

Cutting Edge Rehabilitation is Transformed with the Exoskeleton

The Indego Exoskeleton Kit is a powered lower limb exoskeleton that enables patients with spinal cord injuries to walk and participate in over-ground gait training. The kit includes interchangeable parts of many sizes and can accommodate a wide range of patient sizes. It can be used for older children who are at least 5'1" tall and for adults who are less than 6'3" tall. The device is approved by the Food and Drug Administration for persons with spinal injury.



Therapists at Rancho Los Amigos National Rehabilitation Center will utilize the Indego Exoskeleton as an integral part of walking recovery training for patients with spinal injuries and other diagnoses who are also working on recovering walking ability, including but not limited to the following:

- It can be used to help patients with full leg paralysis walk again, with crutches. It does not assist in recovering muscle use, but the Indego Exoskeleton substitutes for the paralyzed muscles and the patient learns how to use external controls to take steps.
- The Indego Exoskeleton has a variable assistance mode that helps patients with leg weakness and the potential to recover muscle function to take steps. When the person is not able to fully complete the step on their own, the Indego Exoskeleton provides only as much assistance as needed so that the patient is continually challenged towards recovery.



Rancho Los Amigos National Rehabilitation Center patient Cynthia Ramirez and physician Charles Liu, M.D.

From a physical therapy perspective, it can provide more consistent feedback and assistance to take quality steps than a therapist is able to provide during over-ground training. The Indego Exoskeleton provides a level of safety and protection from falling and allows for a more intensive therapy experience.

Calendar of Events

American Heart Association Heart and Stroke Walk

November 4 – Bridgeport Park in Santa Clarita

November 5 – Marie Kerr Park in Palmdale

11th Annual United Way HomeWalk

November 18 – Grand Park in downtown Los Angeles

Center Theatre Group

(213) 628-2772

www.centertheatregroup.org

Ahmanson Theatre

Through November 19 – Bright Star

November 21 through December 31 – Something Rotten!

Kirk Douglas Theatre

November 5 through December 31 – Spamilton

January 27 through February 25 – Elliot, A Soldier's Fuge

Mark Taper Forum

November 11 – Stephanie Miller's Sexy Liberal Resistance Tour

January 31 through March 11 – Water By The Spoonful

Grand Park

(213) 972-8080

www.grandparkla.org

Through November 5 – Dia De Los Muertos Altars

November 26 through December 26 – Lights Up the Holiday

November 27 – Los Angeles County Tree Lighting

Every Tuesday through Thursday – Lunchtime! Food Trucks

Ford Theatres

(323) 461-3673

www.fordtheatres.com

November 11 – Compton Turns the Table

Walt Disney Concert Hall

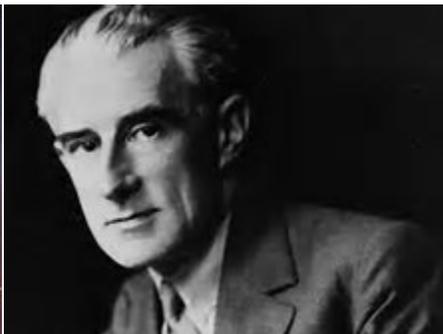
(323) 850-2000

www.laphil.com

November 1 – Mariinsky Orchestra

November 2 through November 5 – A Midsummer Night's Dream

November 19 – Dutoit Conducts Ravel (see pictures below)



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



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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/>

Improving the Lives of Women and Girls

L.A. County on a Mission

On September 26, the Los Angeles County Board of Supervisors designated the month of October as Girls Empowerment Month. During Girls Empowerment Month, government agencies, non-profit organizations, and the business community support programs that encourage girls to strive academically and plan for future careers through mentoring and hands-on experiences. Through these opportunities, girls are exposed to a variety of careers, including STEM (science, technology, engineering, mathematics) fields, where women are consistently underrepresented.

Dedicating October to girls empowerment is just one in a number of steps the County is taking to improve the lives of women and girls. In December 2016, the Board of Supervisors launched the Los Angeles Initiative on Women and Girls (WGI). The WGI is run by a team of four in the Chief Executive Office and the WGI Governing Council, 15 experts from across the County appointed by the Board of Supervisors. The WGI team is working to establish Los Angeles County as a leader in creating opportunities and improving outcomes for all women and girls.

The WGI will do this by applying a gender lens to the County's work as an employer, a service provider, and a partner. Based on this analysis, the WGI will make recommendations to the Board to increase gender equity in County programs, policies, and operations. The WGI will also conduct extensive community outreach to better understand the needs and experiences of women and girls in the County. We will use town hall meetings, surveys, and focus groups to reach as many women and girls in the County as possible. Please visit our website to stay up to date with WGI's community outreach.

