

Winter 2014

PASADENA HEALTHY TIMES

City of Pasadena Public Health Department (PPHD) 1845 N. Fair Oaks Avenue, Pasadena CA 91103

Message from the Director

As we move into the New Year, we at the Pasadena Public Health Department (PPHD) are grateful for the services we were able to provide in 2013; the Prenatal Clinic provided excellent care to over 500 women; Andrew Escajeda Comprehensive Care Services supported over 400 individuals impacted by HIV and AIDS; our outpatient substance abuse treatment program expanded services to include Saturday sessions; PPHD hosted a multi-jurisdiction emergency preparedness exercise in which PPHD acted as the central, coordinating agency in administering flu vaccine to the community (see page 5 of this newsletter to find out more about the exercise). Yes, 2013 was another banner year for the Department.

As we enter 2014, we are aware of the great potential of work that lies ahead of us and we look forward to many new opportunities; the Affordable Care Act will be front and center in our efforts to not only enroll individuals into health insurance, but also increase access for the newly insured; the state-of-the-art City of Pasadena Michael D. Antonovich Dental Clinic (which began serving HIV+clients) will be expanding services to low-income seniors; PPHD will be switching the focus of our department's strategic planning to focus on meeting the standards as an accredited public health department. National accreditation will be a top priority for us so that you can be assured that our services are high quality and our programs demonstrate accountability to promote and preserve the City's health.

The Pasadena Public Health Department would like to remind everyone of the great opportunity that the New Year offers in making changes to improve one's health. You don't have to run a marathon or even make drastic changes to your diet—small, doable changes that can be sustained for all of 2014 and beyond may have the greatest impact on long term health. This year is your year! Let's be inspired to do more than wish for a happy and prosperous New Year; let's work together to build an amazing New Year.

Sincerely, Dr. Walsh

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Free Nutrition & Physical Activity Promotion Classes!
Every Thursday in January 2014, free classes will be held at La Pintoresca Library from 6:30 to 7:30 pm. Call (626) 744-6134 to reserve your spot. Spanish classes are also available.



Serving the Greater Pasadena Area since 1892 Protect. Promote. Live Well.

This issue would not be possible without support from Anuj Bhatia, Mary Donnelly-Crocker, Gary Iem, Leticia Saenz, and Dr. Walsh. For questions on this or previous editions of Pasadena Healthy Times, please contact Adrienne Kung at (626) 744-6151.

Information is Power



Mary Donnelly-Crocker, Executive Director of Young & Healthy, was recently waiting for a meeting in the reception area of an emergency room. She noticed a young mother approach the triage desk with her glassy-eyed, blankie-clutching, adorable daughter in tow. The mother had that "my child is sick and I don't know what to do" tone in her voice. This tone is very familiar to Young & Healthy staff.

The mother asked the triage nurse if her daughter's Medi-Cal insurance would cover the visit and if it was considered "an emergency." The family lived around the corner from the emergency room but their routine doctor was 20 miles away. The triage nurse kindly and gently informed the mother that they would be happy to see her child but did not know what her Medi-Cal covered. She walked away clearly unsure of what to do next and just wanted her daughter to be better.

Having heard the conversation, Mrs. Donnelly-Crocker asked if she could help. The mother did not know what <u>kind</u> of Medi-Cal she had, but was able to connect the mother to a Young & Healthy case manager, who looked up the family's Medi-Cal number and provided more information about the Medi-Cal coverage and benefits. The mother was empowered to make informed decisions about her daughter's health care.

So much will change in 2014 when more people will have access to health insurance. However, having insurance will not guarantee that individuals will understand how to use it. Young & Healthy will be there to be both a safety net and a bridge to care throughout continued implementation of the Affordable Care Act. For more information on Young & Healthy, please visit http://www.youngandhealthy-pas.org/.

Covered Pasadena

Covered Pasadena is the local campaign to inform the community of local, State, and Federal changes in health care that are taking place through the Patient Protection and Affordable Care Act (ACA, or more popularly known as "Obamacare"). Additionally, Covered Pasadena aims to educate individuals on navigating the health care system (including Medi-Cal and Covered California) and insurance plans, and to promote available safety net programs for those who cannot qualify for government and government-subsidized health programs. The agencies involved in this local campaign include the City of Pasadena Public Health and Human Services & Recreation Departments, Young & Healthy, Huntington Hospital, local community clinics, and other community-based organizations.

