



The Chair’s Incoming Message

by Supervisor Janice Hahn

When I was born in 1952, my Dad was already planning his run for the Board of Supervisors. My first time appearing in the employee newsletter was when I was 8 months old, the same month my Dad was sworn into his first term.

Growing up as a part of this L.A. County family was a joy. Leading it this year as Chair of the Board of Supervisors is a privilege.

I often remind people that L.A. County is the biggest in the nation, bigger than all but nine states. It puts in perspective the scale of our operation, but it doesn’t capture what makes Los Angeles County special: the people who dedicate their careers to working here and the spirit with which they do their work every day.

People like the social workers who are in our communities day and night helping kids and families. People like our public defenders who ensure every person, regardless of their income, gets their fair day in court. People like the Sheriff’s deputies who worked into the night and found Cathy, a 63-year-old woman with dementia who wandered away from her family just before Christmas. People like the caseworkers and outreach workers across County departments who have helped to lift 10,000 people out of homelessness during the first 15 months of Measure H. People like our firefighters who risk their lives everyday keeping our communities safe in the midst of this new fire threat reality.

That is why I dedicate this New Year’s message to you: the 100,000 people who work for L.A. County. You are what makes this County extraordinary and I will never forget that.

Every year brings new challenges and 2019 will be no different. But I know that because of you, we are ready to meet each new challenge with even bigger solutions.



Thank you, and Happy New Year!

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Calendar of Events

Center Theatre Group

(213) 628-2772

www.centertheatre.org

Ahmanson Theatre

February 5 through March 10 – Cinderella

Kirk Douglas Theatre

March 7 through April 28 – Block Party 2019

Mark Taper Forum

Through February 17 – Linda Vista

Grand Park

(213) 972-8080

www.grandparkla.org

Every Tuesday through Thursday – Lunch A La Park Food Trucks

Every Wednesday and Friday – Lunch A La Park Yoga reTREAT

The Music Center

(213) 972-7211

www.musiccenter.org

Walt Disney Concert Hall

January 24 through January 27 – Celebrating John Williams

January 26 – Minimalism

February 1 through February 3 – Britten & Strauss

February 3 – Paul Jacobs

February 6 through February 9 – Celebrate Chinese New Year

February 10 – Accademia Bizantina

February 12 – Kodo Revolution

Grand Park Lovers Rock – Valentine's Day

Thursday, February 14, 2019

6 pm to 10 pm

Grand Park makes Valentine's Day easy and affordable for all Angelenos by setting the stage for a special picnic dinner and a moonlit walk through the park amidst the iconic views of Los Angeles City Hall and the Arthur J. Will Memorial Fountain.

Angelenos can bring a picnic dinner and enjoy a romantic evening at tables for two around the fountain and throughout Olive Court. Guests will experience special music curated to enhance the park's beautiful surroundings.

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



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Hilda L. Solis

First District

Mark Ridley-Thomas

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edited or otherwise altered for clarity.

Check out the DIGEST at:

<http://hr.lacounty.gov/about-the-county/>



LA County Library Director Skye Patrick

Library Journal's 2019 Librarian of the Year

Skye Patrick, LA County Library Director, is the recipient of the *Library Journal's* 2019 Librarian of the Year Award. The award recognizes a professional librarian for outstanding achievement and accomplishments reflecting the loftiest service goals of the library profession, including free access to information for all, encouragement of reading, creation of incentives to increase use of materials, enhancement and expansion of library service to all residents, and strengthening of the role of the library within the community.

“It is a great honor to be recognized by Library Journal, one of the industry’s most reputable publications,” said Patrick. “This is not only a recognition for me but also a recognition for the entire LA County Library team. They work so hard and are committed to providing the best service to our customers; without the support of our staff, I would not be able to achieve what I have set out to do.”

Skye Patrick joined LA County Library in February 2016, with ambitions to champion change and position the Library

as a center of learning accessible to all residents of Los Angeles County. Her transformational leadership has created an amazing culture of service and innovation at LA County Library.

In continued efforts to break down barriers and increase access for all customers, Patrick launched the *iCount* equity initiative, which ensures that the Library’s services and programs address the needs of the diverse community it serves.

