



## Director's Message

Dear OC Health Care Agency  
(HCA) Team,

Let me begin by wishing each and every one of you a very happy holiday season! It's hard to believe it's that time of year again. This time of year is always a time of reflection for me. I like to find some quiet moments to think about those that I care about, the things that I am grateful for and the things that I have learned. I would like to take a moment to say "thank you" to all of you for your warm welcoming of me into the HCA family. I am grateful for my time here and I have learned so much about the amazing work you do! The impact each of you make

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## Peer-to-Peer

# Iris Rios-Coreas

"I am proud to see how far I've come in the OC Health Care Agency (HCA), how much I have grown, and how I have been able to help the program by just being myself." Having worked at the HCA for more than 23 years, **Iris Rios-Coreas**, Office Technician, Public Health Services, has grown professionally by doing one simple thing: staying true to herself. "It's the small details that mean the most. Something so simple as someone looking you in the eye on their way out and saying, "Thank you for all you do." Or during a call, when a patient asks me my name and thanks me for my help. Those situations make me feel that I made a difference for that patient," said Iris. She knows that her job is important because she is the first contact when making an impression on someone. "The way you interact with someone can either make or break an experience and because of that, I take my job very seriously," Iris said.

Iris has learned during her HCA career to create a welcoming space for her colleagues and her patients. "My work is crucial to the clinic's flow and the patient's journey. I believe my work is reflective of who I am as

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## Director's Message

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in the life of others is something everyone at the HCA should be very proud of.

I would also like to extend a special "well done" to HCA staff who responded to the Tustin Hangar Fire. Our County Health Officer, Environmental Health team, Emergency Medical Services and Communications team, did outstanding work, and through a holiday weekend, in collaboration with federal, state, County of Orange and city partners. For everyone who responded, your ability to immediately and effectively focus on this incident, is a testimony to your dedication and expertise. Not only that, but you continue to carry out your day-to-day responsibilities as well. Excellent work!

It's been a season of change this year as the COVID pandemic ended 7 months ago and since then we have gone from a season of standing up and responding to crisis, to a time of transitioning into a period of returning to ongoing operations, while planning for new and emerging programs. It has taken time to turn around the many operations the HCA provides, and I appreciate the hard work and focus you've committed to in doing so. The HCA is positioning itself to better serve Orange County by putting in place the changes we are making.

Finally, I hope you can enjoy some well-deserved time with family and friends during this holiday season. Also remember to come together with your teams and celebrate the wonderful diversity that makes the HCA such a great family.

It is also important to remember that though this time of year brings much joy and happiness to some, it can also be a difficult time for others. Remember that help is available if you, a loved one or a friend needs support. Don't hesitate to call 1-800-221-0945 for 24/7 confidential support or find services for County of Orange staff at <https://www.resourcesforliving.com/>.

As always, I am grateful to each of you.



**Debra Baetz**  
Interim Agency Director



a person. I am always willing to lend a helping hand and share my knowledge with others. The bonus I get from my work is the satisfaction of knowing that I play a role in helping underserved populations every day," she said. Iris also said she works with a great group of people who provide competent and compassionate care to those in need.

Before she started working at the HCA, Iris was a security officer for a distribution center. She never imagined her life would take her down this path of working at the HCA and making a positive difference in a person's life. As an Office Technician, Iris is one of the first when

making an impression on someone. She is grateful to be working with her wonderful team and says that her work at the HCA has been a pleasure. "Meeting so many amazing people throughout the years has been the cherry on top," she said.

Iris was born in El Salvador. She attended Oceanview High in Huntington Beach and graduated from Loara High in Anaheim. When she's not at work Iris can be found camping, on a road trip or just enjoying the outdoors.



