

# Stone Soup Gazette

Orange County Health Needs Assessment

Volume 13, August 1999

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*Stone Soup Gazette*

## **ARE YOU TAKING CARE OF YOUR SKIN THIS SUMMER?**

By: Heather Dale, Project Coordinator – OCHNA

As we make our way through summer here in California it is easy to forget your trusty sunscreen when you leave the house. Being cursed with the traditional red head complexion I know all too well the dangers of staying out in the sun too long. But those of you blessed with sun friendly skin don't be fooled, that beautiful suntan is the body's attempt at protecting itself from the unforgiving sun.



According to Darrell Rigel, M.D. the risk of developing skin cancer has increased drastically over the past 60 years. Between 1930 and 1980, the chance of getting melanoma (the most serious form of skin cancer) increased from 1 in 5,000 to 1 in 250. Current studies indicate that this number has increased significantly to 1 in 87.<sup>1</sup>

Orange County Health Needs Assessment results indicate that nearly thirty percent of Orange County residents never wear protecting clothing such as tightly woven loose fitting clothes, hats and sun glasses when venturing out into the sun. Even more worrisome is the finding that only fifteen percent always wear protective clothing, indicating that eighty five percent of residents don't take care of their skin the way they should.

It is important to be practical; we are after all, living in sunny southern California. If wearing protective clothing just doesn't suit your lifestyle or you are looking forward to spending a relaxing day lounging on the beach, make sure to lather up with an effective sunscreen. Sunscreen should be of at least SPF (skin protection factor) 15 and should protect against both UVA and UVB rays; if it doesn't, you are not getting the protection you need.

### **Additional tips for sun safety:**

- ☞ Stay out of the sun between 10 a.m. and 3 p.m. when the sun's rays are their strongest.
- ☞ Reapply sunscreen every few hours and after playing in the water.
- ☞ Infants younger than 6 months old should not be in the sun.
- ☞ Sun damage can still occur on cloudy and overcast days.
- ☞ Heat and wind can increase the harmful effects of the sun.
- ☞ Protect your eyes with UVA/UVB protective sunglasses.

1. Information taken from the Orange County Health Needs Assessment Data Report.

# DONATING BLOOD: HELPING KIDS IN NEED

By: Elsie Groce, Clinical Coordinator, Blood & Donor Services, CHOC

For children with cancer, leukemia, aplastic anemia, and other serious diseases, as well as children who have suffered injuries or need certain types of surgeries, blood products from healthy donors are crucial to survival.

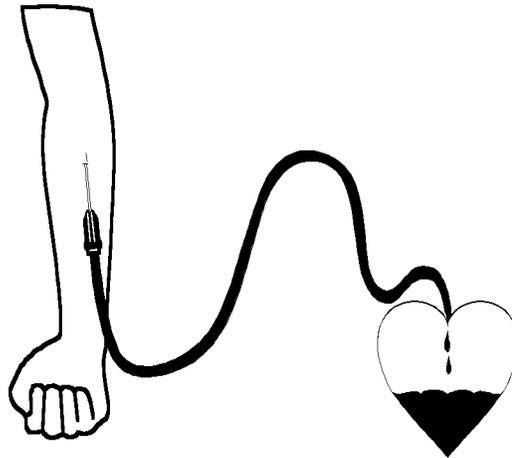
Blood consists of several components, plasma, platelets, red blood cells and white blood cells each of which has its own special function. When a child needs a blood transfusion, they usually get only one blood component at a time. There are two ways of donating blood, whole blood donation and apheresis, a special process which allows us to collect only the parts of the blood that the child needs, and returns the rest of the blood to the donor.

Children's Hospital of Orange County's (CHOC) Blood and Donor Services relies on volunteer blood donors to meet the needs of children. Every time a donor visits the Blood Donor Center they leave with the satisfaction of knowing they are helping to save a child's life.

Blood donors must:

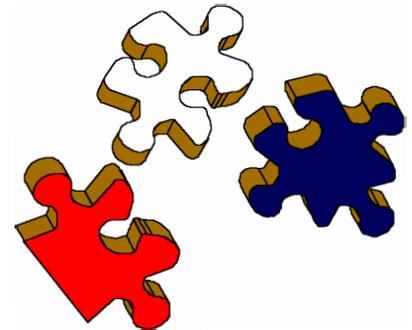
- ♥ be in good health
- ♥ be 17 to 65 years old
- ♥ not have donated within the last 56 days
- ♥ weigh at least 110 pounds
- ♥ have no history of hepatitis or AIDS
- ♥ have no history of chest pain, cardiac surgery, or cancer
- ♥ have no new tattoos or body piercings within one year of donating

For information on how to sign up to become a donor at CHOC please call Blood and Donor Services at (714) 532-8339 to make an appointment. The center is open Monday, Tuesday, Wednesday, and Friday, 9:00 a.m. to 7:30 p.m. and Thursday 7:00 a.m. to 5:30 p.m.



