

Fire Department Professional Staff Learn to “Stop the Bleeding”

During an intentional mass-casualty or active shooter event, people are bleeding to death—and they shouldn’t be, according to Fire Captain Keith Wood. It can take less than five minutes for a person to die from blood loss, yet lives can be saved if a bystander is able to quickly stop the bleeding, even before first responders arrive.

That’s the message the Fire Department’s Emergency Medical Services (EMS) Bureau wants to send to its professional staff participating in the “Stop the Bleeding: Immediate Responder Training.” Initially designed for inclusion in the Fire Department’s workplace violence training initiative, the Stop the Bleeding program teaches people how to stop uncontrolled blood loss by applying direct pressure or using a conventional or improvised tourniquet.

The training is based on the Hartford Consensus III, a report created by the Joint Committee to Create a National Policy to Enhance Survivability from Intentional Mass-Casualty and Active Shooter Events after the mass shooting at Sandy Hook Elementary School in Connecticut. The consensus states that uncontrolled bleeding is the most significant preventable cause of death in the pre-hospital environment. It directs all responders, both civilian and professional, to have the education and necessary equipment for hemorrhage control; and strongly endorses civilian bystanders to act as “immediate responders,” according to a briefing from the EMS Bureau on Stop the Bleeding.

These civilians are called “immediate responders because they’re there when it happens,” said Fire Fighter Paramedic Thomas Lawson, who has taught Stop the Bleeding training sessions.

The course lasts about an hour and consists of a PowerPoint presentation, videos and a hands-on demonstration of how to tie a conventional tourniquet. Students also learn how to create an improvised tourniquet by using a pen and a necktie, computer cable or lanyard, among other items.



Fire Department professional staff practice tying a tourniquet made from a cellphone charger during training.

If someone is bleeding from an arm or leg, the tourniquet should be tied on the limb and placed close to the torso. A proper tourniquet will cut off blood flow to the affected area. If one tourniquet does not suffice, immediate responders should use a second tourniquet.

The training adheres to the most current national standards and recommendations.

So far, it appears to have been well-received: “It’s been great,” Lawson said.

According to Wood, the EMS Bureau is currently looking at expanding the Stop the Bleeding training to other departments and even schools.

“I think it’s a great concept,” Wood said, noting that bystanders may not help a person seriously wounded during a mass-casualty event simply because they don’t know what to do. “You give them a little permission, a little instruction, and people will do it.”

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Calendar of Events

Los Angeles County Museum of Art

(323) 857-6010

www.lacma.org

Ongoing – Revealing Creation: The Science and Art of Ancient Maya Ceramics

Through September 25 – Japanese Prints and Photographs: Paths through Modernity

Through August 7 – Royal Hawaiian Featherwork: Na Hulu Ali'i

Through September 5 – The Stowe Vase: From Ancient Art to Additive Manufacturing

Center Theatre Group

(213) 628-2772

www.centertheatregroup.org

Ahmanson Theatre

Through June 26 – Titanic The Musical

July 2 through August 14 – Grey Gardens

Mark Taper Forum

Through July 17 – Disgraced

Dorothy Chandler Pavilion

July 8 through 10 – American Ballet Theatre

Grand Park

(213) 972-8080

www.grandparkla.org

Through September 2 – Dance DTLA

July 4 – 4th of July Block Party

July 12 through August 30 – Bootcamp

Every Tuesday, Wednesday and Friday – Lunchtime Food Trucks

Every Wednesday and Friday – Lunchtime Yoga Retreat

Hollywood Bowl

(323) 850-2000

www.hollywoodbowl.com

June 24 – Sing-A-Long Sound of Music

July 2 through July 4 – July 4th Fireworks Spectacular with Chicago



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health talk



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

June 27 is National HIV Testing Day

According to the U.S. Department of Health and Human Services, June 27 is National HIV Testing Day.

- An estimated 1.2 million people in the United States are living with HIV, and that number grows by almost 50,000 every year.
- One in eight people who have HIV don't know it. That means they aren't getting the medical care they need to stay healthy and avoid passing HIV to others.

