



Finding Homes for the Homeless

The Department of Mental Health Mobile Triage Teams

The Department of Mental Health (DMH) Countywide Housing, Employment, and Education Resource Division (CHEERD) is working hard to house people experiencing homelessness throughout Los Angeles County. By reaching out to those with mental health issues on the streets of our communities, the Senate Bill (SB) 82 Mobile Triage Teams (MTT) find, interact with, and move clients facing homelessness to permanent supportive housing and provide supportive services, optimizing well-being, and helping them on the road to recovery.



The teams provide field-based outreach, engagement, triage, and assessment of individuals and families to assist with participation in mental health services. The primary populations served by the MTT are individuals and families who are homeless or at risk of homelessness, veterans, and adults age 60 or older. All individuals are referred to appropriate services and resources based on their eligibility. Case management and short-term, transitional mental health services are provided to actively work toward the goal of connecting clients to consistent, effective services.

Our dedicated SB 82 workers walk the streets of all eight DMH service areas, working in partnership with other departments, city governments, and community-based organizations, offering resources and assistance to those in need. Often, outreach workers interact with individuals affected by homelessness several times in order to build trust with those wary of authority. Once they establish trust, resources can again be offered and hopefully, accepted.

From Desert to Home

On January 27, 2016, the Service Area 1 SB 82 MTT was contacted by the Department of Health Services about a 53-year-old man living without a home, who had been bitten multiple times by coyotes. The DMH MTT began the outreach and engagement process with this man who had been living in the desert on the edge of Lancaster since September 2015. Working collaboratively with DHS, DMH SB 82 staff transported the client to Olive View Urgent Care Center for medical and mental health stabilization. After the Urgent Care Center visit, SB 82 staff continued outreach to the client and developed a trusting relationship.

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Calendar of Events

Los Angeles County Museum of Art

(323) 857-6010
www.lacma.org

Through June 18 – Moholy-Nagy: Future Present
Through July 2 – Tony Smith’s Smoke
Through July 9 – The Inner Eye: Vision and Transcendence in African Arts
Through July 22 – Chinese Ceramics from LACMA at the Vincent Price Art Museum in East Los Angeles

The Music Center

(213) 972-7211
www.themusiccenter.org

Dorothy Chandler Pavilion

March 24 – Sleepless: The Music Center After Hours

Center Theatre Group

(213) 628-2772
www.centertheatregroup.org

Ahmanson Theatre

Through April 1 – Fun Home

Kirk Douglas Theatre

Through March 26 – Good Grief

Mark Taper Forum

Through April 2 – Zoot Suit
April 18 through May 28 – Archduke

Grand Park

(213) 972-8080
www.grandparkla.org

March 25 – Proud Story Slam
April 10 through April 23 – Portals Project
April 19 – Earth Day L.A.
Every Tuesday – Lunchtime! Writers’ Meet Up
Every Thursday – Lunchtime! Concerts
Every Tuesday through Thursday – Lunchtime! Food Trucks
Every Wednesday and Friday – Lunchtime! Yoga Retreat

Walt Disney Concert Hall

(323) 850-2000
www.laphil.com

March 21 – Night and Dreams: A Schubert & Beckett Recital
March 24 through March 26 – Tetzlaff Plays Dvorak
March 28 – Chamber Music: Dvorak & Brahms
March 31 through April 2 – Mirga Conducts Mozart & Haydn
April 1 and April 8 – Reykjavik Festival: Maximus Musicus
April 2 – Organ Recital: Felix Hell
April 6 through April 9 – Salonen & Sibelius

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



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Director of Personnel

Carla D. Williams
Senior Human Resources Manager

John S. Mina
Editor-in-Chief



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

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Check out the DIGEST at
<http://hr.lacounty.gov/about-the-county/>



health talk



by *Christopher Metchnikoff, M.D.*
Physician Specialist, Internal Medicine
Harbor-UCLA Medical Center

Know the 10 Early Warning Signs for Alzheimer's Disease

Your memory often changes as you grow older. But memory loss that disrupts daily life is not a typical part of aging. It may be a symptom of dementia.

WHAT IS DEMENTIA?

Dementia is a general term for the loss of memory and other cognitive abilities serious enough to interfere with daily life. The most common form of dementia is Alzheimer's disease, a fatal disorder that results in the loss of brain cells and function.

