



SEPTEMBER 2013

National Preparedness Month

COUNTY OF LOS ANGELES

You Can Be the Hero

September is National Preparedness Month. For the third straight year, Community and Senior Services (CSS) and the Chief Executive Office, Office of Emergency Management (OEM) have teamed up with federal, state, local, and private agencies, such as: U.S. Department of Homeland Security, Federal Emergency Management Agency (FEMA), Citizen Corps, California Volunteers, L.A. County Operational Area, Southern California Edison and Southern California Gas Company in hosting disaster preparedness workshops, expos, and Community Emergency Response Team (CERT) trainings in support of National Preparedness Month.

This year’s theme, “You Can Be the Hero,” was fully embraced by the residents and staff at the SEASONS at Compton as they successfully completed the 20-hour FEMA certified CERT training in August 2013 given by the L.A. County Fire Department (LaCoFD). What makes this special? The CERT graduates were seniors, persons living with disabilities, and others with access and functional needs.

On August 29, 2013, L.A. County kicked off National Preparedness Month by honoring these heroes with certificates from Supervisor Mark Ridley-Thomas (see photo). LACoFD presented each graduate with their very own CERT backpack and equipment. After the ceremony, CSS and OEM hosted a disaster preparedness workshop and expo for the unincorporated area community residents living in East Compton. Each attendee received disaster preparedness information in different languages and formats.



The following is a list of National Preparedness events in L.A. County:

- September 19, 2013: Blinded Veterans of Southern California Regional Group, East Valley Adult Center in Sherman Oaks

- September 20, 2013: “National Preparedness Month and Train Awareness Day,” Union Station in downtown Los Angeles
- September 24, 2013: Antelope Valley Senior Center in Lancaster
- October 4, 2013: Los Nietos Community and Senior Center in Whittier

The 2013 Great California ShakeOut will take place on October 17, 2013 at 10:17 a.m. To learn more about what to do during an actual earthquake and to register online for this year’s ShakeOut, please access <http://www.shakeout.org/california>.

For a list of National Preparedness Month events, please go to the “L.A. County Announcement” section at <http://lacounty.gov> and OEM website at <http://lacoa.org>.

Calendar of Events.....2
 Health Talk by Dr. Richman/Meet the New Coroner...3
 2013 NAMI Walks/Get the Most from Your Benefits...4
 Know Your Food Labels Before You Buy.....6

HIGHLIGHTS

Volume 45 Issue 8

Don't Forget About Your Pets/PIF/AIDS Walk.....7
 All About Us.....8-9
 It Starts With You.....10
 Retirees/Rideshare LA County.....11

CALENDAR OF EVENTS

Natural History Museum

(213) 763-DINO

www.nhm.org

Ongoing – Becoming Los Angeles
September 21 through October 13 – Chalk Repertory Theatre

Los Angeles County Museum of Art

(323) 857-6010

www.lacma.org

Through September 29 – Pinaree Sanpitak: Hanging by a Thread

September 22 through February 2 – Under the Mexican Sky: Gabriel Figueroa-Art and Film

Through December 1 – Kitasono Katue: Surrealist Poet

Center Theatre Group

(213) 628-2772

www.centertheatregroup.org

- **Ahmanson Theatre**
September 24 through November 3 – The Sunshine Boys
- **Mark Taper Forum**
Through November 3 – Humor Abuse
- **Kirk Douglas Theatre**
Through October 6 – St. Jude

Dorothy Chandler Pavilion

October 11 through 13 – Einstein on the Beach

October 26 – Audra McDonald in Concert

Walt Disney Concert Hall

October 7 – An Evening with Fiona Apple & Blake Mills

October 10 – 10th Anniversary Celebration: Beethoven with Dudamel and Andsnes

Hollywood Bowl

(323) 850-2000

www.HollywoodBowl.com

September 21 – Sing-A-Long Sound of Music

September 22 – M83 with Hollywood Bowl Orchestra and Phantogram

Ford Theatres

(323) 461-3673

www.FordTheatres.org

September 28 – Fiesta Mexicana XI: Llegaron Los Camperos

September 29 – Alohafest: Kanikapila the Polynesian Way!