Girls Empowerment Month reminds us of the role we can all play in supporting and encouraging the girls in our lives. Take this opportunity to reach out to a young woman and see how you can support her in reaching her goals.

Happy Girls Empowerment Month!



Share Your Heart Share Your Home

Become a Foster/Adoptive Parent

Dept. of Children and Family Services

Fall is in the air and the holidays will soon be here. With over 400 children waiting in foster care for an adoptive family to call their own, the holidays can be a tough time, especially for our teens. Teenagers are often overlooked when families think of adopting. Many people assume teens don't want to be adopted or can't be adopted. That is a myth



Photo: Rachel Murray Framingheddu

we need to dispel. Having a family who is committed and loves you unconditionally should not be optional for our children in L.A.'s foster care system. Let's help spread the word that teens want and deserve to have a family who can be there for them through all their ups and downs.

Meet Carlos, a 14-year-old boy, who despite having had some tough cards dealt to him in life, has not given up on the idea of having a family who will love him unconditionally. Through no fault of his own, Carlos cannot safely return to his family of origin and has bravely decided to allow his social work team to share his story in hopes of finding a family. Carlos is in many ways a typical teen. He loves sports, especially playing and watching soccer. This is a passion of his and he hopes to someday play on a team competitively. Carlos also enjoys going to the mall, hanging out with friends, and listening to music. Carlos is bilingual and hopes to have a family who can celebrate and support his Latino culture. On top of his list is finding a family who can help him keep in touch with his two brothers. Carlos is very close to his brothers and although they can't live together, Carlos hopes to stay in touch with them and have regular visits. One of his favorite times are days spent at the park playing, you guessed it, soccer. Because of these relationships, Carlos hopes to stay in the Southern California area. Let's make his dreams a reality and share his picture and story so we can find a family for Carlos. Call (888) 811-1121 to start the process today.

Don't Forget to Enroll or Make Changes to Your Benefits



Annual enrollment is almost over. This is your once-a-year opportunity to review your benefits and make changes for 2018. Make sure to enroll by the deadline at midnight on October 31, 2017. Your Annual Benefits Enrollment packet includes all the information you need to enroll. If you cannot find your packet, you can view the materials at mylacountybenefits.com.

Remember that you must enroll during October 2017 to:

- Waive or decline medical coverage for 2018, if you qualify
- Switch medical or dental plans (must provide SSNs for eligible family members)
- Add or remove dependents (must provide SSNs for eligible family members)
- Enroll or re-enroll in the Health Care and/or Dependent Care Spending Accounts for 2018
- Buy Elective Annual Leave Days for 2018 (*MegaFlex* participants only)

Enroll or make changes online at mylacountybenefits.com until midnight October 31, 2017. You can enroll using a computer, smartphone, or tablet! When you enroll online, you can immediately print out or save your confirmation statement. Log in using your employee number and PIN which was reset on October 1 to your 2-digit month and 4-digit year of birth (MMYYYY). If you prefer to enroll by phone, call (888) 822-0487 and follow the recorded instructions.

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

Inclusion *drives* Innovation

NATIONAL DISABILITY EMPLOYMENT AWARENESS MONTH
#NDEAM

OFFICE OF DISABILITY EMPLOYMENT POLICY
UNITED STATES DEPARTMENT OF LABOR
dol.gov/odep



Join the 11th Annual United Way
HomeWalk 2017
 Saturday, November 18
 Grand Park

<http://homewalk.unitedwayla.org>



LACERA

At its meeting of September 12, 2017, the Board of Supervisors approved the results of the August 1, 2017 elections for the Los Angeles County Employees Retirement Association.

As a result, Mr. Herman B. Santos has been elected to the office of the Second Member, Board of Retirement for the remainder of the January 1, 2015 to December 31, 2017 term and for a three-year term beginning on January 1, 2018 and expiring on December 31, 2020. The remaining members' term will begin on January 1, 2018, and expire on December 31, 2020. Mr. David Green has been elected to the office of Second Member, Board of Investment; Mr. David Muir has been elected to the office of Eighth Member, Board of Investments; Mr. Les Robbins has been elected to the office of Eighth Member, Board of Retirement; and Mr. James "J.P." Harris has been elected to the office of Alternate Retired Member, Board of Retirement.

