

Stone Soup Gazette

Holiday Message from the CEO

Every year at this time I write a little personal note that is aimed at reminding all of us, who have chosen to dedicate our careers to improving the health and well being of others, that we still need to give back, volunteer, and acknowledge that we can do a little bit more on a personal level. Whether we do this mainly during the traditional holiday season or throughout the year, it is important to our humanity. The generosity of time and effort given to others is really a gift we give ourselves as well, and it is often immeasurable in the joy, comfort, love, and hope that it produces for both the giver and the recipient.

Let's be grateful for our blessings, especially in trying times, and let's not forget to reach out to others who may be in need of your time, empathy, and friendship. Reach out to those whom we will never meet and let them know, through our donations and support, that they are not forgotten. Engage your family and friends in your spirit of giving and, remind them of how good it feels to consider the needs of others before their own. It is what makes being human so rewarding.

This year I also want to extend my gratitude and thanks to those who worked diligently to support OCHNA, giving generously of their time and resources. The OCHNA Board has been amazing, but especially this year, demonstrating enormous integrity and strength in the face of some very trying economic times. It has been a pleasure to serve each and every one of you over the last decade plus, and I look forward to what we will accomplish in the coming years.



OCHNA Advisory Board

Christopher M Leo, Esq., Regional Director of Advocacy, St Joseph Health System, OCHNA Co-Chair
Gwyn Parry, MD, Director, Community Medicine, Hoag, OCHNA Co-Chair
Isabel Becerra, Chief Executive Officer, Coalition of Orange County Community Clinics
Mark Bertler, President/Chief Executive Officer, Public Health Foundation Enterprises
Greg Buchert, MD, Chief Operating Officer, CalOptima
Jay Geer, APR, President, Miller Geer Arizmendez, Inc.
Jon Gilwee, FACHE, Senior Director, Government Healthcare Programs, UCI Medical Center
Peter Mackler, Government Relations and Policy, Memorial Health Services
Julie Puentes, Regional Vice President, Hospital Association of Southern California, OC
Michele Blair, Executive Director/Chief Executive Officer, Orange County Medical Association
John Stratman, Director of Public Affairs, Kaiser Permanente

Season's Greetings, wishing everyone a Great Thanksgiving Day, a Joyous Eid al-Adha, a fun filled Chanukah, a Merry Christmas, Thankful Kwanzaa, and a Happy New Year!

Pamela Austin

OCHNA would like to take this opportunity to extend our greatest appreciation to our Steering Committee and Technical Advisory Committee for their support throughout this year.

OCHNA Steering Committee

Chair: Gwyn Parry, MD.– Hoag

Members

- Elaine Bauer– CHOC Health Families
- Cecilia Bustamante-Pixa– St. Joseph Health System
- Christy Cornwall– Mission Hospital
- Jan Gameroz– Saddleback Memorial Medical Center
- Beth Hamblen– Orange Coast Memorial Center
- Helena Jacobson– Ray of Life Foundation
- John Murray– UCI Medical Center Health Affairs
- Barry Ross– St. Jude Medical Center
- Rebecca Reza-Barnard– Hoag
- Cheryl Vargo– Kaiser Permanente

OCHNA Technical Advisory Committee

- Dennis F. Berg, Ph.D.– Exchange Professor, National Social Science Research Training Program, Vietnamese Academy of Social Sciences, Hanoi
- Mohammed Forouzes– Director Health Science Department, CSULB
- Azhar Qureshi, M.D., Ph.D– VP, Quality Control, St. Joseph Health Systems

In This Issue . . .

