



Director's Message

Dear OC Health Care Agency (HCA) Team,

I'd like to start by saying "thank you" for you, your work, your commitment, and your professionalism in serving our Orange County (OC) community. As we pause to celebrate Thanksgiving this month, I hope you have much to be thankful for both personally and professionally. I'm thankful for the great work that's been done recently and pleased to share some of that work with you. Before I share, we also celebrate our veterans this month. I am honored as the Interim Agency Director to be able to say "thank you" to all HCA staff who have served in our military. I would also like

... continued on page 2

FENTANYL IS FOREVER

AWARENESS CAMPAIGN

To raise awareness about the dangers of fentanyl in Orange County (OC), and awareness about local resources for assistance, the OC Health Care Agency (HCA) launched the "Fentanyl is Forever" campaign. **Dr. Veronica Kelley**, Chief of Mental Health and Recovery Services (MHRS) and **Dr. Charles Scott Huffman**, Associate Medical Director of MHRS, joined with the Board of Supervisors to kick off the campaign during a press conference, which included compelling family testimonies, educational materials, and rescue information. You can see the press conference [here](#).

... continued on page 2



(L-to-R): Ellen Guevara, Julie MacDonald, Mark Lawrenz, Sherryl Ramos, Pauline Stauder, Carolyn Secrist, Dr. Veronica Kelley, April Thornton, Diane Holley, and Dr. C. Scott Hoffman at "Fentanyl is Forever" kickoff event.

FEATURED ARTICLES

Fentanyl Is Forever1

CRAB Testing4

Compliance & Ethics Week..10

Director's Message

continued from page 1

to extend a "thank you" to those of you who have loved ones who are now serving our country.

"Way to go" to our Mental Health and Recovery Services (MHRS) team. MHRS launched the [Fentanyl is Forever](#) campaign, the second annual [Light Up Hope OC](#) campaign, sponsored the inaugural [Recovery Happens Picnic](#), and last but certainly not least, MHRS has made OC a leader among California counties by piloting the Community Assistance, Recovery and Empowerment Act aka [CARE Act](#). Each of these is a major accomplishment, requiring a lot of planning and making all of them happen in a short period, is phenomenal. Excellent job!

"Way to go" to Public Health Services (PHS). PHS leadership managed the final stages of a years' long effort for Public Health Accreditation. The process included interviews, documentations, and systems reviews of all aspects of PHS. The importance of accreditation is summed up nicely by the PHA Board which states: "Accreditation means excellence. It means that a health department is committed to continuous quality and performance improvement. Accreditation is a way to engage all staff in transformation and improvement efforts." Congratulations PHS!

"Way to go" to our Correctional Health Services (CHS) team. CHS is launching its annual flu vaccine clinics for incarcerated adults and detained youth. The campaign includes patient education on flu prevention and setting up flu vaccine stations in jail and detention facility housing areas to promote vaccination. Thank you CHS team for your compassion and continued dedication.

Finally, I'd like to encourage you to take care of yourself. As we follow events in the world today it can be stressful to think of what might happen. The tragedies, emotions and passions, can be overwhelming. Help is available, so don't hesitate to reach out if you or a loved one just needs to talk. You can visit <https://www.resourcesforliving.com/> or call 1-800-221-0945 for 24/7 confidential support. Don't forget too, the Open Enrollment period ends November 7 you can access it here mybenefits.ocgov.com.

As always, I am grateful to each of you.



A handwritten signature in black ink that reads "Debra Baetz".

Debra Baetz
Interim Agency Director

Fentanyl is Forever

continued from page 1

"In the past two years, we've seen the rate of children aged 10 to 17 who have died by fentanyl overdose and poisoning, increase by 122% in OC," said Dr. Kelley. Despite the increase, she said there is hope, "We are seeing a slight trend in the right direction. We are seeing a reduction in fentanyl deaths. We have to keep going," said Dr. Kelley.

One way to make an impact is by learning more about fentanyl and how to administer Naloxone. Dr. Huffman demonstrated how to administer Naloxone/ Narcan Spray on someone who is suffering from a fentanyl overdose. "Anyone can learn this, anyone can do this, and anyone can teach this to someone else," said Dr. Huffman. "Together, we really can all save someone's life," he said.

