

KnowBarriers

Peer Mentor Program

October is Disability Pride Month. Rancho Los Amigos National Rehabilitation Center has been one of America’s leaders in rehabilitation for more than half a century and is consistently ranked as the top rehab in California.

Rancho’s continued support in a patient’s rehabilitation progress post discharge is due in part to its Peer Mentor Program spearheaded by Executive Director, Bobbi Jean Tanberg (photo at right).



Peer Mentors provide invaluable skill demonstration.

KnowBarriers was birthed in 2005 through discretionary funding from Supervisor Don Knabe, the Christopher Reeves Foundation, private donations, and grants from private foundations. The program was designed to assist patients with disabilities develop the confidence and skills needed to move forward in their lives and achieve their goals after a traumatic injury. And what better way to accomplish these goals by observing experts who are living the life in a healthy way.

Peer Mentors are life coaching clients who graduated and achieved their individual goals, completed Rancho’s Volunteer Orientation, and passed a background check and health screening. They co-lead patient education classes, provide skill demonstration for patients and staff, call patients after they leave the hospital, participate in community outings, supervise participants in the Rancho Wellness

Resource Center and Life Gym, and provide overall support to patients and families during the adjustment to their injury.

Additional training is provided by **KnowBarriers** on the roles and responsibilities of a good peer mentor, how to model behavior, co-leading support groups, and handling difficult situations. Mentors who successfully complete the general and area specific competencies may be eligible to apply for a contract (paid) position with the County of Los Angeles. In 2010, there were only six volunteers. Today, there are 35 non-County contracted employees and 15 volunteers.

Rancho is clinically recognized as one of the best rehabilitation centers nationally. We are committed daily to restoring health, rebuilding life, revitalizing hope, and maximizing our patient’s potential, and the **KnowBarriers Peer Mentor Program** is an excellent model of “paying it forward.”



This Peer Mentor shows patients with spinal cord injury how to transfer and load wheelchair into a vehicle.

Calendar of Events.....	2
Health Talk.....	3
Ask Dr. Carissa Jones, DVM.....	4
Working for You/Adopt-A-Family.....	5

HIGHLIGHTS

Volume 48 Issue 10

The Nexus between 9/11 and Cyber Security.....	6
National Fire Prevention Month.....	7
Charitable Giving Campaign.....	8
Retirees/Rideshare.....	9



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

Los Angeles County Museum of Art

(323) 857-6010
www.lacma.org

Through January 2 – The Serial Impulse at Gemini G.E.L.
Through January 2 – Toba Khedoori

The Music Center

(213) 972-7211
www.themusiccenter.org

Dorothy Chandler Pavilion

Through November 27 – Akhnaten

Center Theatre Group

(213) 628-2772
www.centertheatregroup.org

Ahmanson Theatre

December 4 through January 15 – Amelie, A New Musical

Kirk Douglas Theatre

October 23 through November 20 – Vicuna

Mark Taper Forum

November 9 through December 18 – The Beauty Queen of Leenane

Grand Park

(213) 972-8080
www.grandparkla.org

November 28 through December 25 – Grand Park Lights Up the Holidays

December 31 – Grand Park + The Music Center’s N.Y.E.L.A.
Every Tuesday, Wednesday and Friday – Lunchtime Food Trucks
Every Wednesday and Friday – Lunchtime Yoga Retreat

Walt Disney Concert Hall

(323) 850-2000
www.laphil.com

November 20 – Casablanca Film with Live Orchestra
November 22 – Alice’s Adventures
November 25 through November 27 – Mozart & Brahms



Members of the Board

Hilda L. Solis
Chair
First District

Mark Ridley-Thomas
Second District

Sheila Kuehl
Third District

Don Knabe
Fourth District

Michael D. Antonovich
Fifth District



Lisa M. Garrett
Director of Personnel

Carla D. Williams
Senior Human Resources Manager

John S. Mina
Editor-in-Chief



County DIGEST Editorial Office
Department of Human Resources
500 West Temple Street, Suite 555
Los Angeles, CA 90012
(213) 893-7810

CountyDIGEST@hr.lacounty.gov

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

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



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

Understanding Depression

October 6 is Screening for Mental Health's *National Depression Screening Day*, designed to elevate mental health as a health priority for the nation. Millions of people living in the United States have undetected depression and anxiety. The goal is to improve the mental health of the nation through early detection and treatment.