WeTip
WELFARE FRAUD
1 (800) 87-FRAUD

Working for You

Department of Public Health

Halloween is a fun time for many families to dress up in their favorite costume and enjoy holiday treats. Before getting ready to enjoy the festivities, here are a few tips to help you and your family have a safe and healthier Halloween.

Halloween Health Tips:

1. **Choose a safe costume.** Buy flame resistant costumes and make sure they fit properly to avoid trips or falls. Avoid wearing masks that may block your vision. If you choose to use face paint, apply it to a small area first to test for possible allergic reactions and wash off Halloween makeup before bedtime.
2. **Snack smart.** Make sure to eat a healthy meal before trick-or-treating. This will help keep everyone from getting hungry along the way and digging into the candy bag early. Discard any homemade or unwrapped items. If you're handing out treats this year, offer everyone non-food items like spooky accessories, such as Halloween pencils or other themed items. See websites below for alternate Halloween healthy snack ideas.
3. **Walk safely around the neighborhood.** Make sure to bring a flashlight to light the way, and find ways to remain visible to motorists with reflective costumes and clothing or lighted accessories. When driving, be extra careful when on the road. There will likely be more kids walking around at night.
4. **Practice good oral hygiene.** Keep your teeth healthy by limiting sugary treats and brushing with a fluoride toothpaste twice-a-day. Don't forget to floss.
5. **Ensure your furry friends safety.** Keep them away from candy that may be toxic to pets, like chocolate and sugar-free candies containing 'xylitol.' Do not force your pet to wear a costume. They may restrict your pet's movement, breathing, or have pieces that can be a choking hazard if chewed off.

We wish you a safe, healthy and happy Halloween. For more information about Halloween safety, visit the following websites:

www.cdc.gov/features/halloweenhealth/index.html
www.cdc.gov/family/halloween/index.htm



Stories From the Homefront

It's Going to Get Better

Hello Los Angeles County!

My name is Amelia and I am beyond blessed to share part of my life with you.

I am working for just over a year now in the Lancaster office of the Department of Public Social Services. And believe me I am so happy.

I am a single mother of two, struggling to make ends meet. I didn't make the best choices in life and ended up being homeless. I was in and out of motels when I could afford it. But when I couldn't, I stayed in the living room of family members and sometimes my car. The only income I had was cash aid and food stamps and it wasn't much to live off. With that assistance, I was able to participate in a Job Club. Although GAIN knew I was homeless, they let me know I did not have to be homeless because of my situation. I was striving to be better so I signed up anyways. After one month, I completed Job Club and they placed me in the Lancaster DPSS office as a CSA (Clerical Support Assistant) and that's where I gained experience in an office environment. It was such a blessing to have more income, but it was still not enough to live on my own.

After 10 months of working full time, I was coming close to the end of my contract when I was informed of a position through the Department of Human Resources (DHR). The position was called Office Support Assistant. I read the requirements and it fit me perfectly. I experienced homelessness, I completed a Job Club, wasn't the best in school, but was ready to succeed.

I applied, I tested, and scored well. I received an email from DHR for a fingerprint schedule. I knew then that our life was going to be better.

TempLA is the program through DHR that works with offices all over L.A. County. I was able to transition from CSA to TempLA smoothly. They arranged for me to continue working in the Lancaster DPSS office with no time off needed. With all my paystubs adding up, I found a little place that accepted me and we were no longer going to be homeless. What a blessing that my work was so close to our new home. With that being said, I met the nicest and most understanding people there, and I love my position. I am able to provide a more secure life for us because of TempLA. I thank DHR from the bottom of my heart for allowing me the opportunity to have a good life when I didn't think it was possible. I can't wait to grow with L.A. County.

Assessor Prang Offers Tax Relief for Those Impacted by Wildfires or Storms

In light of the recent natural disasters, Assessor Jeffrey Prang is urging property owners in the County of Los Angeles who suffered property damage as a result of wildfires or storms to file for Misfortune or Calamity Relief. Visit the URL to access the tax relief application: <http://assessor.lacounty.gov/disaster-relief>.

“My staff and I are here to help property owners at their greatest hour of need,” said Assessor Prang. “After a disaster, homeowners ought to be focusing on rebuilding their lives and their homes rather than paying their property taxes on damaged or destroyed homes. Filing for disaster tax relief will help Angelenos when they need it most,” he said.

To qualify for tax relief once a property has been damaged or destroyed by a disaster, the Office of the Assessor must receive the completed “Application for Reassessment: Property Damaged or Destroyed by Misfortune or Calamity” within 12 months of the date the loss occurred. The loss must exceed \$10,000 of the property's current market value.