For more information on the "Fentanyl is Forever" campaign, please click on the link [here](#).

*He wasn't an
angel, but he had
a good heart.*

*I'd do anything to
get my boy back.*

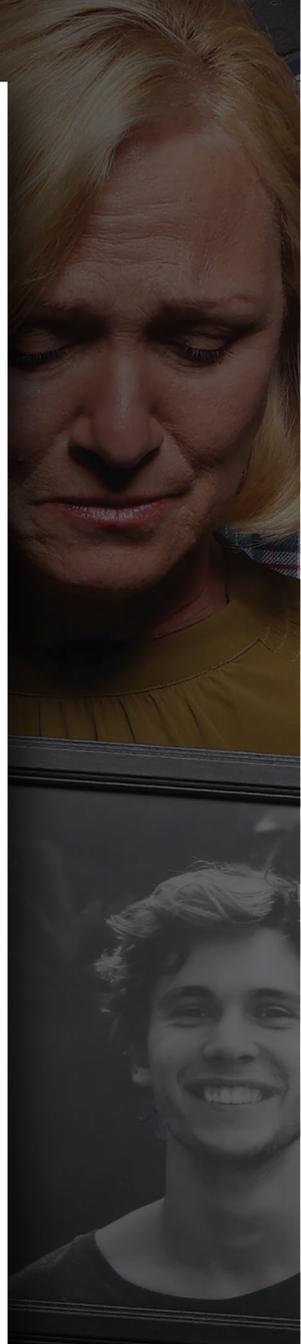
We are witnessing a nationwide epidemic of fentanyl deaths. Just a few grains of fentanyl are enough to kill you. Or your child.

Be aware, be informed. Be safe.
www.FentanylisForeverOC.org

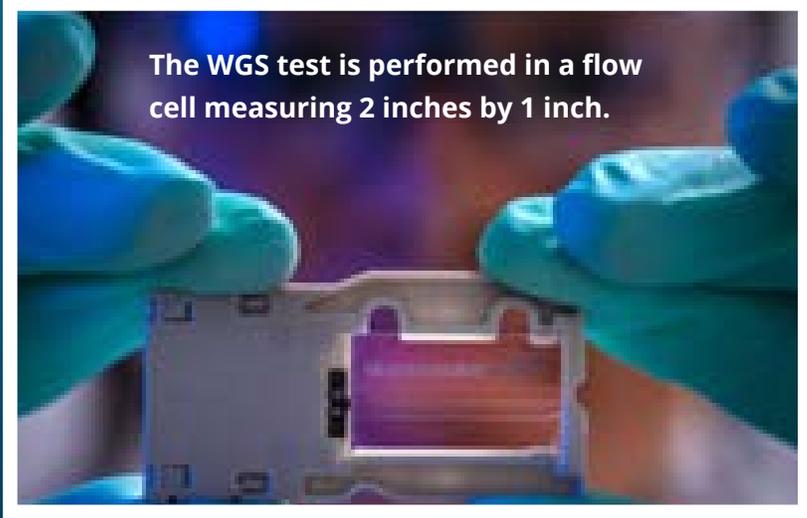
 **FENTANYL**
IS FØREVER



©2021 Idea Engineering. All rights reserved.



Using CRAB Testing to Ensure Safety in Health Care Settings



The WGS test is performed in a flow cell measuring 2 inches by 1 inch.

The OC Public Health Laboratory (OCPHL) performs more than 200,000 tests each year in its specialty areas of Bacteriology, Virology/Serology, Mycobacteriology/ Mycology/Parasitology, and Molecular testing to ensure public health and safety in Orange County (OC). Due to the growing concern of Carbapenem-resistant *Acinetobacter baumannii* (CRAB) in health care settings, the Molecular Testing section of the OCPHL has started testing CRAB isolates using a test called Whole Genome Sequencing (WGS). All organisms (bacteria, plants, mammals) have a unique genetic code (called genome)

made of nucleotide bases (A, T, C, and G), which provide information about its unique DNA. OCPHL performs the WGS to characterize the DNA from CRAB bacteria isolated from Orange County patients.