DID YOU KNOW... more than 5 million Americans have Alzheimer's disease? This disease impacts more than 15 million family members, friends, and caregivers.

EARLY DETECTION MATTERS

It may be hard to know the difference between age-related changes and the first signs of Alzheimer's disease. To help identify problems early on, the Alzheimer's Association has created a list of **10 warning signs for Alzheimer's and other dementias**.

1. Memory loss that disrupts daily life

One of the most common signs of Alzheimer's, especially in the early stages, is forgetting recently learned information. Others include forgetting important dates, events, or asking for the same information over and over again.

2. Challenges in planning or solving problems

Some people may experience difficulty developing and following a plan, working with numbers, or following a familiar recipe.

3. Difficulty completing familiar tasks at home, at work, or at leisure

People with Alzheimer's often find it hard to complete daily tasks such as driving to a familiar location or managing a budget at work.

4. Confusion with time or place

People with Alzheimer's can lose track of dates, seasons, and the passage of time, and sometimes forget where they are and how they got there.

5. Trouble understanding visual images and spatial relationships

Sometimes individuals with Alzheimer's can experience vision problems and have difficulty reading, judging distance, and determining color or contrast, which may cause problems with driving.

6. New problems with words in speaking or writing

Some people may have trouble following or joining a conversation. They may struggle with vocabulary, have problems finding the right word, or call things by the wrong name.

7. Misplacing things and losing the ability to retrace steps

Individuals may lose things, place them in unusual places, and accuse others of stealing.

8. Decreased or poor judgment

People with Alzheimer's may experience poor judgment when dealing with money, or pay less attention to grooming or keeping themselves clean.

9. Withdrawal from work or social activities

Some people may start to remove themselves from hobbies, social activities, work projects or sports.

10. Changes in mood and personality

Individuals can become confused, suspicious, depressed, fearful, or anxious.

If you or someone you care about is experiencing any of the 10 warning signs, please see a doctor to find the cause. Early diagnosis gives you a chance to seek treatment and plan for your future. The Alzheimer's Association can help. For more information:

Visit: alz.org/10signs

Call: (800) 272-3900



Get Free Museum Passes

with a County Library Card

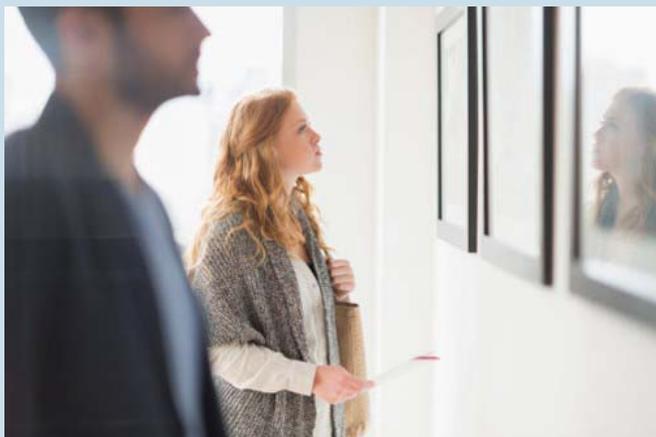
Starting March 2017, you can reserve free museum passes and discount coupons online with a County Library card.

Discover & Go is a new County Library initiative forming partnerships with local museums. Through the Discover & Go online portal, library users can log on with their L.A. County Library cards to reserve and check out museum passes and discount coupons to local Southern California museums for free. Discover & Go allows families to explore local museums and learn about different cultural centers without financial concerns.

This program is available to Southern California residents who are at least 18 years of age, and currently hold a County Library card. Each library card holder can reserve up to two free passes or discount coupons per account at a time, and reservation can be cancelled before free passes are printed.

Because there's a limited quantity of free passes and discount coupons available each month, free passes are distributed on a first-come, first-served basis. Museums that currently participate in the County Library program include: Autry Museum, Banning Residence Museum, Craft & Folk Art Museum, Hammer Museum, Japanese American National Museum, Kidspace Children's Museum, LACMA, La Plaza de Cultura y Artes, Muckenthaler Cultural Center, Pasadena Museum of California Art, Ronald Reagan Presidential Library and Museum, Skirball Museum, The Getty Center and The Getty Villa.

Please visit colapublib.org/DiscoverGo for complete details.



