



New Wellness Center Marks First Phase of Rehab Facility’s Expansion

The first phase of the Rancho Rising 2020 project, a \$418 million, multiphase construction, and renovation at Rancho Los Amigos National Rehabilitation Center near Los Angeles, was marked with the recent opening of the Don Knabe Wellness Center.

The wellness center is part of the Rancho Los Amigos health care community goal to increase both the patients’ and community’s accessibility to advanced rehabilitative technologies and wellness practices. It includes a fully equipped gym (see photo) with accessible exercise machines and will offer a variety of classes and activities for patients, caregivers and community members of different abilities, which improve balance, strength, endurance, and coordination regardless of physical ability. Classes promote relaxation, meditation, and creative exploration. The center also features a therapy pool with an underwater treadmill, which will be used by patients under medical supervision.



Photo: John Edward Linden

“Patients will have access to specialized equipment and programs to own their health and wellness at the Don Knabe Wellness Center,” says Jorge Orozco, CEO, Rancho Los Amigos. “The wellness center and other features of Rancho Rising 2020 reflect a new model for the future, one that empowers patients to stay at home and be active in their communities, while enabling the use of self-directed rehabilitation tools and treatments. The focus is on teaching strategies to achieve and sustain a healthy life,” he says.

A team of architects, designers, and contractors collaborated to complete Rancho Los Amigos’ new wellness center three months ahead of schedule. Key members of the design and build team include contractor McCarthy Building Companies, Inc., Newport; design architect SmithGroupJJR, Los Angeles; and architect of record, Taylor Design, Irvine.

The wellness center offers recovery and rehabilitation care for patients with adult and pediatric spinal cord injuries, brain injuries, orthopedic disabilities, strokes, neurological disorders, and physical and developmental disorders.

The Rancho Rising 2020 project includes renovation and extension of the Jacquelin Perry Institute, the existing inpatient hospital on the 212-acre campus, and construction of a new outpatient facility. The project also calls for construction of a new centralized entrance, wayfinding tower and a central plaza with a series of interconnected gardens offering places for patients and visitors to heal and relax.

One-of-a-kind, even among rehabilitation centers, the health care community transcends the typical “patient” label, creating a truly unique Rancho Los Amigos culture. Many former patients return to the campus to mentor patients who are learning to rebuild after a life-altering event. The design not only provides a place for high-quality care but also supports the spirit of inclusive community and continued involvement.

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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

The Music Center

(213) 972-7211

www.musiccenter.org

Dorothy Chandler Pavilion

April 22 through May 13 – Tosca

Center Theatre Group

(213) 628-2772

www.centertheatregroup.org

Ahmanson Theatre

Through May 14 – Into the Woods

Kirk Douglas Theatre

Through May 21 – Block Party

Mark Taper Forum

April 18 through May 28 – Archduke

Grand Park

(213) 972-8080

www.grandparkla.org

Every Thursday – Lunchtime! Concerts
Every Tuesday through Thursday – Lunchtime! Food Trucks
Every Wednesday and Friday – Lunchtime! Yoga Retreat

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



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For more information, visit <http://hr.lacounty.gov/management-fellows-program/> or contact us at cmf@hr.lacounty.gov.



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

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



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

From the editorial staff: This is Dr. Christopher Metchnikoff's final article on "Health Talk." Since October 2015, Dr. Metchnikoff consistently provided our readers with helpful tips and information to guide them in achieving a healthy lifestyle. Dr. Metchnikoff will be starting a fellowship at Stanford University School of Medicine. Thank you on behalf of the County DIGEST and its readers.

April is Alcohol Awareness Month

April is the National Council on Alcoholism and Drug Dependence's and the Center for Disease Control and Prevention's Alcohol Awareness Month, designed to elevate the awareness of excessive alcohol consumption as a health priority for the Nation.

Alcohol is the most commonly used addictive substance in the U.S.

