



DECEMBER 2014

Celebrate!

COUNTY OF LOS ANGELES

Welcome to Los Angeles County

Supervisor Hilda L. Solis



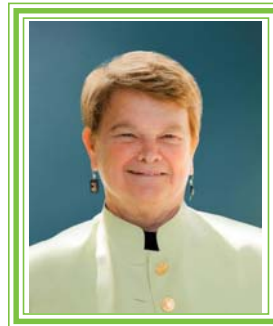
Supervisor Hilda L. Solis was elected to the Los Angeles County Board of Supervisors on June 3, 2014, backed by more than 70% of First District voters.

Raised in La Puente, Supervisor Solis earned degrees at California Polytechnic University, Pomona and the University of Southern California.

Supervisor Solis began her career in elected office in 1985 as a member of the Rio Hondo Community College Board of Trustees. She also served in the California State Assembly from 1992 to 1994, when she became the first Latina elected to the California State Senate.

Supervisor Solis won election to the U.S. House of Representatives in 2000, where she was named freshman class whip. In Congress, she was a leader in improving the

Supervisor Sheila Kuehl



Supervisor Sheila Kuehl, representing Los Angeles County's Third District, was elected on November 4, 2014, and assumed office on December 1, 2014.

She previously served eight years in the State Senate and six years in the State Assembly. She is the Founding Director of the Public Policy Institute at Santa Monica

College, and, in 2012, was Regents' Professor in Public Policy at UCLA.

Supervisor Kuehl was the first woman in California history to be named Speaker Pro Tempore of the Assembly, and the first openly gay or lesbian person to be elected to the California Legislature. Supervisor Kuehl served as chair of the Senate Health and Human Services Committee, Natural Resources and Water Committee, and Budget Subcommittee on Water,



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CALENDAR OF EVENTS

Los Angeles County Museum of Art

(323) 857-6010

www.lacma.org

Through February 22 – Pierre Huyghe

Through March 8 – Larry Sultan: Here and Home

Through March 22 – Variations: Conversations in
and Around Abstract Painting

Through March 22 – Greece on the Ruins of Missolonghi

Through April 26 – German Cinema in the 1920s

Center Theatre Group

(213) 628-2772

www.centertheatregroup.org

Ahmanson Theatre

Through January 18 – Heartbeat of Home

Kirk Douglas Theatre

January 27 through March 1 – Chavez Ravine: An L.A.
Revival

Mark Taper Forum

January 19 through February 9 – A Word or Two

Dorothy Chandler Pavilion

January 17 – The Music Center Presents: H'Sao

February 7 through March 1 – The Ghosts of Versailles

March 8 through March 22 – The Barber of Seville

Walt Disney Concert Hall

December 31 – New Year's Eve with Pink Martini

January 11 – Organ Recital: Anthony Newman

January 16 through January 18 – Sibelius & Gorecki

Grand Park

www.grandparkla.org

Every Wednesday and Thursday – Lunch A La Park

Every Friday – Lunchtime Yoga reTREAT

December 31 – New Year's Eve LA

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



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First District

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Second District

Sheila Kuehl

Third District

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

Check out the DIGEST at

<http://dhrdcap.co.la.ca.us/jic/digest/>



health talk



by **Mark Richman, M.D., M.P.H.**
Physician Specialist, Emergency Medicine
Olive View-UCLA Medical Center
 and **Amy Skelton, Student Volunteer**

Ebola Virus Disease

Who, What, Where, When, & How

What is it?

Ebola virus causes Ebola Virus Disease, an infectious and potentially-fatal condition spread through contact with infected person/animal's bodily fluids.

Where did it come from?

Ebola was likely introduced through interactions with infected West African fruit bats.

Why/How is it spreading?

In many African cultures, people believe life does not end in death, but continues into another realm. Death is a transitional stage requiring burial customs. Some Africans remove the body through a hole in a house so the deceased will not find its way home. Others bury the body directly under a house so the dead may return home. Close physical contact with infected bodies is one factor that contributed to the spread of Ebola.

What are the symptoms?

(Symptoms are not specific to Ebola.)

- Chest pain/cough
- Diarrhea
- Fever
- Internal bleeding and bruising
- Muscle pain
- Nausea/vomiting
- Raised rash
- Red eyes
- Severe weight loss
- Sore throat
- Stomach pain

When do symptoms occur?

