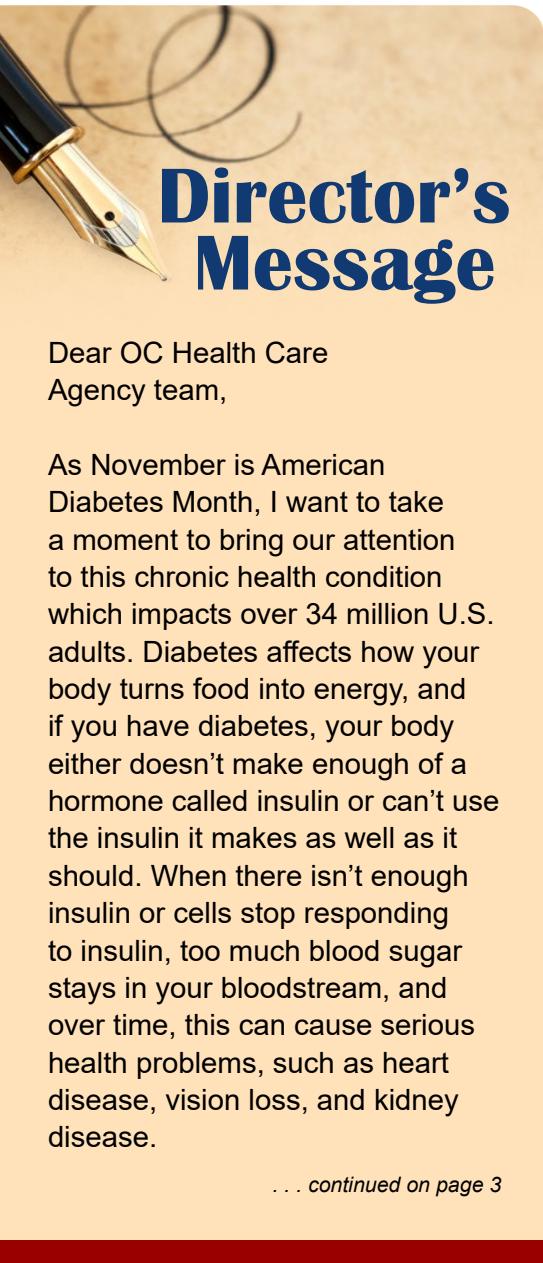


What's Up

NOVEMBER 2021 NEWSLETTER

HAPPY THANKSGIVING!



Director's Message

Dear OC Health Care Agency team,

As November is American Diabetes Month, I want to take a moment to bring our attention to this chronic health condition which impacts over 34 million U.S. adults. Diabetes affects how your body turns food into energy, and if you have diabetes, your body either doesn't make enough of a hormone called insulin or can't use the insulin it makes as well as it should. When there isn't enough insulin or cells stop responding to insulin, too much blood sugar stays in your bloodstream, and over time, this can cause serious health problems, such as heart disease, vision loss, and kidney disease.

... continued on page 3

FEATURED ARTICLES

Community Award for Substance Use Prevention	2
OC Probation Awards for OC Health Care Agency Teams.....	4
Steve Ambriz Winner & Nominees	6
Pharmacists' Month	9