Two Microbiologists, **Julia Wolfe** and **Victoria Buchanan** were invited to the Centers of Disease Control and Prevention (CDC) Advanced Molecular Detection (AMD) annual conference to present a poster on their CRAB data [results](#).

More about CRAB, WGS, and CDC's AMD program:

- [Carbapenem-resistant Acinetobacter baumannii \(CRAB\)](#) is a type of bacteria that can cause different types of infections such as pneumonia, wound, and blood infections. Infections caused by CRAB are difficult to treat because they don't respond to common antibiotics, and some can be resistant to several or all antibiotics. OC's [Communicable Disease Control Division](#) focuses on responding to organisms such as CRAB that are newly emerging in the county, before they become endemic.
- The [WGS test](#) determines the presence or absence of specific genes (called carbapenems) that make the bacteria resistant to antibiotics and thereby reduces patient treatment options. In addition, CRAB bacteria can pass these resistant genes to other bacteria, amplifying the problem of drug resistance. The results from the WGS test provides Epidemiologists at Orange County Communicable Disease Control Division (CDCD) actionable information on the resistance of Acinetobacter baumannii circulating in Orange County's health care facilities. CDCD may recommend transmission-based precaution guidance to facilities depending on the type or degree of resistance detected or if there is an outbreak.
- CDC's [AMD program](#) is helping public health laboratories and epidemiologists strengthen and incorporate new technologies, such as WGS, to deliver rapid and more detailed results than older, slower methods.



The Molecular Testing team of Microbiologists: Front row (L-to-R): **Radhika Patel**, and **Kim Chhay**. Back row (L-to-R): **Victoria Buchanan**, **Angelica Torres**, and **Julia Wolfe**.



(L-to-R): **Emily Smith**, **Julia Wolfe**, and **Victoria Buchanan** at the Advanced Molecular Detection Carbapenem-resistant Acinetobacter baumannii (AMD CRAB) poster presentation at the CDC.

Creating the Community Health Improvement Plan



If you are interested in participating in a workgroup, have feedback or Recommendations

Please email sboles@ochca.com if you have any questions



of each based on pre-determined criteria.

of Findings: Health Conditions, Health Determinants

Topic	DIABETES AND OBESITY	Actual Value (2022)	CA Value	US Value	HP 2030 Goal
	Percent of Adults with Diabetes (CHES)	8.5%	10.6%	N/A	N/A
	Age-Adjusted Hospitalization Due to Uncontrolled Diabetes per 10,000 (ICAD)	24.6 (2022)	25.0	N/A	N/A
	Age-Adjusted Hospitalization Due to Long-Term Diabetes Complications per 10,000 (HCAC)	36.6 (2022)	19.0	N/A	N/A
Data	Age-Adjusted Death Rate Due to Diabetes per 100,000 (CDPW)	14.9 (2022)	22.3 (2019-2020)	15.2 (2019-2020)	13.7 (2019-2020)
	Percent of Adults Who Are Obese (CHES)	24.3%	28.2%	41.9%	35.0%
	Adults Who Are Overweight or Obese (CHES)	54.1%	62.0%	N/A	N/A
	Percent of 8th Graders Who Are Overweight or Obese (CHES)	26.6% (2019)	41.3%	N/A	N/A

Color	Meaning
Green	A shift or trend in a positive direction
Yellow	No clear shift or trend
Red	A shift or trend in a negative direction
Grey	Not enough data points for trend

Equity & Disparities

- Percent of Adults with Diabetes: The percent of adults suffering from diabetes is higher among Hispanics (10.4%) than among Asian (8.3%) and White (7.2%).
- Percent of Adults Who Are Obese: A greater percent of Hispanic (33.0%) adults are obese compared to White (24.4%) and Asian (16.2%) adults.
- Adults Who Are Overweight or Obese: A greater percent of Hispanic (70.2%) adults are overweight or obese compared to White (58.2%) and Asian (54.9%) adults.
- Diabetes was more prevalent in North County than in the rest of the county.
- Obesity was more prevalent in parts of North County than in the rest of the county.

Qualitative Findings

- Address accessibility for healthy eating for children, which addresses diabetes.
- Address the lack of information, particularly in the schools on educating parents on healthy eating habits.