Ebola has up to a 21-day incubation period. Humans are not infectious until they develop symptoms. Persons exposed but not symptomatic within three weeks are very unlikely to develop Ebola.

Who should be suspected of having Ebola?

People who have symptoms above and have:

- Direct contact with infected person(s)
- Travelled to West Africa recently

If you suspect you may have Ebola, please contact your primary care provider or visit an Emergency Department or Urgent Care. Inform them before, or upon arrival, of your concerns and risks for having Ebola.

What are local authorities doing to prepare?

The Los Angeles County Departments of Health Services and Public Health are in close contact with the California Department of Public Health and the Centers for Disease Control and Prevention to implement appropriate individual and population disease control. These include:

- Developing policies.
- Obtaining equipment.
- Conducting trainings and preparedness exercises.



Christmas Tree Recycling

Los Angeles County residents can once again conveniently recycle their Christmas trees this year. Most areas throughout the County provide curbside recycling services and/or drop-off sites, where trees can be recycled.

For information regarding Christmas tree recycling programs and to learn more about the County of Los Angeles Environmental Programs, please call **(888) CLEAN LA**, Monday through Thursday, between 7 a.m. and 5 p.m.

WeTip

WELFARE FRAUD
1 (800) 87-FRAUD

DHR's Wellness Corner

Bringing you inspiration from around the County

Antonio Breckenridge (Department of Mental Health)

My weight loss journey began just before I started working for the County of Los Angeles. In spring 2011, I reached my maximum weight of 410 lbs. Unhappy with what I let myself become, I began to make healthier eating decisions and lead a more active lifestyle. After joining the County in October 2011, I began taking public transportation to get in a nice walk daily. Then while working in Human Resources, my supervisor (impressed with my commitment to weight loss) asked if I wanted to be the Departmental Wellness Coordinator for the headquarters. I jumped at the opportunity! With the help of likeminded coworkers, our in-house support network, and the spirit of friendly competition, I dropped 50 lbs. in 2011. I am now a leader in motivating others to adapt healthier lifestyles and continue to strive to improve my health. The Countywide Fitness Challenge has greatly improved the opportunities for employees to join team-based campaigns and events, which were so instrumental in my own success

story. In my journey to better health, I discovered how much I love cooking and how leading an active lifestyle can be rewarding. I adopted a rescue pit bull who accompanies me on my hikes, jogs, runs, and swims. Having a high energy dog definitely helps me stick to exercise regimens. My diet is a relaxed variation of the Paleo diet (or caveman diet) which is a modern nutritional diet designed to emulate, insofar as possible, the diet of our Paleolithic ancestors who were hunters and gatherers. Proponents of the diet recommend avoiding any foods that



WELLNESS

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Keeping your pet cozy through the winter season.

Yes, dress your pets. A well-fitting coat that covers your dog's back and underside is ideal on those cold winter days. Puppies need extra attention as they don't carry the body fat adult dogs have to keep them warm.

Always be sure your pet has easy access to shelter and water at all times.

Increasing your pets food intake may be necessary during the winter months.



Never leave your dog or cat in a car unattended during cold weather. Just as summer causes your car to heat up, cold weather creates a freezer effect, which can lead to serious harm or death.

Your pet may develop dry and flaky skin as it gets colder. A few ways to combat that are; YES, bathing your pet less frequently, brushing them regularly, providing ample water, and a winter sweater are all ways you can promote healthy coats for your pets.



For questions on adoptions, low-cost vaccinations, and donations please visit us at

www.animalcare.lacounty.gov



L.A. County Fire Promotes Carbon Monoxide and Space Heater Safety

As winter nears, stay safe from the dangers of carbon monoxide poisoning and heater fires



As the holiday season brings chilly weather to Los Angeles County, local residents switch off air conditioners and turn on furnaces to stay warm. Also, as energy costs rise, families are turning to space heaters as a less expensive alternative for keeping their homes warm. But, gas furnaces

and space heaters bring new safety concerns. In 2010, home heating equipment was involved in an estimated 57,100 reported house fires, and 490 civilian deaths in America, according to the National Fire Protection Agency. Stationary and portable space heaters accounted for 32 percent of reported home heating fires, and 80 percent of the deaths resulting from them.