How to Prepare for a Major Earthquake

With Southern California deeply seated in “earthquake country,” the Los Angeles County Fire Department urges you and your family to always be prepared. Review the tips below so that you can be ready to respond when an earthquake happens and aware of what steps to take after the shaking stops.

If an Earthquake Hits...

- **Drop, Cover and Hold.** No matter where you are, take cover under a sturdy desk, table or other furniture and hold on to it until the shaking stops. Avoid danger spots near windows, hanging objects, mirrors or tall furniture. Conduct earthquake drills every six months with your family.
- **Keep Your Hallway Clear.** It is one of the safest places to be during an earthquake.
- **Learn How to Shut Off Utilities.** Locate and learn how to shut off valves for water, gas and electricity.
- **Prepare to Be Self-Sufficient.** In a major disaster, emergency personnel will be inundated and may not be available to you for at least 72 hours or longer. Keep a supply of water, food, medications and clothing on hand.
- **Keep an Earthquake Supply Kit.** Put together an earthquake supply kit with essentials, such as blankets, first aid kit, fire extinguisher, extra cash and change, portable radio and other supplies for cooking, sanitation and comfort.

After the Shaking...

- Be prepared for aftershocks.
- Check for injuries and give first aid to those who are injured.
- Check for fires and hazards.
- Wear closed-toe shoes, if near debris.
- Check for damaged utilities.
 - Do not turn off gas unless you see or smell a leak.
 - Do not use candles or matches as they may ignite a fire.
- Turn on a portable or car radio for emergency bulletins and instructions/information.
- Do not use cell phones or landlines unless it is for a medical, fire or public safety emergency.
- Clean up spilled medicine, flammable liquids, bleaches and chemicals.
- Check house, roof and chimney, if it is safe to do so.

- Carefully open closets and cupboards as objects have probably shifted.
- Do not use your vehicle, except for an emergency. Keep streets clear for emergency vehicles.
- Do not touch or go near downed power lines.
- Stay out of damaged buildings until they have been deemed safe.

The Fire Department offers free Community Emergency Response Team classes to train community members in disaster preparedness. For more information, please visit www.fire.lacounty.gov/cert.



Rideshare L.A. County!

from Department of Human Resources

October is **Rideshare Month** and there are exciting opportunities and incentives for **Ridesharing**. You can **Rideshare** by carpooling, vanpooling, or taking the train, light rail, or public transit. Walking or riding a bicycle is also considered **Ridesharing**. **Ridesharing** is any form of transportation other than driving alone and there are some great benefits. Go to <http://www.metro.net/about/rideshare-week/pledge-form/> and pledge to Rideshare for a chance to win gift cards and other great valuable prizes from Metro. And don't forget to contact your local Employee Transportation Coordinator (ETC) to register for the Metro Rewards Program. If you meet the minimum Rideshare requirements, you could be eligible to win a gift card from Metro. Rideshare L.A. County is also giving away prizes to County employees for being a part of the Commuter Benefit Program. For more information, please visit www.rideshare.lacounty.gov or contact your ETC. Take Pride and Share the Ride.



COUNTYWIDE FITNESS CHALLENGE 2017



PLAY FOR LIFE!

Join us for a day of family fun featuring the "triath-a-fun!"—
fitness walks, bicycle fun rides, and pedal boat rally.

- PEDAL BOAT AND KAYAK RALLY*
- BICYCLE FUN RIDE*
- 5K RUN
- FITNESS POWER WALKS
- HEALTH SCREENINGS
- PICNIC AREA
- FREE GIVEAWAYS
- DRAWING PRIZES

Santa Fe Dam Recreation Area

15501 Arrow Highway
Irwindale, CA 91706
1st Supervisorial District

Saturday, November 4, 2017

8:00 a.m. – Noon



*Free use of kayaks, pedal boats, bicycles/buggies

RSVP to secure your giveaways at

<http://employee.hr.lacounty.gov/countywide-fitness-challenge-2/>



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:

40+ Years

HEALTH SERVICES: Yolanda G. Derrico
PUBLIC HEALTH: Jeanine Ingram
PUBLIC SOCIAL SERVICES: Nola G. Bryant

35+ Years

CHILDREN & FAMILY SERVICES: Janice Johnson-Lockett
HEALTH SERVICES: Jose Aguirre, Linda L. Banh, Merlinda Famatid, Sung J. Kim, Marilyn Merton, Lynn D. Salvador, Dorothy J. Wafer
PUBLIC HEALTH: Margarita Salcedo
PUBLIC LIBRARY: Joseph W. Walker
PUBLIC WORKS: David M. Smith
SHERIFF: David M. Smith, Brian W. Stone, Brian B. Torsney, Jr.
SUPERIOR COURT: Leticia Esqueda

