

# Stone Soup Gazette

Orange County Health Needs Assessment Volume 15, October 1999

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## **HOAG MEMORIAL HOSPITAL PRESBYTERIAN AND ADULT DAY SERVICES OF ORANGE COUNTY TEAM UP TO OPEN NEW SENIOR DAY CARE CENTER**

By: Maureen Mazzatenta, Community Health Outreach, Hoag Memorial Hospital Presbyterian

The Orange County Health Needs Assessment focus groups showed a high demand for senior day care services, including care for seniors with Alzheimer's disease or other forms of dementia. To help fulfill this need, Hoag Memorial Hospital Presbyterian in Newport Beach teamed up with Adult Day Services of Orange County (ADSOC) to build a new, state-of-the-art senior day care center.

"The age and mental status of many seniors often restrict them from leading full, normal and healthy lives," explains Hoag Hospital's Director of Community Health Outreach Dr. Gwyn Parry, a 30-year veteran physician of Hoag. "And much of society doesn't seem to support their special needs like they do for disadvantaged children or other special interest groups."

Determined to help improve the lives of seniors, Hoag's Dr. Parry visited senior centers in Orange County before deciding to partner with ADSOC and its Executive Director Dr. Cordula Dick-Muehlke. Dr. Parry adds, "I was extremely impressed by Cordula and her staff's sensitivity towards the needs of seniors, not to mention ADSOC's unique programming, research activities and efficiency of operations."

Providing Alzheimer's and dementia care to seniors is not new to ADSOC. They've been doing it for nearly 20 years operating out of rented space in churches and empty school buildings. Now, thanks to \$4.5 million in funding from Hoag Hospital's Community Health Outreach, ADSOC has its own facility, custom-designed for Alzheimer's care.

Together, ADSOC and Hoag Hospital picked the building site, construction company and architect, and spent more than two years planning every aspect of its interior and exterior. All the hard work came to fruition on September 12 when the center was joined by more than 600 community residents for a grand opening celebration.

The center, which operates as a Hoag Hospital Community Health Partnership, is located at 9451 Indianapolis at Bushard in Huntington Beach. Compared to its previous work environment, the center has three times the treatment area and can accommodate twice as many participants. ADSOC is the only center in the county to offer a special early-stage dementia day program in addition to day programs for seniors in the middle to late stages of dementia.

ADSOC's mission is to provide a safe and engaging environment where seniors with dementia can maintain full and satisfying lives through activities, therapies and other services that foster self-dignity, increase feelings of enjoyment and achievement, stimulate social interaction and promote physical well being and independence. This, in turn, provides their families with worry-free respite from care giving and more time to spend on their jobs, children or other daily responsibilities.

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Emphasis is placed on making services accessible to persons of all socioeconomic and cultural backgrounds by keeping fees at \$41-\$70 per day, encouraging families to apply for MediCal to cover or offset these daily costs, and offering a reduced-fee scholarship program for low income families.

Many other organizations were instrumental in the success of this partnership, including the City of Huntington Beach, Southern California Gas, Pacific Gas & Electric, GTE Telephone and the Orange County Health Agency who all went beyond the call of duty to ensure timely and safe completion of the new facility. For more information on Adult Day Services, please call 714/593-9630.

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## NUTRITION DURING PREGNANCY: LINGUISTIC AND CULTURALLY SPECIFIC EDUCATIONAL VIDEOS

By: Laura Blank, CalOPTIMA

CalOPTIMA, Orange County's managed health care plan for Medi-Cal beneficiaries, has developed a new educational video presentation, Nutrition During Pregnancy: Healthy Moms Having Healthy Babies. This videotape is available in Vietnamese and Spanish languages. Funding for the project was made possible by generous grants from The March of Dimes, Orange County Perinatal Council, SmithKline Beecham and Hoechst Marion Roussel.