National HIV Testing Day – Serves as a reminder to get the facts, get tested, and get involved to take care of yourself and your partners.

- The CDC has found that more than 90% of new HIV infections in the US could be prevented by testing and diagnosing people who have HIV.
- Prompt, ongoing HIV care and treatment are central among all people living with HIV.
- HIV medicines can keep people with HIV healthy for many years, and greatly reduce the chance of transmitting HIV to their sex partners.

Get the Facts – Protecting yourself and others against HIV starts with knowledge.

- To learn the basics about HIV, how to prevent HIV transmission, and the steps you can take to protect yourself and others, please visit www.cdc.gov/hiv/basics/index.html.
- Talk about what you learn with your friends and other people who are important to you.
- Empower even more people via social media. Share your new knowledge with your friends online.

Get Tested – The only way to know if you are infected with HIV is to get tested.

- The CDC recommends that everyone **between the ages of 13 and 64 get tested for HIV at least once** as part of routine health care.
- The CDC recommends that people with certain risk factors get tested more often:

- ◆ People with more than one sex partner, people with sexually transmitted diseases (STDs), and people who inject drugs are likely to be at high risk and should get tested at least once a year.
- ◆ Sexually active gay and bisexual men may benefit from even more frequent testing, depending on their risk.
- ◆ To protect your own health, you should also get tested if you have been sexually assaulted.
- ◆ If you are pregnant or planning to become pregnant, CDC recommends HIV testing with each pregnancy, both for your own benefit and to reduce the risk of transmitting HIV to your baby.
- For more information about the basics of HIV testing, please visit www.cdc.gov/hiv/basics/testing.html.

Where to Get Tested – Knowing your HIV status gives you the power to control your health and your future. And getting tested has never been easier. You can ask your health care provider to test you for HIV. Many medical clinics, substance abuse programs, community health centers, and hospitals offer HIV testing. Testing is often free of charge. You can also:

- Visit <https://gettested.cdc.gov/> and enter your ZIP code.
- Text your ZIP code to KNOWIT (566948) and you will receive a text back with a testing site near you.
- Call 800-CDC-INFO (800-232-4636) to ask for free testing sites in your area.
- Contact the Department of Public Health at <http://publichealth.lacounty.gov/> or (310) 338-3200.
- Get a home testing kit (Home Access HIV-1 Test System or the OraQuick In-Home HIV Test) from a drugstore.

Save the Date
Free RELAC Pre-Retirement Seminar

Thursday, June 23, 2016
 11 am – 1 pm
 500 W. Temple St, Room 381B, Los Angeles 90012

Speakers from LACERA, Social Security Administration, Pacific Group Agencies, Inc., and Retired Employees of L.A. County (RELAC).

Please call RELAC at (626) 308-0532 to reserve your seat.

Ask Dr. Jones, DVM

Department of Animal Care and Control

Firework Safety

Summer is coming up soon and with it, the Fourth of July, our domesticated pets' most feared holiday. Fireworks are loud, bright, and pose a safety risk for our family pets.



- It's important to keep animals confined when fireworks are going off in your neighborhood.
 - Many dog breeds have an instinct to chase after and grab brightly colored moving objects.
 - A lit firework or explosive can cause severe burns, injuries, and/or death to an animal.
- The loud abrupt noise fireworks make can scare an animal into running away.
 - The highest intake of animals into a shelter is on July 5, when most animals are caught after running away from home during fireworks.
 - Make sure your animal has his/her ID tag, collar and microchip, if possible. This ensures that if your pet does get out, he/she can be safely returned to you.
 - A loose pet is also at risk for being hit by a car or attacked by a larger animal.
- If your pet is overly anxious during the Fourth of July holiday:
 - Visit your veterinarian at least 1 week prior to the Fourth of July holiday to discuss possible anxiety relieving methods.
 - Sedation medication may be prescribed to help your pet "cope" with the stressful environment.
 - Consider keeping your animal inside with the windows/doors closed and calming music playing to help with the anxiety.