Current Collaborations

- Orange County Diabetes Collaborative

“There is no power for change greater than a community discovering what it cares about,” – [Margaret Wheatley](#), author. With that quote, **Dr. Regina Chinsio-Kwong** (Dr. CK), County Health Officer and Chief of Public Health Services, invited members of the public to offer their insight into creating the County of Orange’s 2024-2026 Community Health Improvement Plan (CHIP). The CHIP is a long-term, community-driven strategic plan to address public health needs. The OC Health Care Agency (HCA) has updated the [ochealthinfo](#) website to include a video for the public to increase community involvement with the CHIP as well as registration links for the public to register for upcoming CHIP events. The website also contains a comprehensive 2023 Community Health Assessment (CHA), including Orange County data indicators, qualitative CHA assessments conducted for the upcoming CHIP, population collectives, and resources for the community. These all can be accessed [here](#).

To gather public input, the HCA has been hosting a series of virtual and in-person sessions to increase public access and engagement for community members. “Community perspective plays an important role in helping shape what Orange County as a whole prioritizes, and this requires hearing more from the local community,” Dr. CK said.

The HCA is on track to complete the CHIP in March of 2024, thanks in part to the information received from the public during these sessions, said **Sharon Boles**, Research, Policy, and Quality Assurance Analyst. “Thanks to efforts like this, Orange County community members are more informed of the County of Orange’s current health needs and are made aware of opportunities to work together towards improving the overall health of Orange County residents,” she said.

ADEPT SUPPORTS STUDENT'S BUS SIGN MESSAGE

The Alcohol and Drug Education and Prevention Team (ADEPT) is pleased to share the results of a student art contest that resulted with the winning student having her artwork featured on three bus stops in Buena Park. "ADEPT supported our partners with Waymakers and the Anaheim Union High School District (AUHSD) to promote the message of drug prevention and reducing substance use in a district-wide campaign," said **Karina Pangan**, Health Program Specialist. "Not only did the message reach students, but it also reached all who saw the winning artwork on the bus stops," she added.

Lena Chin, a senior at John F. Kennedy High School, won the contest with her winning artwork entitled "Surround Yourself with Helping Hands." The amazing art illustrates how having the bravery to reach out for help can support youth in remaining alcohol and drug-free. "Through this piece, I represent the theme 'Connections Over Addiction' as surrounding oneself with supportive people who can help youth be alcohol and drug free," said Lena. "Supportive and loving people reach their hands out to those who are in need."

Congratulations to Lena for her incredible work, and a big thank you to the staff at Waymakers' Project PATH (Positive Action Toward Health) for providing alcohol and drug prevention services. Project PATH's programs, such as this art contest, help guide positive change by addressing public health issues in creative ways in support of safe and healthy neighborhoods in Orange County. Waymakers is funded through the Mental Health and Recovery Services ADEPT program to provide school and community substance use prevention services.



Lena Chin, on the left stands next to her award-winning artwork on a Buena Park bus shelter. Next to Lena (from L-to-R): her father; Joyce Ahn, City of Anaheim; Waymakers' CEO Ronetta Johnson; Waymakers' Dan Gleason; **Karina Pangan**, HCA Health Program specialist; **Carolyn Secrist**, HCA Program manager; and Dr. Adela Cruz, AUHSD.

MY WORK MATTERS

The HCA would like to hear from you for why “My Work Matters.” Click on this link and fill out the questions https://bit.ly/My_Work_Matters. Participants will receive one of the stylish “My Work Matters” mugs, while supplies last. All responses will be reviewed, and those that are selected for use may be edited for clarity and brevity.



LYNN MILES



Lynn Miles

Contract Administrator

16+ years with the County of Orange (County)

“My goal is to, in some meaningful way, contribute to the overall positive impact of each of the programs I serve in Health Promotion, so that the people in Orange County have access to and are receiving the level of medical care that they need, that the overall health and safety of the county is protected, that County staffing is timely and efficient, and that staff are working safely. In any community there will always be the need for service programs, and for people working both “boots on the ground” and those of us behind the scenes. I know my work matters because no part of any program can survive without the others, and every position, every aspect of the process is important and meaningful.”

