



What's

NEWSLETTER

OCTOBER 2022

Director's Message

Dear OC Health Care Agency (HCA) Team,

From the COVID-19 front, we are better equipped to manage the pandemic with vaccines, therapeutics and public health prevention approaches, evidenced by a steady decline in transmission. While COVID is not going to disappear, I would like to take this opportunity and say, "THANK YOU!" to everyone in the HCA for all you have done during the pandemic and to get us to this point. There are not enough words to describe and thank you for your dedication, commitment, and long hours put in, to serve our community and each other. The virus impacted us all. As an Agency, we lost colleagues

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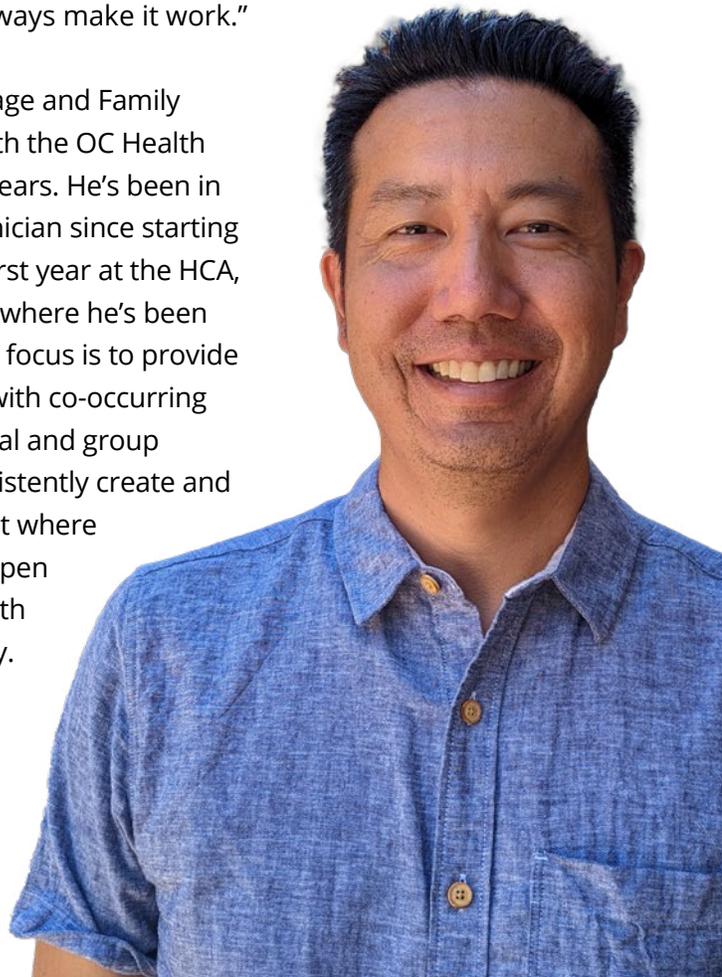
Peer-to-Peer Wayne Chan

Peer-to-Peer recipient **Wayne Chan**, Behavioral Health Clinician II, is described by his colleagues at the Mental Health and Recovery Services (MHRS) Aliso Viejo/South Clinic as "great at his job," and, "always available for questions from staff and clients," and, as someone who goes "above and beyond," in all he does. Wayne is the designated Substance Abuse Mental Health Services Administration (SAMHSA) clinician at the clinic, and he returns the compliments to his colleagues, "I enjoy the comradery of our clinic as we all come from different places, backgrounds, and experiences and we support each other both at work and in our personal lives. It can be challenging to balance all the job duties we have, but with our great team we always make it work."

Wayne is a Licensed Marriage and Family Therapist and has been with the OC Health Care Agency (HCA) for 14 years. He's been in his role as the SAMHSA clinician since starting at the Fullerton Clinic his first year at the HCA, before joining South Clinic where he's been since. Wayne said his main focus is to provide treatment for consumers with co-occurring disorders through individual and group therapy services. "We consistently create and provide a safe environment where consumers can trust and open up about their struggles with mental illness and recovery.