The Los Angeles County Fire Department is asking all residents to prevent home heating fires by having all fuel-burning heating equipment inspected by a professional every year. This includes the fireplace, furnaces, water heaters, wood stoves, coal stoves, space heaters, portable heaters, and even the chimney. Make any needed repairs before use.

“Did you know that in California, it is now the law that every single family and multi-family home has a working carbon monoxide detector installed?” says Fire Chief Daryl L. Osby. “These detectors should be installed in a central location outside each sleeping area and on every level of the home. Carbon monoxide is called the ‘silent killer’ because it is invisible, odorless, and colorless. Without a carbon monoxide detector, you are placing yourself and your family at great risk. Exposure to undetected high levels of carbon monoxide can be fatal. Symptoms of poisoning include headache, nausea, and drowsiness.”

In addition to ensuring your family’s safety from carbon monoxide poisoning, it is equally important to use heat sources safely to prevent fires and injuries.

“All heaters need some space,” says Osby. “Keep anything that can burn at least three feet away from heating equipment, like the furnace, fireplace, wood stove, or portable space heater. Have a three-foot ‘kid-free zone’ around open fires and space heaters. Always use the right kind of fuel, specified by the

manufacturer, for fuel-burning space heaters. Make sure to turn off heaters when you leave the room.”

While winter in Southern California is about the only time to enjoy your home’s fireplace, residents should take action to prevent all types of home heating-related fire dangers. As temperatures continue to cool down, make sure that everything is working properly before their first seasonal use. Do not risk your life trying to take the chill off!

WELLNESS

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were not available to humans at that time, including dairy products, grains, legumes, processed oils, and refined sugar. This affords me the opportunity to be creative with new foods and discover healthier ways to create and enjoy healthy yet comforting foods. Since the start of my weight loss journey, I have lost 120 lbs. (410 to 290!). I went from a size 50 in waist to a 38-40 waist line. I went from wearing 3XL to 2XL and XL. I have recently returned to the headquarters on a promotion. There are some people who pass me by because they do not recognize me. The reactions from coworkers and the words of encouragement make all of the efforts worth it. If I can do it, so can you!

Productivity Manager of the Year

Catherine Mak, Productivity Manager for the Department of Public Health, was named “Productivity Manager of the Year” for 2014. She receives the honor from Commissioner Ed McIntyre, Chair, Quality and Productivity Commission (QPC). The award is given in recognition of outstanding and dedicated support of QPC programs and activities. Since her appointment, Public Health has received two Gold Eagle Awards and several Productivity Investment Fund grants.



Spreading Holiday Cheer!

The Community Development Commission (CDC) and Housing Authority (HA) are bringing cheer to hundreds of needy families throughout Los Angeles County this holiday season. Through the generous support of Supervisor Don Knabe and local volunteers, the spirit of the holidays shined bright at the Community Resource Center in South Whittier during the 18th Annual Holiday Basket and Toy Giveaway. Boxes filled with a turkey and all the trimmings for a holiday meal were distributed to over 300 families in the area, along with gifts for over 625 children. Santa Claus was also onsite to greet participants and pose for family photos.

Coordination of this annual event, which has become a staple for the community, is no small task. Over 75 volunteers from the Sheriff's Department (Norwalk Station Civilian Volunteer and Explorer Programs), Los Angeles County Fire Explorer Program, Whittier Area Girl Scouts, local high school and middle schools, and dozens of area residents, dedicated hundreds of hours of their time to bring this wonderful event to life.

The event would not have been possible without the generous donations of the major sponsors including Supervisor Knabe, the L.A. County Fire Department "Spark of Love Program," Sheriff's Department (Norwalk Station), Shelter Partnership, and the University of Southern California's Chiropractic College. Their annual commitment to ensuring enough resources so that every family receives holiday meals and toys helps make this event a true success!

Additionally, throughout the month of December, the HA helped to ensure that nearly 1,400 public housing youth and 400 Section 8 Family Self-Sufficiency program youth have a merry and bright holiday season. The agency hosted a series of holiday events at its public housing developments and administrative offices throughout the County, during which



children and their families were treated to holiday festivities that included food, games, music, and pictures with Santa to keep as a memento. The highlight of each event was seeing the children's faces light up as they received toys donated by our generous sponsors.

