

FEBRUARY 2017

COUNTY OF LOS ANGELES

L.A. County Hosts 7th Annual Care Harbor Clinic

The Department of Public Social Services (DPSS) and several other L.A. County departments geared up to support the efforts of Supervisor Mark Ridley-Thomas at the annual Care Harbor clinic that provides free medical, dental, vision and preventive care services to thousands of uninsured and underinsured residents.

The Care Harbor clinic was held on January 20 through 22 and has become a destination of hope for those without access to the healthcare services they desperately need. Even with the implementation of the Affordable Care Act, L.A. County has an estimated 1.2 million uninsured residents. The annual clinic serves as a method to enroll patients into healthcare coverage programs within their budgets.

In addition to on-site services, the clinic continues to empower patients to lead healthier lives long after the event. Early diagnosis and evaluation allows patients to be treated before diseases reach a more critical and costly stage. The six previous clinics treated 18,872 patients, providing a total of 94,356 medical, dental and vision services.

Over the years, the clinic has been held at the Great Western Forum in Inglewood, the Pyramid on the campus of California State University, Long Beach, and more recently, the historic Los Angeles Memorial Sports Arena. DPSS, Public Health, Health Services, Mental Health and Chief Executive



DPSS assists with the 7th annual Care Harbor event that brings thousands of residents together in order to receive free services such as medical, dental, vision, and preventive care.

Office helped disseminate information about the clinic's new location at The Reef.

The departments also helped spread the word about the need for volunteers, sponsors and donors through announcements and social media. As in the past, the clinic called for volunteer medical professionals and non-medical professional volunteers to serve those in need. Specifically, the request was for general dentists, primary care physicians, specialty physicians, ophthalmologists, optometrists, dental hygienists, dental assistants, dental lab technicians and opticians.

For more information, please email Care Harbor at volunteer@careharbor.org.

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Calendar of Events

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

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

Through June 18 – Moholy-Nagy: Future Present
Through July 2 – Tony Smith's Smoke
Through July 9 – The Inner Eye: Vision and Transcendence in African Arts
Through July 22 – Chinese Ceramics from LACMA at the Vincent

Price Art Museum in East Los Angeles

The Music Center (213) 972-7211 www.themusiccenter.org

Dorothy Chandler Pavilion

March 8 through March 12 – Alvin Ailey American Dance Theater March 24 – Sleepless: The Music Center After Hours

Center Theatre Group

(213) 628-2772 www.centertheatregroup.org

Ahmanson Theatre Through April 1 – Fun Home Kirk Douglas Theatre Through March 26 – Good Grief

Mark Taper Forum Through April 2 – Zoot Suit March 12 through April 2 – Remote L.A.

Grand Park

(213) 972-8080 www.grandparkla.org

Every Tuesday through Thursday – Lunchtime! Food Trucks Every Wednesday and Friday – Lunchtime! Yoga Retreat

Walt Disney Concert Hall

(323) 850-2000 www.laphil.com

- March 3 Adams @ 70: Nixon in China
- March 5 Adams @ 70: Nixon in China
- March 8 LA Phil Music 101
- March 10 Beethoven & Shostakovich
- March 10 Aaron Diehl Trio with Cecile McLorin Salvant and Jason Moran
- March 11 American Youth Symphony
- March 11 Beethoven & Shostakovich
- March 12 Beethoven & Shostakovich
- March 15 Fretwork In Nomine



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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/county-digest/



Winter Storm Safety Tips



The West Coast has experienced severe winter storms over the past month. During extreme weather conditions, rain, paired with flash flooding in some areas, has created various hazards for people and property throughout Los Angeles County. Prepare yourself and know what to do during and after a storm, so you and your family can greatly reduce the risk for injury and damage.

Flash floods are caused by numerous reasons—not just rain. They can be caused by broken dams and pipes or melting snow. Pay attention to warnings and public safety announcements to ensure your safety. Don't get caught driving in flood waters!

Here are some tips to remember if flooding occurs while you're behind the wheel or at home during a winter storm.

