



MARCH 2013

FISCALLY FIT

COUNTY OF LOS ANGELES

# Successful Implementation of the County’s Enterprise Financial and Human Resources Applications (eCAPS and eHR)

Over the past few years, with the Board’s support and the collaboration with a number of County departments, the Auditor-Controller, Chief Executive Office, Department of Human Resources, Internal Services Department, and Chief Information Office have successfully replaced various legacy financial and human resource systems with the County’s new enterprise web-based applications: eCAPS and eHR. These applications deliver critical financial, budget, contracting, procurement, payroll, and human resources functionality that support the daily operations of all County departments.

Beginning in 2004, these departments have collaborated on the eCAPS/eHR Project (Project), and successfully completed all the major Project milestones on-time and within the Project budget. The eCAPS Financial enterprise application includes budget preparation; Project and general accounting; procurement and inventory; and asset, contract, and grants management. The eHR Human Resources enterprise application includes time collection and payroll; employee self-service; item control; and a talent management module for employee classification, compensation, recruitment, and candidate selection.

The Project team continues to address the administrative needs of the County departments, and is working on additional enhancements which include: electronic access to invoice and payment information for our County vendors; on-line workload and employee information for County managers to monitor and improve operations; electronic filing of County mileage reimbursement claims; and additional enhancements for monitoring and tracking County contracts.

The centralized integrated system has allowed the County to continue building on a solid infrastructure for its critical financial and human resource systems. It has enhanced the County’s approach to stay innovative and forward-thinking in meeting its ever-challenging administrative demands. In addition, it has provided for policy and procedures standardization across County departments to ensure compliance with Board-adopted guidelines; promotes process efficiency and effectiveness; and brings the County to a ready position as future expansion needs arise.

The code below will link any smartphone user to [hr.lacounty.gov](http://hr.lacounty.gov) using a standard QR (Quick Response) Code Reader app (free on iTunes or Android Market).

A QR Code is a barcode that contains data that can be read by a smartphone’s camera. Most smartphones come equipped with software that allows them to download a QR Code reader app. Once you download a reader, the phone’s camera acts like a scanner, allowing it to read the barcode. You may see these barcode symbols in the grocery stores, coffee shops or on other marketing correspondence.



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# CALENDAR OF EVENTS

## SAVE THE DATE

Trail Dusters Ride

7 a.m.

May 19, 2013

Tesoro Del Valle

28515 San Francisquito Road, Santa Clarita 91390

Presented by Supervisor Michael D. Antonovich  
and the Department of Parks & Recreation

For information, call (909) 394-2264 or (626) 967-1441.



### LACMA

5905 Wilshire Boulevard, Los Angeles 90036

(323) 857-6010

[www.lacma.org](http://www.lacma.org)

Ongoing – Levitated Mass

Ongoing – Metropolis II

Through August 4 – Ends and Exits: Contemporary Art from  
the Collections of LACMA and The Broad Art Foundation

Through March 24 – Robert Mapplethorpe: XYZ

Through June 30 – Stanley Kubrick

Through July 19 – Shinique Smith: Firsthand

### Center Theatre Group

[www.centertheatregroup.org](http://www.centertheatregroup.org)

### Kirk Douglas Theatre

Through April 14 – The Nether

April 28 through June 2 – The Royale

### Ahmanson Theatre

Through April 21 – End of the Rainbow

April 25 through May 5 – Fela!

### Mark Taper Forum

Through April 14 – Tribes

April 24 through June 9 – Joe Turner's Come and Gone

### Dorothy Chandler Pavilion

Through March 30 – The Flying Dutchman

March 23 through April 14 – Cinderella

April 17 through April 21 – Alvin Ailey American Dance  
Theater

### Walt Disney Concert Hall

March 24 – Yuja Wang in Recital

April 3 – Bobby McFerrin: Spirit You All

April 7 – Scottish Ensemble and Alison Balsom

April 9 – Chamber Music: Shostakovich, Martinu,  
Mendelssohn

April 10 – Max Raabe and Palast Orchester

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



### Members of the Board

#### Mark Ridley-Thomas

Chairman

Second District

#### Gloria Molina

First District

#### Zev Yaroslavsky

Third District

#### Don Knabe

Fourth District

#### Michael D. Antonovich

Fifth District



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Submissions to the DIGEST may be  
edited or otherwise altered for clarity.