Grand Park

www.grandparkla.org

September 20 – Dance Downtown: Samba

Visit <http://hr.lacounty.gov> for information on employment opportunities with the County of Los Angeles



Members of the Board

Mark Ridley-Thomas

Chairman
Second District

Gloria Molina

First District

Zev Yaroslavsky

Third District

Don Knabe

Fourth District

Michael D. Antonovich

Fifth District

D | H | R

Lisa M. Garrett

Director of Personnel

Carla D. Williams

Sr. Human Resources
Manager

John S. Mina

Editor-in-Chief

County **DIGEST** 

County DIGEST Editorial Office
Department of Human Resources
500 West Temple Street, Suite 555
Los Angeles, CA 90012
(213) 893-7810

CountyDIGEST@hr.lacounty.gov

Submissions to the DIGEST may be edited or otherwise altered for clarity.

Check out the DIGEST at

<http://dhrdcap.co.la.ca.us/jic/digest/>



health talk



by Mark Richman, M.D.

Physician Specialist, Emergency Medicine
Olive View-UCLA Medical Center

UV Safety: What You Can't See May Hurt You

What's the most common cancer in the U.S.? Breast? Colon? Prostate? None of those. It's skin cancer.

Although invisible, ultraviolet (UV) light causes skin cancer, wrinkly/leathery skin, and blindness.

Dark-skinned people are somewhat protected from UV damage because their skin's melanin pigment absorbs UV light. Although we are all protected from harmful radiation by the ozone layer, this is not enough.

Avoiding UV radiation and protection with sunscreen (lotion or spray), sunglasses, and clothing are critical to skin and eye health.

Do not use suntan lotion. Use sunscreen (lotion or spray). Suntan lotion helps you get a tan by attracting sunrays. Sunscreen helps protect against sunrays.

To protect from UV radiation, do the following:

- When going outside, everyone, including people with dark skin, should use sunscreen with UVA and UVB protection ("UVA/UVB" or "broad spectrum coverage).
- Wear sunglasses with UVA/UVB protection.
- Wear a hat.
- Apply sunscreen with at least SPF 15 strength. Sunscreen wears off in 2-4 hours and is not reliably waterproof/sweat proof. It must be replaced periodically.
- Up to age 6 months, cover kids well. After age 6 months, use sunscreen. 90% of our sun exposure occurs as children.
- Do not use tanning beds.
- Use sunscreen when driving long distances or going places with less ozone protection (on airplanes) or when going very far north or south (e.g. Alaska, Patagonia). UV radiation goes through clouds and reflects off water and snow, so use it when outdoors in all conditions.

Mark A. Fajardo, M.D.

Chief Medical Examiner-Coroner

Dr. Fajardo was born and raised in East Los Angeles until the 7th grade when his father passed away in an accident driving to work (he was a L.A. County Deputy Sheriff). Along with his mother and younger sister, Dr. Fajardo moved back to Santa Maria where all of his extended family (four aunts, three uncles, many cousins) continue to live.



He attended high school in Santa Maria and subsequently attended the University of California, Davis (UCD) and California State Polytechnic University, San Luis Obispo where he received a B.S. in biochemistry. He received his M.D. and completed his anatomic and clinical pathology residency and forensic fellowship from UCD where he helped run the student clinic for a year.

He became Head of Forensics in Scottsbluff, Nebraska for six months, doing mostly hospital work. Wanting a greater case load (and to return to California,) he accepted a position with the Riverside County Sheriff-Coroner, where he worked for over 13 years; the last 2 ½ years as the Chief Forensic Pathologist.

Dr. Fajardo was appointed Chief Medical Examiner-Coroner on August 12, 2013.

Married to wife Gloria, who works for the County of San Bernardino, they co-parent twin boys (age 14), Brandon and Justin. His hobbies include building and restoring cars, Japanese swordsmanship, skiing, scuba diving, and traveling to places he has never been before. His favorite past times include reading science-fiction/fantasy and being told he is a "Trekkie."

Fun in the Sun Chili Cook Off

The Sheriff's Department annual chili competition in Hot, Mild, and Sweet categories on October 5, 2013 from 11 a.m. to 4 p.m. at Jack S. Bones Equestrian Center (26983 Tapia Canyon Road, Castaic).

Live music, department displays, classic cars, crafts, and a Kid's Zone highlight the event which benefits Special Olympics of Southern California. For more information, visit www.pdcevents.org or email chilicookoff@lasd.org.