- Avoid driving through flood waters and never enter moving water. It only takes two feet of water to sweep away a vehicle.
- Be aware of potential flood-like conditions.
- Heed "Turn Around, Don't Drown!" signs from the Federal Highway Administration.
- Stay away from flood control channels, such as catch basins, canyons and natural waterways.
- Stay away from flooded areas, even if the water seems to be diminishing.
- Monitor radio and TV news closely for information about weather conditions and flooding in your area.
- If flood water rises around your car, abandon the car and move to higher ground.
- If advised to evacuate your home, do so immediately.
- Identify important items to take if your neighborhood is evacuated.
- Have an emergency plan that is easy for all family members to understand.
- Have enough food and water to supply your family for at least a 72-hour period.

• Always remember to include a radio and flashlight with fresh batteries in your emergency kit.

Follow these simple tips to help keep you safe, no matter what winter storms bring. You can acquire any needed sandbags and instructional materials at your local Los Angeles County fire station. Visit <u>www.fire.lacounty.gov</u> for more information.

A Resource for Everyone

Are you looking to book entertainment for your next event and not sure where to start? You're in luck! L.A. County has a database of vetted local musicians. Administered by the Arts Commission and featuring more than 100 musicians and bands representing a range of musical styles, the Los Angeles County Musicians Roster is a resource for concerts, parties and private events. In addition to performing locally throughout the year, these talented musicians can be seen performing in summer concerts all over the region that are funded by the County's Free Concerts in Public Sites program.

A trusted directory of artistic excellence, the Musicians Roster is comprised of artists chosen by a panel of experienced and respected music professionals. From African and classical to electronic and R&B, the 2017 Roster spans the breadth of L.A. County's many cultures and traditions. So, take a look, have a listen, and be sure to reference the Musicians Roster next time you're planning an event.

For more information about the Los Angeles County Musicians Roster, visit <u>lacountyarts.org/musiciansroster</u>.

Rideshare L.A. County! from Workplace Programs and Marketing

If you don't love Rideshare now, you will after you see how much money you can save compared to driving alone. If you drive alone to work on a 30 mile commute one way, you are spending about \$746 a month if you drive a vehicle with a 20 mpg rating. That equals about \$8,950 a year. If you commute with three other people instead of driving alone, you'll save about \$6,720 a year or \$560 a month. The more people that share the ride with you the more you save. With three others, you can save enough to take a romantic trip next year. Take Pride and Share the Ride. For more information, or to find your local Employee Transportation Coordinator, go to <u>www.rideshare.lacounty.gov</u>.

DBH Introduces New Website

People planning to visit Los Angeles County beaches and Marina del Rey now have an upgraded resource at beaches.lacounty.gov.

Launched in mid-December, the Department of Beaches and Harbors' redesigned website is a vibrant, user-friendly, onestop shop for beachgoers, boaters, residents, business owners and anyone else seeking information about the County's iconic beaches and Marina del Rey.

A rotating image gallery on the homepage promotes DBH events and activities. Adjacent to the gallery are links to some of the most commonly visited pages.

Whether seeking information about the beaches or Marina del Rey, visitors can use colorful interactive maps of the areas to learn more about things to do, services and more.

Here are some other highlights:

• Each beach has its own information page with photos, a list of activities, and information on parking and nearby public transportation.



- The website's custom navigation menus include builtin redundancy to allow visitors to quickly find information in multiple ways with very few clicks.
- With its responsive design, the website performs admirably on smartphones, tablets, desktop computers and other devices.
- The WordPress web-based content management system gives employees the tools to quickly add and update information—no special software or HTML knowledge required.

The DBH Community and Marketing Services Division and Information Technology Section worked with the Internal Services Division and Red Dot Technology Solutions Inc. to design and build the website. Actual construction took six months; however, much of the design and content organization leg work was completed in advance.



FOR A SECOND CHANCE, CALL 211 OR VISIT PROP47.LACOUNTY.GOV

CHANGE YOUR FELONY

TO A MISDEMEANOR



Meet Barbara Ferrer, Ph.D, M.P.H., M.Ed.

