



Got Art?

A Peek into the Los Angeles County Museum of Art

LACMA’s got art! And not just any art, but some of the world’s greatest.

Located along Museum Row on Wilshire Boulevard, the Los Angeles County Museum of Art (LACMA) is the largest art museum in the western United States and home to a collection of more than 120,000 objects from ancient to contemporary. It shares its vast collection through exhibitions, public programs, and research facilities that attract more than a million visitors annually, in addition to serving millions through digital initiatives.



“Our museum is accessible to everyone, including public spaces for a relaxed, fun and casual feel,” says Michael Govan, LACMA Chief Executive Officer and Wallis Annenberg Director. “You don’t have to travel outside of Los Angeles to appreciate art from all over the world.”



Among the museum’s significant collections are Asian and Southeast Asian art, Latin American art, and Islamic art.

“We have the best Korean art outside Korea,” says Govan. “Not to mention our massive collection of Indian art. However, there are other masterpieces that are displayed only rarely due to their delicate nature. One of them is *Ardabil* carpet, made in Persia in the 10th century and a gift to the museum by J. Paul Getty.”

Having added 19,000 more artworks to its collection since 2007, as well as doubling its exhibition program and expanding

its campus, LACMA has doubled its attendance. An increased use of social media by the museum such as Twitter (LACMA was the first museum to tweet in Spanish), Facebook, Snapchat, Pinterest, and Instagram has contributed to the rise in attendance, but the artworks themselves also draw people to LACMA.

The installation of “Levitated Mass” also known as “the rock” drew millions of viewers worldwide. Angelenos lined the streets which spanned four counties and 22 cities and posted pictures and tweeted at “the rock” as it made its way to its permanent

home. In addition to “the rock,” another popular art installation is “Urban Light” by Chris Burden.

Following the opening of the Academy Museum of Motion Pictures next door in 2017, LACMA will have its own transformation—a new building will arise and replace four of the current, aging buildings.

“Our physical facility has to be replaced,” Govan says. “It is more expensive to restore than to replace.”

Got art, you asked? LACMA does, including abstract expressionist Jackson Pollock’s *No. 15* which was not deemed “art” when it was acquired in 1951. In order to accept the artwork, a condition was attached to the agreement that stated “the painting would be acquired for educational purposes only and would not be hung on the gallery walls.”

Today, Jackson Pollock is one of the most revered artists of the twentieth century and his *No. 15* is among the celebrated artworks and a highlight of LACMA’s collection.

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CALENDAR OF EVENTS

Los Angeles County Museum of Art

(323) 857-6010
www.lacma.org

Through October 26 – Fragmentary Tales: Selections from the Lloyd Cotsen “Textile Traces” Collection

Through November 30 – Sam Durant: Proposal for White and Indian Dead Monument Transpositions, Washington, D.C.

Through November 30 – The German Paintings 1913–1915

Through November 30 – African Cosmos: Stellar Arts

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

Through April 26 – German Cinema in the 1920s

Center Theatre Group

(213) 628-2772
www.centertheatregroup.org

Ahmanson Theatre

Through November 2 – The Trip to Bountiful

Kirk Douglas Theatre

Through October 26 – Forever

Mark Taper Forum

November 12 through December 21 – What the Butler Saw

Dorothy Chandler Pavilion

October 25 through November 15 – Dido & Aeneas/
Bluebeard’s Castle

November 8 – Sondra Radvanovsky in Recital

Walt Disney Concert Hall

October 24 through 26 – Happy Birthday, “Hurricane Mama”:
Salonen, Saariaho & Sibelius

October 18 and 25 – Toyota Symphonies for Youth: The Organ:
Stops, Keys, Pedals and Pipes

October 26 – Joshua Bell in Concert

Grand Park

www.grandparkla.org

Every Wednesday and Thursday – Lunch A La Park

October 25 – Noche De Ofrenda

October 26 – Altars: Dia De Los Muertos

November 1 – Downtown Dia De Los Muertos Concert

Hollywood Bowl

(323) 850-2000
www.hollywoodbowl.com

October 24 – CBS Radio’s “We Can Survive”

October 25 – Luke Bryan

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



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

Check out the DIGEST at

<http://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

Complementary and Alternative Medicine (CAM)

Part 3 in a Series of 3

Complementary and Alternative Medicine (CAM) is increasingly popular. This series presents common types of CAM, how they might work, and what conditions they may help with.

Note: CAM may not work for certain acute or chronic conditions. Before using CAM, talk with your doctor.

Herbal Medications: Use of herbs to treat illness and injury is very common. Many believe “natural” products are safe and good for them. This is not necessarily true. Herbal medicines do not go through the testing that drugs do. Some, such as ephedra, can cause harm or interact with drugs.

There is limited evidence for the efficacy and safety of most herbal products. Among the most popular:

- Chamomile: often used for sleep disorders and anxiety, but little evidence of benefit.
- Garlic: lowers cholesterol levels. Side effects include gastrointestinal problems and garlic breath.
- Ginger: not effective for nausea, for which it is commonly used. There is a possible increased bleeding risk.
- Ginkgo: mildly effective for dementia and improving pain-free walking distance in patients with claudication, but concerning for spontaneous bleeding.
- Kava: effective as a sedative and relaxant for anxiety, but may cause liver damage.
- Peppermint: may be effective in relieving irritable bowel syndrome symptoms. There are no severe side effects.
- Soy: lowers cholesterol, but not effective for post-menopausal symptoms. There are no severe side effects.

- St. John’s wort: likely effective for mild-to-moderate depression, but has many drug interactions.

Massage Therapy: There are many different styles of massage (e.g., Chinese, Shiatsu, Swedish, Thai), which may work by relieving trigger points. Massage therapy is effective in treatment of anxiety and depression, and for fibromyalgia pain (good evidence), chronic musculoskeletal low back pain (moderate evidence), and, perhaps, recovery from exercise/athletics.

