

OCHNA would like to dedicate this edition of the Stone Soup Gazette to our friend Felix Anton Schwarz, January 1, 1931– July 4, 2011.

Celebrating the Life of Felix Schwarz, M.A., M.P.H



OCHNA is deeply saddened to announce the passing away of our dear friend and colleague, Felix Anton Schwarz. Mr. Schwarz passed away on July 4, 2011, leaving behind a rich and impressive legacy.

Mr. Schwarz was truly a devoted public servant, dedicating over 50 years of work to his community in various ways. Whether starting out working on the Distant Early Warning line in Alaska and assisting the Inuit families with their health needs, serving as Director of the Department of Health Education and Scientific Programs, teaching psychology at California State University, San Francisco (while earning two Master’s degrees at U.C. Berkeley), developing the Orange County Allied Behavioral Care Plan, to ending as the Executive Director of the Health Care Council of Orange County, Mr. Schwarz never ceased to educate his community.

He dedicated the last 20 years of his career to promoting affordability and access to improved health care for all Orange County residents. He emanated a strong voice and presence in our health community, and he continued to do so into his 80th year.

Through the Health Care Council of Orange County, Mr. Schwarz exerted an influence on the public, healthcare professionals, and policy makers to support our county’s healthcare services.

OCHNA is particularly honored to have had Mr. Schwarz as a member of our Steering Committee, where he served for the past 14 years. He was a valuable and trusted member to our committee, and we appreciate his contributions, support, and guidance to our organization.

We extend our sincere condolences to his family and the Health Care Council of Orange County.

Let us honor and celebrate the life of Felix Schwarz through continuing to work for, and serve, the children, families, and elderly of Orange County. We will miss you, Felix!

We would like to thank the Health Care Council of Orange County for providing us with Mr. Schwarz’s curriculum vitae. If you would like to read more about Mr. Schwarz’s achievements, please contact OCHNA.

Inside this issue:

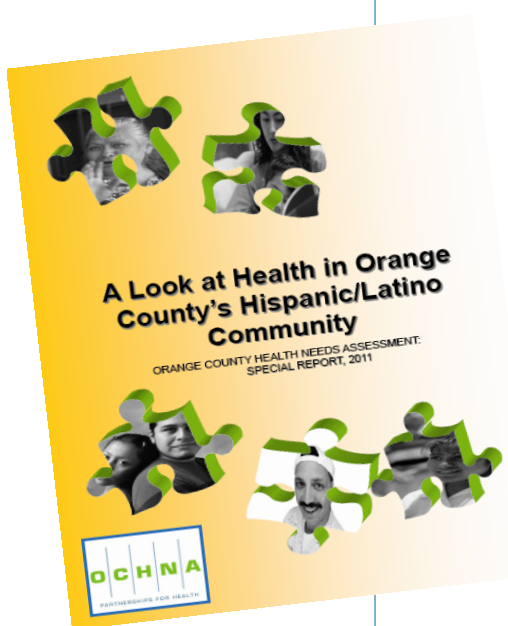
OCHNA NEWS	2
PARTICIPATE IN HELPING OUR COMMUNITY	3
ARTHRITIS IS UNACCEPTABLE INNOVATIVE NON-PROFIT LAUNCHES SOCIAL ENTERPRISE IN SANTA ANA	4
SUMMER SUN SAFETY TIPS PREVENTION AND EARLY DETECTION OF SKIN CANCER	5
LEARN THE LATEST IN ALZHEIMER’S RESEARCH BREAKFASTS TO JUMPSTART YOUR BRAIN	6

OCHNA News

OCHNA Says Goodbye to Two Excellent Staff Members

This past month, OCHNA has experienced many changes. Perhaps the biggest change is the departure of two of our excellent staff members, Priya Thaker (Program Coordinator) and Bonnie Bui (Research Coordinator). Both are moving forward to pursue higher education—Priya will be working to obtain her Master's Degree in Public Health at the University of California, Los Angeles, and Bonnie will be working towards her Ph.D. at the University of California, Irvine. While we are proud and thrilled for their success, we will surely miss these two very talented individuals. We wish them luck in their educational endeavors!

The Release of a New Report!