To support the innovative programming at the Library, Patrick expanded service hours by over 15,000 hours across 75 library locations without incurring additional costs. Under her leadership, the Library introduced many award-winning programs such as The Great Read Away fine reduction program for youth, Turns the Tables DJ workshops for young adults, and MâkMô maker mobiles. Patrick also established a Marketing team—which was awarded 2018 Marketer of the Year by *Library Journal*—with the goal of improving the Library’s promotional efforts and creating awareness of the myriad of services the Library offers.

Understanding the importance of technology, Patrick continues to work to meet customer needs by improving the Library’s information technology infrastructure. A new digital alliance with Microsoft allows the Library to begin updating the operating system of over 2,200 public computers in 2019, and funding from the Federal Communications Commission’s Schools and Libraries program will enable the Library to work toward increasing its internet bandwidth for a faster internet connection, also starting this year.

“Libraries are important to the well-being of communities,” said Patrick. “I am committed to seeking creative and innovative ways to offer Library services that help improve the quality of our customers’ lives.”

January
is
National
Mentoring
Month

The Joshua Goldman Odyssey to Weight Loss

One year ago, I weighed 300 pounds. I was on a cane whenever my left ankle would go on strike, and I had to go to Urgent Care six times in one year with uncontrollable asthma. Medical bills cause more than half of the bankruptcies in our country, and I was quickly becoming a statistic. I decided to try out the Interagency Greatest Loser program, where teams in the County compete to lose the most weight. This attempt involved cutting back my snacking and how much I ate, while walking more whenever I could. When the Greatest Loser finished, I was excited to weigh in, only to find out that I had gained half a pound. Rather than be discouraged, I remembered that my past supervisor, Mary Gilmore, once told me that it's impossible to know how much weight you didn't gain by making changes, so I turned to science to figure out what I was doing wrong.

In April, having never successfully dieted before, I set the goal of losing 100 pounds in one year. My research into the ketogenic diet taught me the basics of how weight gain happens: Insulin tells your body to use sugar and store fat, so by restricting carbohydrate intake to 30 g or less a day, your body will burn fat for energy instead. Having to track my food and look up macronutrients made me more mindful of what I ate, and the decrease in processed food made me feel better. My hunger and cravings throughout the day vanished, as my body remained in ketosis, but I also felt strange the entire time, an effect called "keto flu." While I lost an unprecedented 20 pounds that month, I did not like how keto made me feel, so I sought out a more long-term solution.

As a result of extensive nutritional research, I spent May transitioning from dieting to completely changing my lifestyle, moving from a low carb diet to a plant-based lifestyle. I found a wealth of information online. The diet consists of foods with lower calories, such as beans, potatoes, and rice with plenty of fruits and vegetables. Starches and legumes are highly satisfying, so the hunger that had doomed me was no longer a problem. Since my diet had become more restrictive, I needed to learn how to cook. I went from being a criminally terrible cook to batch cooking soups, chili, and dozens of other recipes. Cooking my own food cut my daily food cost from \$20 to \$8, a \$4,000 a year savings! More importantly, I truly felt healthy for the first time in my life.

Seven months have passed now, and I have lost a total of 80 pounds out of my 100-pound goal. The asthma that had nearly led me to an old-timey death is almost non-existent, and I have not needed medical assistance since switching to a plant-based diet. For 2019, I plan to lead a team in the "Interagency Greatest Loser" and inspire others to finally lose the weight. If you would like resources or have any questions, you can always contact me at Joshgoldma@gmail.com.



Are You Overpaying on Property Taxes?
How to qualify for the Homeowner's Exemption

START HERE
ARE YOU A HOMEOWNER?
Yes

IS YOUR HOME YOUR PRIMARY RESIDENCE?
Yes

YOU QUALIFY TO SAVE \$70 OFF YOUR PROPERTY TAX BILL

APPLICATION ON assessor.lacounty.gov
Apply

Start the Year Out Right and Practice Financial Fitness

How homeowners can save on their property taxes

Setting financial goals is a common New Year’s resolution. Los Angeles County Assessor Jeffrey Prang and the Board of Supervisors want to help homeowners reach small attainable goals. One way homeowners can begin the year off right is by applying for the Homeowners’ Exemption, which helps homeowners save on their property taxes.

THIS IS HOW IT WORKS: This exemption reduces a property’s taxable assessed value by \$7,000, provided that the property is the owners’ principal place of residence as of January 1st. The result is \$70 savings on the annual tax bill. Homeowners need only apply once in order to receive the savings each year or until a change in ownership is recorded.