Chiropractic: Chiropractic is the use of spinal manipulation/adjustment to heal. The evidence of benefit is limited to musculoskeletal low back pain. There are significant risks to manipulation of the upper spine and neck (stroke and death).

Veterans and Armed Forces Appreciation Day Football Game

This year’s Veterans and Armed Forces Appreciation Day Football Game will match the UCLA Bruins against the Arizona Wildcats on Saturday, November 1, 2014, at the Rose Bowl.

Pre-game festivities will include a Veterans and Armed Forces Outreach Exhibit Fair in Lot H of the Rose Bowl.

Halftime will feature a “Veteran of the Year” ceremony. The honoree, selected from nominations received from recognized veteran service organizations, is a representative veteran whose lifetime accomplishments are in the highest tradition of those who served. This year, we are pleased to have Lt. General Samuel A. Greaves, Space and Missile Systems Center, Los Angeles Air Force Base and Major General (Retired) Peter Gravett, Secretary, California Department of Veterans Affairs present the award.

One (1) FREE Reserved Seat ticket is generously provided by UCLA to all active members of the United States Armed Forces. Active members and veterans can purchase up to eight Reserved Seat tickets for \$25 per ticket. For more information, visit uclaBruins.com/ARMEDFORCES. (See page 8.)

WeTip
WELFARE FRAUD
1 (800) 87-FRAUD

Ebola Virus Disease (Ebola)

What is Ebola?

Ebola is a rare disease that has caused outbreaks (more disease than usual) in West Africa. Right now, there is a large Ebola outbreak in countries, like Guinea, Sierra Leone, and Liberia.

How does Ebola spread?

Ebola spreads from person-to-person by direct contact with a patient's body fluids, like saliva, blood, vomit, urine, feces, and sweat. The virus gets into the body through broken skin or mucous membranes. Ebola can also be spread by infected objects, like needles, that have been tainted with body fluids. Ebola can also spread after death, when preparing the patient's body for burial. Ebola can't spread through the air, in food, or water.

It takes 8-10 days for most people to get symptoms, but it can range from 2-21 days. Patients can spread the virus while they have fever or other symptoms. People who don't have symptoms can't spread Ebola.

What are the symptoms of Ebola?

Ebola can cause these signs of disease:

- Headache
- Vomiting
- Fever
- Stomach pain
- Weakness
- Lack of appetite
- Diarrhea
- Abnormal bleeding

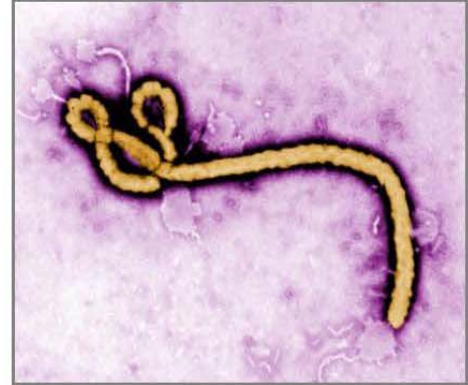
How is Ebola treated?

There is no specific medicine or vaccine for Ebola. Instead, treatment focuses on keeping the patient alive by giving fluids and managing the serious health problems that can happen.

What is the Department of Public Health doing to prevent Ebola in LA County?

To date, there are zero cases of Ebola in LA County. We are taking safety measures to prevent and stop its spread in LA County if a case were to come here. For example, we are working with:

- Doctors and hospitals in the County, the CDC and the California Department of Public Health to find anyone who could have the disease.
- The Los Angeles International Airport (LAX) to identify any person with signs of disease coming from the outbreak area.
- Doctors and hospitals in LA County to make sure they use good infection control practices to prevent the possible spread of Ebola if they see a patient who may have the illness.



Key Points

- The risk of getting sick with Ebola is very low in the U.S. and in LA County.
- Ebola patients can only spread the disease when they have symptoms.
- A person must have direct contact with a patient's body fluids to be infected.
- The department is taking safety measures to prevent its spread in LA County, if a case were to come here.

For More Information

Los Angeles County Department of Public Health

www.publichealth.lacounty.gov/media/ebola.htm

California Department of Public Health

<http://cdph.ca.gov/programs/cder/Pages/Ebola.aspx>

Centers for Disease Control and Prevention

<http://www.cdc.gov/vhf/ebola/index.html>

10th Anniversary of Centro Estrella Family Resource Center

Supervisor Gloria Molina Joins Eastside Community in Celebration

Los Angeles County Supervisor Gloria Molina recently joined special needs children and their families – plus the Eastside medical, social services, and civic community – to celebrate the tenth anniversary of the Centro Estrella Family Resource Center in unincorporated East L.A.

“Centro Estrella started out as just a twinkle in the eye,” said Supervisor Molina. “When I was first elected to the Board of Supervisors, I was approached by a group of Spanish-speaking parents who urgently needed a facility for their special needs children. Most parents were monolingual – and many had children with hearing problems or speech impediments. I quickly realized that the services they needed were practically non-existent – and what did exist certainly was not centralized. Navigating the state’s Regional Center system was another incredible challenge. Parents did not have advocates to teach them about the services they were entitled to — and they could not effectively communicate in English to fight for these services. So when I became County Supervisor, I was determined to fill this gap.”

During her tenure in the California State Assembly from 1982 to 1987, Molina had learned a lot about special needs children and adults – and it was during this time that she met Dr. Jean Champommier.

“Jean is one of the very few people who, when called upon, never says ‘No’ to you,” Molina said. “Dr. Champommier is one of the most compassionate, determined, assertive, and incredible providers of social services I have ever had the pleasure to work with. He had never operated an aquatics therapy

program before. But we convinced him to join this labor of love and he stepped up to the plate.”

