U.N. Delegate Alex Riggs Speaks Highly of L.A. County Library Partnership

For the past three years, L.A. County Library Youth Services has engaged the Children’s Rescue Alliance (CRA) to provide Personal Safety Classes for youth in our community libraries. Recently, instructor Alex Riggs was appointed a U.N. Delegate for the Commission of the Status of Women, which is a huge honor. The focus of their panel this year was on human trafficking—mainly women and children—a travesty happening worldwide.

During the main panel, “Learn How You Can Combat Human Trafficking by Intercepting Demand,” participants stated that they desperately needed education for their children, but were afraid that their communities would reject or were not ready for such education. They stated that they wished there was a model for them to follow. Riggs stated, “I have thought for quite some time that the L.A. County Library System should be the model that the rest of the U.S. emulates.”

She spoke about the strength of CRA’s partnership with L.A. County Library, its closest relationship over its past two and a half years. “L.A. County Library was very progressive from the get-go, knowing that the communities the libraries serve needed education—not just on trafficking, but on safety—for the whole family!”

Many of the panelists had questions for Riggs about how the CRA and Library had developed such a strong partnership. Riggs shared how the partnership was developed—that the Library interviewed CRA rigorously on their programs, and monitored the programs as they were implemented. CRA never deviates from the class curriculum that was approved. All instructors have had a vigorous background check that is rechecked twice a year. Open communication was stressed by both sides. Numerous librarians provided feedback before, during, and after the classes. In addition to the “Be Your Own Superhero” class for kids, which was adapted for the Library, the Adult 101 program for teens was developed specifically for the Library; it not only touches on safety and awareness but weaves real-life circumstances throughout the course that teens will eventually have to face (bullying, cyber bullying, stalking, cyber stalking, drug & alcohol misuse, and suicide).

In addition to a strong planning process, CRA classes at Library locations are age appropriate, interactive, entertaining, and take place in a safe environment. “We let kids and teens interact—we do not talk at them, but with them,” Riggs said. Providing safety and awareness to young children not only helps them now, but will serve them throughout their lifetime.

Riggs stated that the relationship with L.A. County Library is CRA’s most precious: “They strive to provide continual education for their children and teens. They are unwavering in their commitment to their communities and we are blessed to be a small part of this achievement.”
Calendar of Events

Los Angeles County Museum of Art
(323) 857-6010
www.lacma.org

Through October 15 – Home-So Different, So Appealing

Center Theatre Group
(213) 628-2772
www.centertheatregroup.org

Ahmanson Theatre
Through September 10 – The Curious Incident of the Dog in the Night-Time
September 15 through October 1 – The Red Shoes

Kirk Douglas Theatre
September 10 through October 8 – Big Night

Mark Taper Forum
September 13 through October 22 – Head of Passes

Grand Park
(213) 972-8080
www.grandparkla.org

August 26 – L.A. Taco Festival
Every Tuesday through September 27 – Bootcamp
Every Tuesday through Thursday – Lunchtime! Food Trucks
Every Wednesday and Friday – Lunchtime! Yoga Retreat

Hollywood Bowl
(323) 850-2000
www.hollywoodbowl.com

September 16 – Cumbia at the Bowl!
September 17 – Cafe Tacvba, La Santa Cecilia, Mon Laferte

Ford Theatres
(323) 461-3673
www.fordtheatres.com

August 25 – IGNITE! Series: Sintesis and Dayren Santamaria
August 26 – In the Cosmos: Where We Come From, Where We Are, and Where We Are Going by WordTheatre
August 27 – Chris Isaacson Presents Thelma Houston: My Motown, Memories and More
August 28 – JAM Session: Salsa Dance

Photo by The Future Collective, courtesy of Ford Theatres.
Stories From the Homefront

Finding Hope in the Future

Andrea K is no stranger to the County of Los Angeles. As a recent recipient of the Department of Public Social Services (DPSS) benefits, Andrea knows what it’s like, at your most vulnerable time, to have the County be your family’s safety net. Once she became a participant of DPSS benefits, Andrea also became familiar with the County and its programs, including the Homeless Initiative, and has been active ever since it was launched by advocating for the homeless and engaging homeless individuals and providing them with resources. Why? Because for two years, she was homeless herself.