I am very proud of our work and enjoy seeing the progression and process of recovery with consumers as we build

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Director's Message

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we respected and admired. Some of us lost family or friends we loved. I am truly grateful and proud of each of you. I hope you have been able to rest and recharge, and as an optimist, my personal desire is that you are able to enjoy life to the fullest.

We're also able to move on in part because we know all the efforts brought against the virus have made an impact. I strongly recommend keeping up with guidance on boosters and vaccines and especially with testing. Don't hesitate to get tested if you or someone you know or love, shows signs of symptoms. You can always find the latest guidance including Health Officer's Orders on our webpage at www.ochealthinfo.com.

I would like to extend my congratulations and say, "excellent work," to everyone who played a part in our "Light Up Hope OC," campaign for Suicide Prevention Awareness Month. The event delivered the message that suicide is preventable and help is available. Our Mental Health and Recovery Services, Office of Suicide Prevention, Office of Communications, and my staff, all joined together, and with our vendors, we successfully lit up iconic locations around Orange County (OC) with the colors of purple and teal which represent suicide prevention. There was a press conference to turn on the switch for the lights which you can see [here](#). For more on suicide prevention in OC please visit www.lightuphopeoc.com.

The arrival of October brings with it the start of flu season. The HCA has made influenza vaccines available by appointment since the end of September. Our Public Health Services maintains a website that provides information on vaccines, scheduling and includes an article on the differences and similarities between flu and COVID-19. You can visit the website by clicking [here](#).

We have several health and culture matters events in October. Infection Prevention Week is October 16-22. The theme: "The Future is Infection Prevention: 50 Years of Infection Prevention." I'm grateful for everyone who

works in our Public Health Services, Communicable Disease Control Division, Public Health Laboratory, and 17th Street Clinic for your dedication to serving our community. For more on this important topic, please visit the Association for Professional Infection Control and Epidemiology [here](#).

Our Childhood Lead Poisoning Prevention Program (CLPPP) is at the forefront of Lead Week, October 23-29. California's theme: "Protect your family from lead in drinking water, especially during lead service line replacement." For more on the CLPPP please click [here](#).

There is something to commemorate every day in October, culturally speaking. Octoberfest, Diwali, and Halloween are some of the top cultural events from around the world and in our country. For a list of many events that take place in October please click [here](#) and find something you enjoy!

Stay Well,



A handwritten signature in white ink that reads "Clayton Chau MD". The signature is written in a cursive style and is positioned above the printed name and title.

Dr. Clayton Chau
MD, PhD, MASL
HCA Director

Peer-to-Peer

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our relationships with them.” When asked what he enjoys about his work, Wayne referred to his colleagues and his clients. “I’m proud that I’ve been able to collaborate and build great relationships with my peers and colleagues over the years at the HCA. I’m proud that I’ve been able to become a mentor to younger clinicians and provide them training and leadership that was so important in my own career development. We’re a great team and I enjoy seeing the progression and process of recovery we provide consumers as we build our relationships together.”

Wayne joined the HCA after working in Los Angeles County at an agency providing mental health services to underserved children and families. That experience

made him want to build his clinical experience in working with adults and co-occurring disorders and be closer to home in Orange County as well. When he’s not at work, Wayne and his wife love exploring new places to eat, “We are foodies with sushi as a favorite food and ‘omakase’ (meals selected by the chef) as our ordering style. There is such an incredible amount of diversity in cuisines in Orange County to enjoy.” Hiking, travelling, and exploring national parks with their two kids are also fun things his family shares. They also share a new beagle, Lucy, who joins Harley, also a beagle, in the family. “Lucy was one of the 4,000 Envigo beagles bred to be tested on back east that’s been in the news. We just officially adopted her in mid-September. Harley seemed to question our judgment at first, but now has a partner in crime.”

The OC Health Care Agency’s (HCA) live stream talk show *Your Health Matters OC* focuses on Breast Cancer Screening and Treatment* on October 4 and Lead Awareness: Testing and Abatement* on October 18. The talk show can be seen every other Tuesday at 6 p.m. on the HCA’s Facebook page <https://www.facebook.com/ochcahealthinfo> or YouTube page <https://www.youtube.com/c/OrangeCountyHealthCareAgency>.

