

# HHSA Connection

APRIL/MAY 2009 A Monthly Newsletter for the Employees of San Diego County Health & Human Services Agency



The new North Central Regional Center at 5055 Ruffin Road

## North Central One-Stop Shop Extreme Makeover

The signs have been hung, phones installed and the paint has dried. A "Welcome Home" is in order for the Kearny Mesa Family Resource Center and the North Central Public Health Center. The two departments are both now located in the new North Central Regional Center, at 5055 Ruffin Road in San Diego.

"Co-locating services is a win-win for the community and staff," said North Regions Deputy Director Donna Hand. "Customers can now make just one trip to address their needs, saving them both time and money."

There are several features for improved customer service including chairs with a built-in table for completing forms, lobby telephones to contact employees and partitions between interview areas for privacy and confidentiality. The public health section is equipped with a separate waiting area for clients with possible infectious conditions. "Now more than ever, the opportunity to co-locate and cross-thread is truly one of the most noble and optimistic transitions," said **Debbie Pasamonte**, Supervising Public Health Nurse.

Conserving energy and paper played an important role in the design of the building too. Lighting controls turn off lights when a room is not in use, documents are scanned instead of photocopied and recycling bins are provided in desk areas.

The North Central Regional Center opened its doors for business on Monday, March 9.

## HHSA Connection Special Edition

# HHSA

## GOING GREEN

### Inside this issue:

- ▶ A special message from Director Nick Macchione
- ▶ "Going Green" guest column from Behavioral Health Division Deputy Director Jennifer Schaffer
- ▶ East Region's "Green Ambassador" is in the employee spotlight
- ▶ A Going Green Roundup of what programs and regions are doing to be environmentally conscious
- ▶ What you can do at work to conserve and contribute



### Filing Cabinet Fun Fact

The Southeast Family Resource Center was the winner of the unofficial Filing Cabinet Demolition Derby. CalWIN imaging is eliminating paper files and the Southeast FRC was able to turn 144 four-drawer filing cabinets back to salvage. The runner-up was North Central FRC with 62 filing cabinets salvaged.

For the most updated information on the

## H1N1 Influenza

### outbreak

please click here for the  
County's web site

For questions, please call 2-1-1

## We Can All Do Our Part

### From the Director's Desk

"Going Green" is a popular buzz phrase these days. It's fashionable for a business or individual to publicly tout their environmental conservation efforts. But what does "Going Green" really mean?



Nick Macchione

For many people, doing their part at home seems relatively easy: recycle your cans and bottles, turn out the lights when you leave a room, water the lawn less and other easy steps. But when it comes to the workplace, people sometimes tend to feel lost in the bigger picture. They feel their little part at work doesn't add up or workplace rules can actually hinder conservation.

At the Agency, we get it. We really do. Stop for a moment and think about your work area and the program you work in. Chances are, spotting environmentally friendly activities should be pretty easy - and that's before you even consider some of the lesser-known things HHS is doing to go green.

The small things done every day add up quickly. There are recycling bins near most work stations in the Agency. Several employee groups collect bottles and cans to recycle and some employees have formed water clubs to purchase cooler water instead of everyone bringing in individual bottled water.

Employees are encouraged to turn off the lights in unused rooms and not print out emails. We can all do our part and take these individual steps.

But what about the big picture? Every program and region in the Agency is doing its part. We're moving into an era I like to call "E<sup>2</sup> Government" - government that is electronic and environmental. It's all about finding ways to use technology to be environmentally conscious. The good news is the Agency is in the forefront of using technology to eliminate waste and become more efficient.

At the forefront of these efforts is WebEx. HHS Human Resources began the process of using WebEx to hold more meetings online instead of in person. Now, Public Health Services and other programs are utilizing the online meeting service. With facilities and staff located across the County, WebEx saves on mileage costs, eliminates travel time, increases productivity and results in less paper usage as meeting participants can view documents online from their desks.

Strategic Planning and Operational Support has embarked on a gigantic project to go paperless with client files. The savings in paper will be tremendous and a big side benefit has been the reduction in file cabinets being used in Family Resource Centers.

Public Health Services has also embarked on an Electronic Health Records project with the HIV, STDs and Hepatitis Branch. North Regions has an extensive furniture recycling project and has been a major utilizer of video conferencing.

Agency Contract Support has found Sharepoint to be an effective way to increase productivity and cut down on paper usage and San Pasqual

Academy's agriculture program was recently certified organic. The fresh fruits and vegetables they grow is fed to students, and the surplus is sold to fine dining establishments around the County.

East Region and AIS have established a Going Green Committee and have their very own Going Green Ambassador (see this issue's employee spotlight). And make sure you read Jennifer Schaffer's column talking about conscious, careful consumption at Behavioral Health Services.