30+ Years

ALTERNATE PUBLIC DEFENDER: Gerald P. Williams
CHILD SUPPORT SERVICES: Cardella West
HEALTH SERVICES: Diane M. Boone, Sarah McManus, Rogers L. Moody
INTERNAL SERVICES: Beatriz L. Gonzalez
PUBLIC SOCIAL SERVICES: Miguel C. Aguinaldo, Sothy Chim, Thanh T. Lam, Sandra L. Thompson
PUBLIC WORKS: Darrell L. Quinn
SHERIFF: William W. Bartlett, Robert F. Berardi, Michael J. Duncan, Rita L. Fujiwara, Lorenza Gonzalez, Brett A. McCann, Monica S. Zaragoza

25+ Years

AUDITOR-CONTROLLER: Gloria Pardo
BOARD OF SUPERVISORS: Sherry Gold
CHILDREN & FAMILY SERVICES: Diana Y. Back, Ralph Mena, Jr.
HEALTH SERVICES: Shirley Claw, Jeanette Cohens, Douglas Green, Elvin E. Napod, Grace I. Ogundipe, Susana S. Samson, Cynthia F. Sanchez, Lois B. Smith, Giok I. Wedhas, Gloria R. Wessel, Mona H. Ysabal
INTERNAL SERVICES: Andrew Abeytia
PUBLIC HEALTH: Reynalda Meda
PUBLIC SOCIAL SERVICES: Sokhan Sieng
PUBLIC WORKS: Janice A. Komuro, Nancy M. Mansour
SHERIFF: Deborah Anderson, Stephen J. Barnett, Lauren R. Brown, Melinda G. Clark, Darlene D. Jefferson, Raymond G. Patchen, Deana C. Wall

SUPERIOR COURT: Deidra L. Henry, Frances G. Taddwilliams

CDC Streamlines Business Loan Programs

SMART Funding

Did you know about 80% of small business owners have trouble securing the funding they need to help their business grow? The County of Los Angeles Community Development Commission (CDC) is working to solve this problem by streamlining its loan process with SMART Funding.

SMART Funding is a competitive loan program that helps small and medium-sized local businesses in the County build firm foundations in the community and save time and money.

Business owners and leaders can work directly with SMART Funding to access low-interest loans with customizable terms. This program offers personalized business capital options, focusing on manufacturing, clean technology, medical and health professionals, and transportation-adjacent development.

With loans ranging from \$25,000 to \$1,500,000, SMART Funding helps local businesses purchase necessary equipment and machinery, acquire commercial property, build up working capital, and create and retain jobs. Applicants work closely with dedicated loan officers to determine eligibility and construct a loan tailored to specific business needs.

The CDC's goal is to *Build Better Lives and Better Neighborhoods* for the residents and business owners of Los Angeles County – and SMART Funding is an important part of this mission. By giving small and medium-sized local businesses a chance to succeed, the County and its residents can flourish.

Learn more about CDC's SMART Funding at <https://www.lacdc.org/economicdevelopment/smart-funding>.



IT SECURITY AWARENESS

October is National Cyber Security Awareness Month



CYBERSECURITY IN THE WORKPLACE *is everyone's business*

2017 marks the fourteenth year of National Cyber Security Awareness Month (NCSAM). The goal of NCSAM, celebrated every October, is to raise awareness about the importance of cyber security and to stay safer and more secure online. With that mission in mind, here are some simple steps that users can take in the spirit of NCSAM:

- Never include SSN or other Personally Identifiable Information (PII) or Protected Health Information (PHI) in an email message without safeguards such as encryption.
- Create and use strong passwords/pass-phrases that are long and complex.
- If you have not already done so, activate Multi-factor authentication (MFA) - it's the best way to safeguard your Office365 account.
- Log off and leave your desktop/laptop powered on at the end of your work day so that security updates can reach your computer.
- Be cautious about email you are not expecting - especially those with attachments and/or web links urging you to respond.
- Report all social engineering attempts to your local helpdesk (i.e., suspicious email, telephone/pop-ups scams pretending to be from IT Support)

In recognition of NCSAM, there are many Cyber Security Awareness Events throughout County facilities. Contact your Departmental Information Security Officer (DISO) for one near you. **Remember, you play a big part in safeguarding the County information.**