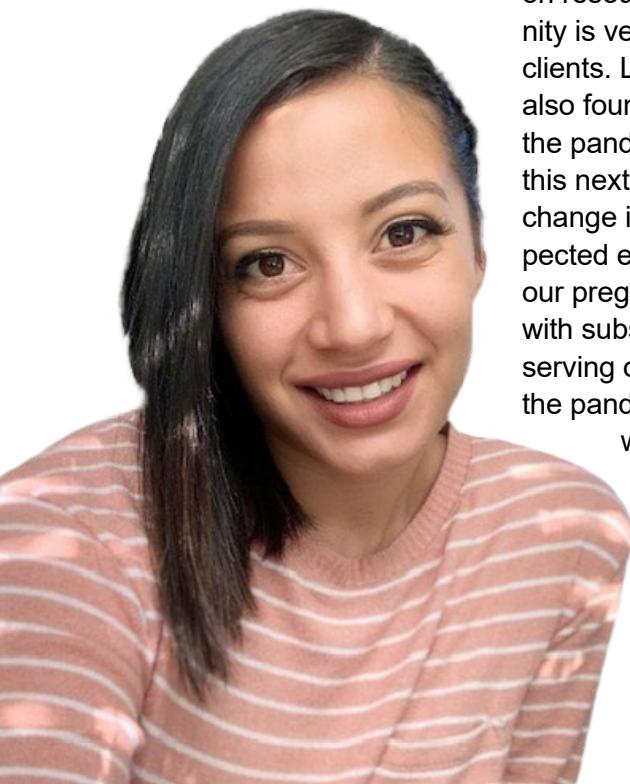


Peer-to-Peer

Susanna Onofre

"I am proud of the positive impact and dedication I give to our clients but most importantly, I'm overjoyed hearing their stories about progressing in life and achieving success." Those successes come from building relationships with clients said Peer-to-Peer recipient **Susanna "Susie" Onofre**, Social Worker II for the OC Health Care Agency (HCA) Perinatal and Infant Assessment and Coordination Team (PACT). Susie said she enjoys getting to know clients and assessing their needs, then exploring their strengths to set meaningful goals; "it's the most humbling feeling to be a part of that entire process."

Susie joined the HCA over a year ago, after working with foster youth at a transitional housing program for a nonprofit. She said she applied for the PACT program because she was ready for the next challenge in her career. "I am a passionate and loving social worker who sees herself serving the Orange County (OC) community. I also believe I have the greatest team in the Community Nursing Services Division (CNSD)."



Born and raised in Santa Ana, Susie obtained a bachelor's degree in Sociology, with an emphasis in social work, from California State University, Fullerton. She said staying informed on resources offered in the community is very important in serving clients. Like many at the HCA she also found herself challenged during the pandemic. "What I liked about this next challenge is experiencing a change in our roles during an unexpected event. It went from serving our pregnant and parenting mothers with substance use disorder to serving our community in OC during the pandemic. I believe I adapted well taking on COVID-19 duties, thanks to the support from CNSD staff through the process."

... continued on page 5

COMMUNITY AWARD for SUBSTANCE USE PREVENTION

Contributor: **Julia Mayuga**, Communications Intern

Congratulations to **Laura Buscemi-Beebe**, Health Educator with the Alcohol and Drug Education and Prevention Team (ADEPT) for receiving the 2021 [Linda Kearns](#) Community Prevention Award. The award is presented annually by the Orange County Substance Abuse Prevention Network (OCSAPN) to a recipient who “best exemplifies true and selfless dedication in the field of prevention.”

Laura was recognized by OCSAPN for many things she’s done during her 15 years with the OC Health Care Agency (HCA) in support of youth, young adults and families in Orange County (OC). Those include working to create safe routes to school; alcohol and drug prevention; binge drinking prevention for college students; sexually transmitted infection prevention; creating multi-session programs for the Girl Scouts of Orange County to earn badges as well as collaborative work with Providence Mission Hospital in Laguna Beach, the Laguna Beach Community Coalition, the Laguna Beach Unified School District; the Boys & Girls Club of Laguna Beach and others.

Laura did not know she would receive the award which was presented to her by her husband during an OCSAPN Zoom meeting. “I’m so overwhelmed to receive this. Thank you!” she said. Laura also said that



she believes she was “... born to do this work. I love my job. I love getting to talk to young people; helping them find their passion and supporting their pursuit of a drug-free lifestyle is deeply fulfilling work. It’s an honor to be on the ADEPT team and a privilege to be able to work with all the dedicated people I do. I am just one of a larger team of prevention professionals who work tirelessly to support the health of our communities. I’m deeply humbled and shocked by this. Thank you so much!”

Celebration over the award came from many who work with Laura including Marci Mednick,

Community Development Specialist from Providence Mission Hospital. “We are excited to see Laura recognized for her passion and dedication to the field of drug and alcohol prevention. Laura has a unique ability to infuse youth prevention messages into engaging activities for the students. She is truly committed to helping young people make healthy decisions and accomplish their dreams. Laura is a strong collaborative partner --- enhancing the efforts of each of the Orange County organizations working in the field of youth substance use prevention.”

The OCSAPN website lists previous HCA recipients of the award including: **Amy Buch**, (retired) in 2019; and **Della Lisi Kerr** in 2015.

