MEMORANDUM

DATE: January 3, 2011

TO: Board of Supervisors

FROM: Lew C. Bauman
County Administrative Officer

SUBJECT: County Administrative Officer’s Report for the week of January 3, 2011

This is the weekly report by the County Administrative Officer.

This Week's Topics: Could you eat well on $5 a day – a county extension food educator is doing just that and posting results online, Natividad’s CEO is honored, Veteran’s mobile services are starting up for 2011 and a holiday effort for local seniors is a success.

UC Cooperative Extension
Kathleen Nolan, a University of California Cooperative Extension food educator is showing the world via Facebook that anyone can create a healthy diet living on a Food Stamp Budget. For the month of January, Kathleen will be making do with a food budget of $5/day, like any other Cal-Fresh recipient, and post her shopping, cooking and any other frustrations, online at the UC Cooperative Extension Facebook site. You can access the page from the Cooperative Extension website http://cemonterey.ucdavis.edu/

Part of Nolan’s job is teaching food-stamp eligible people how to eat more nutritiously. Eating on $5 a day (the average food stamp allotment) seems hard to do, so she decided to live it herself for a month and record how she managed. Nolan hopes posting the results on Facebook will encourage those using food stamps to try new and healthy foods, but also encourage people to apply for food stamps. A large portion of food-stamp eligible people never apply. Food stamps can help people to eat more nutritiously, thereby maintaining better health. Obtaining food stamps also brings additional dollars into our local economy.

This zucchini–cheddar–barley frittata was one of the first meals Nolan made.
In Monterey County, more than 10,000 families participate in the Cal-Fresh program. Nearly half those families are working poor, residents with some employment. 22,300 children live in homes receiving food assistance.

Can someone thrive on such a thrifty budget? Kathleen Nolan admits it requires a change in attitude, shopping habits and routine if you use a lot of convenience foods. Follow along on Facebook to find menus, shopping lists, recipes, nutrient analyses, cost analyses and notes and see how she meets the challenge.

**Natividad Medical Center/Monterey County Business Council**

Natividad Medical Center’s Chief Executive Officer Harry Weis will be honored by the Monterey County Business Council next month at its Annual Anniversary Gala and Economic Vitality Awards, Saturday, February 5th 5:30-9:30 P.M. at The Hyatt Regency.

The Business Council is honoring Weis for his role in the financial turnaround of the hospital. Weis was part of the management team contracted to manage Natividad during its transitions period, then stayed to take the top spot at the hospital. Business Council Executive Director Mary Claypool says Weis has been in the trenches making some of the tough decisions that brought the hospital out of its deficit.

Each year the Council selects individuals, organizations or an industry to honor in several categories. Other winners this year are: Agriculture - Ed Boutonnet, Ocean Mist Farms, Research – Dr. Marcia McNutt- U. S. Geological survey, Arts - Myron "Doc" Etienne- Noland, Hammerly, Etienne & Hoss, Building – Bruce Woolpert, Granite Rock, Education – Sunder Ramaswamy - MIIS/Middlebury, Tourism - Pebble Beach Company

**DSES**

The first annual "Adopt a Senior Center Program" launched by the Area Agency on Aging (AAA) was a resounding success for many well deserving senior centers in Monterey County.

Coordinated by Veronica Alvarez, AAA Registered Dietitian, several county organizations and private citizens stepped forward with gifts from a long wish list of items. County colleagues stepped up to the plate as well with the
Monterey County Sheriffs Department adopting the Sherwood Village Senior Center in Salinas, and DSES HR Branch adopting the Los Abuelitos Senior Center in Salinas.

Eight out of 12 senior center sites received gifts from their wish list. Items included supplies for arts and crafts, coffee makers, Kitchen towels, water carafes, DVD’s and player, earphones, Microwave and kitchen supplies. A letter of gratitude from Alfred Diaz Infante, CEO of CHISPA was received after he visited Los Abuelitos and witnessed first hand the power of giving on the faces of the seniors from this center.

**DSES – Military and Veterans Division**
The Monterey County VA Medical Van program is starting up again for local veterans this month. This program makes it easier for local veterans to access services, by providing a mobile unit that stops at various locations throughout the county. The Medical Van will be at the following locations in Monterey County:

One-Stop Career Center  
730 La Guardia Street  
Salinas, CA 93905  
First Wednesday of each month (except Federal holidays)  
10:00am – 3:00pm

Agricultural Complex  
522 N. 2nd Street  
King City, CA 93930  
Last Wednesday of each month (except Federal holidays)  
10:00am – 3:00pm

If you are an eligible Veteran, you can see the Team! Information and enrollment for VA health benefits, and homeless and substance abuse programs also provided. No appointment necessary.

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