1. SOS 42nd Annual Adopt-A-Family Holiday Program.....	3
Share Our Selves Thanksgiving Food Drive	
2. The Make-A-Wish Foundation of Orange County & Inland Empire.....	4
Probation Community Action Association “Giving From The Heart”	
3. Community Action Partnership of Orange County/OC Food Bank	
“Hope for the Holidays”	5
4. November/December Calendar.....	6
5. Illumination Foundation Holiday Programs.....	7
Support Our Troops During the Holiday Seasons	
Caregiver Resource Center– Managing Holiday Stress	
6. Operation Santa Claus/ Senior Santa & Friends.....	8
7. Orange County’s Toy Drives.....	9
YWCA Presents Joanie’s Purse Project	
8. Holiday Hope 2011-Food for Family.....	10
Volunteer with Orange County 2-1-1	
9. Winter Holidays Around the World.....	11





42nd Annual Adopt-a-Family Holiday Program

Since its inception, SOS has been linking generous community members with families in need of extra support during the holidays. This holiday season marks the 42nd year of Share Our Selves Annual Adopt A Family program. This wonderful holiday tradition embraces many struggling Orange County families by providing gifts and food for the holidays. This year, the Adopt-A-Family program will connect donors with more than 1,100 families with children recommended by Costa Mesa and Santa Ana Schools. The event will take place at the OC Fair & Event Center from December 19–22, 2011.

To participate, SOS asks that donors agree:

- To provide at least two new gifts for every child AND food (or grocery gift cards) for a complete dinner for the family.
- OR to provide only new gifts (at least 2) for each child in the family.
- OR to bring extra toys/gifts on Dec 19th between 11:00 and 2:00 pm or before noon on Dec 20th.
- OR to bring extra food on Dec 19th between 11:00 and 2:00pm or before noon on Dec 20th (no perishables).
- OR to volunteer on Dec 20th, 21st, or 22nd
- OR to help with deliveries using your fan or trucks on Dec 22nd
- OR to provide financial assistance for SOS Adopt-A-Family Shoppers



If you are interested in Adopting A Family for the holidays, please email AAF2011@shareourselves.org or call 949-270-2136.

Thanksgiving Food Drive



This year give thanks, give food! SOS needs your help to provide to help ensure that many struggling Orange County residents will be able to have a Thanksgiving dinner. Items needed include:

- Turkeys or whole chickens
- Hams
- Dry goods - rice, beans, pasta, oatmeal, stuffing
- Produce - onions, celery, carrots, potatoes, apples, oranges
- Bread & rolls
- Desserts - cookies, chocolate, candy, nuts, holiday pies, pie shell and other items to make holiday desserts
- Gift cards to Ralps, Food for Less, Albertsons, and Stater Bros. are also welcomed

Non-Perishable items can be delivered to Share Our Selves (1550 Superior Avenue, Costa Mesa, 92627) anytime until November 23rd. Perishables should be delivered on November 22nd or 23rd. For more information, please contact Veronica Rodarte at 949-270-2142 or vrodarte@shareourselves.org.

MAKE·A·WISH®

ORANGE COUNTY &
THE INLAND EMPIRE CHAPTER

The Make-A-Wish Foundation is asking for your help in their effort to grant more wishes for children with life-threatening medical conditions in Orange county and the Inland Empire! You can make a difference in varieties of ways!

Adopt a child's wish Host an event Give a donation as a gift

This year, the Make-A-Wish Foundation is teaming up with Macy's to kick off the Macy's Believe Campaign on November 6 and throughout the holiday season. Write a letter to Santa and help make wishes come true! For every stamped letter brought into the Macy's store, Macy's will donate \$1 to the Make-A-Wish Foundation, up to \$1,000,000. The letters will then be delivered to the Post Office for mailing to Santa.

For more information on the Believe campaign and ways you can help make a child's wish come true, please visit the [Make-A-Wish](http://www.makeawish.org) website.



Let's follow the beat of the drums...and Give from the Heart

Adopting a family for the holidays through PCAA's "Giving From The Heart" program has been a successful project within our community for several years. Last holiday, 75 families in Orange County were adopted and more than 1,000 individuals received holiday toys or gifts through the generous support of community members such as you.

