

NEW IMMUNIZATION LAW EFFECTIVE FOR 7TH-12TH GRADERS

This year, as students are heading back to the classroom, they either have already had the Tdap vaccination or will have received one within the first month of school. Beginning July 1, 2011, California state law mandated that all students entering, advancing, or transferring into the 7th-12th grade (public and private) provide proof of a Tdap, a vaccination for tetanus, diphtheria, and pertussis, with an emphasis on pertussis.

Pertussis (aka whooping

cough) is a very contagious disease that results in prolonged coughing attacks. Pertussis is spread via coughing and sneezing.

In the past, children entering the kindergarten were required to have the DTaP vaccine, which helped to protect them from tetanus, diphtheria, and pertussis. Overtime, however, the immunity from these vaccines wore off, leaving students and adults more susceptible to pertussis. Recently, the number of pertussis cases has been increasing in the United

States; more specifically, California has experienced the most cases of whooping cough reported in 60 years.

As a result, the state of California now makes it mandatory for students to receive a Tdap booster by age 12 to strengthen their immunity. By law, students who do not have proof of receiving a Tdap booster shot will not be able to start school until proof is provided to the school. Schools shall allow students a 30 days grace period before any action is taken.



For more information and latest news, you can visit <http://www.shotsforschool.org/index.html> or email to info@immunizeca.org.

Contact your local stores or your physician to schedule for a Tdap vaccination.

Approved by Catherine Flores Martin, Director, California Immunization Coalition



The End of Alzheimer's Starts with You September is World Alzheimer's Month

In September, the Alzheimer's Association is observing the inaugural World Alzheimer's Month. More than 35 million people are battling Alzheimer's worldwide, costing our global economy \$604 billion annually. With the soaring prevalence and crippling cost of Alzheimer's disease, now more than ever the need is great to raise awareness globally and here locally in Orange County.

Participate in these World Alzheimer's Day activities:

Show up and Speak up: Join us to take action in the fight against Alzheimer's. On Wednesday, September 21 from 4- 6pm we will gather at The District at Tustin Legacy to celebrate local heroes who are taking action to fight Alzheimer's disease. Wear purple and show up to reclaim the future for millions. For more information and to RSVP, call 800.272.3900 or email Elysia at elysia.chin@alz.org.

Turn Facebook Purple:

Download our "End ALZ" icon and use it as your profile picture. You will raise awareness in just seconds by visiting www.alz.org/WAM and downloading the icon.

Visit alz.org/WAM to get started

For more information about the services, education, research and advocacy efforts of the Alzheimer's Association, visit www.alz.org/oc or call our 24/7 Helpline at 800.272.3900.



alzheimer's association

Submitted by Tory Black, Communications Coordinator

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20th Annual Komen Orange Race for the Cure

Materials obtained from Susan G. Komen OC, approved by Tami Thompson, Director of Development

In 2011, it is estimated that there will be **230,480** new cases of invasive breast cancer among U.S. women. It is also estimated that there will be **39,520** breast cancer deaths. Breast cancer can occur in anyone and because of its prevalence, relative to other cancers, we need to always be educated, updated, and proactive in preventing the

development of this cancer.

October is National Breast Cancer Awareness Month. Join [Susan G. Komen for the Cure](#) in raising money and awareness for the fight against breast cancer, in supporting the women who are diagnosed with breast cancer, and in celebrating those who have conquered breast cancer.

Through global events and legislative actions, Susan G. Komen for the Cure strives to educate people and raise funds to battle against breast cancer from all aspects.

Learn more about breast cancer and all the ways you can get involved in Orange County by visiting [KomenOC.org](#).

Register for the 20th Annual Race for Cure Today!

September 25th, 2011

Newport Beach

Register at [Race for Cure](#)



You can also get involved by making a donation online or signing up to be a volunteer for this event.

Anyone can get breast cancer. Did you know...

- The older a woman, the more likely she is to get breast cancer.
- Young women can and do get breast cancer, even in their 20's.
- White women are more likely to get breast cancer than women of any other race; however,
- African American women are more likely to die from breast cancer than white women.
- Men can get breast cancer. Out of every 100 cases of breast cancer, one will occur in a man.

Women's Wellness Center at Mission Hospital Participates in the Fight Against Breast Cancer

In recognition of the National Breast Cancer Awareness Month, Mission Hospital's [Women's Wellness Center](#) is forming a team to support the Susan G. Komen Race for the Cure. In addition, the Women's Wellness Center is hosting the following events:

1. **October 10, 2011, 6:30-8:00pm:** Breast Cancer Bingo– a fun filled information night held at the Conference Center (26726, Crown Valley Pkwy; admission is free).
2. **October 18, 2011:** Store for Cooks cooking class supporting a Breast Cancer Cure. The location is 30100 Town Center Dr. Ste. R Laguna Niguel, 92677; admission is \$25.00. Please call 949-495-0445 to register.
3. **October 27, 2011, 7pm:** Healing Mass will be held at St. Timothy's Catholic Church, 29102 Crown Valley Pkwy, Laguna Niguel 92677. Local organizations will provide information about breast health; admission is free.



