



Stone Soup Gazette

January/February 2009 Issue

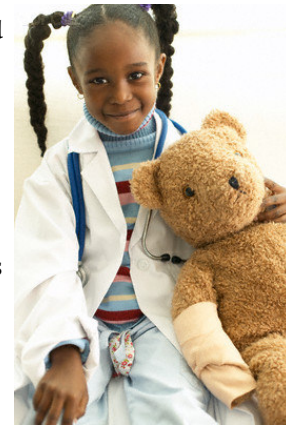
Inside this issue:

- Down Syndrome Association of OC Rolls Out Public Awareness Campaign **2**
- Low Fat Broccoli Cheese Soup **2**
- January is Cervical Health Awareness Month **3**
- The Illumination Foundation for Homeless **3**
- Fun and Healthy Activities for Valentine's Day **4**
- OCHNA's Emergency Room Report Releases **4**
- 8th Annual Bridges Fundraising Dinner Gala **5**

OCHNA's Children's Report Now Available

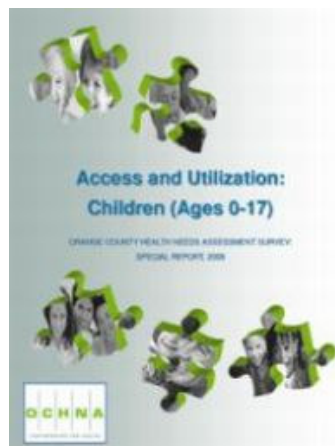
This special report provides an analysis of 2007 OCHNA survey results regarding Access to health care and Utilization of services for Children Ages 0-17 by Orange County residents. Children without health care coverage are more vulnerable and at greater risk to experience reduced access to medical services, are less likely to have a medical home and more likely to have unmet medical needs, the consequence of which means that a child may not be able to receive:

- Recommended regular developmental medical check-ups
 - Necessary immunizations
 - Regular dental care
 - Necessary treatments for known illness or chronic diseases (e.g. asthma, childhood diabetes)
 - Needed diagnostic tests, as recommended by a provider
 - Prescribed medications (such as asthma inhalers or antibiotics).
- Undiagnosed vision needs, which can impact their educational performance
 - More frequent visits to the Emergency Room; especially for unmanaged chronic conditions, such as asthma attacks
 - Go without behavior health services.



Children without access are more likely to have:

To read this and other specialized reports please [click here](#). Feel free to contact us at 714-547-3631 or staff@ochna.org if you have any questions.



Down Syndrome Association of OC Rolls Out Public Awareness Campaign

They are *more alike*. That's the message of a new public awareness campaign being rolled out by the Down Syndrome Association of Orange County. The goal will be to replace old stereotypes and misconceptions with evidence that people with Down syndrome are more like us than different. They share the same hopes and dreams, likes and dislikes; they love their families, value their friends, root for the home team, and cope with the same challenges of daily living.

While utilizing a variety of media opportunities, the campaign will also include a wide ranging scope of educational presentations, an expanded resource center, interactive web technology, and new outreach programs to

connect with schools, clinics/hospitals, libraries, and civic organizations – all designed to reach the diverse economic and cultural audiences within our community.

The television spots, which were produced by the National Down Syndrome Congress, are available in both English and Spanish and do not highlight grand slams or gold medals; rather they show a series of young adults with Down syndrome talking about sports, jobs, relationships, and the things that compose ordinary life. More alike than different – their stories clearly demonstrate lives to be valued.

“Perhaps nothing we can do as an organization will touch the number of lives, or have more impact on

those lives, than working to improve public perception and awareness,” stated Lanny Hardy, DSAOC Executive Director. “Attitudes can be difficult to change and it will take a consistent message that is reinforced over time,” he added.

For more information, to schedule a presentation, or to show your support for the campaign, contact DSAOC by calling 714-540-5794, or emailing lhardy@dsaoc.org.

The Down Syndrome Association of Orange County was founded more than 30 years ago to provide educational, social, and support programs for people with Down syndrome and currently serves more than 2,000 families in and around Orange County.



Low Fat Broccoli Cheese Soup

Serving Size: 4

Ingredients:

- 4 ounces cheddar cheese, low-fat
- 28 fluid ounces milk, fat-free
- 1/2 teaspoon Chili Powder
- 3 cups broccoli, chopped, frozen
- 1/8 teaspoon black pepper
- 4 dinner rolls whole wheat, 1 oz each
- 4 teaspoons, margarine, canola-based, trans-fat free

Preparation

- Heat cheese and milk (28 fluid ounces is 3-1/2 cups) in a 3-quart saucepan over medium-low heat, stirring occasionally, until cheese is melted.
- Stir in powder and broccoli (thawed); continue cooking until hot. Season with black pepper to taste.
- Divide among 4 serving bowls and serve each with a whole wheat roll and 1 teaspoon of

margarine (if desired).