PUMPKIN DECORATING CONTEST

Contributor: **Tim Evinger**, Program Manager,
Communicable Disease Control Division

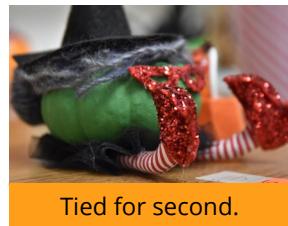
Oh, my gourd! 16 contestants participated in a pumpkin decorating contest at the OC Health Care Agency's (HCA) Incident Management Team (IMT). Not only has the team been creative in their management of COVID-19 vaccination point of dispensing sites during the pandemic, but they also demonstrated their crafting prowess with unique pumpkin designs. From mummies to mermaids, the team put their best art on display for the one-day judging event. HCA administrators and managers stopped by to cast their vote in person, while others perused the entry photos and voted by email. By the end of the day, even HCA Director/County Health Officer **Dr. Clayton Chau** weighed in with his pick from the virtual pumpkin patch. While this competitive field of contestants all produced winners, when the ballots were tallied, "Baby Yoda" by **Jahdai Rapalo**, Office Specialist took first place honors. Runners up were also selected. Much of the IMT staff remarked how they thoroughly enjoyed this team-building event.



Winner Jahdai Rapalo
with Baby Yoda.



Tied for second.



Tied for second.



Third place

...honorable mentions on page 11

Director's Message *continued from page 1*

Some of us may be affected or know someone who is affected by diabetes. Although there isn't a cure for it yet, diabetes can be proactively managed through healthy eating, exercise and weight management. Now that we are entering the holiday season, it's especially important for those who are diabetic to exercise care and moderation with food, including limiting or avoiding sugar, carbohydrates, and alcohol, all of which can elevate blood sugar levels. For more ways on how to eat healthy during the holidays, [click here](#).

Taking medicine as needed, getting diabetes screening, self-management education and support, and keeping health care appointments can also reduce the impact of diabetes on your life. In fact, the U.S. Preventive Services Task Force recommends screening for prediabetes and type 2 diabetes in adults aged 35 to 70 years who have overweight or obesity. Clinicians should offer or refer patients with prediabetes to effective preventive interventions.

I encourage you to visit the American Diabetes Association's website at [diabetes.org](#) to learn more about the main types of diabetes, how one can be diagnosed for this condition and ways to prevent or take action against diabetes through healthier living.

With Thanksgiving right around the corner, I want to take another moment to thank every single one of you for all that you do in protecting the health and safety of our residents. It has been yet another challenging year as the pandemic persisted, but you have remained resilient and have continued to work hard in supporting our community. Please be sure to spend some quality time with family and friends this upcoming holiday and celebrate safely by adhering to ongoing precautions against COVID-19 to protect your loved ones.

Stay well,



Dr. Clayton Chau
HCA Director
County Health Officer



Chief's Awards 2021



OC PROBATION AWARDS for OC HEALTH CARE AGENCY TEAMS

Congratulations to both the Correctional Health Services (CHS) Juvenile Hall Medical Unit and the Behavioral Health Services (BHS) Adult and Older Adult (AOABHS) teams for receiving awards from the Orange County (OC) Probation Department's (Probation) 2021 Chief's Awards! The OC Health Care Agency (HCA) teams were individually honored in the category of Team/Collaborative Partnership. The Chief's Awards is an annual event where Probation Chief Steve Sentman recognizes individuals, teams and interagency collaborations that go "above and beyond" towards achieving the agency's mission and goals. The award is bestowed on teams that embrace the spirit of collaboration and exceed expectations in achieving A Safer Orange County through Positive Change.

The AOABHS team was recognized by Probation as part of the Mental Health Collaborative Courts (MHCC), which creatively found ways to continue assessing potential program participants even though COVID-19 shut down the Collaborative Courts room. The AOABHS team continuously worked together with County of Orange agencies to pre-screen referrals to determine appropriate court program, review criminal eligibility, and schedule an evaluation to further determine suitability in the mental health court programs.

"This award is a true testament to the dedication of the AOABHS team including work with the MHCC," said **Jeffrey Nagel**, Ph.D., BHS Director. "It showcases the tremendous talent, dedication and passion our AOABHS staff has in serving our clients and ensuring their needs are met even during a global pandemic. The team has gone above and beyond the call of their duty and is constantly evolving to accommodate the needs of their clients and collaborative team. It is truly remarkable to witness the valuable work this team has done in the past several years."