2013 NAMIWalks Luncheon Preps for October 5 Event

The National Alliance on Mental Illness (NAMI) hosted its annual NAMIWalks Los Angeles County team captain kick-off luncheon at the California Endowment. The luncheon gets teams registered and in place for the annual NAMIWalks event on **Saturday, October 5, 2013**, at the **Third Street Promenade in Santa Monica**.

This year marks the 10th anniversary of the event that signifies walking to end stigma, raise awareness, and grow NAMI's programs throughout the County. Over the ten years, NAMIWalks in Los Angeles has raised over \$2.6 million. The Department of Mental Health (DMH) is a presenting sponsor of NAMIWalks and also has a few teams involved this year.

At the kick-off luncheon, team captains obtained resources and information they need to successfully build their own teams, fundraise, and increase community awareness about NAMI's services. Participants at this year's luncheon included NAMI members, DMH employees, mental health-related agencies, faith-based groups, and businesses throughout the County.



Get the Most from Your Benefits

Annual Benefits Enrollment is October 1 through October 31

Decide

October is the month to review your benefits and decide if you want to enroll or make changes for 2014. You should receive your Annual Benefits Enrollment packet by October 10, 2013. Your packet includes all you need to enroll.

Annual Benefits Enrollment is the one time you have each year to:

- Enroll in, or change, medical and dental plans
- Waive medical or dental coverage, if you qualify
- Enroll or re-enroll in the Health Care and/or Dependent Care Spending Accounts
- Select, change or cancel any of your additional optional benefits, such as life insurance, Accidental Death & Dismemberment, and Medical Coverage Protection (Long-Term Disability Health Insurance)
- Buy Elective Annual Leave Days (MegaFlex participants only)
- Add or drop coverage for eligible dependents

Enroll

Go to mylacountybenefits.com for the fastest and easiest way to enroll or make changes from October 1 through October 31, 2013. Using this site, you can quickly make your benefits elections. Log in using your employee number and PIN found on your Personalized Enrollment Worksheet. If you prefer to enroll by phone, call (888) 822-0487 and follow the recorded instructions.

New for 2014

Starting January 1, 2014, you can cover eligible adult children under age 26 even if they are eligible for another employer-sponsored plan, such as a plan from their employer or their spouse's employer.

The United States Supreme Court rulings on June 26, 2013 cleared the way for same-sex marriage in California. All married couples now enjoy the same state and federal tax benefits. Please see your enrollment materials for more details.

Follow up

If you add family members or change medical plans, be sure to provide Social Security numbers (SSN) and all required documentation to the County within 10 calendar days. Your family member's enrollment is incomplete until you provide a SSN or other necessary documentation. If you do not meet the deadline for SSN or documentation, the pending enrollment will cancel and your family member will not have coverage for 2014.

If you have any questions, call the Benefits Hotline at (213) 388-9982. Benefits Hotline representatives are available from 8 a.m. to 4 p.m., Monday through Friday. Benefits Hotline hours are extended during annual benefits enrollment from 8 a.m. to 5 p.m.

County Building Inaugurated

Home to 500 employees

Supervisor Michael D. Antonovich joined the City of Alhambra’s elected officials and other guests in a ribbon-cutting ceremony to commemorate the Community Development Commission/Housing Authority of the County of Los Angeles’ (CDC/HACoLA) move to its new headquarters. The new building has been fully occupied since December 2012, and sits on the corner of Main Street and Atlantic Boulevard, welcoming visitors to Alhambra’s main thoroughfare. Since its relocation, the CDC/HACoLA has hosted visits from former and current officials from national organizations such as the U.S. Department of Housing and Urban Development and the Bipartisan Policy Center based in Washington, D.C., bringing them into the heart of Alhambra.

The agency’s new headquarters integrated the services previously offered at three different sites. By consolidating its physical locations, County residents, from Lancaster to Claremont, are provided easier access to the myriad of programs offered by the CDC/HACoLA. Visitors can reach Alhambra via nearby freeways, as well as public transportation lines which stop almost at the new building’s doorstep.

