

Director's Message

Dear OC Health Care Agency
(HCA) Team,

May is Mental Health Awareness Month and Nurse Recognition Month. I am so proud of all those who serve our community in Mental Health and Recovery Services (MHRS). "Thank you" for all you do to help improve outcomes in the lives of residents in Orange County (OC). MHRS is undergoing a reorganization which I am excited about, and I believe will better serve OC. More to come as decisions are finalized for MHRS. You can read more on Mental Health Awareness Month in this newsletter.

I also extend my "Thank you" to every nurse with the HCA! The

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FEATURED ARTICLES

Nurses Month 2023.....4

Congratulations to President-Elect Jenna Sarin7

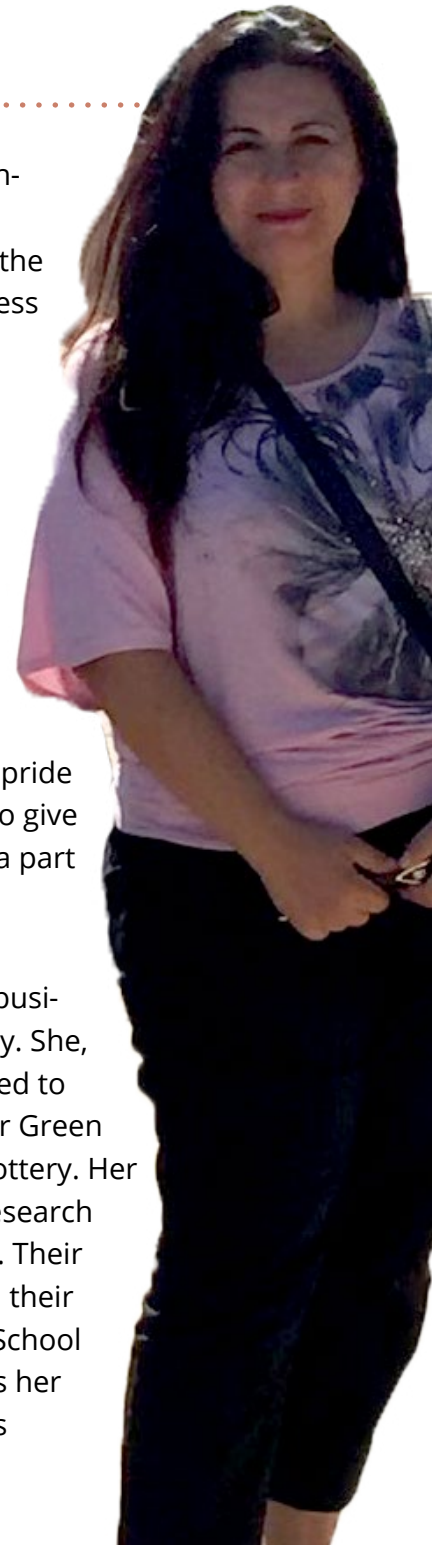
OC HCA Named 2023 Community Champion of the Year9

Peer-to-Peer Eriny Girgis

"I feel proud when I hear about the accomplishments people have made and the challenges they have overcome with our support. That is the most delightful feeling in the world. It is priceless to have played even a minor role in improving someone's life." Peer-to-Peer recipient **Eriny Girgis**, Community Health Assistant II with the Comprehensive Health Assessment Team-Homeless (CHAT-H), Public Health Services (PHS) said she enjoys being at the OC Health Care Agency (HCA) because she is part of a team that serves the community. "Working for an organization that strives to improve society and the lives of vulnerable and underserved populations, like the HCA, fills me with pride and satisfaction. I have a lot of opportunities to give back to the community and am blessed to be a part of the HCA," she said.

Eriny was born in Alexandria, Egypt where she grew up and earned her bachelor's degree in business administration from Alexandria University. She, her husband and their son and daughter moved to Orange County in 2010 after being selected for Green Cards through the US Immigration Diversity Lottery. Her husband is a cardiologist who now works in research and their children are both in medical schools. Their son is at the University of California-Irvine and their daughter at the University of Incarnate Word School of Osteopathic Medicine in Texas. Eriny credits her husband for influencing their children towards

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Director's Message

continued from page 1

theme for Nurse Recognition Month is “You Make a Difference” and I wholeheartedly agree the impact of nurses in health care is unparalleled. To HCA nurses I hope you do find or take time for self-care which is the theme for Nurse Recognition during the first week of May. We cannot thank our nurses enough for all you do! By the way if you know of anyone who is interested in a nursing career, ask them to check www.ocgov.com/jobs for opportunities with the HCA! We have more on Nurse Recognition Month in this newsletter.