- 17.6 million people or 1 in every 12 U.S. adults, suffer from alcohol abuse or dependence.

Drinking too much can harm your health.

- Excessive alcohol use led to approximately 88,000 deaths between 2006 and 2010.
- Further, excessive drinking was responsible for 1 in 10 deaths among working-age adults aged 20-64 years.
- The economic costs of excessive alcohol consumption in 2010 were estimated at \$249 billion, or \$2.05 a drink.

What is a "drink"?

In the United States, a standard drink contains 0.6 ounces of pure alcohol. Generally, this amount of pure alcohol is found in 12-ounces of beer (5% alcohol content), 5-ounces of wine (12% alcohol content), or 1.5-ounces of 80-proof (40% alcohol content) distilled spirits or liquor (e.g., gin, rum, vodka, whiskey).

What is excessive drinking?

Excessive drinking includes binge drinking, heavy drinking, and any drinking by pregnant women or people younger than age 21.

- **Binge drinking**, the most common form of excessive drinking, is defined as consuming four or more drinks during a single occasion for women and five or more drinks during a single occasion for men.
- **Heavy drinking** is defined as consuming eight or more drinks per week for women and 15 or more drinks per week for men.

What is moderate drinking?

The Dietary Guidelines for Americans defines moderate drinking as up to one drink per day for women and up to two drinks per day for men.

There are some people who should not drink any alcohol, including those who are:

- Pregnant or may be pregnant.
- Driving, planning to drive, or participating in other activities requiring skill, coordination, and alertness.
- Taking certain prescription or over-the-counter medications that can interact with alcohol.

Long-Term Health Risks

- High blood pressure, heart disease, stroke, liver disease, and digestive problems.
- Cancer of the breast, mouth, throat, esophagus, liver, and colon.
- Learning and memory problems.
- Mental health problems.
- Social problems.
- Alcohol dependence, or alcoholism.

For more information on alcohol use, please visit <http://www.CDC.gov/Alcohol> and <http://www.ncadd.org/about-addiction/alcohol>.

LACERA Elections

LACERA Elections will be held this year to elect the Second Member of the Board of Investments and the Second Member of the Board of Retirement for terms of office commencing January 1, 2018. The elections will be held **Tuesday, August 1, 2017**.

General Members interested in running for these offices may obtain nomination packets from the Registrar-Recorder/County Clerk at 12400 Imperial Hwy., Norwalk, CA 90650. Candidate filing begins Monday, April 24, 2017 and ends Tuesday, May 23, 2017. Nominating petitions must be signed by at least 50 active General Members of LACERA. Petitions must be filed with the Registrar Recorder/County Clerk before 5 p.m. on **Tuesday, May 23, 2017**.



COUNTYWIDE FITNESS CHALLENGE 2017



JOIN US FOR THESE FUN FAMILY EVENTS!

WALK IT OFF!

5k fitness walk/run, exercise sessions, and health screenings.

Saturday, April 22, 2017
8:00 a.m. – Noon

Whittier Narrows Recreation Area
750 South Santa Anita Avenue
South El Monte, CA 91733

NOURISH YOUR HEART!

Join Chef Sharone Hakman for healthy cooking demos, free throw contests, and more.

Saturday, May 20, 2017
8:00 a.m. – Noon

Hacienda Heights Community Center
1234 Valencia Avenue
Hacienda Heights, CA 91745

MAKE A SPLASH!

A day of water fun with kayaking, paddle boards, and volleyball.

Saturday, June 17, 2017
8:00 a.m. – Noon

Castaic Lake State Recreation Area
Paradise Cove, Lower Lake
32132 Castaic Lake Drive
Castaic, CA 91384

STOP & SMELL THE FLOWERS!

Farmers' market, power walks, and softball tournament.

Saturday, July 15, 2017
8:00 a.m. – Noon

Wilson Park Certified Farmers' Market
2200 Crenshaw Boulevard
Torrance, CA 90501

CHILL OUT!