The Juvenile Hall Medical Unit collaborated closely with the Probation Department, as well as other agencies and community stakeholders, to ensure that the health and safety of the population was kept at top priority. Constant communication was key, as knowledge about the COVID-19 virus was ever-evolving. This close



(L-to-R): Steve Sentman; Dr. Joanna Su; and Stacey Northcutt

Peer-to-Peer: Susanna Onofre

continued from page 1

collaboration ensured that all of the partners were well informed and could carry out the plan in the most effective and efficient way.

"I am extremely proud of the work that is done by the Juvenile Hall Medical Unit on a daily basis," said **Erin Winger**, CHS Director. "In a time when many services were switched to a virtual platform or just put on pause altogether, the Juvenile Hall Medical Unit team didn't stop. They showed up and continued to provide care to a vulnerable population in a high risk setting, even with the many uncertainties surrounding the virus. This is a dedicated team with a passion for the population they serve. It is evident in everything they do and I have such a deep respect for the entire team."

Several HCA staff were recognized in the Probation awards. From Juvenile Health Services (JHS):

Stacey Northcutt, Program Manager; **Dr. Joanna Su**, Chief Physician; and **Grace Lizardo**, Supervising Comprehensive Care Nurse. From AOABHS: **Chi Lam**, Program Manager; **Gisela Villavicencio**, Service Chief II; **Dr. Andrew Inglis** and **Dr. Laila Akhbarati**, Psychiatrists; and Behavioral Health Clinicians **Daniel Alexander**, LMFT; **Desiree Alvarado**, LCSW; **Ashley Hutton**, LCSW; **Blake McLean**, LMFT; **Heather Rink-Rosas**, LMFT; and **Caitlin Van Wormer**, AMFT.

Through the recent 18 months of the pandemic, Susie has dedicated her time and efforts to create new beginnings and goals for her patients. Her efforts, along with her coworkers, have created a positive work environment for everyone. "I am surrounded by amazing coworkers that inspire me on a daily basis. I truly love every individual because I see their commitment and drive to help the community and it motivates me even more."

When she's not at work, Susie said she's an animal lover who gives back to OC animal shelters while taking care of "Yogi Bear," her 2-year-old Chihuahua/Dachshund mixed breed. Or rather Yogi takes care

of her. "He is very protective of me, and he's a loving and curious dog. Fun fact, Yogi doesn't like to be touched by children probably because he gets chased by my twin nephews when they visit!" Susie added she loves to sew and during the pandemic, she learned how to make dog bandanas in her free time!



Back (L-to-R): Daniel Alexander, Blake McLean, Brian Fusco, Yvette Mendoza, Caitlin Van Wormer, Anne Selin, Heather Lamar, Kristy Samuel, Mary Kreber-Varipapa, Thomas Delaney, Daniel Garibay, Susan Medeiros, Kirsten Manning

Front (L-to-R): Ashley Hutton, Robin Weintraub, Heather Rink-Rosas, Cindy Lopez, Fabiola Biggs, Denise Parker, Tiffani Milstead, Maria Concepcion, Steve Sentman

STEVE AMBRIZ Team Excellence Awards

Thursday, November 4, 2021

Congratulations to OC Links for receiving the Steve Ambriz Team Excellence Award!

The OC Health Care Agency and OC Employees Association Labor Management Committee is proud of all the nominees this year and pleased to introduce them to you.

CHILDREN AND YOUTH BEHAVIORAL HEALTH - OC LINKS

OC Links was originally an information and referral line available to all residents in Orange County that started in October 2013. OC Links utilizes Navigators, who are behavioral health clinicians, to provide information and linkage to any of the OC Health Care Agency's (HCA) Behavioral Health Services (BHS) via telephone and chat. Callers can be potential participants, family members, friends, law enforcement, other first responders, providers, or anyone seeking behavioral health resources and support. As of January 2021, OC Links expanded to become the single-entry point for BHS, available 24 hours a day, 7 days a week. This meant the program needed to increase from business hours to be 24/7 and the scope of responsibility grew to include: (1) identifying crisis and assigning cases to the Crisis Assessment Team (CAT) for field response; and (2) triaging calls for individuals experiencing homelessness with behavioral health needs and dispatch of BHS Outreach and Engagement (O&E) for field response.