As we near the middle of Spring, there are a couple of questions we may all hear in our community, “is it allergies, or COVID-19,” and “do I have to wear a mask in here?” As to the question of allergies, we hope you’ll share the message of continue to test for COVID-19 and not to dismiss similar symptoms as simply seasonal pollen. Please share COVID-19 testing resources at <https://www.covid.gov/tests>.

The HCA recently issued updated COVID-19 vaccination guidance which you can read about in this [press release](#). The Food and Drug Administration and Centers for Disease Control and Prevention updated recommendations, simplifying COVID-19 vaccinations, allowing older adults and immunocompromised individuals to get a second dose of the updated bivalent vaccine as well as a movement to recommending mRNA bivalent vaccine and discontinuing the recommendation for monovalent mRNA vaccine. Vaccination appointments can be scheduled through myturn.ca.gov, www.vaccine.gov and www.ochealthinfo.com or by calling (800) 914-4887.

Regarding the masking question, the HCA strongly recommends masking, depending on personal risk, when in crowded indoor settings, or when transmission rates are high within our community.

There are many health and cultural awareness events in May including:

[National Water Safety Month](#)

[Trauma Awareness Month](#)

[National Bike to School Day](#) – May 3

[Cinco de Mayo](#) – May 5

[Mother's Day](#) – May 14

[National Women's Health Week](#) – May 14-20

[Emergency Medical Services Week](#) – May 21-27

[Memorial Day](#) – May 29

[World No Tobacco Day](#) – May 31

Stay Well,

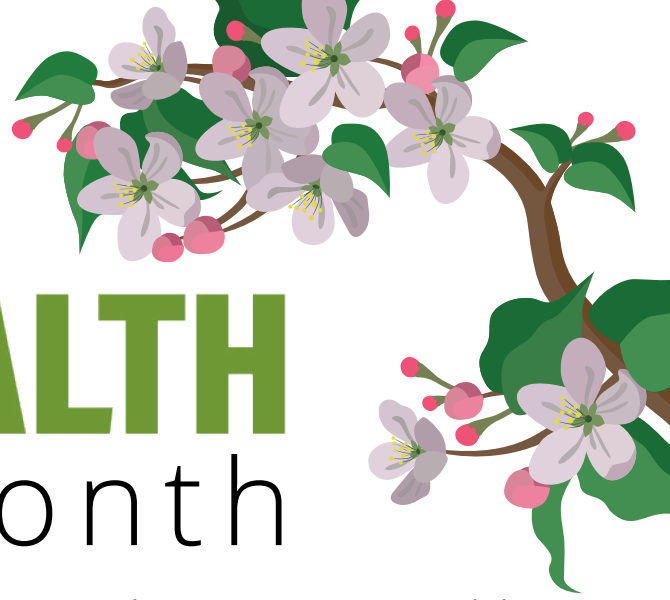


A stylized, handwritten signature in white ink that reads "Clayton Chau MD". The signature is fluid and cursive, with a long horizontal line extending from the end.

Dr. Clayton Chau
MD, PhD, MASL
HCA Director



May is MENTAL HEALTH Awareness Month



“Spring into Mental Health”

this year and join Mental Health and Recovery Services (MHRS) as they celebrate and recognize May as National Mental Health Awareness Month. The theme for 2023 is “Spring into Mental Health” and the MHRS team encourages everyone in the OC Health Care Agency (HCA) to take charge of your mental health and wellness. One way to boost your mental wellness is by staying connected and by engaging with your community! To assist with staying connected MHRS staff and our community partners have organized many activities during the month of May to continue to spread awareness about the importance of mental health and to share tips for a healthier you. You can find a list of activities [here](#).

Another great way to boost your mental, physical and emotional well-being is gardening! Gardening elevates happiness, provides stress relief, offers a workout, strengthens the immune system, stimulates the brain, improves sleep, and helps to boost mindfulness. We invite you to share your gardening pictures and other self-care tips on your social media! Post your tips on social media by using the hashtags: #mentalhealth #selfcare #mentalhealthawareness. You can also tag us on Facebook @ochealthinfo; on Twitter @ochealth and on Instagram @oc_hca.

