



Older Americans Month

May is a month that marks many celebrations. One of these notable celebrations is “**Older Americans Month,**” and this year’s theme is “Blaze a Trail.” While the Los Angeles County Community and Senior Services Area Agency on Aging (AAA) provides services to older adults year-round, we will use Older Americans Month to focus on how older adults in our communities are leading and inspiring others, how we can support and learn from them, and how we might follow their examples to blaze trails of our own.

Older Americans Month was first established in 1963 when President John F. Kennedy met with the National Council of Senior Citizens to learn more about the needs and concerns of older Americans. Every year since then, Older Americans Month has become a tradition that is repeated every May. This annual, month-long observance honors older Americans and celebrates the contributions they have made, and continue to make, to the nation and their communities.

Two years after the first proclamation of Older Americans Month, Congress passed the Older Americans Act to address the lack of community social services for older adults in the United States. This legislation also established Area Agencies on Aging as the community organizations tasked with coordinating social service programs to help older adults live independently in their homes and communities. The County AAA is a State-designated agency established in 1975 and is responsible for planning, coordinating, and implementing programs that promote the health, dignity, and well-being of the County’s older residents and their caregivers. This year’s theme, “Blaze a Trail,” emphasizes the ways older adults are reinventing themselves through new work and new passions, engaging their communities, and blazing a trail of positive impact on the lives of people of all ages.

The County AAA is celebrating the month of May by paying tribute to older individuals across the County and recognizing those who work endlessly to ensure essential programs and services are in place to enhance the quality of life for older adults. This month, we want to remind you to honor those older adults who have impacted your life and have inspired you to become a trailblazer.



Youth Sailing Camp

The Department of Beaches & Harbors is proud to bring back the Youth Sailing Camp program this summer. All instruction is conducted by L.A. County lifeguards. Applicants must successfully complete a 100-yard swim test in two minutes and twenty seconds to be eligible for Beginning Sailing. If interested, please call (310) 305-9587.

Beginning Sailing

June 20-24	July 25-29
June 27-July 1	August 1-5
July 5-8*	August 15-19
July 18-22	August 22-26

Advanced Sailing

July 11-15
August 8-12

Ages

One to 17 years old

Class Size

Six to 12 students with two lifeguard instructors

Times

10 a.m. to 4 p.m.

Fee

\$250 per 5-day session/*\$200 per 4-day session
Financial aid available to qualifying families

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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

May 29 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 12 – La Boheme

Through June 26 – Titanic The Musical

Kirk Douglas Theatre

June 1 – DouglasPlus: Conversations-Excavating Venice of America

Mark Taper Forum

June 8 through July 17 – Disgraced

Dorothy Chandler Pavilion

June 17 through June 19 – Compagnie Kafig

July 8 through 10 – American Ballet Theatre

Grand Park

(213) 972-8080

www.grandparkla.org

June 3 through September 2 – Dance DTLA

July 4 – 4th of July Block Party

Every Tuesday, Wednesday and Friday – Lunchtime Food Trucks

Every Wednesday and Friday – Lunchtime Yoga Retreat

Walt Disney Concert Hall

(323) 850-2000

www.laphil.com

May 26 and May 27 – Mozart & Part: The Angels

June 2 through June 5 – Dudamel Conducts Bartok



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



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



by Christopher Metchnikoff, M.D.
 Physician Specialist, Internal Medicine
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May is Healthy Vision Month

May is the National Eye Institute’s Healthy Vision Month, designed to elevate vision as a health priority for the nation. Millions of people living in the United States have undetected vision problems and eye conditions. The goal is to improve the vision health of the nation through prevention, early detection, treatment, and rehabilitation.

Why Is Vision Health Important?

The eyes are an important, but often overlooked, part of overall health. Despite the preventable nature of some vision impairments, many people do not receive recommended screenings and exams. According to the Centers for Disease Control and Prevention’s Healthy People 2020 initiative to improve the health of all Americans, here is why you need to remember to get regular comprehensive dilated eye exams to help maintain eye health and preserve sight.

