

## CHS flu vaccination team

**H**at's off to the outstanding team of Correctional Health Services (CHS) staff who took on the flu vaccination project for all Orange County jail facilities. Team members Jim Trimmer, Senior RN; Maria Rienzo, RN; Diana Mohrhoff, RN; Jocelyn Lumitap, RN and Joanne Tabata, Pharm D worked together to ensure that all of the inmates in the Orange County jail system received flu vaccines and health education.

This team visited all five facilities within Correctional Health Services to educate patients about staying healthy and the importance of receiving the vaccine. Mass vaccination clinics were set up in



all facilities. Their efforts involved going cell to cell to make sure all those requesting vaccines were able to receive one. They provided a total of 4,176 vaccinations and will continue to give more until the flu season ends.

Orange County jail facilities house an average of 6,571 inmates. The average length of stay is six months. Institutionalized individuals in the jail system are considered high risk, and providing the flu vaccine prior to release contributes to the continuum of health for our surrounding communities.



CHS Pharmacist Joanne Tabata

Through their efforts, transmission of the potentially deadly strain of H1N1 flu virus (also known as the swine flu) is decreased. The team enjoyed educating the patients and inmates expressed appreciation for receiving the free vaccination services. Congratulations CHS Flu Vaccination Team for a job well done!



Pictured (left to right) Maria Rienzo, RN; Jim Trimmer, Sr. RN; and Jocelyn Lumitap, RN.

## Blood donations needed

**T**he American Red Cross has an urgent need for blood donations. Volunteer blood donors of all blood types are continuously needed to maintain a strong and solid blood supply.

A blood drive is planned to take place on April 17 from 9 a.m. to 3:15 p.m. at the County Hall of Administration, Civic Center Plaza area – look for the Red Cross Bloodmobile. To schedule

an appointment to donate, visit [www.redcrossblood.org](http://www.redcrossblood.org) and enter sponsor code OC1 when scheduling.

The American Red Cross Saves Lives and you can too! For information about the Red Cross and questions on how to determine your blood type, please call the Orange County Chapter of the Red Cross at (714) 481-5300 or visit [www.redcross.org/ca/orange-county](http://www.redcross.org/ca/orange-county).



# Compliance Update

**W**elcome to spring 2014. The Office of Compliance has a new member on our team. In January 2014, Keith Olenlager joined the Office of Compliance as Compliance Analyst. Keith will be working on compliance

outreach and education, compliance investigations, updating compliance policies and standards, supporting the Compliance Committee and implementing compliance training and supporting the entire HCA work force as part of the compliance team.

The 2014 Compliance Survey will be launched in April. This survey is voluntary and anonymous. We need input from you on the HCA Compliance Program. We want an effective Compliance Program that meets the needs of the work force. We are here to help you accomplish your program objectives and comply with all the complicated laws, regulations and policies related to our jobs. Your input is used to update policies, develop training content and set our priorities each year.

Compliance matters! For any questions, contact the following:

- Thea Bullock, MPA, CHC  
Chief Compliance & Privacy Officer  
714-834-3154  
[tbullock@ochca.com](mailto:tbullock@ochca.com)
- Linda Le, CHPC, CHP  
Deputy County Privacy Officer  
714-834-4082  
[lle@ochca.com](mailto:lle@ochca.com)
- Keith Olenlager  
Compliance Analyst  
714-834-4399  
[kolenslager@ochca.com](mailto:kolenslager@ochca.com)
- Nikoo Tabesh, CHPC  
Privacy Analyst  
714-834-5172  
[ntabesh@ochca.com](mailto:ntabesh@ochca.com)



**COMPLIANCE**  
**866.260.5636** **HOTLINE**

The HCA Compliance Program offers a confidential telephone hotline to voice your concerns about any situation that may conflict with Compliance Program principles.

You may call the hotline 24 hours a day, 7 days a week at the number shown above.

# Fire Safety

**H**CA Safety welcomes you to spring! Although spring is usually our rainy season, Californians are experiencing a severe drought this year. Although drought increases the risk of outdoor fires, HCA Safety is also concerned with the safety of our employees and the risk of fire within our buildings.