## **OPERATION SANTA CLAUS AND SENIOR SANTA AND FRIENDS**

**NOVEMBER 13 - DECEMBER 29**

**Help bring joy to Orange  
County's seniors, foster youth  
and children of families in need.**

**To donate new, unwrapped  
gifts or to make an online  
donation, please visit:**

**[ssa.ocgov.com/DonateOSC](https://ssa.ocgov.com/DonateOSC)  
[ssa.ocgov.com/DonateSSF](https://ssa.ocgov.com/DonateSSF)**





# CONGRATULATIONS

to **ENVIRONMENTAL HEALTH**  
for **TEAM EXCELLENCE AWARD**



Standing (L-to-R): **Noah Le, Annice Guadan, Bogart Marquez, Denise Sanchez, Sean Beachler, Jose Rodriguez, Juan Lorenzano, Miloni Devani, Julie Corbett, Walter Wang, Sha Rashidi-fard, Osvaldo Campos and Hana Na.**

Seated (L-to-R): **Allison Bateman, Yasmin Barrera, Britney Torrico, Jennifer Mendoza, Christine Lane, Darwin Cheng, Maritza Fernandez, and Dennis Ho.**

The Environmental Health (EH) Sidewalk Vending Team is the recipient of the 2023 Steve Ambriz Team Excellence Award (TEA). The OC Health Care Agency and Orange County Employees Association (HCA/OCEA) Labor & Management Committee (LMC) created the Team Excellence Award to identify the qualities and characteristics of effective work teams. It is designed to encourage teams to exemplify qualities of effective communication, accountability, enthusiasm, creativity, and collaboration. Four teams were nominated for the TEA this year: Children and Youth Services – Clinical Evaluation and Guidance Unit (CYS CEGU); Environmental Health (EH) Sidewalk Vending Team; Office of Population Health and Equity (OPHE); and Older Adult Services (OAS). You can learn more about the

TEA program on the HCA Intranet [here](#).

Part of Public Health Services, the Environmental Health Division established the Sidewalk Vending Team to address an observed increase in sidewalk vendors (taco stands, tamales, hot dogs) selling food throughout the county. The team earned praise for their work, as they collaborated with city partners, working nights and weekends to address unlawful food vending activities.

Members of the Sidewalk Vending Team were invited to share their thoughts on the recognition which you can read in this newsletter. Congratulations to EH for the award and to all the nominated teams!



**Darwin Cheng, Acting Director Environmental Health**

"This is an incredible honor for our Environmental Health Division. We want to thank the selection committee for recognizing our dedication and hard work in protecting the health and safety of all Orange County residents. Our commitment to serving the community continues, and I am so grateful to know that we have the best of the best protecting public health."

**Sean Beachler, EHS III**

"Receiving this award is a source of great personal and professional pride for our team. Personally, it reinforces our dedication to safeguarding public health, despite the sometimes-diverse feedback we encounter. Professionally, it validates the importance of our work and motivates us to continue providing this essential service to our community."

**Denise Sanchez, Environmental Health Specialist (EHS) II**

"It feels great to have our work recognized. Oftentimes we face a lot of criticism from the public. We start with educating and informing before taking enforcement actions. The work we do can sometimes be difficult and draining, so knowing that it does not go unnoticed is really uplifting."

**Sha Rashi-Fard, Supervising Environmental Health Specialist (SEHS)**

"It is a great accomplishment to be part of a team that works to protect public health by ensuring that food is delivered safely to the general public. It is amazing to work with a team made up of not only regulatory partners but the members of the public."

**Miloni Devani, SEHS**

"Receiving this award means a lot to me personally because it is a validation of the countless hours of hard work and dedication I have put into the Sidewalk Vending Team. It's a wonderful feeling to be recognized for my contributions and it motivates me to continue striving for excellence in my professional endeavors. Professionally, this award means a lot to our team as it highlights our collaborative efforts and serves as a reminder that working together can make a positive impact on the community that we serve as we protect public health."

**Yasmin Barrera, EHS II**

"Personally, it feels great to be recognized for something that my team and I take very seriously as we do our best to protect the public. Professionally, we are trying to make food vendors comply with the rules and regulations by educating them and steering them the right way. The thanks we receive from the cities and the public keep us motivated to continue doing this work."

**Noah Le, EHS III**

"To me, winning such an award is a source of immense personal pride. It provides a sense of achievement and recognition for the team's collective and individual contributions. It affirms that our hard work, dedication, and efforts have not gone unnoticed or unappreciated. This also boosts our morale and motivation in working with the Environmental Health. For the street vending team, I think receiving the Steve Ambriz Award enhances the team's professional reputation and credibility within the Health Care Agency. Team members may be seen as experts in the education and enforcement of unpermitted sidewalk vendors."