You might also notice the color lime green all throughout the month of May. That’s because lime green is the symbol of mental health and we want to challenge everyone to incorporate the color lime green when and where you can and join the millions

of people nationwide to raise awareness and show support during May and beyond. Wearing the lime green ribbon is a great way to show your support as well as open an honest dialogue with friends, family, neighbors and co-workers about mental health. The Office of Suicide Prevention will provide resource tables, with lime green items, at the HCA Headquarters at 405 W. 5th Street in Santa Ana and at the Offices of the Board of Supervisors. We encourage you to stop by and pick up resources (and gardening kits) to nurture self-care and to help cultivate a healthy work/life balance.

If you don’t know where to start or are feeling overwhelmed with wanting help, assistance is available. Whether you are looking for yourself, a loved one or family member, or if you are searching for support for a client, you can call or chat with someone at OC Links (855) 625-4657 and/or visit the OC Navigator at <https://ocnavigator.org>. Both are great resources and are available 24/7. You can also find resources at www.resourcesforliving.com.

When you call OC Links at (855) 625-4657 or Chat online ([here](#)), you'll talk with an understanding and supportive “Navigator” who is specially trained to guide you to the exact resource(s) that will help you most. Your Navigator can assist you with, and connect you to, behavioral health services - for people of all ages.

“Thank you” to everyone in Mental Health and Recovery Services (MHRS) for all you do year-round to serve our Orange County (OC) community.

NURSES MONTH 2023

YOU MAKE A DIFFERENCE

OC Health Care Agency (HCA) nurses serve a variety of populations. "HCA nurses are dedicated, compassionate and professional," said **Dr. Clayton Chau**, HCA Director. "I am very proud of all our nurses and all you do to serve our community." HCA nurses exercise compassion for their patients, utilize cultural awareness to understand their needs, deliver care and support, connection to resources, and help educate patients on how to care for themselves better. "We celebrate, honor, support and thank our nurses," said **Jenna Sarin**, Chief Nursing Officer. "Our nurses serve individuals with complex health and social needs in a wide variety of settings and each one is indispensable to the quality care the HCA provides. Each of you is valued personally and professionally. Thank you for the expertise, compassion and commitment that you bring to our profession and to the clients and communities that we serve," she said. For National Nurse Month, we are pleased to introduce you to a few of our nursing professionals at the HCA!



Arnold Aleman is a Comprehensive Care Licensed Vocational Nurse II (CCLVN) with Juvenile Health Services. He has been with the HCA for 22 years.

Q: What motivated you to go into Nursing and at the HCA?

A: "I served in the U.S. Army Reserves as a medic/Licensed Vocational Nurse and that profession opened a lot of different options in my life. I had a good friend who was an x-ray tech and worked in pulmonary disease services. He encouraged me to apply when he told me that I wouldn't regret it and I sure haven't."

Q: What does it take to be a Nurse?

A: "The willingness to serve people, when you work for a governmental institution no matter the position you are doing a service for the community you live in, you must know this isn't just a regular job."

Q: Any advice for someone thinking of a career in Nursing?

A: "Nursing has a broad spectrum of career options to grow into from bedside care, specialty care, correctional health, public health, education, and management. You will never get bored being a nurse, you are always

learning something new!"

Q: Anything else you'd want to add or say?

A: "I would like to thank all those nurses who have taught me along the way and made me a better nurse."



Lilia Blanco is a Registered Nurse/Behavioral Health Nurse with the Program for Assertive Community Treatment (PACT) at the Westminster Clinic. She has been with the HCA for 17 years.

Q: What motivated you to go into Nursing and at the HCA?

A: "Being able to provide compassionate care to our clients is an honor for me. To be able to be a part of their positive response to treatment is very gratifying."

Q: What are some of the rewards you've experienced in nursing?

A: "I have the opportunity to empower clients and their families by providing education/clarification about mental illness as well as establish a therapeutic relationship with them. It is a nice feeling when one is able to look forward to coming to work to help others!"



Mishala Edwards works with the Community Nursing Services Division – Nurse-Family Partnership. She has been with the HCA for nearly 3 years.

Q: What motivated you to go into Nursing and at the HCA?

A: “I have a passion to advocate for others, especially for those who are unable to advocate for themselves. I was motivated to work in Maternal-Child Health (Labor and Delivery) after witnessing my first birth in nursing school. I saw what a special moment in time the birth of a child was. I determined that I wanted to be a part of caring for, supporting, and empowering mothers during this time. After working in Labor and Delivery for many years, I realized that my favorite part of the job was talking with the patients, encouraging them during their labor, and supporting them and their support systems. I learned about Nurse-Family Partnership in Nursing School and it always remained in my mind as something that I would love to do; and that is what brought me to the HCA.”