Viewers are invited to submit questions on the show’s topics before and during each show at yourhealthmatters@ochca.com. You can also submit topics for consideration on future shows.

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 Suicide Prevention Awareness, Nursing, Water Safety, Colorectal Cancer, Sexually Transmitted Disease Awareness, Fentanyl and much more. The shows are saved on the HCA YouTube website.

**Topics subject to change.*





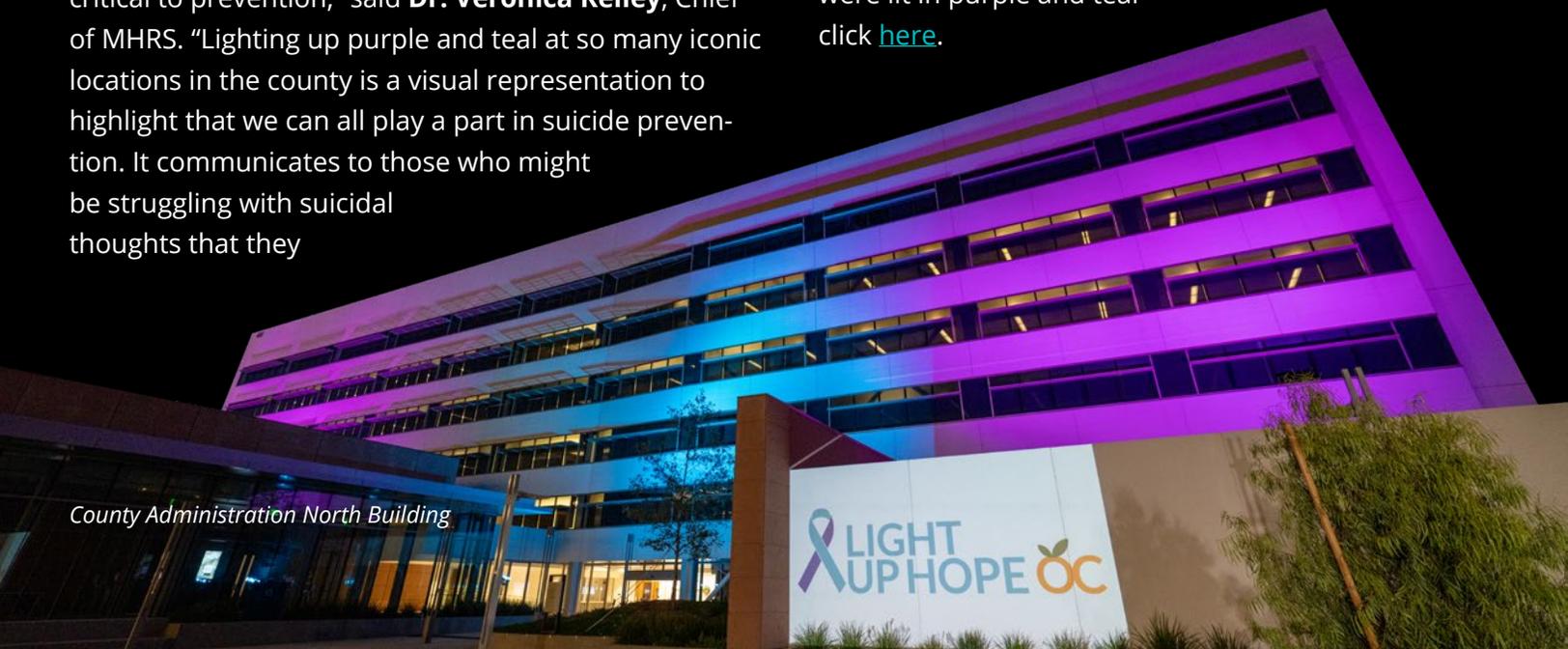
LIGHT UP HOPE OC

Hard work, dedication and detailed planning (not to mention some long days and nights) by the OC Health Care Agency (HCA), Mental Health and Recovery Services (MHRS), Office of Suicide Prevention (OSP), led to the lighting of iconic locations in Orange County (OC) in the colors of purple and teal to promote and observe Suicide Prevention Awareness Month in September. “We wanted to shine a light on suicide prevention, literally, and created the campaign, ‘Light Up Hope OC,’” said **Dr. Bhuvana Rao**, Director OSP. “By lighting well-known locations around OC, we sent the message there is hope, that suicide is preventable, help is available, and recovery is possible.”