Centro Estrella’s indoor swimming pool offers aquatics therapy in an indoor pool setting, which opened to the public in March 2006. The entire Centro Estrella facility cost approximately \$8.8 million.

“Just a decade ago, no facility existed on the Eastside where special needs children, their parents, their siblings, or their caregivers could get the comprehensive services they needed,” Molina said. “So families had given up. They were tired of being denied services time and time again by the state, and weary from struggling at home alone with their child — often feeling frustrated and hopeless. No longer! Now, we have Centro Estrella, an East L.A. treasure providing every amenity necessary – and right in the heart of the neighborhood. Centro Estrella also

offers preschool classes, after-school programming, mental health counseling, a strong parent council, and so much more. Many, many thanks also to Roger Castañeda, Lourdes Caracoza, Gabriela Gonzalez, Dr. Castulo de la Rocha of AltaMed, and my amazing Field Director Martha Molina-Aviles for being there since day one. It is because of an incredible partnership between committed staff, clinicians, teachers, counselors, and physicians that

Eastside special needs children receive the high quality of care they deserve – and their caregivers get the tools they need to be empowered. ¡Mil gracias!”



Then...



23rd Annual L.A. County Employees Chess Tournament

Sponsored by CAPE, California Association of Professional Employees, AFL-CIO

Where

Kenneth Hahn Hall of Administration
500 W. Temple Street, Room 743, Los Angeles, CA 90012

When

Thursday, November 6, 13, 20, 2014
Thursday, December 4, 11, 18, 2014

Time

Registration/Administration from 6 p.m. to 6:15 p.m.
Games start at 6:15 p.m.

Format

Six Rounds Swiss System

Time Control

Game 65 minutes + 5 seconds delay per player

One-Time Entry Fee

\$5

Registration

Call or email your name, County department, and phone number to any of the contacts below.



Contacts

Eustacio Villafuerte • 626 274 5844 • toychess@hotmail.com
Paul Jones • 909 210 3775 • pj4500@yhoo.com

Prizes

3 Trophies for Open Section
3 Trophies for Novice Section (if enough players)

Trophies will be awarded by the CAPE Board on a future date. Snacks and souvenirs will be provided!

Find us on Facebook

L.A. County Employees Chess Club

Los Angeles County
African American Employees Association
Presents...
A DAY of DIVERSITY and Giving

Thursday, October 30, 2014
11 a.m.—2 p.m.
Kenneth Hahn Hall of Administration
500 West Temple Street, 2nd Floor Lobby
Los Angeles, CA 90012

Culture. History. Art. Food.
Opportunity Drawings. Give-aways. and More!

Please join us as we celebrate National Cultural Diversity Awareness Month in the County Community. Visit the exhibits and learn about the history, culture, and heritage, of a few of the County's employee associations. Experience a different culture, learn about other customs and traditions, shop arts and crafts, bid on silent auction items, enter opportunity drawings, and, of course, celebrate our diversity with your taste buds as you sample traditional ethnic cuisine.

In honor of our cultural diversity, we are also celebrating the joy of giving back to our communities. Please visit the Charitable Giving Campaign Exhibit and make a donation on behalf of National Cultural Diversity Awareness Month.

Come celebrate this "Day of Diversity and Giving" with us!

Veterans Village

A Supportive Environment for Our Nation's Heroes

The Community Development Commission (CDC) joined Supervisor Michael D. Antonovich, El Monte City Mayor Pro Tem Bart Patel, and Mercy Housing California to celebrate the grand opening of El Monte Veterans Village (Veterans Village).

Veterans Village is the first permanent supportive community for homeless veterans in the San Gabriel Valley. This landmark development paves the way for future efforts to provide affordable, service enriched, supportive housing for homeless veterans in the Los Angeles area. The \$12 million, 40-unit comprehensive affordable housing development for veterans is built in close proximity to El Monte's downtown areas, services, transit lines, and the local Veterans of Foreign Wars facility.

The City of El Monte, in partnership with Mercy Housing and New Directions, Inc., orchestrated the success of Veterans Village. The CDC was honored to partner in this project, and invested \$2.45 million of its City of Industry funds. Additionally, the Housing Authority of the County of Los Angeles provided 40 Project-Based Veterans Affairs Supportive Housing (VASH) vouchers to ensure the units remain affordable.

New Directions, Inc., the lead service provider, will oversee onsite supportive services such as case management, health and wellness programs, benefits claims assistance, legal services, substance abuse recovery support, and social and recreational activities.

Sean Rogan, CDC Executive Director said, "Veterans sacrifice all they have to ensure our safety and freedom. Veterans, who are homeless or on the verge of homelessness, deserve our support. Developments like Veterans Village offer the opportunity for leaders and the community to embrace them and provide the services needed to live comfortably."



Share Your Heart Share Your Home

No Child Should be Alone on the Holidays

The holidays are around the corner. Many foster youth will be spending them in a group home with counselors and other paid staff. While many children will be wishing for a bike or an iPhone for Christmas, youth in foster care will be wishing for a caring family to be with. However, finding an adoptive family for older youth and teens