Most importantly, the building’s construction incorporated green building strategies that were sensitive to local environmental concerns such as maximizing open space, minimizing water usage, and refurbishing, not demolishing the existing parking structure. Efforts, such as these, led the agency to receive a Leadership in Energy and Environmental Design (LEED) Gold Certification in December 2012.

The CDC/HACoLA’s office is located at 700 West Main Street, Alhambra. The public may call (626) 262-4511 or visit www.lacdc.org for information on the programs administered.



Supervisor Antonovich is flanked by (l-r) CDC Executive Director Sean Rogan, Alhambra Chamber of Commerce President Frank Chen, Alhambra Councilmember Barbara Messina, Alhambra City Manager Mary Swink, and Alhambra Councilmember Gary Yamauchi.



Jumpstart Challenge County Counsel

Jumpstart Challenge

Aretha Adams, Senior Deputy Public Conservator/Administrator, Office of the Public Guardian at the Department of Mental Health, has issued a challenge to her friends, family, and co-workers. It is the Jumpstart Challenge and to date, there are close to 250 individuals who have joined.

The Jumpstart Challenge is a program where members are asked to make healthy lifestyle changes. It is not a diet. It is a gradual lifestyle change. The challenge is a jumpstart or beginning to a healthier way of life.

After facing health challenges, Adams decided to make a lifestyle change and came up with the June Jumpstart Challenge, as she planned to return to the doctor at the end of June. The idea was presented to her twin sister; both signed a challenge contract and started the challenge on June 1, 2013. At the end of June, there were 107 members. Two weeks later, membership had grown to nearly 200 members from various County departments (90 co-workers from the Office of the Public Guardian), family, and friends.

The challenge changes every month from eliminating fast foods to reducing carbs, sodas, and sweets to drinking more water and engaging in an extra day of physical activity and offers quarterly support meetings (concludes with a physical activity) throughout the County and tips and suggestions for healthy meals and exercise routines. The challenge is free; however, members are asked to sign an agreement to show their level of commitment and to maintain a personal journal of their weight, meals, and physical activities.

If you are interested in joining, please contact jumpstartchallenge@gmail.com.

Know Your Food Labels Before You Buy

Understanding Buzzwords Can Cut Confusion for Consumers

What do the labels light, natural, fresh, organic, and free-range mean? Here are answers to some of the common questions about food labels.

Who's in charge of food labeling?

Two federal agencies regulate food labels: the U.S. Department of Agriculture (USDA) and the Food and Drug Administration (FDA). Generally speaking, the USDA regulates meat, poultry, and processed egg products; the FDA regulates everything else. In California, the California Organic Program regulates organic products.

What is Organic?

Organic foods must be grown and produced under strict guidelines set forth by the USDA's National Organic Program. Foods must be grown without synthetic pesticides, petroleum or sewage sludge based fertilizers, or any genetic engineering. Organic livestock must receive no antibiotics or growth hormones. Products labeled as organic will normally carry the USDA Organic logo.

Products can feature "made with" label if they're made from at least 70 percent organic ingredients. It must say specifically which ingredient is organic, not a generic "Made with Organic Ingredients" label. These products cannot use the USDA Organic logo.

What does the term "Natural" mean?

For meat and poultry, "natural" means no artificial colors, flavors, sweeteners, or preservatives, and minimal processing. For most other products, the term "natural" has little significance. There are almost no regulations specifying what products can be called "natural." Don't overspend your money trying to buy "natural."

What about "Light"?

If it's a dairy product, "light" means it has less than half the fat of the normal product. Otherwise, it means either 50 percent less sodium or 30 percent fewer calories.

What makes poultry "fresh" or "free-range"?

Poultry begins to freeze at 26 degrees. The "fresh" label means the poultry has never gone below 26 degrees. (Conversely, "frozen" poultry must always be kept below zero degrees.) "Free range" means the bird was allowed access to the outdoors.

Does "Gluten-free" really mean gluten-free?

Thanks to a brand-new FDA ruling, a "gluten-free" claim will soon be strictly regulated to protect the approximately 3 million U.S. consumers with celiac disease. The term "gluten-free" can only be used in food

that is naturally gluten-free or if the product has less than 20 parts per million of gluten. There is no special logo or mark from the FDA for gluten-free products. Products can feature third-party, gluten-free certifications as long as they're not deceptive.

What about GMOs?

