



A Message from the Chair of the Board

by Supervisor Sheila Kuehl, Third District



I grew up just around the corner from the Coliseum in Los Angeles, and, as a kid on my way to my first TV series job in Culver City, we would drive past the old Helms Bakery. Running across the top of the bakery (I thought it was a quote from Mr. Helms, but turned out to be from the Bible) in big letters it said, “Where there is no vision, the people perish.” The line from Psalms resonates more than ever today, when it is even more important to articulate and enact a clear vision.

This County is where the buck stops for 10 million people. One out of every 35 Americans lives here. The County’s job is a difficult one because hope is placed in us to do the best we can to care for all the individuals and families who need us. Many of these don’t simply need health care, or mental health, or public health protection. They don’t simply need a way to go to work. They don’t simply need help when their families splinter. In many families, they need all these things at different times, and so

the County must pay attention to where our departments and services, our caring intersects, because it’s the person that’s the center of what we do. Not the department, not the district, but the person, and I know that our departments are working better together than they ever have.

I was proud to be sworn in as the new Chair of the Board of Supervisors on December 5, 2017 and very grateful for the support of my colleagues. All of us are committed to building on the progress we’ve made, and holding a vision for 2018 of stability, safety, opportunity, and creativity for the 10 million people who call Los Angeles County home.



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Calendar of Events

Center Theatre Group

(213) 628-2772

www.centertheatregroup.org

Ahmanson Theatre

May 3 through June 10 – Soft Power

June 19 through July 29 – The Humans

Kirk Douglas Theatre

Through February 25 – Elliot, A Soldier's Fuge

March 29 through May 20 – Block Party

Mark Taper Forum

Through March 11 – Water By The Spoonful

Grand Park

(213) 972-8080

www.grandparkla.org

February 14 – Lover's Rock, a free reggae Valentine rendezvous

Every Tuesday through Thursday – Lunchtime! Food Trucks

Every Wednesday – Lunchtime! Yoga reTREAT + Food Trucks

Every Friday – Lunchtime! Yoga reTREAT

Walt Disney Concert Hall

(323) 850-2000

www.laphil.com

February 11 – Israel in Egypt

May 13 – Reid & Riley

June 9 through June 10 – Brahms Requiem

Pre-Retirement Workshop

RELAC (Retired Employees of Los Angeles County) will hold a Pre-Retirement Workshop at the Department of Public Works, 900 South Fremont Ave., Alhambra, in Conference Room A and B on **Thursday, February 1, 2017, from 11 a.m. to 1 p.m.**

The presentation is designed to provide County employees who are anticipating retirement within a few years with information relevant to their future as a County retiree. This special workshop will feature information provided by RELAC, LACERA, Empower Retirement, the Social Security Administration, and Pacific Group Insurance. Handouts will be provided.

Seating is limited. **Please contact the RELAC office at (800) 537-3522 to confirm your attendance.**

RELAC is a non-profit organization dedicated to protecting the health care and pension benefits earned by L.A. County employees. Please visit the RELAC website at www.RELAC.ORG for additional information on RELAC.

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



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First District

Mark Ridley-Thomas

Second District

Janice Hahn

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Check out the DIGEST at:

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

Working for You

Department of Public Health

Happy New Year! Starting a new year often comes with making resolutions to improve overall health. Now is a great time to refresh, reset, and make positive changes. Below are some tips to help you and your family achieve a healthy 2018!