Agency facilities are also stepping up. San Diego County recently won a SANDEE (San Diego Excellence in Energy) Award for energy savings. Two of the projects highlighted in the award recognition were Agency facilities. The innovations cited were the new Edgemoor Skilled Nursing Facility with its energy efficient technology (which will result in savings of \$207,000 a year on utility bills and \$4.1 million on annual operational costs) and the replacement of six rooftop air conditioning units with gas-fire units at the Health Services Complex on Rosecrans Street (saving \$220,000 a year).

All of these efforts help the Agency do its part for the residents of San Diego County. The County's GMS 2.0 second quarter topic was "Going Green" and you can find several helpful tips for your home and the workplace on the GMS 2.0 web site.

You have the power to make a positive change for our environment both at home and at work. Know your efforts are making a difference on an individual level and as part of our Agency.



## It's Not Easy Being Green

By Jennifer Schaffer  
Behavioral Health Division  
Deputy Director

Just as our good friend Kermit the Frog lamented almost 40 years ago, it's not easy being green.

It seems that nearly everywhere we turn these days we're seeing more and more GREEN. Businesses are "going green," launching "green initiatives," implementing "green business practices" and hiring for "green-collar jobs." But what does this all mean, really? It's important for all of us to get some perspective before "going green" becomes just another over-used, meaningless phrase.

At the core of all of this green talk are some tremendously valuable ideas that can sometimes get lost in the sea of

green rhetoric that comes at us from all directions. We hear Reduce! Reuse! Recycle! But where do we start?

First and foremost, we must start with our thinking. "Going green" should really be how we live our lives. From turning off our lights when we're not using them to turning off the water while we're brushing our teeth - these are small, but key elements in making a difference for the environment.

At Behavioral Health Services, we've started with the basics by asking people to work on changing their mindset to conscious, careful consumption and recycling. This means that sometimes when you come to meetings at our office, we might ask you to bring your own agenda to reduce waste when too many copies

are made, we might have the agenda projected on the wall instead of on paper, or we might just meet via WebEx.

We've also started making sure we print double-sided, black and white copies whenever possible and remind each other when we forget. More recently, our Contract and Data Coordination unit also developed a courier calendar to minimize trips to other County offices.

As we reflect on our 2nd quarter GMS 2.0 topic: "How is your department going green?", it would serve us all well to remember that the key to lasting, meaningful change is to start with ourselves. Our ecological mindset will help guide the agency into even greater greenness in years to come!

## Employee Spotlight

### "You Really Have to Care About People to do this job"

In the Agency's East Region, they mean business when it comes to being environmentally conscious and "going green".

In fact, East Region Child Welfare Services has its own "Green Ambassador": Andria Flores, a Protective Services Worker from the El Cajon Valley office.

Flores is passionate about engaging staff in green activities. As a "Green Ambassador," she takes the initiative to remind fellow co-workers of ways to be energy efficient to help cut costs and to promote an overall green lifestyle, in and out of the office.

Flores sends emails to staff about the importance of "going green" and provides tips on how to be more energy efficient.

She does "sweeps" of her co-worker's workstations at the end of the day to ensure lights and computers are turned off and teaches co-workers strategies for saving documents on the computer rather than keeping hard copies of material.

Flores is also a member of the East Region "Go Green" Committee where she actively participates in generating ideas that benefit the region and the Agency as a whole.

Another thing she does to encourage fellow Agency employees to go the extra mile is recognizing a staff person each month who she feels has gone above and beyond in their efforts to "go green."

Because of Andria's infectious passion for the Green initiative, staff are starting to



Andria Flores

automatically "think green" and be more active in their efforts to be environmentally aware.





## GOING GREEN ROUNDUP

### Human Resources

Human Resources is using WebEx to host meetings and has converted human resource forms to electronic signatures so they don't have to print, fax, etc., which saves time, money, and lots of paper.

### Strategic Planning and Operational Support

In an effort to shift from paper to virtual case files for public assistance and welfare-to-work programs, the Agency has taken on the major task of re-engineering eligibility processes at Family Resource Centers (FRCs) throughout the County.

This CalWIN Imaging Project integrates the retrieval of imaged documents into the State CalWIN database. San Diego County, through its use of innovative technology, has converted over half (approximately 84,000 cases) of its existing paper case-loads to virtual files, with the remaining files to be converted by September 2009.

As files become virtual, the Agency will be able to implement a "no wrong door" policy for customers of the FRCs. Families and individuals can fill out applications at an FRC close to home and may return to any FRC with required documentation for benefits determination.

### Behavioral Health Services

Alcohol and Drug Services is now e-mailing Friday mailings rather than sending hard copies. Clerical is also converting all letters to .pdf format and all correspondence is now maintained electronically rather than with hard copies.

They are also holding various provider workgroups, such as prevention workgroup and NIATx workgroup via WebEx.

### AIS/East Region

Aging and Independence Services and East Region have assembled a Going Green Committee. The committee made recommendations and presented them at the AIS/East Region All Staff meeting in December.