Labeling genetically-modified foods is a controversial topic. Right now, labels do not have to indicate that a product contains genetically-modified organisms (GMOs). The easiest tip to avoid GMOs is to buy organic. Organic products do not contain GMOs. Also, companies are labeling foods more clearly if their products do not contain GMOs.

I think I'm being deceived. Who can take my complaint?

For complaints about organic products, contact the California Organic Program:

Email: cdfa_organic@cdfa.ca.gov

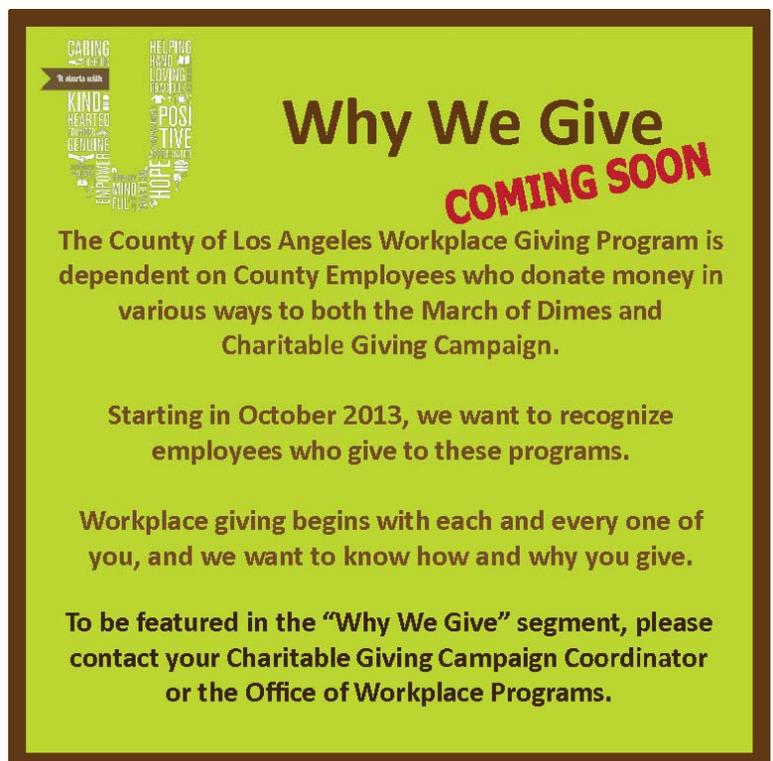
Phone: (916) 900-5030

Fax: (916) 900-5347

Address: 1220 N Street, Sacramento, CA 95814

The FDA has a local Consumer Complaint Coordinator for Southern California. Call (949) 608-3530.

For more information on consumer topics, call the Department of Consumer Affairs at (800) 593-8222.



Why We Give
COMING SOON

The County of Los Angeles Workplace Giving Program is dependent on County Employees who donate money in various ways to both the March of Dimes and Charitable Giving Campaign.

Starting in October 2013, we want to recognize employees who give to these programs.

Workplace giving begins with each and every one of you, and we want to know how and why you give.

To be featured in the "Why We Give" segment, please contact your Charitable Giving Campaign Coordinator or the Office of Workplace Programs.

Don't Forget About Your Pets

In honor of September as National Preparedness month, the Department of Animal Care and Control (DACC) would like to remind pet owners to include their pets (or your service animal) in their emergency preparedness plans. It will increase the odds of survival during a disaster, crisis, or emergency.

One of the most important components of emergency preparedness is having a plan for you and your family. The same goes for your pets (or service animal). Be sure to have a plan in place for them, as well. "Remember, it is always best to plan ahead, before disaster strikes, so that you are not scrambling to figure out what to do after the disaster occurs," said DACC Director Marcia Mayeda. Make arrangements now with family or friends who would be willing to welcome your pets in the event of an emergency. Make plans with your neighbors to care for or evacuate your pets if you are unable to do so.

Have an emergency kit for your pets (or service animal). The kit should include: a three day supply of food and water (for each animal), any medications, one or two bowls, bags for cleaning up, a copy of vaccination records, and a current photograph. Dogs should wear a collar with license and identification information. Also, be sure to microchip your pets (or service animal). A microchip adds another layer of protection should your pet become lost. Have extra collars and leashes with ID tags for both cats and dogs. Each pet should have its own crate or carrier. Crates should have good air circulation and should be large enough for your pet to stand, turnaround, and lie down. A harness and leash for your cat can be very helpful in reducing escapes while cleaning the cage. Also include familiar items, such as favorite toys



and treats, which can help reduce stress for your pets during a disaster.