And always remember, any firework, lit or not, should be handled with safety and care. Serious harm could be caused with even the most "mild" of fireworks. Keep your family and pets safe this summer holiday by being careful and aware at all times.

Share Your Heart Share Your Home

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

Summer is finally here! Barbeques, trips to the beach, swimming, and bike rides are just some of the activities Benjamin, age 10, would like to be enjoying with a family. If you love summer and would like to spend it with an awesome boy, then Benjamin is your guy!

Benjamin is an active and athletic boy who enjoys engaging in outdoor sports or games, as well as playing around with friends. And like many typical boys, he doesn't mind getting dirty at all. Benjamin loves being the center of attention and doesn't like to feel left out, but who does, right? He can be described as having a lot of energy, is curious about



the world around him, and can have a good time being a little mischievous!

Benjamin is a smart young man who is performing at grade level in elementary school. He will need a patient and loving family to be there for him as he heals from all he has been through in his short life. Every child deserves to be a part of a family. So if you can see yourself making a positive difference in this great kid's life, call (888) 811-1121 or visit our website at www.ShareYourHeartLA.org today!

Speakers Emphasize “Connectivity”

14th Annual Leadership Conference

Engaging and thought-provoking presentations in the theme, “Connectivity to Productivity,” were the order of the day at the County’s 14th Annual Leadership Conference held May 26 at the Music Center. Commissioner Shawn Landres served as facilitator and Commissioner Rod Gibson, Chair, welcomed the attendees.

Assessor Jeffrey Prang set the tone with opening remarks on the importance and value of collaboration in government. “We want to provide the best public services to County residents,” he said. “I look forward to working with the Commission to identify best practices that will benefit our operations,” said the Assessor.

The capacity audience responded enthusiastically to the “human-centered approach to vision and planning” promoted by John Keisler, Long Beach Innovation Team Leader. In a thoughtful yet humorous presentation, Keisler encouraged the County leaders to “work your way up from people to policy” instead of the other way around.

Assistant Sheriff Richard Barrantes started the New Ideas Panel off with a walk-thru on activation of the Emergency Operations Center and how the Sheriff coordinates resources for cities and unincorporated areas within the County. Cynthia Harding, Acting Director of Public Health, discussed the inter-department efforts which took place in the case of the Ebola outbreak and Aliso Canyon gas leak.

Kurt Floren, Agricultural Commissioner, delivered an engaging talk on “the biggest little department in the County, and its role as a secondary responder, collaborating with Public Health and using its GIS Mapping to identify sensitive sites, track pesticide incidents and conduct illness investigations. Marcia Mayeda, Director of Animal Care and Control, provided valuable information on the Mutual Assistance Agreements used in an emergency, including protocols to evacuate animals and livestock, and to provide small animal sheltering.

A lively, historic presentation on the “First 100 Years of the Boeing Company” was given by Norma Clayton, Vice President, Learning, Training and Development. She traced the company’s footprint in California from 1910 to the present, pointing out the important roles played by McDonnell Douglas, Howard Hughes and the late Astronaut Sally Ride.

Also participating were Rabbi Noah Farkas of Valley Beth Shalom, who gave the invocation; Vietnam War Veteran Herb Lane, Jr., who led the Pledge of Allegiance; and Executive Officer Lori Glasgow, who wrapped up the conference.



Commissioners greet Rabbi Noah Farkas (left) and Assessor Jeffrey Prang (third from right).



Director of Personnel Lisa Garrett (left), Commissioner Nancy Harris, and Brig. Gen. (Ret) Ruth Wong.



The New Ideas Panel consisted of Richard Barrantes, Cynthia Harding, Marcia Mayeda, and Kurt Floren.



