



Stone Soup Gazette

May / June 2006

Special points of interest:

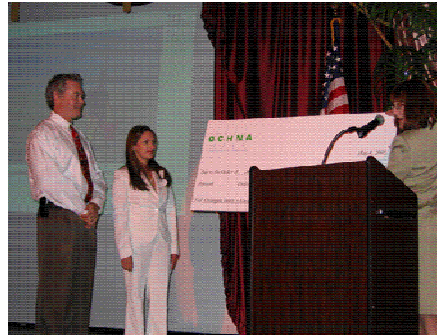
- ◆ Cover the Uninsured Week is here!
- ◆ Guest article from UCI [page 2](#)—Medication Misadventures Cause Problems for Seniors and Their Loved Ones.
- ◆ OCHNA has job openings! [Page 4](#)
- ◆ Calendar of Events

Inside this issue:

- Avoiding Medication Misadventures **2**
- Second Harvest Food Bank **2**
- Are Baby Boomers Too Active? **3**
- The Early Literacy Network **3**
- OCHNA Job Openings **4**
- Calendar of Events **5**
- OCHNA Board and Steering Committee Info **6**

CoverTheUninsuredWeek May 1-7, 2006

“Today, nearly 46 million Americans have no health insurance, including more than 8 million children.” From May 1st through the 7th, 2006, individuals and organizations will come together to tell our leaders that health care coverage for all Americans must be their top priority. You can help by telling [Congress](#) the same thing.



OCHNA raised \$12,000 which was presented to the Uninsured Angels Project on May 4, 2005 at the OCHNA Spring Data Report Debut.

Cover the Uninsured Week is a national effort coordinated to create awareness and inspire action about the uninsured population. In

Orange County alone, 10.4% of adults and 4.8% of children do not have any type of health insurance. Source: [OCHNA, 2004](#).

Cover the Uninsured Week will include press conferences, business summits, health and enrollment fairs, small business seminars, campus seminars and interfaith activities. [Click here](#) to learn more about these meetings and activities.

Or [click here](#) to order your own Cover the Uninsured materials for free!

Cover the Uninsured Week is an initiative managed by the [Robert Wood Johnson Foundation](#) and 18 of the country's most influential organizations.

“What is Santa Ana?”

By Lilia Lamas, Fund Development Associate, Latino Health Access

Throughout the month of May, Latino Health Access' Children's Initiative will hold workshops where child participants can meet local artists and receive brief art lessons for a project titled, “What is Santa Ana?” The children will then undertake a hands-on art project where they will define what Santa Ana means to them in a small painting. This project will help the children explore and express the images they have of their community through art. The artists will also produce paintings on the same theme to



create a complimentary body of work.

On Thursday, June 8th, Latino Health Access will gather the works created by the children and artists for a one-day exhibition and auction to be held on at the [Sol Art Gallery Café](#) in Santa Ana. Funds raised at the auction will benefit LHA's Children and Youth Initiative, a school and community-based health intervention for children and youth living in high-risk environments. To join the project, attend the Gallery Exhibit and Auction on June 8, or find out more about Latino Health Access, please contact Lilia Lamas at 714-542-7792 or email: llamas@latinohealthaccess.org.

OCHNA Wants Your Feedback!
A letter from the editor.

OCHNA's bi-monthly newsletter, *The Stone Soup Gazette*, spotlights events, activities, and articles from our community. We welcome submissions from all readers and members of the community. If you are interested in contributing, please contact me at aaustin@ochna.org.

In addition to articles and events, we'd like to hear from you about anything you'd like to see more of and we welcome your comments.

-Ashley Kolstad



Medication Misadventures Cause Problems for Seniors and Their Loved Ones

By Cynthia Anderson, M.Ed., CHES, Community Relations Manager, UCI Medical Center

April 26, 2006—Medication misuse is one of the most problematic areas of senior care to control. Incidents of problems associated with poor medication

management are increasing, due in part to the high cost of prescription drugs. In an effort to save money, seniors on fixed incomes sometimes take half of the prescribed dosage or decide to not take any of their medications at all.