Additionally, at this time, it was identified that the resource database and documentation system for all OC Links services needed to be replaced with a new platform that still needed to be developed. The entire team played a key role in developing the software, workflows, and documentation fields by participating in work-groups and working directly with developers to ensure the new data system met program needs and was easy for the staff to integrate into their process of navigating resources and documenting while on calls or chats.



Starting top left:

First row: Marina Haroon, Rudaina Elalami, Maria Romo, Sara Alsabbagh

Second row: Maite Sbabo, Asita Aminian, Carla Romero

Third row: Susan Choe, Johanna Jimenez, Priyanka Sharma, Claudia Gonzalez de Griese

Fourth row: Patricia Morales, Steve Lownes, Yesenia Cortez, Tim Sigafoos

CHILDREN AND YOUTH BEHAVIORAL HEALTH CLINICAL EVALUATION GUIDANCE UNIT-PROBATION (CYBH/CEGU)

The Clinical Evaluation Guidance Unit (CEGU) Probation is part of the Children and Youth Behavioral Health Specialized Services. Our multi-disciplinary team consists of one Mental Health Specialist, Mental Health Workers, Clinical Social Workers, Marriage and Family Therapists, Psychologists, and a Psychiatrist. We provide comprehensive mental health services to incarcerated youth ages 12-25, and their families during their detainment at Orange County Juvenile Hall. Our mental health services are provided based on clients' individual and unique needs, which may include crisis intervention, assessment services, individual therapy, group therapy, family therapy, collateral services, substance abuse counseling, psychological testing, medication support, intensive case management, and discharge planning/linkage to aftercare referrals.



Large group photo:
Ashley Brown, Ivan Rapalo, Justin Lutz,
Athena Lewis, Shouka Sharifpour, Elvia Duran,
Stephanie Huff, Elizabeth Roskos, Andrew
Hadden, Paola Bautista, Megan Davis, Juliet
Rankin, Jessica Sanchez



Group of three:
Maggie Ibarra, Ruben Guerrero,
Lizbeth Esparza

OC HEALTH CARE AGENCY (HCA) PROCUREMENT AND CONTRACT SERVICES/RAPID RESPONSE TEAM, COVID-19 STRIKE TEAM

The HCA Procurement and Contract Services (PCS) Division's Rapid Response Team, COVID-19 Strike Team, is made up of results and solution-oriented individuals. The Team has been providing critical support during the activation of the County of Orange's Operation Independence Incident Management Team (IMT), to be able to meet any and all procurement needs since the mass vaccination efforts began. The PCS Team has worked tirelessly alongside the Agency Operations Center and IMT staff to ensure that the necessary equipment and

resources for the Operation Independence Vaccine Efforts are procured efficiently and cost-effectively. Additionally, the Team collaborated with Public Health Services to engage all HCA contracted providers for medically trained and general support volunteers to assist local government agency staff with the COVID-19 vaccinations at Points of Distribution (POD) sites. The Team has also displayed a tremendous amount of resiliency and determination in providing crucial procurement and contracting support during the Vaccine Administration Super PODs.



Top row left to right: Juan Corral, Brittany Davis, Janinne Boutte, Silvia Bonilla, Monica Gutierrez, David Rodriguez, Albert Diaz, Debbie Box

Bottom row left to right: Kevin Work, Kristine Mariscal, Christian Loyola, Daniel Garcia, Edward Perkins, Walt Cadena, Tommy Bui, Daniel Vu, Roland Tabangin

... continued on page 8

ORANGE COUNTY EMERGENCY MEDICAL SERVICES

The Orange County Emergency Medical Services (OCEMS), a division within the OC Health Care Agency (HCA), has two branches: "Core EMS" which includes regulatory and system oversight; and "Health Emergency Management" which primarily focuses on disaster management and preparedness. The Core EMS section provides oversight to the EMS and ambulance system, including 9-1-1 emergency medical care as well as acute care receiving hospitals and specialties centers (e.g. Trauma, Cardiac, Stroke, Burn and Pediatric emergency care services). The Health Emergency Management section provides assistance to the community by supporting the health and medical infrastructure in times of emergencies/disasters.