Submitted by Susann Burnett, RN, BS, CBPN-IC, IBCLC, Nurse Navigator



September 2011

September Events and Holidays

- September 1-30: Ovarian Cancer/Prostate Cancer Awareness Month
- September 1-30: National Alcohol & Drug Addition Recovery Month
- September 1-30: Leukemia & Lymphoma Awareness Month
- September 21: World Alzheimer's Day
- September 23: First day of Autumn; Native American Day
- September 28: National Women's Health/Fitness Day
- September 29: First day of Rosh Hashanah

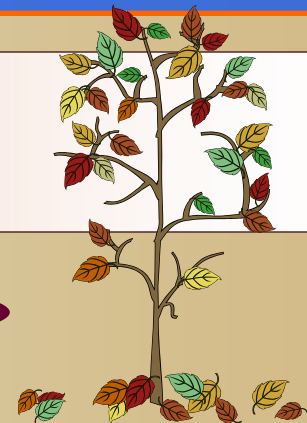


2-1-1: Update on Orange County's 10 Year Plan to End Homelessness



Date: Thursday, October 27, 2011
Program: 6pm-8-m
Location: Delhi Center, 505 East Central Avenue Santa Ana, CA 92707
Register: [Online](#) or call 949-486-8512

"September twenty-second, Sir, the bough cracks with unpicked apples, and at dawn the small-mouth bass breaks water, gorged with spawn."

- Robert Lowell



October 2011

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1
Oct 1-31: National Down Syndrome Awareness Month Oct 1-31: National Breast Cancer Awareness Month						
2	3 Child Health Day	4 Oct 2-8: Mental Illness Awareness Week	5	6 Latino Health Access Open House	7	8 Jewish Yom Kippur
9	10 Columbus Day	11	12	13	14	15
16 CHOC Walk World Food Day	17	18	19	20	21	22
23	24 United Nations Day	25	26 Diwali Oct 23-31: Red Ribbon Week	27 	28	
30	31 Halloween		Oct 31-Nov 6: National Drug Facts Week			

UCI Receives \$1.7 Million Federal Grant to be National Center on Elder Abuse



Obtained with permission of John Murray, PIO/Media Relations Manager

The U.S. Administration on Aging has designated UC Irvine as the National Center on Elder Abuse (NCEA), awarding the institution a funding of \$561,000 annually for three years.

The NCEA will be led by Dr. Laura Mosqueda and Mary Twomey, co-directors of UC Irvine's Center of Excellence on Elder Abuse & Neglect, which offers medical, forensic, and

victim services to abused and neglected seniors.

According to the Administration of Aging, nearly 2 million older Americans are abused each year. Orange County agencies receive more than 8,000 reports annually. "We look forward to working with many national organizations and individuals, bringing the field together in a major initiative to

increase awareness of and find solutions to this significant public health issue," said Dr. Mosqueda.

For more information, please visit [UCI News](#) or contact John Murray, Medical Center Communications 714-456-7759 jdmurray@uci.edu



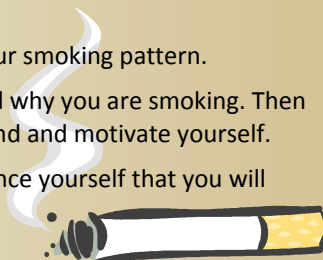
Dr. Laura Mosqueda

SMOKING CESSATION www.hoag.org

—Submitted by Priya Dua, Senior Account Executive, Porter Novelli

Smoking cessation is tough, but not impossible. Every year, millions of smokers successfully quit. With the right attitude, preparation, and knowledge, you can be one of them.

- **Decide to Quit**— The main step in the process of quitting is deciding to quit. If you decide to quit someday in the future, pick a date and stick with it.
- **Make Changes**— In preparation for quitting, begin to change your smoking pattern.
- **Keep a Diary**— A week before quitting, record where, when, and why you are smoking. Then write out all the reasons why you want to quit smoking to remind and motivate yourself.
- **Think Positively**— Tell yourself you can do it this time and convince yourself that you will succeed.
- **Plan Your Deadline**— Prepare for quitting by picking your day.
- **Learning Process**— Don't ever give up! Just persist in cessation efforts until you are successful.



Freedom From Smoking® is an 8-session group program of the American Lung Association. Clinics are led by trained and certified Freedom From Smoking® facilitators and may be joined at any time. The program is held at Hoag Hospital Conference Center, Monday and Thursday evenings, 7-9:00 pm. Admission is free. To register, call **949-764-5511**.

Some Benefits to Quitting

- Within 20 minutes of the last cigarette, blood pressure and pulse rate drops to a normal rate, body temperature of the hands and feet increases to normal.
- In 8-24 hours, oxygen level in blood increases to normal, decreasing chance of heart attack.
- In 48 hours, nerve endings start to regrow and the ability to taste and smell is enhanced.

OCHNA— Putting information into action for a healthier tomorrow.

Each year, OCHNA produces a special holiday newsletter for the months of November and December. Our holiday newsletter is unique because it highlights all the various community events, charity events, and volunteering opportunities that take place during the holiday season. Our purpose is to spread the holiday spirit and encourage everyone to participate in giving back to our community.

We encourage and accept any article, event announcement, information that you find suitable for our holiday newsletter. Please email them to staff@ochna.org. We look forward to hearing from you!

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