OC Champion Moms inspired to “Speak Up for Healthy Changes”

More than 100 Champion Moms, peer educators, and community partners attended the 7th annual Fall Parent “Champions for Change” workshop and recognition event.

This year’s theme “Be a Champion Mom – Speak Up for Healthy Changes” encouraged everyday moms to join the public health effort to prevent obesity. The event was coordinated by the Parents for Healthy Neighborhoods workgroup, part of the Orange County Nutrition and Physical Activity Collaborative (NuPAC), and held at the Northgate Markets corporate office in Anaheim.

“We’re proud of the parents in our area who are role models and help others lead healthier lives,” said Maridet Ibanez, Nutrition Education and Obesity Prevention Project Director for the County of Orange Health Care Agency.

Nine exemplary moms and their mentoring agencies were recognized by Orange County Deputy Health Officer Dr. Helene Calvet for their commitment to nutrition, physical activity and making Orange County a healthier place.

Event participants had the opportunity to attend two mini-sessions: 1) “Build a Healthy Plate: Make Half Your Grains Whole” hosted by Chef Pablo, Northgate Market and 2) “How to Speak Up for Healthy Changes: Sharing Your Message” hosted by Milagros Strategy Group, in collaboration with the Greater Los Angeles Training and Resource Center.

A Champions for Change photo booth allowed participants to have fun and promote the Join the Movement Living Billboard media campaign, coordinated by the Nutrition Education and Obesity Prevention Branch (NEOP), California Department of Public Health.

At the end of the half-day event, all participants were asked to be part of NEOP’s future activities to help create sustainable changes where families eat, live, learn, work, play and shop.

For more information, please email Anna Luciano-Acenas at aluciano@ochca.com.
CHS Bids Farewell to Leah Marcus

This month, HCA Correctional Health Services (CHS) bid a fond farewell to Leah Marcus, Staff Development Supervising RN, who retired after more than 23 years of service.

Leah Marcus began her career with the Health Care Agency in 1986 as a Licensed Vocational Nurse with CHS. She received a license as a Registered Nurse in 1988 and through the years promoted to Senior Nurse, then to Staff Development Supervising Nurse.

In her first years with CHS, Leah wrote an article titled ‘Caring for Inmates’ that was published in the May 1991 issue of nursing magazine, Nursing90, detailing what it was like to be a correctional nurse.

“It’s hard being a nurse in such a place, where failure is a way of life and survival is a mixed blessing. But I do the best I can, keep my feelings in check, and hope I can make a difference. Sometimes, that's all we can do.”

—excerpt ‘Caring for Inmates’

Leah was a mentor, guide, advocate, and friend to so many of the staff at Correctional Health Services. Working with the incarcerated population can be challenging for health care providers, but Leah fit into this role with ease. She treated everyone she encountered with dignity and respect and provided care without bias or judgment. These characteristics made Leah a role model for her peers and left us with some big shoes to fill.

Thank you Leah, for your dedication and contributions to HCA and the clients served at CHS. Wishing you the best of luck in your forthcoming endeavors.

OC 125 Seal

December 31, 2014 marks the end of the County’s Quasiquincentennial, as well as the use of the OC 125 seal. Please help us inform staff and ensure that the OC 125 seal is not used on HCA documents and materials after January 1, 2015.

The OC HCA logo and County seal can be downloaded on the HCA Intranet under the Logos, Templates & Graphics section.

For any questions, please contact HCA Communications at (714) 834-2178.

JANUARY HEALTH OBSERVANCES

Cervical Health Awareness Month
National Birth Defects Prevention Month
National Blood Donor Month
National Glaucoma Awareness Month
Thyroid Awareness Month
Healthy Weight Week ................. 19-25
Women’s Healthy Weight Day .......... 23
IV Nurse Day .......................... 25
2015 Point-In-Time Count and Survey

A worthwhile event is being planned for January 24, 2015 that will significantly impact the future of many homeless families and individuals residing in Orange County. From 4:30 a.m. to 9 a.m., 2-1-1 Orange County along with 1,500 volunteers will conduct the 6th biennial countywide homeless population Point-In-Time (PIT) Count and Survey.

Every two years, the County of Orange and its non-profit partners conduct a single-day count of the County’s sheltered and unsheltered homeless population. PIT helps determine the prevalence and characteristics of persons experiencing homelessness in Orange County. Personal one-on-one interviews between the PIT Team, volunteers and the homeless are conducted to gather information that in turn helps to provide more stable housing options in the region.