Check out the DIGEST at

<http://dhrdcap.co.la.ca.us/jic/digest/>

## Supervisor Molina Encourages César Chávez Week Participation



Do you feel compelled to give back to your community? Then join other Los Angeles County employees the week of March 25, 2013 and volunteer your time in honor of United Farm Workers co-founder César Chávez! This year's theme is "Service to Others."

On a motion by Supervisor Molina in 2002, the County established César Chávez Community Service Week to celebrate the legacy of this American hero by offering County employees the opportunity to volunteer in the community instead of taking a standard day off from work. And each year, the Los Angeles County family gets into the volunteer spirit—including staff from the First Supervisorial District!

Last spring, legislative deputies with Supervisor Molina's office paid tribute to Chávez by partnering with the Volunteers of East Los Angeles to help repair a charming home in East L.A.'s Whiteside region (pictured). Elsewhere, Supervisor Molina's field deputies joined with staff from the County's Probation Department to host a César Chávez artwork and essay contest for minors incarcerated in three L.A. County juvenile detention facilities: Camp Afflerbaugh, Camp Paige, and Camp Rockey. The event marked the grand finale in a week-long memorial celebration honoring one of America's greatest civil rights activists.

This year, County employees may sign up to volunteer at Human Services Association in Bell Gardens; The Center Long Beach in Long Beach; Operation Gratitude in Van Nuys; Heal the Bay in Santa Monica; or at various County parks and animal shelters. Activities will include delivering meals to seniors, assembling care packages for troops and wounded soldiers, landscaping and general park maintenance, beach clean-up, and more. The County will also host a massive food drive in partnership with the Los Angeles Regional Food Bank. For more information, contact (626) 350-4500 or visit [www.ceo.lacounty.gov/wpp](http://www.ceo.lacounty.gov/wpp). For more information on César Chávez, visit [www.colapublic.org/chavez](http://www.colapublic.org/chavez).

## First Day of Service for Fire Station 150

On February 1, 2013, new Fire Station 150 in Santa Clarita was officially in service and the event was commemorated with a flag raising ceremony. Fire Captains Dave Laub and Dana Provost, along with the crews from Hazardous Materials Squad 150 and Engine 150, saluted the flag as the sun came over the mountains. Captain Laub described the flag ceremony as important because, "the station is historic and will be here long after we are gone with firefighters continuing to respond to the public safety needs of the community we serve."

Fire Station 150 will also serve as the new Division III Headquarters, as well as Battalion 22 Headquarters. Following the flag ceremony, Acting Assistant Chief Greg Hisel commended the station personnel for their dedicated efforts to move the Haz Mat Task Force from Fire Station 76 across town, acknowledging it as a major undertaking.

The new 19,667-square-foot fire station consists of a three-bay apparatus room, main office, training room, day room, kitchen, exercise room, Battalion Chief office with dormitory, Assistant Chief's office with dormitory and dormitory quarters for 10 personnel. The total cost to build the station, including land acquisition, was \$20 million. Fire Station 150 is expected to respond to 1,800 calls for service each year.

"Fire Station 150 is a great addition to the Canyon Country area and will serve the Santa Clarita Valley well for many years to come," said Acting Assistant Chief Hisel. "The community continues to grow and the Fire District is keeping pace in order to continue to provide the highest level of public safety services possible."



The B shift crew of Fire Station 150 on opening day.