In June of 2011, OCHNA successfully completed a major report entitled ***A Look at Health in Orange County's Hispanic/Latino Community***. This latest report explores the health needs and disparities that persist in our Orange County Hispanic/Latino population. As Orange County is home to a large Hispanic/Latino population, it is essential to understand the culture and factors that influence the health of this influential and vibrant group.

This report not only breaks down the health status and distribution of Hispanics/Latinos, but also includes conducted interviews with health practitioners and leaders serving this community. Through the interviews, we were able to learn more about the culture of this population, as well as narrow our knowledge gaps on the population.

We anticipate to formally release this report in August. With its release, we hope that this report will serve as a valuable resource for health providers in the Hispanic/Latino community and Orange County as a whole.

Congratulations!

OCHNA would like to congratulate the following organizations for being honored by CalOptima for their independent efforts to make OC a healthier place to live. Each organization received a 2011 Safety Net Award in the amount of \$25K.

- **Council on Aging Orange County** is recognized for providing a comprehensive range of services to promote independence, health, and dignity for older adults and people with disabilities.
- **Illumination Foundation** is recognized for its inclusive program model, which bridges gaps for the homeless by combining social services, housing, medical care, and behavioral health.
- **Korean Community Services** is recognized for launching a volunteer-run health center and providing support services to address unmet health care needs of low-income and uninsured Korean Americans.
- **Providence Speech and Hearing Center** is recognized for being a safety net provider for low-income children with speech, language, and hearing impairments, and for finding innovative ways to continue therapies despite significant funding cuts.

Participate in Helping Our Community!

Everyday people are donating their time and energy into improving the lives of others. You, too, can take part in helping our community, from participating in charity events, to volunteering your time or donating to local non-profit organizations. Here are a couple examples and ideas for kids and adults to get involved!

- Drop off canned foods at the [Second Harvest Food Bank](#) of Orange County.
- Help [Clothing the Homeless](#) distribute clothes to the homeless at various churches.



On June 30th, Miracles for Kids launched its first Miracles Surf & Paddle Summer Camp at beaches in Dana Point and Huntington Beach. The purpose of this program is for children with life-threatening illnesses at CHOC to experience surfing and the fun environment outside of the hospital. The event, which runs from June 30th-Aug 25th, was put together by Tom Swanecamp, board member of Tustin-based Miracles for Kids and president of Irvine-based Redrock Security & Cabling Inc. Volunteers include San Juan Capistrano-based Hobie Designs and Irvine-based Billabong USA, all coming together to give one-on-one surfing lessons to the kids.

- Sign up at [StudentMentor.org](#) to be a mentor for up-and-coming college students.
- Sign up with the [Jewish Federation and Family Services](#), Orange County to become a reading partner to children with below average reading level.
- Volunteer at an [Orange County public library](#).

The National Big Brother of the Year was awarded to Mike Trueblood, director of California State University, Fullerton's Mihaylo College's Family Business Council, at its national Bigs of the Year Awards in Dallas. Trueblood has been involved with Big Brothers Big Sisters for 30 years and has been a mentor to his current little brother, Joseph, for 4 years.



Special Days and Upcoming Events For August

August 1: Islamic Ramadan

August 1-7: World Breastfeeding Week

August 1-31: National Immunization Awareness Month

August 9: [Health Disparities Training](#), hosted by OC Healthcare Agency

August 10: Susan G. Komen Learn and Lunch, please contact Ambrocia Lopez at lopez@komenoc.org for more information.

August 11: [Making Sense of Medicare](#), Q&A Session by United Healthcare and National Council on Aging

August 12: Newport Bay Surgery Center Free Community Open House and Health Fair, please call 949-645-6272 for more information.

August 14: Last Day of OC Fair

August 16: [Quit Smoking Class](#), hosted by St. Joseph Hospital of Orange

August 20: [Senior & Caregiver Expo](#), hosted by Supervisor Janet Nguyen and the Office of Aging

August 26: Women's Equality Day

Arthritis is Unacceptable

Article submitted by Isela Monterrosas, Sr. Program Director of Arthritis Foundation, Pacific Region, Orange County Office

There is a misconception that arthritis is a minor disease you learn to live with. This is not so for the 50 million people who have arthritis, who give up their dreams, mobility, health, and quality of life.

Arthritis is a complex family of musculoskeletal disorders with many causes, yet no cures. It consists of more than 100 different diseases or conditions that destroy joints, bones, muscles, cartilage, and other connective tissue.