Healthy Lifestyle Tips:

- **Practice healthy eating.** MyPlate (<https://www.choosemyplate.gov/>) is a set of tools to help you develop a healthy eating style and maintain it throughout your life. The website offers ways to build healthy plates by incorporating the five food groups: fruits, grains, vegetables, protein, and dairy. It is also important to stay hydrated. Consider skipping sugary drinks and reaching for water instead. You can add flavor with sliced fruit, cucumber, or mint.
- **Stay active.** Participate in at least one hour of physical activity each day. Regular physical activity can decrease your risk for chronic diseases, and can be as simple as taking the stairs instead of the elevator. Check out the Los Angeles County Department of Parks and Recreation website at <http://parks.lacounty.gov/wps/portal/dpr/ThingsToDo/> for a listing of community events that promote physical activity.
- **Quit smoking.** Smoking is the leading cause of preventable disease. Tobacco smoke contains over 7,000 harmful chemicals, including arsenic and radioactive materials, and is not just harmful to the smoker but also to those nearby. Make this year the year you quit tobacco! Call 1-800-QUIT-NOW (800-784-8669) for help and resources.
- **Get the recommended amount of sleep.** Adults aged 18 and older need seven or more hours of sleep per night. Poor-quality sleep has been linked to chronic conditions like diabetes, obesity, and depression. Tips for better sleep (https://www.cdc.gov/sleep/about_sleep/sleep_hygiene.html) include making sure your bedroom is quiet, removing electronic devices, and avoiding large meals before bedtime.
- **Stay up-to-date with screenings and vaccinations.** Prevention and early detection are important in maintaining overall health. Be sure to visit your doctor for annual visits to make sure that you receive recommended vaccinations (<https://www.cdc.gov/vaccines/index.html>) along with any necessary screenings (<https://www.cdc.gov/cancer/dcpc/prevention/screening.htm>) like breast and colon cancer examinations.

The Los Angeles County Department of Public Health wishes you a healthy and happy New Year!

Visit the following websites for more information:

<https://www.cdc.gov/healthyliving/index.html>

<http://publichealth.lacounty.gov/index.htm>



What Could Homeowners Do with \$70

How the Homeowners' Exemption Can Save You Money

In the spirit of the New Year and setting financial goals, Assessor Jeffrey Prang encourages Los Angeles County homeowners to apply for the Assessor's Homeowner Exemption to approximately \$70 on their property tax bill each year.

This is how it works: Once a homeowner submits an application and qualifies for the exemption, the property's assessed value is reduced by \$7000, thereby lowering the property tax bill by approximately \$70 each year. There is no need to re-apply, which means the savings will be applied until a change of ownership or re-assessment occurs. To qualify for the exemption, the home must be the owner's principal place of residence on January 1st.

Although an annual savings of \$70 dollars may not seem like much, a little often goes a long way for many homeowners. For example, an annual savings of \$70 equates to 26 cups of coffee, dinner and a movie, 5 gallons of paint, or 24 gallons of gas.

For the Homeowners' Exemption application form and filing information, please visit <https://assessor.lacounty.gov/homeowners-exemption/>.

County Departments Recognized for Supporting Local Small Businesses

Los Angeles County departments purchase millions of dollars in goods and services every year. The Board of Supervisors is committed to enhancing the economic stability of the County by supporting local businesses.

In the last fiscal year, more than \$245 million in County contracts went to certified Local Small Business Enterprises (LSBEs), more than \$77 million went to certified Social Enterprises (SEs), and more than \$16 million went to certified Disabled Veteran Business Enterprises (DVBEs). This money helps to boost the local economy, strengthen community development, and create jobs.

Supervisor Mark Ridley-Thomas and the Department of Consumer and Business Affairs (DCBA) co-hosted the inaugural Los Angeles County Department Recognition Awards to celebrate departments who have led the charge in helping the County reach its LSBE, DVBE and SE utilization goals. Award recipients included:

- **Procurement Staff Recognition Award:** Renee Bustillos, Shared Services/Auditor-Controller
- **Excellence in Innovation:** Internal Services Department
- **Excellence in Collaboration (two recipients):** Department of Public Works; Workforce Development, Aging and Community Services (WDACS)
- **Small Business Advocate of the Year:** Paul Goldman, Workforce Development, Aging and Community Services
- **Notable Achievement – SE Utilization small/mid-sized department:** Workforce Development, Aging and Community Services
- **Notable Achievement – SE Utilization large-sized department:** Parks and Recreation
- **Notable Achievement – DVBE Utilization small/mid-sized department:** County Counsel
- **Notable Achievement – DVBE Utilization large-sized department:** Fire
- **Notable Achievement – LSBE Utilization small/mid-sized department:** Military and Veterans Affairs
- **Notable Achievement – LSBE Utilization large-sized department:** Department of Public Works
- **Excellence in Collaboration with the County of Los Angeles:** John Reamer, Jr., City of Los Angeles
- **Special Recognition:** Gerald Plummer, Internal Services Department