MARILYN McCOO & BILLY DAVIS, JR.
in *Up, Up and Away!*



BRIAN MCKNIGHT



EDDIE PALMIERI



RA RA RIOT



MEGAN HILTY



2016 MARINA DEL REY

Summer Concert

SERIES

Burton Chace Park • 13650 Mindanao Way, Marina del Rey

SYMPHONIC THURSDAYS | 7PM

JULY 7 • OPERA AT THE SHORE
Marina del Rey Symphony
Frank Fetta, Music Director and Conductor

JULY 21 • MEGAN HILTY

AUGUST 4 • BALLET FOLKLÓRICO DE LOS ÁNGELES
Performing tango and other Latin dances
Marina del Rey Symphony

AUGUST 18 • PUCCINI'S MADAMA BUTTERFLY
Fully staged production
Marina del Rey Symphony

POP SATURDAYS | 7PM

JULY 16 • MARILYN McCOO & BILLY DAVIS, JR.
in Up, Up and Away! A Musical Fable
Pop/R&B

JULY 30 • BRIAN MCKNIGHT
R&B/Urban Soul

AUGUST 13 • RA RA RIOT
Indie Rock

AUGUST 27 • EDDIE PALMIERI SALSA ORCHESTRA
Salsa/Latin Jazz

FOR MORE INFORMATION:

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Treat Every Day Like It's Password Day

from the Countywide Information Security Program

Passwords are so important that there is a day designated just to recognize their criticality to our digital identities. World Password Day is celebrated each year on the first Thursday in May to encourage and remind millions of internet users to protect themselves online by using strong passwords and to change them regularly.

Below are tips to strengthen your password from hackable to potentially uncrackable!

- Think pass-sentence, not password. As an example, four words (with spaces) will make a killer password. Start by creating a random sentence that you can associate with, like "I love to read." Then, utilize numbers and special characters - "I\$LOve\$t0\$r3@D," and you get a very strong password that is easy to remember.
- If it's posted on Facebook or Twitter, it's not a good password. Avoid using names, years, dates, pet names, etc., including anything easy to discover.
- If not changed at regular intervals, the security level of every password drops to zero. So, change your passwords regularly. The County of Los Angeles' established password policy is to reset them every 90-days (see Board of Supervisors' IT Security Policy # 6.101 – Use of County Information Technology Resources).
- Establish separate passwords for different accounts. If you're not willing to make all your passwords different, at least separate your banking, email, and social passwords due to the potential risk and harm that you may incur if compromised.
- Don't text, email, or casually share your passwords. It isn't about having something to hide. It's about protecting your accounts and your identity.

Beyond exercising better password habits at work and at home, you can also increase your cyber safety on your home computer by using an antivirus, anti-spyware, anti-phishing program, and maintaining a firewall. But, if you do nothing else, at least change your password on your most important accounts such as banking, email, and social media. And never use your County password on your personal accounts.

You can challenge yourself by testing the strength of your password(s) using the Kaspersky Lab's secure password check at <https://password.kaspersky.com/>. You may be surprised by its results.

For more information on World Password Day, please visit Tips for Passwords & Securing Your Accounts at <https://staysafeonline.org/stay-safe-online/resources/stop-think-connect-tips-for-passwords-and-securing-your-accounts>.

Here's a list of **Worst Passwords for 2015:**

RANK	PASSWORD	CHANGE FROM 2014
1	123456	Unchanged
2	password	Unchanged
3	12345678	1 ↑
4	qwerty	1 ↑
5	12345	2 ↓
6	123456789	Unchanged
7	football	3 ↑
8	1234	1 ↓
9	1234567	2 ↑
10	baseball	2 ↓
11	welcome	👍
12	1234567890	👍

L.A.'s Freshest Stage Returns

After nearly two years of renovations, the historic County-owned Ford Theatres will reopen this summer with a celebratory season of music, dance, theatre and film events as diverse as Los Angeles itself. From July 8 to October 15, rediscover the Ford as never before: complete with better lighting and sound, a new picnic terrace with more dining options, and, L.A. County artists doing what they do best.