CalOPTIMA serves over 6,000 pregnant members each year. Approximately 40% of these women speak Spanish, and 17% speak Vietnamese. These ethnic groups are at risk for developing gestational diabetes. Risks related to gestational diabetes include a greater likelihood of macrosomia, which increases the incidence of cesarean delivery. Participants in Orange County Health Needs Assessment Latino/Hispanic and Vietnamese pregnancy focus groups indicated that they enjoyed literature provided on the topic of pregnancy and felt it gave them a greater understanding of what is necessary to have a health baby. In an effort to decrease complications related to poor nutrition during pregnancy, a collaborative effort by community groups resulted in the production of these educational films. Videotapes were produced in native language and cultural settings to provide education about the importance of good nutrition during pregnancy. Topics include healthy eating, grocery shopping tips, foods to avoid, gestational diabetes, appropriate weight gain, prenatal vitamins, iron, folic acid and much more. For information on the availability of these videos, please contact the Care Management Department at CalOPTIMA at (714) 246-8572.

### HEALTHCARE FOUNDATION FOR OC SUPPORTS OCHNA

In August, the HealthCare Foundation for Orange County became a supporting member of OCHNA, and contributed \$2500.00 to support the ongoing collaborative project. "The Orange County Health Needs Assessment offers the Foundation an invaluable window on the health status and health care needs of the County residents we seek to serve. It's an important planning tool", says Foundation Executive Director Susan Zepeda. Such community support by the HealthCare Foundation and others is essential to meeting the goal of good health for all of Orange County.

If you would like more information on how to become a supporting member of OCHNA, contact Pamela Austin, Director at (714) 547-3631.

### 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 1st of the month.

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

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## SPANISH ARTHRITIS EMPOWERMENT PROGRAM BRINGS RELIEF IN SIGHT TO UNDERSERVED SPANISH SPEAKING POPULATION

By Victoria Lau, Senior Program Director, Arthritis Foundation – OC Branch

Before the United Way awarded the Arthritis Foundation \$45,000 in June, there were no programs in Orange County to help Spanish-speaking adults living with arthritis manage their pain. Now, through the Spanish Arthritis Empowerment Program, relief is in sight for the underserved Spanish-speaking population starting this fall.

The Spanish Arthritis Empowerment Program models a highly successful and award-winning program established by the Arthritis Foundation in the Northeast San Fernando Valley. This program was initially developed by the Stanford University Arthritis Center to address the need for culturally appropriate arthritis self-management education.



Arthritis is the leading cause of disability in the United States, affecting 43 million Americans. In the year 2000, it is projected that 33 percent of Orange County's ethnic composition will be Latino. With one workers, have been trained by the Arthritis Foundation to lead this self-help management course to residents in their community. Also, the Arthritis Foundation is turning to organizations that are experts in the field of community outreach and health education in the Spanish-speaking community. Collaborators include the Regional Wellness Initiative Program in Orange, Latino Health Access in Santa Ana, and Puente a la Salud in San Juan Capistrano. The program also reaches into Anaheim and Fullerton.

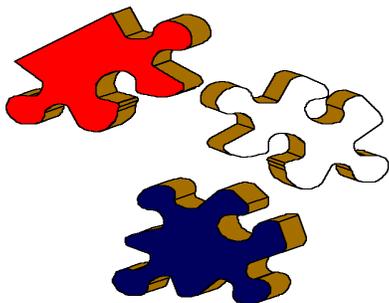
The goal of this *free*, six-week program is to empower participants to gain control of their arthritis by encouraging self-confidence, improving quality of life and reducing pain and depression.

For more information about classes and locations, please contact Veronica at (714) 771-8131 or Erika at (714) 436-1623.



[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)



### ROBERT WOOD JOHNSON FOUNDATION SITE VISIT

By: Marty Earlaugh-Gordon, Executive Director  
Coalition of OC Community Clinics

Orange County is one of 26 communities chosen from the original 100 applications for a site visit for the Robert Wood Johnson Communities in Charge Initiative. The Orange County proposal was developed by a broad collaborative group that included representatives from the HCA, CalOPTIMA, SSA, HASC, OCMA, COCCC and the OCHNA. Representatives from RWJ met with the members of the collaborative group on September 10, 1999 to obtain more in-depth information about the community, collaborative group and to engage in dialogue about the proposal.