It all started in July 2014 when Andrea K and her family were evicted from the home they were renting in West Covina due to an unscrupulous landlord. During this time, she was temporarily employed at the Registrar-Recorder/County Clerk’s Office, lived with family members, and received assistance from various churches. In due time, she found temporary housing through the Family Solutions Center in Pasadena.

On April 1, 2017, the County of Los Angeles debuted its Temporary Services Registry Program (TempLA) which is administered by the Department of Human Resources and includes among its targeted populations the homeless/recently homeless/housing insecure. To qualify, one must have completed a job-readiness program either with DPSS or Workforce Development, Aging and Community Services. Andrea K qualified, having completed the program with DPSS. She is one of 200 eligible candidates and began her first one-year work assignment with the Department of Public Works on April 19, 2017.

“Thanks to the County’s TempLA for giving me hope and a future,” said Andrea K. “I’m happy to have a job so that I can help provide for my family.” “I know this program will help others,” she added.

Still living in West Covina, Andrea sees homeless families sleeping under park benches. She has made it her mission to educate them on the benefits of the Initiative.

Share Your Heart
Share Your Home

Become a Foster/Adoptive Parent
Dept. of Children and Family Services

Summer is winding down and the back to school planning is in full swing for many children and families. Most children know where they will be going to school in the fall, but some of our kids in foster care are left with an uncertainty that only growing up in foster care brings. Many of the kids in foster care have had to change schools multiple times! Finding a permanent adoptive family for the kids who can’t return home makes a positive difference, not only in their education, but in their life. By finding adoptive families for our kids in foster care, we are ensuring that they can benefit from the stability only a forever family can bring.

Meet the smart and talented Gema. At 14 years old, she knows what it means to have to switch schools many times since being in foster care. Gema defied the odds and demonstrated her true resiliency by maintaining a 4.0 GPA. This is a huge achievement and something Gema is very proud of accomplishing in her life. Gema also loves music. In fact, Demi Lovato is her favorite. She also loves art and going to the gym. When she has down time, she also assists one of her school teachers with tutoring younger children after school and participates in workshops with trained college counselors, one-on-one tutoring, college visits, and enrichment activities. Gema also values spending time with her brother and it is important for her to find a family that is willing to maintain that contact. As Gema is getting ready to begin high school with a bright future ahead of her, she would like a permanent team to cheer her along the way. She has conquered many challenges in her young life and her resilience will only become stronger with a family that will love and support her journey through life. Let’s help Gema find a family to stand in her corner and cheer her on. Call (888) 811-1121 to learn more about adopting Gema today.
HACoLA Hosts Annual Back to School Jam for Public Housing Youth

School is back in session and the Housing Authority of the County of Los Angeles (HACoLA) hosted its annual Back to School Jam series this month to help public housing students and their families get ready for the school year.

These annual events began in 2000 at the Carmelitos housing community located in Long Beach, and have expanded to other housing developments throughout the County. Earlier this month, HACoLA hosted the Back to School Jams at the Harbor Hills, Nueva Maravilla, and South County (scattered sites) public housing developments. The Carmelitos housing community will have their event at the end of August.

The Back to School Jams have been promoting education and health to thousands of public housing families for years. Exhibitors, including businesses, non-profits, County agencies, and clinics, provide educational and health-related resources and information to families. This year, families also had access to information regarding employment and training programs.

However, the main event of each Back to School Jam is the distribution of backpacks, stocked with age-appropriate school supplies, to over 1,000 public housing youth attending grades K-12. Entertainment, food, and raffles are also available to the attendees, along with an option for youth to get free haircuts.