Health care reform has not been easy to navigate since the ACA was enacted; however Covered Pasadena can help you and your family find the answers to understand how the law affects you. If you need help, call the Public Health Department at (626) 744-6055 or Young & Healthy at (626) 795-5166. Here are some things we want you to know:

- Enrollment assistance is FREE. If you are seeking assistance in completing applications for Medi-Cal and Covered CA, there are no fees associated with this service.
- March 31, 2014 is the final day of open enrollment for Covered CA in 2014.
- Health insurance companies began to cancel plans that did not meet ACA's minimum essential benefits (see Pasadena Healthy Times Fall 2013 edition at http://cityofpasadena.net/publichealth/disease_prevention/ for the list of essential benefits). If your plan was canceled, call one of the numbers above to see which Covered CA plan will meet your needs.
- It may be possible for one household to have some family members in the Medi-Cal Program and some members insured through Covered CA.
- See page 4 of this newsletter for Covered CA Frequently Asked Questions.

If you want to know what program you qualify for and are ready to enroll, call PPHD or Young & Healthy and bring the following items with you to your appointment:

- Social Security Number(s) for each person applying
- If a naturalized citizen, naturalization certificate or certificate of citizenship
- Document numbers for legal immigrants applying
- Proof of California residency (Driver's license, utility or phone bill)
- Employer and income information (most recent tax forms and paychecks)
- Preferred provider or routine medications (if any)

All information provided for the application will be kept secure and private, and will not be used for other purposes or shared with other organizations.



Changes to Other Health Insurance Programs

To align with implementation of the Affordable Care Act (ACA), local health insurance programs are also undergoing changes, including streamlining the application process and ensuring that families are appropriately referred to health access programs based on the income qualifications (percent Federal Poverty Level, FPL). The local programs that have undergone changes are Healthy Way LA, Kaiser Permanente Child Health Plan, and Healthy Kids:

Healthy Way LA (HWLA) Transition to Medi-Cal

In October 2013, the California Department of Health Care Services began the process to transition Healthy Way LA patients to Medi-Cal. HWLA participants should have received a welcome packet indicating that they may keep their current medical home/primary care provider or may change providers, and other pertinent information regarding the transition to Medi-Cal. These individuals will receive Medi-Cal benefits, effective January 1, 2014. If you were previously receiving benefits through HWLA and have not received a welcome packet from one of the managed care plans, call L.A. Care at (888) 452-2273 or Health Net at (800) 675-6110. For further assistance, contact Healthy Way LA Member Services at (877) 333-4952.

Kaiser Permanente Child Health Plan (KPCHP) Enrollment

For years, KPCHP has provided health insurance to thousands of children ages 0-19 years with incomes at or below 300% of the Federal Poverty Level (FPL) who are not eligible for government coverage or employer-based coverage. Due to a high demand in Kaiser Permanente's health services, there were varying periods of open enrollment.

However, to align with the Affordable Care Act, the Child Health Plan will only enroll children during open enrollment periods as specified by the national legislation. KPCHP will accept applications through March 31, 2014. If your child is not eligible for Medi-Cal, Covered California, or other health plans, and you would like to assess your child's eligibility for KPCHP, speak with a representative of the Children's Health Insurance Outreach Program at the Pasadena Public Health Department. Call to make an appointment at (626) 744-6086.