MOBILE TRIAGE TEAMS

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The client was eventually connected with DMH's Antelope Valley Mental Health Center for ongoing treatment and a housing plan was created with the client using the Coordinated Entry System Survey Packet. The client got a Shelter Plus Care certificate and the SB MTT searched for rental properties with him. On December 20, 2016, the client was permanently housed. From the first day of outreach to the day of being permanently housed, the MTT provided support and utilized clinical interventions to reduce barriers that had prevented him from getting into permanent housing, including obtaining food, clothing, shelter, plus ongoing medical, mental health, and case management services.

Maria Funk, Ph.D., Mental Health Clinical Program Manager III, CHEERD, related the importance of MTTs: "The work the SB 82 Mobile Triage Teams is critical to end homelessness. Many of the people the teams connect with have no contact with the mental health system and are not seeking services on their own. Through our field-based services, we are able to build trust and engage individuals in treatment with the goal of supporting their recovery by linking them to on-going mental health services and helping them transition from the streets to a permanent home."

2015-2016 Fiscal Year Accomplishments

- 525 DMH clients transitioned from homelessness into permanent housing through DMH housing resources
- 347 DMH clients issued vouchers through the Housing Authorities are looking for housing
- 1,636 DMH clients in Permanent Supportive Housing units subsidized through DMH resources on June 30, 2016
- 663 new tenant-based Federal Housing Subsidies awarded to DMH
- With a \$6.1 million investment of capital funding through the MHSA housing program, 4 new housing developments opened with 64 new PSH units dedicated to DMH clients
- 486 adults and 197 children assisted through the temporary shelter program and 36% exited to permanent housing
- 910 clients provided security deposits, household goods, security deposits and rental assistance
- Established Multidisciplinary Integrated Teams (MIT)
- Integrated staff with physical health, mental health, substance use and lived experience expertise providing field-based services:
 - 1,258 individuals outreached
 - 287 engaged in services
 - 51 permanently housed

Meet Mark Pestrella, P.E.

Director, Department of Public Works

Mark Pestrella, P.E., was officially sworn in on March 6, 2017 by the Board of Supervisors to lead the largest municipal public works agency in the United States.

In his capacity as Director of the Department of Public Works (DPW), Pestrella will also serve as the County Engineer, Road Commissioner, and Chief Engineer of the Los Angeles County Flood Control District.

With an annual budget of more than \$2.5 billion and a workforce of 4,000 employees, Public Works provides vital public infrastructure and civic services to more than 10 million people across a 4,000-square-mile service area.

Pestrella’s appointment followed a nationwide search that attracted more than 20 highly qualified applicants. He becomes the sixth director to lead the department since it was formed in 1985.

Pestrella, a 29-year DPW veteran who has held a variety of management positions, said he was humbled by the appointment.

“To be selected to lead this dedicated team of men and women is an incredible honor,” Pestrella said. “Together, we will establish a vision and set a culture to provide the highest level of public service.”

A native of Southern California, Pestrella attended California Polytechnic State University, San Luis Obispo, where he received a Bachelor of Science degree in Civil Engineering with concentrations in structural engineering and water resource management. He is a licensed civil engineer in the State of California and has taught post-graduate classes in Civil Engineering and Land Development Entitlement at the University of California, Los Angeles.

Over the last decade, Pestrella has been instrumental in DPW’s leadership development, the adoption of County, State, and federal policies related to Clean Water Act compliance, integrated water resource management, ecosystem restoration, and infrastructure sustainability.

Pestrella is also an active member of the American Public Works Association, American Society of Civil Engineers, American Water Works Association, Association of California Water Agencies, National Association of Flood and Stormwater Management Agencies (Board Member), Southern California Water Committee, and Urban Water Institute (Board Member).



Share Your Heart

Share Your Home

*Become a Foster/Adoptive Parent
Dept. of Children and Family Services*

March is Social Work Appreciation Month. Have you thanked a social worker this month? If not, please make a social worker’s day and tell them you appreciate the long hours they work to ensure child safety and the dedication they demonstrate to all children and families.

