



April is National Organ Donor Month

The number of people requiring a life-saving transplant continues to rise faster than the number of available donors.

Approximately 300 new transplant candidates are added to the waiting list each month.

Waiting list candidates: **98,634 as of 03/31/2008**

Transplants—January - December 2007—28,354 as of 03/28/2008

Donors—January - December 2007—14,395 as of 03/28/2008.

All individuals can indicate their intent to donate (persons younger than 18 years of age must have a parent's or guardian's consent).

There is no cost to donate. Your family pays for your medical care and funeral costs, but not for organ donation. Costs related to donation are paid by the

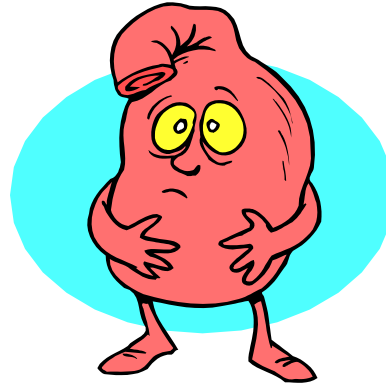
recipient, usually through insurance, Medicare, or Medicaid.

Patients are matched to organs based on a number of factors, including blood and tissue typing, medical

need, time on the waiting list, and geographical location.

You can also help lower the number of people needing transplants by taking care of yourself, so you will not need one in the future. A healthy lifestyle includes eating a healthy diet, maintaining a healthy weight, exercising regularly, quitting smoking (or not starting), and minimizing stress. If you are a parent, start teaching your children now how to eat right, be active, and stay out of harm's way (for example, teach them that drinking and driving is not a good idea...).

For more information or to become a donor, please [click here](#).



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GLAUCOMA AWARENESS DAY

Alma Flores, City Managers Office, City of Santa Ana

“Ver es Poder” – Latino Glaucoma Awareness Day is Saturday, May 10, 2008. Free screenings for glaucoma and diabetic retinopathy are being held at the Delhi Center (505 East Central Avenue) in Santa Ana from 9:00 a.m. to 5:00 p.m. Studies indicate that Latinos are among the highest groups at risk for glaucoma. As many as

75% of those with glaucoma are unaware of their condition. A disease that in many cases has no symptoms at its onset, glaucoma can bring irreparable damage to the optic nerve, potentially leading to blindness. However, vision can be preserved with early detection and treatment. Spanish-speaking physicians will be

available to talk about any potential findings in the screenings, and information booths will be set up and staffed, ready with referrals on health access and resources. Please refer to the attached flyers, in [English](#) or [Spanish](#), for additional information.

YWCA's Spring Tea Event

YWCA Central Orange County's Annual Tea supports Beverly's House—a transitional housing program for emancipated foster girls.

Sponsorship Opportunities:

Ruby (\$1,000)

Diamond (\$750)

Pearl (\$500)

Reception Sponsor (\$250)

Presentation Sponsor(\$200)

Champagne Toast Sponsor (\$100)

Ticket Price (\$50)

Table Rate (8 guests) (\$400)

Silent Auction & Raffle Donations

For more information, please call Pat Barrios at the YWCA office (714) 633-4950.



“YWCA Central Orange County's Annual Tea event supports Beverly's House—a transitional housing program for emancipated foster girls.”

Salsa Fiesta

The Latino Health Access is hosting the Salsa Fiesta's 15th Anniversary

on Friday, October 3, 2008, so save the date! The celebration

will be held at The Grove of Anaheim, from 6:00 to 11:30 pm.

Tickets are \$100.00 per person. Please call Marissa D. Colon at 714-542-7792 for more information. Or you can email her at

mcolon@latinohealthaccess.org.

Online reservations are also welcome at

www.latinohealthaccess.org.

**LATINO
HEALTH
ACCESS**

SHARE OUR SELVES' WILD & CRAZY TACO NIGHT

Elizabeth Evans, Marketing & Communications Manager, Share Our Selves

Twenty-two of Orange County's most innovative chefs will join together in friendly competition to create the most unique and mouth-watering Wild & Crazy Tacos.

