



FEBRUARY 2020

COUNTY OF LOS ANGELES

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LA County Library Events Highlight Black History, Culture, and Heritage

Black History Month is a time to recognize, celebrate, and honor the rich and diverse history and important contributions and achievements of African Americans. Black History Month is an integral part of our nation’s tradition in which we promote examples of important historical events, honorable leaders, and steps towards collective change.

LA County Library is celebrating all month with events and programs for all ages at our libraries, including author events, film screenings, storytelling, spoken word performances, performing arts, and art activities.

Black History Month is particularly relevant to AC Bilbrew Library. The Library houses the Black Resource Center, which was established in 1978 to serve the informational and educational needs of African Americans and the larger population by supporting research and study on social, historical, and cultural aspects unique to the African American experience.



Join LA County Library as we celebrate Black History Month!

For more information, including events and a special book list celebrating Black History Month, visit <https://lacountylibrary.org/celebrating-black-history-month/>.

Calendar of Events

Center Theatre Group

(213) 628-2772

www.centertheatregroup.org

Ahmanson Theatre

January 14 through February 16 – The Last Ship

February 18 through March 29 – The Book of Mormon

Kirk Douglas Theatre

January 24 through February 23 – Until the Flood

Mark Taper Forum

January 12 through February 23 – What the Constitution Means to Me

Grand Park

(213) 972-8080

www.grandparkla.org

Every Tuesday through Thursday – Lunch à La Park Food Trucks

Every Wednesday and Friday – Lunch à La Park Yoga reTREAT

The Music Center

(213) 972-7211

www.musiccenter.org

LA Opera

February 1 through 23 – Eurydice

LA Phil

February 6 through 29 – The Weimar Republic: Germany 1918-1933

Alvin Ailey American Dance Theatre March 18 – 22

Alvin Ailey American Dance Theater returns to the Music Center this March. The company embodies six decades of achievement, celebrating the human spirit with performances that unite and inspire while continuing to honor the legacy of founder Alvin Ailey and steward the next generation of choreographers influenced by the African American experience. In all, over 235 works by more than 90 choreographers have been part of the Ailey production, which is described by the Los Angeles Times as “the best possible representation of how Dance (capital ‘D’) can bring people together.”

In response to popular demand from dance fans across the region, each performance will conclude with the crowd-pleasing *Revelations*, a masterpiece which remains as poignant, relevant, and moving as when it debuted in 1960. Please visit www.musiccenter.org/ailey for more information.

Save 20% off select seats and performances of Alvin Ailey American Dance Theater. Access your exclusive offer [online](#), in person or over the phone with the following code: LACD20. Offer expires March 6, 2020.

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://hr.lacounty.gov/about-the-county/>

AMERICAN HEART MONTH

Is Your Heart Healthy?



February is American Heart Month. Heart disease is something we often overlook when not directly affected; however, the statistics of this disease are alarming. In fact, heart disease is the number one cause of death in the United States. While this is a frightening statistic, rest assured that heart disease is often preventable with healthy lifestyle choices.

Below are some steps you can take to control your heart health. Implementing these changes will not only make you feel better, but your heart will thank you!

- **Get plenty of sleep** – Lack of sleep can lead to high blood pressure, diabetes, and obesity. These factors all increase your risk of heart disease. It is recommended we aim for seven to nine hours of sleep a night.
- **Don't smoke** – Cigarettes raise your blood pressure and increase your risk for heart disease. Are you a smoker who needs assistance with quitting? See your healthcare provider for a strategy through your medical plan or call the National Tobacco Quitline at 1-800-QUIT-NOW for cessation opportunities in your area.
- **Manage stress** – Stress raises your blood pressure and can be linked to heart disease. Stress can be a “trigger” to heart attacks. Positive ways to manage stress can be exercise, journaling, meditating, drawing, or listening to music. Find something you enjoy that brings you peace and, incorporate that into your lifestyle!
- **A healthy diet** – This seems like a no-brainer, but what we put in our bodies has a massive effect on our heart health. Try to eat plenty of fresh fruits, vegetables, and whole grains, limit alcohol consumption, and drink plenty of water. Keeping processed foods to a minimum will make your heart happier in the long run.
- **Maintain a healthy weight** – Being overweight or obese increases your risk for heart disease because of heart-related factors such as high blood pressure, diabetes, and high cholesterol. Implementing a healthy diet with a moderate exercise schedule can greatly reduce your risk of becoming overweight or obese.