With the support of partners such as Shelter Partnership, the California Highway Patrol, Red Robin, Antigua Bread, Elite Entertainment Company, Rio Hondo College, Cottonwood Church, California Pizza Kitchen, Arcadia Public Works Employees Association, the Los Angeles Lakers, Jarritos, Universal Studios Hollywood, Almost Christmas Prop Shoppe, Sanrio, Gathering Groundz, Heartfelt Foundation, Torres Construction, HA employees, and other private donors, the HA collected toys, food, and monetary donations to give families a holiday to remember. Their investments were not limited to tangible donations. Target Stores provided over 20 employee volunteers who rolled up their sleeves to help wrap and hand out gifts, and even do face painting.

In total, the CDC/HA helped to spread the holiday spirit by distributing toys to over 2,400 low-income children throughout Los Angeles County.

Catch the Holiday Spirit, Not the Flu!

The holiday season is upon us. If you are not vaccinated, crowded shopping centers, plane rides, and holiday gatherings offer easy chances to be infected with the flu. The best way to avoid the flu is to get vaccinated!

The flu isn't on anyone's holiday wish list.

If you have the flu, you may feel:

- Sore throat
- Fever
- Muscle Aches
- Headache
- Soreness
- Congestion/cough

You may miss out on your favorite holiday activities, have to stay home from work, or feel run down for weeks. You can also have complications such as ear infections, pneumonia, or problems with your asthma or diabetes, and can be hospitalized or even die from the flu.

Give the gift of good health this holiday season.

Take the following steps so that as you hit the mall, board your flight home, or pass around your favorite holiday dish, you spread holiday cheer—not the flu!

NOT THE FLU
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It's the Most Wonderful Time of the Year!

The Emmy Award-winning L.A. County Holiday Celebration is Here

There is no better way to experience the rich cultural diversity that comprises Los Angeles County than by watching the **L.A. County Holiday Celebration!** Now in its 55th year, the Emmy Award-winning Holiday Celebration is the region's largest holiday program. Produced by the Arts Commission and sponsored by the Board of Supervisors, this free holiday show takes place at the Dorothy Chandler Pavilion and is simulcast live on PBS SoCaL. Choirs, music groups, and dance companies from around the County take to the stage, creating a one-of-a-kind holiday experience that has become a beloved L.A. tradition.

Highlights for this year's show include the Latin Grammy Award-nominated **Trio Ellas**, 2012 Verizon Wireless How Sweet the Sound regional finalist **Greater Los Angeles Cathedral Choir**, and 2010 Grammy Award-winner **Daniel Ho**, who shall perform alongside traditional Hawaiian dance troupe, **Hālau Keali i O Nālani**. Also on the program are Holiday Celebration favorites **Salvation Army Tabernacle Children's Chorus** and **Mariachi Sol de Mexico de José Hernández**. **Los Angeles Ballet** will perform a pas de deux from *The Nutcracker*, while **JazzAntiqua Dance & Music Ensemble** will present a new dance piece inspired by Hebrew and Arabic melodies.

The Holiday Celebration takes place on Wednesday, December 24, 2014, from 3 p.m. to 6 p.m. at The Music Center and is broadcast live on PBS SoCaL, streaming on pbsocal.org. For an artist line up and information for the live event, please visit HolidayCelebration.org. PBS SoCaL will rebroadcast the Holiday Celebration on December 24 at 9 p.m. and on Christmas day at midnight and noon.



Salvation Army Tabernacle Children's Chorus

Photo by Gennia Cui

Share Your Heart Share Your Home

Become a Foster/Adoptive Parent

A Home for the Holidays is Needed for Three Loving Siblings

When most kids make their holiday wish list, a new video game, the latest toy, or even a puppy is the norm. At the top of these beautiful kids Christmas list is a family to call their own. Daisy, eleven, Joseph, nine, and Jasmin, eight, are a loving and sweet sibling set of three who would love to spend their future Christmas holidays with a family of their own.