Among their activities:

- distributed the "going green" flyer electronically to all staff
- designated a "going green" point person for AIS and East Region
- began distributing the AIS Monthly and Miscellaneous (M&M) Memo and AIS Bulletin to all staff electronically
- have on-going "green" conversations at staff meetings

East Region and AIS are also creating "going green" ambassadors. Staff are not printing documents and directions unless absolutely necessary and are instead using Internet resources and electronic documents.

One interesting concept being tried is having their nutrition contractors conduct "swaps"—where they bring in unused office materials and share with their peers.

They are also installing new water-saving toilets and adding more recycle bins at sites (glass, plastic, aluminum).

### South and Central Regions

South and Central are immersed in the CalWIN imaging project that is eliminating the need to produce paper files and turning existing cases into virtual files. The Southeast FRC alone has already sent 144 four-drawer filing cabinets to salvage.

### Public Health Services

Public Health Services has been converting all paper records to Electronic Health Records and using WebEx for meetings.

### North Regions

North Coastal/North Inland Regions' Child Welfare Services has moved to a paperless filing system. Cases are now assigned to workers by geographical proximity reducing mileages costs and maximizing worker's time. They have also made going green benefit employees by recycling aluminum cans and plastic bottles to support House Committee Events.

The North Coastal Family Resource Center held a carpool contest among staff to promote ride sharing to meetings and the entire North Regions have a contest where they select names and the winners get "green" prizes such as cloth grocery bags.

North Regions also realized more than \$800 in savings from eliminating paper calendars and using the Outlook calendar.

The North Coastal Regional Center is big into recycling, and money from cans and bottles is donated to a local school.

### Agency Contract Support

Contracting staff across the Agency are working green in two new ways – using SharePoint to manage meetings and hosting meetings virtually through WebEx. Those tools have resulted in savings of 48 hours of staff travel time, 880 miles of driving, and a staggering 1,890 pages of paper. And, those are just the numbers for one month of meetings!

And, you may be curious about the effectiveness of these two tools. All of the savings calculated may not be as significant if staff don't get value out of the meeting. Based on surveys distributed after the meeting, these tools improved effectiveness and productivity. Because a participant in a WebEx meeting can remain at their desk, staff felt more productive as they were able to responsibly multi-task. And, posting all the documents on SharePoint saved significant time that would have been spent copying.

## What YOU can do at Work

### PCs and monitors

- ✓ Switch off your monitor if you are away from your desk for more than a few minutes.
- ✓ Shut down your PC if you are away from your desk for more than a couple of hours.
- ✓ Set your monitor to switch off/shut down when not in use  
(Start > Control panel > Display)

### Lighting

- ✓ Make the most of natural light. Don't block it with filing cabinets, plants or closed blinds.
- ✓ Switch off lights when they are not needed and when you are last to leave a room.
- ✓ Turn off lights in the bathrooms, break rooms, meeting rooms, etc. when not needed.
- ✓ Flickering fluorescent tubes use more energy. Report them.

### Paper

- ✓ Paper that's already been used on one side can be re-used for draft documents or in plain paper fax machines.
- ✓ Reuse old paper for notes.
- ✓ Reuse envelopes by using stickers.
- ✓ Recycle all paper, magazines and cardboard.

### Printing

- ✓ Do you really need a hard copy?
- ✓ Consider changing the margin sizes, especially on drafts and reducing the point size of your text to save paper.
- ✓ Don't print the whole document if you only need certain pages.  
Go to File > Print > and in the 'Page range' section, select either 'Current page' if you want to print the page you're working on or select 'Pages' and put in the page numbers you want to print.
- ✓ Switch the printer off at night.
- ✓ Recycle all ink toner cartridges.

### Photocopying

- ✓ Use the size reduction feature. Two pages of a book or periodical can often be copied onto one standard sheet.
- ✓ Photocopy double sided.
- ✓ Put a paper recycling box beside the photocopier.
- ✓ Switch off the copier overnight (a photocopier left on overnight wastes enough energy to make 5,300 copies).

### Meetings

- ✓ Run meetings electronically by using LCD equipment to project agendas and papers rather than printing hard copies.
- ✓ Take notes on scrap paper or record minutes directly into your laptop.
- ✓ If you must take your own car, can you share with another attendee? Driving by yourself should always be the last option.
- ✓ Consider if any of the attendees can take part by video or telephone conference. By "going green" with WebEx, you can conduct interactive meetings and trainings online.

Agency Human Resources has been piloting WebEx for the last four months. Participants have been able to attend these WebEx sessions without leaving their desks, eliminating travel costs. To date, 424 meetings have been held via WebEx with 1,635 total attendees.

A division meeting held for employees of Strategic Planning and Operational Support Division hosted 65 employees.

Approximately \$36,780 has been saved in staff travel time and \$6,743 saved in mileage so far. Operated at 30% capacity, the County net savings from using WebEx was \$43,523 during the four-month pilot. Projected net annual savings at current capacity and usage is conservatively estimated at about \$65,000 per year.

### Saluting the Agency's Administrative Professionals: Excellence in Action

The Agency's Administrative Professionals were honored as part of a County-wide luncheon for Administrative Professional's Day. You can see the video tribute below, then be sure to check out page 13 for a closer look at some of the people that keep the Agency running.