“Heart disease is the number one cause of death in the United States.”

Heart disease can be a scary topic, but following these suggestions can drastically improve your heart health. This February be conscious of your heart health and in return your heart will show you the love.

The 2020 March of Dimes Campaign Kick-Off

On January 7, 2020, the 2020 March of Dimes Campaign officially launched at the Music Center. Chief Executive Officer, Sachi A. Hamai, Director of Personnel, Lisa M. Garrett, Children and Family Services Deputy, 5th District, Monica Banken, and March of Dimes Executive Director, Kari Boatner welcomed nearly 100 County Department Heads and March of Dimes Coordinators at the 36th annual kick-off. In the last 35 years, the County has raised over \$10.4 million for this campaign, and has been the number one public sector donor for the past 12 consecutive years.

The United States is counted among the most dangerous developed nations in which to give birth. In addition to

increasing rates of preterm birth, 22,000 babies die in the United States every year due to pregnancy-related complications. In the County of Los Angeles, there are approximately 554 infant deaths each year, which represents a rate of 4.3 percent. The tragedy, and the opportunity, is that more than 60 percent of these deaths are preventable.

“The United States is counted among the most dangerous developed nations in which to give birth.”

Join the County and thousands of others for the annual March for Babies Walk on Saturday, April 25th at 7:00 a.m. at Grand Park. Information on how to register for the walk and form a team can be found at www.countyofla-mfb.com. Don't forget to order your Miracle Maker t-shirt; the online store is now open at mod.imagenorders.com. Let's make a difference together!



Left to right: Kari Boatner, Sachi A. Hamai, Monica Banken, Kari Golden, Lisa M. Garrett



NOW OPEN!

Visit
mod.imagenorders.com
to order now!

Los Angeles County March of Dimes Online Store



Adult & Children's
shirts are only \$14.00!

New Cap this year!
only \$12.00



Site Benefits!