This project is undertaken to preserve more than $16 million in annual federal funding for homeless programs and services, serves as a means for leveraging additional funding from other government and private sources for needed homeless services, and provides data to inform decision making on better service planning and delivery including Orange County’s Ten Year Plan to End Homelessness.

Join the movement to end homelessness in Orange County by becoming a sponsor, making a charitable donation or becoming a volunteer. For those interested in volunteering, a short training session is required prior to the day of the count. Visit the project website at www.pointintimeoc.org or email 211 OC at pointintime@211oc.org for more information.

Thank you for your time and effort in assuring that homeless and at-risk individuals and families in our county receive the care and services needed. For more information on Orange County’s Ten Year Plan to End Homelessness or the Commission to End Homelessness, please visit www.ocpartnership.net/content/commissiontoendhomelessness.html.

Armory Emergency Shelter Program open thru April

The County of Orange Armory Emergency Shelter Program is now open at the Fullerton and Santa Ana Armory locations and are tentatively scheduled to remain open seven days a week through April 15, 2015.

The Armory Emergency Shelter Program will offer hot meals, showers, clothing, blankets, a safe place to sleep, and shelter from the winter weather, as well as other supportive services to approximately 400 homeless per night. While the program is operated by a nonprofit organization (Mercy House), volunteer opportunities are available for County employees.

Last year, the Armory Program provided 43,145 bed nights and served 2,012 unduplicated clients. The success of the Armory Program is largely due to the collaborative efforts of County agencies, churches, nonprofit agencies and dedicated individuals who generously volunteer their time. Volunteer opportunities include: helping the homeless to sign-in, distributing blankets or clothing, serving food, as well as setting up and/or cleaning up.

If you are interested in volunteering for this worthy cause, or you know someone who is or would be interested in volunteering, please contact Marissa Norys of Mercy House via email at marissan@mercyhouse.net. If you would like more information on the Armory Emergency Shelter Program you may visit Mercy House’s website at www.mercyhouse.net.

One kind word can warm three winter months. —Japanese Proverb

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Holiday Grief

As the year comes to a close and the holidays rapidly approach, you and those around you may experience a range of emotions. Examples of things that might bring excitement include new additions to the family, career changes and spending time with those we care about. There might also be sadness over things that have not been accomplished, struggles over health issues or finances and memories of loved ones who are no longer with us. Balancing these conflicting emotions can also be challenging and possibly painful for some.

When thinking about grief around the holidays, advice from the American Hospice Foundations (AHF) states “Some people find it helpful to be with family and friends, emphasizing the familiar. Others may wish to avoid old sights and sounds, perhaps even taking a trip. Others will find new ways to acknowledge the season.” This reminds us to honor our process and to be kind to ourselves.

The AHF and GRIEF.COM suggests:

• Planning for the holidays acknowledging that it is not uncommon to feel out of sorts with the celebratory tone of the season and preparing for these feelings.
• If you’ve experienced a loss, recognize that things won’t be the same and that doing things a bit differently can acknowledge the change while preserving the past.
• Taking time for you may be important, but try not to isolate.
• Remember that the holidays may affect other family members or dear friends as well. Talk with them about your plan and respect their choices and needs; compromise if necessary.
• Avoid additional stress by deciding what you really want to do, and what can be avoided.
• Have a Plan A (i.e., time with family) and Plan B (i.e., going to a favorite movie or getting some exercise).
• Pay extra attention to children; they are often forgotten grievers.
• Reach out to others and share your thoughts and feelings.
• If you know someone is struggling with a loss, find subtle ways to help and reach out to them: you might invite them to a group event or just out for coffee.

Mental Health Resources:

• OC Links . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . (855) 625-4657
• OC Suicide Prevention Hotline . . . . . . . . . . . . . . . . . . (877) 727-4747
• OC Warm Line . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . (877) 910-9276
• National Suicide Prevention Lifeline . . . . . . . . . . . . . . . . . . (800) 273-8255
• Crisis Line for People with Disabilities . . . . . . . . . . . . . . . . . . (800) 426-4263
• Centralized Assessment Team (CAT) . . . . . . . . . . . . . . . . . . (866) 830-6011
• Evaluation and Treatment Services . . . . . . . . . . . . . . . . . . (714) 834-6900

Armory
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In addition to volunteering, the armory also accepts donations of various hygiene supplies, clothing (gently used or new), food items (prepackaged) and gift certificates. Donated items can be dropped off Monday to Thursday from 5 p.m. to 8 p.m. at the following locations below.

Item Drop-Off Locations

• Santa Ana Armory – 612 E. Warner (Warner/Main)
• Fullerton Armory – 400 S. Brookhurst (Brookhurst/Valencia)