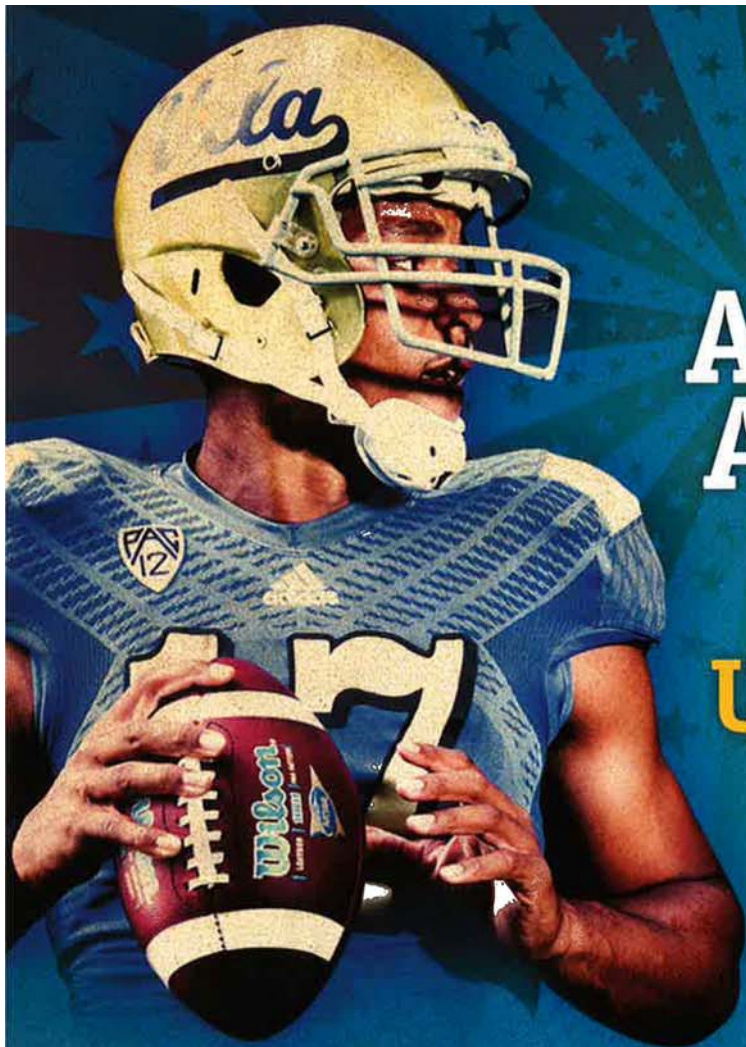


can be scary not only for families, but for youth who have experienced so many losses, unkept promises and multiple moves, and have trouble trusting adults. That is why we have the Kidsave Weekend Miracles (Kidsave) Program.

Kidsave gives adults, who are not ready to foster or adopt, an opportunity to impact an older youth's life by becoming a host. Hosts spend two days a month on weekends with a youth in foster care. They are advocates, role models, and guide youth between the ages of nine and 17. They work with the Department of Children and Family Services (DCFS) and Kidsave to help find the youth a permanent adoptive family or lasting connection.

Meet adorable Dejuan, one of our youth in Kidsave, who is waiting for a host. He is a bit shy when you first talk to him and needs a little coaxing to come out of his shell. Once he does, however, you will find an intelligent 12-year-old spirited boy who can joke and tease with the best of them. Dejuan is a Dallas Cowboys fan and loves to watch and play football. When he works up an appetite, he cannot wait to bite into hot barbecued ribs! As Dejuan enters his teen years, he needs someone to be his fan and root for him. He needs the guidance of an adult who cares about him. Do you have two days a month to be that special connection for Dejuan?

To learn more about being a host to Dejuan or another child, visit www.kidsave.org or call Barbara Alvarado at (310) 642-7283. To learn more about adopting Dejuan or another child, visit www.ShareYourHeartLA.org or call (888) 811-1121. You will really know what the holidays are all about!



18TH ANNUAL
**Veterans &
Armed Forces
Appreciation
Day**

UCLA FOOTBALL
vs.
Arizona

SATURDAY, NOVEMBER 1

ACTIVE MILITARY: Receive one (1) FREE Reserved Bench ticket to the game. Option to purchase up to eight (8) additional Reserved Bench tickets for \$25/ticket (50% off public price).

Free ticket must be picked up in person with valid military ID.

VETERANS: Purchase up to eight (8) Reserved Bench tickets for \$25/ticket (50% off public price).

Ways to obtain your Veterans & Armed Forces Appreciation Day tickets:

1. Purchase online at uclabruins.com/armedforces. Use promo code "uclatroops"
2. Call 310-UCLA-WIN (825-2946)
3. Visit the UCLA Central Ticket Office before Nov. 1 and show your military or veteran ID
4. Show your military or veteran ID at the Rose Bowl box office on game day



FOR MORE INFORMATION VISIT uclaBruins.com /ARMEDFORCES

UCLA... CHAMPIONS MADE HERE

Learn Home Fire Safety

As temps cool down, stay safe and warm without risking your life

October is Fire Safety Month. The most important place to prevent fire is in your own home. More than 2,500 Americans die each year in house fires. Seventy percent of all fire deaths occur in homes without working smoke detectors. The Los Angeles County Fire Department is asking all County employees to protect themselves in their homes by planning ahead, spotting potential home fire hazards, and making needed repairs. Throughout October, home fire prevention and safety tips will be shared on the Fire Department's Facebook, Twitter and YouTube pages, and its website at www.fire.lacounty.gov.

“The number one thing to do is have at least one working smoke detector in your home,” says Fire Chief Daryl L. Osby. “Smoke detectors are inexpensive and provide critical protection for you and your family. Install one on every level of your home. Doing this can double your chances of survival.”

Just having smoke detectors isn't enough; it is equally important to test them monthly and keep them clean and operable.

“Make sure to replace the batteries twice a year, when we start and end daylight savings time, which is in the spring and fall. This year daylight savings time ends on November 2,” says Osby. “Smoke detectors themselves should also be replaced every 10 years, or as recommended by the manufacturer.”

Since smoke detectors can only warn you about danger, employees should take action to prevent all types of home fire dangers. For example, never overload circuits or extension cords, and don't place cords or wires under rugs, over nails, or in high traffic areas. Also, use appliances wisely by following the manufacturer's safety precautions. For example, don't use your gas oven to heat your home, and be sure to unplug appliances when not in use.