### Community Health Portal is Here to Help

The County of San Diego Community Health portal is intended to help you create maps, charts, and tables of indicators of health, child welfare, demographic and socio-economic status for San Diego County. Data for this site is available at the HHSA Service Region and Zip Code level. Specific examples of the types of data available include: causes of death, STD rates, Child Welfare referrals and median household income.

Additionally, this site allows you to supplement the Community Health indicator data with Services data, including: Family Resource Centers, County Medical Services Clinics, Council of Community Clinics, Licensed Care Facilities and Immunization Clinics.

Data for this site has been contributed from multiple Public Health Services programs, Child Welfare Services and SANDAG. The Community Health Portal is an intranet site – accessible only by County employees. You can access it by clicking here.



## AWARDS & ACCOLADES

### TERRA MARROQUIN

**Terra Marroquin** from the Agency's Office of Violence Prevention was honored with a "Hero for Victims" award from the office of County of San Diego District Attorney **Bonnie Dumanis**.

"Terra makes a difference that cannot be put into words," said Assistant Chief Deputy District Attorney **Tracy Prior**. "Terra simply keeps working for the betterment of victims and San Diego County is privileged to have Terra work for us."

Some of the highlights of Marroquin's work with the Office of Violence Prevention include the coordination of a 26-minute domestic violence training video for all 5,000 sworn law enforcement personnel in San Diego County, co-chairing the "Domestic Violence Fatality Review Team," and bringing together 15 law enforcement agencies and 30 other organizations to update the Domestic Violence Law Enforcement Protocol.

### KITTY ROCHE

**Kitty Roche**, North Inland Public Health Nursing (PHN) Manager, was named to the California SIDS (Sudden Infant Death Syndrome) Advisory Council recently.

The Council works with the California SIDS Program, which responds to the needs of grieving parents and family members by providing a variety of services including crisis intervention, counseling and bereavement support. They assist SIDS professionals and health care providers to identify and obtain appropriate grief, bereavement and risk reduction resources.

Roche has been involved in SIDS since 1989 - first as a field PHN and then as a dedicated SIDS PHN, doing all of the SIDS responses for North County over a period of years. When Roche became the PHN Manager, she also became the SIDS Coordinator and she started to attend the Southern California SIDS Advisory Council meetings. As part of her work with the Council, she has participated in a law enforcement training video with a multidisciplinary state-wide team.

For more about SIDS awareness, [click here](#).

### TRACY DELANEY & PEGGY YAMAGATA

Two Agency employees were honored for their work with interns by the San Diego State University Graduate School of Public Health. **Tracy Delaney** and her intern Lianne Dillon, and **Peggy Yamagata** and her intern Diane Ballerino-Regan were named as one of the Top Ten successful interships for the school's 2008 Fall Internship Program.

Delaney and Dillon worked on health and community design, with tie-ins related to climate change, while Yamagata and Ballerino-Regan worked on a project looking at oral health risks among teens and the work place.

A special recognition reception was held on Monday, April 27 on the SDSU campus.

### JERRY COLEMAN

**Jerry Coleman** was named one of the 2009 Finalists for the Information Technology Executive of the Year by the San Diego Business Journal.

### FEELING FIT CLUB/SILVER AGE YOGA

The MetLife Foundation has awarded the Silver Age Yoga program a \$2,500 prize as one of three recipients of their 2009 Older Volunteers Enrich America Award. The Agency's Aging & Independence Services (AIS) nominated the program for the award. Golden Age Yoga increases participants' strength, balance, energy and overall health through physical activity and education. The program also focuses on improving chronic health conditions and fall prevention for seniors.

The Journal of Active Aging recently profiled the Feeling Fit Program, run by HHSA's AIS, which is designed to increase physical fitness and social interaction among older adults. The article said that the program excels at reaching out to a diverse population, particularly elder Hispanics. It was noted that bilingual Feeling Fit instructors are effective in their outreach efforts by going to individual housing complexes to promote their classes. Feeling Fit classes are held at various sites throughout the county and are also regularly featured on the County's television network, CTN.

County of San Diego Health and Human Services Agency

Editor: Tom Christensen

#### Section Editors

Aging & Independence Services: Denise Nelesen	Financial & Support Services: Donna Matta
Behavioral Health: Jennifer Mallory	North Central Region, North Coastal Region,
Central Region: Jayne Reinhardt	North Inland Region: Nina Constantino
Child Welfare Services: Margo Fudge	Public Health: Wilma Wooten
East Region: Katie Judd	South Region: Jayne Reinhardt



**Board of Supervisors**  
 Greg Cox, District 1  
 Dianne Jacob, District 2  
 Pam Slater-Price, District 3  
 Ron Roberts, District 4  
 Bill Horn, District 5



**Chief Administrative Officer** - Walter F. Ekard

**Health & Human Services Agency Director** - Nick Macchione

## THE ART OF SOCIAL WORK

East Region Child Welfare Services Neighborhoods for Kids staff and community partners were recently introduced to activities that promote natural healing mechanisms, ideas for incorporating art when working with families, journaling to promote self reflection, and using play as a tool to understand the child's experience. Each Protective Services Social Worker in the region was provided with an art kit to be used in the field with the families on their case load.