DENISE KUENSTLER



Denise Kuenstler

Deputy Public Guardian II
4 years with the HCA

“When I’m out in the community and see how many homeless people there are, I know that I was fortunate to be given this opportunity. Being able to help people who are unable to take care of themselves is motivation for me in my work. I also know that this is providing some relief to our homelessness crisis in Southern California. I hope I can help as many individuals as possible and make a positive impact on their lives and their family’s lives so that they can all have a better quality of life. I know that I’m making a difference!”

Paullette Flores

Social Worker II
3 years with the HCA

“I always wanted to work for the County of Orange and have a positive impact on the community at large. My work matters because a Case Manager’s guidance and support assist community members to reach independence and increased quality of life. I make a positive impact with community members face-to-face in my current role by providing a non-judgmental and stigma-free setting, where those that are the most vulnerable can be open and receptive to receive support in a safe environment.”

PAULLETTE FLORES



EMBRACING THE CAMP COMPLIANCE SPIRIT: Celebrate Healthcare Compliance and Ethics Week



The Office of Compliance (OOC) is thrilled to announce Healthcare Compliance and Ethics Week November 5 - 11, a time dedicated to raising awareness and celebrating the importance of compliance and ethics at the OC Health Care Agency (HCA). This year, we invite you to join us in embracing the “Camp Compliance” theme, as we explore the exciting and vital world of health care compliance.

Imaging stepping into the great outdoors, surrounded by nature’s beauty, and gathering around the campfire with fellow health care professionals. Throughout Healthcare Compliance and Ethics Week, we will embark on various activities designed to engage, educate, and inspire.

- S'More News from Camp Compliance
- Spotlight On: Agency Compliance Policies and Procedures
- Compliance Challenge: Illuminating the Path to Success
- Conversations by the Campfire with the Chief Compliance Officer: 4-episode podcast series
- Compliance Activity: Reel or Real
- BiCompliance Activity: The Big Privacy Hunt

In person Camp Compliance events will include:

- HCA Headquarters 2nd Floor Lobby: OOC Meeting and Greet and Q&A Swag Event Tuesday 11/7 & Thursday 11/9 from 10 a.m. to 11 a.m.
- Camping Delights: Donut-ing Under the Stars. Donuts, Coffee, Q&A, and a Privacy Activity hosted at the Compliance Suite Wednesday 11/8 from 9:30 a.m. to 11:30 a.m.

Specific details regarding the exciting Camp Compliance activities and events will be communicated to HCA employee by the Chief Compliance Officer **Kelly K. Sabet** via the S'More News from Camp Compliance emails that will be sent daily during Compliance and Ethics Week. We look forward to welcoming you to Camp Compliance, where we will all embark on a transformative compliance and ethics journey together.

Health Care Agency – Office of Compliance Annual Compliance Training (ACT) Fiscal Year 2023-2024

The **Annual Compliance Training (ACT)** for **Fiscal Year 2023-2024** is required by all HCA staff, contracted persons, extra help, interns, and volunteers to complete the **mandatory training** by **January 6, 2024**. The ACT is designed to give everyone an overview of the compliance program, important privacy regulations and to serve as a reminder to all regarding the importance of compliance and privacy. The training also demonstrates the important role that each of us plays in maintaining compliance in our workplace and the integrity of the HCA. When you have completed the training, please complete the survey, and print a copy of the certificate to keep in your own files. You are encouraged to complete the training as soon as possible. If you have any questions about the training or encounter any problems, please contact the Office of Compliance at (714) 568-5614 or at officeofcompliance@ochca.com.

