



We Save Lives

A Profile of Community and Senior Services

“We save and touch lives,” says Cynthia D. Banks, Director, Community and Senior Services (CSS), when asked to describe her department.

CSS provides a breadth of services that affect and enhance the lives of youth, adults, and seniors. This summer, CSS and its Workforce Investment Board has partnered with the City of Los Angeles, the Department of Public Social Services, and various other County departments to provide 6,000 youths an opportunity to experience the workplace by providing paying jobs through its *Earn and Learn* model. The program runs from May through September and has enriched the lives of the youths served for the last decade. *Earn and Learn* is administered by CSS and is part of the L.A. County Youth Jobs, and provides employment opportunities (paid and unpaid) for youth on a year-round basis including developing goals and skills that will lead to self-sufficiency.

As youth transition to adulthood, CSS again provides services through its Workforce Development. With 16 WorkSource Centers and three satellite centers located throughout the County, adults and dislocated workers who are searching for a job or planning a career change are provided placement assistance, career counseling, and re-training. In the second quarter of FY 2013-14, close to 300,000 new and returning individuals utilized the WorkSource Centers.

According to a study by the UCLA Center for Health Policy Research and the Oakland-based Insight Center for Community Economic Development, an estimated 312,000 seniors in the County cannot make it on their own. Enter CSS.

Through the Area Agency on Aging and a host of public and private community-based agencies, CSS provides seniors and

disabled adults with home-delivered meals and nutritional assessments, health insurance counseling and advocacy, legal assistance, family caregiving, and senior employment. When a senior is suspected of being abused or neglected, CSS’s Adult Protective Services (APS) comes to the rescue. APS is a 24-hour program that investigates and intervenes in all situations involving seniors and dependent adults who are reported abused or neglected.

The breadth of services that CSS provides further extends through its Human Relations Branch, which includes the L.A. County Commission on Human Relations and the projects designed to meet the needs of cities and residents in addressing intergroup tensions and in promoting communities that are respectful and inclusive of all its citizens such as the Native American population through its Native American Indian Commission.

Communication and partnerships continue to be a trademark in CSS’s leadership to ensure the mantra “we save lives.” CSS utilizes WebEx to communicate internally, to provide real-time response to pressing issues, and to deliver up-to-the-minute news department-wide.

CSS is poised to advocate and be a leader in providing services and improvements in its programs for youth, adults and seniors. “We are using evidence-based programs to obtain greater funding,” says Banks. “We listen, we take ideas and move forward, and we are transparent in every decision,” she adds.

In May, CSS is teaming up with the County Public Library and the Second District to provide services through the new Lennox Library and Constituent Service Center. This is another example of how CSS lives up to its assertion “we save lives.”



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CALENDAR OF EVENTS

Natural History Museum

(213) 763-DINO

www.nhm.org

Ongoing – Becoming Los Angeles
Through August 3 – Just Add Water

Los Angeles County Museum of Art

(323) 857-6010

www.lacma.org

Through June 6 – Kaz Oshiro: Chasing Ghosts at Charles White Elementary School Gallery