Protective Services Worker **Marianne Cleveland** used the art kit to facilitate conversations between siblings and their mother on her visits. She had the children use colored pens and oversized construction paper to construct a family tree to help the family see the potential support surrounding them. Frequent and positive visitation between parents and their children are the biggest predictors in determining the likelihood of the children reunifying with their parents. Using art as a tool to aid communication between parents and children during visitation is promoting positive interactions that will increase their chances of reunifying as a family.



At times, Protective Services Workers who are responsible for investigating allegations of child abuse and neglect conduct body checks on children to check for injuries. Although social workers are trained on how to conduct body checks in the least intrusive manner possible, this can still cause anxiety in children. Protective Services Worker **Ariel Pearson** used Play-Doh from the art kit in a unique and non-threatening way to demonstrate the process of investigation and let the child know how a body check is done. Molding and role-playing with the Play-Doh, Ariel was able to help decrease the anxiety the child was experiencing in an unfamiliar situation.

Another innovative way the art kit is used is during the investigation of the emotional trauma children have experienced from witnessing domestic violence. It can be difficult for children to verbally express their feelings. Protective Services Worker **Dennis Leggett** found that a child's coloring of a gingerbread man could express more than words when the child's feelings about a domestic violence incident were explored through colors and descriptive pictures.

Protective Services Workers **Jo Miller** and **Charisma De Los Reyes** have been implementing the use of journals to increase the reflection opportunities for the families on their case loads. Narrating and reflecting on their learning experiences, concerns, and questions aids parents in developing insight into their progress and in improving communication with their social worker.

Social workers in East Region are excited about the new tools that they have been given to help them to do their jobs. They report being especially excited about the potential outcome of these new tools: increased reunification between children and their families.





Promoting the Importance of Immunizations for Children

## International Cooperation



One of the kindergarten students helping celebrate Vaccination Week in the Americas and National Infant Immunization Week takes a whack at the "Immunization Pinata".

The month of April saw the celebration of the annual National Infant Immunization Week (NIIW) and Vaccination Week in the Americas (VWA). Since 2004, the U.S.-México Border Health Commission (BHC) has joined the federal Centers for Disease Control and Prevention (CDC) and the Pan American Health Organization (PAHO) to promote immunizations in the US-México border region.

Every year, a different state along the US-México border holds an inaugural event to begin the observances, which span the entire border. The California Office of Binational Border Health (COBBH), located in San Diego, hosted the NIIW/VWA 2009 border inaugural events. The COBBH worked with the Secretariat of Health of Baja California, the County of San Diego Immunization Branch and many other local partners. **Wilma Wooten**, M.D., M.P.H., San Diego County Public Health Officer, was the emcee for the event held at the San Ysidro Health Center on April 27.

The campaign, called I Choose To Immunize, is sponsored by the California Immunization Coalition, California Department of Public Health, and San Diego Immunization Coalition. It features San Diegans telling in their own words why they choose to have themselves and their loved ones immunized. See the photos at [www.sdiz.org](http://www.sdiz.org), and the California Immunization Coalition's Why I Choose web site at [www.whyIchoose.org](http://www.whyIchoose.org).

### Youth Empowerment Summit

Hosted by the Turning the Hearts Center in Chula Vista and organized by HSA, the annual Youth Empowerment Summit offered around 200 foster children ages 13 to 18 the chance to hang out together, share stories and attend workshops on subjects such as substance abuse, dating and conflict resolution. Antwone Fisher was the featured speaker.

Former San Diego County foster youth and rapper Wesley D, center, was the emcee of the YES and is pictured with recording artists Frankie J, left, and Paula Deanda, right.



A foster youth snaps a photo as Frankie J performs at the Youth Empowerment Summit.



### Mud in Your Eye... and Everywhere Else You can Think of!

For the second straight year, Behavioral Health Services put a formidable four-person team into the extremely challenging San Diego Mud Run benefit, held in Rancho San Diego on March 29. The four-person BHS team "We Luv Mud," (from left to right in the photo above) **Maricela Macias**, **Joe Garcia**, **Debra Fitzgerald** and **Jennifer Wheeler** had to cross the finish line with arms interlocked. All four reported having a blast with the "good, clean fun" and are planning to register for next year's event.

The demanding, but exciting, 5K race placed an array of obstacles in each of the 3,000 participants' path, including steep slippery hill climbs, tunnel crawls, and trail runs. There were 15 mud pits, from ankle splashers to waist-high wading pits, and no one left the course clean. Click here for more information about the race.