Photo by Douglas Morrison  
LACoFD



**MICHAEL D. ANTONOVICH**  
**LOS ANGELES COUNTY SUPERVISOR**

*Invites You*  
*to the 16<sup>TH</sup> Annual Veterans' Event*



# REMEMBERING OUR VETERANS & THEIR FAMILIES, PAST, PRESENT AND FUTURE

**SATURDAY, MAY 25, 2013 - 10 A.M. TO 3 P.M.**

**ARCADIA COUNTY PARK**  
**405 S. SANTA ANITA AVENUE, ARCADIA 91006**

### FEATURING

- SKYDIVERS
- FLYOVER BY WWII FIGHTER PLANES
- FOOD BOOTHS
- LIVE MUSIC

### NO COST

- IMMUNIZATIONS
- HAIRCUTS/MANICURES
- HEALTH SCREENINGS

### ASSISTANCE

- EMPLOYMENT INFORMATION
- VETERANS BENEFIT INFORMATION
- LEGAL INFORMATION

**A SPECIAL TRIBUTE TO OUR ARMED FORCES  
WILL BE HELD AT 11:30 A.M.**

**BRING A DUPLICATE OF A MILITARY PHOTO  
TO BE PLACED ON  
THE "WALL OF REMEMBRANCE"**

**FREE ADMISSION**

**EVENT WILL BE HELD RAIN OR SHINE**

**FOR MORE INFORMATION  
CALL 626-967-1441 OR 909-394-2264.**



Community & Senior Services  
Adult Protective Services  
HOT LINE: (877) 477-3646

## Health EXPO 2013 in April

To celebrate National Public Health Week, held during the first full week of April, the Department of Public Health will be staging two events: one for L.A. County employees and the other for the community.

### For L.A. County employees

Health EXPO 2013, Tuesday, April 2, 2013, from 11 a.m. to 3 p.m. See flyer on page 10.

Receive a \$5 gift card for participating in the City of Hope blood drive. To preregister, visit [www.IDonateBlood4Hope.org](http://www.IDonateBlood4Hope.org), click on Donate Blood, and enter sponsor code LAEX.



*The Department of Public Health and the Department of Human Resources encourage all departments with offices in the area to allow employees to attend during work hours. The Health EXPO supports the County's effort to create a healthy workplace environment.*

### For the community

Health EXPO 2013, Thursday, April 4, 2013, from 11 a.m. to 3 p.m. This event, hosted in partnership with the City of Los Angeles, is themed "Creating a Healthy Community." It will be held at El Pueblo de Los Angeles Historical Monument/Olvera Street (125 Paseo de la Plaza, Los Angeles 90012).

It will feature more than 30 booths, including free health screenings (dental, vision, hearing, asthma, allergy, blood pressure, blood sugar, cholesterol, body mass index); cooking demonstrations; live entertainment; and free giveaways, such as bike maps, recipe books, and nicotine patches. There will also be a Children's Hospital blood drive. To preregister for the blood drive, check out <http://bit.ly/CHblooddrive>.

For more information about this event, visit [www.publichealth.lacounty.gov/phweek](http://www.publichealth.lacounty.gov/phweek).

Invite your family, friends, and other community members to this event! We have printed flyers and postcards (English/Spanish) now available for distribution. If you can assist in handing out these materials at meetings, clinics, etc., please contact Phyllis Tan at [ptan@ph.lacounty.gov](mailto:ptan@ph.lacounty.gov).

## Honoring Remarkable Women

### *In honor of Women's History Month*



On March 11, 2013, the Board of Supervisors and the Commission for Women hosted the 28th Annual Women of the Year Luncheon at the Millennium Biltmore Hotel in Los Angeles. The luncheon's Mistress of

Ceremonies was Alysha Del Valle of ABC 7 Eyewitness News.

The following women were saluted for their work to bring about social and economic change:

First District: **Gloria Chavez**, President  
City Terrace Coordinating Council

Second District: **Marsha Temple**, Executive Director  
Integrated Recovery Network

Third District: **Kim Lamorie**, President  
Las Virgenes Homeowners Association

Fourth District: **Sara Pol-Lim**, Executive Director  
United Cambodian Community

Fifth District: **Ingrid Chapman**, Partner  
Chapman Communications

**Gloria Pollack**, Community Liaison  
Gelb Group

**Karen Sutherland**, Vice President  
Monrovia Schools Foundation

The following Community-At-Large Awardees were chosen from the categories of Education, Health, and Law/Public Safety:

Health Category: **Xiomara Flores-Holguin**, Supervising Children's Social Worker, Department of Children and Family Services

Education Category: **Joyce Feucht-Haviar**, Dean, Tseng College of Extended Learning, California State University, Northridge

Law/Public Safety Category: **Zna Portlock Houston, Esq.**, Senior Assistant City Attorney, Office of the Los Angeles City Attorney

A portion of the proceeds from this event will be used to provide education scholarships for young at-risk women.