Through June 22 – Agnes Varda in Californialand

Through June 29 – Helen Pashgian: Light Invisible

Through July 13 – Visions of the South

Through July 20 – Futbol: The Beautiful Game

Through July 27 – Calder and Abstraction: From Avant-Garde to Iconic

Through December 7 – The Painted City: Art from Teotihuacan

Center Theatre Group

(213) 628-2772

www.centertheatregroup.org

Ahmanson Theatre

Through June 1 – The Gershwins' Porgy and Bess

Kirk Douglas Theatre

May 4 through June 1 – Different Words

Mark Taper Forum

Through May 25 – The Tallest Tree in the Forest

Dorothy Chandler Pavilion

May 17 – Mozart Opera Tales

May 17 through June 1 – Thais

May 18 through 24 – A Streetcar Named Desire

Walt Disney Concert Hall

May 1 through May 3 – Ax Brahms Project: Ax & Dudamel

May 4 – Organ Recital: Paul Jacobs

Grand Park

www.grandparkla.org

April 29 – Downtown Farmers' Market

April 30 – Lunch A La Park

May 1 – Lunchtime Concert

May 2 – Lunchtime Yoga reTreat

Hollywood Bowl

(323) 850-2000

www.hollywoodbowl.com

May 10 – CHIC featuring Nile Rodgers and Giorgio Moroder

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



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Check out the DIGEST at

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



health talk



by **Mark Richman, M.D., M.P.H.**
Physician Specialist, Emergency Medicine
Olive View-UCLA Medical Center

Don't Stress About It

Stress is a common feeling causing (and resulting from) relationship problems and work dissatisfaction. It is not only difficult psychologically, but also associated with many physical ailments:

- Chest pain
- High blood pressure
- Hyperventilation (rapid breathing)
- Panic/anxiety attacks
- Infections
- Headache
- Upset stomach or stomach ulcers
- Insomnia
- Temporal-mandibular joint jaw pain

Stress is also harmful when people use alcohol, tobacco, or drugs to relieve it. Stress causes physical problems by creating nervous impulses (leading to muscle tension) and producing high levels of the stress steroid hormone cortisol, which raises blood pressure and impairs immune response.

While stress can be an important motivator, it can make us less effective in whatever we are trying to accomplish. When “stressed out,” many people become distracted, paralyzed with anxiety, or unable to think in a clear-headed manner.

If this information makes you nervous, the best thing is to not stress about it. To reduce long-term distress:

- Exercise
- Get adequate sleep
- Spend time doing things you enjoy
- Build and maintain healthy relationships

Short, simple steps to reduce stress in the heat of the moment are:

- Checking your feelings/self-monitoring
- Taking a deep breath
- Stretching
- Taking a short walk
- Counting slowly from one to ten

Mentors WANTED!

In March 2014, for the first time in its history, the Los Angeles County Community Development Foundation (CDF) launched a mentorship program for Housing Authority Resident (HAR) Scholarship awardees and other college students living in Section 8 or Public Housing owned or administered by the Housing Authority of the County of Los Angeles.

To make this program a success, the CDF is looking to partner with college graduates and career professionals to become mentors to help change the lives of students. Mentors will be required to:

- Help students define academic and career goals, and create a plan for achieving identified goals.
- Guide mentees toward already established academic and cultural outreach programs at their college/ university.
- Assist mentees to develop career and life skills needed to succeed in their chosen profession. And this is just extra.

All mentors and mentees are expected to meet at least four times throughout the academic year, including one job-shadowing visit.

Persons interested in participating can download the Mentor Application at www.lacdf.org, and submit by May 30, 2014. For more information, please contact the CDF at (626) 586-1899.

Rideshare L.A. County!

ATTENTION: Rideshare L.A. County will be giving away a total of five folding bikes to County employees who Rideshare on a regular basis. The first bike will be given away in June and the last in October. For your chance to win a folding bike, you must be enrolled in the Commuter Benefit Plan by May 10, 2014. You can sign up at www.wageworks.com and choose a monthly pass or place a few dollars onto a TAP card. As long as you are signed up by the 10th of each month, you have five chances to win! It definitely pays to Rideshare.

For more information on Ridesharing, contact your local Employee Transportation Coordinator or visit www.rideshare.lacounty.gov. Take pride and share the ride.

How to Create Fire Safe Landscaping

Fire hazards could be right in your own backyard

Your home is your castle! The Los Angeles County Fire Department takes great measures in protecting you and your property from wildfire, but we need your help in preparing your home and landscape to be wildfire ready. Preparing your home, modifying native brush, and addressing ornamental vegetation on your property are all critical elements in whether or not your home will survive a wildfire. County firefighters urge you to learn more about what types of trees, brush, and ornamental shrubs are on your property – and what fire hazards could be right in your own backyard.

