

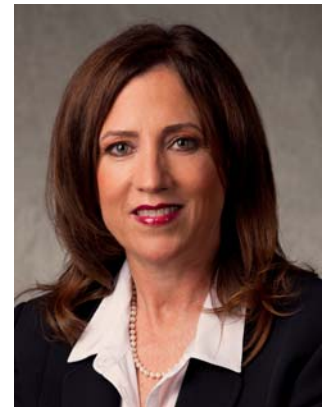


AUGUST 2016

COUNTY OF LOS ANGELES

Debra Duardo, M.S.W., Ed.D.

Los Angeles County Superintendent of Schools



Debra Duardo was unanimously appointed Los Angeles County Superintendent of Schools by the Board of Supervisors effective May 15, 2016. In this role, she serves as Chief Executive Officer of the L.A. County Office of Education, a state-funded agency that provides a range of programs and services to support the County’s 80 K-12 public school districts and more than two million preschool and school-age children. The County Superintendent also provides leadership and support to top school administrators and officials across the region.

“I am excited I was chosen to lead an agency that is vital to the academic and fiscal well-being of our public school system,” Duardo said. “It’s a unique opportunity to help ensure that all young people throughout the County receive the best education possible.”

Duardo brings more than 20 years of relevant experience working with at-risk students and families. Previously executive director of Student Health and Human Services for the Los Angeles Unified School District, she was responsible for the administrative oversight of services aimed at reducing barriers to student success. Through the efforts of Duardo’s team, the district successfully addressed the problem of chronic absenteeism, saving more than \$37 million in revenue due to increased student attendance.



She holds a master’s degree in Social Work from the University of California, Los Angeles (UCLA) and a doctorate from UCLA’s Graduate School of Education and Information Studies.

Her life story as a teen mom and high school dropout who was able to overcome obstacles and rise to the position of County Schools Chief drives her passion to ensure that children from all backgrounds are given the greatest chance to become college-prepared and career-ready.

Duardo’s professional and personal experience brings a fresh perspective to the Office, which provides educational programs for students not well served in traditional public schools. This includes operating fully accredited schools and award-winning instructional programs for youth detained in the County’s juvenile probation facilities. The agency also runs the L.A. County High School for the Arts, co-founded by Supervisor Michael Antonovich; administers the state’s largest Head Start grantee program; and monitors the fiscal solvency of County school districts, reviewing annual budgets worth \$24.9 billion.

The Office of Education administers an annual budget of \$631 million and employs some 2,000 staff members who work at its headquarters in Downey and at sites around the County.

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Calendar of Events

Los Angeles County Museum of Art

(323) 857-6010

www.lacma.org

Through November 27 – Guillermo del Toro: At Home with Monsters
Through December 4 – Alternative Dreams: 17th-Century Chinese
Paintings from the Tsao Family Collection

Ford Theatres

(323) 461-3673

www.fordtheatres.org

August 19 – Vaud & the Villains
August 20 – Big World Fun: Gay Men’s Chorus of Los Angeles
August 21 – Let’s Play LA! by the LA Jewish Symphony
August 22 – JAM Session: Funk Dance Party
August 27 – Big World Fun: Street Beat (drum and dance)
August 28 – Bluegrass at the Ford with the Claire Lynch Band
August 29 – JAM Session: Salsa Rueda Dance

Center Theatre Group

(213) 628-2772

www.centertheatre.org

Ahmanson Theatre

September 7 through October 16 – A View From the Bridge

Kirk Douglas Theatre

September 10 through October 2 – Throw Me on the Burnpile
and Light Me Up

Mark Taper Forum

August 31 through October 16 – Ma Rainey’s Black Bottom

Grand Park

(213) 972-8080

www.grandparkla.org

Through August 30 – Bootcamp
Through September 2 – Dance DTLA
Every Tuesday, Wednesday and Friday – Lunchtime Food Trucks
Every Wednesday and Friday – Lunchtime Yoga Retreat

Hollywood Bowl

(323) 850-2000

www.hollywoodbowl.com

August 19 – Ben Harper & The Innocent Criminals
August 20 – Brandi Carlile & Old Crow Medicine Show
August 21 – The Silk Road Ensemble with Yo-Yo Ma
August 23 – Korngold & Beethoven’s Fifth
August 24 – MEGA NOVA
August 25 – Cinematic Sounds
August 26 and 27 – Culture Club
August 28 – Smooth Summer Jazz Festival
August 30 and September 1 – Shakespeare at the Bowl
August 31 – The Black Movie Soundtrack II

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



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edited or otherwise altered for clarity.