Daisy is a sweet, sensitive, and adoring big sister who lights up when she spends time with her brother and sister. She loves to read, sing, and watch movies, especially Disney movies when she has free time. She likes to be helpful around the house and loves to go to school. She has some mild learning disabilities and receives special education with Regional Center services to help her along. Daisy is a hard worker and is making great progress.

Joseph is a bright and talkative young man who loves anything outdoors. You will find him riding his scooter or bike, playing outside with his siblings, or settling in for a good movie, Spiderman being his favorite. He has many friends and is liked by everyone and, like his sister, loves to go to school. He does very well academically.

Jasmin is the beautiful and bubbly baby of the group. She has a dynamic and outgoing personality and is loved by all. Playing dress up with her dolls and playing outside rate high on her list of favorite activities. She also does well in school.

These three kids have a strong bond with one another and are hoping to find a family that can commit to adopting them together while maintaining and honoring existing relative ties. Can you be the family these kids need in their lives? Call (888) 811-1121 to learn more about adopting these kids.

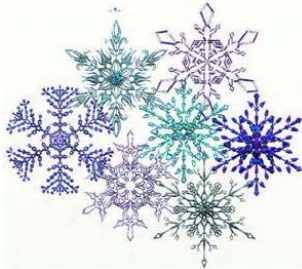
SOLIS

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lives of working families, immigration reform, and environmental protection. In 2000, she was awarded the John F. Kennedy Profile in Courage Award for her work on environmental justice, the first woman so honored.

President Barack Obama nominated Solis as Secretary of Labor in 2009. With her confirmation, Solis became the first Latina to serve as a member of the Cabinet of the United States.

Solis returned to her El Monte home in 2013, eager to again live and work among lifelong friends and family after so many years in Sacramento and Washington.



KUEHL

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Energy and Transportation, as well as the Assembly Judiciary Committee.

While in the California Legislature, she authored 171 bills that were signed into law, including legislation to establish paid family leave, establish better nurse to patient ratios in hospitals, protect the Santa Monica Mountains, and prohibit discrimination on the basis of gender and disability in the workplace and sexual orientation in education. She fought to establish true universal health insurance in California.

Prior to her election to the Legislature, as a public-interest attorney Kuehl drafted and fought to sign into California law more than 40 pieces of legislation relating to children, families, women, and domestic violence. She was a law professor at Loyola, UCLA, and USC Law Schools and co-founded and served as managing attorney of the California Women's Law Center.

Supervisor Kuehl graduated from Harvard Law School in 1978. In her youth, she was known for her portrayal of the irrepressible Zelda Gilroy in the television series, "The Many Loves of Dobie Gillis."

NOT THE FLU

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Take time out of your holiday activities to get your flu vaccination.

If you haven't been vaccinated yet, do it today! Everyone six months of age and older should receive a flu vaccination, unless they have a medical reason not to. Flu cases peak in January and February and continue into the spring, so it's not too late.

Share the gift of knowledge with family, colleagues, and clients.

Spread the message that flu vaccinations are the best way to prevent the flu, are safe, and do not cause the flu.

Spread holiday cheer, not the flu.

Our colleagues, families, clients, and communities are counting on us to stay flu-free. To avoid catching and spreading the flu, get vaccinated and follow these tips to stay germ-free:

- Wash your hands often with soap and warm water.
- Cover your coughs and sneezes with a tissue or cough or sneeze into the bend of your elbow.
- If you are ill, stay home until you are fever-free without fever-reducing medications for at least 24 hours.

Where can I get my flu shot?

- Your regular health care provider. Most insurance plans cover flu vaccinations at no-cost.
- A local pharmacy. Ask if they can bill your insurance or offer any discounts for flu vaccines.
- Public Health Flu Vaccination Clinics.

Visit <http://www.publichealth.lacounty.gov/docs/fluclinics.pdf>.

Did you know that:

- A person with the flu can spread it as far as six feet away when they cough or sneeze.
- Flu viruses can live on surfaces such as doorknobs for up to eight hours.

Prevent the spread of flu. Get vaccinated!