[WWW.OC.CA.GOV/OCHNA/](http://WWW.OC.CA.GOV/OCHNA/)

Visit our web page and check out what is new and exciting, as we venture forth on our quest for a healthier community. If you have questions, suggestions or wish to get involved, please contact Pamela Austin, Director, at (714) 547-3631, or e-mail her directly at [paustin@hasc.org](mailto:paustin@hasc.org)



## Stone Soup Gazette

The Stone Soup Gazette is the official Newsletter of the Orange County Health Needs Assessment Project. This is a monthly publication. We welcome your comments, concerns or suggestion. Deadline for articles is the 10th of the month.

Pamela Austin, Project Dir.....HASC  
Heather Dale, Proj. Coord.....HASC

Please feel free to send your correspondence to Pamela Austin at :

HASC

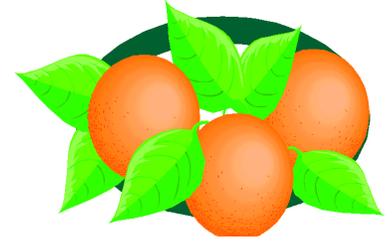
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## COMMUNITY HEALTH IMPROVEMENT CORNER

Check out these upcoming August and September events arranged by San Clemente Hospital and Medical Center. Classes are free of charge, unless otherwise noted. For more information and reservations call (949) 489-4566.



### Asthma & Other Respiratory Conditions

Lecture, conducted by Dr. James Sperber  
Tuesday, August 17, 7:00 – 8:00 p.m., Hospital Conference Room

### Kids Care Fair

Free immunizations and health review including blood pressure, vision, hearing, dental health, height/weight exams. There will also be games, fingerprinting, and refreshments.  
Saturday, August 28, 9:00 a.m. – 1:00 p.m., Hospital Parking Lot

### Marriages That Work

Free lecture with speaker Dr. Thomas Habib.  
Tuesday, September 14, 7:00 - 8:00 p.m., Hospital Conference Room

### Foods That Fight Disease

Free lecture with San Clemente Hospital's dietician, Monica Henry and chef, Jesus Serrano. A light lunch will be served.  
Tuesday, September 21, 2:30 - 3:30 p.m., Hospital Conference Room

## A HEART HEALTHY RECIPE

Taken from the American Heart Association Cookbook 5<sup>th</sup> Addition

### New England Fish Chowder

Serves 6; 1 cup per serving

- 1 pound fresh cod or haddock
- 4 cups skim milk
- 2 cups peeled and diced potatoes
- 1/2 teaspoon salt
- 2 tablespoons margarine
- 1 cup sliced leeks, white part only
- 1 cup frozen no-salt added baby green peas
- 2 tablespoons finely chopped fresh parsley
- 1/8 teaspoon ground white pepper
- 1 tablespoon fresh lemon juice



Rinse fish and pat dry. Cut into 1-inch pieces and set aside. In a large saucepan over medium heat, combine milk, potatoes and salt. Cover and cook 25 to 30 minutes. In a small nonstick skillet, melt margarine. Add leeks and saute until limp. Set aside. Remove 1 cup potatoes and 1 cup liquid from saucepan, and place in a blender or the work bowl of a food processor fitted with a metal blade. Process until smooth. Return potatoes and liquid to pan over medium-high heat. Add sauteed leeks, fish, peas, parsley, pepper, and lemon juice. Bring to a boil, reduce heat and simmer 10 minutes, or until fish is done.

**Nutritional Analysis: 227 Calories, 43 mg Cholesterol, 396 mg Sodium, 5 gm Fat**

## OCHNA Steering Committee

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Dr. Gwyn Parry, Co-chair...Hoag Memorial Hosp.  
Pamela Austin, Project Director.....HASC  
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Anaheim Memorial Med. Ctr.  
CalOPTIMA  
Children's Hospital of OC  
Coalition of OC Community Clinics  
Coastal Communities Hospital  
Chapman Medical Center  
Fountain Valley Regional Hospital  
Garden Grove Hospital  
Healthcare Assoc. of So. Calif.  
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Hoag Memorial Hosp. Presbyterian  
Huntington Beach Hospital  
Irvine Medical Center  
Kaiser Permanente  
La Palma Intercommunity Hospital  
Los Alamitos Medical Center  
March of Dimes  
Martin Luther Hospital  
Mental Health Association of OC  
Mission Hospital Regional MC  
Orange County Medical Assoc.  
Orange Coast Memorial MC  
Orange County HCA  
Placentia Linda Hospital  
Saddleback Memorial MC  
St. Joseph Health System  
St. Joseph Hospital  
St. Jude Medical Center  
Santa Ana Hospital  
South Coast Medical Center  
UCI Medical Center  
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# Do you have information that you would like to share with other Stone Soup Gazette Readers?

Stone Soup Gazette Readers are invited to submit articles about the role of their organization in the community, or share upcoming events as they relate to the topics of health care or the collaborative process. If you are interested in participating or have questions, please feel free to contact Heather Dale, Project Coordinator, OCHNA at 714/547-3631.



Please submit all articles to Heather Dale, Project Coordinator, Orange County Health Needs Assessment by e-mail at [hdale@hasc.org](mailto:hdale@hasc.org). Those without e-mail capabilities can fax their submissions to 714/547-3629.

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