For six nights, purple and teal lights were lit at the County of Orange (County) Administration Buildings South and North (CAS and CAN), John Wayne Airport, the Mission in San Juan Capistrano, the Anaheim Regional Transportation Intermodal Center (ARTIC), Knott’s Berry Farm, the Huntington Beach Pier, the Fullerton Towers, the Seal Beach Pier and the Nixon Library among other locations. “Talking openly about suicide is critical to prevention,” said **Dr. Veronica Kelley**, Chief of MHRS. “Lighting up purple and teal at so many iconic locations in the county is a visual representation to highlight that we can all play a part in suicide prevention. It communicates to those who might be struggling with suicidal thoughts that they

are not alone and there are many resources available. I encourage everyone to know the signs of suicide and learn what to say and reach out to a friend or a loved one who may be struggling. You can find that information on our website at lightuphopeoc.com.”

The lighting of the CAS and CAN buildings took place during a press conference that featured the entire Board of Supervisors, Dr. Kelley, Dr. Rao and other special guests. The lighting and press conference were streamed live online as part of a special edition of the HCA’s Your Health Matters OC talk show with **Dr. Clayton Chau**, Agency Director and **Dr. Regina (Dr. CK) Chinsio-Kwong**, County Medical Officer. The two Doctors interviewed HCA contracted partners who provided valuable resources on mental health, suicide prevention and intervention, including staff from the OSP, **Dr. Kevin Alexander**, Administrative Manager I and **Olga Gore**, Health Program Specialist. You can view the special Your Health Matters OC, press conference and lighting of the CAS and CAN buildings [here](#). To see the locations around OC that were lit in purple and teal click [here](#).