Stay healthy and in good spirits during this holiday season! Follow these 12 simple, yet powerful tips from your colleagues at the Department of Public Health to help make your holiday season safer, healthier, and more enjoyable:

1. Enjoy those once-a-year holiday treats. Just eat fewer of them. It is possible to indulge without packing on the holiday pounds. Choose the items you can't live without, and enjoy them in smaller portions. Choose Less, Weigh Less.
2. Get moving and not just at the gym. Park your car further away from the entrance of the grocery store or shopping mall. Take the stairs at the shopping mall instead of the elevator or escalator. Turn your holiday cleaning into a workout. And the best way to get exercise during the holidays? Dance!
3. Decorate safely. Holidays are the time to bring out the tinsel and lights, but accidents can happen when decorations go awry. Use flame-resistant or non-combustible materials to trim a tree. And when you leave your home or go to bed, be sure to turn off all holiday lights inside and outside your residence.
4. Manage your stress. The holidays don't need to take a toll on your health. Be mindful about overcommitting and overspending to reduce your stress level. Balance work, home, and holiday parties. Set realistic expectations for yourself and your family this holiday season. And above all, try to get enough sleep each night to stay well-rested, refreshed, and ready to go!
5. Wash your hands. Germs can survive on door handles, railings, and other surfaces you touch with your hands. After being in crowded places and always before eating, wash your hands with warm water and soap for at least 20 seconds (hum the "Happy Birthday" song from beginning to end twice) or use an alcohol-based hand sanitizer that contains at least 60% alcohol.
6. Don't skip meals to save calories for later. Skipping meals can cause you to overeat and consume more calories than if you had small meals throughout the day. Start your day with a healthy breakfast – a key to long-term weight loss.
7. Do something for someone else. It doesn't have to take a lot of time or money to remember others this holiday season. Donate to a charity; volunteer at a senior home or a homeless shelter; serve a meal to a hungry family; or invite friends over to spend a holiday with you.
8. Avoid foodborne illness by washing fresh fruits and vegetables thoroughly, separating raw meat and poultry from other food, and using separate cutting boards, knives, and platters to prepare meats. Keep hot foods hot and cold foods cold. When in doubt, throw it out.
9. Practice safety first this holiday season. Shop with a friend; park in a well-lit space; don't leave shopping bags in plain sight; avoid carrying large amounts of cash; and don't overburden yourself by carrying too many packages. Be alert and aware of your surroundings during the holiday hustle and bustle.
10. Drink up, water, that is. Did you know that there are 22 packets of sugar in a regular 20-ounce soda? You wouldn't eat that many packs of sugar, so why would you drink them? Try water, unsweetened tea, or low-fat milk for a satisfying thirst quencher that won't pour on the pounds.
11. Don't let holiday stress allow you to give in to your cigarette craving. Instead, brush your teeth, drink water, take deep breaths, grab a cinnamon stick, or go for a walk. Call the California Smokers' Helpline to talk with a counselor who can offer free help and a plan to quit for good. The Helpline is open Monday through Friday, 7 a.m. to 9 p.m., and Saturday and Sunday, from 9 a.m. through 5 p.m., at 1-800-NO-BUTTS (1-800-662-8887).
12. Give the gift of health. Start new holiday traditions with family and friends that are centered on eating healthy, moving more, and living tobacco free. Small steps can add up to big improvements in your and your family's health, and that's a gift worth giving this year.

For more tips, visit Public Health's Choose Health LA initiative on Facebook or Twitter @ChooseHealthLA or at www.ChooseHealthLA.com.





VANPOOL



The County of Los Angeles Commuter Benefit Plan

Save on your monthly vanpooling expenses by enrolling in the County of Los Angeles Commuter Benefit Plan. Set aside money, before taxes, to pay for vanpool expenses. On average, you will save up to 30% on your commuting expenses each month.

What is a vanpool?

Vanpooling is a convenient and economical way to save time, save money, save the environment, and reduce stress on the way to work.

How do vanpools work?

The vanpool must qualify as a "commuter highway vehicle". It must be a leased vanpool, owned and operated by public transit authorities or by private businesses. It cannot be a group of employees simply carpooling. The van must seat at least six adults (excluding the driver). At least 80 percent of the vehicle must be for transporting employees between their homes and workplace with County employees occupying at least one-half of the vehicle's seats (not including the driver's seat).

Real savings in action.

Your savings work by lowering the income that's subject to federal income tax and state income tax. Your savings depend on your commuting expenses and your tax situation, plus the monthly pre-tax limits set by the IRS. Bottom line: Most vanpoolers save between \$200 and \$1,100 a year. Here's an example — try it yourself.