For kids like 16-year-old London, saying ‘thank you’ comes easy. London is probably one of the most appreciative youths you will ever meet and his social workers know how much a family would mean to him. With a truly genuine smile and a

sparkling personality, London lights up any room. He is confident with who he is and hopes to find a family that will nurture this confidence and positive sense of self. He is easy to talk with, highly intelligent and very goal orientated. With hopes of breaking into the fashion, modeling and design industry, he works hard in school, taking advantage of his current high school’s resources in this area. With so many pieces of the puzzle in place, all he needs now is a family to surround him with the love and support every child needs to become the best they can be. Call (626) 229-3790 to learn more about adopting London today.



Working for You

Department of Public Health

March is National Nutrition Month. It's a great time to start a few strategies that can help you eat well throughout the workday. While it may be challenging at first, taking small steps to eat healthier can lead to long-standing lifestyle changes that will improve your health over time.

The 2015-2020 Dietary Guidelines for Americans provide recommendations on healthy food and beverage choices to maintain a healthy weight, reduce the risk of chronic disease, manage current health conditions, and improve overall health. Here are some simple ways you can incorporate these guidelines into your daily routine.

Plan ahead: Think about what you're going to eat ahead of time to ensure your meals and snacks include plenty of vegetables, whole grains, and lean protein.

- Pack your lunch. When you prepare a healthy dinner, consider packing leftovers so you have lunch for the next day.
- Keep a stash of healthy snack items at work, such as peanut butter and celery, baby carrots, dried fruit, trail mix, low-fat string cheese, and nonfat yogurt.
- Eat breakfast. If you're short on time, grab a yogurt or a pack of instant oatmeal to eat at work.
- Browse online menus and nutrition information for nearby eateries before dining out. This helps you choose healthier options once you arrive.

Create a healthy work environment: Model healthy eating with colleagues and provide support in making healthy choices.

- Provide healthy food options if you're hosting meetings, events, or office celebrations so that it's easier for everyone to eat healthy.
- Organize healthy social events, such as a monthly salad bar potluck or a walking group.
- Set goals for healthy eating with your colleagues and ask for their support to help keep you on track.

Eating well at work can make you feel better, help you become more productive, and create a healthier workplace for you and your coworkers. For more information, visit us at www.publichealth.lacounty.gov.

Ready for a Second Chance?

Prop 47 Felony Reduction

Aimed at removing a substantial barrier to employment and economic stability in Los Angeles County, the Department of Public Social Services (DPSS) is partnering with other departments to promote a free series of monthly expungement clinics to reduce felony convictions for as many as 500,000 residents with a record of low-level, nonviolent crimes to misdemeanors.

The collaboration is the result of Proposition 47 (Prop 47), the ballot initiative passed by California voters on November 4, 2014. The initiative has provided an opportunity for individuals with felony convictions to submit a petition to reduce certain non-violent, non-serious drug and property crimes from felonies to misdemeanors.

With the understanding that the clinics are greatly needed, the Board of Supervisors issued a call for departments to get the word out to residents who will benefit from the legal relief offered by Prop 47.

Although the deadline to apply for expungement has been extended for five years, there is still a sense of urgency for many who are seeking employment.

Working as part of the Countywide Prop 47 Task Force, the Greater Avenues for Independence (GAIN) Program is working with the Public Defender and the Alternate Public Defender to create public awareness about the clinics.

To increase participation at the clinics, DPSS is developing strategies to disseminate information to communities about the monthly expungement clinics.

Attendees will have an opportunity to speak directly with attorneys and paralegals regarding their options and can begin the expungement process on the same day. DPSS Outreach staff are also on site to provide information and benefit enrollment assistance.

Individuals with a felony record (no matter how old the conviction) may be eligible to have the offense reduced to a misdemeanor. Individuals who are currently incarcerated for a felony can seek to be resentenced and released.

Those who are no longer in the criminal justice system, but were previously convicted of a felony, can now seek to have their criminal record reclassified to a misdemeanor.

For more information about Prop 47 or a calendar of the upcoming expungement clinics, please visit <http://prop47.lacounty.gov>.

Human Foods Your Pets Need to Avoid

Department of Animal Care and Control

The third week of March is National Animal Poison Prevention Week.

It's a good reminder to be aware and make sure to not have food lying around that can be dangerous to a pet's health. Here are some common food items to keep in mind.

Chocolate, coffee, or any caffeine product when consumed can cause dogs to vomit, have diarrhea, and in serious cases, cause seizures and even death. Cats that consume chocolate may suffer from abnormal heart rhythms or seizures that could lead to death.