Check out the DIGEST at

<http://hr.lacounty.gov/county-digest/>



health talk



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

What You Should Know about Palliative Care

When you are facing a serious illness, you need relief from symptoms. You need to better understand your condition and choices for care. You need to improve your ability to tolerate medical treatments. And, you and your family need to be able to carry on with everyday life. This is what palliative care can do. Right now, an estimated 6,000,000 people in the United States need palliative care.

Palliative Care is specialized medical care for people with serious illnesses. It is focused on providing patients with relief from the symptoms, pain, and stress—whatever the diagnosis. The goal is to improve quality of life for both the patient and the family.

Palliative care is provided by a team of doctors, nurses, and other specialists who work together with a patient’s other doctors to provide an extra layer of support. It is appropriate at any age and at any stage in a serious illness and can be provided along with curative treatment.

1. Where do I receive palliative care?

Palliative care is provided in a variety of settings including the hospital, outpatient clinics, home, hospice and long term care facilities.

2. Does my insurance pay for palliative care?

Most insurance plans, including Medicare and Medicaid, cover palliative care. If costs concern you, a social worker or financial consultant from the palliative care team can help you.

3. How do I get palliative care?

Ask for it! Tell your doctors, nurses, family and caregivers that you want palliative care.

4. How do I know if palliative care is right for me?

Palliative care may be right for you if you suffer from pain, stress or other symptoms due to a serious illness. Serious illnesses may include cancer, cardiac disease, respiratory disease, kidney failure,

Alzheimer’s, HIV/AIDS, amyotrophic lateral sclerosis (ALS), multiple sclerosis and more. Palliative care can be provided at any stage of illness and along with treatment meant to cure you.

5. What can I expect from palliative care?

You can expect relief from symptoms such as pain, shortness of breath, fatigue, constipation, nausea, loss of appetite, depression, difficulty sleeping and much more. Palliative care helps you carry on with your daily life. It improves your ability to go through medical treatments. It helps you better understand your condition and your choices for medical care. In short, you can expect the best possible quality of life.

6. Who provides palliative care?

Palliative care is provided by a team including palliative care doctors, nurses and social workers. Massage therapists, pharmacists, nutritionists and others might also be part of the team.

7. How does palliative care work with my own doctor?

The palliative care team works in partnership with your own doctor to provide an extra layer of support for you and your family. The team provides expert symptom management, extra time for communication and help navigating the health system.

But the team will also spend time communicating deeply with you. They will give you control over your care by truly exploring your goals and helping you to understand your treatment options. They will help you gain the strength to carry on with daily life and improve your quality of life.

To learn more about palliative care, go to the Center to Advance Palliative Care at www.getpalliativecare.org.

Rideshare L.A. County!

from Workplace Programs and Marketing

If you were told that there are places all over where you can park, get to work, save money and time, and help you clean the air, would you believe it? It’s true. Park and Ride lots are all over the County and when you use them, you can save money by reducing wear and tear on your car and reducing your commute costs compared to driving alone, all while improving air quality in Los Angeles County.

It’s easy. Go to www.go511.com and click on “Park and Ride lots” under the “Rideshare” link at the top of the page. The map, powered by Google, can show you the nearest Park and Ride lot near your home. Take pride. Share the ride.



Don't Be a Victim of Ransomware

from the Countywide Information Security Program



Ransomware is one of the biggest cyber security threats in the world. According to the Federal Bureau of Investigation statistics for the first quarter of 2016, hackers extorted all types of businesses and organizations for more than \$209 million in payments due to this type of attack.

What is Ransomware?