Director, Department of Public Health



Dr. Barbara Ferrer, a nationally recognized public health leader, has been appointed as the Director of the Los Angeles County Department of Public Health. Dr. Ferrer has over 25 years of public health experience, including management expertise in public and private sector organizations focused on health issues and education. Most recently, Dr. Ferrer served as the Chief Strategy Officer for the W.K. Kellogg Foundation where she oversaw key program areas, including: Education and Learning; Food, Health, and Well-Being; Family Economic Security; Racial Equity; Community Engagement; and Leadership. She was responsible for integrating the foundation's focus on priority places such as Michigan, Mississippi, New Mexico, New Orleans, Mexico, and Haiti.

Prior to joining the foundation, Dr. Ferrer served as the Executive Director of the Boston Public Health Commission where she led a range of public health programs and built innovative partnerships to promote health and education, improve family economic security and address racial health disparities.

Under her direction, the City of Boston saw a decrease in the rates of childhood obesity, asthma in public housing and smoking, as well as a significant reduction in the infant mortality rate for African-American families.

Dr. Ferrer has also served as Director of Health Promotion and Chronic Disease Prevention and Director of the Division of the Maternal and Child Health at the Massachusetts Department of Public Health. Dr. Ferrer received her Ph.D. in Social Welfare from Brandeis University, a Masters of Arts in Public Health from Boston University, a Master of Arts in Education from the University of Massachusetts, Boston, and a Bachelor of Arts in Community Studies from the University of California, Santa Cruz.

County Library Provides Useful Information and Resources to Serve the Homeless

County Library supports the Countywide initiative to fight homelessness by providing a welcoming place and information on available resources that can help those customers who experience homelessness.

Take our West Covina location as an example, the West Covina Library serves about 15 to 20 homeless patrons on a daily basis. Some of these customers come to the library almost every day and stay all day hanging out in the magazine areas, study cubicles and study rooms; some come to use only public computers, printers and Wi-Fi, while others request help finding temporary shelters or using the Internet to apply for unemployment benefits, disability insurance and jobs.

"We treat homeless patrons with the same level of service and respect as we do with all our library patrons," says Wen Wen Zhang, Community Library Manager at West Covina Library. "Our staff here at West Covina Library created a user-friendly resource binder containing information and resources for homeless and low-income customers. Info provided includes shelters in local and neighboring cities, social service providers, local shower, hygiene and laundry services, seasonal local services, the Winter Shelter Program, and legend of services. The binder is available for staff as well as patrons to use and we make copies for patrons to take, per their request."

The goal of the County Library is not to become a sheltering site for the homeless to congregate. Rather, our goal is to connect homeless patrons to resources or service providers. As part of our effort to combat homelessness, a special taskforce, The Homeless Services Think Tank (HSTT), was formed in 2016. It is a work group made up of 20 enthusiastic library employees who volunteered to lead the County Library's homeless initiatives. Currently, HSTT is working to compile a comprehensive list of available resources that librarians throughout the County can use it to better serve homeless customers. With this information, staff will be able to refer customers seeking assistance with a place to sleep and shower, get a meal, and other unmet needs, in a more efficient and effective manner. A new policy and a protocol is also forthcoming to assist staff on how to handle issues and concerns, and to give staff more support and guidance when handling challenging situations with homeless customers.

Security Awareness Phishing Email

Phishing continues to be an effective tactic used by criminals to get sensitive information like usernames or passwords. It mimics real emails from friends, co-workers and IT Administrators.

Here is a sample of a recent targeted phishing email received by certain users:

Sender: admin@mailserver.com

Subject: <u>user@ceo.lacounty.gov</u> is expiring in 3 days. Please confirm your email now.

Body: You may not be able to receive all new emails due to your quota has exceeded and to avoid your email being terminated, you should update your mail service. Please click on the link below to avoid losing your files & Mail Service: Confirm "<u>user@ceo.lacounty.gov</u>"

PLEASE NOTE: The Internal Services Department (ISD) <u>no longer send email with clickable</u> <u>links</u>. For example, a request for you to change your password due to it being expired.