There are also significant changes to the KPCHP plan and subsidy structure, effective March 1, 2014 for all enrollees. Below are some highlights:

Current Kaiser Permanente Child Health Plan	Effective March 1, 2014 (new name) Kaiser Permanente Child Health <i>Program</i>	
 Premiums are \$8 or \$15 per month 	 Premiums are \$0, \$10 or \$20 per month 	
 Low co-pays/out-of-pocket expenses 	 No co-pays at Kaiser Permanente facilities 	
Ability to enroll throughout the year	 Enrollment limited to once per year Qualifying events allow for enrollment outside of open enrollment period 	
Two-year program	One-year program	

Healthy Kids Program Re-Screening

L.A. Care's Healthy Kids Program, which provides low-cost health insurance to children ages 0-5 years, has been the health insurance of last resort for Los Angeles County children since 2003. The Healthy Kids Program will continue to be the payer of last resort throughout further implementation of the Affordable Care Act. Therefore, currently enrolled Healthy Kids members will undergo renewal screening by L.A. Care to determine if they may be newly eligible for Covered California coverage effective January 1, 2014. Families falling between 134% and 400% of the Federal Poverty Level (FPL) should have received a letter from L.A. Care indicating this renewal screening. L.A. Care staff will assist the newly eligible families in Covered California enrollment. For more information on the Healthy Kids Program renewal screening, go to http://www.mchaccess.org/pdfs/training-materials/HK%20Annual%20Renewal.pdf or call the Children's Health Insurance Outreach Program at the Pasadena Public Health Department (626) 744-6086.

Covered California Frequently Asked Questions (FAQ)

The information below was taken from https://www.coveredca.com/ to provide some information on Covered CA, health care reform, and your eligibility options. To speak with someone to understand your eligibility options in more detail, call the Pasadena Public Health Department at (626) 744-6055 or Young & Healthy at (626) 795-5166.

Financial Assistance

Based on your household size and family income, household members may qualify for Medi-Cal (free or low-cost insurance) or Covered CA premium assistance (help paying for monthly insurance premiums) and/or cost-sharing assistance (help paying for copayments or deductibles). Here is a summary chart to estimate what your family may qualify for (incomes listed are for year 2013):

Number of People in Household	If Your Income is LESS THAN	If Your Income is BETWEEN
1	\$15,857	\$15,857 - \$45,960
2	\$21,404	\$21,404 - \$62,404
3	\$26,952	\$26,952 - \$78,120
4	\$32,500	\$32,500 - \$94,200
5	\$38,047	\$38,047 - \$110,280
You May Qualify for:	Medi-Cal	Assistance Through Covered CA

Mixed-Program Family

Mixed-program families are those in which some household members receive insurance through Medi-Cal and some members are insured through Covered CA. This occurs because income eligibility into the programs differs for adults and children, and each member of the household is evaluated individually. In some cases, mixed-program family members may be able to be in the same health plan with the same providers. To see if this is possible, Covered CA has a "Find Your Doctor" search tool to see if the provider you prefer is in the same network. Call the Public Health Department or Young & Healthy at the numbers above for assistance.

Immigration Status

Only U.S. citizens, U.S. nationals, or lawfully present immigrants (such as visa and green card holders) are eligible for insurance through Covered CA. A parent who is not considered legally present wants to apply for health insurance coverage for lawfully present children may use the Covered CA website to apply for the children. Only verification documents will be needed to show the children's lawful presence status. The immigration status of those who are not lawfully present will not be used or assessed for purposes of enforcement by any immigration agency.

Vaccines on the Go Mobile App

The Vaccine Education Center at Children's Hospital of Philadelphia developed a mobile application for parents and health care professionals known as Vaccines on the Go: What You Should Know. This free vaccine resource app has various interactive features to help individuals stay informed on vaccines, vaccine safety and possible side effects, vaccine-preventable diseases, and much more. Users of this app can watch videos on frequently asked questions regarding vaccine safety and use, play games (such as hangman and memory) to learn about diseases and symptoms, and create and save notes on questions they may have as they wait for their doctors' To download this free app, go to next visit. http://vaccine.chop.edu/mobileapp. Note. Vaccines on the Go is currently only for iTunes users and is in development for Android users.



MSA POD

On Tuesday, October 15, 2013, the Public Health Emergency Preparedness (PHEP) Program at the Pasadena Public Health Department (PPHD) hosted a Metropolitan Statistical Area (MSA) Point of Dispensing (POD) Exercise, in which free seasonal influenza vaccine was offered to the public. A POD exercise is similar to running a community-wide flu clinic. However, the process and organizational structure of a POD resembles how PPHD would respond to an emergency at the ground level of interaction with the community, as directed by the Federal Emergency Management Agency (FEMA), such as in response to an influenza outbreak or anthrax attack.