*Congratulations to these exceptional women!*

# Benefits Questions?

## How Do I Get Help?

*The County of Los Angeles offers you a wide variety of benefits programs. Sometimes, it can be confusing when you need help. The table below includes resources for most employee questions and issues.*

To discuss	Contact	Phone/Website
Changes to your benefits due to a mid-year qualifying life event	Your Departmental Benefits Coordinator	Check your department directory, call your Departmental Human Resources office, or visit <a href="http://www.mylacountybenefits.com">www.mylacountybenefits.com</a>
Medical or dental plan treatment eligibility <sup>1</sup>	Your medical or dental plan	Call “Member Services” on the back of your identification card
Missing medical or dental plan identification cards	Your medical or dental plan	Visit <a href="http://www.mylacountybenefits.com">www.mylacountybenefits.com</a> for contact information
Health Care and Dependent Care Spending Accounts	Benefit Concepts Inc.	(866) 629-5436 <a href="http://www.mylacountybenefits.com">www.mylacountybenefits.com</a>
Your paycheck	Your departmental payroll office	Check your departmental directory or call your Departmental Human Resources office
State Registered Domestic Partnership	California Secretary of State	(916) 653-3984 <a href="http://www.ss.ca.gov/dpreistry">www.ss.ca.gov/dpreistry</a>
Retirement	LACERA	(800) 786-6464 <a href="http://www.lacera.com">www.lacera.com</a>
Short-Term Disability & Long-Term Disability	Sedgwick Chief Executive Office Website	Sedgwick: (800) 786-8600 <a href="http://ceo.lacounty.gov/rtw/rtw_default.htm">ceo.lacounty.gov/rtw/rtw_default.htm</a>
COBRA continuation coverage	COBRA Plan Administrator	(213) 388-9982
Horizons or 401(k) Savings Supplemental Retirement Plans	Great West Retirement Services	(800) 947-0845 <a href="http://countyla.gwrs.com/login.do">countyla.gwrs.com/login.do</a>
Colonial or Universal Life Insurance	Benefit Vision	(818) 348-3100
Medicare Part A and B & Prescription Drug Coverage	Medicare	(800) 633-4227 <a href="http://www.medicare.gov">www.medicare.gov</a>

<sup>1</sup> If you have complaints about service or treatment eligibility, speak first to the medical plan or insurance carrier directly. Most situations can be resolved in that manner. If you need additional assistance, please call the Employee Benefits Hotline at (213) 388-9982.

## Coin to Cash Exchange Program

The Treasurer and Tax Collector Cashiering Unit located on the first floor of the Kenneth Hahn Hall of Administration is open to all County employees who want to exchange their coins for other denominations. The County Coins to Cash Exchange Program (Program) is held every Thursday from 10 a.m. to 2 p.m. at Cashiering Window 12. This service is free to all County employees. All you need to do is bring your coins (un-rolled) and provide your County ID at Cashiering Window 12. It's that simple.

Just remember the Program will be suspended on the last week of March, the first week of April and December during the Property Tax Collection Peak Seasons. Please take advantage of this Program because it is FREE!



### Rideshare L.A. County!

Walking to work is a good way to be healthier, save money, and improve the environment. Proper planning, preparation, and hydration can make walking to work a viable option. For every car eliminated from the road, the better it is for the air we breathe. This is a great benefit to your health. Try it and you'll find walking to work is a good way of getting there and saving money.

For more information on walking to work or any other Rideshare options, go to [www.rideshare.lacounty.gov](http://www.rideshare.lacounty.gov).



## Quality and Productivity Commission Productivity Investment Fund

The Productivity Investment Fund provides grants and loans to departments for creative and innovative projects that:

- improve service delivery,
- improve efficiency of operations, or
- generate cost savings.