Ways you can help this holiday season

- Gift cards
- Adopt one or more families for the holidays
- Monetary donations

For more information, please contact Lois McKoon at (714) 393, 3685, or email to contactpcaa@aol.com, or visit our website at www.pcaaoc.org.



Mission Statement: PCAA is committed to provide encouragement and support for youth and teens through life changing prevention, intervention, and assistance programs.

Vision Statement: Transforming "youth at risk" to "youth of promise" providing hope and a second chance. Assisting youth few choose to help, which will make Orange County a better and safer place in which we live, work, and worship.



Hope for the Holidays



This year, Community Action Partnership of Orange County and the Orange County Food Bank are launching its Hope for the Holidays season of giving Campaign early in order to meet the growing needs of families impacted by the downturn in the economy.

As the County's poverty and unemployment rates continue to increase, so has the number of food insecure households and requests for assistance. Currently, 1 in 8 Orange County residents and 1 in 6 Orange children are living in poverty and 44% of Orange County students are receiving free and reduced lunches.

A wonderful way to celebrate the season and to make a difference is to organize holiday food and gift drives with your own family, classmates or co-workers to help the less fortunate this holiday season.

For more information, make a donation, or get involved, contact Marleen Morrill at (714) 897-6670, ext. 3404. You can also visit www.capoc.org.



- **Hold a Food Drive** to provide holiday meals for needy families. Consider donating a gift certificate for a turkey or other perishable holiday food items.
- **Virtual Food Drive:** We have made it very convenient to donate online through our virtual food drive. All major credit cards are accepted and your information is kept confidential.
- Go to www.ocfoodbank.org or call Kristin Kvesic at (714) 897-6670 ext. 3604.



- **Hold a Toy Drive** to provide toys or basic needs for needy and low-income youth. Our greatest need is gifts for children ages 11-16. Gifts must be new and unwrapped.
- **Gift Certificate Drive:** It is difficult to find gifts for 17-18 year olds. Gift cards will allow parents to buy the gifts for their teens.
- **Adopt-A-Family:** You can sponsor a family or collect toys for the 2,000 children ages newborn to 18. Adopting a family requires a commitment to provide gifts and a holiday meal for all the members of some very special family.
- Call Linda Dryden at (714) 897-6670 ext. 5310

Check out the following food drives!

Second Harvest Food Bank of Orange County
 8014 Marine Way
 Irvine, CA 92618
 Phone: (949) 653-2900
<http://feedoc.org>

The OC Rescue Mission
 One Hope Drive
 Tustin, CA 92782
 Phone: (714) 258-4451
www.rescuemission.org

November 2011

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1 All Saint's Day	2 All Soul's Day	3	4	5
6 Islamic Eid al-Adha	7 Nov 6-12: Drowsy Driving Prevention Week	8	9	10	11  Veteran's Day	12
13 Illumination Foundation Health fair	14	15	16 St. Joseph's Quit Smoking Class 6-8pm	17 Great American Smokeout		19
20	21	22	23	24 Thanksgiving Day 	25	26 Islamic New Year
27 Swedish Christmas Fair- Costa Mesa	28	29 ADRC Snack & Learn	30	Nov. 24- 2011 Turkey Trot		
Nov 1-30: American Diabetes Month Nov 1-30: Lung Cancer Awareness Month Nov 1-30: National Stomach Awareness Month						

December 2011

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1 Aids Awareness Day	2	3 Nutcracker Festival- Anaheim
4 Christmas Walk- Corona Del Mar	5 Dec 4-10: National Awareness Week	6 Handwashing	7 Peal Harbor Remembrance Day	8 Annual Tree Lighting- Brea	9	10 Human Rights Day
11 Irish Holiday Festival- Santa Ana	12	13	14	15	16	17 Christmas Toy Drive & Annual Adopt a Family- San Clemente
18	19 	20	21 Hanukkah Begins 1st Day of Winter 	22	23	24
25 Christmas Day	26 Kwanzaa Begins	27	28	29	30	31 New Year's Eve 
Dec 1-31: Safe Toys and Gifts Month						