TIPS

- 1. Review the sender information and ask why you are receiving the email.
- 2. DO NOT open any attachments or click on links that you were not expecting.
- 3. If the email with questionable content appears to come from an organization executive or a person you know, use the contact details you already have on file to contact the sender and verify that they sent you the message.
- Report any suspicious email by forwarding it as an attachment to your local help desk or to your Departmental Information Security Officer (DISO).

For more awareness information, visit the County's cyber security partner STOP|THINK|CONNECT at https://www.stopthinkconnect.org

Share Your Heart Share Your Home

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





The love between a parent and child is one of the purest forms of love. These four smiling faces are missing one piece in their life, a forever family. Let's help find these four siblings a special family that they can call their own!

Four times the smiles, four times the fun, and four times the laughter is what these four siblings will bring into your family's life. With the youngest placed in a separate foster home, bringing these four hearts back together would truly be the best thing that could happen to these amazing kids!

Jasmin, Jennifer, Josie, and Emmanuel, are very attached to one another and share an undeniable sibling bond. Jasmin takes her role as the older sister very seriously and has a protective personality over her younger siblings. She is

outgoing, extremely personable, and makes friends easily. Jasmin is a voracious reader and loves to carry whatever current novel she is reading around with her.

Jennifer, age 11, is active, full of energy, and affectionate. She is inquisitive and always eager to learn. Although she can be quiet and reserved, she is learning to trust others. Jennifer loves to play with all kinds of toys and is particularly attached to her stuffed animals.

Nine-year-old Josie is a very friendly girl, kind to everyone around her, and has a very pleasant personality. She is very talkative and you will be blown away by her broad vocabulary! Josie is artistic and enjoys painting and coloring. She takes pride in her artwork and feels such pride when it's on display. Josie is very outgoing as she likes to tell jokes, dance, and sing.

Four-year-old brother Emmanuel is so very much loved and cared for by his sisters and he thrives on getting their affection! He is a polite, caring, and very energetic little boy. Emmanuel is learning the mastery of self help skills, as he loves to do things independently. Although he has some speech delays, he is very eager to talk. He can be found playing with cars, trucks, balls, or just using his imagination.

These four siblings are deserving of a family that will nourish this strong sibling bond by providing them with a loving and nurturing environment that only a forever family can provide!

DHR's Wellness Corner

Bringing you inspiration from around the County

Giving Back is Good for Your Health By Mary Gilmore (Human Resources)

We all know giving helps others, whether we volunteer for organizations, offer emotional support to those around us, or donate to charities. But studies show that giving is also good for the giver — boosting physical and mental health.

According to a study published in the *International Journal* of *Psychophysiology*, people who gave to others had lower blood pressure than people who didn't. Researchers also found that people who gave to others through community

and organizational involvement had greater self-esteem, less depression and lower stress levels than those who didn't.

Biologically, giving can create a "warm glow," activating regions in the brain associated with pleasure, connection with other people and trust. There is evidence that, during gift-giving behaviors, humans secrete "feel good" chemicals in our brains, such as serotonin (a mood-mediating chemical), dopamine (a feel-good chemical) and oxytocin (a compassion and bonding chemical).

march for babies march 🗇 of dimes[.] A FIGHTING CHANCE FOR EVERY BABY JADEN SURVIVED! He was born almost 3 months early and spent 2 months in the hospital. Sign up at marchforbabies.org f 🔰 🔘











Los Angeles March for Babies

Saturday, April 29, 2017 Registration 6:30 AM

GIVING BACK continued from page 7

So, what can you do to improve your health for 2017? Start with the March of Dimes Walk for Babies on April 29, 2017? It promises to be a fun day out with people who share our passion for improving our health and the health of babies. County department teams will once again be walking with friends, family, and co-workers to raise funds for premature babies. It's a way to improve your health. Form a team and join our event at https://www.marchforbabies.org/EventInfo/?EventID=18582 and walk with us.