The Commission accepts proposals quarterly. The remaining 2013 dates are:

April 12, 2013  
July 12, 2013  
October 11, 2013

For further information, visit <http://qpc.co.la.ca.us> or call (213) 974-1390.



## 2013 Health Risk Assessment Summary

*(Maximum caps applies for each medical plan)*

Did you know that County employees and their family members, who are enrolled in a County-sponsored medical plan, are eligible to receive a \$50 gift card for simply completing an online Health Risk Assessment (HRA)? The HRA is an online questionnaire that asks questions about your current health and lifestyle and based on your responses, identifies your personal health strengths and any risk factors. Log on to your medical carrier's website listed below and click on the health assessment link. County employees, spouses or domestic partners, and dependents over the age of 18 are eligible to participate.

### ANTHEM BLUE CROSS – \$50 Gift Card

- ◆ HRA Gift Card Redemption: After completion of the online health assessment, the member will receive a letter in the mail within 5-7 days with instructions on how to redeem the \$50 gift card. Questions about redemption should be directed to [customer.service@hallmarkbusinessconnections.com](mailto:customer.service@hallmarkbusinessconnections.com) or by calling the toll-free number at (877) 489-6505. For other questions on the HRA, eligibility, and incentives, call the Member Services number on the back of your Anthem Blue Cross ID card.
- ◆ **RECEIVE another \$50 Gift Card for completion of biometric screenings:**
  1. Schedule an appointment with your primary care provider (PCP).
  2. Complete your annual biometric screenings for blood pressure, cholesterol, blood sugar (glucose), and body mass index (BMI).
  3. Have your PCP or their office staff complete and fax an Anthem Health Rewards Physician Fax-Back Biometric Screening form to Anthem. Or you can have your physician sign the form and you can fax it to (866) 698-9924, or mail it to 5068 West Plano Parkway, Suite 290, Plano, TX 75093. Write “**lacounty**” on the lower left corner of the envelope.
  4. Anthem processes biometric screening activity weekly and sends to Hallmark for processing. After 10 business days the activity should be confirmed through Hallmark, and the member can go online and redeem the gift card at Anthem.com.
- ◆ Website: [www.anthem.com/ca/countyoflosangeles](http://www.anthem.com/ca/countyoflosangeles)

### CIGNA – \$50 Gift Card

- ◆ Gift Card Redemption: Gift cards will be mailed to home addresses on file within 4-6 weeks after completion. Questions about redemptions should be directed to Cigna's Customer Service at (800) 244-6224.
- ◆ Website: [www.mycigna.com](http://www.mycigna.com)

### KAISER PERMANENTE – \$50 Gift Card

- ◆ Gift Card Redemption: Rewards are automatically mailed to home addresses on file approximately 4-6 weeks after completion.
- ◆ Website: [www.kp.org/countyofla](http://www.kp.org/countyofla)

### UNITEDHEALTHCARE – \$50 Gift Card

- ◆ Gift Card Redemption: An email is sent to member's registered email with instructions on how to redeem the award.
- ◆ Website: [www.healthyatcola.com](http://www.healthyatcola.com)

# 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:*

## 50+ Years

**HEALTH SERVICES:** Billie Heidelberg

## 45+ Years

**HEALTH SERVICES:** Betty Alexander

**INTERNAL SERVICES:** Turner McCaskey, Francis J. Salcido

## 40+ Years

**BEACHES & HARBORS:** Roberta Tilles

**CHILDREN & FAMILY SERVICES:** Olivia P. Lozano

**CHILD SUPPORT SERVICES:** Barbara L. Nettles

**HEALTH SERVICES:** Norma C. Dapo, Johnny G. Martinez, Myrna Ramirez, Cynthia A. Wharton

**INTERNAL SERVICES:** Ricardo A. Maduro, Robert E. Richardson

**MENTAL HEALTH:** Cecilia Foster

**PUBLIC HEALTH:** Paula M. Guzman, Irene Martinez

**PUBLIC SOCIAL SERVICES:** Joseph E. Brambila, Maria Castaneda, James H. Taylor, Isabel M. Urias

**SHERIFF:** Linda D. Bonner, Marvin O. Cavanaugh, Michael Grossman, Betty J. Jackson, Nancy G. Mills, Victor C. Rampulla, Georgia J. Sauer