Monitoring seniors' medication routines can be challenging for caretakers and loved ones, especially those who live far away. Often, the discovery that a senior is misusing their medications comes after medical problems arise, which can be very dangerous, resulting in discomfort, sickness and sometimes, even death.

“One in five seniors takes medication that is inappropriate when there are better, safer alternatives,” says Bradley Williams, UCI Medical Center geriatric pharmacist, who offers seniors individual consultations to address prescription medication problems. “I’ve worked with patients who have taken medication that causes adverse effects, is prone to negative drug interactions or

is ineffective,” says Williams. He also cautions that medication problems are more likely to occur when seniors are seen by multiple physicians who don’t communicate with each other on a regular basis.

Signs of medication errors and misuse can include dizziness, loss of appetite, nausea, difficulty in concentrating and balance problems. Some of the most common and dangerous incidents happen when heart, blood pressure and pain prescriptions are not used properly.

You can avoid medication misadventures by locating a senior-care pharmacist in your area via www.seniorcarepharmacist.com or calling Dr. Williams of UCI’s SeniorHealth Center at 714-456-7007.

Medication Management Key Points

- ◆ Prepare for your doctor’s visit by writing down any questions or concerns ahead of time.
- ◆ Always tell your doctor about any medication you are taking
- ◆ Be honest and let your doctor know if you are experiencing any unusual symptoms.
- ◆ Know what your doctor is saying. Don’t leave the doctor’s office without a clear understanding of your condition, treatment plan, follow-up appointments or other care you may require.
- ◆ Don’t be afraid to ask your doctor to repeat information or write it down for you.
- ◆ Be careful when purchasing prescriptions online and don’t take them until you’ve consulted with a doctor.
- ◆ Prepare for your doctor’s visit by writing down any questions and or concerns ahead of time.
- ◆ Always tell your doctor about all drugs you are taking
- ◆ Be honest and let your doctor know if you are experiencing any unusual symptoms.
- ◆ Know what your doctor is saying. Don’t leave the doctor’s office without a clear understanding of your condition, treatment plan, follow-up appointments or other care you may require.
- ◆ Don’t be afraid to ask your doctor to repeat information or to write it down for you. You may want to bring a trusted family member or friend with you to the visit to help ensure you leave with a clear understanding.
- ◆ Be careful when purchasing prescriptions online. Seniors who have complex medical conditions or drug regimens benefit from speaking to a live person. If you have purchased medications over the Internet, do not take them until you have consulted with your doctor.

Second Harvest Food Bank



[The Second Harvest Food Bank of Orange County](http://www.secondharvest.org) is dedicated to alleviating hunger, developing programs to increase awareness of the hunger problem and providing an opportunity for volunteerism and community involvement. Please take a look at the following events for ways you can help.

May 13, 2006, “ Stamp Out Hunger”/ National Association of Letter Carriers

Food Drive. In its fourteenth year, this largest food drive in the nation helps the Food Bank stay well stocked during the summer months when donations of food are usually at their lowest. Mail carriers around the county participate by picking up non-perishable food, which residents leave by their mailboxes.

June 6, 2006, National Hunger Awareness Day, “Get Your Hands Dirty for Hunger”

at Second Harvest’s “Incredible Edible Park.” Join Second Harvest for a day in the fields as volunteers roll up their sleeves and pick fresh produce for our neighbors in need. Orange County dignitaries and Food Bank agencies will participate along with the general public. For reservations, please call the Food Bank at 714-771-1343 or email Second Harvest at info@feedoc.org.

Are Baby Boomers Too Active?

-By Ashley Kolstad, adapted from [The New York Times](#) and [The Orange County Register](#).

Even though senior centers are still thought of as quiet places for seniors to play bridge and relax, that impression is quickly changing. Now they are used for high energy fitness classes such as kick boxing, tennis, and jazzercise. The baby boomer generation is a highly motivated, active group of people which means they are now filling our emergency rooms faster than ever due to too much exercise. These patients are being seen for everything including knee and hip replacements, surgery for cartilage and ligament damage, and treatment for tendonitis, arthritis, bursitis and stress fractures



"Boomers are the first generation

that grew up exercising, and the first that expects, indeed demands, that they be able to exercise into their 70's," said Dr. Nicholas A. DiNubile, a Philadelphia-area orthopedic surgeon, who coined and trademarked the term "boomeritis."