Boogie boarding, beach fitness, power walks, and yoga.

Saturday, August 26, 2017
8:00 a.m. – Noon

Dockweiler Beach Youth Center
12505 Vista del Mar
Playa del Rey, CA 90293

BE ONE WITH NATURE!

Inflatable obstacle course, softball playoff, exercise sessions, and fitness/nature walks.

Saturday, September 9, 2017
8:00 a.m. – Noon

Alondra Community Regional Park
3353 Redondo Beach Boulevard
Lawndale, CA 90260
(enter at Yukon Ave.)

DANCE MANIA!

Dancing, yoga, and a 2-mile hike.

Saturday, September 23, 2017
8:00 a.m. – Noon

Griffith Park
4730 Crystal Springs Drive
Los Angeles, CA 90027

TAKE A HIKE!

A day of family fun with fitness hikes, nature walks, and wild animal encounters.

Saturday, October 14, 2017
7:30 a.m. – Noon

Placerita Canyon Nature Center
19152 Placerita Canyon Road
Newhall, CA 91321

PLAY FOR LIFE!

A day of family fun featuring the "triath-a-fun!"—fitness walks, bicycle fun rides, and pedalboat rally.

Saturday, November 4, 2017
8:00 a.m. – Noon

Santa Fe Dam Recreation Area
15501 Arrow Highway
Irwindale, CA 91706

RSVP to secure your giveaways at
<http://employee.hr.lacounty.gov/countywide-fitness-challenge-2/>





Commissioners, Department Heads, and other County officials attend the annual Leadership Conference.

15th Annual Leadership Conference

“Embracing a Changing Demography” will be the theme of the County’s 15th Annual Leadership Conference, scheduled for Thursday, May 25, 2017, at the Music Center in downtown Los Angeles. The conference will begin at 8 a.m. with a continental breakfast, followed by the program at 8:30 a.m.

The objective of the conference is to highlight the important ways government can understand the diverse populations it serves and adapt to respond to their needs. It is jointly sponsored by the Board of Supervisors, Chief Executive Office, and the Quality and Productivity Commission. The master of ceremonies will be Commissioner Shawn Landres, Chair.

Guest speakers include LACMA Director Michael Govan, who will talk about how the museum is connecting with various communities. Additional speakers are Sarah Burd-Sharps, Co-Director, Measure of America; Efrain Escobedo, Vice President, California Community Foundation; Laura Trejo, General Manager, Los Angeles Department on Aging; Fesia Davenport, Assistant CEO; and Lori Glasgow, Executive Officer of the Board of Supervisors.

Contact the Quality and Productivity Commission at (213) 974-1361 for more information.

Rideshare L.A. County!

from Workplace Programs and Marketing

Although Los Angeles once again has the distinction of having one of the worst commutes in the U.S. (Fortune – Cities with the Absolutely Worst Commutes), Rideshare L.A. County has one way you can beat the traffic. Take the bus. **Taking the Bus** is one of the best and most cost effective ways to commute to work. Whatever you do, **Taking the Bus** can

get you to work on time and save you money. For more information on bus routes, please contact your local Employee Transportation Coordinator (ETC) or visit www.rideshare.lacounty.gov. Take Pride and Share the Ride.

April is National 9-1-1 Education Month

For more than 40 years, 9-1-1 has served as the vital link between the American public and emergency services. Every year, fire departments nationwide join the United States Congress and the National Emergency Number Association in recognizing the month of April as National 9-1-1 Education Month.

During the month of April, the Los Angeles County Fire Department (LACoFD) promotes a month-long campaign of helping its four million residents in recognizing the importance of 9-1-1 and the role it plays in ensuring effective and efficient emergency response in times of crisis.