Homeless Facts

- For most families in Orange County, homelessness was not caused by substance abuse or mental illness.
- Orange County has the highest population of millionaires per capita and a lower than average support for non-profits.
- In Orange County, a person earning a minimum wage would need to work 141 hours per week to afford a one bedroom apartment.
- For the 2009-2010 school year, the Orange County department of education reported over 26,000 homeless children.
- There are only 3,400 temporary shelter beds available.



Thanksgiving

We will be providing grocery packages designed for our families to cook Thanksgiving dinner at home. If you are interested in donating Thanksgiving meal kits to families, contact lserio@ifhomeless.org.

Holiday Carnivals

We will be having holiday carnivals for the families on December 17 (Anaheim) and December 18 (Costa Mesa). If you would like to volunteer to host the event, wrap gifts, or would like to donate gifts, contact lserio@ifhomeless.org.

Please help make the holidays complete for the families we serve. You have the opportunity to donate:

- Holiday Meal Bags**
- Coats and Blankets**
- Gift Wrap Supplies**
- Unwrapped Toys**



Support Our Troops

The purpose of the Support Our Troops effort is to “provide encouragement to U.S. military personnel.” Our emphasis is on showing our soldiers, sailors, airmen, and marines in combat zones that we truly appreciate their service and sacrifice. Support Our Troops is a completely volunteer program with no personnel costs; 100% of all proceeds are used to support our military heroes.

How can you help?

- Cards and letters for our troops are always welcome and appreciated!
- Monetary donations are gratefully accepted to purchase the conform items that soldiers request, edible treats, phone card, care package items, and shipping costs.

Please contact Ed & July Hull at SupportOurTroops@gracesealbeach.org



November is National Family Caregiver Month

In recognition of this event, the Caregiver Resource Center would like to invite you to view their newly redesigned website, www.caregiveroc.org. You will find helpful information on caring for an adult loved one with a brain impairing condition or chronic health care concerns. On the website, you will also find a Fact Sheet on [Managing Holiday Stress](#). For more information, please call 1800-543-8312.



Gift Drive

Operation Santa Claus

Senior Santa and Friends



The Operation Santa Claus and Senior Santa & Friends annual gift drive begins mid November and ends December 23rd, however we accept donations year-round. Community participation in this program has granted countless holiday wishes for children who are abandoned, neglected, abused, or placed in foster care, and elderly and disabled adults served by the County of Orange Social Serviced Agency, Health Care Agency, Probation Department, Child Support Services, and OC Community Resources. Each year, we distribute 41,000+ toys and provide gifts for over 2,300 seniors and dependent adults. We thank and appreciate each of you who have had a hand in contributing to our successes. We couldn't do this without you. If you have not participated in the past, please join us!

There are several ways that you, your family, coworkers, and friends can participate in Operation Santa Claus and Senior Santa & Friends. Below are lists of options to help brighten someone's life this holiday season.

Angel Tags for the Tree

Angel Tags provide gift suggestions for a child or senior in need of a holiday gift.

If you would like to coordinate an Angel Tag drive for you unit or department, please call (714) 825-3159 or (714) 679-2438 for more information.



Gifts for Seniors

Cash donations and gift cards are needed for seniors. Cash donations help purchase special request items, like walkers and other medical equipment. Gift cards offer our clients the freedom to purchase items, such as medication and clothing. For more information, please call Kim Pham at (714) 825-3111.

Immediate Needs

Cash, checks, and gift card donations provide gifts and other special need items for our children such as toddler toys, teen movie passes, shaving/bath sets, cologne & perfume sets, electronics, girl tea sets, pots and pans sets, and more!