“The first step is to create a defensible space perimeter by thinning trees and brush within 30 feet – essentially a fire break around your home,” says Fire Chief Daryl L. Osby. “This includes ornamental plants and trees known to be flammable, such as acacia, cedar, cypress, eucalyptus, juniper,

pine, and pampas grass. In extra hazard areas, the requirement may extend to 200 feet from the home.”

Preventing conditions where fire can travel from native brush, through an ornamental landscape to your home, is the key to creating defensible space.

“Reducing fire intensity through clearance and maintenance is what creates defensible space for firefighters to protect your home,” says Chief Osby “Trees touching or overhanging your home must be pruned back to provide a minimum of five feet of separation, and chimneys need 10 feet of clearance.”



LANDSCAPING

continued on page 11

Volunteers

Are a Pet's Best Friend!



The County of Los Angeles Department of Animal Care and Control relies on volunteer support from the community:

Spend some time with us!

- Assist in monthly community adoption programs
- Provide homeless animals more personal one on one time
- Provide animal foster home care for our special needs animals
- Consult prospective pet parents
- Assist animal shelter staff to serve the community

If you have a love for animals and enjoy both challenging and rewarding work, please consider becoming a volunteer in one of our six animal care centers.

<http://animalcare.lacounty.gov/>



April is Earth Month

Recycle your unwanted toys by donating them to the Department of Public Social Services Toy Loan Program

Don't forget—April is Earth Month. It's time to reduce, re-use, and recycle! The Los Angeles County Department of Public Social Services (DPSS) Toy Loan Program is encouraging residents to help the environment and their community by donating their used toys.

Through the end of April, the Department is offering free home or office pick-up of any donated used toys to assist the oldest free toy lending program in the nation serve low-income families in the County.

The Toy Loan Program is a non-profit 501(c)(3) agency. All donations are tax deductible. The program allows children to borrow a toy once a week from one of the 58 Toy Loan Centers.

To schedule a pick-up, please call (213) 744-4344, or drop off your donation at the Toy Loan booth (STAR Eco Station on 10101 Jefferson Boulevard in Culver City) on April 6, 2014, from 10 a.m. to 4 p.m., or at the Sanitation District (1955 Workman Mill Road in Whittier) on April 12, 2014, from 9 a.m. to 2 p.m.

For more information on the Toy Loan Program, visit <http://dpss.lacounty.gov/dpss/toyloan> or follow us on Twitter @toyloanla.

Changes to the Health Care Spending Account “Use It or Lose It” Rule

A recent change in IRS regulations allows participants to carry over up to \$500 of their Health Care Spending Account (HCSA) balance each year. Previously, any unclaimed dollars would be forfeited. This was known as the “Use It or Lose It” rule.

Starting in 2014, participating employees can carry over up to \$500 of their 2013 balance and use it for eligible expenses incurred in 2014. The deadline for submitting claims has not changed. Participating employees still have until June 30, 2014 to submit claims for expenses incurred in 2013.

If you would like to learn more about the new HCSA rule, visit the Department of Human Resources website at <http://hr.lacounty.gov/wps/portal/dhr>, click on Employee Benefits, and then select Spending Accounts from the left side menu.



Parks and Recreation Director Russ Guiney (back left) discusses the renovation of the Hollywood Bowl stage and shell with Commissioners Bill Waddell, Rod Gibson, William Sullivan, Ed McIntyre, (front left) Evelyn Gutierrez, and Jacki Bacharach, Chair, Department Visit Committee.

Department Visits Provide Information

When the Board of Supervisors adopted an ordinance in 1981, on motion by Supervisor Michael D. Antonovich, to establish the Productivity Advisory Committee, the goal was to carry out a program of productivity improvement. The Committee's name was later changed to the Quality and Productivity Commission (QPC).