Ransomware is a type of computer virus that scrambles its victim's files and demands a ransom in exchange for the program (e.g., code) to restore them. See example below. Ransomware exploits human behavior and technical weaknesses to gain access to an organization's technical infrastructure in order to deny the organization access to its own data by encrypting that data.

How do Criminals Install Ransomware?

Ransomware typically spreads through phishing emails that contain malicious attachments or may occur when a user unknowingly visits an infected website and malware is downloaded and installed without their knowledge.

How Can I Protect Myself and the County?

- DO NOT OPEN suspicious looking emails or click on website links/hyperlinks in such emails.
- DO NOT DOWNLOAD or OPEN suspicious looking attachments or attachments from unknown senders.
- CHECK and VERIFY who the email sender is.
- DO NOT CLICK ON pop-ups when browsing the Internet.
- DO NOT INSTALL software unless authorized by your Information Technology (IT) unit.
- DO NOT PLUG IN unauthorized USB or other portable devices.
- REPORT any suspicious email by forwarding it as an attachment to your Departmental Information Security Officer (DISO) and the local helpdesk.

For More Information:

- Contact your local helpdesk.
- Contact your DISO and/or Assistant DISO.
- Contact your Departmental Chief Information Officer.
- Visit the County's cyber security partner STOP|THINK|CONNECT at <https://stophinkconnect.org/resources>.

Working for You

Department of Public Health

While enjoying the summer season of fun under the sun, the Department of Public Health would like to remind everyone that summer is also the peak season for sun-related and outdoor injuries. Share these safety tips and have a great summer!

Drowning Prevention

According to the U.S. Centers for Disease Control and Prevention (CDC), drowning is the leading cause of death for children under the age of 15. For every drowning fatality, four to 10 children suffer a near-drowning incident, which could result in severe, permanent brain damage. These incidents can be prevented by doing the following:

- Active supervision: watch children at all times.
- Installing fences with self-closing and self-latching gates around pools and spas.
- Learning cardiopulmonary resuscitation (CPR).
- Enrolling children in swimming lessons.

Avoid Sun Damage

Remember your sunscreen. Even incidental exposure can increase risk of sun damage to our skin. Follow these recommendations:

- Avoid tanning and ultraviolet (UV) tanning booths.
- Use a sunscreen with an SPF of at least 15 and UVA and UVB protection. Reapply often, especially after going into the water or excessive sweating.
- Keep newborns out of the sun. Sunscreen may be used on babies six months and older.

Avoid Recreational Water Illnesses (RWI)

RWI are caused by swallowing water in pools, spas, oceans, lakes, or rivers. Diarrheal illnesses are most commonly reported and may be due to parasites and bacteria such as *Cryptosporidium*, *Giardia*, or *E. coli* O157. Swimmers who ingest contaminated water could experience severe symptoms such as diarrhea, or milder symptoms such as bloating, cramping, and nausea. Swimmers and other recreational water users should consider the following precautions:

- Swimmers, including children, who have diarrhea should never enter public water areas.
- Toddlers should use swim diapers and the diaper should be checked often. If it needs to be changed, this should be done in the restroom and not near the water.
- Children should be taught not to swallow water either in swimming pools, the ocean, or a lake.

For more information, visit www.publichealth.lacounty.gov.



Pokémon Sightings at the Library

The County Library has experienced a large amount of Pokémon sightings at their libraries. From the circulation desk, to the reference desk, and on the bookshelves, Pokémon can be found every nook and cranny.

The Pokémon Go sensation has skyrocketed in a short period of time, going from a much-anticipated game release to a global phenomenon. It is the biggest US mobile game ever, surpassing Candy Crush Saga in daily active users. It is an augmented reality game: players use their mobile devices to find and visit places in real life to perform certain tasks.

Because libraries are public places with free Wi-Fi, they make awesome spots to go and search for some Pokémon. In fact, as of July 18, 39 County libraries are designated as PokéStops, and 14 are designated as Gyms. PokéStops are places where players collect supplies and capture Pokémon and Gyms are places where they can train Pokémon and engage with others in virtual battles. Because of this game, many players are visiting libraries and exploring places in their cities and towns where they have never gone before.