On February 18, 2020, OCEMS activated the HCA's Agency Operations Center (AOC) in response to what would become the COVID-19 pandemic. During the COVID-19 pandemic, the OCEMS has had to focus on providing support to the medical community for an extended duration, while concurrently trying to balance their regular regulatory workload. Some of the conditions

making this event unique to this organization are the length of the activation (17 months and counting), the target population consisting of the entire county, and the magnitude of the event. Although the AOC had been activated on occasion in the past (H1N1 pandemic), this was the first long-term activation in the history of OCEMS. Resources were scarce and the entire medical/health system was strained to beyond capacity, which required the OCEMS team to be resourceful in accomplishing its goals to support the system.



ADULT AND OLDER ADULT BEHAVIORAL HEALTH (AOABH) - OLDER ADULT SERVICES (SHOPP, START, RECOVERY AND PACT)

Older Adult Services (OAS) is a department in the Adult and Older Adult Behavioral Health Services division within the OC Health Care Agency. OAS provides outpatient behavioral health services to consumers aged 60 and older and is comprised of four programs that work cohesively as one team: Senior Health Outreach and Prevention Program (SHOPP), Substance Abuse Resources Team (START), Recovery Clinic, and Program for Assertive Community Treatment (PACT). The programs at OAS are integrated and as such, a consumer may be open to more than one program at a time. The core values of OAS include treating our consumers with respect and dignity and serving them with compassion.



Back row: Diane Holley, Edgar Garcia, Tai Trinh, Kailani (intern), Jeannie Kim (retired), Hason Vu, Karen Hoffman, Diane Hannaford (retired), Anthony Phan, Kylaa Duong, Kelley Flores, Liz Hernandez.

Front row: Nhung Nguyen, Thuy Nguyen, Melissa (intern), Vanessa (intern), Tiha Shannon.

Not pictured: Rosie Alonzo, Robert Diaz, Nga Duong, Dr. Hailemariam, Zahra Heydari, Jimmi Jett, Lauren Juarez, Dr. Bill Liu, Nico Lissner, Dr. Mohan, Maribel Martinez, Karla Navia, Hoang Nguyen, Sandra Sagarnaga, Shawnda Silva, Pam Sipchen, Jessica Fenton

RECOGNIZING THE OC HEALTH CARE AGENCY'S PHARMACY TEAMS

Did you know that October was National Pharmacists Month?

In Correctional Health Services (CHS), pharmacists help to manage medications for inmates at the County of Orange's jail facilities for adults and juvenile youth. They review medication orders, ensure they are properly packaged and dispensed, and provide consultation to nurses and physicians in the proper use of medications.

"There's a lot of work behind the scenes to ensure that the jail inmates receive quality health services," says **Dr. Erenia Perry**, Director of Pharmacy Services. "Our pharmacists all require specialized education and professional licenses to carry out their work. They have to make sure that drug dosages are correct, medications are administered accurately and safely, and electronic records are up-to-date. They also have to be aware of potential side effects based on the inmates' drug histories."

Dr. Perry shared that pharmacy technicians serve as the backbone for the pharmacy team, helping to operate the packaging machine and filling prescriptions. On average, the CHS pharmacy team as a whole manages the distribution of over two million medication doses annually.

In Medical Health Services, pharmacists help maintain pharmaceutical services for the Emergency Health

Services team, including storage and dispensing of emergency drug medications needed by county health care providers during major disasters.

"As a pharmacist, I've always enjoyed learning about new drugs and reviewing medication profiles," says **Dr. Rommel Navarro**, who previously supported CHS and now currently serves as Chief Pharmacist with Emergency Medical Services as well as Consultant Pharmacist for Public Health Services' 17th Street Clinics. "I also enjoy interacting with emergency medical staff and health care providers, and helping to educate them on drug information."

Dr. Navarro shared that among the challenges of his current role is helping to meet the demands of hospitals and other county facilities to provide monoclonal antibody treatments. These treatments, currently being used to help treat COVID-19 in patients at high risk for progression to severe COVID-19 and/or hospitalization, have been in short supply throughout the state.

In Behavioral Health Services, **Dr. Bill Liu** serves as Pharmacist for Older Adult Services (OAS), in the Substance Abuse Resource Team (START) and Senior Health Outreach and Prevention Program (SHOPP) where he provides consultation to clinicians and patients, particularly seniors who

experience chronic medical as well as mental health issues. His duties include assessing medications for effectiveness, appropriate dosing, adherence to medication regimens, identifying and alerting to adverse drug reactions and intervening in drug-drug, drug-food interactions.