As part of its mission, the QPC implemented the Department Visit program to learn about productivity efforts and challenges. It became an avenue for the Commission to enhance its support of County programs, while also learning about trends that could be shared with all departments.

A Department Visit gives Commissioners a better understanding of department operations and priorities. Each department is visited on a two-year cycle at a location determined by the Department Head. For example, a director may select a site where a new program or service is being implemented, or where a major improvement project has taken place.

In 2012, the Commission visited 13 departments, including Parks and Recreation at the Hollywood Bowl. Commissioners obtained a first-hand look at the newly-renovated stage and shell, as well as the backstage area. They also viewed photos of historic performances at the venerable site.

DEPARTMENT VISITS
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LOS ANGELES COUNTY DEPARTMENT OF PARKS AND RECREATION AND

LOS ANGELES COUNTY SUPERVISOR, MICHAEL D. ANTONOVICH
INVITE YOU TO THE

ANTONOVICH

TRAIL DUSTERS RIDE

FRANK G. BONELLI REGIONAL PARK



Activities: Check in and pancake breakfast at 7:00am. The event will kick off at 9:00am and continue through the scenic trails of Bonelli Regional Park. The day will conclude with the traditional barbecue and live country western music.

For horse rental reservations: Graham Bros. Call Lee Graham (760) 245-7695 email: info@grahambroslivestock.com

For information and to register call: (909)599-8411 or online at <http://reservations.lacounty.gov/reservations/product.asp>

\$30 per person (Horse rental not included)

Special Recognition: Bonelli Mounted Assistance Unit, Marshall Canyon Mounted Assistance Unit, Whittier Narrows Mounted Assistance Unit, Walnut Creek Mounted Assistance Unit and Los Angeles County Sheriff Mounted Unit.

ADA NOTICE: Pursuant to the Americans with Disabilities Act (ADA), the County of Los Angeles Department of Parks & Recreation has designated an ADA Coordinator to carry out this Department's compliance with the non-discriminatory provisions of the ADA. For more information you may contact the ADA Coordinator's Office. Tel. (213)738-2970 TDD (213)427-6118 Fax (213)487-0380 Upon 3-day request notice, sign language interpreters and related materials in alternative formats (Braille-transcript, large print, audio-record, video-captioning, live description) or any other reasonable accommodations are available to the public for County-sponsored activities and events.

STAGING AREA: FRANK G. BONELLI REGIONAL PARK, 120 E. VIA VERDE ROAD, SAN DIMAS, CA 91773

Riding conditions: Combination of rolling hills, some semi-steep hills and level areas. The ride is to be 3 1/2 hours with 2 rest stops.

NON-RIDERS ARE WELCOME. RIDERS UNDER 18 MUST BE ACCOMPANIED BY AN ADULT. NO STALLIONS OR DOGS, PLEASE.

PRE-REGISTRATION IS A MUST. RESERVATION DEADLINE BY FRIDAY, MAY 16, 2014



PLEASE MAKE CHECKS PAYABLE TO:
County of Los Angeles Department of Parks & Recreation
FOR INFO CALL: Vincent Pedroza (909)599-8411
MAIL RESERVATION FORM & PAYMENT TO:
Supervisor's Trail Ride, Department of Parks & Recreation,
120 E. Via Verde Road, San Dimas, CA 91773

Name: _____ Phone: _____
Address: _____ City: _____
No. of Tickets: _____ No. of Riders: _____ No. of Non Riders: _____ Total Enclosed: _____

Online Registration at <http://reservations.lacounty.gov/reservations/product.asp>

DPSS to Launch CalFresh Awareness Month

The Department of Public Social Services (DPSS) and its broad-based community collaborative are preparing for the May 1 launch of “CalFresh Awareness Month,” the partnership’s annual campaign to increase access to food assistance and promote healthier food choices in the nation’s largest and most diverse county.