HACoLA is thankful to have the support of local organizations and elected officials, who volunteer at these events, whether by setting up an informational booth, donating supplies, or distributing backpacks to students.
August is World Breastfeeding Month

by Kittie Frantz, RN, CPNP
Coordinator of Lactation Education
LAC+USC Medical Center

Do you know what infant formula is made from? Not sure? You are not alone. Most of our patient population in the Department of Health Services (DHS) don’t know either. The most common answer we get from the community is “chemicals” or “vitamins.” Infant formula is either cow milk or soymilk with oil and vitamins added. Surprised? So are our new parents.

Human breast milk has unique fats and proteins that are specific for human brain growth. Breastfeeding infants have significantly less illness than cow milk formula fed infants, because human milk has antibodies to protect the baby from many illnesses, such as ear infections, diarrhea, and upper respiratory infections. Statistically, breastfed infants have fewer allergies and grow up to have lower rates of diabetes, obesity, and heart disease than babies who are not breastfed. This saves families and our County a lot of health care dollars.

There are benefits for a mother, as well. She can lose her pregnancy weight faster since baby is getting calories from her milk. Statistically, by breastfeeding her infant for a year, she will be less likely to suffer from osteoporosis, heart disease, diabetes, or breast cancer.

Families benefit too as a breastfed baby having less illness means less time off of work for mother, as well as fewer trips to the doctor. It is estimated that if all babies were breastfed, the United States could save 14 billion dollars in health care costs alone. And breastfeeding ensures mom and baby cuddle and interact in a special way while feeding.

DHS hospitals have achieved The Baby Friendly WHO/UNICEF designation that ensures our new parents’ choice to breastfeed will be honored and they will receive assistance and support as they begin breastfeeding.

The California Public Hospital Redesign and Incentives in Medi-Cal Program has required that all DHS hospitals facilitate exclusive breastfeeding without cow milk formula for those healthy babies. Baby’s health is important to our County and to the State of California so we want to educate our families in their feeding choices and support breastfeeding whenever desired.

*Survey conducted three years ago at the Pediatric Faire for LAC+USC Medical Center.

Tips to Keep Your Pets Safe in Hot Weather

Department of Animal Care and Control

It’s been hot these last few months. Pets are extremely susceptible to heat exhaustion/heat stroke and precautions should be taken, especially while participating in outdoor activities. You can prevent this by taking a few basic steps and watching out for signs of heat stress.

- Avoid strenuous activity on extremely hot days and provide adequate water and shade if your pet will be staying outside. Be aware that an area that appears shady in the morning may not be shady in the afternoon. A play pool in a shaded area can help outdoor dogs cool off on hot days. A garage is not a suitable area to house dogs during extreme weather since the temperatures inside can quickly rise without circulating air.

- “Short-nosed” (brachycephalic) dogs – Boxers, Pugs, etc., are extremely susceptible to heat stress. If your dog is a short-nosed breed or if he/she is small, overweight, ill, or old, make sure to bring them inside the house. If your dog has long hair, consider giving them a haircut for summer.

- Never ever leave your pet in a parked car. It has been documented that with an outside temperature of 72 degrees, the temperature inside a car can quickly rise to 116 degrees, even with windows open, in a shaded area.

- Pets should not walk on asphalt on hot days. If it is too hot for your bare foot, it is too hot for your pooh. Consider walking in early morning or late in the evening or walking on grass when the weather is hot.

- Watch out for signs of heat stress. Early signs include excessive panting and distress, which may lead to dehydration, vomiting/ bloody diarrhea, seizures, and collapse. A pet that is showing early signs of heat stress should be immediately moved to a cooler area and provided with cool (NOT ICE) water to drink. Gently wet the area behind the ears, around the neck, belly and paw pads. If the pet shows symptoms of vomiting or diarrhea or appears to be lethargic, get them to a vet immediately.
BE ONE WITH NATURE!

Join us for a day of family fun. Always wanted to try a 5k? Now’s your chance!