To prevent the risk of fire in the workplace, HCA Safety asks that you observe the following:

- Know the location of emergency exits and fire extinguishers at your location.
- Ensure that surge protectors are plugged directly into wall or cubicle electrical sockets and not into each other.
- Inspect all electrical, computer and telephone cords and have them replaced if any are torn or show wear.

If you have a personal space heater in your office, it must be UL (Underwriter's Laboratory) or ETL (Electrical Testing Laboratories) listed, be fan driven and must automatically turn off if tipped over.

Please also ensure that any desk lamps are not placed near flammable materials such as paper and are turned off when you leave the office for the day.

Take care and be Safe! For any Safety-related questions, please feel free to contact the HCA Safety line at (714) 834-SAFE.

Thank you and have a wonderful and SAFE Spring!



**SAFETY LINE**

**714.834.SAFE**

Remember to call HCA Safety to report workplace injuries and other safety related matters. We are here to help!

health care agency **WHAT'S UP** keeping staff informed & current

**WHAT'S UP** is a newsletter for employees of the County of Orange, CA, Health Care Agency.

Editors . . . . . Tricia Landquist  
Deanne Thompson  
Anne Fialcowitz

Phone . . (714) 834-6644  
Email . . . [tlandquist@ochca.com](mailto:tlandquist@ochca.com)  
FAX . . . (714) 834-7644  
Pony . . . Bldg. 38-S, 4th Floor

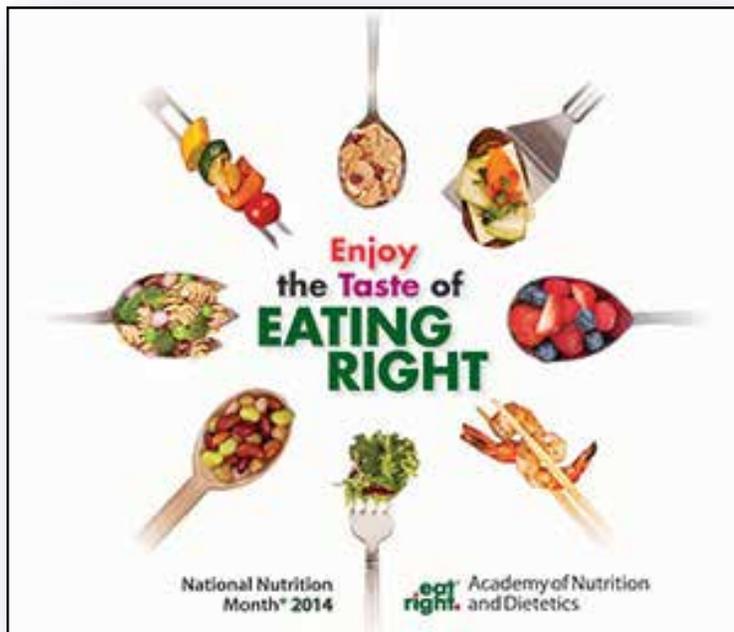
# Celebrate National Nutrition Month®

**E**ach year during the month of March, the Academy of Nutrition and Dietetics encourages individuals to return to the basics of healthful eating and physical activity habits through National Nutrition Month. This year's theme "Enjoy the Taste of Eating Right," focuses on combining taste and nutrition to create healthy meals that follow the recommendation of the [2010 Dietary Guidelines for Americans](#).

Whether shopping at the grocery store, eating at a local restaurant or cooking meals at home, the following easy steps will help to keep your taste buds excited while making sure your body is getting the nutrients it needs.

## At the grocery store

When shopping, make it a point to try one new



fruit, vegetable or whole grain every week. Start small by picking a different type of apple, a different color potato or a new flavor of whole-grain rice until you are comfortable picking entirely new things that you've never tried or heard of before.

## Eating at restaurants

The next time you and your family head out to eat, choose a restaurant that features ethnic foods from Asia, Europe or Africa. These restaurants often feature menus filled with healthy options that will be new to you. You can also find a local restaurant that specializes in using seasonal ingredients. Frequently you will be able to order your favorite dish but with a new and exciting flavor twist.