The 2016 Summer Season includes something for everyone: from one-of-a-kind experiences to free interactive arts events to a Saturday morning series perfect for the whole family! The season line-up features artists new to the Ford stage, such as **Aloe Blacc**, **Afro Funke'**, **Pacific Opera Project** and **Lord of the Swing – Chester Whitmore**; as well as perennial audience favorites including **TAIKOPROJECT** (in collaboration with Chicano rock band **Quetzal**), **Fountain Theatre's Forever Flamenco**, the **Angel City Jazz Festival** featuring **Pharoah Sanders** and **Grandeza Mexicana Folk Ballet Company** (in a Signature Series performance with GRAMMY winner **Lila Downs**).

Tickets are on sale now at FordTheatres.org.



COUNTYWIDE FITNESS CHALLENGE 2016



A DAY AT THE FARMERS' MARKET

STOP & SMELL THE FLOWERS!

Join us at the Farmers' Market for healthy foods,
softball tournament, and power walks.

CERTIFIED NUTRITIONIST

5K RUN

FITNESS POWER WALKS

SCAVENGER HUNT

FREE GIVEAWAYS
DRAWING PRIZES

SOFTBALL TOURNAMENT*

*August 6 – Tournament
September 10 – Championship playoff
at Alondra Community Regional Park

Wilson Park Certified Farmers' Market

2200 Crenshaw Boulevard
Torrance, CA 90501
4th Supervisorial District

Saturday,
August 6, 2016

8:00 a.m. – Noon

EVENT SPONSOR



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



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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: Juanita Courtney, Rosemarie Serna

40+ Years

FIRE: John M. Conrad

HEALTH SERVICES: Vickie R. Bradley, Corina J. Carletello, Milbert Collins, Jr., Maria D. Holguin, Armando Martinez, Paula M. Parsons-Snyder, Angoon Sriyordsa

PUBLIC SOCIAL SERVICES: Carrie O. DeVaughn, Janice Netterville

SHERIFF: Elevila L. Bird

35+ Years

CHILDREN & FAMILY SERVICES: Richard Mc Cullagh

DISTRICT ATTORNEY: Orlando T. Bravo

HEALTH SERVICES: Carol Cisneros Rivas, Richard Clark, Jr., Ernesto Grimes, Althie M. Hill, James T. Niemann, Darryl Y. Sue

INTERNAL SERVICES: Al W. Day

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PUBLIC SOCIAL SERVICES: Annie Barber

PUBLIC WORKS: James L. Miller

SHERIFF: Glen Dragovich, Lawrence E. Spears, Jr.

SUPERIOR COURT: Susan C. Washington

30+ Years

CHILDREN & FAMILY SERVICES: Sunday Alekhuogie, Rachel G. Matthews, Cristina G. Muttukumaru, Patricia A. Piazza

COUNTY COUNSEL: Robbi J. Work

FIRE: Antonio E. Duran, Michael A. Godde, David A. Williams

HEALTH SERVICES: Jill M. Grimm, Raquel Pardo, Charlotte L. Piggee, Kathleen A. Purkey, Randall Radin, Claudio Rossol, Joe Santos, Wanda Supinacharoe, Dorothy M. Thomas, Louise C. Wong

HUMAN RESOURCES: Sarah P. Douglas

INTERNAL SERVICES: Donnell Willis

PUBLIC LIBRARY: Sheila A. Schwartz

PUBLIC SOCIAL SERVICES: Richard F. Gonzalez

SHERIFF: Brian D. Fitch, Marvin L. Washington

TREASURER & TAX COLLECTOR: Sheila A. Chadderton

25+ Years

HEALTH SERVICES: Marilou B. Agupitan, Liberty Canares, Linda A. Cerrillo, Hee Sook Y. Choe, Mercedes B.

Datu, Andrew Diaz, Lorie James, Henrietta Lewis, Inocencia Lucas

INTERNAL SERVICES: Khai V. Huynh, John D. Zollinger

MENTAL HEALTH: Richard Aaron, Gayle L. Stevenson

PARKS & RECREATION: Rudy Candelaria

PUBLIC SOCIAL SERVICES: Mirlanda Vardanian

PUBLIC WORKS: Millicent R. Barber

SHERIFF: Geraldine A. Bechard, Ronald W. Curlis, Steve Dang, Gilna L. Francois, Gregory A. Guthrie, Mark D.