Q: What does it take to be a Nurse?

A: “Without a doubt, to be a nurse it takes a love for what you do and the people you serve and care for.”

Q: Any advice for someone thinking of a career in Nursing?

A: “For anyone considering a career in nursing I would want them to know how important it is for them to take good care of themselves and on the hard days remind themselves of the reasons why they became a nurse.”



Lizbeth Flores is a Public Health Nurse with the Community Nursing Services Division. She has been with the HCA for 2 years.

Q: What motivated you to go into Nursing and at the HCA?

A: “When I was fifteen years old, I had a lot of stress related to schools, grades, and college applications as may be common in high school. It was overwhelming, and my mother encouraged me to obtain a therapist. My mother had limited English and knowledge of available resources, but she knew that we could obtain assistance at the HCA. I remember walking into the HCA on 17th Street and being welcomed by so many friendly employees. I was quickly linked to community mental health resources, and I remember thinking, “Wow what a great place this is, I would like to work in a health setting one day.” I knew that I wanted to have a role in my community and to help people with health related issues by assisting with linkage to health care, education, access to resources, etc. I knew I wanted to show the same empathy and compassion that was shown to me almost 11 years ago, so I decided to become a nurse, and now it’s a full circle moment to be working at the HCA and to be able to serve my community.”

Q: What does it take to be a Nurse?

A: “Besides a degree and a nursing license, I think it takes a willingness to keep learning, and an ability to empathize with our clients and compassion.”

Q: Any advice for someone thinking of a career in Nursing?

A: “Know that there are so many types of nursing! Nursing is very versatile and within Public Health Nursing there are so many great programs that serve our population. If you are thinking of going into nursing, I would suggest volunteering in health related settings to better understand if nursing is something you would like to pursue.”

***“HCA nurses are dedicated,
compassionate and professional...”***

Dr. Clayton Chau, HCA Director.



Jocelyn Garduno is a Public Health Nurse with California Children's Services. She has been with the HCA for 25 years.

Q: What motivated you to go into Nursing and at the HCA?

A: "I always knew I wanted to work in a field where I could help others. My faith played a major role in my decision-making process. God calls us to serve others and I felt like Nursing was one way I could do this on a daily basis. I had a very hard time finding a Nursing job right out of school. When the opportunity to work at the HCA presented itself, I felt like God was opening a door for me."

Q: What does it take to be a Nurse?

A: "Kindness, empathy, and selflessness."

Q: Any advice for someone thinking of a career in Nursing?

A: "Things that require hard work are usually worth it. Nursing won't always be easy, and you'll have days where you're emotionally and physically drained. However, knowing you made a positive difference in someone's life will be rewarding."



Theodore "TJ" Morales is a Public Health Nurse with the 17th Street Testing, Treatment and Care Clinic. He has been with the HCA for 4 years.

Q: What motivated you to go into Nursing and at the HCA?

A: "Growing up in an environment where both my parents worked as a Registered Nurse and my sister working as a Nurse Practitioner allowed me to observe their passion within the career. The knowledge and experience they shared with me assisted with my personal decision to pursue the career of nursing."

Q: What does it take to be a Nurse?

A: "Persistence, Perseverance, Dedication, Compassion, Empathy, Attentiveness, being open-minded, helpful, always willing to learn, effective communicator,

adaptable, teamwork, willing to go above and beyond."

Q: Any advice for someone thinking of a career in Nursing?

A: "Volunteer in order to get that experience and feeling of the career you are pursuing. Volunteering provides you an opportunity of choosing whether this is a career you would enjoy and thrive in or not. Volunteering allows you to figure out discernment and journey within the career. Also network. Building close working relationships and picking the brains of other experienced nurses in addition to students that are currently in the nursing program, as well as nursing professors, educators and mentors may spark new ideas and help you with your clinical development in the field of nursing."



Cheryl Sierra is a Registered Nurse with Correctional Health Services (CHS). She has been with the HCA for 22 years.

Q: What motivated you to go into Nursing and at the HCA?

A: "As a toddler, I used to love to sit next to my grandfather while he read the daily newspaper and pretend to give him shots with a fountain pen. Consequently, my grandfather always referred to me as "Nurse." Becoming a Mental Health Nurse was rooted in my love for reading the newspaper advice columns "Dear Abby" and "Dear Ann Landers" since elementary school. By the way, I still enjoy reading advice columns!"