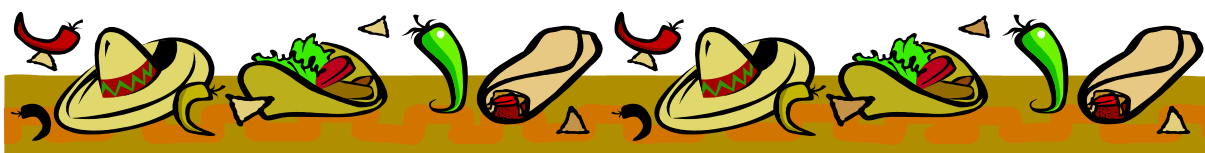
The event will take place on April 17th, from 5:30-7:30 pm, at Share Our Selves in Costa Mesa (1550 Superior Avenue). General admission tickets are \$60. New

this year is a pre-event VIP party from 4:15-5:15 pm, which will include a taco-making demonstration by two of the evening's top chefs, a tequila talk given by Future Brands representative, an exclusive gift bag, and valet parking. VIP Tickets are \$150. Join an expected 700+ supporters of Share Our Selves in

an evening of fun, friendship, and exotic tacos. To purchase tickets, contact Ashley Bennett at 949-515-5400 ext. 34 or

abennett@shareourselves.org.

Share Our Selves, one of the largest volunteer-based nonprofits, provides for the needs of those living in poverty in Orange County.



2008 California Immunization Coalition Summit: Emerging Issues and New Directions

The California Adult Immunization Coalition (CAIC) and California Coalition for Childhood Immunization (C3I) have combined forces to become one unified organization—the California Immunization Coalition (CIC). The CIC is dedicated to achieving and maintaining full immunization protection for all Californians.

Join them in Sacramento on April 28th and 29th to take part in the statewide summit.

The 2-day Summit will feature presentations and discussions on current immunization issues and practices, as well as strategic planning for the newly formed Lifespan Immunization Coalition.

Day 1 (April 28): Explore current and emerging issues in the field of immunization.

Planned topics and breakout sessions include:

- New immunization legislation
- New vaccine developments
- Adolescent/young adult vaccines
- Changing recommendations for influenza vaccination, and
- Immunization in the media.

Day 2 (April 29): Presentations and planning sessions to develop state and local strategies for improving immunization rates.

Planned topics and discussions include:

- Using multimedia for immunization messaging
- Expanding your reach through non-traditional

partners, and

- Maximizing outreach efforts with scarce resources.
- Physicians, nurses, pharmacists, administrators, educators, immunization stakeholders, advocates, and other providers from public and private sector health organizations interested in learning more about current immunization issues, strategies, and activities are invited to attend. **CIC has applied for CME credit for this event.**

Location: Doubletree Hotel
2001 Point West Way
Sacramento, CA 95815

Contact:

Phone: 916-447-7063

Fax: 916-447-7052

Email:

cmartin@communitycouncil.org

Website: <http://immunizeca.org/>

"The California Adult Immunization Coalition (CAIC) and California Coalition for Childhood Immunization (C3I) have combined to become the California Immunization Coalition (CIC)."

"Exercise protects joints by strengthening the muscles around them."

Living With Arthritis? Protect Your Joints!

Arthritis Foundation Website

Osteoarthritis (OA) is the most common form of arthritis, with nearly 27 million Americans living with it today. No longer considered just a consequence of aging, researchers now have several candidates when looking for a cause: musculoskeletal defects, genetic defects, obesity, or injury and overuse.

Here are some ways to protect your joints:

- **Maintain your ideal body weight.** The more you weigh, the more stress you are putting on your joints, especially your hips, knees, back and feet.
- **Move your body.** Exercise protects joints by strengthening the muscles around them. Strong muscles keep your joints from rubbing against one

another, wearing down cartilage. **Stand up straight.** Good posture protects the joints in your neck, back, hips and knees.

- **Use the big joints.** When lifting or carrying, use largest and strongest joints and muscles. This will help you avoid injury and strain on your smaller joints.

- **Pace yourself.** Alternate periods of heavy activity with periods of rest. Repetitive stress on joints for long periods of time can accelerate the wear and tear that causes OA.

- **Listen to your body.** If you are in pain, don't ignore it. Pain after activity or exercise can be an indication that you have overstressed your joints.

- **Don't be static.**

Changing positions regularly will decrease the stiffness in your muscles and joints.

- **Forget the weekend warrior.** Don't engage in activities for which your body isn't prepared. Start new activities slowly and safely until you know how your body will react to them. This will reduce the chance of injury.

- **Wear proper safety equipment.** Don't leave helmets and wrist pads at home. Make sure you get safety gear that is comfortable and fits appropriately.

- **Ask for help.** Don't try to do a job that is too big for you to handle. Get another pair of hands to help out.



Arthritis Walk

Arthritis Foundation Website



The Arthritis Walk is the Arthritis Foundation's annual nationwide signature event that raises funds and awareness to fight arthritis, the nation's leading cause of disability. For the past two years the Orange County Walk has been the largest Arthritis Walk in the Nation,

thanks to all of your hard work and dedication. In 2007, they had a walker average of over \$300/walker. With your help, they hope to hold onto their title for another year. The walk will be held at the Irvine Spectrum on May 18, 2008. The event features a three-mile and one-mile course, with arthritis information

and activities for the entire family. In many communities, pet owners are invited to bring their dogs along for the walk. Please [click here](#) to be directed to the Arthritis Foundation's website. Or you can contact the Orange County branch for more ways to help. (See the text box to the right.)