**TREASURER AND TAX COLLECTOR:** Cecelia Buys

## 30+ Years

**ASSESSOR:** Emad Barsoum, Glenn M. Espino, Dennis C. Kumaus

**BOARD OF SUPERVISORS:** Leida C. Erickson

**CHIEF EXECUTIVE OFFICE:** Sheila Eaton, Donald L. Washington

**CHILDREN & FAMILY SERVICES:** Ekerette J. Essien, Loan K. Huynh-Le, Wayne L. Stewart

**CHILD SUPPORT SERVICES:** Martha E. Baltierra-Si, Anna M. Brown, Carol Correnti, Elvia I. Cruz

**DISTRICT ATTORNEY:** Alan L. Jarvis, Charlie Bedell III, Kathleen M. Gentry Weast, Sherman Mitchell

**FIRE:** David B. Buchanan, Martin A. Harper, Robert D. Hewitt, Blake P. Jones, Stephen J. Maloof, Steven R. Marquez, Peter Ramirez, Walter R. Tayenaka, Henry N. Wong, Eric E. Hansen

**HEALTH SERVICES:** Howard A. Bessen, Arlene Chodkowski, Paulett F. Fort, Hazel M. Garrett, Kenneth

Hankawa, Sherwin Isenberg, James A. Krause, Carolyn E. Ledford, Joann Mingura, George M. Nassar, Irma R. Nieves, Maritza R. Ortega, Moon Park, Silvia Pavano, Sunita Saxena, Ophelia Tate, Selina Y. Wan, Sabah Zuwaylif

**INTERNAL SERVICES:** Nenita L. Francisco, Larry M. Green, Debbie J. Hansen, Tai-Li T. Lee, Dan Locklair, Conrado E. Marfil, Gregory R. Schumaker, Annette E. Taylor

**MENTAL HEALTH:** Gwendolyn Bedell, Sherrill E. Lee

**PUBLIC HEALTH:** Abigail G. Govea, Gail A. Van Gordon, Gloria Hendricks, Margarita Plata

**PUBLIC SOCIAL SERVICES:** Nancy Diaz, Lourdes N. Kirakosian, Bienvenido Manalansan, Tomoaki Nago, Joy Pickens

**PUBLIC WORKS:** Daniel A. Brito, Diego Cardena, Alfred R. Henson Jr., Robert A. Hightower, Vincent Milton, Frank M. Olivas, Clifford D. Sanchez, Kevin Sweeney

**SHERIFF:** Grace B. Aguilera, Renaldo V. Balucanag, Ronald Blankenbaker, R. Chris Branuelas, Lawrence A. Brogan, Janet S. Burks, Kevin R. Cambra, Kathryn J. Clark, Darryl A. Cox, Glenn G. Crites, Daniel J. Cruz, Jeffrey S. Donahue, Dana S. Downton, Evelyn D. Fahie, Jaffrey A. Fenn, Bruce A. Fogarty, Brenda Fortune, Timothy M. French, Joe A. Gonzales, Maurice A. Hill, Deborah A. Ingram, Carolee W. Jow, Yolanda R. Lopez, Cecelia P. Lumpkin, Scott A. Lusk, Ronald L. Maples, Ronald R. Marquez, Casey J. McMichael, Robert E. Meredith, Mark C. Merrick, Linda M. Muse, Goonasekar A. Nandapala, Joseph L. Parks, Sonja G. Peterson, Jeffery R. Price, Laura L. Ramirez, Richard P. Ramirez, Jon C. Ray, George M. Sandoval, Dennie G. Scott, Sheila M. Smith, Mark C. Stella, Keith A. Taylor, Mark A. Vogel, Darrell L. Walper, Anthony Ward, William C. Weiss, Michael S. Young,