- Approximately 6.8% of children younger than 18 years in the United States have a diagnosed eye and vision condition.
- More than 3.4 million (3%) Americans 40 years and older are either blind or are visually impaired. Millions more are at risk for developing vision impairment and blindness.
- A visit to an eye care professional for a comprehensive dilated eye exam can help to detect common vision problems and eye diseases, including:
 1. Diabetic retinopathy
 2. Glaucoma
 3. Cataracts
 4. Age-related macular degeneration
- Vision impairment often affects people’s ability to drive, read, learn, watch television, or simply attend to common household or personal tasks.
- Reduced vision among mature adults has been shown to result in social isolation, increased risk of falling and resultant hip fractures, depression, family stress, and ultimately a greater tendency to be disabled or to die prematurely.

- Vision disability is one of the top 10 disabilities among adults 18 years and older and the single-most prevalent disabling conditions among children.
- Vision loss causes a substantial social and economic toll for millions of people including significant suffering, disability, loss of productivity, and diminished quality of life.
- Scientific evidence shows that early detection and treatment can prevent much blindness and vision impairment.
- Unless corrective actions are taken, the number of blind and visually impaired people is predicted to double by 2030, due to the increasing epidemics of diabetes and other chronic diseases and our rapidly aging U.S. population. Preparing now to prevent this expected increase in morbidity and its associated costs is imperative.
- The National Commission on Prevention Priorities has identified vision screening among adults aged 65 years and older as one of the top 10 priorities among effective clinical preventive services.
- National and state data show that more than half of adult Americans who do not seek eye care list lack of awareness or costs as the reason, often exacerbated by lack of adequate health insurance.

For more information, please visit <https://nei.nih.gov/lowvision>. For a list of frequently asked questions regarding vision health, please visit <http://www.cdc.gov/visionhealth/faq.htm>. For a list of simple tips to help maintain healthy eyes, please visit <http://www.cdc.gov/visionhealth/risk/tips.htm>.

Did You Know? May is Asian Pacific American Heritage Month

Here’s a list of Asian and Pacific Islander employee associations in L.A. County:

- Chinese Employees Association of L.A. County
- County of L.A. Indian American Professional Association
- Korean American Public Employees Association
- L.A. County Asian American Employees Association
- L.A. County Cambodian Employees Association
- L.A. County Filipino American Employees Association
- L.A. County Samoan American Employees Association
- Vietnamese Employees Association of L.A. County

May is “CalFresh Awareness Month” in L.A. County



In an effort to increase access to food assistance and promote healthier food choices in Los Angeles County, the Department of Public Social Services (DPSS), in partnership with the Department of Public Health (DPH) and a broad-based community collaborative, has launched activities in observance of “CalFresh Awareness Month” in the County.

In its sixth year, the CalFresh Awareness Month campaign has become one of the most comprehensive efforts in the State of California to bring awareness to CalFresh, a federally-funded supplemental nutrition food benefit program.

To help preview the annual observance, DPSS and the Eastside Riders Bike Club in South Los Angeles recently partnered to host the “Bridge the Meal Gap” Bike Ride through the community of Watts. The event aimed to disseminate information on how families can supplement their food budgets and food pantries by maximizing their CalFresh benefits.

Studies suggest that household hunger negatively impacts the intellectual, physical and emotional development of children, putting them at greater risk for obesity, diabetes and other diseases. Despite a record high of 1.8 million CalFresh recipients, many residents who may be eligible remain unaware of this program.

“We’re talking about people having to choose between buying food and paying basic household bills, because they do not have enough resources to do both,” said DPSS Director Sheryl L. Spiller.

This year, the campaign will again place a heavy emphasis on the nutritional benefits of CalFresh, enlisting the help of DPH, local farmers markets, food banks, and local school districts. The call has also gone out to the County’s workforce and the 88 cities within the County to urge residents to share this important information with those who need it most.

For more information on applying for CalFresh, please call (866) 613-3777 or visit <https://www.dpssbenefits.lacounty.gov/ybn/Index.html>.

Share Your Heart Share Your Home

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

Spring is in full swing and before we know it, summer will be upon us! So many summertime adventures await us in beautiful Southern California. Trips to the beach, the mountains, the museums, aquariums, and sporting events are all part of what makes sunny California days so amazing. When you add a child to these adventures, you just might have the perfect equation to a lifetime of happiness.

