

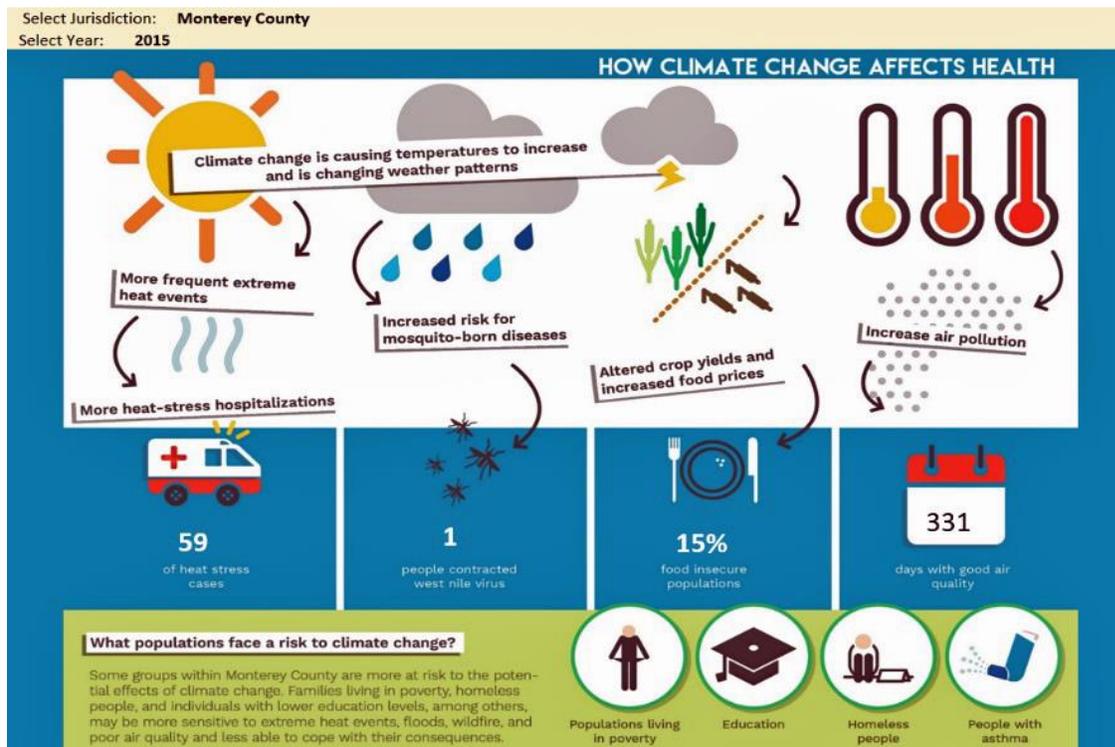


# COUNTY OF MONTEREY CAO Weekly Report

## In This Edition:

- > Dashboards tell community story
- > Divided departments stay connected
- > Cooking demo makes healthy eating fun

## SPECIALREPORT



*This new dashboard on the Health Department website shows how climate change affects public health.*

## County Notes

- > National disasters are a reminder for us all to be prepared. If you don't have an emergency kit, [here's how to build one](#).

## Health Department Launches Resilient Dashboards

Once, a dashboard defined the front control area of your car. Now it is a term for a visual display that tells a story or provides important information on a single screen.

The Health Department has added new dashboards to its website. These Resilient Monterey County Dashboards tell a story about how climate change

is affecting public health with sections of interest to a wide variety of users including decision-makers, county staff and the public.

The dashboards track measures that reflect a community's strengths, such as school connectedness or educational attainment, as well as vulnerabilities like housing affordability. These factors reflect how community resilience changes over time. For instance, the Climate and Health Dashboard explores how long-term trends in climate patterns can affect health outcomes. The Health Co-Benefits of Active Transportation Dashboard tracks health measures that can be improved by physical activity.



*Dashboards make a wide variety of data available in one screen.*

The Resilient Monterey County Dashboards were developed as a prototype to monitor indicators related to the Monterey County Climate Action Plan (CAP) and Monterey County Health Department's Health in All Policies work.

Krista Hanni, Program Manager of the Planning, Evaluation and Policy Unit, presented the dashboard project at this year's NACCHO (National Association of County and City Health Officials) conference this past July.

"The dashboard gives us an opportunity to show a clear linkage between health and climate change," she explains. "This is a long term project, we will be adding data as it becomes available."

You can see and explore the dashboards at [www.mtyhd.org/resilientMC](http://www.mtyhd.org/resilientMC)

## DSS Staff Bridges Gap, Stays Connected

Recent staff location moves within the Social Services Department may put some miles between co-workers, but colleagues are finding creative ways to stay connected.

The Administrative Services Branch (ASB) of DSS now has staff at both the Life Foundation Building on Main Street in Salinas as well as Schilling Place.



*Henry Espinosa, Deputy Director-ASB, and Kim Petty, Administrative Operations Manager enjoy the barbeque get together (left). Folks lined up for good eats (above).*

Supplies and records storage (formerly at 815 W. Market Street) and CDC (printing and mail distribution) were combined and relocated to Schilling Place as part of efforts to reduce the use of leased buildings.

While staff at Schilling stay in constant communication by phone and email, they miss the day-to-day interaction with colleagues at the Life Foundation Building. To keep that cohesive team feeling, staff at both locations

decided to launch quarterly gatherings, the first being a recent 'end of summer' potluck barbeque at Schilling Place.

The event was the brainchild of Henry Espinosa, Deputy Director of ASB. About 45 people from both locations came to eat and socialize. Staff enjoyed reconnecting, and for new employees, it was a chance to meet people in their branch that they have never seen. Schilling staff gave a tour of their work areas including the warehouse and records storage. A good time was had by all!

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## Cooking Demonstrations Share the Fun of Healthy Eating

Among the most popular programs in the Employee Wellness arsenal of offerings are the healthy cooking demonstrations. These were offered throughout the summer and led by a local recipe developer and consultant, Chef Adrienne.

Adrienne dished up her last summer demo last week. If you did not attend one this year, watch for next year's offerings. Until then, you'll find one of Adrienne's recipes at the end of this article to try at home.

This year's demonstrations had the theme "Keeping Your Cool in The Kitchen," and with the heat wave that our area experienced, the timing for that topic couldn't have been better. The cooking series featured seasonal salad recipes that are quick and easy to prepare.

Melissa Pouch, the Coordinator of the Employee Wellness Program says Adrienne's demos are definitely one of the most popular trainings offered. Pouch says Adrienne engages employees in the process, shows the fun side of food preparation along with how to keep it both healthy and flavorful. Her recipes always feature local produce, she encourages adding more fruits and vegetables to our diets and reducing calorie content without cutting flavor.

And, of course, the samples are delicious!



*Chef Adrienne puts the finish touches on one of her seasonal salads (left) and encourages participants to keep cooking fun and healthy (above).*

Delicious  
demo  
recipe!

## Minted Apple Chicken Salad

### Ingredients:

3 cups cooked, chopped chicken (three boneless-skinless chicken breasts)  
 1 apple (cored and chopped)  
 2 green onions (chopped)  
 1/4 cup chopped red bell pepper  
 1/3 cup low fat mayo  
 1/3 cup Greek yogurt  
 1/4 cup fresh mint leaves (chopped)  
 Lettuce leaves to use as salad cups

### Instructions:

Rinse and separate the lettuce leaves. Carefully pat them dry with paper towels.  
 In a large bowl, mix the remaining ingredients.  
 Spoon the chicken salad into the lettuce cups and enjoy!