You and your department can help Los Angeles County reach the utilization goal. Here's how:

1. In purchasing decisions, get quotes from a certified LSBE, DVBE or SE whenever applicable. Join our Small Business Advocate meetings and we can help you identify areas to increase utilization.
2. Know a small business owner, disabled-veteran business owner, or social enterprise? Encourage them to register as a County vendor and get certified.
3. Share your success story. If you know a small business owner who has received a contract and wants to share their story, email DCBA's Kimberly Briggs at kbriggs@dcba.lacounty.gov.

For more information on Los Angeles County's goal to buy more goods and services from small businesses and how you can register and certify as a vendor, contact a DCBA small business counselor at (323) 881-3964.



From left to right: Brian J. Stiger, Director, DCBA; Mark Pestrella, Director, Department of Public Works; Supervisor Mark Ridley-Thomas; Supervisor Sheila Kuehl; Supervisor Janice Hahn; Sabra Purifoy, Acting Deputy Director, Business and Economic Development, DCBA; Paul Goldman, Assistant Director, Contract Services, WDACS; Supervisor Hilda Solis; Supervisor Kathryn Barger; and John L. Reamer, Director, City of LA Bureau of Contract Administration.



Workforce Development, Aging, and Community Services (WDACS) is excited to introduce the New Freedom transportation program to Los Angeles County. Transportation has been a major issue identified by older adults in the County, therefore, the goal of this program is to enhance transportation services and expand mobility options to older adults (60 and older) and persons with disabilities (18-59). New Freedom will increase their access to important destinations, such as clinics, hospitals, grocery stores and social functions. This program will enhance the supportive services to older adults and disabled adult populations throughout the County by adding this transportation component to the existing programs and services available. The program may also help reconnect isolated individuals with their neighbors and communities, thereby empowering them to remain more independent and live happier lives.

Currently WDACS offers two transportation programs. The first is the Volunteer Driver Mileage Reimbursement (VDMR) program. It is a client centered transportation program that gives participants the opportunity and responsibility to select and recruit one or more volunteer drivers for their transportation needs. Volunteer drivers can be selected from a wide-range of individuals including, but not limited to, family, friends and neighbors. Trips are mutually agreed upon between the client and their volunteer driver. Volunteer drivers utilize their own vehicles when providing transportation. The program has no limit on the number of monthly trips, but provides clients up to 150 miles per month of mileage reimbursement, at a rate of .34 cents per mile. Our second program is our Taxicab Services Program (TSP) which provides clients with taxicab rides for their transportation needs. With this program, clients can use up to 40 miles in taxicab rides with a maximum of four (4) one-way trips per month. Taxicab services are available seven (7) days per week and special accommodations, such as wheelchair accessible vans and ramps, may be requested. Individuals can utilize these services only within the County of Los Angeles.

For additional information or to apply online please go to <http://newfreedom.lacounty.gov> or call the New Freedom Transportation Hotline at (888) 863-7411 to request an application or information.



As Los Angeles County residents begin to re-build their lives and their homes in the aftermath of the disastrous fires, Assessor Prang reminds property owners that property tax relief is available at the local level. Any property which sustained damage of a minimum of \$10,000 in current market value may qualify for misfortune-and-calamity tax relief. Claim forms must be received by the Assessor within 12 months of the date when the damage occurred. These can be accessed online, by mail, and in person:

Online

Download form at <https://assessor.lacounty.gov/wp-content/uploads/2015/02/ADS-820-ADS-820.2-Rev.-1-15-Rpro.-ws.pdf> or visit the Disaster Relief page at <https://assessor.lacounty.gov/disaster-relief/>.