Summeray, 12, would be the perfect companion for these adventures and it just so happens that this beautiful young lady is looking for a family of her very own. Summeray lives up to her name, with a sunny and outgoing disposition and a ready smile for the people she cares about. She loves to travel and a visit to the beach is one of her all time

favorites. Summeray also loves to get her hair and nails done. She loves bright and vibrant colors to match her personality so wherever Summeray is, you will find her collection of bright nail polish with her. Summeray also loves trips to the mall because what 12-year-old does not love to shop? She is even happy just to window shop. When she is not off on an adventure she loves to snuggle up and watch a good movie. Summeray has experienced her share of loss and sadness since entering foster care. She is hopeful that there is a family out there who can be there for her and help her put all the pieces of her life back together. Call (888) 811-1121 to find out how you can adopt Summeray today.



Photo: Will Wong



Make Good Health a Priority

Maintaining good health is important for the special women in our lives. The Los Angeles County Department of Health Services (DHS) Office of Women's Health Programs and Innovation promotes the health and well-being of women across the life-span. Services are geared to the unique needs of the women, recognizing that where and how women live is important to their overall health and well-being. Available services include well woman exams, mammograms, pap smears, prenatal care and contraception, as well as STD/HIV testing, prevention and treatment.

For women considering pregnancy, our doctors and midwives work with teams of professionals to provide top of the line prenatal care that includes medical, social, physiological, and emotional support for women receiving their care at DHS facilities called MAMA's Neighborhood – Strong Start. Our same care teams can also offer help planning for, postponing, or spacing out a pregnancy so women can achieve their life goals. Family planning and prenatal care services contribute to the health of our current and future "Angelenos."

Our safe and comfortable environments ensure our patients receive the best care possible. We have increased our services for teens by providing education and counseling on how to prevent pregnancies and access STD/HIV testing and treatment. To prevent cancers that are specific to women, we provide comprehensive breast and cervical screening. With screening and early treatment of pre-invasive cancer, we can help women achieve optimal health outcomes.

We also collaborate with community organizations including shelters, substance abuse recovery centers, and charter schools to address the many social service needs women have beyond medical care, and provide easier access to our facilities.

We want women of all ages to receive the best medical care possible and feel empowered to make the best decisions about their own health. If you or someone you love is uninsured or underinsured and needs healthcare, the County offers low- and no-cost coverage programs to make high quality care accessible. To learn more about our services and coverage programs, visit www.dhs.lacounty.gov.

Spending Account Claims *Submit Before the Deadline*

Employees enrolled in a 2015 Health Care Spending Account (HCSA) or a 2015 Dependent Care Spending Account (DCSA) have until **June 30, 2016** to submit claims for reimbursement of expenses incurred between January 1, 2015 to December 31, 2015. The deadline is fast approaching. Don't wait. File your claims today.

Important Rules

- **DCSA "Use-it-or-lose-it" rule** – Any DCSA money not claimed by the deadline will be forfeited (lost) to the County.
- **HCSA Carry Over** – Participants who do not claim their balance in their 2015 HCSA money by the deadline will automatically carry over up to \$500 of the unclaimed monies to the 2016 Plan Year. Any unclaimed money over \$500 will be forfeited (lost) to the County.

How to File a Claim

Online: The easiest way to file your claim is online. To file a claim online:

1. Log on to mylacountybenefits.com.
2. Select "Spending Accounts" in the "my tools" menu.
3. Fill out the claim form information online.
4. Attach scans or photos of your proof of expenses or follow the on-screen instructions to fax or mail them.
5. Check the status of your submitted claim.

Fax or Mail: You may also fax your complete claim and copies of your documentation (on letter-sized paper) to (866) 629-6390 or you can mail them to Spending Account Administrator, P.O. Box 67128, Los Angeles, CA 90067.

Have Questions? If you have questions about submitting a claim or about spending accounts in general, call Benefit Concepts, Inc. at (866) 629-6436, Monday through Friday, 5:30 a.m. to 6:30 p.m. (Pacific Time).