If you have livestock, be sure to make arrangements to evacuate or prepare an area where horses can remain safe during an emergency event. With livestock, it is vital for horses to be evacuated early from threatened areas so horse trailers do not interfere with emergency response vehicles. DACC encourages you to train your horse to load into a trailer and have a working truck and trailer available. If your horse will not load easily or safely, work in advance to make your horses' area as safe as possible to shelter in place. Check with your local Fire Department for clearance regulations.

For more information, check out the DACC website at <http://animalcare.lacounty.gov>, on Facebook at www.facebook.com/CountyofLosAngelesAnimalCare, or on Twitter @LACoAnimalCare.



Quality and Productivity Commission Productivity Investment Fund

The Productivity Investment Fund provides grants and loans to departments for creative and innovative projects that:

- improve service delivery,
- improve efficiency of operations, or
- generate cost savings.

The Commission accepts proposals quarterly. The upcoming proposal dates are:

October 11, 2013
January 10, 2014
April 11, 2014

For further information, visit <http://qpc.co.la.ca.us> or call (213) 974-1390.

Sign-up AIDS Walk October 13

County employees are invited to join the County of Los Angeles "AIDS Walk" team in West Hollywood on Sunday, October 13, 2013, at 8:30 a.m.

Sign-up at www.aidswalk.net, and register under the "County of L.A." Proceeds benefit more than 30 local organizations, which provide direct services to people living with HIV/AIDS.

All About Us

Employees of the County of Los Angeles

LA COUNTY STARS!*



AUGUST 2013

Service Excellence and Organizational Effectiveness

Ricardo Velazquez

Sheriff's Department

Deputy Ricardo Velazquez is the project manager for the implementation of the Sheriff's Inmate Video Visiting System pilot project. This system has affected the visiting public, inmates, Sheriff's staff, and both public and private attorneys in the following ways: a) reservation system eliminates the visiting public having to stand in long lines; b) virtually guarantees a visit at the scheduled time; c) reduces travel expense by placing video units for public access throughout the County (currently Palmdale, San Dimas, and Lakewood); d) reduces movement within the jails which enhances inmate and staff safety, allowing custody staff to be redeployed; and e) attorneys may schedule either face-to-face or video chats with their clients.

***LA COUNTY STARS!** recognizes and celebrates exceptional achievements of County employees to promote and reward performance consistent with the Values, Mission, and Goals of the County Strategic Plan.



AUGUST 2013
Service Excellence and Organizational Effectiveness
MLK Dream Team
Department of Health Services

Dola Akereele ♦ Marisela Alvarez ♦ LaChandra Edwards ♦ Shirley Ines-Marcelle ♦ Dr. John Uyanne

The MLK Dream Team embraced the concepts associated with the Patient-Centered Scheduling Collaborative and capitalized on the Patient-Centered Medical Home concept of team-directed patient care. Accessibility, accountability, and customer service were the focus of the team and each member brought with them a unique perspective which allowed them to achieve all three goals. The team worked together to completely reconfigure the process for patient schedule and appointment preferences in the Internal Medicine practice.

It Starts With You

2013 Los Angeles County Charitable Giving Campaign

The Board-approved 2013 Charitable Giving Campaign (CGC) has begun! The theme for 2013 is “It Starts with You,” because charity and giving begins with each employee. Here’s information introducing the campaign and the different ways to help give back.

What is the CGC?

The CGC is a Board-approved campaign aimed at raising money and awareness to help give back to a wide variety of L.A. County communities. The campaign takes place from July to December every year, and the money raised is distributed to seven different Fund Distribution Agencies (FDA), campaign partners who serve different communities across the County by providing various helpful services year round.

Who are the FDA?

The current Board-approved FDA are:

- Asian Pacific Community Fund
- Brotherhood Crusade
- Community Health Charities (new FDA)
- EarthShare California
- United Latino Fund
- United Way
- Variety (new FDA)

How Can I Give to the CGC?