**TREASURE AND TAX COLLECTOR:** Larry Mc Coy, Debra Lucas

## 25+ Years

**ASSESSOR:** Paula C. Armendariz, Tamara L. Cisneros, Adrian A. Gomez

**CHIEF EXECUTIVE OFFICE:** Ellen F. Sandt

**CHILDREN & FAMILY SERVICES:** Michael A. Glenn, Barbara N. Lester, Julie K. Salles, Judy L. Weintraub, Jewel Wilson

**DISTRICT ATTORNEY:** Robert M. Arguello, Kathryn K. Showers

**FIRE:** Garth Canning, William Harkins, Thomas S. Robertson

**HEALTH SERVICES:** Harriet B. Atkins, Dominga P. Belen, Virgil S. Buslon, Lourdes D. Castro, Ollie L. Davis, Debra A. Gilmore, Norma N. Hinton, Kyung Kim, Wai-Nang P. Lee, Cynthia A. Molette, Somsri Natanom, Carlos O. Paez, Carlos Pedroza, Martha H. Rodriguez

**FREE EVENT APRIL 2nd**

FOR COUNTY EMPLOYEES

Creating a Healthy Workplace



# Health EXPO 2013

## ▼ FREE HEALTH ASSESSMENTS

- ▼ Zumba and Other Activities
- ▼ Cooking Demonstrations
- ▼ Tips on Staying Healthy
- ▼ METRO Discounts & Bicycle Info
- ▼ City of Hope Blood Drive
- ▼ Free Giveaways



**Tuesday, April 2nd**  
**11am-3pm**

**Grand Park**  
200 Grand Ave  
Los Angeles 90012

(Behind Hall of Administration)

Los Angeles County Department of Public Health  
[www.publichealth.lacounty.gov](http://www.publichealth.lacounty.gov)

 [www.facebook.com/lapublichealth](http://www.facebook.com/lapublichealth)  
 [www.twitter.com/lapublichealth](http://www.twitter.com/lapublichealth)  
 [www.youtube.com/lapublichealth](http://www.youtube.com/lapublichealth)



Scan this QR code to  
learn more about the  
Department of Public Health

02/04/13



**COUNTY OF LOS ANGELES**  
**Public Health**

**RETIREES**

*continued from page 9*

**INTERNAL SERVICES:** Richard J. Ellis

**MENTAL HEALTH:** Greta Oducayen, Rita L. Wright

**PUBLIC HEALTH:** Kunle Adesina, Deena Farell, Bonnie J. Moore

**PUBLIC SOCIAL SERVICES:** Lurline Amaya, Neena D. Jerome, Enola M. McBride, Geraline J. Packard, Rufina G. Tolentino

**SHERIFF:** Bernice Abram, Margaret C. Archibold, Cecilia L. Arzate, Thomas A. Babiracki, Hatie B. Barron, Ernest Bedoya, Terry W. Benjestorf, Bonnie T. Bryant III, Wayland Chan, James Chatman, Patrick C. Clark, William P. Costleigh, Kenneth J. Elsee, Robert A. Erickson, Mario F. Estrada, Kenneth I. Frailich, Stephen D. Glass, Michael R. Havstad, Scott E. Hensel, Sylvia Holmes, David W. Horner, Michael M. Johnson, Nancy Leiva, Gary J. Le Beau, Joseph V. Lopez Jr., Burton E. Lyon, Diane M. Macer, Faybette A. Marshman, Keith G. Obenberger, Patricia J. O’Neil, George R. Oriol, Paul J. Pratchard, Paul S. Rice, Raymond E. Ruiz, Chumnian Ratanajuntra, Phillip L. Santisteven, Robert M. Segal, Mark J. Shaughnessy, Pamela M. Thomas, Paul S. Ullman, Charlie S. Upchurch, David G. Ward, Gary B. Washington, Richard E. Willcox, John D. Williams, Donald A. Wyman, Christopher Young

**TREASURER AND TAX COLLECTOR:** Zella Scott



**L.A. County Night  
at Dodger Stadium**

The Los Angeles Dodgers are inviting all County of L.A. employees, family, and friends to Dodger Stadium on Friday, April 5, 2013. The Dodgers will play the Pittsburgh Pirates. Game starts at 7:10 p.m.

Tickets can be purchased from the Office of Workplace Programs, Chief Executive Office located in Room B-1 at the Kenneth Hahn Hall of Administration. Tickets are sold on a first-come, first-served basis. Deadline to purchase tickets is Thursday, March 28, 2013.