- Cash Free
- Mobile Friendly

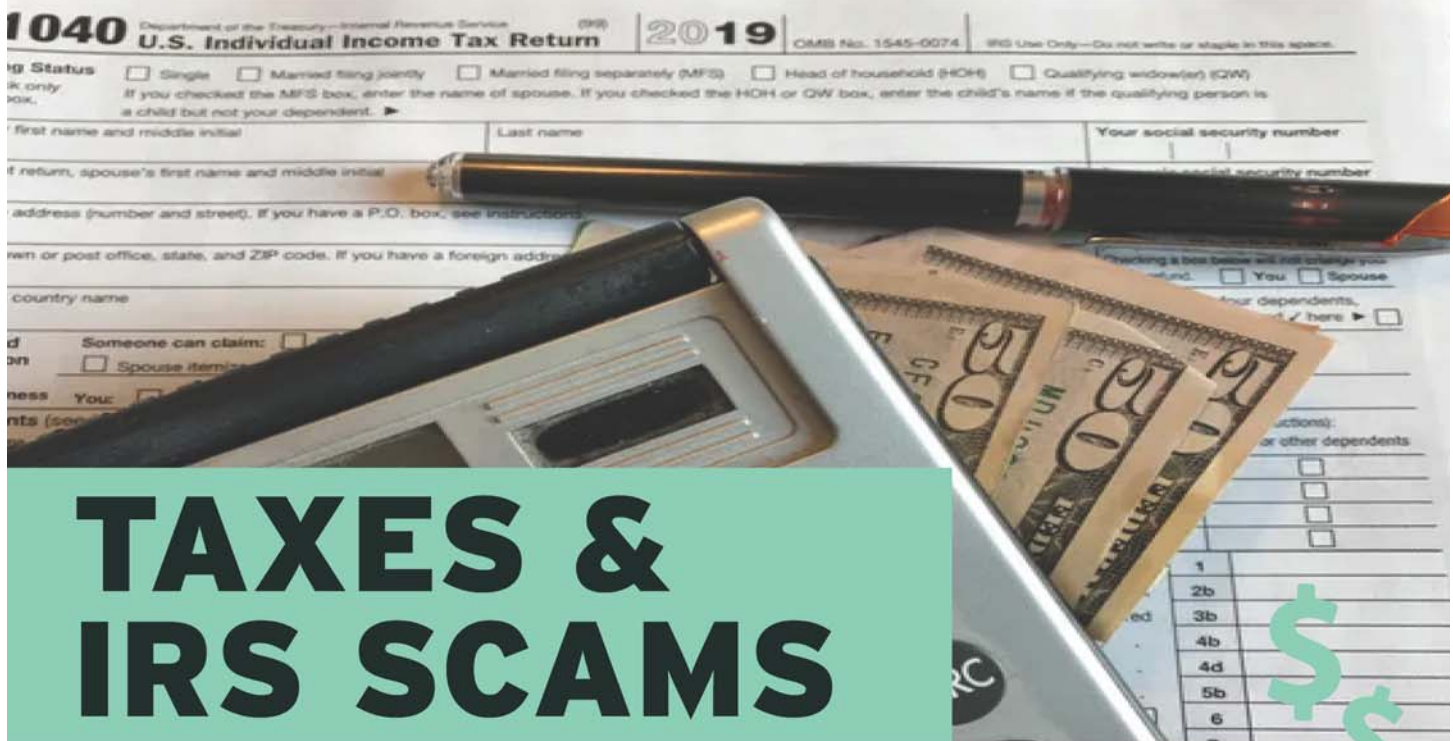
Order Cutoff: Thursday, April 2

626-593-9618



imagenagency.shop

IMAGEN is a Master Agreement Vendor and Local Small Business (LSBE) that has been working with the county for years. We specialize in all branded merchandise including, apparel, promotional products, signs and banners, awards, uniforming, print and more! Call 626-593-9618 to set up your next project!



TAXES & IRS SCAMS

Things the IRS will never do:

1

Call to demand immediate payment using a specific payment method such as a prepaid debit card, gift card, or wire transfer. The IRS does not use these methods for tax payments.

2

Threaten to immediately bring in local police or other law-enforcement groups to have the taxpayer arrested for not paying.

3

Demand that taxes be paid without giving the taxpayer the opportunity to question or appeal the amount owed.

4

Ask for credit or debit card numbers over the phone.

TAX SEASON SECURITY BASICS:

File your taxes as early as possible

Protect your personal information

Keep your computer secure and up-to-date

Don't fall for phony threats or requests for information

TIPS FOR (safely) E-FILING TAXES:

1. If you hire a third-party provider to file on your behalf, do some research and ensure they're trustworthy.
2. Always protect sensitive accounts with strong, unique passphrases.
3. Before submitting any personal info, verify that the site you're on is legitimate and shows a green padlock by the URL.
4. When downloading tax documents, be sure to save them to a secure location where they can't easily end up in the wrong hands.

How Would You Spend \$50 Million?

On January 10, 2020 California Governor Gavin Newsom released his proposed 2020-21 budget. To the wide acclaim of animal welfare advocates throughout the state, the budget includes a \$50 million one-time grant for the University of California Davis Koret Shelter Medicine Program to develop a program for animal shelters. The program will include interactive group training for approximately 100 shelters, and an online resource library will be available to all selected shelters. Over a five-year period, this program will provide expertise, support, and assistance to help local communities achieve the state's longstanding policy goal that no adoptable or treatable dog or cat is euthanized.

This exciting announcement reflects how the concern for homeless animals has developed in public policy. Public awareness of homeless animals has positively impacted animal sheltering in California. More people are making adoption their only choice when bringing a new pet into the family, bypassing the inhumane practices of puppy mills and backyard breeders. Spay and neuter is now a routine practice. Microchipping pets has become commonplace, allowing lost pets to be returned to their devastated families.

However, there is still much work to be done, and Governor Newsom's proposal can be a game changer. This grant can be used to help the most underserved areas in California. Some areas, such as the Central Valley, extreme Northern California, and remote desert areas have limited services available to pet owners. However, densely populated areas, such as Los Angeles County, have limited pet services as well.