**Bao Huynh, Program Manager**

"This amazing team has been giving up their nights and weekends for many years now. Much of their work has gone unnoticed. They work their normal hours during the day and then address sidewalk vendors at night. This typically results in burnout, yet they persevere and are resilient. Personally, for me I am pleased to see that they are being recognized for the work that they have been doing for so long. Professionally this recognition highlights the importance of what the team has been doing, protecting the public from unsafe food. It demonstrates the support for the team and work."

**Dennis Ho, EHS II**

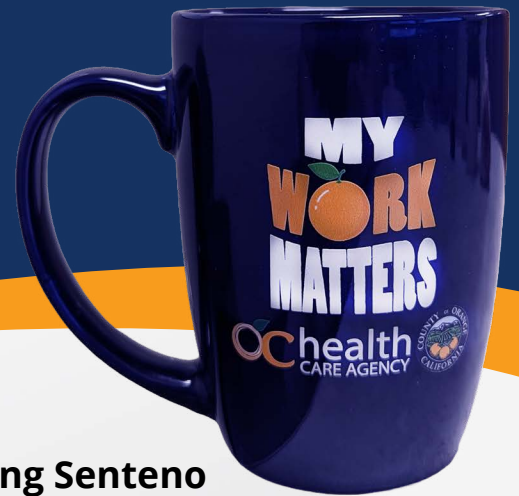
"Being appreciated and acknowledged for our hard work is a great feeling. It's an honor to be recognized for our dedication and teamwork, and it makes everything we do feel even more meaningful."

**Britney Torrico, EHS III**

"Personally, receiving this award makes me feel seen, that all of our hard work does not go unnoticed. We as a team are doing our best to protect the public as we address each vendor. Professionally, it encourages me to continue doing the work in the name of public health."

# MY WORK MATTERS

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



## Susan Ong Senteno

Behavioral Health Nurse  
2 years with the HCA

“My work matters because it gives me a purpose in life. I know that at some point and time in the day that I will make a difference into somebody’s life, including mine. I learn from my team and from my clients whenever I interact with them. As a result, my career makes me feel that I am accomplishing something meaningful through my work. The good experiences I’ve enjoyed at the HCA make me feel great and I like the challenge if things are not going smoothly. My work matters because it supports me physically, mentally, emotionally, spiritually (through serving others) and financially, and being at the HCA allows me to enjoy life personally and professionally.”

SUSAN ONG SENTENO





## DAVID SANCHEZ



### David Sanchez

Supervising Deputy Public Guardian  
15 years with the County of Orange

“The impact that I and our office are able to have on the most vulnerable is encouraging and one of the reasons why I know my work matters. This position has given me the opportunity to assist the elderly, and also a very needy segment of the population the mentally ill, some of whom are extremely young. We have success stories where people are untangled from abusive situations and because of our work, our clients are able to enjoy the company of people who assist them. When I see the smile on the face of a client that I and our HCA team have helped, it is truly heartwarming and a reminder that my work matters.”

### Lauren Estrella

Assistant Environmental Health Specialist  
2 months with the HCA

“I am happy to join the County of Orange and do everything I can to contribute to the wellness of residents, businesses and visitors. I know my work matters because we affect the health and wellness of those we serve, and we make a difference in the lives of so many! I’m here because of my passion for the environment and I look forward to a career where I can help educate the community on ways to stay healthy and safe. I like that my supervisors encourage me to do my best and I try to encourage others by keeping a positive attitude.”

## LAUREN ESTRELLA





## AWARD OF VALOR FOR CORRECTIONAL HEALTH SERVICES NURSE

Congratulations to **Sean Pacuno**, Comprehensive Care Nurse II (CCN), Correctional Health Services (CHS), Juvenile Health Services (JHS) for receiving the Award of Valor during the OC Probation Department's 2023 Chief's Awards!