INFLATABLE OBSTACLE COURSE
ZUMBA
5K RUN
FITNESS POWER WALKS
SOFTBALL PLAYOFF
EXERCISE SESSIONS
NATURE WALKS
FREE GIVEAWAYS
DRAWING PRIZES

Alondra Community Regional Park
3353 Redondo Beach Boulevard
Lawndale, CA 90260
(enter at Yukon Avenue)
2nd Supervisorial District

Saturday,
September 9, 2017
8:00 a.m. – Noon

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

EVENT SPONSOR

KAISER PERMANENTE
Working for You

Department of Public Health

According to the Centers for Disease Control and Prevention (CDC), about one in five children ages 6 to 19 are obese. Obesity is measured by using a combination of screening tools, including body mass index (BMI) and growth charts. Factors that contribute to childhood obesity include:

- Genetics
- Metabolism
- Socioeconomic factors
- Eating and physical activity behaviors

It’s important for parents and guardians to promote healthy eating habits for their children. Poor eating behaviors can carry on throughout adulthood and put children at greater risk for developing chronic diseases later in life. Childhood obesity can also cause long-term mental and physical health effects, such as behavior and learning problems, depression, heart disease, and diabetes.

Below are some tips for promoting healthy habits:

- **Make time for a healthy breakfast:** A nutritious breakfast in the morning will increase energy and help kids feel full, which can prevent overeating throughout the day.
- **Make half your plate fruits and vegetables:** Visit [www.choosemyplate.gov](http://www.choosemyplate.gov) for more information on the right mix of food groups to serve on kids’ plates, including fruits, vegetables, gains, protein, and dairy.
- **Promote active lifestyles:** Participate in one hour or more of physical activity each day. Play soccer in the park as a family or register kids for school sports or community-based sports programs.
- **Choose water instead of sugary drinks:** Sugary drinks are a major contributor to the obesity epidemic. Choose water to stay hydrated without adding extra calories. You can add flavor to your water with sliced fruit, cucumber, or mint.

Department of Public Health partners with schools, community-based organizations, and other stakeholders to prevent childhood obesity, and promote health and well-being. These prevention strategies include providing nutrition education in schools, promoting safe physical activity, and improving access to healthy foods.

Join us in preventing childhood obesity. Model healthy eating and physical activity habits, make healthy meals as a family, and support obesity prevention initiatives in your community.

Visit the following websites for additional information:

- [https://www.cdc.gov/obesity/childhood/](https://www.cdc.gov/obesity/childhood/)
- [http://publichealth.lacounty.gov/nut/](http://publichealth.lacounty.gov/nut/)

2017 Charitable Giving Campaign

On August 15, 2017, the County of Los Angeles officially launched its annual Charitable Giving Campaign, “Creating Greater Communities,” at the Music Center. Leading the charge were Supervisor Mark Ridley-Thomas, Chief Executive Officer Sachi Hamai, and Director of Personnel Lisa Garrett. Joining them were Department Heads and Charitable Giving Campaign Coordinators from all County departments, Workplace Programs Division staff, and the County’s seven Fund Distribution Agencies: Asian Pacific Community Fund, Brotherhood Crusade, Community Health Charities, EarthShare California, United Way Los Angeles, and Variety – The Children’s Charity of Southern California.

In 2016, the County raised nearly $1 million dollars for the underserved in our own LA community. This year promises to be even greater with the Treasurer and Tax Collector Joe Kelly (pictured below), already surpassing their departmental goal during the first month of the campaign with a recent Hamilton tickets opportunity drawing that raised a whopping $7,000.

Online contributions are easy and it’s the quickest way to make a huge difference in someone’s life. ‘Once and done’ – sign-up for a flat rate contribution, as low as $2.50 per pay period! Simply log into your [http://mylacounty.gov/](http://mylacounty.gov/) account and click on Charitable Giving. You can also contact your departmental Charitable Giving Coordinator. Let’s break the bank in 2017 and show our LA County community spirit.
2017 General Membership Conference

Saturday, September 9, 2017
9 am – 12 pm

DoubleTree by Hilton Los Angeles Downtown
120 South Los Angeles Street, Los Angeles, CA 90012

REGISTRATION DEADLINE
WEDNESDAY, SEPTEMBER 6, 2017
All Early Bird Registrants
who register by Friday,
August 25, 2017 online or
by mail are eligible for a
Special Prize Drawing.