What are the signs of depression? If you have felt many of these symptoms nearly every day for two weeks or longer, you may have clinical depression, not just common sadness:

- Depressed mood: feeling sad, tearful, irritable, or easily angered
- Little interest or pleasure in activities you used to enjoy
- Increase or decrease in appetite or weight
- Sleeping much more or much less than usual
- Restlessness or decreased activity
- Fatigue or loss of energy
- Feelings of worthlessness or guilt
- Difficulty concentrating or making decisions
- Thoughts of death or suicide
- Persistent negative thoughts

Sometimes depression can manifest as **anxiety**, with symptoms such as:

- Trouble sleeping
- Tense feelings
- Preoccupation with unpleasant or irrational worries
- Fear that something awful might happen

What causes depression? Depression is not a sign that you are weak. Depression is a common, treatable, and serious medical condition. Depression is usually the result of several factors, such as:

- Stressful events—job loss, financial strain, conflict in a relationship, death of a loved one. Stresses may be recent or may build gradually.
- Family history—depression is more common in people who have close relatives with depression.
- Medical conditions—pain, chronic disease, loss of function, or other illness can lead to depression, as can

hormone changes, such as during menstrual cycles, postpartum and menopause.

How is depression evaluated? Your doctor may ask you to complete a screening questionnaire. Then he or she should ask questions to check for medical illness, family history, use of alcohol and other substances, and other concerns.

How is depression treated? Some or all of the following steps may be appropriate, depending on your own wishes and the severity of your depression. Discuss these options with your doctor.

Lifestyle changes are recommended for all people with depression, including:

- Exercising regularly
- Setting a routine sleep pattern
- Healthy eating
- Avoiding alcohol and other “recreational” drugs
- Making time for pleasurable activities
- Spending time with friends and loved ones

Regular meetings with doctors and a psychotherapist:

- Seeing your primary care doctor regularly; this plus lifestyle changes may lift mild depression
- Meeting with a therapist for “talk” therapy regularly and/or medication

Anti-depressant medication: Please discuss with your doctor the risk and benefits of medication, how to take and adjust doses and manage side effects. Regular follow up with your doctor is important.

Involve your family and close friends: support and encouragement of loved ones can be very helpful.

Following through with treatment:

- It is very important for you to come to every appointment with your doctor and therapist.
- If your doctor has prescribed an anti-depressant medication, take it as directed. If you have concerns or side effects, discuss them with your doctor; don't just stop taking the medication on your own.

Other resources for information

- National Institutes of Health Depression
<http://www.nimh.nih.gov/health/topics/depression/index.shtml>
- American Foundation for Suicide Prevention
www.afsp.org
- Screening for Mental Health
<https://mentalhealthscreening.org/>

If you feel severely depressed or have persistent thoughts of death or of harming yourself, please seek help immediately. Call your doctor promptly. For urgent needs, call 911.



Ask Dr. Carissa Jones, DVM

Department of Animal Care and Control

Heartworm in Dogs

I went to my veterinarian the other day and she said my dog needed heartworm prevention. Does L.A. County really have heartworm disease in dogs?

Heartworm Life Cycle

- Mosquitos pick up Heartworm larva when they take a blood meal from a dog.
- When the mosquito takes their next blood meal, they deposit the Heartworm into the next dog.
- The larva migrate into the heart of that dog and begin to grow.

What does Heartworm do to a dog?

- When the adult Heartworms sit inside the heart, they take up space. This leaves very little room for blood and for the heart to pump. This can lead to heart disease, heart failure and sudden death.
- When the Heartworms die or the space becomes too crowded, they can move into the lungs. Heartworms in the lungs lead to “clots” (Pulmonary Thromboembolism) and sudden death.

Does L.A. County have Heartworm?

- There are two types of mosquitos residing in L.A. County and both can carry heartworm. Stagnant pools of water lead to one type of mosquito breeding. There is a new type of mosquito that breeds in small puddles of water on tree branches.
- Wherever there are mosquitos and dogs, heartworm can live.
- Each year, there are several Heartworm positive cases reported to L.A. County Public health.

How do I protect my dog?

- Contact your family veterinarian for assistance.
- If your dog is under 6 months of age, he/she can start on heartworm prevention right away.
- If he/she is over 6 months old, you will need a heartworm test prior to starting prevention.
- Prevention is given as an oral tablet once monthly. If you miss a dose, contact your veterinarian for further instructions.