Sean was recognized for his immediate, professional and highly effective response to a medical case which resulted in saving the life of a juvenile client. Sean credits his JHS team for the Award of Valor recognition. "I'm fortunate to work in an environment where I can succeed and that's due to my supervisors **Grace-Aileen Lizardo**, Medical Services Manager II, **Joie Roe**, Supervising CCN, and **King Aliping**, Senior CCN, and my fellow nurses," said Sean. "I feel honored, this is great, and I'm thankful to be part of a team that serves youth," he said.

"We are extremely proud of Sean for this accomplishment and are blessed to have him on our team!" said Joie. "JHS is determined and dedicated to serve our youth population as best we can. We are grateful to team members like Sean for being an excellent example in delivering quality health services," she said.

Sean joined JHS during the pandemic. He said he had been working with older clients before and he wanted and welcomed the opportunity to serve a younger clientele. "My time here has been short but it's been amazing," said Sean. "I hope to have an impact on how the young people I work with take care of their body and manage themselves. I want them to know I'm here for them and hopefully inspire them in their life, career and in reaching towards success."

**1** Sean Pacuno holding Award of Valor from OC Probation Chief Daniel C. Hernandez.

**2** OC Probation Chief's Award event. (L-to-R): **Grace-Aileen Lizardo**, **Sean Pacuno**, **Joie Roe** and **Joanne Lim**.





# ROUNDTABLES: SUPERVISOR TIPS AND RESOURCES

The OC Health Care Agency (HCA) Human Resources team is pleased to offer our first quarter of virtual Roundtable discussions covering various personnel topics. The Roundtable Opportunities prompt some great discussions with Managers and Supervisors on topics and issues related to their roles and responsibilities as HCA Leadership.

Discussions will be facilitated live, via Microsoft Teams and the format will include a 30-minute presentation followed by a 15-minute interactive Question and 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 email the contact for each topic 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 focus on questions and topics that are frequently received by our team. We look forward to continuing our partnership with all of you!

## JANUARY – MARCH 2024 Virtual Roundtable Opportunities:

### **Supervisor Expectations – The Recruitment Planning Process**

Wednesdays, 1/17 & 1/31

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

Contact: Linny Pham

[lipham@ochca.com](mailto:lipham@ochca.com)

### **Supervisor Expectations – Setting the Employee/Supervisor Relationship Up For Success**

Wednesdays, 2/14 & 2/28

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

Contact: Bergit Englund Giri

[benglundgiri@ochca.com](mailto:benglundgiri@ochca.com)

### **Supervisor Expectations – Navigating the Employee Leave of Absence Process**

Wednesdays, 3/13 & 3/27

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

Contact: Brianna Cordova

[brcordova@ochca.com](mailto:brcordova@ochca.com)



# BREATHE HEALTHY, LIVE MINDFULLY

## A TOBACCO PREVENTION AND MENTAL HEALTH AWARENESS EVENT

Contributors: **Shakia W.L. Jackson**, MPH, CHES – Health Educator and Coalition & Community Engagement Coordinator, OC Health Care Agency (HCA) Tobacco Use Prevention Program (TUPP)

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“Shout Out” to the OC Health Care Agency’s (HCA) Tobacco Use Prevention Program (TUPP) for a collaboration with the Tobacco and Vape Free OC Coalition and the Anaheim AVE (Anti-Vaping Endeavor) youth group to host the Breathe Healthy, Live Mindfully event for Orange County (OC) youth. Sponsored by TUPP and CalOptima Health, the event drew more than 120 participants to Gilbert High School in Anaheim to raise awareness of the dangers of using tobacco and vape products to cope with stress and mental health conditions. “Breathe Healthy, Live Mindfully was a success in raising awareness of the dangers of tobacco use and vaping among youth,” said **Victoria vanTwist**, MPH, CHES, Program Supervisor I, Prop. 99 Project Director. “It also promoted fun and healthy techniques to relieve stress and manage mental health conditions.”