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:

<u>45+ Years</u>

HEALTH SERVICES: Mary M. Dillard, Consuelo McGinnis PROBATION: Sheila Willis PUBLIC HEALTH: Maria M. Trejo PUBLIC SOCIAL SERVICES: Viola E. Winston SHERIFF: Linda M. Brown, Carolyn F. Stevenson

<u>40+ Years</u>

DISTRICT ATTORNEY: Vickie L. Fitzpatrick **HEALTH SERVICES:** Shelley Heermann, Stephanie A. Johnson, Rachel Mitchell, Carita Oliver, Mark A. Rueda **INTERNAL SERVICES:** Gregory R. Andrew, Rosendo Paz, Jr. **PUBLIC SOCIAL SERVICES:** Martha Castro, Ernesta

Swaminathan

PUBLIC WORKS: Luis E. Valencia

SHERIFF: Virginia Sosa

TREASURER & TAX COLLECTOR: Raymond H. Johnson, III

<u>35+ Years</u>

CHILDREN & FAMILY SERVICES: Rosalind J. Davis, Lydia Y. Vasquez CHILD SUPPORT SERVICES: Barbara Rankin **DISTRICT ATTORNEY:** Karen Rizzo HEALTH SERVICES: Leo Publico, Edna Rockenmacher, Lourdes M. Santana, William Seguin **INTERNAL SERVICES:** Lawrence A. Dean MENTAL HEALTH: Patricia E. Aceves, Edmundo Nicolas PARKS & RECREATION: Dwight M. La Croix **PROBATION:** Inez Brooks PUBLIC DEFENDER: Kenneth Fang PUBLIC HEALTH: Maria M. Barlow, Tan-Lee D. Lee, Michael D. Stampfli **PUBLIC SOCIAL SERVICES:** Rosemary Chambers PUBLIC WORKS: Kevin R. Gibson, Shuk W. Nhan SHERIFF: James M. Cabalitan, Carlos J. Celaya, Michael R. Claus, Fred E. Cook, Grace Hallum, Delores G. Scott, Robert D. Seminaris, Loretta Truiillo SUPERIOR COURT: Bettina M. Baker, Madeline Rae Reaves

<u> 30+ Years</u>

CHILDREN & FAMILY SERVICES: Arturo Alva, Martha Cardenas

DISTRICT ATTORNEY: Gregory J. Davis, David E. Demerjian, Karen D. Jones, David Lopez

HEALTH SERVICES: Lourdes F. Avelino, Gary A. Channer, Josefina Lizarde, Debbie A. Loera, Kathleen A. Mc Adam, Erika Reich, Jerry M. Rios, Jeannie Santana, Marianna G. Sweeney, Anita Trevino LACERA: Hsiao-Mei Tao

MENTAL HEALTH: Antonette T. Gilbert, Susan A. Moser **PARKS & RECREATION:** Janis Johnson

PROBATION: Harlan T. Anderson, Michael E. Daniels, Ikechukwu M. Enewally

PUBLIC DEFENDER: Joe E. Gualano

PUBLIC HEALTH: Kannika Phinyo, Patricia Torres

PUBLIC SOCIAL SERVICES: Susan Cerda, Ann B. Chu, Gloria J. Clemons, Nelly N. Fernandez, Ann Giang, Geneva Houston, Diane Tran

PUBLIC WORKS: Ruben A. Chavira, Massoud N. Esfahani, Mohammad H. Kajbaf, Paul J. Keizer, Teresa Pao, David Pilker, Jalal Vahabnezhad

REGISTRAR-RECORDER/COUNTY CLERK: Lucila M. Maclang

SHERIFF: Sheri A. Anderson, Ernesto A. Banuelos, Stephen J. Basso, Brenda P. Cambra, Gerald A. Houston, Patrick D. Hunter, David R. Lingscheit, Patrick E. Maxwell, Dan L. Mc Elderry, Ralph E. Miller, Tomas F. Navarrete, Geody Okamoto, Jeffery L. Riggin, Robert L. Robinson, Carol A. Rogers, Henry M. Romero, Rudolph Schaap, Jeffrey B. Smith, Todd E. Taylor, Robert P. Thoms, Daniel R. Torres, Michael K. Williams, Kenneth F. Wright