So visit a County library and see what Pokémon you can find. While you are there, just remember that in addition to those cute Pokémon, the library is also a great place to find resources. Check with your local librarian on how to download eBooks, audio books, music, and magazines to your phone – all free with your County Library card. Visit www.colapublib.org for more info.

Beach Safety



Summer is a great time for everyone to enjoy outdoor activities. Even as Labor Day and the start of fall quickly approach, it's never too late to learn ways to keep you and your loved ones safe and healthy while enjoying the end-of-summer fun.

The Los Angeles County Fire Department Lifeguard Division suggests using common sense when visiting the beach. Tragedy in the ocean can happen instantly. Having knowledge of aquatic safety is crucial.

Here are a few beach safety tips:

- Always swim near an open lifeguard station. Never swim alone.
- Check with the lifeguard for information on current ocean and beach conditions.
- Never dive into shallow water. Remember, feet-first every time!
- When bodyboarding, use swim fins and a leash.
- Keep a safe distance from piers and rocks. Always obey warning signs.
- Never throw sand and always fill in holes before you leave the beach.
- Please do not litter. Leave the beach cleaner than you found it.
- Protect yourself from the sun. Use sunscreen. Wear a hat.
- Respect other beach patrons. Remember your beach manners.
- The bicycle path is like a road. Always look both ways before crossing.
- If you or someone in your group gets lost, find the nearest lifeguard.

Over the Fourth of July weekend, more than 3 million people visited beaches across the County. Lifeguards rescued 885 people from the ocean and provided medical aid 730 times. Large crowds, hot weather, ocean currents, and high surf were contributing factors to these numbers.

The upcoming Labor Day weekend could be just as busy. The Lifeguard Division urges everyone to follow these tips and stay safe.

Share Your Heart Share Your Home

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

Siblings Are Forever

Despite the challenges of growing up in foster care, these three siblings have a bond that endures and thrives. Living in separate homes, Dymond (12), Michael (10), and De'Shawn (8) all hope to someday be reunited in one loving family, where they can grow up together.

Dymond is a bright, outgoing girl with an infectious smile that lights up any room. She definitely lives up to her name. She loves school and hopes to be a teacher someday. Reading and writing are her favorite subjects. Riding her scooter and bike are at the top of her "fun" list. She is a great big sister and as you can see by the picture, is the center of her brothers' lives.

Michael is a dynamic, bright, and sweet young boy who loves an adventure and was born to have fun. You can catch him playing tag, riding bikes, or playing an intense game of basketball. He will benefit from being in an organized sport like basketball or soccer someday and would love a family to cheer him on. Michael is also very insightful and determined, two characteristics that have helped him in life. Like most kids, he thrives with positive reinforcement and redirection.

De'Shawn is the youngest of this trio. He is an energetic, friendly, and outgoing boy who is the opposite of shy. He is happy meeting new people and makes friends wherever he goes. De'Shawn also loves sports: basketball, baseball, soccer, and football. If it has a ball, he is in! De'Shawn looks up to his big brother and sister and can't wait to be reunited with them.

If you think your family might be a good fit for these great kids, call (888) 811-1121 today. Help us keep our siblings together.



Photo: Anne Richardson-Daniel

DHR's Wellness Corner

Bringing you inspiration from around the County

Gliding to Wellness: My Epiphany and Journey

By Aleli Tirados (Public Health)



Since childhood, I have battled with my weight. This battle continued through high school. Genetics were one reason, but I also have to admit my daily efforts to eat healthy and exercise were insufficient and undisciplined. When my family and I migrated to the United States from the Philippines, my dilemma worsened due to the unhealthy portions served here and the high fat, salt, and sugar content. I tried all types of exercise: dance classes, martial arts, swimming, and even tennis. Nothing seemed to work.

My struggle continued through my young adult years until one day my Mom and I joined a line dancing class. The class was both fun and engaging. After reading several health articles, I began to implement healthy eating habits, such as cutting back on sugar-laden drinks, portion control (especially with white rice), drinking more water, and eating more fruits and vegetables. After a few weeks, I've noticed that my energy increased and I was losing inches. I added walking to the line dancing to increase activity. And here's more: commuting by foot to work, school, and home really helped me increase the walking. Although my weight loss was slow, it was steady and my determination didn't falter.