By Mail

Call the Disaster Relief Hotline at (213) 974-8658 and provide your mailing address.

In Person

Drop by any of the seven locations across the County. Visit <https://assessor.lacounty.gov/office-locations/> to find your nearest office.

Rideshare L.A. County!

from Department of Human Resources

Have you considered starting a carpool or vanpool but have concerns about how you would get home in case of an emergency? Do you already Rideshare but wonder how you would get home in case you have to work overtime? No need to worry. The County's Rideshare Program has the perfect solution. The Guaranteed Ride Home (GRH) Program pays the cost to get you home in case of an emergency or unplanned overtime. This free service to County employees is designed to eliminate any concerns about Ridesharing. Contact your local Employee Transportation Coordinator (ETC) for more details. For more information, or to find your local ETC, go to www.rideshare.lacounty.gov.

Looking for Ways to Stay Active and Fit

The Department of Parks and Recreation's P&R Online Magazine Can Help



With the New Year, many of us are looking for ways to stay mentally and physically fit, it sometimes can be daunting to find the right program that fits our individual needs.

Thanks to the Department of Parks and Recreation's latest issue of its P&R Magazine, County employees and their families have many recreational programs to choose from. The latest issue of this comprehensive online publication contains detailed information about programs and activities offered to people of all ages at little or no cost.

In this issue, you'll also be able to read features about how senior citizens are staying mentally and physically fit and participating in parks and recreation programs. But no matter what your age is, when it comes to recreational programs such as sports, arts and crafts, hiking, biking, cooking and more, you're likely to find an activity that best fits your needs in the Department's newly released Winter Guide.

Signing up for a program has never been easier, as you can register for many activities with a simple click of the mouse, saving you valuable time.

Check out P&R Magazine by visiting <http://bit.ly/2np4LVH>.



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

If you need FREE materials for your home, business, non-profit or school, visit LACoMAX.com. You just might find what you're looking for!

Your trash could be someone else's treasure.

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.



RENOVATE Your Community

The Community Development Commission (CDC) supports community revitalization by working with residents and businesses Countywide, in various unincorporated areas. Economic development tools, such as the RENOVATE Program, provide financial and technical assistance to support businesses and/or property owners to help beautify business districts, making them more inviting for shoppers, and providing a sense of community pride.

RENOVATE offers grants that cover all costs associated with façade improvement work, including environmental, design, and construction services. Property owners and businesses do not incur any costs associated with the work performed.

The CDC operates and administers the program, established by the Board of Supervisors and funded by the County, to revitalize older commercial property corridors and improve storefront façades. Two businesses that recently benefitted from this program include Pellissier Market, located in unincorporated Whittier and Casa Honduras, located in Athens Westmont. Each business held their grand re-openings this past December, showing off their newly renovated properties.

Please call (626) 586-1818 or email economic.development@lacdc.org for more information on the CDC's RENOVATE Program.



What's New

Department of Animal Care and Control

The County of Los Angeles Department of Animal Care and Control (DACC) had a very successful 2017. Marcia Mayeda, DACC's Director, is proud of the accomplishments and extends a huge thanks to all the dedicated staff, volunteers, and community partners for all their important contributions. Thanks to their partnerships, more than 18,000 animals were adopted.

As DACC continues to find innovative ways to improve the lives of animals, we have embarked on a critical division: our new Animal Behavior and Enrichment Division. This Division supports all seven of our animal care centers. Its primary purpose is to attend to the mental and behavioral well-being of all animals.

Animal Care Centers are stressful environments for pets. Pets that are stressed often do not show their true personalities and may be overlooked by adopters. Stress causes illnesses in cats and dogs that are difficult to manage in a shelter environment.