“Safety also means having a home fire evacuation plan and practicing it as a family at least twice a year,” says Osby. “Make sure that you know two ways out of each room of your home, and do not block these two areas with furnishings. If you are going to use a window as an escape route, make sure that there are no bars on the windows. If there is, make sure that they have a quick release lever on them. Once you're out of the house, stay out. Never go back into a burning building for any reason. Tell your firefighters instead – they are trained and equipped to perform rescues safely.”

The L.A. County Fire Department is also asking all County employees 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 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.”

As temperatures start to cool down across Southern California, make sure to check your home furnace to see that it is working properly before its first seasonal use. Don't risk your safety trying to stay warm!

LACERA Election Results

At its meeting of September 16, 2014, the Board of Supervisors approved the results of the August 5, 2014 elections for the Los Angeles County Employees Retirement Association. The Board declared Mr. David Green elected to the office of the Second Member, Board of Investments; Mr. Yves Chery elected to the office of the Second Member, Board of Retirement; Ms. Diane A. Sandoval elected to the office of the Eighth Member, Board of Investments; Mr. William “Bill” De La Garza elected to the office of the Eighth Member, Board of Retirement; and Mr. David L. Muir elected to the office of Alternate Retired Member, Board of Retirement.

October is National Cyber Security Awareness Month

Protect yourself and help keep the Internet a safer place for everyone

On September 30, 2014, the Board of Supervisors proclaimed October 2014 as National Cyber Security Awareness Month (NCSAM). This proclamation recognizes that the County of Los Angeles has a vital role in identifying, protecting, and responding to cyber threats that may have significant impact on the privacy and security of our individual and collective information.

What is National Cyber Security Awareness Month (NCSAM)

NCSAM is observed every October since its inception in 2004. It was created as a collaborative effort between government and industry. Along with NCSAM, the Stop.Think.Connect.™ Campaign has been designated as the National Public Awareness Campaign, aimed at increasing the understanding of cyber threats and empowering the American public to be safer and more secure online.

What Is Cyber Security

To protect your personal information (e.g., social security number, medical record) and money from the scammers,

hackers, identity thieves, and organized cyber syndicates; steps are available, like keeping your computer software up-to-date and giving out your personal information only when you have reason to.

Why Is Cyber Security so Important

County employees and residents are increasingly reliant on information systems in using financial services, energy, telecommunications, transportation, utilities, and health care. Cyberspace security is a shared responsibility where each of us has a critical role to play, and the awareness of computer security essentials improves the overall County's information security infrastructure and economy. NCSAM encourages all County residents to visit the following websites to learn about cyber security and put the knowledge into practice in their homes, schools, workplaces, and businesses.

CYBER SECURITY
continued on page 18

WAYS YOUR PET'S CAN ENJOY A FUN, AND SAFE HALLOWEEN.

Be safe; keep pet's in a separate room while trick-or-treaters come by, as they may become frightened.

Keep sweets out of your pet's reach. Sweets (especially chocolate) can cause serious health risks.

With Halloween decorations, make sure all wires, pumpkins, and candles are kept away from your pets.

Unless you KNOW your pet is comfortable being dressed up, costumes can cause unneeded stress.

If they do remain calm and happy while in costume, please make your pet can move, hear, breathe easily, and bark or meow.

Identification is key; should they get loose, make sure your pet has the proper information on their tag, and is microchipped.



*Brought to you by your friends at
the Department of Animal Care and
Control.*



Domestic Violence Awareness

Established in 1979, the Los Angeles County Domestic Violence Council (DVC) provides leadership and support of a victim/survivor-centered, coordinated Countywide approach to addressing intimate partner violence. Comprised of members from shelter agencies, community groups, and County and City agencies, the DVC facilitates interdepartmental coordination of services, reviews legislation, and serves as a forum to raise public awareness of services and develop strategies to stem the incidence of domestic violence. The DVC conducts public awareness campaigns and offers professional domestic violence trainings.

National Domestic Violence Hotline (24 hour)
(800) 799-7233
L.A. County Hotline (24 hour)
(800) 978-3600

11.20.2014

The County of Los Angeles
 Department of Public Works
 Women's Leadership Council
 presents

**5TH ANNUAL
 WOMEN'S LEADERSHIP
 LEGACY CONFERENCE
 "THE LEGACY PROJECT"**

November 20, 2014
 7:30am-4:30pm
 Pasadena Convention Center
 300 E. Green Street, Pasadena, CA 91101

Individual Ticket \$60

Join us for this innovative conference featuring inspiring speakers in leadership positions in government, the workplace, and the community.

The Women's Leadership Conference goes green!
 A Carbon-Neutral Event.

For more information, please check: <http://dpw.lacounty.gov/general/leadershipconference/>

DHR's Wellness Corner

Bringing you inspiration from around the County

Prepare to Do Battle by Staying Fit!

by Mary Gilmore, breast cancer survivor (Department of Human Resources)

All my life I have been an avid workout enthusiast. Heart disease ran in my family. My father had a major heart attack and quadruple bypass at age 57 and my grandfather had a series of strokes in his 60s and 70s. I was determined to beat the odds and began a lifelong journey of fitness. I joined a gym and began cycling in my 20s and was careful to watch my diet and weight. That being said, being human, I love treats as much as the next person! I learned that if I ate healthy during the week and put in at least four workouts, I could eat whatever I wanted on the weekends. All of my numbers such as cholesterol and glucose were great and I had boundless energy.