Rediger, Christina M. Saurer, Leslie H. Tranberg

SUPERIOR COURT: Belinda J. Harper-Ellis, Marilyn Kading Martinez

TREASURER & TAX COLLECTOR: Josefino S. Albarracin

Rideshare L.A. County!

from Workplace Programs and Marketing

Although Los Angeles once again has the distinction of having the worst commute in the U.S. (Fortune – Cities with the Absolutely Worst Commutes, March 2016), Rideshare L.A. County has one way you can beat the traffic, by taking the bus. Taking the bus is one of the best and most cost effective ways to commute to work and beat traffic. Leave the driving to someone else while you relax on the way, read a book, take a nap, or socialize with your fellow bus riders. Whatever you do, taking the bus can get you to work on time and save you money compared to driving alone, all while improving the environment. For more information on bus routes and how you can help the environment, visit www.rideshare.lacounty.gov. Take pride. Share the ride.

Did You Know?

June is Pride Month.

#lovealwayswins



“Honest Work, Fair Pay”

New Minimum Wage Campaign

“Honest Work, Fair Pay” is the tagline for a public awareness campaign from the Department of Consumer and Business Affairs (DCBA) about the upcoming changes to the minimum wage in unincorporated Los Angeles County.

The Board of Supervisors last year approved a new minimum wage for workers in the unincorporated areas of the County. The minimum wage will increase yearly starting July 1, 2016, when employers with 26 or more employees must pay a minimum wage of \$10.50 an hour. Smaller businesses must begin to increase their minimum wage on July 1, 2017.

Starting July 1, DCBA will enforce the new minimum wage in unincorporated L.A. County. If a worker believes they are not being paid the correct minimum wage, they can file a claim with DCBA. We will look into the claim and take appropriate actions to ensure businesses are in compliance.

In advance of the minimum wage increase, DCBA has reached out to both workers and business owners. DCBA staff have conducted more than 200 business visits, going door-to-door to share educational materials and advice with business owners across the County. We are also working closely with local community-based organizations to help raise awareness in various neighborhoods.

Informational posters featuring the “Honest Work, Fair Pay” tagline and the schedule of wage increases will be featured in print advertisements, on buses and bus shelters, and across County departments. The public awareness campaign also includes a television public service announcement and radio and online ads.

Keep an eye out for the ads and help spread the word about the County’s new minimum wage.

For more details about L.A. County’s new minimum wage, including the schedule of increases, specific language in the ordinance, how to file a complaint about an alleged wage violation, and more, go to the Wage Enforcement section of DCBA’s website: dcba.lacounty.gov.

“My Brother’s Keeper” Festivals at East L.A. and Sunkist Libraries



President Barack Obama launched the “My Brother’s Keeper” initiative to address persistent opportunity gaps facing boys and young men of color and to ensure that all young people can reach their full potential. Recently, Supervisor Hilda L. Solis, Chair of the Board of Supervisors, and the County Public Library joined this effort by connecting young people with the tools needed to get a good education, find a good job, and achieve the American Dream. “My Brothers’ Keeper” Festivals were held at the East Los Angeles Library and the Sunkist Library in La Puente. At both events, children up to four years of age enjoyed a Baby Book Party, a Twinkle Time performance, and musical fun. School-age kids participated in Science, Technology, Engineering and Math (STEM) activities and a school supply giveaway. Teens heard a spoken word performance by the Still Waters Writers Collective. Everyone enjoyed the special guest appearance by actor Mandell Frazier. Many thanks to numerous participating County departments and non-profit agencies including AltaMed, Arts Commission, Children and Senior Services, Child Support Services, Fire, HUB Cities, Sheriff, and the Chief Executive Office.

WeTip
WELFARE FRAUD
1 (800) 87-FRAUD