Our Animal Behavior and Enrichment Division will implement a variety of programs and environmental improvements to reduce stress levels and increase wellness in sheltered pets.

One such program that is already having a positive impact on dogs in our animal care centers is the canine playgroups. Over the last year, staff and volunteers at our Care Centers have received training from Dogs Playing for Life (DPFL), a non-profit organization that provides educational services to shelters across the country. Playgroups allow dogs to express themselves and socialize with other dogs, resulting in reduced stress and a better understanding of the dogs in our care. We now have a better understanding of how dogs play with other dogs.

Please visit our website at <http://www.animalcare.lacounty.gov> for information on our upcoming events or visit your local animal care center to help find a forever friend as a great addition to your family and an awesome way to start the New Year. And, if you aren't in the market for a new pet, you can learn how to become a volunteer or foster caregiver – there are many ways to become involved.

Retirees

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

45+ Years

HEALTH SERVICES: Dolores Garcia, Danny R. Johnson
INTERNAL SERVICES: Nathaniel A. Boone, Yolanda O. Young
PROBATION: Wanda J. Willis
PUBLIC HEALTH: Mary L. Chavez
PUBLIC SOCIAL SERVICES: Cheryl M. Broyard

40+ Years

CHILDREN & FAMILY SERVICES: Tonye J. Lightfoot
CHILD SUPPORT SERVICES: Linda D. Wilson
HEALTH SERVICES: Shirley Carnahan, David Castillo, David M. Duran, Eun Y. Han, Veronica Herbert, Patricia B. Murillo, Gloria Trevino, Lily Wun-Nagaoka
PROBATION: Michael V. Edwards, Angela Reza, Treneir Woodland
PUBLIC SOCIAL SERVICES: Ian R. Brown, Robert J. O'Sullivan
PUBLIC WORKS: Robert G. Avilez, Jr., Ricardo Paez
SHERIFF: Janice M. Griffin

35+ Years

CHILDREN & FAMILY SERVICES: Otho Day, Edward Guerrero, Debbie Ibay, Arthur C. Lieras, Adolph Maldonado, Mable Newman
CHILD SUPPORT SERVICES: Geraldine Bell
DISTRICT ATTORNEY: Tamia L. Hope
FIRE: Russell C. Blackschlege, Robert E. Haskell, Richard E. Moreno
HEALTH SERVICES: Carrie M. Billups, Florence Ho, Annette Langley Clarke, Cheri F. Pacis, Stephen M. Puentes, Dana Louise Rose, Robin G. Sanderlin, Vennice M. Terrell, III, Linda Weinberger
INTERNAL SERVICES: Carolyn A. Ross, Cynthia Woodward
MENTAL HEALTH: Denise Jones
PARKS AND RECREATION: James A. McCarthy
PUBLIC HEALTH: Diane L. Gaines, Sandra D. Medrano
PUBLIC SOCIAL SERVICES: Ja W. Kim, Sylvia R. Knoles, Joelen F. Lin, Kimberly R. White, Teresa P. Young
PUBLIC WORKS: Patrick A. Tarango
SHERIFF: Edward R. Godfrey, Armando Macias
SUPERIOR COURT: Linda A. Nettles

30+ Years

CHILDREN & FAMILY SERVICES: Doris J. Brown, Wendy Chao, Viki S. Hollander, Albert T. Jackson, David H. Park, Cecilia M. Saco, Rondalyn T. Strother Graham