All of that changed in 2008 when I was diagnosed with Stage 2A breast cancer. For the first time in my life, I was faced with a health crisis! I needed surgery, four rounds of chemotherapy, and eight weeks of radiation. I couldn't believe it. The healthiest person I knew was preparing to battle cancer! I was so grateful for all the years I had dedicated to fitness and health because what normally could fell anyone was not going to deter me. I became an expert on my disease

and constantly quizzed my physicians. I knew I could do this. I had prepared all my life for the fight of my life and I would not fail! I worked through the six months of treatment, continued my cycling and yoga to keep a balance in my life, and ate cautiously to ensure continued health. I never had a sick day that year or for four years after that.

To commemorate surviving this ordeal, I celebrated in 2010 by taking a 10-day Appalachian Trail adventure trek, climbing mountains and hiking my way through five states of trails. I continue to hike with a hiking club in addition to my other workouts. I just passed my five year post treatment cancer-free milestone and I have much to be grateful for. Join me in celebrating Breast Cancer Awareness Month. I am the perfect example that good health starts with me. I control my destiny! I know you can do it, too.





Charitable Giving Campaign

The 2014 campaign is underway, and will continue through the end of December. Every year, the County comes together to raise funds that support our seven campaign partners. Below are ways your donations help these agencies continue to provide critical services for communities of need within LA County.



Provides vital health and human services that are **culturally sensitive and linguistically appropriate**. Programs and services for low income families, battered women, immigrants, seniors and people with disabilities are provided in **27 Asian languages as well as English and Spanish**.



Aims to enhance the quality of life for families and youth by providing financial and supportive services to **multi-cultural programs that address health, education, social welfare, economic development and youth development issues**. The Brotherhood Crusade has a history of building alliances with other organizations that are also committed to and understand the tremendous needs in our community.



Supports vital research, community based programs designed to address the needs associated with chronic disease, as well as professional and public education programs. Community Health Charities build cultures of community involvement, health and wellness and charitable giving.



Protects, supports, improves California's natural heritage of clean air, safe water and healthy communities by raising funds for leading environmental organizations. EarthShare is a federation of more than 80 environmental organizations that work to improve all aspects of the environment.



Supports after school activities that help keep youth safe and healthy, and provides health & wellness programs that give awareness to diabetes and obesity issues in the Latino community. United Latino Fund is proud to be the only community fund solely dedicated to sustaining and developing new programs affecting Latinos in Los Angeles County.



Creates pathways out of poverty and works to improve the quality of life for people of diverse backgrounds. Through research, advocacy and a network of more than 170 local, non-profit partners, United Way assists those with needs in areas such as: housing and health care, school retention and college preparation, as well as career training and financial literacy skills.



Dedicated to inspiring hope, enriching lives and building a better future for the children of Southern California. The money raised in Southern California stays in this community and Variety is proud that it is able to modify its agenda in order to meet the **evolving conditions encompassing our region, providing support wherever the need is greatest**.

There are many ways you can participate in this year's campaign: 1. contact your department CGC Coordinator to learn about current fundraisers; 2. give a one-time donation; 3. sign up to contribute to one of the seven agencies OR the agency of your choice through automated payroll deduction. Please see following page for details and note that open enrollment period to submit Direct Designation Agency Requests closes October 31, 2014.

Charitable Giving Campaign Payroll Deduction



Did you know that you can give to charities via payroll deduction? Giving is easy, and you can sign up for charitable giving payroll deductions online at any time by logging in to mylacounty.gov and clicking the **“Charitable Giving”** link.



Currently, you can give to the following campaign partners via payroll deduction:

- Asian Pacific Community Fund
- Brotherhood Crusade
- Community Health Charities
- EarthShare California
- United Latino Fund
- United Way
- Variety, The Children’s Charity of Southern California

Want to give to a charity of your choice? Now you can by submitting a request to add the organization to the Charitable Giving Portal as a Direct Designation Agency (DDA) during the open enrollment period of September 1, 2014 to October 31, 2014.

An organization is eligible to become a DDA if it meets the standards set forth by the County of Los Angeles Board of Supervisors Policy 3.010:

- A non-profit California corporation, holding 501(c)(3) status;
- Raised \$15,000 locally;
- Provides service to local and diverse communities in Los Angeles County; and
- Administrative, marketing and campaign expenditures do not exceed 20% of annual funding.

Additionally, the organization must be in compliance with the USA Patriot Act: all funds and donations will be used in compliance with all applicable anti-terrorist financing and asset control laws, statutes and executive orders.



To submit a DDA request, log into mylacounty.gov, click on the **“Charitable Giving”** link under **“My Applications,”** and select **“Add a Charity.”** For questions, please email jtai@ceo.lacounty.gov.

All About Us

2013 LA COUNTY SUPERSTARS!*

Fiscal Sustainability

Thuy Banh

Health Services

Banh redesigned the medical coding for patient visits. The process was piloted at the Long Beach Comprehensive Health Center and was then quickly expanded to the Bellflower and Wilmington Health Centers. The Department of Health Services has benefitted from this process change by reducing the time needed to code patient charts from three months to seven days, enabling an electronic tracking of provider productivity on a weekly basis, facilitating the automation of Continuous Quality Improvement Data, and reducing operation costs by \$69,000 per year.



Service Excellence and Organizational Effectiveness

Deputy

Ricardo Velazquez

Sheriff

with Sheriff John Scott and Assistant Sheriff Terri McDonald

Deputy Velazquez implemented the Sheriff's Inmate Video Visiting System pilot project. This System has affected the visiting public, inmates, Sheriff's staff, and both public and private attorneys in the following ways: reservation system eliminates the visiting public standing in long lines; virtually guarantees a visit at the scheduled time; reduces travel expense by placing video units for public access throughout the County; reduces movement within the jails which enhances inmate and staff safety and allows custody staff to be redeployed; and allows attorneys to schedule either face-to-face or video visits with their clients.