The Office of Compliance Team

Office of Compliance: Compliance and Privacy



Kelly K. Sabet, LCSW, CHC
Chief Compliance Officer
ksabet@ochca.com
(714) 581-7769



Cindy Reineke, MBA, CHC
Compliance / Privacy Administrator
creineke@ochca.com



Ashely Bart, LMFT
Compliance / Privacy Administrator
abart@ochca.com



Staci Lopez, LMFT
Compliance / Privacy Administrator
stlopez@ochca.com



Cindy Cox, CPC, CPMA
Compliance Analyst
ccox@ochca.com



Cheryl Rowe
Compliance Specialist
ChRowe@ochca.com
(714) 568-5614



Minh Luong
Custodian of Records Administrator
mluong@ochca.com
(714) 834-3536

For any Office of Compliance issue, you may contact us via the methods listed below:

CALL



Office: (714) 568-5614
**Hotline: (866) 260-5636
[For Anonymous Reporting]

CLICK



[Submit a Compliance issue online](#)
To report a HIPAA issue,
please [click here](#)

EMAIL



Officeofcompliance@ochca.com

IN PERSON



Office of Compliance
405 West 5th Street, Ste. 212
Santa Ana, CA 92701

****IMPORTANT NOTE:** The toll-free telephone hotline and online reporting services are confidential and can be used anonymously. They are operated 24 hours a day, seven days a week by an outside company, specializing in healthcare related compliance issues. An impartial associate will take down, or review, the information you have provided and will assign your issue a private code that will allow you to follow-up to verify the status of your claim to ensure we have addressed your concerns. All calls and online claims are referred to the Office of Compliance for processing. Office of Compliance webpage: <https://www.ochcahealthinfo.com/about-hca/directors-office/office-compliance-privacy>

This is a new feature for the “What’s Up” newsletter. The OC Health Care Agency (HCA) would like to introduce and say “welcome” to new staff with the Agency and say “congratulations” to promoted staff. Those listed here started between September 8, 2023 to October 6, 2023.

New Hires

Correctional Health Services

- Allouh, Iyad
- Chang, Hillary
- Garcia, Andrea
- Garcia, Nancy
- Little, Ivette
- Lopez, Christina
- Mendez, Adriana
- Ogbedeagu, Mahakwe
- Paracuelles, Ritchie
- Profeta, Carolina
- Shain, Kelley-Jo

Public Health Services

- Buehring, Tara
- Cardenas, Daniel
- Chua, Lara
- Cunanan, Miguel
- Estrella, Lauren
- Gaffaney, Natasha
- Garcia, Anthony
- Hernandez, Marco
- Hummel, Tiffany
- Kelaita, Neil
- Ordaz, Rafael
- Rodriguez, Jose
- Vo, Giang
- Vo, Martin

Mental Health and Recovery Services

- Acosta, David
- Braucht, Kaitlyn
- Chavez Garcia, Anna
- Chu, Ricky
- Davidson, Michelle
- Garcia, Sandra
- Hawkes, Jamie
- Keratisomphon, Kistiyaporn
- Lindsay, Erica
- Lopez, Georgi
- Morse, Melissa
- Namdari, Natasha
- Navarrete, Bridgette
- Nunez, Memory
- Papakonstantinou, Suzanne
- Phan, Samuel
- Terrones, Rebecca
- Trujillo, Tania
- Turrieta, Tina

Promotions

- Acosta, Nelson** Behavioral Health Clinician I
- Barrera, Yasmin** Environmental Health Specialist II
- Bart, Ashley** Research, Policy and QA Administrator
- Bateman, Allison** Environmental Health Specialist II
- Boyajian, David** Behavioral Health Clinician II
- Broadwater, Jennifer** Supvlg. Comprehensive Care Nurse
- Castellanos, Jaime** Technology Services Manager, Senior
- Chaput, Mi** Behavioral Health Clinician II
- Delgado, Dawnelle** Mental Health Specialist
- Delgado, Terry** Program Supervisor I
- DiAngelo, Cristine** Comprehensive Care Nurse II
- Gladney, Jerry** Mental Health Specialist
- Gomez, Cassandra** Environmental Health Specialist III
- Henry, Summer** Environmental Health Specialist I
- Huerta Guzman, Helen** Service Chief II
- Hutton, Ashley** Service Chief II
- Isais, Francisco** Behavioral Health Clinician I
- Lopez, Ashley** Staff Specialist
- Lopez, Staci** Research, Policy and QA Administrator
- Marr, Alan** Environmental Health Specialist III
- Na, Hana** Environmental Health Specialist III
- Negron, Erik** HCA Service Chief II
- Parra Bernal, Jose** Supvlg Hazardous Materials Specialist
- Shin, Janet** Therapy Consult, California Children Services
- Spargur, Jessica** Behavioral Health Clinician II
- Truong, Brenda** HCA Service Chief II
- Tucker-Densley, Gage** Environmental Health Specialist I

Congratulations

Annette Mugrditchian (right), Director of Operations, Mental Health and Recovery Services, handing swag prize to one of the lucky recipients



Social Media Giveaway Contest a Success!