"I also hold one-on-one "brown bag medicine reviews" at senior centers throughout Orange County," says Dr. Liu. "It's an opportunity for me to help educate seniors on their medication management, dangers of mixing alcohol and meds, complying with proper medication taking behavior to help prevent prescription drug misuse and abuse. I truly enjoy working with seniors because they tend to share many stories of their life experiences and I almost always learn something new from them."

Thank you to all of our pharmacists and pharmacy technicians at the OC Health Care Agency for your service to our community!



SOAR Award Recipients



Service and Outstanding Achievement Recognition

July - September 2021



Vanessa Thomas
Behavioral Health Services



Timothy Collins
Correctional Health Services



Stephanie Garcia
Finance & Admin Services

REDUCE FOOD WASTE: PLAN & SAVE

Each year, the average American family of four wastes \$1,500 in uneaten food. Planning weekly meals and making a grocery list can help reduce food waste and save money.

Follow these meal planning tips to reduce food waste and save:

- ▶ **Plan** your meals for the week before you go shopping.
- ▶ **Shop smart** with a list based on your meal plan and stick to it.
- ▶ **Look** in your refrigerator and cupboards first to avoid buying food you already have. Make a list each week of what needs to be used and plan upcoming meals around it.
- ▶ **Buy** only what you need and will use. Buying in bulk only saves money if you are able to use the food before it spoils.

Go to <https://www.choosemyplate.gov/myplatekitchen> to discover delicious, healthy, budget-friendly recipes everyone will love.



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.

This year's third quarter cohort of SOAR recipients for July-September 2021 were recently recognized at the HCA's All Staff Town Hall on September 23, 2021 and are featured on the SOAR Employee Recognition Wall on the second floor at the HCA Headquarters through the end of December. You can learn more about our SOAR Awardees by clicking [here](#).



Hang Nguyen
Medical Health Services



Erika Capalla
Public Health Services



Tiffany Kalatzidis
Strategy & Special Projects



Bergit Englund Girl
Offices & Specialty Programs

A collage of 12 photographs showcasing various creative pumpkin decorations. The pumpkins are decorated in various ways, including being painted like a burger, turned into eyeballs, dressed up as a baseball player, and shaped like a cactus. The background is orange with festive Halloween elements like bats, candy corn, and "Boo" text.

Red Cross Blood Drive:

“Give Something that Means Something”

On December 14 from 9 a.m. to 3 p.m., the OC Health Care Agency's Employee Health Services is partnering with the American Red Cross to host a blood donation drive. The Red Cross has 140 years of experience providing humanitarian aid—including more than 75 years of supplying blood to those in need. Each pint of blood collected can help save more than one life and will touch the lives of so many more.

Why Give Blood?

The blood collected by the Red Cross helps millions of patients in approximately 2,500 hospitals and other facilities across the country. Locally, the blood collected at our special blood drive will help ensure that the 115 Southern California hospitals the Red Cross serves have the blood products that patients rely on. Patients receiving treatment for cancer or blood disorders, those undergoing transplant surgery, mothers suffering from complications during childbirth and premature babies are all examples of patients who need blood.

Chances are you know someone who has needed blood. In just an hour's time, you can help more than one patient by giving blood.

What is the Process Like?

Giving whole blood is simple. The donation process, from the time you arrive until the time you leave, takes about an hour. The donation itself is only about 10 minutes. And the satisfaction you get from knowing you've helped change a life? Timeless.

Click [here](#) for more details on what to expect during the donation process.

How Do I Give Blood?

Please visit RedCrossBlood.org and enter Sponsor Code: OC1 to schedule an appointment.

Streamline your donation experience and save up to 15 minutes by visiting RedCrossBlood.org/RapidPass to complete your pre-donation reading and health history questions on the day of your appointment.

County of Orange employees: Please obtain approval from your supervisor prior to registering. Donating blood must be done during break times or posting leave balances; mileage is not reimbursable. For any questions, please contact Hien Nguyen at hinguyen@ochca.com.



Orange County Health Care Agency Employee Health Services

Red Cross Blood Drive

OC Health Care Agency

601 N. Ross Street

Santa Ana, CA 92705

CAS Multi-Purpose Room

Tuesday, December 14, 2021

9:00 a.m. to 3:00 p.m.

