comprehensive Care Nurse (Sr. CCN), Juvenile Health Services (JHS); **Gamiel Alamares**, RN, CCN, JHS; **Christopher**

Terucha, RN, CCN, JHS; and **Lariza Rivera**, RN, CCN, JHS.

The award honored the CHS-JHS team for using their training and skills in a critical event.

Erin Winger, Chief of CHS congratulated the honorees for the recognition, "These are just some of the examples of what we do, every day, in service to our community and in collaboration

with our County partners. To those who were recognized and to our entire CHS team, we value your contributions to the program and to the populations we serve."

"Congratulations to everyone," said **Gracelyn Lizardo**, Program Manager, JHS. "This is a testament of all the hard work, commitment and dedication to the youth we serve, our professions, and to Juvenile Health Services! Thank you to everyone for all that you do every day!"

- ① (L-to-R): **Dr. Jonathan Watson**, **Dr. Joanna Su**, **Brenda Truong** (received award on behalf of **William Crittenden**), and Chief Probation Officer Daniel Hernandez.
- ② (L-to-R): **Christopher Terucha**, **King Aliping**, **Gracelyn Lizardo** (received awards on behalf of **Gamiel Alamares** and **Lariza Rivera**), and Chief Probation Officer Daniel Hernandez.

Nutrition Services Collaborates with Local Food Pantry to go Gold!



Serra's Pantry Director David Bordages receives the Nutrition Pantry Program Gold Certification from **Maridet Ibanez**, Administrative Manager II OC Health Care Agency, as Monsignor J. Michael McKiernan, pantry volunteers and HCA staff (Left: **Gina Osborne**, Supervising Public Health Nutritionist and Right: **Patty Stabile**, Public Health Nutritionist II) proudly look on.

Contributor: **Maridet Ibanez**, Administrative Manager II, Nutrition Services-WIC & CFHL Programs

The OC Health Care Agency (HCA) Nutrition Services Program is pleased to share the recognition achieved by Serra's Pantry and Outreach Program in San Juan Capistrano which has been serving those in need for more than 20 years. Nestled within the Mission in the heart of the city, they provide nutritious food to 3,200 individuals each month.

The HCA CalFresh Healthy Living Program (CFHL) has been working with Serra's Pantry since 2010 to help improve the health of their clients and pantry services. The opportunity to take those goals to the next step came with the introduction of the *Leah's Pantry Nutrition Pantry Program (NPP)*. This program provides an alignment of values for staff and volunteers as well as the opportunity to learn more about the impact of trauma and nourishment. Becoming a Certified NPP Pantry gives recognition in the community and with potential funders.

It was three years ago this month when CFHL staff, in partnership with Serra's Pantry, started the NPP four stage process to enhance services and create a health-promoting environment. A plan was developed, assessments completed, changes identified, and the final goal was to be certification. However, COVID-19 changed everything. The pantry was forced to shut down and restructure their food distribution and implement safety protocols. CFHL staff had to change direction with them. They connected Serra's Outreach Coordinator and Program Manager with HCA COVID-19 resources and programs and helped them put safety protocols in place for wait lines, masking, distancing, and handwashing. Serra's went from client choice food selection to Grab n' Go Food Bags, resulting in the successful reopening of pantry services. As COVID-19 moved into its second year, CFHL staff began adding nutrition education back into services by providing recipes for client food bags, doing in-person nutrition booths, conducting client surveys, and more.

With COVID-19 restrictions continuing to lift, CFHL staff got back to the business of getting Serra's NPP Certified. They worked with the Program Manager to finalize the NNP Work Plan. Key areas of change were identified from the plan and CFHL staff guided Serra's Pantry as they implemented those changes. As a result, in June 2022 Serra's Pantry received their long-awaited recognition from Leah's Pantry Nutrition Pantry Program. Serra's Pantry and Outreach Program was awarded Gold Certification making them a part of a nationwide network of healthy food pantries! They join more than 100 pantries in California participating in the NPP Program and are the third Certified Pantry in Orange County.