Many issues, such as unintended breeding, can be prevented if more resources are available to pet owners. That is why Governor Newsom's proposed \$50 million grant to help animals is exciting news, especially to the Los Angeles County Department of Animal Care and Control (DACC). It won't solve all the problems, but it is a great start.

The most common reasons people surrender pets to the DACC centers is either the animal has a medical condition the owner cannot afford to treat, or the pet owner has lost their housing. Stray animals are brought to our centers for safety and care; many are turned over to us because their owner's fencing is in disrepair or they are allowed to run loose.



Animal Care Officer Art Menchaca and ACC Director Marcia Mayeda

How can the DACC best help these most vulnerable of animals? Is it with mobile medical clinics to take services to underserved areas? Educating owners regarding pet care laws, specifically Los Angeles County requirement of spay, neuter, and microchipping of all dogs and cats? Creating grass-roots community groups to reach out to their neighbors and find creative solutions that best meet their needs?

The future is exciting, and the possibilities are endless. How would you spend \$50 million to help California's animals?



To: County employees

From: DHR

Take a moment to think about your professional growth.

What has helped you grow so far?

Do you want to continue growing?

Could you use a little more help

Udemy for Business is a widely used and highly reputable online learning platform of over 3,500 on-demand courses, *now available to County employees*. This regularly updated library offers engaging trainings in communication, customer service, data science, information technology, leadership, project management, and other professional development areas. *Udemy for Business* will enhance our workforce by helping all of us to be more effective at our current jobs and better prepared to achieve our career goals.

Los Angeles County University (LACU) is proud to make *Udemy for Business* available to permanent-full-time employees. This offering represents a substantial move forward in achieving LACU's vision of "*Learning Reimagined*," which includes opportunities to innovate employee learning and development using online platforms. *Udemy* reinforces this transformation as it enables our workforce to advance its broad spectrum of skills in service to the public.

LACU learning ambassadors sampled some of the trainings and their feedback was encouraging. They said courses offered in-depth and informative content delivered by expert instructors. The learning ambassadors also appreciated the learning supplements (e.g., exercises), which boosted their engagement and offered an opportunity to immediately begin applying what they learned. Overall, learning ambassadors recommended several courses and were enthusiastic about taking additional courses to cultivate their learning needs and curiosities.

To get started, visit the Department of Human Resources Udemy Learning page at <http://employee.hr.lacounty.gov/udemy-learning/>. Discuss your learning plan with your supervisor and review Policy 205: *Online Training Provided by External Providers*, for relevant guidelines. *Udemy for Business* licenses expire on **June 30, 2020**, so start taking advantage of this development opportunity soon and let others know!



Retirees

Congratulations for your many years of service to the County of Los Angeles

45+ Years

CHILDREN & FAMILY SERVICES: Joanne M. Colley

HEALTH SERVICES: Debbie Tomlinson

PUBLIC SOCIAL SERVICES: Evangeline De Aguilar, Rachel B. Mendez

SUPERIOR COURT: Dolores H. Hernandez

WDACS: Nancy A. Cadena-Perez

40+ Years

HEALTH SERVICES: Leonard R. Dubrey, Joylee G. Jones, Deborah McHugh, Tom J. Volpe, Cynthia Cunningham

INTERNAL SERVICES: Yu Y. Wong

PARKS & RECREATION: Judy C. Benavidez

PUBLIC SOCIAL SERVICES: Darlene B. Arch, Sylvia Chasco

SHERIFF: Kathy Montes

35+ Years

FIRE: Eric C. Reynolds

HEALTH SERVICES: Patricia A. Armstrong, Jan C. Love, Alicia Mercado, Rachel Ramos

INTERNAL SERVICES: Elaine V. Rodriguez, John Solis

PUBLIC DEFENDER: Audrey R. Anderson

PUBLIC SOCIAL SERVICES: Rebecca R. Prieto

PUBLIC WORKS: Frank R. Kromka III, Edwin G. Teran

SHERIFF: James F. Corrigan, Mary L. Morris

SUPERIOR COURT: Rene Casarez, Lilia S. Reyes

30+ Years

CHILD SUPPORT SERVICES: Maryse P. Sherred, Esther L. Chapa

CHILDREN & FAMILY SERVICES: Lillian Casas, Mary L. Handen, Helen Williams

DISTRICT ATTORNEY: Stephen T. Papayoanou, Richard Taklender, Ephraim R. Turner

HEALTH SERVICES: Karin L. Bergeron, Freddy L. Cornelius, Bobby Jimenez, Jennifer S. Scott, Lilia B. Spencer, Janis F. Owens