Please make checks payable to Operation Santa Claus or Senior Santa and Friends and mail to:

Operation Santa Claus
1505 E. Warner Ave.
Santa Ana, CA 92705

Donations with complete address will receive letter for tax purposes.

This Holiday Season Volunteer Your Time

Assist with sorting gifts at the Operation Santa Claus Gift Shop. Volunteers are needed in November and December. To volunteer, please email Jane.Dawson@ocgov.com or call (714) 834-7440.



How can I donate gifts?

Look for the Operation Santa Claus/Senior Santa & Friends drop-off box in your building beginning in November. Boxes will also be located in all County libraries and most County buildings.

Donations may be dropped off at the Operation Santa Claus Gift Shop located at 1505 E. Warner Ave., Santa Ana, 92705.

Volunteering is a great way to share the holiday season with Orange County's neediest children!



Society of
ST. VINCENT DE PAUL
ORANGE COUNTY



We invite you to volunteer this holiday season with Operation Santa Claus and the Orange County Toy Collaborative. Each year thousands of toys are distributed to Orange County's underprivileged children through the efforts of volunteers who help sort and pack donated gifts.

Youth served by the holiday toy drives reside in low-income or impoverished households. Some have experienced abuse, neglect, or abandonment. Others are homeless or live in foster care or group home settings. For many of the children the only holiday gifts they receive are through Operation Santa Claus and the Orange County toy Collaborative.

Volunteers can lend a hand in helping to sort, organize, and pack donated gifts at the following locations:

- Operation Santa Claus
Near Warner & Grand in the city of Santa Ana
- Orange County Toy Collaborative
Near Taft & Main in the city of Orange

For further information about shifts and locations, email Jane.Dawson@ocgov.com.

Joanie's Purse Project

Joanie's Purse Project is one of YWCA Central Orange County's outreach program that provides purses filled with personal care items, snacks, and small gifts to women in Orange County shelters and transitional living programs.

This year, please help us spread the joy by fulfilling the wish lists of our young ladies, who are working towards successful independent living.

Items you can provide:

- Large to medium purses, new or gently used
- Sample or travel-size personal care items for women
- Snacks and small gifts

Drop off your donations at YWCA Central Orange County Administrative Office
133 N. Grand St. Orange, CA 92866
Telephone: 714-633-4950 Ext. 3#

Interested in Volunteering?

Sort products and assemble purses
143 N. Grand St., Orange, CA 92866
Saturday, December 10th, 2011, 9:00AM-Noon



Please visit www.ywcacoc.org for more information on appropriate items to donate, or call 714-633-4950

eliminate racism
empower women
ywca
central orange county

HOLIDAY HOPE 2011·FOOD FOR FAMILIES

With your help, Health Care Agency Volunteer Services will offer holiday food assistance to needy clients in our clinics for the 27th years.

How does it work?

- Employees in Health Care Agency clinics refer their most impoverished clients. Many live at nutritional risk because of their low-income level. The program is designed to provide them with food during the holidays made possible by generous donations from the community and county employees.

You can help!

- Make a cash donation to the Holiday Hope program for the purchase of grocery gift certificates.

Suggestions

- Feed a family as a group with your co-workers instead of having your usual office gift exchange.
- Make it a family affair. Teach your children about helping.

Please contact HCA/Volunteer Services to obtain a donor form to fill out.

405 W. 5th Street, Ste. 300

Santa Ana, CA 92701

Phone: (714) 834-4144 Building HCA 38-C



Volunteer with a Non-Profit

We need compassionate and caring individuals interested in the social services and in making a difference in their community, and who can commit at least 5000 hours in total to our agency.

Positions:

- Resource Assistant
- Information & Referral Specialist
- Community Ambassador

The Benefits of Volunteering

Volunteers directly impact the lives of the people who call 2-1-1 for help. They gain valuable knowledge of local governmental, non-profit health, and human service agencies, in addition to knowledge of the programs these agencies offer to the community. Volunteers are trained in database navigation, information and referral standards, telephone etiquette, and public speaking.