Employees can contribute to the campaign in a number of ways:

Payroll Deductions

Employees can sign up for payroll deductions for a contribution amount of their choice. Each payday, the donation amount will automatically be deducted from your paycheck and sent to the FDA of your choice. Signing up is easy, and cancellations or changes can be done at any time. This year, the FDA will offer monthly incentives for employees who sign up for payroll deductions and one grand prize at the end of the campaign.

One-Time Donations

Employees can make one-time cash or check donation in any amount to the FDA of their choice or the CGC as a whole.

Purchase Discounted Tickets

The CEO/Office of Workplace Programs and different L.A. County departments sell discounted tickets to sporting events, theme parks, movies, and a large number of other events that include a small donation (\$1 to \$5) for the CGC. By purchasing these items, employees enjoy a discount while contributing to the campaign.

What if I want to give to another charity that Is NOT an FDA?

This type of donation is called Direct Designation Donation. All donations accepted through the County must go directly to one of the seven FDA. With Direct Designation Donations, the amount goes through one of the seven FDA to the charity the employee chooses. This can seem confusing, but the donation is simply funneled through any FDA before reaching its destination.

There are currently two direct designation donation options for L.A. County employees:

Payroll Deduction Direct Designation Donation

Employees can donate to a non-FDA charity through payroll deduction. The employee simply chooses a donation amount, the FDA they want to deliver their donation, and the non-FDA charity that will receive the donation. A 10% administrative fee applies. The employee simply completes a Payroll Deduction Card and a Direct Designation Form. Signing up is easy and cancellations/changes can be made at any time by written request.

One-Time Cash/Check Direct Designation Donation

Employees can make one-time cash or check donation to a non-FDA charity by simply completing a Direct Designation Form and turning in payment to the Office of Workplace Programs or their department’s CGC Coordinator.

Direct Designation Portal

L.A. County is currently developing an online system where employees can give a Direct Designation Donation without the administrative fee. This system is not yet available, but details will be provided to employees as soon as it is.

Learn more about the Charitable Giving Campaign by contacting your department’s CGC Coordinator or by visiting <http://ceo.lacounty.gov/wpp/charitablegivingcampaign.html>.

Smiling All Day

“I was delighted to meet so many County employees who came out to Victory Park in Pasadena for ‘Stop and Smell the Flowers!’ with the common goal of putting their fitness goals into practice. Everyone was smiling and kept smiling as the day progressed inspite of the many activities. All of these before noon! Did I mention the giveaways? There were plenty: juicers and juice extractors, yoga mats, exercise balls, cookbooks, and backpacks filled with goodies. Hope to dance, hike, walk, get and stay fit with you soon.”

Saat-Rai Amnwt, Intermediate Clerk
Olive View-UCLA Medical Center
on 2013 Countywide Fitness Challenge
(see page 12 for the next challenge)

Retirees

Congratulations to the following employees who are joining the ranks of the retired after their many years of service to the County of Los Angeles:

45+ Years

INTERNAL SERVICES: Ronald J. Ercek
MUSEUM OF NATURAL HISTORY: Terri K. Togia
PUBLIC HEALTH: Annie L. Carey
PUBLIC SOCIAL SERVICES: Sharon L. Fisher

40+ Years

ASSESSOR: Geraldine Turner
CHILDREN & FAMILY SERVICES: Rosemary Osuna
HEALTH SERVICES: Robert A. Carter, Dorothy O. Jennings, Patricia Monford, Francisco P. Quismorio Jr., L. I. Rahman Jr.
MENTAL HEALTH: Ellen L. Adams, Charlene Mitchell
PUBLIC HEALTH: Irma L. Wilson
PUBLIC SOCIAL SERVICES: Lablaun A. Chavers, Faye Haywood, Laurie Kaltenbach, Linda King, Dedrick A. Simpson, Yvonne S. Williams
SHERIFF: Bethyle I. Martyn, Joseph D. McDonald, Miltetsega Pulliam