ESTIMATED ELIGIBLE EXPENSES	EXAMPLE	YOUR ESTIMATE
Public transportation		
Vanpool	\$130	
Total	= \$130	=
Total taxes (30%)*	x 0.30	x 0.30
Estimated savings per month*	= \$39	=
Estimated savings per year*	= \$468	=

Enrolling in Your Vanpool Election:

To enroll in the vanpool benefit, take the following steps:

1. Log in to www.wageworks.com.
2. Select ENROLL IN COMMUTER or click on the Commuter Account section on the DASHBOARD page.
3. Select Transit Plan.
4. Select NEXT on the Instructions page.
5. Select your operator on the Select Operator page.
6. Select Transit PASS Plan on the Select Plan page.
7. Enter your Monthly Election amount on the Select Monthly Amount page then select NEXT.
8. Select SUBMIT to Confirm Enrollment.

Questions?

Customer Service Specialists are available to answer your questions before, during and after you enroll. They can also walk you through the online process. Call Customer Service at 1- 855-428-0446 to speak with a specialist, Monday through Friday from 5 a.m. to 5 p.m. Pacific Time.

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: Natividad Munekiyo, Patricia M. Premmer, Clidell Wiggins

INTERNAL SERVICES: Kenneth Turner

PUBLIC SOCIAL SERVICES: Gay Cox, Belinda J. Porter-Hende, Anna M. Sotelo

40+ Years

ASSESSOR: Mary Jane Baysa

COMMUNITY & SENIOR SERVICES: Susana Huesca

HEALTH SERVICES: Mary Jones, Alfred Marin, Bonita R. Scaife-Brown

MENTAL HEALTH: Donnakay Davis, Leslie K. Hill

PUBLIC SOCIAL SERVICES: Maria E. Untalan, Pamela M. Yancey

SHERIFF: Loren C. Demke

35+ Years

DISTRICT ATTORNEY: Karen Rizzo

HEALTH SERVICES: Kathryn R. Challoner, Marciano G. Chavez, Anita L. Garcia, Adolphus Kincaid, Connie A. Olguin, Deborah A. Ross, Sharon D. Webster, Dwaine Wooten

PUBLIC HEALTH: Ida P. Smith

PUBLIC SOCIAL SERVICES: Nelva Cordova

PUBLIC WORKS: Michael N. Catello, Lawrence C. Vega

SHERIFF: Roberta A. Abner

30+ Years

ALTERNATE PUBLIC DEFENDER: Reymundo Mijares

CHILDREN & FAMILY SERVICES: Diane C. Wagner

CHILD SUPPORT SERVICES: Judith Rubin

COUNTY COUNSEL: Ksenia Salamon

FIRE: Thomas A. Fahrny, William A. Fiers, Neil F. Milner

HEALTH SERVICES: Willie Banks, Martina Elizalde, Sharon K. Morgan, Novarro C. Stafford, Teddy T. Sun, Shya Kung

INTERNAL SERVICES: Andre J. Ransons

PUBLIC HEALTH: Maria G. Lara

PUBLIC SOCIAL SERVICES: Odell Bonner, Tawanna Green

PUBLIC WORKS: Stephen Knapp, Eddie Meeks

SHERIFF: Kathy S. Browning, Jose A. Diaz-Infante, Maximo M. Espinosa, Noel M. Furniss, Michael J. Peck, Robert M. Rifkin, James L. Ritenour, Jeffrey S. Trevillyan, Yvette Williams, Lyndell R. Woodbridge

SUPERIOR COURT: Gwendolyn D. Jones, Darlene McKinney

25+ Years

AGRICULTURAL COMMISSIONER/WEIGHTS & MEASURES: John R. Cervantes

CHILDREN & FAMILY SERVICES: Melanie Duggan, Barbara J. Herron, Graciela Vargas

CHILD SUPPORT SERVICES: Brenda J. Moore, Betty J. Thomas

DISTRICT ATTORNEY: Farrel Evans

FIRE: Eudell L. Cunningham

HEALTH SERVICES: Kearlene Brooks, Laura Y. Ceballos-Mejia, Nancy Dunn, Floyd L. Neal Jr., Joellen F. Nelson, Maria L. Sanchez

MENTAL HEALTH: Gloria S. Sheppard, Jean L. Wong

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PUBLIC LIBRARY: Brian Pennington

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Rideshare L.A. County!