The RWJ site visit team noted that some of the community's strengths is a history of many successful collaborations between the public and private sector in Orange County and the information available from the Orange County Health Needs Assessment. Questions were posed by the site visit team about the MSI program and its history, the organizational structure of CalOPTIMA, the MSI Care Facilitation program, the proposed managed care pilot project for chronically ill MSI patients, and the potential for additional funding to support care for the uninsured. Although the challenges of caring for the uninsured are not completely unique to Orange County, we were able to demonstrate a history of working together and a commitment to search for answers. RWJ will notify us of their selections in November.

## OCHNA Steering Committee

Len Foster, Co-chair.....Orange County HCA  
Dr. Gwyn Parry, Co-chair...Hoag Memorial Hosp.  
Pamela Austin, Project Director.....HASC  
Anaheim General Hospital  
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.  
Healthcare Council of OC  
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  
Placentia Linda Hospital  
Saddleback Memorial MC  
St. Joseph Health System  
St. Joseph Hospital  
St. Jude Medical Center  
Santa Ana Hospital  
South Coast Medical Center  
Tustin Rehabilitation Hospital  
UCI Medical Center  
West Anaheim Med. Cntr.  
Western Medical Center/SA/Anaheim

## Advisory Committee

Rimal Bera, M.D. ....Mental Health Assoc.  
America Bracho, M.D..Latino Health Access  
Jo Caines .....KOCE TV, Channel 50  
Mai Cong.....Vietnamese Community OC  
John F. Dean, Ed. D.....OC Dept. of Educ.  
Mary Dewane.....CalOPTIMA  
Ron DiLuigi.....St. Joseph Hospital  
Len Foster.....OC Health Care Agency  
Mark Horton, M.D.....OC HCA  
Gene Howard.. Oranewood Children's Fnd  
Pat Klotz.....California State PTA  
Jim Levy.....Senior Citizens Council  
Stanley C. Lowenberg, M.D. ....OCMA  
Glenda Mourer.....Family Preserv. & Supp.  
Martin E. Ogle, M.D.....Emergency Medical  
Care Committee  
Gwyn Parry, M.D.....Hoag Memorial  
Hosp. Presbyterian  
Juliette Poulson.....Orange County HCA  
Julie Puentes.....OC Business Council  
Felix Schwarz.....Human Relations  
Commission, OC  
William Shane.....The National Conference  
The Honorable Charles V. Smith.....  
OC Board of Supervisors  
Jim Spriene.....Laguna Beach Police  
Dept., Rep., Sheriffs and Police Chiefs Assoc.  
Ron Wright, DDS.....100 Black Men of OC

Grant Administration by the  
Orange County Community Foundation

## NEW PUBLIC HEALTH DIRECTOR NAMED IN ORANGE COUNTY

By: Jon Gilwee, VP Orange County, Healthcare Association of Southern California

The Orange County Board of Supervisor has unanimously appointed Mark Horton, MD., as the County's new director of Public Health. In this position, he will administer the Health Care Agency's Public Health Department and serve as the County's Health Officer. Programs he will supervise include those dealing with communicable disease as well as preventive services.

"Dr. Horton has demonstrated a passion for the prevention of child abuse and a keen interest in integrating public health with other health care and social services," said Charles V. Smith, Chairman of the Orange County Boar of Supervisors. "We were also impressed with his skills as an excellent communicator and listener. He's going to provide strong leadership in an important area and we're proud to have him join the County family."

Dr. Horton formerly served as the health director for the State of Nebraska. For the past two years, he has been the director of the center for child protection at Children's Hospital and Health Center in San Diego. He completed his undergraduate and medical degrees at St. Loius University and has earned a Master of Science in Public Health Degree at the University of North Carolina Chapel Hill. His appointment was effective September 13.

As part of his duties as Director of Public Health of the county, Dr. Horton will be joining the Orange County Health Needs Assessment team as co-chair of the newly formed Executive Committee along with Dr. Gwyn Parry of Hoag Memorial Hospital Presbyterian.

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## OCHNA

c/o HASC  
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