## AROUND THE AGENCY



### Aging and Independence Services

Local seniors will soon be receiving training on diabetes self-management thanks to Agency's Aging & Independence Services' participation in a recent federal pilot project. Developed at Stanford University, the training program is aimed at diabetic seniors and will start serving clients in FY 2009-10.

San Diego County was selected to participate in the pilot in November 2008, in response to the County's work in the successful Hispanic Elders Initiative sponsored by federal Department of Health and Human Services.

The Rancho Bernardo Library hosted the fifth in a series of community events designed to battle the growing number of crimes against seniors. Developed jointly by HHSA's Aging & Independence Services, the District Attorney and the County Library, "Senior Expo: Protect Yourself & Your Wallet" shows seniors how to avoid becoming crime victims by using a combination of physical and financial self-defense techniques.



### Dental Health Initiative/ Share the Care

The County's Dental Health Initiative/Share the Care (STC), a public private collaboration, has facilitated community based dental clinics for 14 years bringing preventive care, valued at \$744,120, to nearly 4,600 children.

Recently STC assisted the San Diego County Dental Society in an event held at the Southwestern College Dental Hygiene Program utilizing 137 volunteers to screen and provide dental sealants and varnish to 410 children. In addition, families received health education and resources resulting in 118 families being assisted with enrollment of eligible children into health insurance and 242 new records added to the Immunization Registry.

"This is an example of how public health and the community can come together to make a difference in the lives of children. Not only have children received preventive care, but the families also had an opportunity to review their immunizations and be linked to ongoing care," stated **Wilma Wooten**, M.D., M.P.H., County Public Health Officer.



### San Pasqual Academy

Over 45 students are participating in on- and off-campus paid internships and employment. Internships on campus include the Agriculture Program and Cyber Café, while off-campus internships and employment include Palomar Hospital, Footlocker, Lady Footlocker and Target.



### Child Welfare Services

Over 60 volunteers from five North County churches participated in a service project to help foster youth who are making the transition to independent living. The project was organized by Laura Berry, President of the Relief Society for the Church of Jesus Christ of Latter-day Saints in the Escondido area. Other volunteers came from the Catholic Church of St. Timothy's, St. Mary's Catholic Church, The House of Prayer Lutheran Church and the Escondido Seventh Day Adventist Church. The "Welcome Home Baskets" include a laundry basket with kitchen, bathroom, bedroom, cleaning and personal supplies valued at \$75 - \$100.

**Ruben Castaneda**, Protective Services Supervisor, was on hand to pick up the baskets and transport a former foster youth to the event where she shared her touching story of how she became a foster child and what it was like being raised by caring foster parents during five of her teenage years.



### Strategic Planning & Operational Support

HHSA completed the final stage of implementation for its ACCESS customer service center pilot. ACCESS is one of several products of innovative change from the Agency's Eligibility Business Process Re-engineering effort. ACCESS supports the Agency's transition from single worker case management to a more efficient and customer friendly task-based model.

North Central Family Resource Center (FRC) customers can contact ACCESS for services, such as reporting a change or finding out the status of their case - reaching a trained eligibility staff member with every call. Customers may also e-mail or go online to a new web site to access services, resulting in fewer office visits and more accessibility to services. Once the pilot is complete, ACCESS will be expanded to include all FRC customers County-wide.



### Immunizations

A Parent Forum, titled "Everything You Ever Wanted To Know About The Safety Of Childhood Vaccines But Were Afraid To Ask!" will be held on Thursday, May 21 from 5:30 to 7:30 pm at the Encinitas Library, 540 Cornish Drive, in Encinitas.

A panel of medical experts will speak with parents about childhood immunizations, vaccine safety, the importance of staying on track with the recommended childhood vaccine schedule and other immunization concerns. Parents will be invited to ask questions and dialogue with the event presenters. Please RSVP via email to [Joyce.morgan@sdcounty.ca.gov](mailto:Joyce.morgan@sdcounty.ca.gov) or by calling 619-692-8388. (RSVP although not necessary is highly recommended).



## County Officials Warn of Dangers of Underage Drinking

In the last five years, 143 people under 21 years of age in San Diego County had alcohol in their system when they died. Each year, about 2,500 San Diego County youth receive emergency room treatment as a result of alcohol-related injuries.

In an effort to keep alcohol away from minors, County of San Diego officials are reminding adults that it is against the law to host underage drinking parties and to allow minors to drink.

“We are asking parents to be aware of what their children are doing. We are urging adults to act responsibly and not provide alcohol to minors,” said Board of Supervisors Chairwoman **Dianne Jacob**, a member of the Mothers Against Drunk Driving (MADD) Advisory Board.

“Underage drinking is not a rite of passage. Giving alcohol to a minor can lead to criminal penalties or, worse, the loss of a loved one,” said Macchione. “We urge adults to act responsibly and to help us keep the teens in our community safe and sober.”

According to the 2007 California Student Survey, 15 percent of 7th graders, 27 percent of 9th graders, and 42 percent of 11th graders had consumed alcohol in the past 30 days.