Anaheim AVE kicked off the event showcasing their research findings that some youth smoke and vape to cope with mental health conditions such as anxiety and depression. The students shared that it is important to identify healthy ways to manage these conditions because tobacco use can worsen mental health symptoms and lead to a lifetime of nicotine addiction. Coalition Co-Chair Samantha Kelley stated, “Youth voice is a powerful and vital way to carry out wellness education. Peer-to-peer education positively impacts social norms and more effectively reaches other students. Learning

from the Anaheim AVE student group was incredibly motivating. They did an amazing job!”

Following the research showcase, participants enjoyed dinner while visiting a resource fair with booths hosted by the Tobacco and Vape Free OC Coalition, TUPP, CalOptima Health, Be Well OC, 1-866-NEW-LUNG, and many others. “Breathe Healthy, Live Mindfully showcased the strength of community partners joining together and sharing resources to achieve a collective public health goal,” said **Shakia W.L. Jackson**, TUPP Health Educator and Coalition & Community Engagement Coordinator. Shakia highlighted that the resources and the detailed planning for the event clearly paid off. “It was amazing to witness eight months of planning by the Tobacco and Vape Free OC Coalition and its partners culminate into such an impactful event.”

The event concluded with a concert by special guest Music Notes on the importance of youth refraining from tobacco use. Coalition Co-Chair Jonathan Garzon said, “Music Notes rocked the event with an incredible performance that really hit home with their catchy melodies and thought-provoking lyrics. They got the message across loud and clear about the dangers of vaping and tobacco, and why advocacy is so important. They combined art and advocacy effortlessly, and students were blown away by their brilliant performance.”

For more information on the Tobacco and Vape Free OC Coalition, free tobacco cessation services in OC, and other tobacco prevention efforts across the county, visit [www.tobaccoandvapefreeoc.com](http://www.tobaccoandvapefreeoc.com).



Free t-shirts at the registration table.



Youth vaping prevention art contest.



Shakia W.L. Jackson, MPH, CHES – Health Educator and Coalition & Community Engagement Coordinator, OC Health Care Agency (HCA) Tobacco Use Prevention Program (TUPP).



Tobacco Use Prevention Program booth.



Special guest performer Music Notes.



Photos courtesy:  
Cierra Jackson, Event Volunteer





# OC NAVIGATOR AND ANAHEIM DUCKS

On November 12, 2023, the Anaheim Ducks hosted a home game at the Honda Center in Anaheim, CA versus their rival, and the visiting San Jose Sharks. To support all home games as a partner, Mental Health and Recovery Services (MHRS) promotes [Ducks](#). [OCNavigator.org](#), a free resource to help all those in attendance to navigate to a healthier version of themselves. This is done through in-rink signage, digital signage throughout the arena, and by hosting a booth at select home games. When hosting a booth, the Ducks encourage all to visit for free resources, giveaways and more. Fans can scan the booth's QR code and check out the Ducks/OCNavigator website.

Two members of the OC Health Care Agency (HCA) family attended the game. They had a great time and talked about how important the partnership between HCA and the Anaheim Ducks is. The first attendee was **Luke Tostado**, Behavior Health Clinician II, who attended the game with his two children. "Mental health is a universal and often overlooked part of the human experience. So much so that many individuals and families often struggle in silence and have no real strategies to utilize when a mental health issue does develop. As a Mental Health Clinician for the County, it is extremely common for me to hear how "lost" people can feel, especially early on in treatment, both



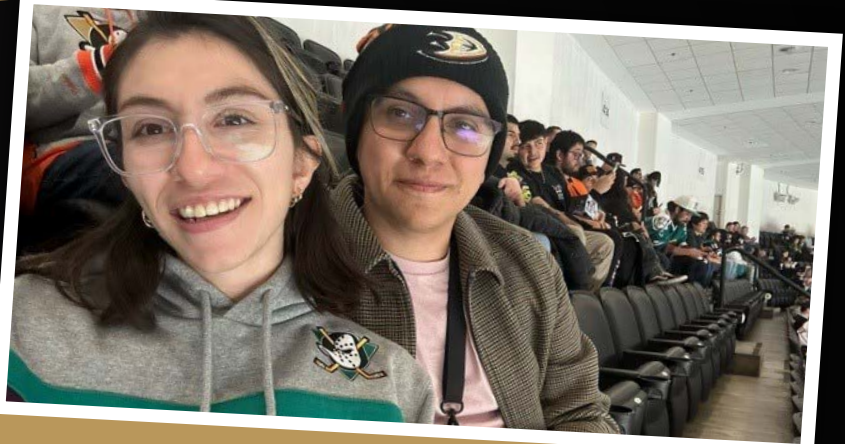
in dealing with direct symptoms as well as navigating mental health services for the first time. That is why I really appreciate the collaboration between the Anaheim Ducks Hockey team and HCA," he said.