SERVICE AWARDS

2021 Second Quarter Employee Service Awards (April 1 – June 30 Hire Dates)

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

30 Years

Sandra Martin
Diane Pinto
Kelley Ponce
Magdalena Santillan
Rina Tjiptahadi

25 Years

Jayson Benbrook
Martha Navarro
Silvia Vega
Erin Winger

20 Years

Jocelyn Argame
Marco Bates
Susan Berg
Debbie Box
Jennifer Broadwater
Elizabeth Corona
David Eckstein
Paul Fuller
Elizabeth Guerrero
Beatriz Hernandez
Craig Heyde
Karen Lawson
Martha Lechuga
Sarah Lopez
Trisha Ly
Michelle Min
Veronica Ortiz
Evangelina Perez
Lida Perez
Erenia Perry
Rita Redding
Tracy Rick
Iris Rios Coreas
Asra Siddiqui
Manisha Sulakhe
Donna Tran
Trisha Tran

15 Years

Natalie Anastasi-Perea
Laura Buscemi-Beebe
Maria Castaneda
Sandra Chaiday-Cabrera
Joseph Cook-Giles
Kevin Flynn
Claudia Garcia
Veronica Grimes
Howard Ha
Eleni Hailemariam
Erika Hayden
Melissa Johnston
Kasie Leung
Liz Lopez
Hortencia Luevano
Rebecca Mares
Leslie Moreau
Priscilla Murdock
Hoang Nguyen
Kimberly Nguyen
Martin Ortiz
Anthony Patino
Rafael Perez-Aguilera
Margaret Peterson
Kenneth Pickering
Jose Santos
Martha Schlegel
Jean Serafin
Arshia Shirzadi
Margarethe Smith
Terri Williams

10 Years

Veronica Hernandez
Tamra Kopiec
David Nunez
Catherine Speckmann
Maria Cristina Teofilo

5 Years

Karen Apolinar
Gayana Berry
Matilde Bongato

William Borbridge
Sherin Boutros
Thu Cao
Molly Cassedy
Cynthia Cassil
Ervin Castillo
Angelica Castro
Lena Chung
Juan Corral
Kelly Culhane
Angela Davis
Sara De Smet
Kylaa Duong
Russia Evalle
Veronica Flores
Christopher Harvey
Jimmi Jett
Cynthia Kahl
Marian Kettler
Vandai Le
Angela Lee
Damaris Lepe
Jonathan Luevano
Whitney Lundin
Justina Mace
Rebecca Marsile
Alma Meza Garcia
Agnes Morales
Erik Negron
Michelle Nguyen
Sarah Nguyen
Rowell Nojadera Tutol
Dominic Ong
Javier Perales
Joey Pham
Sarah Rangel
Cindy Reineke
Ahed Saleh
Deepa Shanadi
Karen Simerlink
Kimberley Sligar
Maria Soza
Denise Tirol
Evelyn Tran
Jose Valdez
Sophia Valdez
Ashlee Weisz
Brittany Whetsell



For Health

Family Meals Strengthen Families!

Did you know that eating together as a family has long-term health, academic and social benefits? Family meals around the table provide an opportunity to spend time together. Here are some tips to help your family enjoy mealtimes together.

- Make mealtime a priority
- Keep meals fun and focused
- Plan your meals

For tips to help your family eat more meals together visit: <https://bit.ly/EFamilyMeals>.

Try making this Turkey Chili for your next family meal!

Turkey Chili

Serves 6

Ingredients:

- ½ pound of Ground Turkey Lean
- ½ Onion Medium, chopped
- 14 ounces Tomatoes, equivalent to one 28-oz can
- 14 ½ ounces Kidney Beans, equivalent to two 14.5 oz cans, drained and rinsed
- 4 ounces Tomato Sauce
- ½ package Chili Seasoning
- 1 teaspoon Black Pepper



Directions:

1. Spray a large skillet with nonstick cooking spray and heat over medium-high heat.
2. Brown ground turkey until no longer pink; drain excess fat.
3. Add onion and bell pepper and cook for 5 min.
4. Add remaining ingredients. Cover and cook for 20 minutes over low to medium heat. Serve while hot.

Serve with cornbread and salad for a hearty meal.

<https://eatfresh.org/recipe/main-dish/turkey-chili>



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. Thank you!