Visit assessor.lacounty.gov and check the Assessor Portal to search a property and determine if the property is already receiving the exemption. For further questions regarding the Homeowners’ Exemption Application form and filing information, please call (213) 974-3415.

Share Your Heart Share Your Home

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

*New Beginnings for the New Year
Consider Being the Family that Reunites this Adorable Sibling Set*

Being the older brother is a big deal to 12-year-old Tremayne. Looking after his 6-year-old little sister Trelona is something that just comes naturally to him. Separated in foster care, Tremayne can no longer be there for Trelona and this truly breaks his heart. Suddenly these close-knit siblings have found themselves divided by foster care. Tremayne and Trelona hope that someday soon they can have their “new beginning” and be reunited together through adoption.



Photo: Michael Shields

When asked about himself, Tremayne said he is into basketball, cooking, cleaning, and being organized. Tremayne loves to cook up some Honey Mustard Chicken and wants to expand his knowledge of cooking. Learning to cook professionally and maybe becoming a chef is something Tremayne could definitely do. There is very little this well-spoken and articulate young man can’t do. Tremayne proudly stated he has a 4.0 in school and will go to college someday. Meanwhile, Trelona will wow you with her maturity, intelligence and ability to carry a conversation with others. She loves to watch Beauty and the Beast, and said the main theme of the movie really captures her attention. She also wants to help her community and grow up to be a police officer. Keeping the community safe for other people, especially kids, is her dream. A loving, active adoptive family can fulfill their dreams of permanency and reunite this deserving sibling set. For more information about adopting these great kids or another waiting child, call the Department of Children and Family Services at (888) 811-1121.

Sleepless: The Music Center After Hours

Saturday, February 9, 2019

11:30 pm to 3:00 am

This unique *Sleepless: The Music Center After Hours - Quinceañera Reimagined* reframes the coming-of-age tradition practiced throughout Latin America, honoring its roots while celebrating and claiming the power of *womxn*. This unique Sleepless venerates the rituals and symbols associated with a *quinceañera*, which acknowledges the transition from childhood to womanhood, while raising questions about how the *quinceañera* addresses assumptions of class, gender and sexuality. The Music Center's Dorothy Chandler Pavilion is the site for a one-of-a-kind "quince" experience, turning the traditional on its head, with DJs, live bands, dance parties, art and visual arts installations, movie screenings and more. Dress to impress, grab your friends, and celebrate the power of *womxn*.

HAPPY

NEW

CAT!



Ring in 2019 with a new feline friend! We are offering

\$20 cat adoptions!

during January 2019!

Visit one of our seven Animal Care Centers today!
animalcare.lacounty.gov

#DACCARES



LOS ANGELES COUNTY
ANIMAL CARE
& CONTROL

redefining
CARE

Retirees

Congratulations for your many years of service to the County of Los Angeles

45+ Years

HEALTH SERVICES: Lorenzo Flores, Salvador Raigosa

40+ Years

ASSESSOR: Maria Duran

CHILDREN & FAMILY SERVICES: Steven L. Young

HEALTH SERVICES: Maria R. Umali, Patricia A. Venaglia

INTERNAL SERVICES: Patricia A. Hermida

SHERIFF: Bobby D. Denham

SUPERIOR COURT: Cam T. Banh, Vivian J. Jaime

35+ Years

CHIEF EXECUTIVE OFFICE: Michael A. Hooper

CHILD SUPPORT SERVICES: Julia Armor

CONSUMER AND BUSINESS AFFAIRS: Armando Nogal

FIRE: James J. McCarron

HEALTH SERVICES: Gwendolyn J. Blackwell, Lidia M. Caceres, Maria J. De Guzman, Debra Diaz, Ernest Dominguez, Equilla Lewis, Bridgett T Manning-Dent, Leslie L. Mondy, Ricardo Rodriguez, Amada Salvatierra

INTERNAL SERVICES: Athena H. Jan, Catherine M. Stein-Romo

PUBLIC SOCIAL SERVICES: Mabel Smith

SHERIFF: Warren R. Asmus, Alicia E. Ault, Philip Guzman, Thomas D. Harris, Maria G. Imel Seal, Kevin C. Lloyd, David J. Sivard