National Domestic Violence Awareness Month

October is National Domestic Violence Awareness Month. 2016 has seen a marked increase in public discussion around the issue of domestic and intimate partner violence with the recent spotlight on high-profile and celebrity incidents of abuse. Domestic violence, defined as a systematic and pervasive pattern of abusive behavior perpetrated by one person over an intimate partner in order to gain and maintain control, is not a new problem. It is estimated that one in four American women and one in seven American men will experience domestic violence in her or his lifetime. In California in 2011 alone, there were more than 158,000 phone calls to law enforcement involving domestic violence. In Los Angeles County, 20 agencies are funded to provide crisis shelter and comprehensive support services to victims of domestic violence and their children. These agencies are operating at capacity year-round to help families find safety and renewed hope in their lives.

October gives advocates around the County an opportunity to highlight both the pandemic of domestic violence and the work being done in the community to address it.

To learn more about domestic violence and how to support the mission of the L.A. County Domestic Violence Council, please contact Olivia Rodriguez, Executive Director, at (213) 974-0829 or orodriguez@lacbos.org.

Working for You

Department of Public Health

October is Breast Cancer Awareness Month

According to the Centers for Disease Control and Prevention, breast cancer is the most common cancer among women in the United States. While breast cancer screening does not prevent breast cancer, it can detect it at an earlier stage when it is more likely to be curable. The United States Preventive Services Task Force recommends that average-risk women 50 to 74 years of age should have a screening mammogram every two years. Average-risk women 40 to 49 years of age should talk to their doctor about when to start and how often to get a screening mammogram.

If you think you are at risk for breast cancer, talk with your doctor about ways you can lower your risk and about screening for breast cancer.

Some risk factors for breast cancer include:

- Getting older.
- Changes in breast cancer-related genes, BRCA1 or BRCA2.
- Having your first menstrual period before age 12.
- Never having given birth, or having been older when your first child is/was born.
- Starting menopause after age 55.
- Taking hormones to replace missing estrogen and progesterone in menopause for more than five years.
- A personal history of breast cancer, dense breasts, or some other breast problems.
- A family history of breast cancer (parent, sibling, or child).

To help L.A. County women stay healthy, the Office of Women's Health operates a free multilingual Women's Health Hotline (800) 793-8090, Monday through Friday, 8 a.m. to 6 p.m. This resource is free and available to all women (and men), with or without health insurance.

The Hotline connects people to many services and information, including:


- Free or low-cost appointments and referrals for breast or cervical cancer screenings for low-income, uninsured or underinsured women.
- Information and referrals for health coverage/ insurance or Medi-Cal.
- Information and referrals for health, mental health, and social services.

For more information, go to www.publichealth.lacounty.gov/owh.



For over 30 years, the Department of Public Social Services (DPSS) has brought holiday joy to families experiencing a severe hardship or crisis. The winter holidays are often a difficult time for many, especially those who have severe financial hardships, are ill, senior citizens, or those without a family. The DPSS Adopt-A-Family Program successfully matches individuals and families with sponsors from community agencies, corporations and fellow departments. This DPSS holiday tradition reflects the dedicated and caring service provided to those in need.

Sponsors connect with us through email, our website and Twitter. In 2015, 928 families comprised of 2,370 children were matched with 635 sponsors. Our corporate sponsors include Disney, FOX Studios, Bank of America, Wells Fargo, Kaiser Permanente, BJ's Restaurant, Hilton Hotels, Banana Republic, TOMS, Northrop Grumman, The Beverly Hills Peninsula Hotel, Shaun White Enterprises, Macy's, Microsoft, and many more.

For more information about the DPSS Adopt-A-Family Program, please visit our website at <http://www.ladpss.org/dpss/vs/adopt.cfm> or follow us at <https://twitter.com/#!/toyloanla> 

HomeWalk 2016

Saturday, November 19, 2016
Grand Park in Downtown Los Angeles

For information, contact your
Departmental Coordinator.

October is National Dental Hygiene Month

When was your last dental visit?
Remember the Daily 4: brush twice a day,
floss daily, rinse with mouthwash, and
chew sugar-free gum.



The Nexus between 9/11 and Cyber Security in the County

from the Countywide Information Security Program

Last month, our nation recognized the 15th Anniversary of the tragic September 11, 2001 event, when terrorism, extremism, and cyber security became commonplace in our daily lives, in current and future legislations, and in news reports by the media around the world. These attacks exposed vulnerabilities within our commercial airline industry and expanded our national security attention to encompass land, sea, and air. Cyber security arose as the fourth attack vector during the investigation of this event, where threat intelligence was found to have been available via internet traffic monitored by federal agencies prior to the attack, but the “dots were not connected” in sufficient time to prevent this act of terror.