Today, Serra's Pantry continues to provide client-centered services, update procedures, and make referrals to other community programs. They look forward to the return of onsite food demonstrations and are always looking for ways to increase food donations to meet the rising demand. CFHL staff will continue to work with Serra's Pantry helping them to serve and improve the health of their community and are currently working with 4 other pantries in Orange County to achieve certification.

CalFresh Healthy Living staff involved:

Patricia Stabile, Public Health Nutritionist II, Coordinated CalFresh Healthy Living services at pantry

Gina Navarro, Community Health Assistant II, Retired, Conducted nutrition education and support services at pantry

Elsa Amezcua, Community Health Assistant III, Retired, Conducted nutrition education and support services at pantry

Berna Nino, Community Health Assistant II, Conducted nutrition education and support services at pantry

We got a lot of feedback from clients during COVID-19. They stated they could not go without the pantry's help.

David Bordages, Serra's Pantry Program Coordinator

They do a great job here; they try super hard to take good care of us. I appreciate all of the help-Thank You.

Client

I continue to be amazed by the caring and dedicated services of an all-volunteer pantry staff. They are there to serve their community rain or shine, or global pandemic!

Patricia Stabile, Public Health Nutritionist II, HCA CalFresh Healthy Living



A food demonstration featuring pantry staples.



Patty Stabile, Public Health Nutritionist II OC Health Care Agency, provides nutrition education during a food distribution.

Contributor: **Deepa Shanadi**, MPH, MS, Research Analyst, Tobacco Use Prevention Program

TUPP is currently carrying out a public opinion survey in La Habra to gather residents' thoughts on smoke-free multi-unit housing, menthol/flavored tobacco restrictions and ending the tobacco epidemic that continues to harm the health of youth and adults. The goal was to collect 382 surveys from La Habra's adult population. La Habra was divided into seven data collection zones in ArcGIS and US Census Bureau population and race/ethnicity data were mapped at the census tract level by TUPP research staff to determine zone-specific sample sizes that better reflected the

demographic composition and geographic distribution of La Habra's populace and to inform the deployment of Spanish-speaking data collectors.

A list of major shopping centers, laundromats, bus stops, parks, places of worship, grocery stores, and car washes was also compiled and mapped in ArcGIS to determine a set of data collection sites appropriately distributed amongst the zones. A two-day data collector training was then provided to 25 potential data collectors composed of TUPP staff, community residents and interns in English and Spanish, who were instructed on effectively collecting survey data amongst the various data collection sites distributed throughout the city.

This public opinion survey complements other GIS-informed assessment activities in La Habra, which included surveys of 65 stores and 145 multi-unit housing (MUH) complexes completed earlier in the year. Observation surveys of MUH complexes looked for tobacco product waste and active smoking to identify opportunities to expand secondhand smoke protections for residents. The retailers and MUH complexes were also mapped in ArcGIS Online to spatially characterize and determine samples and help data collection teams map their routes. The TUPP research analyst also conducted a proximity analysis of all public schools in La Habra and their distance to tobacco retailers using GIS to help inform retail interventions and risk communication.

TUPP staff look forward to sharing data results with La Habra residents and city leaders, to better understand the extent of the problem with secondhand smoke exposure in apartments and condos, as well as the problem with flavored tobacco availability.



On-Demand Training Videos Available on Eureka

Contributor: **Lotus Snook**, Procurement and Contract Services

Exciting news! The Procurement and Contract Services Division has created on-demand training videos – HCA Procurement 101 and OC Expediter – that are now available on Eureka! for your viewing and learning convenience.

Procurement 101 is a basic, high-level introduction of the procurement process in acquiring goods and professional services at the OC Health Care Agency (HCA) and includes topics such as: requisitions, types of contracts and the differences, contract renewals, emergency purchases, Agenda Staff Report (ASR) process, scope of work, overrun/retro policy, petty cash, food purchases, membership subscriptions, CAL-Card, and more.

The OC Expediter training video dives into the specific steps on how to initiate a requisition and provides an opportunity to practice initiating a sample requisition in a real-life scenario! The trainings will continuously be updated as changes to County of Orange and HCA policies and procedures occur.

For answers to procurement-related questions, contact the Procurement and Contract Services team!