Parents who suspect their child might have a drinking problem are encouraged to call the County of San Diego Access and Crisis Line at (800) 479-3339 or call 2-1-1.



HHSA Director Nick Macchione speaks at a press conference reminding adults that it is against the law to host underage drinking parties and allow minors to drink. To the left behind Macchione is County Board of Supervisors Chairwoman Dianne Jacob.



## Cancer is New Leading Cause of Death in San Diego County



County elected and health officials announced a decline in heart disease deaths, making cancer the new leading cause of death in San Diego County.

“Cancer is the new leading cause of death of San Diego County residents,” said Chairwoman **Dianne Jacob**, County Board of Supervisors. “However, it’s because heart disease deaths have decreased faster than cancer deaths.”

From 2003 to 2007, the number of heart disease deaths dropped 12 percent to 4,743 in 2007. During the same period, the number of cancer deaths was fairly stable with 4,812 in 2007.

Also, for the first time in the history of the County, there is no longer a major disparity in stroke deaths among the different racial/ethnic groups.

While progress has been made in many

areas, there are two areas of concern for public health officials.

The percentage of obese people in San Diego County continues to increase and the number of hospitalizations because of diabetes also continues to escalate.

An increase in the number of obese San Diegans is especially troubling because obesity can lead to type 2 diabetes, cancer, heart disease, stroke and other illnesses.

“The tough economy is bringing more stress into people’s lives,” said **Wilma Wooten**, M.D., M.P.H., County Public Health Officer. “Even in difficult economic times, it’s important for people to take care of their health. Avoid smoking, practice sun safety, eat fruits and vegetables, limit your fat and alcohol intake, and strive to be physically active every day.”



## Saluting Administrative Professionals: Excellence in Action



**Jenny Pietila, Strategic Planning & Operational Support**  
*What year did you join the Agency:* 1979  
*Who's your role model:* My mom  
*Favorite word:* Yes  
*Alma Mater:* Mount Miguel High  
*Have you ever done karaoke:* Yes  
*Birthday (date only, no year!):* June 12  
*Best thing you have ever read:* My positive pregnancy test-lol!  
*What are you passionate about:* Event/party planning  
*Do you collect anything:* Swarovski Crystal Christmas Ornaments

*One product you could not live without:* Chocolate  
*If you could swap jobs with anyone for a day, who would it be: Why?* Henry Lee (he is a famous forensic scientist) because I find his work very interesting.  
*Favorite thing about Agency:* The benefits: medical, dental, vacation & sick leave, retirement-SECURITY!  
*What profession other than yours would you never want to attempt:* Port-a-potty hauler/cleaner UGH!  
*Favorite thing about your job:* My boss gives me a task and lets me "run" with it.  
*Number of kids:* 2 boys



**Dawn Wynne, North Regions**  
*What year did you join the Agency:* 1995  
*Birthday (date only, no year!):* June 5  
*Alma Mater:* Vista High School  
*Number of kids:* 3  
*Favorite vacation spot:* The beach...any beach  
*Best time of the year:* You guessed it-SUMMER!  
*Do you collect anything:* I use to collect happy faces, but now I seem to collect Starbucks coffee cups.  
*What do you watch on TV:* I'm a Survivor and Amazing Race Freak and would love the opportunity to go on the show! I also love to

watch LOST, Heroes, and 24.  
*What are you passionate about:* Raising funds and participating in the Susan G. Komen Breast Cancer 3-Day/60 mile walk. 2009 will be my 5th year walking!  
*One product you could not live without:* Uh, can only list one? Okay...mascara, no wait coffee, no wait mascara...gheeze!  
*Favorite thing about your job:* Besides the people that I work directly with everyday, it's that I'm given the opportunity and am trusted to do what I do everyday with minimal supervision.  
*Have you ever done karaoke:* No. As a matter of fact, my family would pay me not to.



**Kristine Chavez, Child Welfare Services**  
*What year did you join the Agency:* 2000  
*Favorite thing about Agency:* The people!  
*What do you watch on TV:* Lost, Heroes, the news  
*Do you collect anything:* do shoes count?  
*What scares you:* little bugs around the house  
*What is your favorite food:* Carne Asada Fries  
*Favorite vacation spot:* Bora Bora  
*Best thing you have ever read:* The Purpose Driven Life  
*Favorite word:* Cool

*Favorite scent:* Lemongrass Sage from Bath & Body Works  
*What profession other than yours would you never want to attempt:* All the jobs on "Dirty Jobs with Mike Rowe"  
*Do you have pets:* 2 dogs - Bing and Rocco  
*Birthday (date only, no year!):* Sept 1  
*Hometown:* Paradise Hills  
*Alma Mater:* Morse Tigers '98!  
*Number of kids:* 2 - Ethan & Jolie  
*Least favorite household chore:* dusting  
*Favorite flower:* I'm simple.. red roses