Q: What does it take to be a Nurse?

A: "To be a Nurse takes tenacity to deliver the highest quality of care, no matter how many obstacles, including shortage of staff, limited supplies, and high acuity. As nurses, we need to constantly strive towards improving the quality of patient care and sometimes that takes creativity and lots of brainstorming."

Q: Any advice for someone thinking of a career in Nursing?

A: "Nursing is more than a job, it's a life calling to serve the needs of others in the community. If this is your life passion, do not allow any obstacle to prevent you from a career in nursing."



Lynn Tran is a Registered Nurse/Case Manager. She has been with the HCA for 23 years.

Q: What motivated you to go into Nursing and at the HCA?

A: "High demand, multiple specialties to work in, and the ability to move forward. To me, there's no limit in this profession, and of course the great feeling of making a difference in people's lives."

Q: What does it take to be a Nurse?

A: "Not only does it take compassion, a caring attitude, and willingness to help people, but critical thinking skills are also needed, for example to make quick decisions in emergencies. You also need emotional stability, and effective coping mechanisms when dealing with high levels of stress."

Q: Any advice for someone thinking of a career in Nursing?

A: "Believe in yourself, follow your passion, and carry your own voice. Always remember to have empathy and to give the best care possible."

Q: Anything else you'd want to add or say?

A: "I love this quote "Nurses dispense comfort, compassion, and caring without even a prescription." – Val Saintsbury. Personally I feel I'm tough enough to tolerate everything and soft enough to understand everyone."

"Nurses dispense comfort, compassion, and caring without even a prescription."

Val Saintsbury

Congratulations to President-Elect Jenna Sarin



OC Health Care Agency (HCA) Director of Nursing **Jenna Sarin** has been voted as President-elect of the California Directors of Public Health Nursing (DPHN). Jenna will serve as DPHN President in 2024-25 and then serve as Past President in 2025-26. "It is an

incredible honor to have the opportunity to serve Public Health Nurses across California in this role," said Jenna. "Engaging in advocacy for Public Health Nursing education, practice support and enhancement efforts that benefits our Orange County (OC) residents is of foundational importance to health outcomes. Understanding opportunities and challenges affecting urban and rural local health jurisdictions across California, and seeking collective solutions to strengthen the Public Health Nursing infrastructure to provide equitable care to our most vulnerable communities, is something that I am very passionate about," she said.

The DPHN advocates for and advances public health nursing practice in California. The DPHN believes that the role of the nurse in public health is critical in achieving health equity across California cities and counties. Nursing leaders in public health are positioned to design and implement interventions that are known to promote health equity through reducing and/or eliminating health disparities and achieving optimal health for all Californians. The DPHN addresses health equity by creating opportunities to build knowledge, skills, and resources for California's public health nursing leadership. For more on the DPHN visit their website [here](#).

Jenna has been a member of the DPHN since March of 2022. She sees her election as an opportunity for Orange County. "As the Chief Nursing Officer and Director of Public Health Nursing, the election into this role provides the ability to advocate for the needs and opportunities of Public Health Nurses in the Southern Region and Orange County specifically," said Jenna. "In this capacity I will engage with other leaders in Public Health within the California Department of Public Health, Department of Health Care Services, County Health Executives Association of California and California Conference of Local Health Officers to enhance and align Public Health Nursing models of care appropriate to the communities we serve."



5 THINGS YOU NEED TO KNOW ABOUT:

XYLAZINE

1

Xylazine is an animal tranquilizer that is showing up in the nation's drug supply. Also known as "tranq," xylazine is being found in drugs like fentanyl, which further increases the risk of overdose deaths as it depresses the central nervous system and does not respond to naloxone. You can read more on xylazine from the National Institute of Drug Abuse [here](#).

2

The Biden Administration designated fentanyl combined with xylazine as an emerging threat in the United States. The designation is not for xylazine alone. The Administration is taking steps to develop a whole-of-government response to include prevention, treatment and supply reduction. You can read the Administration's press release on xylazine [here](#).

3

The California Department of Public Health (CDPH) said that xylazine is still a new and emerging threat in California. The CDPH is working with local health departments and other partners to monitor the issue while supporting prevention and intervention efforts. You can read more on the CDPH response to xylazine [here](#).