A sugar-free sweetener called **Xylitol** that is commonly found in candy, gum, toothpaste and other baked goods can cause a dog to have serious problems in their digestive system causing their blood sugar to drop and may lead to liver failure.

Onions, garlic, and chives can damage red blood cells in cats and dogs and cause various gastrointestinal problems.

Grapes and raisins contain an unknown toxic substance that can cause kidney failure in both dogs and cats.

Milk and dairy products can cause both dogs and cats to have gastrointestinal problems leading to diarrhea and possibly vomiting. While it's true that kittens and puppies drink their mother's milk as newborns, once they are weaned will produce less lactase and become lactose intolerant.

Raw or undercooked meat/fish may cause food poisoning from bacteria such as Salmonella or E. coli.

Yeast in uncooked bread can rise and cause gas to accumulate in your pet's digestive system and could rupture their stomach and intestines.

Alcohol is dangerous for animals and even a small amount can lead to coma or even death.

Bones from fish, chicken, steak, or other meats can be very dangerous for domestic pets. Though it's not poisonous, bones from cooked meat and fish can splinter causing your pets to choke, damage gums, cause internal injuries, and even block the intestinal tract.

These are just a few examples of foods consumed by humans that are dangerous for your pets. You can read up on some more dangerous foods at <http://www.asPCA.org/pet-care/animal-poison-control>.

If you think your pet ingested items on this list or is showing symptoms of food poisoning, contact your veterinarian or contact the 24-hour ASPCA Animal Poison Control Center hotline at (888) 426-4435.

Scottish Ballet - A Streetcar Named Desire

West Coast Premiere, May 19 through 21, Dorothy Chandler Pavilion

Celebrating the 70th anniversary of Tennessee Williams' Pulitzer Prize-winning play, Gloria Kaufman Presents Dance at The Music Center welcomes the Scottish Ballet's multi-award winning A Streetcar Named Desire. This classic play is transformed into an emotional ballet that tackles important issues of sexual violence and identity. Audiences will feel the heat generated by this vibrant award-winning production that pushes the boundaries by presenting an interesting collaboration that incorporates both theatrical and film elements to deliver a powerful infusion of drama and dance. With the choreography set to a specially commissioned jazz-inspired score, Scottish Ballet pushes the boundaries of narrative ballet through a range of styles that accentuate the sensuality of the dancers.

As Scotland's national dance company, Scottish Ballet presents a wide range of high-quality dance to audiences across Scotland, the UK and around the world. With strong classical technique at the root of all of its work, the company presents new versions of classic titles, as well as seminal works from 20th century choreographers, significant pieces from living choreographers, and new commissions.

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:

50+ Years

PUBLIC LIBRARY: Carole C. Hollis

45+ Years

CHILD SUPPORT SERVICES: Brenda J. Blackmon

HEALTH SERVICES: Marjorie A. Cartwright

MENTAL HEALTH: Lucia P. Furuta

PUBLIC SOCIAL SERVICES: Aura A. Hernandez, Mary R. Matthew, Bertha M. Olague-Jaramillo

SUPERIOR COURT: Sue I. Shackelford

40+ Years

CHILD SUPPORT SERVICES: Ethel C. Fowler, Le N. Nguyen

DISTRICT ATTORNEY: David R. Traum

FIRE: Renee D. Lockridge

HEALTH SERVICES: Denise Burgueno, Howard Cho, Susie Y. Choi, Joe C. Der, Ross Eisenman, Connie A. Garcia-Borja, Candy L. Thomas, Brian A. Trusso

INTERNAL SERVICES: Paul H. English, Doreen Luna, Armi Joy L. Serra

PUBLIC SOCIAL SERVICES: Franklin Moore, Marie T. Randall, Victoria L. Resurreccion

SUPERIOR COURT: Rose M. Bailey, Jana Larsen, Haile S. Mackey, Audrey O'Brien

35+ Years

AUDITOR-CONTROLLER: Gregg M. Iverson

BEACHES & HARBORS: Vivian Paquin-Sanner

CHILDREN & FAMILY SERVICES: Diane Owens, Young S. Park

DISTRICT ATTORNEY: Hyman Sisman

FIRE: Richard B. Meline

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INTERNAL SERVICES: Yuling C. Wong