SUPERIOR COURT: Anthony B. Cruz, Frances G. Talbot, Amy B. Uruburu

<u>25+ Years</u>

ASSESSOR: Joel Relampagos

CHILDREN & FAMILY SERVICES: Lester L. Ellis, Wendy B. Jones

DISTRICT ATTORNEY: Barbara Bolante-Martinez, Karol P. Boloorchi, Christopher S. Rentie

HEALTH SERVICES: Bonnie B. Chen, Griselda Cruz-Murphy, Mila A. Grafilo, Arturo M. Gutierrez, Maryanne Looram, Sandra A. Mange, David J. Martin, Hilda A. Matamoros, Van T. Nguyen, Hermenegil Ocampol, Mely Tan, Cory Taylor

INTERNAL SERVICES: Steven Clark

MENTAL HEALTH: Dee P. Eng

PROBATION: Thomas C. Kratochvil, Charles B. Trask, Maurice L. Walker

PUBLIC DEFENDER: Richard P. Arellano

PUBLIC HEALTH: Kochuthresia V. Antony, Wha R. Byon, Olga Portillo, Wayne Sugita

PUBLIC SOCIAL SERVICES: Henrik Avedian, Nelly Bernhoit, Deborah Burrell, Reina A. Gomez, Sen T. Nguyen, Abi Oshun, Yuvathano Y. Paing, Elsa A. Pozuelos, Gloria Ragudo, Heloise Reece, Indu G. Shah, Samantha L. Smith, Cecilia C. Weber

PUBLIC WORKS: Thomas Brunson

SHERIFF: Keith Anderson, Bahman Atabaki, Dennis A. Barnhoorn, Rodney G. Barton Jr., Shelly D. Basso, Mario Cortez, Steve Hernandez, Bobbie J. Hooks, Frank Huelga, James K. Johnston Jr., David M. Joyce, John E. Kniest, Robert A. Maas, Laverne S. Miyamoto, Laura J. Orr, Jeff B. Perkins, Horace Rudolph, Jr., Isabel A. Stroud, Ken Tran

TREASURER & TAX COLLECTOR: Debra L. Amos, Fe E. Montano, Bich N. Nguyen

LA County Homeless Initiative Real **Help.** Lasting **Change.**

Homelessness in Los Angeles County may feel like an impossible problem. But the truth is that real, measurable progress is being made.

Now, to broaden and accelerate the successes of the County's ongoing Homeless Initiative, the Board of Supervisors has placed Measure H on the March 7 ballot.

 Generate approximately \$355 million annually for ten years through a ¼-cent County sales tax, to be used exclusively on proven efforts that reduce and prevent homelessness, including mental health, housing services, job counseling and substance abuse treatment.

Help an estimated 45,000 families and individuals move from homelessness to permanent housing in the measure's first five years—and enable 30,000 more to avoid becoming homeless.

Directly benefit children, foster youth, seniors, battered women, disabled individuals, veterans and other homeless adults.





Provide essential services to successfully transition homeless people into voter-approved housing to be constructed within the City of Los Angeles.

Ensure accountability through independent Citizens' Oversight and annual audits.

Already, thanks to partnerships between non-profits, the faith community, neighborhoods, cities, County agencies and law enforcement, the number of families and veterans on our streets has dropped significantly. Shelter residents are being given access to permanent housing, services and employment at growing levels. Hundreds of individuals are being rapidly rehoused and are on a path to paying their own rent. Teams are in the field bringing health and housing to hundreds more.

Measure H would provide essential ongoing money to support and expand these innovative, proven strategies, which deliver results: Real help. Lasting change.

Learn more at homeless.lacounty.gov and see how you can help in the fight against homelessness.