4

"Awareness is important and we do not want to create panic in the community," said **Dr. Veronica Kelley**, Chief of Mental Health and Recovery Services. "Overdose prevention is the key message along with recognizing signs of overdose and knowing what actions to take in response to an overdose." The Centers for Disease Control and Prevention on more on stopping overdose [here](#).

5

The HCA's OC Links (855-625-4657) and www.ocnavigator.org offer readily available services for anyone experiencing a substance use disorder or misuse problem. You can find more on Alcohol and Substance Use Services on the HCA website [here](#).

OC Health Care Agency Named

2023 *Community Champion of the Year*



Back L-to-R: **Dr. Michele Cheung, Dr. Regina Chinsio-Kwong, Dawn M. Smith, Tammi McConnell and Dr. Matthew Zahn.** Front L-to-R: **Dr. Maricela Lujan, Dr. Christopher Zimmerman, Julie MacDonald and Dr. Carl Schultz.**

The OC Health Care Agency (HCA) is recognized as the “2023 Community Champion of the Year” by the American Academy of Pediatrics – Orange County Chapter (AAP-OC). In presenting the award the AAP-OC said the HCA is a fantastic partner of pediatricians. The AAP-OC specifically noted the HCA’s work in supporting efforts around COVID-19 (testing, vaccination response, education); as well as immunization education; other public health needs such as injury and violence prevention; opioid addiction and treatment; perinatal mental health screening and resources. The AAP-OC also recognized the HCA partnerships with Orange County schools and community-based organizations, and the HCA’s work to create a group composed of medical associations including the OC Medical Association, the AAP-OC, family practice, general practice, and more, in service of children and families in OC.



Dr. Regina Chinsio-Kwong received the award from **Dr. Reshmi Basu** with the AAP-OC.



Your Health Matters **OC** Talk Show

HOSTED BY



Dr. Clayton Chau
HCA Director



Dr. Regina Chinsio-Kwong
County Health Officer/
Chief Medical Officer

Did you know someone can be infected with Hepatitis and not realize they were exposed? The OC Health Care Agency's (HCA) live-stream talk show Your Health Matters OC provided information about testing and treatment for Hepatitis in our most recent show in April. Host **Jenna Sarin** and co-host **Dr. Regina Chinsio-Kwong**, were joined by **Dr. Christopher Zimmerman**, Deputy Medical Director, Communicable Disease Control Division and Dr. Duy Nguyen, Medical Director at Radiant Health to discuss Hepatitis. You can view the episode [here](#).

Our next episode, scheduled for May 16 at 6 pm, goes in-depth on Mental Health Awareness Month. You can watch the program and all previous episodes of *YOUR HEALTH MATTERS OC* on the HCA's YouTube page at: <https://www.youtube.com/c/OrangeCountyHealthCareAgency> or on the HCA Facebook page at: <https://www.facebook.com/ochealthinfo>.

Viewers are invited to submit questions on the show's topics before and during each show at yourhealthmatters@ochca.com.

YOUR HEALTH MATTERS OC features experts from the HCA, and the community, who discuss a variety of topics that affect us all. Previous episodes include discussions on the opioid crisis and using naloxone, suicide prevention awareness, nursing, colorectal cancer, sexually transmitted disease awareness, and much more. *Topics subject to change.



thank you

to OC Health Care Agency

Contributor: **Jenna Sarin**, Chief Nursing Officer



NURSES!

May is National Nurses Month, and it includes National Nurses Week from the 6th to the 12th. The theme this year is “You Make a Difference.” The month-long recognition has been divided into four weekly focuses – Self-Care, Recognition, Professional Development, and Community Engagement to encourage the continued growth and development of the nursing profession. The OC Health Care Agency (HCA) would like to observe Nurse’s Month to acknowledge, highlight, and advance the work of nurses we know, who are working within our organization and those who are working every day in our health system to serve our Orange County (OC) residents and the nursing profession as a whole.

I would like to thank the Orange County Board of Supervisors, the County Executive Office, the HCA and the Orange County Employees Association for the support of the Agency’s nursing workforce. It is

an honor to serve as the Chief Nursing Officer representing and supporting the critical work of nearly 500 nursing personnel within the Agency.

I would like to recognize the Agency’s nursing staff for your diverse expertise, commitment to excellence and kindness in care delivery across the Correctional Health, Medical Health, Mental Health and Recovery and Public Health Service areas. I would also like to acknowledge and thank the thousands of nurses working in acute, community, school, education and research settings throughout the county. Your excellence in care has a direct impact on the health of our Orange County community.