Because the baby boomer population is so active and their bodies aren't what they used to be, surgeries such as hip replacements have become routine.

It was rare 15 years ago for doctors to perform complex reconstruction of the knee's anterior cruciate ligament in patients older than 50; now it is commonplace. The same is true for surgical repairs to the shoulder's rotator cuff and operations to mend

intricate ankle and elbow ailments. Elaborate knee and hip replacements have become routine. Williams said about half his sports-medicine practice is made up of baby boomers.

"But it is also true that I have people coming in who have already seen 10 doctors, had eight M.R.I.'s and want a third rotator cuff surgery so they can serve during their regular weekend tennis games," Williams said. "And then, the answer is, 'No, you are done.'"

"Many boomers are young at heart and don't necessarily feel they need programs for seniors," says Karen Roper, director of the county's Office on Aging. "They don't consider themselves seniors. They want programs that are more progressive."

Baby Boomers are now filling our emergency rooms faster than ever, due to too much exercise.

The Early Literacy Network

The Early Literacy Network was created to promote awareness of early literacy needs and to expand access to training and professional development resources that will promote pre-reading skills in children birth to five, and is supported by the [Children and Families Commission of Orange County](#). In the [Early Literacy Network Newsletter](#) you will find:

- ◆ Tips from [The Read-Aloud Handbook](#).
- ◆ The nursery rhyme *Baa, Baa,*

Black Sheep in English and Spanish. Nursery rhymes are great for beginning readers.

- ◆ Information about HABLA: Home-based Activities Building Language Acquisition.
- ◆ Quizzes and more!

This program is made possible by the people who are kind enough to volunteer their time, toys and books to needy families in Orange County.



These simple items will help teach techniques that will increase the language skills of the children.

To find out how you can help donate

your time, please contact Kevin Truong at

Kevin.truong@ocgov.com or Elisa Jakaboski at

Elisa.jakaboski@ocgov.com.



OCHNA has Job Openings



OCHNA is looking for a Research Analyst!

The qualifications and responsibilities are as follows:

- ◆ **Responsibilities:** Work independently to plan, organize and design RDD household surveys and analyze the results; act in a lead capacity with research contractors or other staff from collaborating partner agencies; and to do other work as required.
- ◆ **Qualifications:** The ideal candidate will have demonstrated experience in statistical analysis in Public Health, Health Care or Social Research or related disciplines, database management skills; broad research experience including work with large data sets; survey design and conduct, exceptional communication skills, both written and verbal; demonstrated experience dealing with both non-research types and those with more advanced research knowledge, candidate must possess an expert working knowledge of SPSS 13 (Statistical Package for Social Sciences), able to make tables and graphs and export to Excel. Ability to write syntax in SPSS desired, thorough Knowledge of Principles and methods of survey design, including sampling, weighting, significance testing and the testing of hypotheses; methods of organizing statistical information into reports, tabulations, charts and graphs, knowledge of, and direct experience with, the application of principles and methods of descriptive and inferential statistics, including probability theory, sampling techniques, statistical correlation, frequency distribution, reliability and validity criteria and regression analysis.
- ◆ **Ability** to think about the data and to question results; common sense and practical approach to independent problem solving required; independently plan and organize research activity to meet specific needs of a client, consultants, partners or community based organizations; speak and write clearly, concisely and logically; use tact and persuasion in eliciting information and explaining and advocating research objectives and methods; establish and maintain cooperative relationships with colleagues and client staff; initiate, plan and complete work assignments with minimal supervision. Be able to communicate findings in written and oral form to a variety of audiences, including research partners, internal staff, management, community representatives, and lay public.
- ◆ Full Time, salaried, \$50,000-\$70,000 DOE **Benefits:** Full benefits and 403b plan. **Sponsorship and Relocation Funds not available.**
- ◆ **Interested** candidates are asked to submit a resume and 2-3 writing samples demonstrating experience, knowledge and abilities to staff@ochna.org.