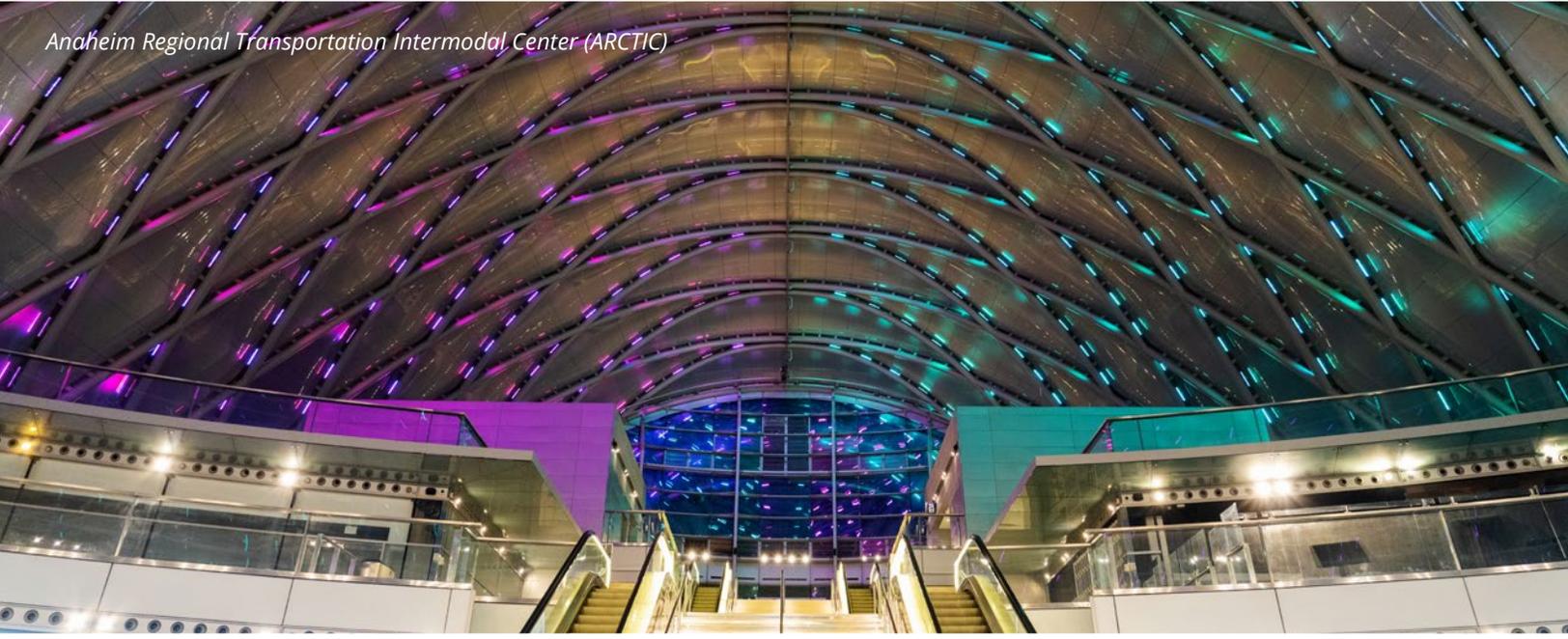


County Administration North Building

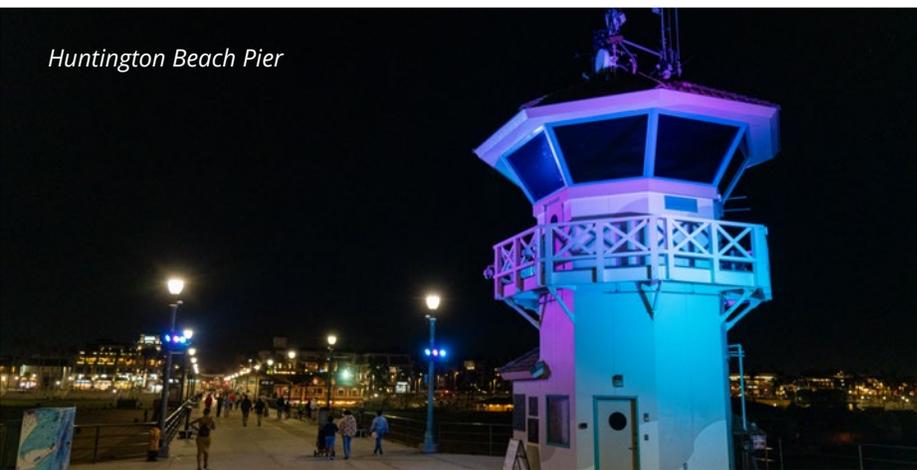
This was a true team effort! Several HCA staff played key roles to make the Light Up Hope OC event happen including: **Annette Mugrditchian, Anthony Padilla, Torhon (Mr.T) Barnes, Dr. CK, Mark Lawrenz, Dr. Mindy Winter-swyk, Dr. Chi Rajalingam, Dr. Clayton Chau, Dr. Veronica Kelley, Dr. Bhuvana Rao, Joseph Minderhoud, Dr. Kevin Alexander, Olga Gore, Lotus Snook, Bryan Barrios, Julie MacDonald, Ellen Guevara, Ahn Nguyen, Carlos Peraza, and Roxanne Wicker.**



Anaheim Regional Transportation Intermodal Center (ARTIC)