**Annmarie Calderon**, Public Health Associate, also attended the game. "The partnership between the Anaheim Ducks and HCA offers a great opportunity for HCA employees to be a part of the Orange County community. Cheering on our Ducks side by side with others is exhilarating, especially when we win! I first attended a Ducks game last year in the 2022-23 season, through a recommendation from a fellow HCA co-worker. As someone who was new to Orange County last year (and had never seen a hockey match before), I found it a perfect chance to connect with the community I had previously felt so new to," she said.

Not only did the Ducks win that game, but HCA also won. During a timeout in the hockey game, the Ducks displayed another QR code on the "OC Navigator Selfie Smile Cam" on the Jumbotron for all the fans who attended the game, encouraging them to check out the [Ducks.OCNavigator.org](https://Ducks.OCNavigator.org) site to find great resources on ways to navigate to a healthier you. The Ducks.OCNavigator logo could also be spotted on each of the Ducks players' helmets and on the side wall as well. The Ducks' win and the great new mental health resource left all the Ducks fans walking out of the arena with a smile and a positive outlook.



**Martha Zuniga**, Office Specialist & **Anthony Villar**, Research Analyst IV welcome fans to the OC Navigator table.



**Annmarie Calderon**, Public Health Associate and her husband represented HCA at the Ducks game.



**Luke Tostado**, Behavior Health Clinician II attends the game with his two children.

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 October 20, 2023 to November 16, 2023.

## New Hires

### **Mental Health and Recovery Services**

Barajas, Analilia  
Bernales, Elijah Justin  
Bowie, Chauncey Alfredo  
Diaz, Elizabeth  
Escamilla, Isabella Grace  
Godoy, Lizeth  
Hernandez, Jennifer  
Mendoza, Jennifer Nancy  
Modir, Shaheen Reza  
Rafols, Vema Glenn Arguta  
Ramezani, Arash  
Roessler, Cierra  
Rodriguez, Alicia  
Sanchez Martinez, Zuly  
Shoho, Joanne Miki

### **Correctional Health Services**

Almaras, Melissa  
Berber Lopez, Francisco  
Bohun, Vasylyna  
Cancino, Raymundo Richmond Almace  
Klioumis, Frantsesca  
Rood, Alexis Alyssa  
Singh, Barinder  
Solomon, Bickkie  
Tran, Janet Phuong Khanh

### **Medical Health Services**

Jimenez, Crystal  
Madrigal Medina, Armando

### **Public Health Services**

Cardenas, Steven Matthew  
Fausto Elizalde, Katia  
Lee, Grace Lok Mun  
Martinez, Alicia  
Myers, Sierra Marie  
Stoecker, Hoang-uyen Le  
Yousef, Eriny Fouad Wadia

### **Administrative Services**

Rubino, Miriam

## Promotions

Banda, Juan Pablo  
Famoso, Gisselle  
Fiedler, Noelle Colleen  
Glinski, Michelle Elaine  
Le, Noah Thien

Marquez, Bogart  
Maytubby, Cheryl Michelle  
Mong, Jennifer Loan  
Nguyen, Thuy Nhu  
Pulido, Brittany Lorraine

Ruiz, Gerardo  
Salto, Silvia S  
Shabandar, Joy Lynette

*Congratulations*



# Summit to Improve Care for Families Affected by Perinatal Substance Use

The OC Health Care Agency (HCA) is part of a countywide collaboration to implement the Plans of Safe Care (POSC)\* framework in Orange County (OC). The POSC supports pregnancies affected by substance use, infants born prenatally exposed to substances, and their families.