Nineteen militants associated with the Islamic extremist group al-Qaeda hijacked four airliners and carried out suicide attacks against targets in the United States (U.S.). The World Trade Center in New York had two planes flown into the towers, a third plane hit the Pentagon just outside Washington, D.C., and the fourth plane crashed in a field in Pennsylvania.

Over 3,000 people were killed by the attacks in New York City and Washington, D.C., including more than 400 police officers, firefighters, and other first responders. The resulting extensive death and destruction witnessed on that day, remembered simply as “9/11”, triggered major U.S. initiatives to combat terrorism and defined the presidency of George W. Bush.

Some of those U.S. initiatives were security advancements, including safeguards for commercial airline passengers that continue today, such as security screenings prior to boarding a plane and beefed-up protections to ensure pilot safety.

Similarly, the Countywide Information Security Program (Program) adopted by the Board of Supervisors in July 2004 also continues Program advancements to mitigate and manage risks associated with cyber-attacks (e.g., phishing, ransomware, and distributed denial-of-service) that results in business interruption, data breaches (it seems that every week the media announces a major data breach somewhere in the U.S.), public mistrust, and potential fines and penalties levied due to existing information security and privacy regulations and/or legislations (e.g., Health Insurance Portability and Accountability Act, or HIPAA, and California Civil Code 1798.2).

The County’s Chief Information Security Officer (CISO) provides Program leadership in a collaborative and progressive manner, fostering the Program’s mission to protect County

resources, especially the data that is entrusted to the County by its more than 10 million residents. The Program’s conceptual organizational architecture is the “Security Triangle”, comprised of: (1) the Information Security Steering Committee (ISSC), which incorporates all departmental information security officers (DISOs) and is chaired by the CISO; (2) the Security Engineering Teams (SET), which establishes proactive/reactive operational standards and procedures, and is overseen by the CISO’s office; and (3) the Countywide Computer Emergency Response Team (CCERT), which responds to cyber incidents, and is led by the CISO’s office, the Internal Services Department’s Information Technology Services, and the District Attorney’s Cyber Investigation Response Team.

Prior to 9/11, this Program did not exist. During this period, some departments had not even considered implementing anti-virus protection on their workstations and servers, and most did not. When there was a computer virus or cyber-attack at a department, there was no DISO to pursue the incident, nor was there a CISO to provide central oversight and leadership over the attack with an approach that was holistic, timely, and aimed at minimizing risk to County resources. Due to the lack of established security policies, collaboration, and protocols, it was the “Wild Wild West.” The establishment of the Program directly addressed and resolved these issues, because cyber security is a team sport, not an individual sport, where the rules of conduct must be clearly articulated and every person plays an important role in the success of the team.

During the post 9/11 era, the County focused its efforts towards mitigating and managing risks through a layered approach that spanned the protection of County data, the detection of a security breach, and the orchestration of the response to a cyber incident. Through the Program, the County has leveraged technology to strengthen its security posture, including the use of data encryption for all workstations and portable devices, intrusion detection systems for the network and computers, web filtering for internet browsing, email security gateway for filtering of malware/spam/phishing, and web application firewall for shielding all public-facing web applications hosted at the Internal Services Department. The Program also established partnerships with law enforcement



National Fire Prevention Month

The month of October is recognized as “National Fire Prevention Month” by the Los Angeles County Fire Department. This year’s theme is “Don’t Wait – Check the Date! Replace Smoke Alarms Every 10 Years.” According to a survey by the National Fire Protection Association (NFPA), there are many misconceptions about smoke alarms, which can increase the risk of home fires. Only a small percentage of people know how old their smoke alarms are or how often they need to be replaced.

Over 60 percent of house fire deaths occur in homes with no working smoke alarms—and when it comes to smoke alarms, it’s all about location, location, location. Smoke alarms should be installed in every bedroom and outside each sleeping area, as well as on every level of a home. Smoke alarms should be installed on the ceiling or high on a wall, and at least 10 feet from the stove to reduce false alarms. Large homes may need extra smoke alarms. It’s best to use interconnected smoke alarms so that when one rings, they all do.

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

- Test all smoke alarms at least once a month. Press the test button to be sure the alarm is working.
- Change the batteries in all smoke alarms twice a year.
- Replace all smoke alarms when they are 10 years old. To find out an alarm’s age, look at the date of manufacture on the back of the alarm.