Thank you for your service and Happy Nurses Week and Happy National Nurses Month!



SOAR Award Recipients

Service and Outstanding Achievement Recognition

January - March 2023



Shumly Iqbal
Program Supervisor



Tiffany Tillman
Deputy Public
Guardian



Mark Lawrenz
Division Manager

Data Dashboard Now **LIVE!**



HEALTH PRIORITIES



COVID PRIORITY
POPULATIONS



DEMOGRAPHICS



DASHBOARDS



REPORTS



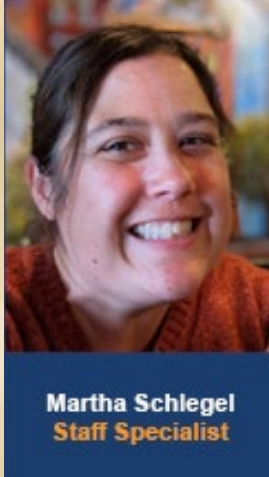
ADDITIONAL RESOURCES

The OC Health Care Agency (HCA) now provides a new webpage that displays a variety of data resources to inform the public about the health and well-being of Orange County (OC) residents. "This site was developed as a part of the Equity in OC initiative, it advances our Strategic Plan goals and objectives, and it is in alignment with Public Health Accreditation requirements," said **Dr. Clayton Chau**, HCA Director. The hub was developed to assist community organizations, municipalities, researchers, providers, and policymakers in their assessment of the health and well-being of Orange County communities and populations.

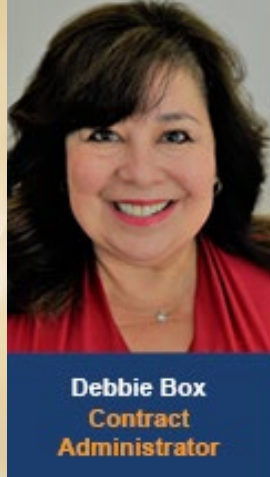
You can see the new data hub at <https://ochealthdata.com/>.

Data is provided in variety of formats, depending on their source, including interactive graphics and dashboards as well as reports and data-related webpage links. Some are prepared by the HCA, others by Orange County organizations and State agencies. "These data resources will be updated based on the frequency of source data or report updates," said **Jenny Qian**, Chief of Office of Strategy

The OC Health Care Agency (HCA) supports and encourages employee recognition as an important part of its culture, in alignment with the HCA's mission, vision and goals. The Service and Outstanding Achievement Recognition (SOAR) Award is aimed at honoring one employee from each of the HCA's service areas for their leadership, excellence in service and commitment to promoting the health and well-being of our Orange County (OC) community.



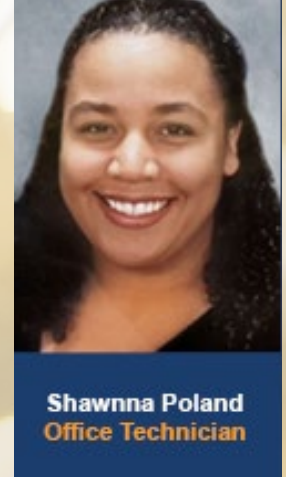
Martha Schlegel
Staff Specialist



Debbie Box
Contract
Administrator



Annabelle Mercado
Senior Public Health
Investigator



Shawna Poland
Office Technician

The first quarter cohort of SOAR recipients for January - March 2023 were recently recognized at the HCA's All Staff Town Hall and are featured on the SOAR Employee Recognition Wall on the second floor at the HCA Headquarters through the end of March. You can learn more about our SOAR Awardees by clicking [here](#).

and Special Projects (S&SP). "As this hub has been developed to be an asset for the community, it will also be periodically modified based on input from the community, new data resources, and HCA-specific needs," she said.

"This new data resource furthers the HCA's strategic goals to develop Agency-wide data analytic capacity and provide a critical resource for non-HCA groups to drive improvement for their communities' health and well-being," said **Karin Kalk**, Director, Project Management and Quality Improvement. The site was developed through a collaboration between HCA SSP, HCA Information Technology, and our Equity in OC partner, Advance OC.



Directing Change Program & Film Contest Awards Ceremony

We invite you to join us in recognition of **National Children's Mental Health Day**. We celebrate Orange County (OC) students who participated in the statewide Directing Change video contest. An awards ceremony is scheduled on May 11 from 5 p.m. – 8 p.m. at the Bowers Museum in Santa Ana. The event includes film screenings prepared by OC students, mental health resources, and a reception. It will be an evening of fun and celebration, bringing students together to share their work in support of enhancing the mental health and wellness of our community.