Orange County
Arthritis Foundation
Branch
17155 Newhope St.
Suite A
Fountain Valley, CA
92708-4232
Phone: 714-436-1623
Email:
info.sca.ocb@arthritis.org
Fax: 714-436-1625



Wandering: A Life-Threatening Problem in Confused Elders

By Cordula Dick-Muehlke, Ph.D. – Executive Director, Alzheimer's Family Services Center

Driving or walking away and becoming lost in familiar areas is a warning sign for Alzheimer's disease, the most common cause of confusion in the elderly. Across the course of the disease – which averages nine years, but can last as long as 25 – the individual loses memory and other cognitive abilities, becomes increasingly dependent on others for assistance, and may exhibit difficult-to-manage behaviors such as “wandering.”

In the early stages of Alzheimer's disease, the elder may become lost driving to a familiar place, such as the grocery store, and, in an attempt to get home, end up in a distant city. On one recent traffic stop with a confused driver who had no identification, a police officer made multiple calls starting with one lead – the business card of a realtor in the glove compartment – to eventually reunite the individual with his caregiver. As the disease progresses, and the person becomes

increasingly disoriented and confused, wandering often involves striving to find home, a favorite place, or a loved one such as an already deceased parent. In all situations with a lost, confused elder

- Approach from the front and maintain eye contact.
- Initiate conversation in a friendly manner (i.e., smile, positive greeting).
- Speak slowly; use simple words and short sentences.
- Respond to underlying feelings (e.g., if person appears fearful, reassure).
- Avoid challenging, contradicting, or correcting the person.
- Build rapport by talking about topics related to the past (e.g., World War II)
- Ask for identification in a manner consistent with the person's goal (e.g., trying to get home).

Wandering away is life threatening, leading in the worst cases to falls, fractures, other injuries, and death. In a study of 42 elders with Alzheimer's disease who had been reported missing, 46% of those lost for more than 24

hours were found dead (Koester & Stooksbury, 1995).

If you know an elder with Alzheimer's disease or another dementia in your neighborhood, you can

help by referring the family to Alzheimer's Family Services Center, (714) 593-9630, for assistance. The center specializes in the care of

persons with Alzheimer's disease or a related disorder. To help families manage the challenges of Alzheimer's disease, the center provides direct care, education, and caregiver support.

To help ensure the timely and safe return home of individuals with Alzheimer's disease who wander, Alzheimer's Family Services Center serves as an enrollment site for *MedicAlert + Safe Return*, a nationwide identification, registration, and support program of the Alzheimer's Association. *Please contact Jaime Cobb to register 714-593-9630.*



“In the early stages of Alzheimer's disease, the elder may become lost driving to a familiar place, such as the grocery store, and, in an attempt to get home, end up in a distant city.”

April 2008

April is Donate Life Month. National Donate Life Month was established in 2003. Every day in April, people



across the U.S. make a special effort to celebrate the

tremendous generosity of those who have saved lives by becoming organ, tissue, marrow, and blood donors, and to encourage more

Americans to follow their fine example. Please [click here](#) to learn

more about how you can help!

April 17-Share Our Selves' 15th Annual Wild & Crazy

Taco Night. Please see [page 3](#) of this newsletter for more information.

April 22-Earth Day



May 2008

May is National Arthritis Awareness Month. The Arthritis Walk is the Arthritis Foundation's annual nationwide event that supports public awareness and raises funds to fight

arthritis, the nation's leading cause of disability. Please see [Page 4](#) for more information.

May 11-Mother's Day



May 17-YWCA's Annual Spring Tea Benefit for Beverly's House. Please see [Page 2](#) for more information.

May 26-Memorial Day

OCHNA Has Job Openings

OCHNA is currently looking for a Staff Writer and an Office Assistant. For more information and to apply, please contact Brenda Reyes, Human Resource Specialist of PHFE, at (562) 699-3438 ext. 232



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Suite 100
Santa Ana, CA 92706
Phone: 714-547-3631
Fax: 714-547-3629
E-mail: staff@ochna.org

The Stone Soup Gazette is the Orange County Health Needs Assessment (OCHNA) Newsletter that attempts to bring all health partners together, in much the same way as the stone soup did in the folk tale. The Stone Soup Gazette provides an opportunity for members to learn about current health events happening in Orange County and to publicize their own sponsored events. If you have an article to contribute, please email us at staff@ochna.org for more information.