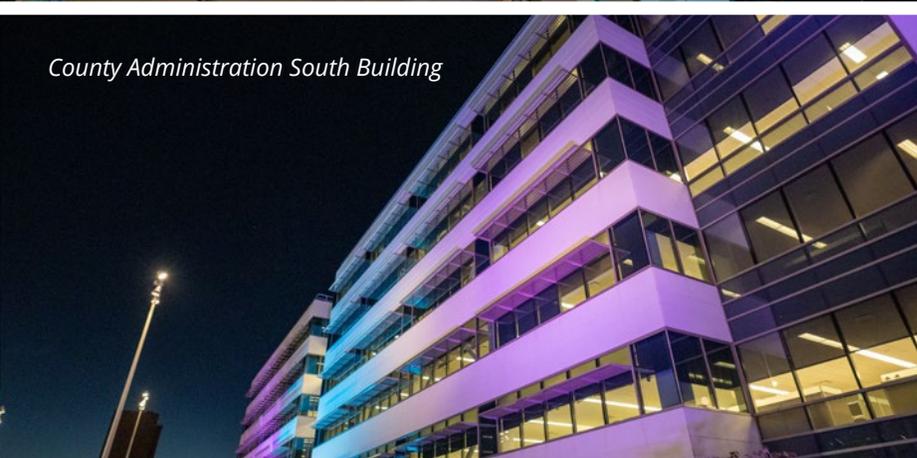
Huntington Beach Pier



Knott's Berry Farm



County Administration South Building



SERVICE AWARDS

2022 Third Quarter Employee Service Awards

(July 1 – September 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

Shaghayegh Rashidi-Fard
Liza Rodriguez

25 YEARS

Socorro Castro
Julia Cotociu
Sandra Danna
Violeta Garcia
Gina Hoang
Magdeline Igarita
Helen Kim
Ronald Margheim
Irasema Orozco
Christopher Prevatt
Sylvia Udaya
Robert Ward

20 YEARS

Christine Bien
Jingle Doan
Payal Patel

15 YEARS

Angelica Almaguer
Juan Alvarez Cervantes
Juan Bravo
Ariana Cabral
Kiki Cason
Darwin Cheng
Maria Collins
Maureene Cruz
Grace Cua
James Devor
Simonida Dunvan

Hilda Flores

Karen Fung

Erika Galvez

Erica Garcia

Maria Garcia

Daniel Gibbs

David Guzman

Angelica Hernandez

Lauren Horton

Sandra Huerta

Anthony Le

Joanne Lim

Sylvia Martinez

Beau McCraney

Margaret Migaud

Elsie Nguynsi

Karina Pangan

B. Hilary Peralta

Lan Pham

Irma Plascencia

Jose Quintero

Adil Siddiqui

Rachelle Supphiphavong

Laurie Swaringen

Shelley Vrungos

Linh Stacy Vuong

Raquel Williams

10 YEARS

Ahmed Assaf

Nicole Becker

Sharon Boles

Robert Brown

Rosa Cantoran

William Crittenden

Mindy He

Anisha John

Nicole Keefe

Jiah Kim

Johnathan Kim

Kayla Mach

Karyn Monroe

Vanessa Monroy

Carol New

Brent Swearingen

5 YEARS

Natalie Agustin

Dalia Alvarado

Elvira Anvia

Sean Beachler

Bestoor Behizadeh

Robert Brassaw

Sirena Enright

Karina Herrera

Robin Hong

Mohd Khan

Cason Le

Jueun Lee

Julie MacDonald

Brian Moore

Sara Moskowitz

Anh Quynh Nguyen

Shirley Omlin

Melody Paschen

Niyati Roy

Fatiha Shannon

Sharon Stock

Alona Stoyanoff

Crystal Swart

Jose Verduzco

Anthony Villar

Thanh Vu

Dan Weerasekera



Roundtables: SUPERVISOR TIPS AND RESOURCES

The OC Health Care Agency Human Resources team is pleased to introduce a series of virtual roundtable discussions covering various personnel topics. We will be beginning our discussions with Managers and Supervisors on topics to assist in supervision.

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!

OCTOBER – DECEMBER/2022

Virtual Roundtable Opportunities:

Supervisor Expectations – Opening a Recruitment & Timelines

Wednesdays, 10/12 and 10/26

10:00 a.m. and 2:00 p.m. each week

Supervisor Expectations – Employee Leave of Absence Regarding Pregnancy, Disability and Parenthood Leave Options

Wednesdays, 11/16 and 11/30

10:00 a.m. and 2:00 p.m. each week

Supervisor Expectations – Setting the Employee/Supervisor Relationship Up for Success

Wednesdays, 12/7 and 12/14

10:00 a.m. and 2:00 p.m. each week





My OC Benefits™

Mark Your Calendar

Open Enrollment is Coming!