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PROBATION: Lottie M. Piper

PUBLIC HEALTH: Debra L. Ruge

PUBLIC LIBRARY: Bill Gonzales, Roy N. Masukawa

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SHERIFF: Raymond E. Bernasconi, Robert S. De La Garza, Arturo E. Padilla, Patrick S. Davoren

SUPERIOR COURT: Kerry L. John, Esperanza Leon, Maria L. Maldonado, Roberta M. Martin, Rebecca Omens

30+ Years

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INTERNAL SERVICES: Rogelio Cacho, Edward C. Freeman, Donnell Willis, David Yamashita

PROBATION: Salvador A. Mora, James W. Watts

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SUPERIOR COURT: Julie A. Hill, Maria E. Martinez, Judi L. Mellone, Ellen Suryadi-Teguh

25+ Years

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INTERNAL SERVICES: Aban H. Kapadia, John A. Rau

PROBATION: Sandra M. Bravo

PUBLIC DEFENDER: John Garbin, Jane E. Sullivan, Jill E. Thomas

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SUPERIOR COURT: Alexandra Bergin, Bonnie K. Leck, Lamar G. Perez

TREASURER & TAX COLLECTOR: Aurora T. Castillo



Preventing Home Fires

L.A. County Fire Department

March 12, 2017 was the beginning of daylight saving time. Now would be a good time to check your smoke alarm and replace the batteries. Smoke alarms that are properly installed and maintained play a vital role in reducing home fire deaths and injuries.

Three out of five home fire deaths reportedly result from fires in properties without working smoke alarms. Smoke alarms should be installed in every bedroom and outside each sleeping area, as well as on every level of a home. Smoke alarms should be installed on the ceiling or high on a wall, and at least 10 feet from the stove to reduce false alarms. Large homes may need extra smoke alarms. It's best to use interconnected smoke alarms so that when one rings, they all do.

Here are a few tips to make sure your smoke alarm is in good working order:

- Test all smoke alarms at least once a month.
- Change the batteries in all smoke alarms twice a year.
- Make sure everyone in the home knows the sound of the smoke alarm and understands what to do when they hear it.
- Replace all smoke alarms when they are 10 years old. To find out an alarm's age, look at the date of manufacture on the back of the alarm.

Though the best way to fight fires is to prevent them, working smoke alarms and regularly practicing a fire escape plan can help save lives if there is a fire. For more information, visit <http://fire.lacounty.gov/fire-preventiondivision/fire-prevention-month>.

Rideshare L.A. County!

from Workplace Programs and Marketing

Did you know that **Vanpooling** saves the average commuter 50-75% of the money spent driving alone? In addition to saving money, saving time, and reducing stress, **Vanpooling** has a positive effect on the environment. Contact your local Employee Transportation Coordinator (ETC) for more details. Take Pride and Share the Ride. For more information, or to find your local ETC, go to www.rideshare.lacounty.gov.

ALERT: W-2 SPAM EMAILS TARGETING EMPLOYEES

IRS Issues Urgent Alert as W-2 Phishing Scam Spread During Tax Season

The Internal Revenue Service (IRS) has distributed a warning on a dangerous and evolving W-2 phishing scam targeting payroll and HR professionals. This scam is spreading from government organizations to others including school districts, tribal organization, nonprofits, and maybe even you!

How They Do It: Inside W-2 Spear Phishing Attacks

The Attacks on Enterprises: The attacker impersonates the email address of the company's CEO and emails a request to a finance or HR employee, asking for the tax records for all employees. Attackers then file fake returns and get refunds.



Latest W-2 Enterprise Attacks*

What Should You Do If You Receive A Suspicious Email Message?

1. Do not take any action suggested in the message. Doing so may install malware (i.e., malicious software) and let the scammer know that you are a potential target.
2. Do not open any documents that might be attached to the message.
3. Report any suspicious email message by forwarding it as an attachment to your local help desk or to your Departmental Information Security Officer (DISO).

By reporting phishing, you can help other County employees avoid these scams!

What Is the County Doing to Protect Us from Phishing?

The County's Chief Information Security Office, DISOs, and the Internal Services Department have taken steps to mitigate these fraudulent scams and continues to battle these criminals as their techniques change. However, it is up to all of us to stay vigilant and think twice before clicking or entering sensitive personal information, and to report incidents of suspected phishing.