*from the CEO/
Office of Workplace Programs*

This is the time of year for celebration and well wishes. Rideshare L.A. County would like to wish you well this holiday season.

December is Commute Safely month. If you are driving, drive safely and enjoy the glow of the season with your loved ones and friends. If you are ridesharing, please do so safely.

Thank you for helping Los Angeles County clean the air and help save lives. Check out our newly updated website at www.rideshare.lacounty.gov.

Have a great Holiday season.



Don't Let Debt Spoil Your Holiday Season

Giving gifts is an exciting part of the holiday season. Watching children and family members and friends open their presents can truly make our year-end celebrations magical.

But for many consumers, giving gifts can quickly turn into overspending.

There's a constant barrage of advertisements for items on sale such as Black Friday, Cyber Monday, and End of the Season. It can be difficult to pass them up. And there's the pressure of trying to get the right present for everyone on your list. It can be easy to lose control and wind up facing a New Year with a new burden of debt.

The Department of Consumer Affairs wants you to spend wisely this holiday season. Here are some important tips to keep you from falling into debt with your holiday shopping:

1. Plan ahead

Get a better understanding of your finances. Check your bank account balance. Check what bills you have to pay this month (and the months ahead). Then compare that amount to how much money you earn. Write it all down and decide how much you can truly afford to pay for gifts this season. Once you have that number you have a plan. That's your budget. Do not break it! You might want to consider using layaway to make purchases more manageable.

2. Keep track of every dollar

Every time you purchase a gift, write down what you spent. Do the same for everything you spend on decorations, wrapping, or other holiday-related spending. Keep your receipts in a safe place at home and compare what you're spending to your original budget.

3. Make a list (and check it twice)

Before you head to the stores or sign on to shop online, determine who really needs to be on your shopping list. You don't have to buy a gift for every uncle, aunt, cousin, co-worker, guy at the gym, lady at church, mail carrier, or neighbor. Consider purchasing a family gift that everyone can share like video games or DVD's instead of buying individual gifts for everyone. That can help you maximize your money.

4. Cut back on other expenses

If you plan on purchasing a lot of gifts, it may be wise to take inventory of your current spending habits and identify areas where you can make cuts. For example, you may need to limit your trips to your favorite coffeehouse, cook more instead of eating out or use public transportation to save on fuel costs to free up some of your money. If money is tight, then make your list tight. We've all been there. Your friends and family will understand.

5. Consider cash

"What's in your wallet?" The credit card companies want it to be their product. They make money when you overspend and pay interest rates on your debts. Once you determine your budget, then you can consider putting that amount of cash in your wallet and only use that amount. You can't spend what you don't have! But keep in mind that this method does not help to improve your credit since cash transactions are not reported on your credit report. Don't be afraid to give cash as a gift. Wouldn't you rather have some cash than a gift card to a store or restaurant you may or may not even like? Your loved ones might feel the same way.

6. Get creative!

Are you crafty, a talented cook or skilled baker? Consider using your talent to make gifts for your loved ones instead of buying gifts. This gives you the opportunity to make something personalized for your loved ones and can save you a lot of money. Plus, they'll likely be impressed by your thoughtfulness.

7. Team-up with a friend or relative

If you want to buy a luxury gift for someone but can't afford the cost, consider teaming up with someone else so you can split the cost of the gift.

8. Be cool with your credit

If you decide to use a credit card, stick to just one or two cards at most. It's much easier to be disciplined with spending when every purchase is listed on the same bill. If your credit card offers rewards, take advantage of them now. You'll need every break you can get. Be extra careful about department store or big-box store credit cards. Don't make a rash decision when you're at the checkout line to open a new store account. If you're interested, seek out the information and understand the terms and limitations before the cashier makes you a tempting offer.

9. Consider waiting until after Christmas

Won't see a friend or loved one until New Years? That gives you the opportunity to take advantage of after Christmas sales and maybe score deep discounts.

For more information on purchases or other consumer issues, contact us at (800) 593-8222.