Please contact: Kim Doan

Communications & Marketing Manager

(949) 486-8512 Direct

Email: volunteer@211oc.org

More Happy News...

- OCHNA would like to **congratulate Deborah Miller**, who was named Executive Director of Programs for Seniors and Persons with Disabilities at CalOptima.
- If you are over 50 years old, have a chronic medical condition, live in a nursing home or long-term care facility, or have children/grandchildren 6 months-5 years old, you can qualify to receive a **free flu shot**. Please call the Office on Aging at 1800-510-2020 for community sites where flu shots are offered.
- On Thanksgiving Day from 11am to 3pm, American Family Housing will host a **free community Thanksgiving meal**. If you would like to volunteer or donate, please call (714) 897-3221.
- The Orange County Board of Supervisors has approved the release of the Orange County Children's Partnership's (OCCP) **17th Annual Report on the Conditions of Children**. The report is available on <http://ohealthinfo.com/occp/report>.
- Share Our Selves is hosting its **1st Annual Food Truck Rally & Christmas Carnival** on December 8, 2011, 6pm-8:30pm. There will be a selection of OC's most popular food trucks on hand to serve up tastes of their delicious specialties. Please contact Jina Song at 949-270-2134 for ticket information.



Mission Statement

“To maintain a process in which not-for-profit hospitals and community stakeholders plan, conduct, and analyze an objective, comprehensive, tri-annual health assessment, intended to improve the health of all Orange County residents.”

OCHNA wishes you and your family a joyful, safe, and healthy holiday season!

Putting information into action for a healthier tomorrow.

Contact Information:

Pamela Austin, MSW, CFGD
12447 Lewis Street, Ste. 205
Garden Grove, CA 92840
Email: staff@ochna.org
Phone Number: 714-703-0250
[Website: www.ochna.org](http://www.ochna.org)

Winter Holidays Around the World

Las Posadas

This is a traditional winter holiday celebrated in Mexico between December 16 and December 24. In English, the term Las Posadas translates to 'the Inn', and therefore is a re-enactment of Joseph searching for a room at the inn. Hence, every Christmas, there is a procession carrying a doll, which represents Christ as a child and the images of Mary and Joseph riding a small donkey, which goes through the streets.

St. Lucia's Day

This holiday is celebrated on December 13. It is a Swedish holiday in honor of St. Lucia, who lived in the 3rd century and is regarded as the patron of light. Young girls bedeck themselves in white colored long dresses with red sashes, with a wreath made of lit candles on their heads.



Chanukah (Hanukkah)

This is one of the most important Jewish holidays, particularly due to the significant connotations of its proximity to Christmas. The history of this festival chronicles the Jewish people celebrating the revolution against the suppression and assimilation of the Jewish religion. This 8-day observance begins on Dec 21 and lasts up to Dec 28.



Kwanzaa

The term "Kwanzaa" literally means 'First Fruits,' this has its basis on an ancient harvest festival of Africa, which celebrates ideals like collective responsibility and work, self-determination, cooperation, purpose, creativity, faith, and unity. The celebration starts from December 26 and culminates on January 1, during which time people decorate their homes with vegetables and fruits, don special clothes, and light the 'menorah' which is a special candleholder.

Diwali

Diwali is India's biggest and most important holiday of the year. The term "Diwali" signifies "clay lamps," which are hung outside of homes to symbolize the inner light that protects one from spiritual darkness. Diwali is actually celebrated before winter, from October to November each year. It marks the year before winter.



Eid-al-Adha

This is a feast that is celebrated by Muslims following their pilgrimage to Mecca, which lasts for three days. This year, it begins on January 10. It is a commemoration of Ibrahim's willingness to sacrifice his son, Ishmael, at the behest of God. Muslims consider Ishmael to be the Arabs' forefather.