One day in 2014, when watching the Winter Olympics in Sochi, Russia, it came to me that I once dreamed of being an ice skater. I remembered that at the age of 10, I fell in love with figure skating when my family and I watched Holiday on Ice in 1988 in Manila. The enchanting skaters were my "ice fairies" as they glided, leapt, and twirled on the magical, frozen stage. I decided it was not too late. I took my first adult skating class on June 19, 2014. It wasn't very easy in the beginning, but with determination, constant practice, and patience, I became more confident and determined. Ice skating became my new passion and sport. With the help and guidance of my skating coach, I won 1st place in my first skating competition last year, and won both a 1st place and 2nd place in a competition in April 2016.

Since then, I have inspired and encouraged others to live and follow the path to wellness. I became a Countywide wellness designee in Public Health and serve on the wellness committee.

I found that working with supportive coworkers and committee members made me accomplish my personal wellness goals and become an example for others. I will continue to set goals and follow the path to better health.

August is National Breastfeeding Month

Wellbeing is the theme of this year's National Breastfeeding Month, and that starts with our health. There is overwhelming evidence that breastfeeding is good for baby, mother, family, society, and even employers. Studies confirm that for babies, breastfeeding reduces the risk for many diseases and conditions, such as asthma, diabetes, childhood obesity, certain cancers and even what we mistakenly consider normal childhood illnesses, like ear and gastrointestinal infections. There is also a reduced risk of breast cancer, ovarian cancer and diabetes for mothers who breastfeed. In fact, breastfeeding provides lifelong reduction of these health risks. Breastfeeding is the most effective when it is exclusive (only breastmilk) and extended (for the first year of the infants life and beyond).

One of the biggest barriers to exclusive and extended breastfeeding is a mother's return to work. Women with children are the fastest-growing segment of the work force. Balancing work and family is an important priority for them. Today, over 90 percent of women living in Los Angeles County begin breastfeeding. When they return to work after their babies are born, time and space to express their milk during the work period help them continue to give their best to their work and their baby.

The County is a State of California's Mother Baby Friendly Workplace, and supports mothers returning to work who wish to continue to breastfeed with encouragement and support. Onsite lactation rooms and coordinators at locations across the County are available in all departments. A detailed list of locations and coordinators is available on the Department of Human Resources (DHR) website. There are also FAQs, breastfeeding resources, informational brochures, and PowerPoint training materials to support this program. To learn more, visit the Lactation Accommodation Program on the DHR website at <http://employee.hr.lacounty.gov/lactation-accommodation-program-2/>.



Hit the road to savings.

Commuter Benefit Plan: Parking Expenses

The Commuter Benefit Plan (CBP) is a pre-tax benefit account used to pay for qualified transit expenses, that now include parking expenses, as part of your daily commute to work. WageWorks Commuter is a great way to put extra money in your pocket each month and make your commute more convenient and affordable.

WHY YOU NEED IT

- Save an average of 30% on qualified parking expenses as part of your daily commute to work
- Reduce your overall tax burden—funds are withdrawn from your paycheck and deposited to your commuter account before taxes are deducted
- Easy to use—download a free mobile app and manage your account with your mobile device
- No waiting—sign up any time to start saving

Note: Employees who have the Civic Center “pre-tax parking” deduction (EC123) cannot submit parking expenses for reimbursement.

Your Estimated Tax Savings

Not Enrolled in CBP		Enrolled in CBP	
Gross annual pay (estimate)	\$60,000	Gross annual pay (estimate)	\$60,000
Estimated tax rate (30%)	-\$18,000	Estimated annual parking commuting expenses*	-\$3,060
Net annual pay	= \$42,000	Adjusted gross pay	= \$56,940
Estimated annual parking commuting expenses*	-\$3,060	Estimated tax rate (30%)	-\$17,082
Final take-home pay	= \$38,940	Final take-home pay	= \$39,858