Jake L. Ross LACAAEA President

By Jason H. Williams (Retired Employees of L.A. County)



Amid the joyous celebration of Black History Month held at the Kenneth Hahn Hall of Administration, Retired Employees of L.A. County member Jake Lee Ross, District Director, Department of Public Social Services Paramount Office, was installed as the 2016-19 President of the Los Angeles County African American Employees Association (LACAAEA). Ross is fourth

in line as president of this organization, whose predecessors include Larry Oghenekohwo, Cynthia Machen, and Caine Turner, going back to 2003.

Ross was born in Tuscaloosa, Alabama and as a youngster, moved with his family to Los Angeles in the 1960s. Although he grew up in a poor neighborhood of South Los Angeles where he and his mom, two sisters, and two brothers were on public assistance for a short period, he never let adversity or hard times stop him from succeeding. Even at an early age, Ross had a penchant for leadership—Student Body President of 66th Street Elementary School; Student Body Treasurer at Mary McCloud Bethune Junior High School; and Student Body Vice President at John C. Fremont High School. Immediately upon graduating from high school, he enlisted in the United States Navy, where he served honorably for eight years. After his military service, he attended Cal State Dominguez Hills, where he earned a Bachelor's in Behavioral Sciences and later attended Cal State Northridge, where he earned a Master's in Public Administration.

Ross' vision as LACAAEA President over the next three years includes (1) continuing the activities its members find important, (2) building alliances and collaborating with many to further strengthen the organization, (3) expanding membership and (4) reaching out to younger L.A. County employees by tapping into them as a source for new ideas and to bring new meaning to what LACAAEA represents for all County employees.

Working for You

Department of Public Health

May is National Asthma Awareness Month

Asthma

Asthma is a disease that affects a person's lungs. It can cause wheezing, breathlessness, chest tightness, and coughing. If a person has asthma, they have it all the time, but will have asthma attacks only when something like an asthma trigger bothers their lungs. During an asthma attack the air inhaled cannot travel to the lungs properly. These episodes can be dangerous, sometimes life-threatening, and can reduce the quality of life for people with asthma.

Asthma affects many people

The Centers for Disease Control and Prevention estimates over 22 million people living in the United States have asthma, including one in 12 children. It causes three in five people living with asthma to limit their physical activity or miss days at school and work. According to the 2011 L.A. County Health Survey, African-American children report over three times the rate of asthma (25%) when compared to Latinos (8%), whites (7%), and Asian/Pacific islanders (5%).

Prevent asthma attacks

If you or someone you love has asthma, here are tips for successful asthma management:

- Know the warning signs of an attack.
- Avoid things that may trigger an attack.
- Follow the advice of your healthcare provider.
- Create a personal Asthma Action Plan.
- Use your asthma medicine as prescribed.

Reducing asthma triggers in L.A. County

Public Health's Maternal, Child, and Adolescent Health program continues to coordinate the Asthma Coalition of L.A. County that focused on access to and quality of appropriate asthma health care, indoor and outdoor air quality, and asthma management in schools. Recently the coalition developed a brochure with a great infographic highlighting 10 ways to prevent asthma triggers at home.

Together, we can continue to increase awareness, reduce asthma rates, and achieve better health through controlling and preventing asthma attacks.

WeTip

**WELFARE FRAUD
1 (800) 87-FRAUD**



Ask Dr. Jones, DVM

Department of Animal Care and Control

What do I need to know about my pet and their vaccines?

Vaccines are products that help the pet's body build a defense against future infections. Some vaccines lessen severity

of an illness while others prevent the disease entirely.

Why is it important to vaccinate your pet?

- Some diseases may be rarer than others but are still present in our environment and still pose a risk to your pet.
- It is crucial to protect your pet against these highly contagious and sometimes fatal diseases.

What vaccines are right for my pet?

- Speak with your veterinarian. They can determine what vaccines work best for your pet's lifestyle, whether your cat stays indoors all day or your dog goes hiking with you weekly.
- Core vaccines are recommended for most pets, which includes rabies virus, Feline Panleukopenia virus, Feline Rhinotracheitis virus, Feline Calicivirus, canine distemper virus, canine parvovirus, and canine hepatitis.
- Other vaccines are selected based on geographical location, lifestyle, and disease risk such as Feline Leukemia virus, Canine Bordetella, Canine influenza virus, and more.