Optimizing Your County Career
Keynote Speaker: Lisa M. Garrett
Director of Personnel
Department of Human Resources

Putting Your Financial House In Order
– With Your Living Trust
Guest Speaker: Dr. Rosie Milligan
Author and Senior Estate Advisor

☑ Continental breakfast, networking event, conference material, and giveaways.
☑ 2017 Grant/Scholarship will be awarded to a Member or a Member’s child.

Register online at:
www.LACAAEA.org/general-members-conference

To register by mail, complete and mail to: LACAAEA | P.O. Box 91851 | Los Angeles | CA | 90009

2017 General Membership Conference

First Name: __________________________ Last Name: __________________________

Department: __________________________

Email Address: __________________________ Phone: ( ) __________________________

For questions regarding the conference, please contact:
Pauline Oghenekwwo, DHR (213) 738-2234
Jennifer Brown, DHR (213) 738-2248
Lesbia Ross, DPSS (213) 639-5544
Mary L. Calhoun, Retired (213) 384-3454

Los Angeles County African American Employees Association is a recognized 501 (c) (3) organization.
LACAAEA is a non-profit organization and a registered County employee organization.
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:

50+ Years
CHILDREN & FAMILY SERVICES: Ruthie B. Avery

45+ Years
CHILDREN & FAMILY SERVICES: Barbara S. Luft
HEALTH SERVICES: Miguel Garcia, Jr., Frances A. Ramirez
LACERA: Nora Jackson
PROBATION: Gregory R. Dean, Harold S. Solomon
PUBLIC SOCIAL SERVICES: Bridget Washington
PUBLIC WORKS: David M. Asato
SHERIFF: Debra Sewell

40+ Years
ASSESSOR: Frederick L. Lewis
DISTRICT ATTORNEY: Donna Wills
HEALTH SERVICES: Sheryl R. Adams, Margarita Del Real Lopez, Gloria T. Holmes, Brenda B. La Fave, Rhonda L. Massey, Marlene Stuhler
PUBLIC DEFENDER: Marc A. Hentell
PUBLIC LIBRARY: Alicia H. Mellado, Yaa A. Sefa-Boakye
PUBLIC SOCIAL SERVICES: Jewel Amos, Mary H. Ayon, Sondra Hull, La Tanya R. Lee Booker, Irene Ortega, Maria L. Parra
PUBLIC WORKS: Otis W. Davis, Alexander Herron, Mary F. Gibson

35+ Years
COUNTY COUNSEL: Evangeline A. Wittert
FIRE: Catherine C. Campos, Donald J. Campbell, Ricky H. Lewis
HEALTH SERVICES: Frances A. Banks-English, Nancy A. Chaghaliassian, Theresa Chavez, Sandra Cooksey, Rita C. Diners, Sesinanda Guevarra, Patricia V. Holley, Joe L. Lojero, Eric Lawrence, Donna M. Mc Anelly, Tobi L. Moree, Shahbudin H. Rahimtoola, Paula Santana, Dilsca Sealey, Lorraine J. Vigil
INTERNAL SERVICES: Pia A. Roane
LACERA: Ruby W. Grundy
PUBLIC HEALTH: Tho V. Truong
PUBLIC SOCIAL SERVICES: Cheryl Carter, Jeannie Chiu, Alice Rivadeneira, Charlotte Tatosian Smith, Tam T. Tran
SHERIFF: Donald E. Alexander, Carol Jackson, Richard S. Zorich

30+ Years
DISTRICT ATTORNEY: Eugene J. Monaghan, Jr., Rebecca A. Noblin

Rideshare L.A. County!