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

CYBER SECURITY continued from page 6

and cyber intelligence agencies to help identify, detect, and respond to threats against the County – partnerships that include the Federal Bureau of Investigations, United States Secret Services, Department of Homeland Security, and the Center for Internet Security / Multi-State Information Sharing and Analysis Center (MS-ISAC), which works under the auspices of and funded by Homeland Security.

Unfortunately, the cyber security threat landscape has dramatically expanded during the past four years, now nearly unrecognizable from fifteen years ago, and continues to expand due to increased cyber activities associated with nation-states, terrorists and extremists, and organizations for hire to initiate attacks. These attacks are stealthy, sophisticated, persistent, and constantly exploiting vulnerabilities and evolving threats to our critical infrastructure, networks, systems, and to our workforce, such as through phishing and ransomware. Additionally, our security boundary extends to all County contractors who transmit and/or store County data, and, thus, they are contractually obligated to encrypt our data to mitigate and manage risk of a data breach.

Transforming into a new era, the County’s security strategy will establish a threat intelligence sharing ecosystem, define protocols for cyber security liability insurance claims, promote cyber resilience, and continue to improve the relationship with the Office of Emergency Management for a coordinated response to man-made disasters, such as from cyber-attacks. The County continues to transform from being a reactive to a proactive cyber response organization. However, this transformation will only be achievable in a collaborative manner, utilizing a “team sport” approach throughout the County.

We must not forget the tragic 9/11 events because it transformed how we should conduct ourselves by having a security-conscious state of mind – we must be vigilant in practicing good cyber hygiene when using our electronic devices (e.g., smartphone, workstation, laptop, and tablet), and at all times being aware of our physical and cyber surroundings (both in the office and online).

Our Program’s strength is from its united team members and employees of the County!



Thank you Los Angeles County!
Together we are "Creating Greater Communities"
www.brotherhoodcrusade.org (323) 846-1649 Office

These activities and opportunities are possible because of your generosity and donations.



Brotherhood Crusade Camp P.L.U.S. helps inner-city girls bond, learn, and thrive! Because of you, instead of gangs, they have hope. Because of you, they will grow up. Help us in giving them a chance to "Soar"!



Annual Navidad en el Barrio Community Food and Clothing Distribution Event. You can help feed, clothe, and distribute toys to hundreds of Los Angeles County youth and families.

[Sign up for payroll deduction - any donation or gift goes a long way!](#) Deductions between the amounts of \$15 and \$30 per pay period help send a child to camp, feed a family for the entire year, or provide school supplies for 5 kids for the school year.



Hero's Health Fund: Not All Battles are Fought in a War Zone



Iraq War veteran and Purple Heart recipient Dale Beatty remembers the day his life changed forever. On November 15, 2004, Dale was injured when an IED explosion flipped his Humvee, causing him to lose both legs. "It's amazing how clear everything becomes when you think your next breath could be your last," Beatty says.

After sacrificing and serving our country, heroes like Beatty deserve to have every opportunity – for good health, for support and for employment – when they return home. But unfortunately, that is not always the case. Community Health Charities and the Hero's Health Fund connect the most trusted health charities with caring donors who want to make a difference in the lives of first responders, military personnel, veterans, and their families.

Thanks to Fisher House, a participating charity in the Hero's Health Fund, Beatty's story has a happy ending. His family was able to stay by his side throughout the recovery and rehabilitation process and received the emotional support they all needed to heal. Today, Dale plays in a band, golfs and works to help other veterans. "I remain forever grateful," he says.

They fight for us – let's work together to fight for them. To learn more about Community Health Charities and how the Hero's Health Fund provides our nation's heroes with the quality of life they deserve, please visit www.healthcharities.org. Source: Fisher House Foundation

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:

45+ Years

HEALTH SERVICES: Lucille Alford, Ronald Ford, Hwa-Young Hong, Frances Todd

INTERNAL SERVICES: Gloria N. Gomez

40+ Years

ASSESSOR: Norma A. Bayan

HEALTH SERVICES: Diane Barnett, Jasmine Chiu, Berta Armind Dominguez, Debra Eng, Gualberto Escobedo, Bertha Gonzalez, Debra Horn, Colzetta Hunter, Carla J. Martin, Rosa E. Munoz, Edgar Valle

MENTAL HEALTH: Grace Chacon

PARKS & RECREATION: James Sorrel

PROBATION: Carlos A. Seaboldt

PUBLIC SOCIAL SERVICES: Pamela Davis-Brittman

35+ Years

HEALTH SERVICES: Joanne B. Brown, G. Lyndel Cisneros, Leo J. Cooksie, Katherine De La Rosa, Esperanza Medrano, Petra Palma-Appel, Rosa L. Peralta, Patricia A. Roberts, Daniela Toussaint-Arafat