How often should I revaccinate my pet?

- Puppies and kittens under five months of age need to be revaccinated every two to four weeks.
- Some vaccines cause an immunity that lasts about a year while others can last much longer. See your veterinarian for recommendations on how often to vaccinate your pet. Check with your vet at least yearly for a general health exam and vaccine discussion.

What is a vaccine reaction?

- Vaccine reactions are rare but when it happens, it is because some animals are more sensitive than others. The severity of reactions can be addressed appropriately with treatment.
- Vaccine effects can range from mild to severe, including the following symptoms such as discomfort

at the vaccine site, mild fever, decreased appetite, lethargy, sneezing, persistent vomiting and diarrhea, hives, and swelling of face and head.

- It is best that vaccinations are under the supervision of a veterinarian. If there is any history of reaction, your veterinarian can help you create a vaccination plan.

Any vaccination-related questions is best discussed with your other family doctor, the veterinarian.

Rideshare L.A. County!

from Workplace Programs and Marketing

May is “**Bike to Work Month**” and the free one-hour Bicycle Safety and Education Courses have been very popular. These classes will continue through September so be sure to sign-up at a location near you. Sign-ups have now started for the free six-hour Traffic Skills 101 courses on Saturdays. There are a total of eight Saturday classes with a maximum of 20 people per class. Family members are welcome to attend. All employees who RSVP and attend one of the six-hour Saturday courses will receive a free bicycle helmet. The classes are held in Santa Monica from 10 a.m. to 4 p.m. on the following Saturdays: June 4 and 25; July 16; August 20; and September 10 and 24. These hands-on training classes are co-sponsored by the Mobile Source Air Pollution Reduction Committee and will cover traffic rules, bike handling skills and drills, and riding in traffic. All participants **must** bring their own bicycle to this training or pay a \$25 bike rental fee. To participate or get more information, please contact your local Employee Transportation Coordinator or visit the Rideshare website at www.rideshare.lacounty.gov. Take pride and share the ride.





COUNTYWIDE FITNESS CHALLENGE 2016



MAKE A SPLASH!

Visit this great location for some water fun!

- KAYAKING*
- PADDLE BOARDS*
- 3K HIKE TO A LOOKOUT
- 5K RUN
- VOLLEYBALL
- HORSESHOE GAMES
- HEALTHY SNACKS
- GIVEAWAYS
- PICNIC AREA

Castaic Lake State Recreation Area

Paradise Cove, Lower Lake
32132 Castaic Lake Drive
Castaic, CA 91384
5th Supervisorial District

Saturday, June 18, 2016
8:00 a.m. – Noon

*Kayaks & Paddle Boards will be provided

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



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: Mary K. Logan

PUBLIC WORKS: Donald K. Watts

40+ Years

HEALTH SERVICES: Alice A. Alvarez, Jasmine Chiu, Dwight Cowen, Yvonne Flemming

INTERNAL SERVICES: Constido Wharry

PROBATION: Lilith Williams

PUBLIC SOCIAL SERVICES: M R. Iverson-Dend

PUBLIC WORKS: Michael W. Duncan

35+ Years

BOARD OF SUPERVISORS: Felix Basadre

CHILDREN & FAMILY SERVICES: Norma M. Nieto

CHILD SUPPORT SERVICES: Darrelyn Abadie, Annette Stephens

DISTRICT ATTORNEY: Mary C. Ganahl, Karen M. Harris

FIRE: Steven P. Kreager

HEALTH SERVICES: Huong Nguyen, Kyong S. Tak, Linda J. Thomas, Rodney White, Carmen Zermeno

HUMAN RESOURCES: Ressie Roman

INTERNAL SERVICES: Robert L. Koch, Tuan N. Nguyen

PROBATION: Lawrence J. Vangor

SHERIFF: Linda J. Bermudez, John K. Brooks, Daniel F. Castanon, Vilma V. Espinosa, Lawrence G. Hastings, Nicholas G. Rampone, Brian H. Smith