The LACoFD urges you to use 9-1-1 responsibly. In the event of an emergency, it is important to know what to do when calling 9-1-1. Here are a few tips that you can follow:

- Use 9-1-1 ONLY in emergency situations.
- Know your location when calling for help.
- Keep your phone locked when not in use to avoid calling 9-1-1 accidentally.
- Listen carefully, speak clearly and remain calm when speaking to a 9-1-1 dispatcher.
- Teach children how to properly use 9-1-1.
- DON'T hang up if you accidentally dial 9-1-1; stay on the line and tell them.
- DON'T use 9-1-1 as an “information line.”
- DON'T call 9-1-1 for a tow truck or taxi; dispatchers cannot transfer callers.



SUPERVISOR KATHRYN BARGER'S
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Annual Memorial Day

TRIBUTE

to Veterans and Military Families

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**ON SATURDAY, MAY 27, 2017
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SUPERVISOR BARGER WILL BE JOINED BY
KNBC-TV WEATHERCASTER FRITZ COLEMAN
AND OTHER SPECIAL GUESTS FOR A
MEMORIAL DAY TRIBUTE CEREMONY AT 11AM.

THE EVENT WILL ALSO FEATURE SKYDIVERS;
MILITARY VEHICLES AND EQUIPMENT DISPLAYS;
A CHILDREN'S AREA; LIVE ENTERTAINMENT;
AND A FOOD COURT FEATURING
BOTH FOOD TRUCKS AND FOOD BOOTHS.

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ARCADIA, CA 91006**





Keep Property “In the Family”

If you own property and want to transfer it to a family member or leave it to a family member when you pass away, property tax implications are something to consider – especially when proper planning can save your heirs thousands of dollars every year. California tax law has a parent-to-child transfer exclusion (also known as “Proposition 58”) which enables a transfer of the parent’s primary residence to a child while excluding the property from reassessment. The net result means that the child can keep their parent’s current property assessment base – and their corresponding property tax amount.

Under specific circumstances, a grandparent may also take advantage of this exclusion and transfer to a grandchild without reassessment (known as “Proposition 193”).

Here are some general guidelines to consider:

- Each parent may also transfer the first \$1 million of the full cash value of another property to their child without triggering a reassessment. There are significant limitations to this general rule.
- Your principal residence is the property where you would apply a homeowner’s exemption – the place where you actually live, not a rental or vacation property. Transfers of primary residences have no value limit.
- Transfers may be the result of a sale, gift, or inheritance. A transfer via a trust may also qualify for this exclusion.

There are several common mistakes that may hinder the parent-child exclusion, so it is always a good idea to consult with a lawyer when preparing a will or trust, or handling a decedent’s estate.

For more information, please contact the Office of the Assessor.

Online: <http://assessor.lacounty.gov/proposition-58-and-proposition-193/>

E-mail: helpdesk@assessor.lacounty.gov

Telephone: (213) 893-1239

National Animal Care and Control Officer Appreciation Week

Department of Animal Care and Control

Did you know that on the second week of April, we honor all Animal Control Officers during National Animal Care and Control Officer Appreciation Week?

The Department of Animal Care and Control leads the way as the largest animal control agency in the United States. Our officers cover more than 4,084 square miles of cities, deserts, beaches, and mountains, from the Antelope Valley in the north County, to the Palos Verdes Peninsula in the south, as far east as the border of San Bernardino County, and west to Thousand Oaks.

The L.A. County Animal Control Officers (ACO) strive to be pillars for the communities they service, by providing quality animal control and rescue services 24 hours a day, seven days a week. “I came from an IT background and started working in the kennels and saw first-hand what the needs for the animals in my community were, and that motivated me to want to do more,” said Sgt. Alexander Mota.