The HCA recently participated in a POSC summit with more than 100 community and county partners, including the HCA's Public Health Services (PHS) and Mental Health and Recovery Services (MHRS). Social Services Agency (SSA), First 5 Orange County, OC Public Defender's Office, Juvenile Court, hospitals, clinics, CalOptima and other health care organizations, home visiting programs, community family support, academics, and community substance use disorder treatment programs. Participants heard from Second District Supervisor Vicente Sarmiento, **Dr. Regina Chinsio-Kwong**, County Health Officer and Chief of PHS; An Tran, SSA Director; **Dr. Veronica Kelley**, Chief MHRS; **Wendy Elliott**, Service Chief II, MHRS; **Dr. Michele Cheung**, Medical Director, Maternal, Child & Adolescent Health; and **Sharon Stock**, Public Health Nurse, Community Nursing and Services Division (CNSD), as well as experts from Children and Family Futures, other community leaders, and a panel of people with lived experience.

The HCA's CNSD and Substance Use Disorder staff have been involved with the SSA and First 5-led collaboration on POSC implementation since 2021, initially through the Working to End Child Abuse and Neglect (WE CAN) Family Treatment Task Force. In 2022, Orange County was one of the few counties nationally to be awarded to participate in the National Center for Substance

Abuse and Child Welfare (NCSACW)'s Policy Academy. This year, an additional 24 months have been granted for In-Depth Technical Assistance (IDTA) from NCSASW, through which the summit was planned and executed. The HCA's CNSD has also been actively involved in revising and piloting the POSC template which will be used by all of OC. CNSD home visiting staff in perinatal programs are offering POSC to all pregnant persons with current substance use or history of substance misuse. As part of the POSC implementation efforts, the HCA's MHRS plans to hire two substance use navigators to serve as POSC Coordinators for OC and are training staff to initiate POSC to clients. The HCA's PHS and MHRS are active participants and leaders in the Core Planning Group, POSC Coordination, Data, Stigma and Family-Center Care Working Groups.

As a result of discussions during the Summit, the POSC will be renamed the Family Wellness Plan and the Family Treatment Task Force will be called the Family Support Task Force to better capture the client-centered, engaging and supportive purposes of this important work.



**Sharon Stock**, Public Health Nurse, presenting at Plan of Safe Care Summit.





# For Health



## Food Safety for Holidays

The Holidays are right around the corner, and it is a great time of year to enjoy special meals with loved ones. Freshen up on food safety practices to help you have a safe and happy holiday season. Following four simple steps at home can help protect you and your loved ones:

- **Clean:** Wash your hands and surfaces often. [Wash your hands](#) for at least 20 seconds with soap and warm or cold water before, during, and after preparing food and before eating.
- **Separate:** Make sure to keep meat, chicken, turkey, seafood, and eggs [separate](#) from all other foods at the grocery store and in the refrigerator.
- **Cook food thoroughly:** Use a food thermometer to make sure meat, chicken, turkey, seafood, and eggs have been cooked to a [safe internal temperature](#) to kill germs.
- **Chill:** Refrigerate food like meat, seafood, dairy, cut fruit, some vegetables, and cooked leftovers) within 2 hours.

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

## Vegetable Soup with Chicken Turkey or Pork

Use leftover ingredients to make this soup for your family and warm yourself up with a simple comfort food.

Yield: 4 servings / Cook time: 30 minutes.

### Ingredients

- 2 cups broth (chicken, turkey, or pork)
- 1 small onion (cut -up)
- 1 small celery (stalk, cut- up)
- ½ cup tomatoes (canned or cooked)
- 1 cup corn (whole kernel, canned or cooked)
- 1 cup chicken (cut- up, cooked or turkey or pork)

### Directions

1. Heat broth to boiling. Add cut-up vegetable and tomatoes.
2. Cover and boil gently about 30 minutes until vegetable are tender.
3. Add rest of ingredients. Boil gently a few minutes longer to blend flavors.

[Source](#).

# 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](mailto:hcacomm@ochca.com) or call (714) 834-2178. You can follow us on social media by clicking below.



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