Service Excellence and Organizational Effectiveness
ISD Radio Team
Internal Services

Ian Telfer ♦ John L. Geiger
 Karl Kreb ♦ Dennis Hanley
 with Chief Deputy Dave Chittenden



The Team designed and negotiated an opt-out/cash-out accord to not only comply with the program requirements for rebanding, but also procured a \$20 million state-of-the-art technological upgrade at zero cost to the County. As a result, they were the first in the western U.S. with an FCC-approved upgrade. This prepares the County for interoperability with future state-of-the-art public safety systems.

Service Excellence and Organizational Effectiveness
MLK Dream Team
Health Services



Dr. John Uyanne ♦ Shirley Ines-Marcelle ♦ Marisela Alvarez ♦ Dola Akerele ♦ LaChandra Edwards
 with Dr. Ellen Rothman



By incorporating a “Patient First” mentality, the Team dedicated a single line for patients calling to speak with a clinician or to inquire about upcoming appointments. They came up with an enhanced script for appointment confirmation calls and developed a rigorous algorithm to help them determine which patients were most likely to keep their appointments and which were likely to cancel without calling. As a result, they were able to reduce the “no show” rate from 26% to less than 10%.

***LA COUNTY SUPERSTARS!** is the annual award bestowed on the County’s best and brightest. Recipients of **LA COUNTY STARS!** automatically become nominees.

LOS ANGELES COUNTY
DEPT. OF
PARKS & RECREATION
AND
LOS ANGELES COUNTY SUPERVISOR MICHAEL D. ANTONOVICH
INVITE YOU TO THE
ANTONOVICH
TRAIL DUSTERS RIDE
FRED PALMER EQUESTRIAN TRAINING FACILITY
MARSHALL CANYON



SATURDAY, OCTOBER 25

Activities: Camping, hayrides, volleyball, horseshoes, unsupervised group trail rides, hiking, and supper.

Check-in time: 12:00 Noon. Horse corrals and campsites are limited and available on first-come, first-serve basis. No hookups and showers. Water is available.

\$25 per person, per day

For horse rental reservations: Graham Bros. Call Lee Graham (760) 245-7695 email: info@grahambros livestock.com

Special Recognition: Marshall Canyon Mounted Assistance Unit, Bonelli Park Mounted Assistance Unit, Walnut Creek Mounted Assistance Unit, Whittier Narrows Mounted Assistance Unit, and L.A. County Sheriff, Parks Bureau

ADA NOTICE: Pursuant to the Americans with Disabilities Act (ADA), the County of Los Angeles Department of Parks & Recreation has designated an ADA Coordinator to carry out this Department's compliance with the non-discriminatory provisions of the ADA. For more information you may contact the ADA Coordinator's Office. Tel. (213)738-2970 TDD (213)427-6118 Fax (213)487-0380 Upon 3-day request notice, sign language interpreters and related materials in alternative formats (Braille-transcript, large print, audio-record, video-captioning, live description) or any other reasonable accommodations are available to the public for County-sponsored activities and events.

STAGING AREA: MARSHALL CANYON, FRED PALMER EQUESTRIAN CENTER LOCATED AT 6560 STEPHENS RANCH ROAD, LA VERNE, CA 91760

Riding conditions: Combination of rolling hills, some semi-steep hills and level areas. The ride is to be 3 1/2 hours with 2 rest stops.

NON-RIDERS ARE WELCOME. RIDERS UNDER 18 MUST BE ACCOMPANIED BY AN ADULT. NO STALLIONS OR DOGS, PLEASE.

SUNDAY, OCTOBER 26

Activities: Check in and pancake breakfast at 7:00 a.m. The event will kick off at 9:00 a.m. and continue through the scenic trails of Marshall Canyon. The day will conclude with the traditional barbecue and live country western music.

Check-in time: 7:00 a.m. - 9:00 a.m.

\$50 per person for both days (Horse rental not included)

For information and to register call: (909)599-8411 or online at <http://reservations.lacounty.gov/reservations/product.asp>

PRE-REGISTRATION IS A MUST. RESERVATION DEADLINE BY FRIDAY, OCTOBER 24, 2014

RESERVATION FORM

PLEASE MAKE CHECKS PAYABLE TO:
County of Los Angeles Department of Parks & Recreation
FOR INFO CALL: Vincent Pedroza (909) 599-8411

MAIL RESERVATION FORM & PAYMENT TO:
Supervisor's Trail Ride, Department of Parks & Recreation,
120 E. Via Verde Road, San Dimas, CA 91773

Name: Phone:

Address:

City:

No. of Tickets (Sat.): No. of Tickets (Sun.):

No. of Riders: No. of Non Riders: Total Enclosed:

Online Registration at <http://reservations.lacounty.gov/reservations/product.asp>

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

PUBLIC SOCIAL SERVICES: Christene Butler, Naomi Childress, Lucina Duran, Charlotte E. Slater

40+ Years

CHILD SUPPORT SERVICES: Audrey C. Young
HEALTH SERVICES: Myron Reamer, Ronald S. Swerdloff
MENTAL HEALTH: Martha O. Lojero
PROBATION: Lorraine Hubbard John
PUBLIC SOCIAL SERVICES: Feliciano Alvarado, Diane D. Lemons, Kelton Nelson, Brenda Williams
SHERIFF: Sylvia M. Vargas, Laura J. Wills
SUPERIOR COURT: Charmaine Anderson
TREASURER AND TAX COLLECTOR: Victor M. Andrade

35+ Years

CHILDREN AND FAMILY SERVICES: David Diamond, Lavern Peters
FIRE: William L. Knott
HEALTH SERVICES: Thomas L. Anderson, Neva Escarze, Betty J. King Boone
INTERNAL SERVICES: Hai K. Oh
MENTAL HEALTH: Bonita L. Conway, Elena F. Extra
PUBLIC DEFENDER: Bernadette J. Everman
PUBLIC HEALTH: Reyna Flores, Angela M. Haley
PUBLIC SOCIAL SERVICES: Corinne Alarcon, Betty Gonzalez, Diana Hoang, Paul F. Matranga, Theresa Ryan
PUBLIC WORKS: Sandra K. Jones
REGISTRAR-RECORDER/COUNTY CLERK: James Anderson III