The Annual Open Enrollment begins **Wednesday, October 19** and runs through **Tuesday, November 8, 2022**. Visit My OC Benefits at mybenefits.ocgov.com using Chrome, Edge or Firefox or access directly from the County of Orange Intranet, IntraOC.

On Wednesday, October 12 you can begin preparing for Open Enrollment by clicking on the Get Ready for Open Enrollment banner. You can compare health plans by reviewing the Summary of Benefits and Coverages. You'll also find educational videos on topics such as preparing for open enrollment, adding a new dependent, and the County's flexible spending accounts (HCRA/DCRA), that can make understanding your benefits easier.

If you have questions call the Benefits Service Center at 1-833-476-2347. Calls are answered from 8 a.m. – 6 p.m., Monday-Friday, excluding holidays. You can also use Live Chat by clicking the blue tab that says Need Help?, located on the webpage.



SAFETY PLEDGE

Walk to School Day is October 5, 2022 and the OC Health Care Agency (HCA) encourages motorists to Sign the Safety Pledge which you can see and take [here](#). "The HCA has taken the Safety Pledge as a public Agency and is proud to support this initiative," said **Dr. Clayton Chau**, Agency Director. "With so many schools back to in-person learning, it's more important than ever to be vigilant about driving cautiously. Our hope is to have our cars and children safely co-exist on the streets in our communities."

Walk To School Day events raise awareness of the need to create safer routes for walking and bicycling and emphasize the importance of issues such as increasing physical activity among children, pedestrian safety, traffic congestion, and concern for the environment. The events build connections between families, schools, and the community.

The HCA's Public Health Services Injury Prevention team has supported schools to conduct Walk To School Day events with education, toolkits, and materials, growing participation to more than 100 schools a year over the past 20 years. With the addition of this year's Go Human Safety Pledge, local drivers are encouraged to contribute to the success of the annual Walk To School by taking the pledge to support local schools and our community.

For more on Walk To School Day visit [Walk To School Day 2022](#).



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

Thinking about how you and your family can have a healthier Halloween this year? Knowing there will be an abundance of candy can be spooky. Keep in mind, what we consume every day has the most impact on our health and nutrition. Try incorporating some of these tips for a fun and healthy evening.

Balance: Provide healthy snacks first, before bringing out the candy. Example: serve fruits and or vegetables such as tangerines or baked sweet potatoes.

Make your own: Try making your own healthy treats. Example: bake apples with cinnamon, honey and nuts, or [chocolate chip pumpkin bars](#).

Eat a meal: Plan on having a healthy meal before going trick-or-treating. With a full stomach, the kids will most likely not eat too much candy.

Get creative: Instead of offering candy to those tricker-treating, you can provide non-food items such as Halloween themed stationary.

Leftover candy: Place the candy out of site and serve one at time.

Time for exercise! Walk to other neighborhoods, and when home take time to plan a fun activity to get the family moving.

For more ideas, visit [here](#).

DEVILED EGGS (Serves 6)