Nutrition Information

Amount Per Serving:

Calories: 260
 Calories from fat: 70
 Total fat: 8g
 Saturated fat: 2.5g
 Cholesterol: 10mg
 Sodium: 460mg
 Total Carbohydrate: 31g
 Dietary Fiber: 6g
 Sugars: 15g
 Protein: 20g
 Vitamin A: 40%
 Vitamin C: 110%
 Calcium: 50%
 Iron: 10%



January is Cervical Health Awareness Month

The American Cancer Society estimates that in 2008, about 11,070 cases of invasive cervical cancer will be diagnosed, and about 3,870 women will die from cervical cancer in the United States. The cervical cancer death rate declined by 74% between 1955 and 1992. The main reason for this change is the increased use of the Pap test. This screening

procedure can find changes in the cervix before cancer develops. It can also find early cervical cancer in its most curable stage.

Cervical cancer tends to occur in midlife. Most cases are found in women younger than 50. It rarely develops in women younger than 20. Many older women do not realize that the risk of

developing cervical cancer is still present as they age. Almost 20% of women with cervical cancer are diagnosed when they are over the age of 65. For more information please [click here](#) to be directed to The American Cancer Society website for more information.



The Illumination Foundation for Homeless

Adapted from the Orange County Register, by Yvette Cabrera

The Illumination Foundation is a new nonprofit organization working to take families off of the street and give them a stable environment to heal. Since last July, families have been living in motel rooms and provided full wrap around services through a case manager. Children are going to school, many for the first time in years. Parents are getting good jobs and are becoming healthy. Simply put, lives are being changed.

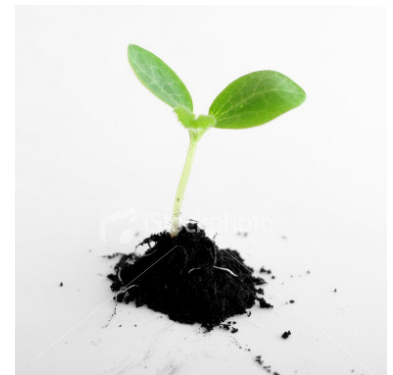
Scott Smith, of Kaiser Permanente, which provides physician residents to staff the Illumination Foundation's mobile unit teams, was so

impressed with the pilot program, that last month he joined the nonprofit's board of directors.

"This is a great solution to what's going to be, I'm afraid, a growing problem in the county as we see half a million unemployed (nationwide) just last month...", says Smith, Kaiser's assistant director of public affairs. "The Illumination Foundation's solution is working with motels that are going to most likely house these folks anyway, and working to provide a safe haven to help these families get back on their feet, to get a job and move out."

Already, the nonprofit's research is showing that

the program's families are relying less on hospital emergency rooms for medical care: Data for 33 of its families show that ER visits dropped from 48 visits in August to 14 visits in November. Those trips to the ER cost between \$380 to \$3,678 per visit, says Leon, noting that prior to joining the program one family alone went to hospital emergency rooms 14 times in one month. For more information please [click here](#) to be taken directly to the Illumination Foundation For Homeless.



Fun and Healthy Activities for Valentine's Day

This Valentine's Day instead of giving a box of chocolates or going out for a romantic unhealthy Italian dinner, how about trying one of these healthier ideas.

- Take a hike. You can watch a beautiful sunset on a beach trail or bird watch in a park setting. Please [click here](#) to be taken to the local hikes website. Simply search by zip code.
- Prepare a healthy dinner. During these hard times it is easy to think you can't do anything special. However, sometimes it

is a nice switch to cater to your loved one then wine and dine them. Please [click here](#) to be taken to a website that gives you great ideas for a healthy, romantic dinner.

- Get a couples massage. The basic goal of massage therapy is to help the body heal itself and promote health and well being. Please [click here](#) to be taken to Skin Deep's website. It is a spa located in Huntington Beach.
- If you love the environment and want connect with your loved

one, planting a tree would be a fun way to celebrate Valentine's day. Then every year you are together you can go back to the tree and see how much it has grown, as well as your relationship.

- For families with children, host a Valentine's day party. Invite other couples with children, or some of your single friends. Fun activities for you kids can be making colorful invitations and decorations.