Furthermore, this exercise allowed the PHEP Program to host the POD with input and participation of neighboring health jurisdictions, including the Los Angeles County Department of Public Health (LACDPH), Long Beach Department of Health and Human Services (LBDHHS), and the Orange County Health Care Agency (OCHCA). The combined planning efforts included ensuring that vaccine and ancillary supplies were provided for, as well as having all health jurisdictions represented. As the different health departments work closely together, it will strengthen public health emergency responses throughout the Southern California region.

The POD exercise was also an opportunity to practice coordination with local community resources. The POD was hosted on the lawn of Day One (adjacent to City Hall), and staffed by PPHD as well as the Pasadena Fire Department, Huntington Hospital, LACDPH, and LBDHHS. In total, the POD lasted four (4) hours and was able to vaccinate 294 people. The effort put forth by all partners and PPHD staff, many of whom had never participated in a POD exercise before, was commendable.

As the PHEP Program enters 2014, we will continue to exercise emergency planning and response, as well as strengthen and expand our network of partners both internally and externally to the City of Pasadena. For more information on public health emergency preparedness, please call (626) 744-6165.





Free Library Program for Children with Autism

In 2013, the Pasadena Central Library was awarded funding from the California State Library Services and Technology Act (LSTA) to offer a free library program for young children diagnosed with autism. Starting March 2014, the Pasadena Central Library will begin to offer Sensory Storytime. This is a fun, interactive and educational program designed for preschool-aged children (ages 2-6) with autism and/or sensory challenges. The storytime will combine books, songs, movement, and therapeutic activities that incorporate the five senses. Pre-registration is required and will take place in February 2014. Upon registration, the family will receive a visual guide and a library tour. To obtain more information about Sensory Storytime, please call Marie Plug at (626) 744-4027. The Pasadena Central Library is located at 285 E. Walnut Street.

Lead Recalls

The Pasadena Childhood Lead Poisoning Prevention Program (CLPPP) constantly seeks a lead-free environment for newborns and young children. At the start of this new year, make sure the most recent lead recalls are not found in your home. Don't forget to read previous editions of *Pasadena Healthy Times* to clear your home of older product recalls due to high lead levels, which can be downloaded at

http://citvofpasadena.net/publichealth/disease_prevention/.

Hashmi Surma Special Eyeliner

New Reliance Traders, Inc. voluntarily recalled all lots of Hashmi Surma Special Eyeliner due to high levels of lead. The make-up is packed in a gold bottle, enclosed within blue packaging. English translation is on the front of the packaging, with foreign language characters on the back (see photos to the right). Consumers should return the product to New Reliance Traders, Inc. for a full refund.



PRAN brand turmeric spices have been recalled due to levels that exceed national standards. Various product packaging have been recalled (see photos below for samples):

- Clear plastic jar with yellow lid
 - Net Weight 8.82 oz (250 g)
 - o UPC Barcode 8 31730 00551
 - Best Before Date: 02 SEP 14
- Clear plastic jar with yellow lid
 - Net Weight 14.1 oz (400 g)
 - UPC Barcode 8 46656 00209
 - Best Before Date: 15 JAN 15
- Transparent plastic flexible bag
 - Net weight 400 g
 - UPC Barcode 8 31730 00502 3
 - Best Before Date: 25 JAN 15









Law Amended May Reduce Lead Exposure in the Home!

On October 11, 2013, California Assembly Bill Number 711 (AB-711) was approved to ban lead ammunition for the use of hunting. By July 1, 2019, non-lead ammunition must be used for the taking of all wildlife. Although passing of this law does not immediately reduce the exposure of lead in infants and small children, use of lead-based firearms can be tracked into the home. Lead may accumulate in the body over time, which can cause health problems such as delayed mental and physical development. For those whose hobby is hunting, here are some tips to reduce home contamination:

- Do not handle food or touch your mouth when working with lead-based materials
- Wash hands before eating and drinking after hunting
- Shower and change clothes before entering the home
- Launder hunting clothes separately from the rest of the family's clothes
- Keep all hunting materials away from living areas