TREASURER AND TAX COLLECTOR: Wah Gee

30+ Years

AUDITOR-CONTROLLER: Maria S. Leal

CHIEF EXECUTIVE OFFICE: Amelia M. Bennett Darrow

CHILDREN & FAMILY SERVICES: Clinton E. Basham, Michelle Bluntson, Janice D. Harry

DISTRICT ATTORNEY: Robert Wallace

FIRE: Mario Benjamin, Ralph E. Calicher

HEALTH SERVICES: Margaret Gaspin, Timothy A. Gilroy, Godofredo C. Lopez, Irene P. Ramos, Rodrigo Redublo

MENTAL HEALTH: Amelia P. Hall

PUBLIC LIBRARY: Carolyn E. Reisinger

PUBLIC SOCIAL SERVICES: Renee Bennett, Connie S. Lin, Lois J. McClatchey

PUBLIC WORKS: Jamshid Shadab, Keith K. Tang

SHERIFF: Daniel P. Beringer, Sergio J. Mayagoitia, Allen C. Sarpy, Richard F. Secord, Rhonda L. Toy

SUPERIOR COURT: Melanie C. Ferrara, Mina D. Fried, Sim N. Le, Nancy F. Sandoval

TREASURER & TAX COLLECTOR: Amlin Landers

25+ Years

AGRICULTURAL COMMISSIONER/WEIGHTS & MEASURES: Jose J. Rodriguez

CHILDREN & FAMILY SERVICES: Nancy A. Cutuli, Katrin Davidian, Beatrice A. Evans, Doris R. Merino, Ethel M. Ross, Denise C. Woo

FIRE: Timothy M. Knorr, George Nevarez

HEALTH SERVICES: Freddie Brown, Lilia Curiel, Jorge A. Diaz, M.D., Denise Hernandez, Gloria A. Myers, Charles Obilo, Lord Victor A. Sarino, Maria Soto, Earl B. Watson

INTERNAL SERVICES: David R. Adams

PROBATION: Daniel E. Leist, Christine D. Williams
THE PUBLIC DEFENDER: Robert L. Camacho, Jeffrey R. Graves

PUBLIC SOCIAL SERVICES: Grace N. Akama, Rosaura Colon, Molly J. Garcia, Vickie S. Harris, Tam V. Hoang, Zaghganoush Keshishian, Mihran Keshishyan, Lucy Keshishyan, Lisa Khong, Chae S. Song

PUBLIC WORKS: Anthony J. Rodriguez

REGISTRAR-RECORDER/COUNTY CLERK: Uchenna G. Nwofor

SHERIFF: Robert W. Goltz, Aurora D. Natividad, Feerose Sankar, Robert Sonnemann

TREASURER AND TAX COLLECTOR: Margaret L. Puella

WORKFORCE DEVELOPMENT, AGING & COMMUNITY SERVICES: Reynaldo A. Alejo

January is
Human
Trafficking
Prevention
Month

SAVE THE DATE
2019 Black History Month Celebration—February 28, 2019



LOS ANGELES COUNTY AFRICAN AMERICAN EMPLOYEES ASSOCIATION

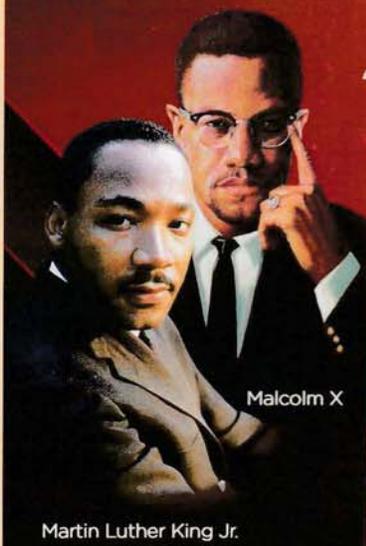


10th Year Anniversary

"Black Migration & Urban Realities"



Aretha Franklin



Malcolm X

Martin Luther King Jr.

R.E.S.P.E.C.T.I.N.G.
BLACK HISTORY MONTH Celebration

Kenneth Hahn Hall of Administration

Board of Supervisors Hearing Room 381
500 West Temple Street
Los Angeles, CA 90012



Thursday, February 28, 2019

11:30 AM – 1:00 PM

★ *This event is open to the public and we cordially invite you to attend. Your Participation is Voluntary and Greatly Appreciated*

www.LACAAEA.org



The Los Angeles County African American Employees Association is a recognized 501 (c) (3) organization and a registered County employee organization.