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Michel Lizotte, mlizotte@ochca.com, (714) 834-7674

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Your Health Matters OC

YOUR HEALTH MATTERS OC

The OC Health Care Agency's (HCA) live stream talk show *YOUR HEALTH MATTERS OC* is focused on sharing ways to keep you and your loved ones healthy. As we start the new year, we invite you to share any ideas you might have for topics to discuss! You can submit ideas to yourhealthmatters@ochca.com. Previous episodes include discussions on Mental Health Care During the Holidays, Holiday Safety, Safe Cooking, Fentanyl, Suicide Prevention Awareness, Nursing, Colorectal Cancer, Sexually Transmitted Disease Awareness, and much more. You can find previous episodes of Your Health Matters OC on the HCA's YouTube page [here](#). The episodes are available with captions in Chinese, Korean, Spanish and Vietnamese.

YOUR HEALTH MATTERS OC features experts from the HCA, and the community, and it provides an opportunity for viewers to submit questions while the show is live streaming. Questions can be emailed before or during the show at yourhealthmatters@ochca.com.

The talk show is live streamed once a month. The next episode is Tuesday, January 17 at 6 p.m. The show is streamed on the HCA's YouTube page [@OrangeCountyHealthCareAgency](#) and Facebook page at <https://www.facebook.com/ochealthinfo>.

SERVICE AWARDS

2022 Fourth Quarter Employee Service Awards

(October 1 – December 31 Hire Dates)

Congratulations to the following staff for their years of service to the
OC Health Care Agency and the County of Orange!

40 YEARS

Concepcion Munguia

30 YEARS

Eugenia Arzaga
Diane Holley

25 YEARS

Nora Barajas
Jennifer Bernsen
Julie Ezaki
Joseph Harrison
Patricia Hikida
Tuan Ly
Michael J. Mullard
Dorcas Senga
Marlene Torres

20 YEARS

Martha Aleme-Selassie
Melanie Alvarado
Evelyn Gonzales
Dino Jerro
Gina Osborne
Ana Varela

15 YEARS

Jazmin Aguilar
Karin Bae
Jennifer Cedillo
Dennis Chen
Michele Dorame
Negar Doroudian

Heather Grose
Kristen Higbee
Lynnsay Holer
Ihda Ibasco
Jon Iler
Lance Jones
Violet Larsen
Juliet Millan
Lorena Nieves
Claudia Reza
Aracely Roque
Baratha Siregar

10 YEARS

Heather Balcom
Brian Batchelder
Maria Cabrereros-Lorenzana
Brittany Davis
Christopher Gettleson
Lauren Juarez
Donald Keith
Nabi Latif
Noemi Lopez
Julia Luft
Nina Nicolas
Rebekah Radomski
Britney Torrico
Anh C. Tran

5 YEARS

Daniel Adelsperger
Kevin Alexander
Thin Bui
Alejandra Chavez
Cristina Cortez

Terry Delgado
Kristin Erickson
Eric Flandrois
Lauren Fuertes
Nathalie Galvez
Cassandra Gomez
Rose Griggs
Summer Hansen-Rooks
Monique Lopez
Hector Maldonado
Nahdia Malio
Michelle Manchester
Liza Matias-Scammahorn
Mackenzie Maurer
Alonso Mejia
Christopher Mills
Katherine Moody
Jenny Nguyen
Christina Numamoto
Vanessa Orozco Villanueva
Andrew Park
Cathy Pham
Diego Ramirez
Vanessa Reyes
Amber Robles
Dionne Romano-Austin
Michael Rosendo
Rossean Rossel
Christina Salama
Gianfranco Salazar
Carl Schultz
Jessica Spargur
Anastasios Tseheridis
Brian Tuason



Contributor: **Kelsy Escalante**, Public Health Nutritionist II

Immunity

Winter season is here and what you eat can play a role in keeping your immune system strong. What special foods do you eat to support your immune system?