Take home this much more

\$918



Calculate how much more you can take home in one year at
wageworks.com/myparking

*Assumes you spend a maximum of \$255/month on qualified parking expenses

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

CHILDREN & FAMILY SERVICES: Charles J. Ramirez
HEALTH SERVICES: Delmarie Moss

40+ Years

DISTRICT ATTORNEY: Sylvia Castillo
HEALTH SERVICES: Alice J. Harris
HUMAN RESOURCES: Richard E. Brunswick
PUBLIC HEALTH: Rita Galvan
PUBLIC SOCIAL SERVICES: Anthony P. Lopez, Evelyn D. Perkins, Althea Shirley
SHERIFF: Leonor Becerra, Ralph A. Ruedas

35+ Years

CHILDREN & FAMILY SERVICES: Tyrone Allain, Deborah G. McDermott
FIRE: Michael L. Linch
HEALTH SERVICES: Stella L. Brown, Barbara Hawkins, Mary O. Miller, Mervat S. Rafail, Cynthia Scott, Evangeline M. Thomson, Cristina B. Ventura
INTERNAL SERVICES: Teresa Y. Lin, Beatriz Peacor, Yuling C. Wong
PARKS & RECREATION: Jimmy Anderson
PROBATION: Roberta E. Hargis, Alberto Ramirez, Salistine Ross
PUBLIC HEALTH: Hyacinth V. Carter
SHERIFF: Mark L. Lillienfeld
SUPERIOR COURT: Shirley J. Perkins
TREASURER & TAX COLLECTOR: Sone Phongsa

30+ Years

CHILDREN & FAMILY SERVICES: Belinda F. Gibson
DISTRICT ATTORNEY: Mark M. Ashen
FIRE: James F. Deleon
HEALTH SERVICES: Rose M. Meyer, Walter A. Waterall
INTERNAL SERVICES: Suzanne M. Chachere, Mary L. Valenzuela
MENTAL HEALTH: Rey Francis Abejar, Robert Greenless, Edward J. Vidaurri
PROBATION: Jerry C. Crane, Jr.
SHERIFF: Vincent E. Callier, Steven S. Downey, Joseph H. Eaton, David A. Gonzalez, Richard D. Hailey, John L. Saleeby, Marc N. Saunders, Richard J. Scimeca, Russell C. Stover
SUPERIOR COURT: Patricia Salinas

25+ Years

CHILDREN & FAMILY SERVICES: Fredric J. Rosenberg, Joyce L. Wattlely
DISTRICT ATTORNEY: Rebecca Ann Patino
FIRE: David W. McKibbin, Diane P. Martinez
HEALTH SERVICES: Maria D. Amaral Lopez, Maria D. Berotte, Hee Sook Y. Choe, Eduardo Cuasay, Petra C. Deleon, Adora T. Ramos, Evylena Thompson
INTERNAL SERVICES: Albert R. Lopez
MENTAL HEALTH: Dee P. Eng
PROBATION: Lynn R. Higginson, Donald A. Owens, Michael L. Ridley
PUBLIC WORKS: Gilberto S. Rivera
SHERIFF: Dennis R. Chuck, Patrick N. Hayes, William E. Stark III

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Yoga Day

Los Angeles County celebrated the International Day of Yoga on June 21, 2016 at Grand Park. Nick Ippolito, Assistant Chief of Staff to Supervisor Don Knabe, presented a scroll to Sanmay Mukhopadhyay, President, and Venkat Peddi, Secretary, of the County of Los Angeles Indian American Professional Association. Mukhopadhyay, a Yoga instructor, led the group to a 20-minute Yoga session in the park.

The United Nations proclaimed June 21 as the International Day of Yoga. This year, almost 500 million people throughout the world participated.



COUNTYWIDE FITNESS CHALLENGE 2016



A DAY OF FAMILY FUN

CHILL OUT!

Join us for power walks, yoga, and exciting beach activities.

- BOOGIE BOARDING
- BEACH FITNESS SESSIONS
- SAND GAMES
- WATER SAFETY
- YOGA
- HEALTHY SNACKS
- FREE GIVEAWAYS
- DRAWING PRIZES

Dockweiler Youth Center

12505 Vista del Mar
El Segundo, CA 90245
4th Supervisorial District

Saturday, August 20, 2016

8:00 a.m. – Noon

EVENT SPONSOR



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