## Cooking at home

Add variety to your staple dishes by varying the ways you cook them. Grill or broil the chicken you typically bake. Mash the potatoes you typically roast. Steam the vegetables you typically sauté. And get to know your spice cabinet. A pinch of this and a dash of that can add a fresh zest.

Visit the Academy of Nutrition and Dietetics [Interactive Game website](#) to have some fun while you learn about food and nutrition. Nutrition games including word searches and Sudoku are available for kids and adults or take a quiz on how healthy your eating habits are by taking the [Rate Your Plate Quiz](#).

[A library of recipes](#) is also available on the Academy's website and is designed to help you "Enjoy the Taste of Eating Right" or visit the [HCA Nutrition Services](#) website to learn more about the program.

## APRIL HEALTH OBSERVANCES

Alcohol Awareness Month

Occupational Therapy Month

STI Awareness Month

National Infant Immunization Week . 26 – May 3

National Public Health Week . . . . . 7 – 13

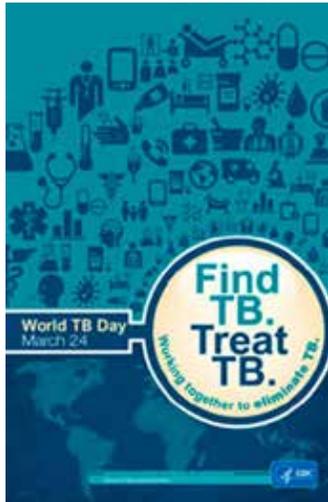
World Health Day . . . . . 7

*Happiness often sneaks in  
through a door you didn't know  
you left open.*  
—John Barrymore

---

# World TB Day 2014

 On March 24, 2014, the World Health Organization (WHO), Stop TB Partnership and Centers for Disease Control and Prevention (CDC) observe World TB Day, which this year follows the theme “**Find TB. Treat TB. Working together to eliminate TB.**”



Tuberculosis remains a persistent public health concern, with an estimated one-third of the world’s population infected with the TB bacteria, 8.6 million new TB cases and 1.3 million TB deaths annually. Additionally, multi-drug-resistant TB and extensively drug-resistant TB remain a threat. In the United States, California still has the highest number of TB cases in the nation.

A new case of TB is diagnosed every four hours in California, a Californian dies with TB every other day, and a child under five years of age is diagnosed with TB every week in California.

In 2013, 187 active TB cases were diagnosed in Orange County. In addition, thousands of people living in our County may be carrying the TB bacteria but have not become ill, which is known as latent TB infection. Infection may become disease when immune systems are weakened by conditions like

diabetes, smoking, HIV, or simply the aging process.

The good news is that TB remains a preventable and treatable infectious disease. The Health Care Agency’s Pulmonary Disease Services (TB Control) Program is doing its part to stop TB by ensuring that every TB case ingests the anti-TB medication (Directly Observed Therapy) and conducting expanded contact investigations in homes, schools and workplaces.

We can only reach the goal of a world free of TB through universal access to TB care, greater availability of rapid molecular diagnostics, an effective vaccine, development of new medications, and ensuring a reliable TB drug supply.

As you go about your daily tasks on March 24, think how your life is or may be affected by TB and what you can do to stop the spread of this disease. The California TB Controllers Association urges you to know the signs and symptoms of tuberculosis; know your TB risks by completing the California Tuberculosis Controllers Association (CTCA) TB risk assessment available at [www.CTCA.org](http://www.CTCA.org); and talk with your healthcare provider about your need for a TB test if you have a TB risk.

For more information about World TB Day, visit the Stop TB Partnership website at [www.stoptb.org](http://www.stoptb.org) and the CDC World TB Day website at <http://www.cdc.gov/tb/events/WorldTBDay/default.htm>. To learn more about Orange County’s TB Control Program, visit the website <http://ochealthinfo.com/phs/about/dcepi/tb>.



*HCA’s Tuberculosis Control Program staff are doing their part to stop TB by conducting expanded contact investigations in homes, schools and workplaces, and by participating in Directly Observed Therapy.*