Each day, our ACOs go out into the field to protect the lives of citizens of 47 contract cities, as well as unincorporated areas of the County. These dedicated men and women patrol busy streets to ensure public safety, conduct humane investigations when animal cruelty is suspected, and find shelter for thousands of homeless animals each year. They also provide emergency rescues during natural disasters, enforce all state and local animal control laws, as well as educate the public about responsible pet ownership through outreach and intervention. “There seems to be a discord from the general public in regards to proper education of the animal society. There are misguided interpretations of what proper care for an animal really is. Whether it be from what was told to them by a family member, friends, etc., they take that information for truth and a method of “research,” said Sgt. Justin Guzman.

We want to take this time to acknowledge all of our ACOs for their commitment and dedication to serving the community.

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

HEALTH SERVICES: Carolyn J. Garcia

45+ Years

ALTERNATE PUBLIC DEFENDER: Vickey L. Gilmore

HEALTH SERVICES: Billie E. Beal

REGISTRAR-RECORDER/COUNTY CLERK: Malcolm R. Dillon

SHERIFF: Edward D. Lewis

40+ Years

BOARD OF SUPERVISORS: Earl F. Leaf III

CHIEF EXECUTIVE OFFICE: Alan Y. Adachi, Sidney Y. Kikkawa

CHILDREN & FAMILY SERVICES: Karen Lindsay, Maria D. Rios, Charles J. Willis, Jr.

DISTRICT ATTORNEY: Janet S. Moore

FIRE: Benny Trujillo

HEALTH SERVICES: Susan G. Bateham, Carol Bloch, Carolyn Bloch, Allan P. Hander, Ozie L. Hollingsworth, Ivan R. Johnson, Karen Molezion, Leda V. San Luis, Deborah A. Suyehara, Joseph Woods

INTERNAL SERVICES: Byung K. Min, Norma V. Morales

MENTAL HEALTH: Brenda J. Haydel, Oriá Hays

PROBATION: Andrew V. Cota, Gregory L. Darty, Willa Farrow-Burrows

PUBLIC WORKS: Victor W. Chatman, Paul T. Funk, Frederick Y. Wong

REGISTRAR-RECORDER/COUNTY CLERK: Julian Rafanan

SHERIFF: Earnestene Abernathy, Richard J. Barrantes, David L. Fender, Julie A. Montgomery, James M. Warner

35+ Years

ASSESSOR: Foster E. Driver III

CHILDREN & FAMILY SERVICES: Annie H. Fultz, Cynthia J. Harvey, Garnett V. Madison, Pamela L. Veals, Gloria Villalobos

COUNTY COUNSEL: Judith A. Fries

DISTRICT ATTORNEY: Rebecca E. Lewis

FIRE: Lawrence J. Burke, Glenn A. Goulet, Robert K. Hemsley, Clint Kaller, Timothy D. Robertson, Alan A. Sanchez, Joseph Woyjeck

HEALTH SERVICES: Tahir Chaudhry, Doris De Hart, A L. Escarlan, Michael Finocchiaro, Olivia T. Fortuno, Allen S. Funnye, Maria D. Garcia, Lucy M. Hickey, Mark Holquin, Vernell D. Johnson, Brian S. Joyo, Miskie K. Lee, Shirley H. Lew, Aaron Martin, Helen B. Mora, Eunice Oh, Edna Rockenmacher, Richard G. Ruiz, Carmen Sanchez, Stephen I. Small

INTERNAL SERVICES: Milagros Zosa

LACERA: Renee D. Henry

PROBATION: Gloria A. Grice, Stanley P. Ricketts

PUBLIC DEFENDER: Susan G. Fortney, John F. Montoya

PUBLIC WORKS: Wade Bonam, Adan Haro, Priscilla Lucero-Gonzalez, Mehrji Malganji, Tomoko Sakurai