Vitamin C, zinc, vitamin D, and vitamin E are important for the growth and maintenance of immune cells; eating food high in these [vitamins and minerals](#) will help your body fight infections. Consuming a balanced diet containing vegetables, fruits, lean proteins, whole grains, and water are beneficial; it's important to note that other factors influence your immunity. Try these tips for a healthier immune system:

Wash your hands: One of the best ways to protect yourself and others. Remember to scrub for at least 20 seconds.

Sleep well: Try to sleep for 7-9 hours a day. [Studies](#) have shown there is a higher risk of infection with a lack of sleep.

Quit smoking: Find a [program](#) to help you quit. Smoking increases your risk of immune system problems.

For more tips on immunity, visit [here](#).

Black Bean Brownies

These flourless brownies get their rich, fudgy flavor from a surprise ingredient: black beans. For full recipe click [here](#).

Serves: 16 / Ready In: 40 minutes

Ingredients

- 1 nonstick cooking spray
- 15 ounces black beans
- 3 eggs
- 3 tablespoons canola Oil
- 1 teaspoon vanilla extract
- 1/2 cup brown sugar packed
- 1/3 cup cocoa powder
- 1/2 cup chocolate chips optional or 1/2 cup nuts chopped, optional

Preparation

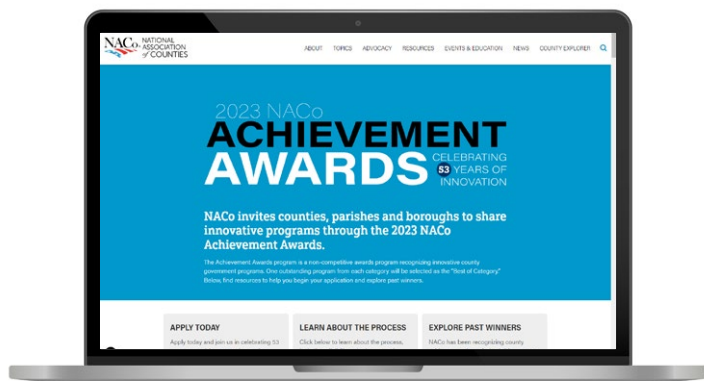
1. Preheat oven to 350°F. Coat a 9-inch baking pan with nonstick cooking spray.
2. In a colander, drain and rinse beans.
3. In a large bowl, whisk eggs, oil, and vanilla with a fork. Add beans and mash with fork until beans are barely visible (this can take 5 or more minutes of mashing). Stir sugar and cocoa, and blend with a rubber spatula until mixed. Stir in chips or nuts if using.
4. Pour the batter into the baking pan. Bake until a knife inserted in the center of the brownies comes out clean, 25 to 30 minutes. Let cool completely before cutting into 16 squares.



Call for Submissions for NACo ACHIEVEMENT AWARDS

OC Health Care Agency (HCA) programs are invited to submit entries for the 2023 National Association of Counties (NACo) Achievement Awards. The non-competitive awards program recognizes innovative county government programs. Each application is judged on its own merits and not against other submissions. Awards are given in 18 categories and one outstanding program from each category will be selected as the "Best in Category." Some of the categories which may be applicable for the HCA include: Children and Youth, Health, Human Services, Risk and Emergency Management, Personnel Management, Employment and Training. For information on the awards and submission guidance please visit <https://www.naco.org/resources/2023-achievement-awards#link-0>.

HCA Communications will review, edit, submit and process payment for all Agency submissions. If you decide to submit a nomination entry, please let HCA Communications know as far in advance as possible. Send your entry to hcacomm@ochca.com by **March 13, 2023**, so we may plan, assist with content if needed and coordinate entry cost with accounting. If you'd like to see an example of a previous winning entry from the HCA, please contact Communications.



VISION

Quality health for all.

MISSION

In partnership with the community, deliver sustainable and responsive services that promote population health and equity.

GOALS

Promote quality, equity, and value.
Ensure the HCA's sustainability.
Offer relevant services to the community.

The **What's Up newsletter** is created and distributed monthly by HCA Communications. We welcome your ideas, input and/or insight into HCA people and programs. To contribute, comment or connect please email us at hcacomm@ochca.com or call **(714) 834-2178**. The HCA is now on Instagram! You can follow us on social media by clicking below.



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