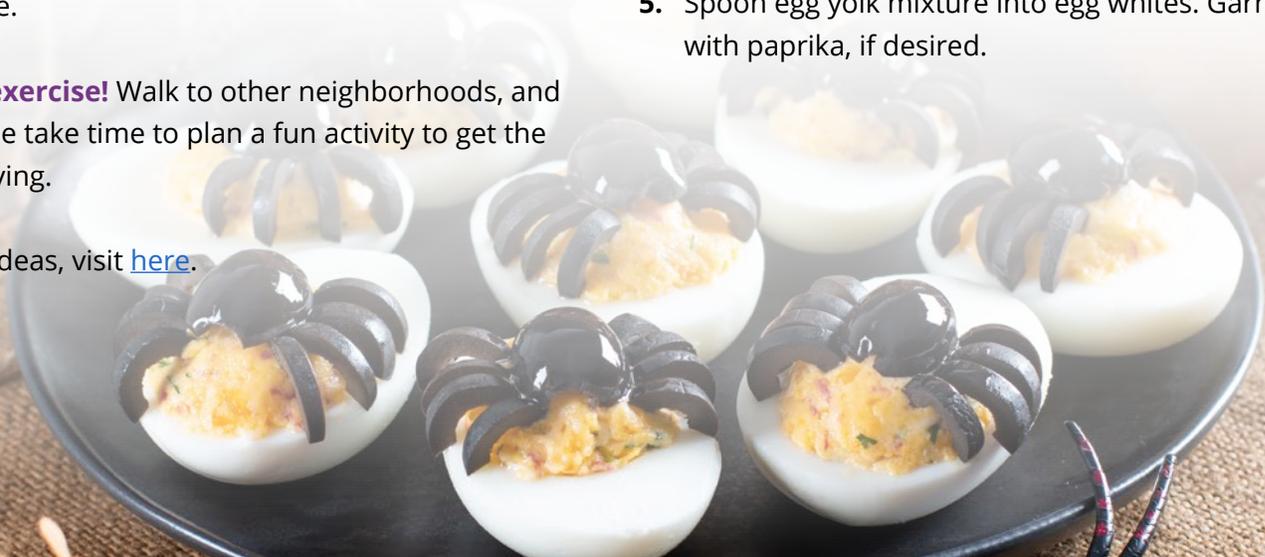
Source: [Classic Deviled Eggs Recipe | Southern Living](#)

Ingredients

- 6 large eggs
- 2 tablespoons mayonnaise
- 1 ½ tablespoons sweet pickle relish
- 1 teaspoon prepared mustard
- 1/8 teaspoon salt
- Dash pepper
- Garnish: paprika

Preparation

1. Place eggs in a single layer in a saucepan; add water to depth of 3 inches. Bring to a boil; cover, remove from heat, and let stand 15 minutes.
2. Immediately drain and fill the saucepan with cold water and ice.
3. Firmly tap each egg on the counter until cracks form all over the shell. Peel under cold running water.
4. Cut eggs in half lengthwise, and carefully remove yolks. Mash yolks with mayonnaise. Add mustard, relish, salt and pepper. Stir well.
5. Spoon egg yolk mixture into egg whites. Garnish with paprika, if desired.





DR. B'S BULLETIN BOARD+

Dr. Margaret Bredehoft

Chief, Public Health Services

Welcome back. I hope you have enjoyed learning more about Public Health Services (PHS) and some of our key initiatives for ensuring a sustainable and thriving whole-system health solution. To this point, we've covered PHS Organizational Realignment and Capacity Building, as well as Technology Development. As our final installment of this three-part series, the New Campus Construction is the highlight in this issue.

New construction is essential to maintain critical infrastructure and to allow essential services to continue uninterrupted during times of crisis. The pandemic underscored just

how critical and interwoven public health and emergency medical services are to providing access to essential supplies and health services. COVID-19 brought complexity to the work and reinforced the value of co-locating public health functions in order to accelerate activation of emergency response and streamline operations for increased surge capacity.

The OC Health Care Agency (HCA) Irvine Campus is being developed as the new center for the operation of OC Emergency Medical Services (OC EMS), OC Public Health Laboratory (OC PHL), and Communicable Disease Control Division (CDCD).





Objectives of the project include:

- (1) meeting the long-term operational best practices and requirements of essential services buildings per California Health and Safety Code, Chapter 2, sections 16000 and 16022;
- (2) integrating complementary and essential public health functions and emergency services into a single campus for efficient and effective emergency response during a pandemic.

The state-of-the-art facility will also include cutting edge technology and equipment for the detection of disease and advanced tools for generating, receiving, and disseminating information.

The new HCA Irvine Campus is designed with a wide range of opportunities and preparedness for the future to ensure that Orange County remains a safe, healthy, and fulfilling place to live, work, and play, today and for generations to come.

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. The HCA is now on Instagram! You can follow us on social media by clicking below.



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