REGISTRAR-RECORDER/COUNTY CLERK: Vicki A. Davis

SHERIFF: Alfonso Aguilera, Isabel Bass, Jose S. Cobian, Gerard E. De Bondt, Scott D. Edson, Alfred M. Fraijo, Duane J. Harris, Rickey Hernandez, Lewis Johnson, Jr., Maurice R. Jolliff, Roderick A. Kusch, Vicki H. Lane, Mark C. Lorenz, Adela M. Manlutac, Gean J. Okada, Christopher A. Puetz, Andres Ramirez, Kevin P. Rasmussen, Rozanne Rosentrater, Diane Sandoval, Andres Sepulveda, Kuldev Singh, Michael D. Smilor, Douglas A. Thayer, Lori E. Ueda, Kim L. Whitlow

SUPERIOR COURT: Patricia D. Boulware-Mills, Tue H. Ngu, Julian E. Prophete, Carmen R. Young

TREASURER & TAX COLLECTOR: Toula P. Williamson
WORKFORCE DEVELOPMENT, AGING & COMMUNITY SERVICES: Sonja Y. Ivey Rojas, Byung H. Lee, Jose N. Obando

30+ Years

ASSESSOR: Steven E. Asseltyne, Maurice Porter

CHIEF EXECUTIVE OFFICE: Dorothea Hayes

CHILDREN & FAMILY SERVICES: Chen Tjen K. Cheng, Jesusito Marfil, Levetta Parker

CHILD SUPPORT SERVICES: Juan S. Velazquez

DISTRICT ATTORNEY: Ellen J. Aragon, Belen Chavez, Imogene M. Katayama, Terrence Terauchi

FIRE: Alejandro Haua, Kenneth B. Morris, Ernest V. Avila, Michael H. Carnes, Kent M. Chatfield, Arthur J. Ellis, Theodore K. Garcia, Andrew M. Hernandez, Clifford S. Houser, Larry R. Jordan, Mark R. Lepore, Steven A. Lopez, Gary M. Marshall, Larry M. Moore, Brian P. Nicholson, Stephen M. Ramey, Ronald G. Ripley, Mark H. Stubbins, Donald W. Sweetnam, Lee J. Thompson

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HUMAN RESOURCES: Eliza Carrillo

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SUPERIOR COURT: Peggy L. Armstrong, Fakhrieh Eghdam-Zamir, Charlotte L. Kibler-Sanchez, Bernice Matthews, Ernest A. Sanchez, Patria L. Yap

TREASURER & TAX COLLECTOR: Doris A. Watson

25+ Years

ASSESSOR: Fred L. Estillore, Julita I. Javellana, Linh T. Lu, Suzy P. Malak, Elena A. Miller, Kathy A. Navarrete, Getulio S. Santos, George Welch, Soheir S. Yonan

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FIRE: Albert Bustillos, Ron P. Engelenburg, Javier Deleon, Steven A. Harper, Guy J. Horton, Ronald J. Hughes, Mark J. Lancaster, Tony Lewis, Robert A. Lugo, Kurt A. Schaefer, Eric V. Silgero, Paul A. Sotelo, Michael T. St. John

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INTERNAL SERVICES: James Geber

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SUPERIOR COURT: Cynthia L. Hoffman, Rita A. Mosby, Mary C. Webb



Spring
cleaning
is in
the air!

Instead of tossing your unwanted goods in the trash, post them on **LACoMAX.com** and give them a second chance.

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LACoMAX
Los Angeles County Materials Exchange

www.lacomax.com



LACoMAX is an online materials exchange website managed by the County of Los Angeles Department of Public Works.



YOU CAN

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LOS ANGELES COUNTY
**support small
businesses!**

L.A. County's Contracting Connections

is the County's new program to boost certified local small businesses and strengthen the local economy.

It's up to every Los Angeles County department to *help!*

For the County to reach its goals, whenever possible, your department should buy its goods and services from certified **local small businesses, disabled veteran-owned businesses, or social enterprises**. There's nearly \$1 billion in contracting opportunities available to certified small business vendors.

Know a small business owner in L.A. County ?

Make sure they certify.

For more information contact the Department of Consumer and Business Affairs' Small Business Services.



(323) 881-3964
dcba.lacounty.gov