Arthritis affects everyone differently and can assault any joint in the body. Some forms can harm multiple internal organs. Common symptoms include chronic pain, fatigue, aching,

stiffness, and swelling in or around joints.

Arthritis is just as serious – and attention-worthy – as cancer, diabetes, heart disease, and other chronic illnesses. More than half of people with diabetes or heart disease also have arthritis, and the combination can be deadly.

While arthritis is a serious disease, its symptoms can be improved or even prevented through exercise, weight loss, physical therapy, medications, and other interventions, such as joint replacement.

Take action against arthritis:

- Find out which type of arthritis you may have. An

early diagnosis and treatment can make a big difference.

- Learn more about arthritis at www.arthritis.org.
- **Moving is the best medicine**, so keep moving. Also, lose weight: every pound lost is four pounds less pressure on each knee. www.fightarthritispain.org.
- Join a local Arthritis Foundation program and learn the best ways to improve your pain. www.arthritis.org/programs.

To contact your local Arthritis Foundation office, call 949-585-0201 or email info.sca.ocb@arthritis.org.

ARTHRITIS STRIKES ONE IN FIVE ADULTS AND 300,000 CHILDREN, AND IT IS THE NATION'S LEADING CAUSE OF DISABILITY.

Upcoming Arthritis Foundation sponsored summer programs near you:

Camp Esperanza: Medically-supervised camp for children with arthritis and related diseases; August 21-26, 2011; Big Bear, CA
To apply, please contact: Jennifer Ziegler at jziegler@arthritis.org

Young Adult Symposium
Saturday, October 22, 2011; Long Beach Renaissance
Registration opens August 1st
Go to www.arthritisinprimetime.org or [visit us on Facebook](#).

Innovative Non-Profit Launches Social Enterprise in Santa Ana

Article submitted by Cecilia Chavez, Program Director of WISE Silver Center

WISEPlace, a non-profit organization in Santa Ana that provides shelter and assistance for homeless women in need, is pleased to announce the opening of the WISE Silver Center at 1411 N. Broadway in Santa Ana.

WISEPlace Silver Center provides an adult day care program which enhances the quality of life for seniors who have limited access to social interaction and enrichment programs. The Center offers non-medical care for seniors ages 60

and over who need special attention. The center also offers peer interaction and stimulating and engaging activities that will help increase the vitality of its participants. According to WISEPlace Executive Director, Kathleen Bowman, the adult day care concept also benefits current residents of WISEPlace with training opportunities.

The center hours are Monday-Friday, from 7:30am to 5:30 pm.

[Visit Our Website!](#)



Seniors 60+ are invited to "Wise Wednesday" (free) at the Wise Silver Center. Please contact Director Cecilia Chavez at cchavez@wisesilvercenter.org or call 714-542-3577 ext. 15 for information.



Summer Sun Safety Tips

Project Sun Safe

Summer is here, which means many of us will spend more time outdoors with increased exposure to the sun's ultraviolet rays. With approximately 65 to 90 percent of melanomas caused by exposure to ultraviolet light, it's important that we know how to protect our skin from the sun's harmful rays.

Find out what you need to know to protect your skin from [Hoag's Project Sun Safe](#), a community education program for all ages focused on sun safety and reducing the risk for skin cancer. By following these simple steps, you can enjoy your time in the *sun* and *protect yourself* from overexposure.

- Apply sunscreen with a minimum of SPF 30 thirty minutes before going out and wait a few minutes before putting on clothes to avoid the clothes soaking up the sunscreen.
- Apply to all exposed surfaces, including tops of ears, lips, scalps, noses, and bony surfaces.
- It takes one oz. of sunscreen to fully protect the average body from head to toe.
- Apply sunscreen even when you're in the shade, the rays can reflect off of other surfaces and reach you.
- Be aware that surfaces such as sand, water, concrete, and snow reflect up to 85% of damaging UV rays, 80% can pass through cloud cover, haze, and fog.
- Don't forget to reapply sunscreen every two hours or more, especially if you're surfing or swimming.