30+ Years

ASSESSOR: Harley L. Outten
AGRICULTURAL COMMISSION/WEIGHTS & MEASURES: David T. Cassidy
BOARD OF SUPERVISORS: Carol A. Deherrera
CHILDREN & FAMILY SERVICES: Teresita W. Cruz, Crystal W. Huang, Frank T. Lopez, Jack Smoot
FIRE: Craig D. Golly, Robert L. Lockett Jr., Lance B. Patterson
HEALTH SERVICES: Beatrice Equihua, Guadalupe D. Hernandez, Robert S. Hockberger, Anthony Keyser, Marie Knight, Tamara Modilesky, Joseph Padilla, Wilhelmina Spurlock, Tomas G. Tejada, Lony B. Vo
HUMAN RESOURCES: Gloria Gonzalez
INTERNAL SERVICES: Myung K. Kim, Arthur L. Young
LACERA: Pamela S. Gomez
MENTAL HEALTH: Richard B. Dunn, Gayle Y. James, Verne Smith, Sandra D. Thomas
MUSEUM OF ART: Kathy Hanlon
PROBATION: Michael Mc Davitt
PUBLIC HEALTH: Betty J. Morrison, Robyn K. Spano, Harold A. Sterker Jr.
PUBLIC SOCIAL SERVICES: Margo L. Barry, Susan Benson-Berli, Francisco S. Fonseca, Dessola Johnson, Leonard R. Ruiz, Eddie G. Smith, Vicente Velazquez

PUBLIC WORKS: Ali Shahnazi
SHERIFF: Dennis P. Bencomo, James S. Boyd, Daniel G. Cloutier, Doris D. Coleman, Louis A. Frank, Del C. Green, Marc W. Gregory, Susan M. Hohenhaus, Thomas M. Laing, John S. Sanford, Daniel J. Scott, Robert S. Watkins
SUPERIOR COURT: David C. Gillette, Theodore W. McDonald, Claudia K. Osborne, John W. Panico, Martha Ramirez, Robert S. Zamalin
TREASURER & TAX COLLECTOR: Barbara Foster

25+ Years

AGRICULTURAL COMMISSION/WEIGHTS & MEASURES: Sherlan E. Neblett
CHILDREN & FAMILY SERVICES: Saren Ath, Jill D. Calmese, Carmen Jenkinson, Arthur W. King, Lilia F. Lacanilao, Susie E. Stangeland, Rose Witt
HEALTH SERVICES: Estela Cajigal, Sylvester B. Clinton-Tann, Diane B. Colbert, Rebecca C. Delahoussaye, Belen M. Giron, Edward Rodriguez, Ko Zaw
INTERNAL SERVICES: Jon B. Galindo
MENTAL HEALTH: George Aguilar
PUBLIC DEFENDER: Marty A. Porreca
PUBLIC SOCIAL SERVICES: Johnnie J. Harris, Anait Martirosyan, Frances C. Ray, William M. Thompson, Ngoc K. Vo
SHERIFF: Carol G. Adams, Connie Amparan, William R. Buss, Meiyun Chu, Thomas G. Hicks, Paula M. Manley, Steve J. Morgan, Lynn D. Murray, Linda J. Pittman, Deborah A. Roth, Dennis A. Thompson, Leonard Williams Jr.
SUPERIOR COURT: Christine K. Cheatham, John W. Green, Edward A. Hinz III
TREASURER & TAX COLLECTOR: Josie A. Ford



Rideshare L.A. County!

Did you know that 5,000 people die every year from pollution related ailments? Studies have shown that exposure to elevated levels of vehicle pollution can contribute to asthma, heart diseases, and other health problems. Ridesharing can help improve public health and the environment. To learn more, check out the Civic Center Rideshare Fair on Thursday, October 10, in Grand Park, from 10 a.m. to 2 p.m., or visit www.rideshare.lacounty.gov.



COUNTYWIDE FITNESS CHALLENGE 2013



TAKE A HIKE!

Join us for a day of family fun featuring nature hikes to a waterfall and a volleyball challenge!

EVENT SPONSOR



Kenneth Hahn State Recreation Area

Burke Roche Point
4100 S La Cienega Boulevard
Los Angeles, CA 90056
2nd Supervisorial District

- BEGINNER HIKES
- INTERMEDIATE NATURE HIKES
- HEALTHY SNACKS
- PICNIC AREA
- FREE GIVEAWAYS
- DRAWING PRIZES
- VOLLEYBALL

Saturday, October 5, 2013
7:30 a.m. – Noon

RSVP to secure your giveaway at <http://dhr.lacounty.info>