DISTRICT ATTORNEY: Corene S. Locke-Noble, Tanya P. Newton, Jeffrey J. Oh
FIRE: James P. Albert, Benjamin L. Campos, Joel M. Harrison, Robert A. Hook, Kevin C. Larson, Brian C. LeFave, Werner D. Reimer, John M. Young
HEALTH SERVICES: Sharon J. Carter, Wilfredo L. Del Rosario, Anna E. Johnson, Rena Kim, Carrol King-Boyd, Danilo L. Malonzo, Eleanor Na, Jeaneva Reese, Sylvia C. Trejo-Sheu, Claudette M. Walker
PROBATION: Wesley L. Meeks
PUBLIC HEALTH: Jane M. Moore
PUBLIC SOCIAL SERVICES: Herlinda Echeverria, Glenda L. Harris, Edmond H. Lee, Quoc-My Ngo, Gloria M. O'Sullivan
PUBLIC WORKS: John D. Feese, Philip O. Horst, Steven Ross
REGISTRAR-RECORDER/COUNTY CLERK: Maria L. Mireles
SHERIFF: Anthony C. Camargo, Steven J. Casaus, Mark C. Contreras, Victor E. Hess, Gwendolyn L. Jenkins, Charlotte M. Judkins, David R. Sauer, Michael D. Sauls, Randall M. Shickler, Sammy D. Soehnel
SUPERIOR COURT: Elva T. Espinoza, Billie C. Petersen
TREASURER AND TAX COLLECTOR: Eduardo Ramirez, Jr.

25+ Years

ALTERNATE PUBLIC DEFENDER: Bruce E. Brodie
CHIEF EXECUTIVE OFFICE: Nancy I. Salem
CHILDREN & FAMILY SERVICES: Larry D. Ascherman, Thaddeus Danielian, Ilene M. Douglas, Juana M. Lopez, Sylvia Ornelas, Walter W. Riedel, Florida Valentin
FIRE: Steven L. Berro, Ted M. Borges, Antonio R. Felipe, Troy R. Flath, Javier Gonzalez, Jay Hopkins, Edward D. Mendenhall, Mark W. Valance
HEALTH SERVICES: Shahia Abbassi, Christophe Anderson, Lupe De La Fuente, Florence M. Jones, Vilma Lambey, Monica A. Murphy, William S. Strachan, Norbu Tunden, Allen S. Welbourn
INTERNAL SERVICES: Elpidio M. Almazan, Daniel Medrano
MUSEUM OF ART: Faustino Hernandez
PARKS AND RECREATION: Donald L. Houston
PROBATION: Yolanda Y. Brown
PUBLIC HEALTH: Julio Rodriguez
PUBLIC LIBRARY: Anthony J. Lynch
PUBLIC SOCIAL SERVICES: Vivien J. Castillo, Lourdes Falcon
PUBLIC WORKS: Edward S. Sorensen
SHERIFF: Alicia M. Blay, Richard G. Burgess, Edward L. Hopper, Taryton Johnson, Martin W. Kusch, David L. Porter

Offering Aquatic Therapy to Patients

Rancho Los Amigos National Rehabilitation Center

Rancho Los Amigos National Rehabilitation Center is proud to announce the opening of its **Aquatic Therapy Program**. The program is offered daily in the new Don Knabe Wellness and Aquatic Center and the services consist of skilled physical therapy, occupational therapy, and recreational therapy intervention in an aquatic environment for both inpatients and outpatients of Rancho Los Amigos with musculoskeletal, neurological, as well as arthritic conditions. The Center provides patients with programs that promote functional therapeutic gains and healthy leisure options.

Patients with impairments and deficits such as: impaired gait and balance, postural dysfunction, motor control deficits, restricted range of motion and weight bearing, edema, pain, hypertonicity, cardiovascular and pulmonary dysfunction, tissue healing (closed wounds), sensory integration dysfunction, and stress management difficulty are appropriate for Aquatic Physical Therapy.

The Aquatic Center at Rancho Los Amigos has state of the art equipment and aqua therapy accessories that promote safety and optimum therapeutic benefits. The HydroWorx® 3500 Series™ offers innovation and maximum versatility to the facility. The large interior space allows greater functionality for multiple patient therapy sessions and/or group classes. The varying depths of the pool floor also aid in natural patient progression. In addition, the pool has an underwater treadmill. The treadmill is used to help patients recover from injuries or regain full-body motion post-surgery. This is particularly useful if the patient is non or partial weight-bearing. The therapy pool has resistance jets and adjustable speeds to allow for a gradual increase in workout intensity. Likorall® Overhead Lift and Aqua Creek The Pro Pool Lift provide safe transfer of patients in and out of the water. Overhead Liko lift also provides support of patients during therapy to ensure comfort and safety of patients while in the water.