The OC Health Care Agency (HCA) social media sites prove to be popular with Orange County (OC) residents. The HCA recently held a Social Media Giveaway to create more awareness for the HCA's social media platforms and for the OC Navigator site. HCA Communications created the giveaway campaign after contracting with an outside consultant to assess the Agency's social media practices. "One takeaway from our work with the consultant and with the giveaway is that OC residents like to engage with the HCA on social media," said **Ellen Guevara**, Public Information Officer. "The giveaway was an overall success for the HCA's social media platforms and generated an increase in followers, likes, and impressions," she said.

The original plan was to provide swag packs, filled with fun items such as bracelets, pens, toy animals, and other swag items from the Mental Health and Recovery Services (MHRS) team to promote the MHRS programs. Contestants entered the giveaway by liking and sharing

the specific giveaway post on their social media platforms. At the conclusion of the giveaway, some of the contestants were so thrilled about the prizes, they requested to come to our offices to take a picture with MHRS staff.

In all, five swag packs were awarded. One of the recipients said he decided to enter the giveaway because he wanted to promote the HCA on social media and that he realizes how much the HCA is helping the community.

Another recipient said she believes OC residents and businesses should follow the HCA because the posts provide a lot of needed resources and she loves to like, engage, and share HCA tweets with her followers.

The giveaway was a reminder that the work the HCA does makes a positive difference for the residents of OC. Thank you too to the HCA programs which provide content for the Agency's social media sites!

Submissions for NACo ACHIEVEMENT AWARDS

It's time to consider if your program can submit a nomination for the 2024 National Association of Counties (NACo) Achievement Awards, which recognize innovative county government programs.

Here is a list of categories which OC Health Care Agency (HCA) programs might qualify:

CHILDREN AND YOUTH: Ensure children's development through a continuum of supportive services including health, education, and childcare

FINANCIAL MANAGEMENT: Utilize new models of managing county finances and improve stewardship of taxpayer resources

HEALTH: Improve residents' physical and/or behavioral health, including through promoting healthy living and delivering health services

HUMAN SERVICES: Assist residents, particularly veterans, children, elderly residents and/or disabled residents

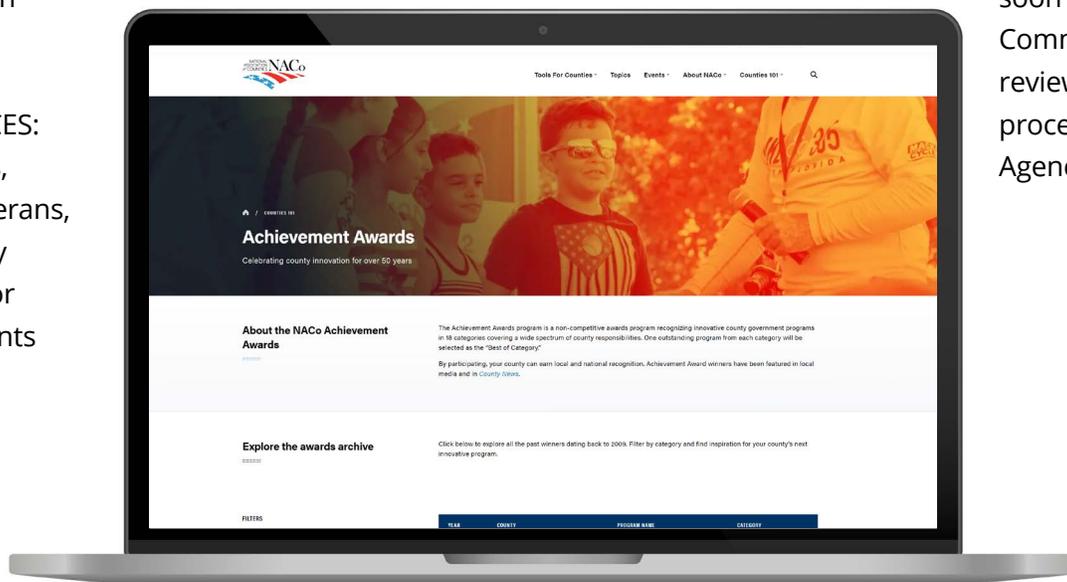
INFORMATION TECHNOLOGY: Implement creative uses of technology that make county processes more efficient and cost-effective