OCHNA's Emergency Room Report Released

During this past holiday season, OCHNA released our newest report titled [Orange County Hospital Emergency Rooms, Who Uses Them and Why](#). During our 2007 survey we found 15% of Orange County (OC) adults surveyed at least one emergency room (ER) visit. OCHNA also found the top 4 reasons given by adult respondents for choosing the ER for Care was:

- Fastest way to get care (42.6%).
- Need services after hours/ no other place open (19.8%).
- Referred by their doctor (11.1%).
- Did not have healthcare

coverage (6.4%). Of the 6.4% who went to the ER specifically because they lacked healthcare coverage:

- Almost 80% of adults had annual household incomes between \$25,000 and \$49,000.
- 73% were unemployed.

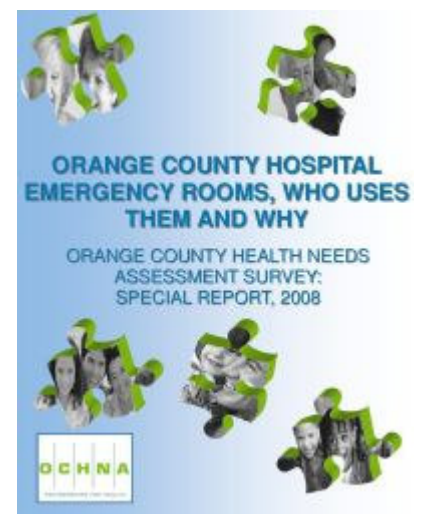
OCHNA also reported on children ages 0-17 emergency room usage. Survey Responses reflected that 20.5% of OC children were taken to the ER at least once in 2007:

- 75.3% had a medical home.
- Males were slightly more likely to report having gone to visit

the ER than females.

- Children aged 0-5 had the highest reported rates of ER visits.
- 16.3% of children had government sponsored healthcare coverage.
- 3.2% of responding parents were unemployed
- Only 2% of respondents indicated their child lacked healthcare coverage.

For more information about Orange County Hospital Emergency Rooms, please feel free to contact us at 714-547-3631 or you can view the entire report on our website at www.ochna.org.



8th Annual BRIDGES fundraising Dinner Gala

The Coalition of Orange County Community Clinics (The Coalition) is hosting its 8th Annual BRIDGES fundraising dinner gala on **January 29th, 2009** at the Anaheim Marriott Hotel from 7:00 to 11:00 PM. The theme for the event is “Dancing with OC Stars” with “OC stars” being healthcare providers and patients. A successful event will help the Coalition and its 18 health center members remain the county’s affordable option for healthcare.

“We know many recognize the importance of preserving the healthcare safety net in our county,” says Coalition CEO Isabel Becerra. “After all, our health center members make up the backbone of our local safety net. And an increasing number of people are starting to get introduced to us for the first time because of the economic downturn. This event is the one and only event we have to celebrate the work our health centers do in helping our patients.”

While the purpose will be

to raise money for the local safety net, the Coalition has not spared any effort to ensure a fun night. There will be dancers and singers, and entertainers – maybe even celebrities – scheduled to perform to a packed room. There’s a buzz about 2009 BRIDGES because of the cache of once-in-a-lifetime auction and raffle items that will be available. A pair of boxing gloves signed by Muhammad Ali. A signed basketball by Kobe Bryant. Hand-painted football by Joe Montana and Jerry Rice. And a 2-day, 3-night resort vacation to a tropical destination. – Gifts that are perfect for the upcoming Valentine’s Day!

“In this most challenging of times we must continue to represent the hope that a healthy, vibrant community can always create a better future,” says Karen McGLinn, Board Chair of the Coalition. “2009 BRIDGES is one of encouragement, celebration, and recognition for the everyday work that

assures a healthcare safety net of strength and excellence.”

The Coalition is a consortium of 18 non-profit clinic organizations that make-up the healthcare safety net for Orange County (OC). With 44 health center sites, the Coalition provides healthcare for underserved, working poor residents of the county. Formed in 1974, the Coalition’s mission remains to build and strengthen OC’s healthcare safety net. OC is one of the largest U.S. counties without a primary care public health system or a county-owned hospital system. As such, the Coalition is the only viable option for the estimated 610,000 under/uninsured residents of OC. And this number grows each year.

To find out more about **BRIDGES 2009**

“**Dancing with the OC Stars**”, please call Erin Gardner at (949) 486-0458 **x235. RSVP deadline is Friday, January 23.**



www.ochna.org

OCHNA

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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.



Putting Information Into Action
for a Healthier Tomorrow

January / February 2009 Calendar

January is Cervical Cancer Awareness Month. Please [click here](#) to read more.

January 1st—Happy New Year!!

January 19th—Happy Birthday Martin Luther King Jr.

January 29th—The Coalition of Orange County Community Clinics (The



Coalition) is hosting its 8th Annual BRIDGES fundraising dinner gala. Please [click here](#) to read more.



February 14—Happy Valentine's Day.