OCHNA is looking for a Staff Writer!

The qualifications and responsibilities are as follows:

- ◆ **Responsibilities:** Survey reports on specific topics (examples: children 0-5 years of age; obesity; 65 and over), community presentations, specialized health and social welfare reports, PowerPoint presentations, web page content development and updates, community e-newsletter (*Stone Soup Gazette*) (6 issues per year), marketing materials for local, regional, national newspapers and media outlets, applications for grant funding, program evaluation reports, other written materials as needed.
- ◆ **Qualifications:** Clear, grammatically correct writing, and an ability to match the style and content to audiences of differing backgrounds, able to independently complete work assignments on time, with short deadlines and minimal supervision; . BA in English or relevant field.
- ◆ Full-time, hourly \$14.00 to \$16.75 DOE **Benefits:** Full benefits and 403b plan.
- ◆ **Interested** candidates are asked to submit a resume and 2-3 writing samples demonstrating experience, knowledge and abilities to staff@ochna.org.



MAY 2006

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1	2	3	4	5	6
CoverTheUninsuredWeek May 1-7, 2006						
7	8	9	10	11	12	13 Second Harvest's "Stamp Out Hunger"
14	15 Free Car Seat Check up	16 	17 National Woman's Health Week	18	19	20
21 6th Annual Los Angeles River Ride	22	23	24	25	26	27 
28 Saddleback 5 k marathon.	29	30	31			

May Schedule of Events

- May 1-7—Cover the Uninsured Week. Designed to create awareness and develop solutions about the uninsured population. For more information please [click here](#) or take a look at the [first page](#) of this newsletter!
- May 13—Second Harvest's "Stamp Out Hunger" - Help Second Harvest stock up on food for the summer months when food donations are at their lowest. For more information please see [page 2](#) of this newsletter.
- May 14-20—National Woman's Health Week- National Women's Check-Up Day is on Monday, May 15, 2006. Community health centers, hospitals, and other health care providers across America will participate in this event by offering preventive health screenings to women. Please [click here](#) for more information.
- May 15—Free Car Seat Check up—10:00am-3:00pm, Angels Stadium, Anaheim; by appointment only, please call 714-532-8631
- May 21—6th Annual Los Angeles River Ride. Since 2002, creating awareness of efforts to make L.A. County a safe and enjoyable place. Please contact www.labikecoalition.org for more information
- May 28—Saddleback 5 k Marathon. Saddleback Memorial Hospital brings you the 8th annual 5k Marathon to raise funds in the fight against heart disease and save lives. Please [click here](#) to find out how you can join.

June Schedule of Events

- June is Home Safety Month. You can take simple hands-on steps to create a safer home environment and protect your family from hazards such as falls, fires, burns and poisonings. The [Home Safety Council](#) offers resources to help families nationwide learn how to be "hands-on" with proper home safety practices. Please [click here](#) for more information.
- June 4—San Diego's Rockin' Marathon sponsored by Foot Locker. If you had the chance to save a life, would you? Help in the fight against stroke. For more information please [click here](#)!
- June 6—National Hunger Awareness Day—Join Second Harvest in "Get Your Hands Dirty for Hunger". Please see [page 2](#) of this newsletter for more information.
- June 8—What is Santa Ana? Latino Health Access' Fundraiser — See [page one](#) of this newsletter for more information.
- June 12—National Men's Health Week; to heighten the awareness of preventable health problems and encourage early detection and treatment of disease among men and boys. For more information, please [click here](#)!

JUNE 2006

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1 Home Safety Month	2 	3
4 San Diego's Rockin' Marathon	5 	6 National Hunger Awareness Day!	7	8 What is Santa Ana? Fundraiser	9	10
11	12 National Men's Health Week	13	14	15	16	17
18	19 	20	21	22	23	24
25	26	27	28	29	30	



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Kelly Rivera—Director, Contracts &
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