30+ Years

CHILDREN AND FAMILY SERVICES: Joyce Graham, Willie Wright, Jr.
FIRE: David J. Borthwick, Richard E. Johnson, Michael T. Metro
HEALTH SERVICES: Laura N. Aggas, Michael G. Ross, Milagros T. Street
INTERNAL SERVICES: Timothy Braden, Joan D. Lundy
PARKS AND RECREATION: Michael Downen
PROBATION: Dennis R. Love
PUBLIC HEALTH: Teresa Gonzales

PUBLIC SOCIAL SERVICES: Seng V. Chau, Lucy Mendoza

SHERIFF: Randall L. Algra, Timothy D. Glover, Eric K. Hamilton, Chris Tatar, Mirtha R. Tuckler

25+ Years

ASSESSOR: Leandro R. Capagcuan, Celso M. Castillo, Suhaila Saad

CHILDREN AND FAMILY SERVICES: Carolyn Han, Ligaya R. Sarmiento

COMMUNITY AND SENIOR SERVICES: Jose J. Troconis

FIRE: Mike A. Leckliter, Joseph Westrup

HEALTH SERVICES: Lea Almaraz, Rhonda O. Bias, Mary Lou D. Boykins, Pete Carrisosa, Hyang Soon Lee, Dalinda Silva, Susan Snyder, Joe T. Wall

MENTAL HEALTH: Emelita Mirabueno

PROBATION: Alice N. Moore

PUBLIC SOCIAL SERVICES: Angele K. Israel

SHERIFF: Bonnie C. Contreras, James R. Hasquet, Donna M. Pincetich, James O. Rahman

SUPERIOR COURT: Monica E. Wills

Rideshare L.A. County!

*from the CEO/
Office of Workplace Programs*

October is **Rideshare Month** and there are exciting opportunities and incentives for ridesharing. You can rideshare by carpooling, vanpooling, or taking the train, light rail, or public transit. Walking or riding a bicycle is also considered ridesharing. Ridesharing is any form of transportation other than driving alone and there are some great benefits. Go to <http://www.metro.net/about/rideshare-week/pledge-form/> and pledge to rideshare for a chance to win gift cards and other great prizes from Metro. Contact your departmental Employee Transportation Coordinator to register for the Metro Rewards program. If you rideshare a minimum of eight days per month for three months, you can receive an entertainment book with deals and discounts valued in the hundreds of dollars. Rideshare L.A. County is also giving away prizes to County employees for being a part of the Commuter Benefit Program. Check out the program by going to www.wageworks.com. Take pride. Share the ride.



Layaway, again a popular way to pay

Holiday shoppers can start early as a classic purchasing option is reborn (updated October 2, 2014)

Is it too early to start thinking about shopping for the holidays? The major retailers don't think so.

The big companies want consumers in their stores now. To make that happen, they're turning to one of the classic buying options of the past: layaway.

If you have no credit, limited credit, or you just want an alternative that allows you to spread out the cost of paying for gifts, layaway can be an effective way to pay.

Layaway's rise, fall, and comeback

Starting in the 1930s during the Great Depression, purchasing products with layaway became a popular option for consumers. You paid a deposit and a small fee and a store would hold an item for consumers. Later, they would pay in full and take home the item.

However, as credit cards became more widely popular in the 1980s, layaways started to decrease. As recently as 10 years ago, layaway was no longer an option for most stores and considered a relic of the past.

Layaway made a big comeback after the economic crisis of the late 2000s. Big-box stores started offering layaway and consumers responded in big numbers. Today, most major retailers offer the option of buying by layaway

The benefits of layaway

Many of us will wait until the last days to do our holiday shopping. Last-minute shopping can sometimes leave consumers with empty wallets and maxed-out credit cards.

With layaway, you can start paying off your holiday gifts weeks or months in advance. And since the goods are stored safely at the store, parents won't need to worry about finding hiding spots to keep gifts hidden from curious kids for months on end.

How layaway works

Most major stores currently have layaway available now. Some require a minimum purchase amount. You typically pay a deposit up front and receive a receipt. You make weekly, biweekly, or monthly payments on the price of the goods. There are usually no interest fees, but you probably have to pay a fine if you miss a payment or cancel the layaway plan.

Some retailers also offer a layaway option for online purchases.

If you purchase by layaway, you must be given a receipt that contains:

- A description of what you are buying.
- The total price of the goods and other charges.
- The amount of your down payment.
- The amount of your payments and when they are due.
- The length of time the goods will be held for you on layaway.
- The store's refund policy.

If the merchandise is damaged after you put it on layaway, or the business does not have it at the end of the layaway period, they must return your down payment and any payments you made.

Layaway sounds great. What could go wrong?

If you don't make your payments or pick up the purchase as agreed, you may lose all payments you've made.

If you change your mind and do not want the product, you may not get your money back unless the store allows for refunds.

If you have a question about purchases or any consumer issue, contact us at (800) 593-8222.

CYBER SECURITY

continued from page 10

National Cyber Security Alliance

www.staysafeonline.org

Stop.Think.Connect.™

www.stopthinkconnect.org

The U.S. Department of Homeland Security

www.dhs.gov/cyber

Throughout October, the County's Chief Information Security Officer is in support of numerous cyber security awareness events to help increase employees' awareness of online safety, including how to become better stewards of confidential and sensitive information. For a schedule of these events, please contact your Departmental Information Security Officer.