Part of the proceeds benefits the March of Dimes Campaign.



Every Tuesday  
10 am to 2 pm  
Grand Park’s Marketplace  
(Between Spring Street & North Broadway)

Get fresh at Grand Park! Grand Park’s Marketplace comes alive with locally grown produce, fresh flowers, and prepared food vendors!



Tuesdays at noon  
Grand Park’s Performance Lawn  
(Between Grand Avenue & Hill Street)

Feed your soul during lunchtime with food trucks and live music on Grand Park’s Performance Lawn.

Upcoming lunchtime concerts:

April 16 – Knightly and the Bird



Every Wednesday and Friday  
12:15 p.m. to 1 pm  
Grand Park’s Performance Lawn  
(Between Grand Avenue & Hill Street)  
Extended thru May 31, 2013!

Melt away stress with gentle and energizing yoga sessions for all.

For more information, visit [Grandparkla.org](http://Grandparkla.org) or call (213) 972-8080.

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# 10 Ways to Save \$100 Starting Right Now

*from the Department of Consumer Affairs*

Being a wise consumer means protecting your money. Here at the Department of Consumer Affairs, we often work with consumers who have had their money stolen. We help consumers avoid fraud or try to get a consumer's finances back in order if they've already been a victim of fraud.

However, protecting your money means more than making sure no one steals it. The easiest way to protect your money is for you to stop wasting it.

If you can make just a few repairs in your spending habits starting today, you can save yourself hundreds of dollars every month.

Some of these changes are big, others are small, but here are 10 different ways you can better protect your own money:

## 1. Track Your Spending, and Make a Budget

Understanding where your money goes is the best way to start saving, so make a budget. Once you see how much you're spending in certain categories, you can immediately save \$100 by making little trims here and there.

## 2. Pack Your Lunch

Bringing your own lunch to work instead of eating out is an easy way to save. If you think you don't have time, cook something on Sunday and put it in individual plastic containers. Start this week, and over the course of a month, you can easily save \$100.

## 3. Check If You're Being Over-Serviced

It's easy to "set it and forget it," paying the same bills every month. Take a look at your regular services – are you using all of your cell phone minutes? Do you have more coverage than you need on your car insurance? Are you watching all those TV channels you pay for? If your answer is no to any of these, call your provider, and change your plan.

## 4. Negotiate Your Bills

If you're not paying a promotional rate for services like cable and Internet, you're paying too much. Call your service provider, and ask if there is any way you can lower your bill. If they don't automatically say yes, suggest that you're going to find another provider. Be patient, nice, and firm, and you can get a better rate.

## 5. Reuse, Repair, and Repurpose Instead of Buying New

Every time you think about buying something new, ask yourself – do you really need it, or can you make do with something you already have or that you can borrow from a friend?

## 6. Know Your Credit Card

Visit your credit card company's website and read the fine print. Many credit cards offer free benefits, including extended warranties, free tickets, price drop protection, extra discounts, concierge services, and cash giveaways. Better yet, use cash for everyday smaller purchases so you always have an idea of how much you're spending.

## 7. Change Your Living Situation

This is a big change, but it also has big financial rewards. If you have extra space in your house, consider renting out a room. If you live alone, getting a roommate could save you plenty of money.

## 8. Clean Out Your Pantry

Empty your cupboards, see what you have, and plan meals around the ingredients you want to use up. You'll slash your next grocery bill, and you'll help ensure that food doesn't go stale.

## 9. Create a "Cheap Fun Club" With Friends

Friends are great, but if they often invite you to go out and spend heavily on food and nightlife, it can be tough to save money. Instead, be proactive, and invite them to share in frugal activities with you, such as potlucks, watching movies at home, and board game nights.

## 10. Sell Your Stuff

Take some time to get the clutter out of your house and try to sell what you no longer need. Not only can you make money getting rid of your old items, but you might also find other useful things you had forgotten about.

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*(The Department of Consumer Affairs thanks the Consumer Federation of America and [wisebread.com](http://wisebread.com) for the source material for this article.)*



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