INTERNAL SERVICES: Sammy R. Corrales

MENTAL HEALTH: Charee W. Johnson

PROBATION: Richard Contreras

PUBLIC SOCIAL SERVICES: Victoria Rueda, Anita Zwanziger

REGISTRAR-RECORDER/COUNTY CLERK: Ernestina Fernandez

30+ Years

CHILDREN & FAMILY SERVICES: Mary Alvin Nichols, Harriet L. Ellis, Octavia L. Johnson

DISTRICT ATTORNEY: Patricia A. Orozco

FIRE: Rafael A. Ortiz

HEALTH SERVICES: Barbara Allen, Younghee Chung, Karen Downey-Nappi, Laverne D. Geh, Juana B. Gonzales, Catherine A. Johnson, Dulce Amor G. Jose, Gilbert Leos, Marilyn E. Rideaux

MENTAL HEALTH: Ava M. Imotichey

PUBLIC HEALTH: Beulah V. Crawford

PUBLIC SOCIAL SERVICES: Teresa K. Ching, Deborah J. Ingram, Vernes Price

PUBLIC WORKS: Fred Fernandez

SHERIFF: Wendy S. Mcdole, Mark S. Montoya, Leonard Rivas

25+ Years

CHILDREN & FAMILY SERVICES: Richard G. Castro, Jr., Thomas A. Manning

FIRE: Edward M. Morales, Joseph W. Murray, John Orduno, John C. Scavarda

HEALTH SERVICES: Esther Acosta-Perez, Precy M. Ascueta, Mary Braun, Estrella Y. Carigma, Marilyn P. Daugherty, Joy A. Garcia, Mel M. Giang, Corey H. Green, Adam J. Jonas, Noemi T. Jorda, Gloria A. Mandujano, Ophelia Martinez, Michael A. Medici, Mary A. Moreto, Saisanee Nakamura, Maria T. Perez, Winetka E. Pleasant, Sylvia B. Romaniello, Joselita O. Tan, Joann Weatherspoon

INTERNAL SERVICES: Lupe Lewis

PARKS AND RECREATION: Margaret Bennett, Steven G. Laszlo, Larry S. Pinheiro

PROBATION: Robert F. Garcia, Patricia T. Sonoqui

PUBLIC HEALTH: Angel Crisos M. Aquino, Serafin Cardeno

PUBLIC SOCIAL SERVICES: Seda Adjamian, Cristina Kontorovsky, Carolyn A. Reece

PUBLIC WORKS: Michael G. Royal

SHERIFF: Linda L. Brodka, James L. Brown, Toni Chittun, Thomas S. Gealta, Frank M. Leal

SUPERIOR COURT: Ruth A. Gilliland, Kathryn S. Sexton-Allen

Rideshare L.A. County!

from Workplace Programs and Marketing

October is **Rideshare Month** so get on board and **Rideshare!** This month is full of exiting opportunities for **Ridesharing** and incentives. You can show your support by carpooling, vanpooling, riding the train, light rail or public transit. Even walking and bicycling are considered **Ridesharing**. **Ridesharing** includes any form of transportation other than driving alone and there are great environmental and financial benefits of **Ridesharing**. It is very cost effective and can save you thousands per year, depending on the form of **Rideshare** used and the travel distance. Pollution is now being linked to health effects in Los Angeles County and diseases like cancer and asthma can result from poor air quality. Please do your part to help the environment by **Ridesharing**. In addition, **Rideshare L.A. County** is raffling away folding bikes to randomly selected County employees that participate in the Commuter Benefit Program. Check out the program by going to www.wageworks.com. Take Pride, Share the Ride.

YOU ARE INVITED TO THE
OFFICIAL RETIREMENT PARTY FOR
LOS ANGELES COUNTY SUPERVISOR

Don Knabe

on

THURSDAY, NOVEMBER 10, 2016

at

6:00 PM

PACIFIC ROOM *at the* **LONG BEACH ARENA**
320 EAST SEASIDE WAY, LONG BEACH, CA 90802

ATTIRE: CALIFORNIA/ALOHA CASUAL

HOSTED SELF-PARKING

\$100 per person • RSVP

For info: (213) 974-4444
or email glegros@lacbos.org or egranger@lacbos.org

Rooms available at the
Hyatt Regency, Long Beach - (562) 491-1234
Mention "Knabe Retirement Celebration" for a special rate