**Anita Loza, Director's Office**  
*What year did you join the Agency:* 1985  
*Favorite scent:* I love Juicy Couture perfume.  
*Birthday (date only, no year!):* October 23  
*Hometown:* San Diego  
*What are you passionate about:* I'm passionate about teaching values and guiding my grandson and soon to be 16 yr old daughter. I love my boys but they're on their own.  
*Product you could not live without:* A microwave

*What do you watch on TV:* news, American Idol, Animal Planet  
*Best thing you have ever read:* the best children's book I've read to my grandson would have to be "The Giving Tree."  
*Favorite word:* Payday...but seriously, I can't spell it but have always liked to say "supercalafragilelistikexpealidocious"  
*Do you have pets:* Yes, I have 4 Chihuahuas. At one point I had 7  
*Number of kids:* 2 boys, 1 daughter and a 7-year-old grandson that is my "lucky charm."  
*Least favorite household chore:* I don't mind washing clothes but I hate to put them away...especially pairing-up socks!



**Yoly Delenela, Public Health Services**  
*What year did you join the Agency:* 1994  
*Birthday (date only, no year!):* October 1  
*Hometown:* Cavite City, Philippines  
*Number of kids:* 4  
*What scares you:* heights  
*Favorite scent:* baby powder  
*Favorite food:* Filipino food (Kare-Kare)  
*Favorite thing about Agency:* Takes care of well-being of the community

*What are you passionate about:* Church volunteering  
*Who's your role model:* My mom  
*Do you collect anything:* My family collects coins  
*What is one product you could not live without:* lipstick  
*What is your favorite thing about your job:* public service  
*Favorite vacation spot:* Baguio City, Philippines  
*Have you ever done karaoke:* yes  
*Do you have pets:* yes, dog, his name is "Chowie"  
*What are your hobbies:* movie going with family  
*Least favorite household chore:* gardening



## Nurses: Building a Healthy America

HHSA Public Health Nurses are a vital link to the communities our Agency serves

### Nurses



Building A Healthy America

### The Gift of a Nurse

God took one pair of angel wings,

One halo heart of gold.

Two eyes that hold compassion

For others, young or old.

Two hands to offer kindness,

Always putting others first...

He wrapped it up

With tender care

And called this gift a "NURSE"

~ Author Unknown ~



## Recovery Clients Aided by Good Nutrition

For people who want to fight addictions to alcohol or other drugs, the right foods can mean the difference between success and relapse to more substance abuse. A healthy diet leads to a healthy body, and if someone feels good physically, they are less likely to give in to bad habits, and will have more strength to fight off addictions. Plus, certain nutrients can make some substance abuse-related problems less uncomfortable.

In addition to the physical stress and damage caused by drugs or alcohol itself, substance abusers tend to have irregular diets, which lead to irregular blood sugar levels, and malnourishment. Clients in HHSA's Alcohol and Drug Ser-

vices (ADS) programs can benefit from proper nutrition.

Public Health Services provided a speaker to present nutrition information to a group of about 40 ADS providers, and all ADS programs have received a brochure on nutrition, developed by Public Health's **Naomi Butler**. Information has also been shared on access to Food Stamps, which increases the availability of nutritious foods.

Collaborating with Public Health Services and the Food Stamps program to enhance nutrition for substance abuse clients is just another example of how ADS is working with other parts of HHSA to address overall wellness by integrating services and expertise.

Many of us cope with stress or emotional struggles by eating "comfort foods," usually those high in calories, fat and sugar, highly processed and low in fiber and nutrition. While these foods may provide a temporary enjoyment, they can lead to low energy and an irritable or sad mood. To enjoy more balanced emotions, we need to eat a healthy balance of carbohydrates, fats and proteins, mostly from plant sources.

### The new North Central Regional Center at 5055 Ruffin Road



Above left: Supervising Public Health Nurse **Debbie Pasamonte** in the new Public Health Center. Above right: **Betty Ronquillo**, Family Resource Center Intermediate Clerk, sitting at her new desk.

### Investment and Retirement Symposium

San Diego County Treasurer-Tax Collector **Dan McAllister** is pleased to announce the next Investment & Retirement Symposium presented by the Deferred Compensation Division. This evening symposium will be held on Thursday, May 21 at the 4-Points Sheraton from 6 pm to 8:30 pm.

The cost is \$15 per person or \$25 per couple. Pre-registration by May 15 is required. Dinner and parking are included. Great giveaways and prizes too!

For registration and information, please call the Deferred Compensation Department at (619) 531-5840 or go to [www.myDCplan.com](http://www.myDCplan.com) under "Save the Date".

## Show your Dragon spirit

Support San Pasqual Academy's Associated Student Body (ASB) by purchasing Dragon Tshirts.

Tshirts are \$10 each and available in Large (L), Extra Large (XL) and Extra Extra Large (XXL).

To order your T-shirt, contact San Pasqual Academy Project Policy Analyst, Esther Broers, at [esther.broers@sdcounty.ca.gov](mailto:esther.broers@sdcounty.ca.gov)



## HEALTH NEWS

### Health Month VIDEO