PERSONNEL MANAGEMENT, EMPLOYMENT AND TRAINING: Demonstrate strategic ways to recruit county employees, encourage professional development and maintain a first-class workforce

RISK AND EMERGENCY MANAGEMENT: Bolster a county's ability to plan for, recover from and adapt to disasters, both natural and manufactured, whose impacts can be physical, economic, and social

You can learn more about the NACo awards and see previous winning submissions here [NACo Achievement Awards](#). If your program plans to submit an entry, please notify HCA Communications at hcacomm@ochca.com as

soon as possible. HCA Communications will review, edit, submit and process payment for all Agency submissions.





For Health



Family Meals

Gathering around the table to eat as a family has many benefits and with Thanksgiving this month, many will gather with family or friends. Cooking at home allows parents to be role models by creating a supportive environment and promoting healthy eating. Family meals don't just mean better nutrition; children of families who regularly eat together also are more likely to have higher intakes of fruits and vegetables, as well as a healthy weight. Keep meals simple and make extra so you can reheat leftovers later in the week for a quick family meal.

When you are preparing family meals, involve the kids! Here are some ideas depending on your child's age and ability:

- 3 to 5 years old: mix simple ingredients, tear lettuce for wraps.
- 6 to 7 years old: peel raw fruits and vegetables, use a vegetable peeler, crack eggs.
- 8 to 9 years old: use a can opener, juice citrus fruits, beat eggs.
- Children aged 10 and older: slice or chop vegetables, boil potatoes, microwave foods.

Go to [MyPlate Kitchen](#) to find recipes that work for your family. And Happy Thanksgiving!

Avocado, Potato and Grilled Chicken Salad

Serves: 4

Ingredients

- 3 medium red potatoes
- 1 fresh, ripe avocado
- 1 teaspoon lemon juice
- 4 green onions (chopped)
- 1/2 medium red bell pepper (chopped)
- 8 ounces frozen pre-cooked grilled chicken strips (about 8 strips) (thawed, cut into bite-size pieces)
- 1 tablespoon olive oil
- 1 tablespoon cider vinegar
- 1/2 cup lemon non-fat yogurt
- 1 teaspoon ground black pepper

Directions

1. In a medium saucepan, boil potatoes about 20 minutes, until just tender; run under cold water to cool and cut into chunks.
2. Peel avocado and cut into chunks, then coat with lemon juice.
3. Whisk olive oil, vinegar, yogurt, and pepper in a small bowl.
4. Place all ingredients in large bowl. Gently toss the grilled chicken salad.

Nominate Colleagues for Employee Recognition Programs

The Employee Recognition Program (ERP) is accepting nominations for the 2023 4th Quarter Service and Outstanding Achievement Recognition (SOAR) award and the December Peer-to-Peer award.

SOAR recipients are selected quarterly and featured on the Agency's Intranet here: <https://intranet.ochca.com/erp/soar-archives/>.

The Peer-to-Peer recognition takes place monthly with recipients featured in the HCA's "What's Up" employee newsletter. Previous recipients are featured on the Intranet here: <https://intranet.ochca.com/erp/archive/>.

The deadline to submit nominations for both awards is **Friday, November 17**.

Nominations can be submitted to hcaerp@ochca.com. To download a nomination form for the SOAR or Peer-to-Peer awards from the Intranet, please click here: <https://intranet.ochca.com/erp/forms/>.

For more information on the ERP please visit: <https://intranet.ochca.com/erp/>.



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

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**. You can follow us on social media by clicking below.



@ohealthinfo



@ohealth



@ohealthinfo



@oc_hca