To register click [BIT.LY/DIRECTINGCHANGEOC_2023](https://bit.ly/DIRECTINGCHANGEOC_2023).

If you have any questions please contact **Bhuvana Rao**, Director Office of Suicide Prevention at brao@ochca.com.





ROUNDTABLES: SUPERVISOR TIPS AND RESOURCES

The OC Health Care Agency (HCA) Human Resources team has just concluded our first quarter of virtual Roundtable discussions covering various personnel topics. We had some great discussions with Managers and Supervisors on topics and issues related to their roles and responsibilities as HCA Leadership. We are pleased to announce this quarter's offerings.

Discussions will be facilitated live, via Microsoft Teams and the format will include a 30-minute presentation followed by a 15-minute interactive Question & Answer session. Applicable resources, links, and sample documents will be provided to participants. Due to the desire

to make this an interactive meeting, the meetings will be limited to 25 participants each session.

To sign-up, please contact Janet Najera at jnajera@ochca.com and specify which session(s) you would like to be enrolled in; please note each session is a stand-alone meeting. You will receive a confirmation email with a Teams calendar invite.

Future discussion opportunities will be announced on a quarterly basis, with a focus on questions and topics that are frequently received by our team. We look forward to continuing our partnership with all of you!

MAY – JUNE 2023 Virtual Roundtable Opportunities:

Supervisor Expectations –

Non-disciplinary Performance Tools

Wednesdays, 5/10 & 5/24
10:00 a.m. and 2:00 p.m.

Supervisor Expectations –

Navigating the Employee Leave of Absence Process

Wednesdays, 6/7 & 6/21
10:00 a.m. and 2:00 p.m.





ZEST For Health

Rethink Your Drink

As the days become warmer, what is your go-to drink during the warm afternoons? Sugar-sweet beverages are the number one source of added sugars in Americans' diets. With summer around the corner, choose [healthy drink options](#) such as water, 100% juice, spa water, unsweetened beverages, or low-fat/fat-free milk. Try these healthy tips:

- Reusable water bottle: Keep one with you when you go to work and at home to remind you to drink water.
- Coffee lovers: Choose low fat or fat-free milk when ordering or making your coffee.
- Spa water: If regular water is missing some flavor to you, add some sliced strawberries and oranges, or mint with cucumber.
- For more information, [visit here](#).

Rethink Your Drink Day is Wednesday May 10, 2023. Join the [campaign](#) efforts by choosing to drink healthy beverages.

Peanut Butter and Banana Smoothie

Ready In: 5 minutes

Serves: 2

Ingredients

- 2 bananas cut into chunks and frozen
- ¼ cup yogurt low-fat plain
- ½ cup milk low-fat
- 1 tablespoon peanut butter creamy, regular or unsalted
- 1 teaspoon honey feel free to use less

Directions

1. Place all ingredients in a blender container, cover, and blend until smooth.
2. Pour into glasses and serve.

medical careers, with her help of course. "I believe that raising a good child is like carving a rock. I was just trying to do my best and always praying for them while God did the rest," she said.

Eriny is fluent in English and Arabic, fair with French (reading, understanding and speaking) and understands the Coptic language. "Coptic is used inside our churches and in prayers," said Eriny. "My name means "Peace" in Coptic and has the same meaning in Greek because Coptic contains some words from Greek," she said.

Eriny applied to the HCA because of a desire to serve seniors, special needs children and those experiencing homelessness. She said her passion and work have joined together at the HCA, "My role is collaborating with a great team of public health nurses assisting vulnerable homeless populations to establish and access health and social services, determine appropriate services to meet their needs, link them to different resources, identify barriers to services, act as a liaison between clients and service providers, and support the team by maintaining client resources, educational handouts, and client information to assist the team in ongoing case management."

Eriny said she works with amazing people who communicate, approach, grasp, and resolve challenges with ease. "I am blessed to be a part of a team that is passionate about serving the community and helping others," she said. "It's an honor to carry out the responsibilities of my position, work with wonderful people whom I respect and admire."

When she's not at work Eriny said she does many things that make her smile, "I enjoy spending time with my family, being in nature, and walking. I like reading and listening to soft music. I also like engaging in craft and art projects with my family and with children in general."

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.

CONNECT WITH US

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