Would you like to work without having to drive in traffic? Maybe even have breakfast in your home and have a commute of about 20 seconds? Then Telework may be the solution for you. Telework, a management option program, is defined as working at home or a location closer to home that reduces the trip to work by 50 percent or more. By eliminating or reducing the commute to work, Telework helps improve the air by reducing harmful emissions from driving to work. Helping to improve the air also helps with the effort to reduce the number of deaths associated with pollution in Los Angeles County. For more information about Telework, contact your Employee Transportation Coordinator or visit www.rideshare.lacounty.gov. Take Pride and Share the Ride.
Charitable Giving Campaign

**WHY GIVE?**

**Helping Others:** The annual County of Los Angeles Charitable Giving Campaign is a convenient and effective way to help children and families in need. Your contributions are used to deliver affordable health care to low and moderate income families; improve literacy rates among urban school children; feed the hungry; provide shelter to the homeless; and protect the environment. In short, your contributions are hard at work improving the quality of life for those less fortunate. Your support of the Charitable Giving Campaign is vital. Please consider giving through payroll deduction to one, two or all of our campaign partners.

**CAMPAIGN PARTNERS (FDA's)**

The Asian Pacific Community Fund is a network of community organizations providing vital health and human services that are culturally sensitive and linguistically appropriate. These services improve the lives of children, low-income individuals, families, battered women, immigrants, the disabled and seniors. Programs are provided in 27 Asian languages as well as English and Spanish.

The Brotherhood Crusade has been dedicated to enhancing the quality of life for families and youth throughout Los Angeles County since 1968. We provide direct 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, corporations and foundations of goodwill that are committed to and understand the tremendous need for helping our community.

Community Health Charities is a dynamic nonprofit that raises awareness and resources for health and wellness by connecting more than 2,000 of the most trusted health charities across the United States with more than 17 million caring employees through workplace giving campaigns, causes, wellness programs, employee engagement, and strategic partnerships. Health has never been such an urgent priority: 77% of U.S. workers suffer from at least one long-term health condition, ranging from cancer to asthma—chances are someone you know is affected. TOGETHER, WE'RE IMPROVING LIVES AND PROVIDING HEALING AND HOPE TO INDIVIDUALS, CHILDREN, AND FAMILIES.

The mission of EarthShare California is to protect, support, improve California's natural heritage of clean air, safe water and healthy communities and families by raising funds for leading environmental organizations. EarthShare is a federation of more than 80 environmental organizations working to improve all aspects of the environment...One simple way to care for it.

**United Latino Fund (ULF) is helping to create the Latinos of the Future in Los Angeles County. Through our Community Grants Program, ULF is able to give grants to deserving, grassroots, non-profit organizations. Employee donations help ULF fund education programs that serve the Latino community by supporting after school activities that help keep youth safe and healthy, and health & wellness programs that help to prevent diabetes and obesity in the Latino community. With the generous support of employee donations, ULF has been able to establish itself as one of the only funds solely dedicated to advancing the lives of Latinos in Los Angeles County.**

United Way is a non-profit organization which creates pathways out of poverty and works to improve the quality of life for people of diverse backgrounds in Greater Los Angeles. Through research, advocacy and a network of more than 170 local, non-profit partners, United Way meets basic like housing and health care, helps students graduate from high school prepared for college and the workforce, and teaches adults job and financial literacy skills to help them become financially stable.

Founded in 1941, Variety the Children's Charity of Southern California is dedicated to Inspiring hope, enriching lives and building a better future for the children of Southern California. We're one of the leading chapters of Variety International – The Children's Charity. Variety awards over three quarters of a million dollars annually to organizations that serve Southern California children in the areas of Health Care, Education and Mobility. Variety is also a major supporter of the Variety Boys and Girls Club of Boyle Heights. The money raised in Southern California stays here in our community – and Variety personally visits every organization it supports to ensure that every donation helps the most amount of children where the need is greatest.

A Voluntary Effort: Encourage all County employees to support the voluntary effort by signing up for payroll deduction or increasing their monthly contribution. Your contributions are voluntary; however, we recommend a monthly donation of at least $5, which is fully tax-deductible. Thank you in advance for your consideration and support of the County's Charitable Giving Campaign.