INTERNAL SERVICES: Regina R. Lara, Jemima V. Otubuah

PROBATION: Anntitia L. Wright

PUBLIC DEFENDER: Jean F. Burke

PUBLIC HEALTH: Maria A. Hernandez

PUBLIC SOCIAL SERVICES: Eduardo A. Bonilla

PUBLIC WORKS: Arturo Castro

REGISTRAR RECORDER/COUNTY CLERK: Robert J. Aubuchon

SHERIFF: Charles T. Ansberry, Michael J. Berk, Stephen L. Herrel, Aaron W. King, Allen L. Rich, Misty J. Ritter, Edesel J. Garrison, Regalado O. Javate

SUPERIOR COURT: Loretta Kelly, Robert A. Lewitt, Mary M. Vallejo

25+ Years

CHILDREN & FAMILY SERVICES: Maria C. Rosas, Cori A. Shaffer

CHILD SUPPORT SERVICES: Karen S. Tite

DISTRICT ATTORNEY: Richard E. Collins, Ellen St. John, Carlos Tejada

FIRE: Joseph Crocco

HEALTH SERVICES: Deborah A. Burck, Maria D. Garrett, John H. Harris, Verneeda Wilson

INTERNAL SERVICES: Connie Harris, Ella Volodarsky

MENTAL HEALTH: Josephine Paragas

PUBLIC SOCIAL SERVICES: Janet Ealy, Mei Kwan

REG RECORDER/COUNTY CLERK: Marlene Jimenez

SHERIFF: Charles T. Harvey, David J. Moser, John S. Peck III, Cecenia O. Foronda

WDACS: Mulat A. Musanur

BURN PREVENTION



Every day, more than 300 children are treated for burn-related injuries in emergency rooms nationwide. Sadly, two children die daily as a result of being burned.

The Los Angeles County Fire Department has tips on how to keep your children safe and prevent them from scalding and burns.

How to Prevent Scalding

- To prevent spills, use the back burner and turn pot handles away from the stove's edge.
- Appliance cords coiled and away from counter edges.
- Use oven mitts or potholders when moving hot food from ovens, microwave ovens, or stove-tops. Never use wet oven mitts or potholders as they can cause scald burns.
- Replace old, torn, or worn oven mitts or potholders.
- Slowly open heated food containers away from the face to avoid steam burns.
- Foods heat unevenly in the microwave. Stir and test them before eating.
- Keep children away from cooking areas by enforcing a "kid-free zone" of three feet around the stove. Children should also be kept away from any place where hot foods or drinks are being prepared or carried.
- Keep hot foods and liquids away from table and counter edges.
- Never hold a child while cooking, drinking, or carrying hot foods or liquids.
- Teach children that hot things burn.
- When children are old enough, teach them to cook safely. Supervise them closely.

If You Are Burned

- Immediately put cool water on the burn to treat it. Cool the burn for at least five minutes.
- Cover a burn with a clean, dry cloth. Do not apply creams, ointments, sprays, or other home remedies.
- Remove all clothing, diapers, jewelry, and metal from the burned area. These can hide underlying burns and retain heat which can increase skin damage.
- If the burn is larger than your fist or if you have any questions about how to treat it, seek medical attention right away.
- If the burn does not heal in two to three days, see your doctor as soon as possible.

How to Stop, Drop & Roll

If your clothes catch fire:

- 1. Stop** where you are.
- 2. Drop** to the ground and cover your eyes and mouth with your hands.
- 3. Roll** over and over, and back and forth until the flames are out.



Discover more safety topics at:
[fire.lacounty.gov](https://www.fire.lacounty.gov)

 [facebook.com/LACoFD](https://www.facebook.com/LACoFD)
 [instagram.com/lacountyfd](https://www.instagram.com/lacountyfd)
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