Benefits of using a treadmill as part of water therapy include: promoting early range of motion, initiating gait training in a low-impact environment, duplicating land-based movement biomechanics to improve client's gait patterns more accurately than aqua jogging, improving cardiovascular stamina, impacting muscle strengthening, increasing ability to perform a wide range of plyometrics, reducing blood pressure levels, decreasing joint stiffness, and the ability to perform exercises in multiple planes of motion.

The pool has two different water depths. This allows for a therapist to determine what percentage of the client's weight should be supported, creating a session that is specifically tailored to the individual's ability. Aqua therapy accessories

are used to enhance a specific exercise. Accessories include but are not limited to underwater elliptical, flotation rings or belts, weight-adjustable barbells, ankle weights, short-tipped fins and flippers, resistance bands and tubing, resistance hand bells and paddles, kickboards, and noodles.

The type of aqua therapy exercise a client needs will depend upon their required rehabilitation, physical limitations, as well as the specific method of treatment.



LACoFD Welcomes Hermosa Beach

On Saturday, December 30, 2017, the Los Angeles County Fire Department (LACoFD) officially began managing emergency operations within Hermosa Beach.

The day before, Chief Officers and Captains attended a formal badge ceremony as 15 Hermosa Beach firefighters were sworn in as LACoFD firefighters. The badge ceremony was held at Fire Station 100 in Hermosa Beach. The Department acquired Fire Station 100 in an effort to efficiently provide fire and medical response to the city's residents.

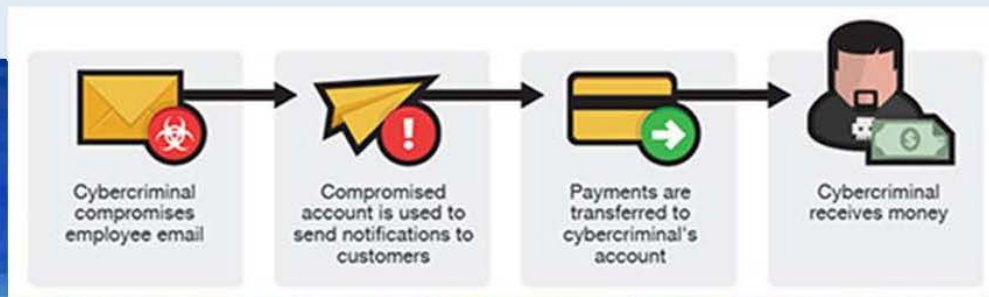
The Los Angeles County Board of Supervisors approved the annexation of Hermosa Beach into the Consolidated Fire Protection District after the Hermosa Beach City Council agreed to contract with the County to better serve the needs of the community.



IT Security Awareness

What is a Business Email Compromise Scam?

A Business Email Compromise (BEC), also known as CEO fraud, is a sophisticated email scam in which a criminal sends targeted emails to an organization's employees. These emails, which appear to come from high level executives, asking the recipients to transfer funds or send information (e.g., PII data, W-2). According to the FBI, BEC scams have grown exponentially in the last two years and will remain a prominent threat.



BEC Safety Tips

1. Do not open suspicious emails/attachments or download unknown files as they may contain malware.
2. Take additional measures (e.g., call the sender) to verify or confirm any suspicious request.
3. Use previously stored or known account information and not the information in an email request.
4. Share with care on social media, especially information related to the organization.
5. Activate multi-factor authentication (MFA) for your email account for additional safeguard.
6. Report any suspicious email to your local helpdesk and your DISO.

When you report suspicious email, you help other County employees avoid scams!

The County has 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, downloading or entering sensitive personal information and to report all suspicious email.

Remember, you play a big part in safeguarding County's information.