Sun Safety: Prevention and Early Detection of Skin Cancer

By **Marsha Fink, M.D.**, medical oncologist at [Orange Coast Memorial Medical Center](#). For a referral to Dr. Fink or any Orange Coast Memorial physician, please call 1-800-MEMORIAL

What Everyone Should Know about Skin Cancer

Skin cancer is the most common of all cancers, affecting an estimated one million people each year. The most serious of the skin cancer types is called Melanoma. Of the more than one million Americans who are diagnosed with skin cancer each year, about 60,000 of them will be diagnosed with Melanoma.

- Those with close blood relatives who have had melanoma or those who have previously had it themselves.
- People with fair skin that burns and freckles easily, as well as those with naturally blond or red hair.
- People who live in places with intense, year-round sunshine.
- Older people have a greater risk of developing melanoma.

the borders of a melanoma may be uneven or notched.

- **Color**—Melanomas have several colors or an irregular pattern of colors. Sometimes they are almost colorless.
- **Diameter**—Regular moles are generally less than one-quarter of an inch across. Melanomas may be one-eighth to one quarter of an inch across but are often larger.

Who is Most Likely to be Diagnosed with Melanoma?

No one is entirely risk-free from getting melanoma.

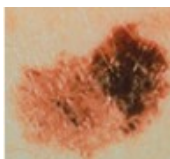
- People with a significant amount of moles, irregular moles, or large moles.

The simple ABCD rule for Melanoma Warning Signs:

- **Asymmetry**—one half of the spot does not match the other half.
- **Border irregularity**—unlike normal moles that are round or oval in shape,

Examining yourself in the mirror once a month can help you familiarize yourself with your skin, making it easier to detect even the smallest of changes as early as possible. If you have many freckles or moles and a history of sun exposure, schedule an examination with a medical professional, specifically a dermatologist.

A



B



C



D



Other News...

Advances in Early Detection: Learn THE Latest in Alzheimer's Research

-Article submitted by Mallory Gompert, Alzheimer's Association

More than 5,000 scientists from around the world gathered in Paris to report the latest advances in Alzheimer's research at the 2011 Alzheimer's Association International Conference. Scientists presented and discussed recently completed Alzheimer's studies and trials for the health epidemic of the 21st century – Alzheimer's disease and other dementias.

Research from studies presented at the conference established an important goal -- preventing damage and loss of brain cells by intervening early in the disease process, even before outward symptoms are evident because by then, it may be too late to effectively treat the disease.

To learn more about these research findings - [visit alz.org/ICAD](http://www.alz.org/ICAD). Highlights of the conference will also be shared locally on August 4, from 5pm - 7:30pm by Jim McAleer, President/CEO of Alzheimer's Association at the Orange County offices. RSVP for this free event at 949.757.3703.

For more information about Alzheimer's disease, prevention, detection and available resources, call the Alzheimer's Association at their 24/7 Helpline 1.800.272.3900 or visit www.alz.org.



Breakfasts That Jumpstart Your Brain

Despite the numerous recommendations and studies that reveal breakfast to be the most crucial meal of the day, many of us still routinely skip it. A healthy breakfast has multiple positive effects, among those include improved nutrition, better weight management, better mood, decreased risk of chronic preventable diseases, and improved cognitive function. [Prevention.com](http://www.Prevention.com) has prepared a list of breakfasts that keep brain cells healthy, reduce age-related cognitive decline, and keep the body energized for the day.

- Cereal with peaches and milk has vitamin E, healthy fats, fiber, and antioxidants.
- Egg sandwich, cooked with olive oil and vegetables, is a great source of antioxidants and proteins.
- Breakfast quesadilla (feta cheese and salsa in an egg wrap) has proteins and fiber.
- Homemade muesli, with added raisins and almonds, is a great source of brain-boosting flavonoids and vitamin E.
- Yogurt parfait, topped with walnuts, berries, and granola will provide a good source of omega-3s, antioxidants, and a steady source of energy.



For more helpful tips for a healthy breakfast, please visit [Prevention](http://www.Prevention.com), and for references on the effects of a healthy breakfast, you can click on [LIVESTRONG](http://www.LIVESTRONG.com).

OCHNA—Putting Information Into Action for a Healthier Tomorrow

We would love to hear from you! Please Contact:
 Pamela Austin, MSW, CSGD, CEO
 12447 Lewis Street Ste. 205
 Garden Grove, CA 92840
 Phone: (714) 703-0250; Fax: (714) 703-0049
 Email: staff@ochna.org
 Website: www.ochna.org