SUPERIOR COURT: Georgene T. Salisbury

30+ Years

FIRE: Lawrence R. Hann, Lance W. Nielsen

HEALTH SERVICES: Jaesoon Kim, George R. Pargas, Hae K. Roh, Julie H. Rojas, Cynthia L. Smith

MENTAL HEALTH: Lena Tsosie, Trudy L. Washington

PUBLIC HEALTH: Celerino Brucal

SHERIFF: Craig S. Anderson, Richard L. Dailey, David B. Hong, Tracy D. Judson, Vincent M. Moultrie, Anthony Munoz, Charles W. Nuckols, Steven J. Patterson, Gabriel A. Rendon, Elizabeth A. Smith, Gregory A. Thurman, Jeffrey A. Widmark

25+ Years

AUDITOR-CONTROLLER: Vicente C. Bondoc

CHILDREN & FAMILY SERVICES: Delores Robinson, Michael S. Simson

COUNTY COUNSEL: Augustin M. Zuniga

FIRE: Shawn E. Ivie

HEALTH SERVICES: Lorna B. Diaz Guiting, Boonjeur Ketratanabor, Nancy Menes, Gloria J. Salcido-Lemus, Gwi S. Yoon

MENTAL HEALTH: Remedios O. Sanchez

PUBLIC HEALTH: Denise N. Masotto

PUBLIC SOCIAL SERVICES: Sandra P. Franklin, Payton P. Grogin, Clarita N. Marcilla

PUBLIC WORKS: Gabor Kozinc

SHERIFF: Karen T. Bartlett, Timothy L. Britt, Henrietta Campos, Amos A. Cisneros, Jr., Cynthia L. Conner, Nancy E. Drake, Donald G. Findling, Donald L. Hicks, Rowland C. Jex, Brenda E. Matthews, Timothy M. O'Quinn, Charles E. Prescott, Margaret K. Sanders, Angela M. Shepherd, David W. Veylupek, Jodi L. Wiles

DHR's Wellness Corner

Bringing you inspiration from around the County

Microburst Workout

By Mary Gilmore (Human Resources)

No time to exercise? Can't afford a gym membership? Not to worry. Welcome the microburst workout into your life. More and more studies are confirming that short workouts combined over the course of the day can provide the same benefits as a longer workout.

Researchers at Oregon State University analyzed data on physical activity and markers of health such as cholesterol and blood pressure for more than 6,000 people ages 18 to 85. According to study co-author Brad Cardinal, co-director of the sport and exercise psychology program, "This study changes the way we think about activity. Ten minutes of physical activity here and 10 minutes there really does add up. Our results give people meaningful, realistic options for meeting the physical activity guidelines."

How to get started? Try a mobile app such as the free Johnson & Johnson Official 7 Minute Workout (<https://7minuteworkout.jnj.com/>) for your Android or Apple device. Combine two to fill your 15-minute break time or try the 12 Minute Athlete (<https://www.12minuteathlete.com/app/>) for a miniature high intensity interval training workout. It could be the best \$2.99 you'll ever spend! Try the Short and Sweat Workout to get started: 20 jumping jacks, 20 squats, 20 crunches, 15 push-ups, repeat to fill 10-minutes.

LOS ANGELES COUNTY SUPERVISOR
MICHAEL D. ANTONOVICH

PRESENTS

★ 19TH ANNUAL SALUTE TO VETERANS AND THEIR FAMILIES

SATURDAY, MAY 28, 2016, 10:00 AM TO 2:00 PM

MEMORIAL DAY TRIBUTE AT 11:00 AM

- ★ VETERANS' BENEFITS, SERVICES
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- ★ FREE HAIRCUTS; MANICURES; HEALTH SCREENINGS
- ★ VINTAGE AIRCRAFT FLYOVER AND SKYDIVERS
- ★ WALL OF REMEMBRANCE- BRING A VETERAN'S PHOTO TO DISPLAY
- ★ ARCADIA VIETNAM WAR MONUMENT DEDICATION AND FIELD OF HONOR DISPLAY
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