CalFresh is the new name for the Food Stamp Program in California. In its fourth year, CalFresh Awareness Month has become one of the most comprehensive and coordinated efforts in the State to bring awareness to the federally-funded supplemental nutrition food benefit.

While the local economy continues to show signs of improvement, many residents are still financially impacted by the recession. In the County of Los Angeles, for example, only three-fifths of those eligible are receiving CalFresh. DPSS has taken a lead role in eliminating the barriers that cause food insecurity in families and individuals in the County.

In a January 6, 2014 letter to its 58 counties, California Department of Social Services Director Will Lightbourne urged counties to adopt similar strategies implemented by DPSS. Lightbourne highlighted the department’s month-long effort, which includes valuable input from community-based and faith-based organizations, food banks, schools, and supermarkets that serve low-income residents in the County.

Although DPSS has conducted community outreach for many years, the department’s CalFresh Program launched its first month-long campaign in May 2011. The County Board of Supervisors helped launch the effort by proclaiming May as “CalFresh Awareness Month,” urging residents to share the important information about CalFresh and the importance of good nutrition.

The County of Los Angeles will again ask its 88 cities to help educate and create awareness about CalFresh by hosting presentations at their local city council meetings and at community gatherings.

For more information about the activities of CalFresh Awareness Month, visit <http://dpss.lacounty.gov/dpss/calfresh/awareness.cfm>.



Share Your Heart Share Your Home

by *Sari Grant*



A Heart Gallery photograph is not only worth a thousand words: it can make all the difference when trying to find an adoptive family for a child or siblings.

That’s certainly the case in this beautiful new photo of Kay-Lonnie, age 9, who is as sweet as her picture. Ever smiling, she is a friendly and kind-hearted little girl who seems to appreciate everything she gets in life.

The day of the photo shoot happened to be her birthday. When her very own birthday cake came out and everyone sang to her, she broke into the widest grin and could not stop saying “thank you.”

Kay-Lonnie loves school and works hard in class, excelling academically as a result. She enjoys learning new things and looks forward to going to school everyday. If that is not enough, little Kay-Lonnie has been gifted with a beautiful voice which shines when she sings in the choir.

She has so much to share with a family. Make this little girl’s birthday wish come true and offer her the safety and security of a permanent, loving family!

If you or someone you know is a professional photographer, please have them visit www.heartgalleryla.org or contact Stephanie Clancy at (909) 802-1411 to become a volunteer Heart Gallery photographer.

DEPARTMENT VISITS

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During Department Visit meetings, Commissioners may offer suggestions, which are designed to enhance productivity and the quality of services provided to the public. Opportunities to apply for a Productivity Investment Fund grant or loan, or submit an entry for a Productivity and Quality award are also discussed at the meeting.

Oftentimes, the trends identified during the meetings are published in the Commission’s annual “Best and Shared Practices Report.”

To view the 2013 report, visit the QPC website at <http://qpc.co.la.ca.us>.



COUNTYWIDE FITNESS CHALLENGE 2014



JOIN US FOR THESE FUN FAMILY EVENTS

WALK IT OFF!

5K fitness walk, exercise sessions, and biometric screenings.

Saturday, May 17, 2014
8:00 a.m. – Noon

Whittier Narrows Recreation Area
751 South Santa Anita Avenue
South El Monte 91733

MAKE A SPLASH!

A day of water fun with kayaking, paddle boards, and volleyball.

Saturday, June 14, 2014
8:00 a.m. – Noon

Castaic Lake State Recreation Area
Paradise Cove, Lower Lake
32132 Castaic Lake Drive
Castaic 91384

STOP & SMELL THE FLOWERS!

Farmers' market, scavenger hunt, and power walks.

Saturday, July 12, 2014
8:00 a.m. – Noon

Cerritos Farmers' Market
18074 Park Plaza Drive
Cerritos 90703

STOP & SMELL THE FLOWERS!

Farmers' market, power walks, and softball tournament

Saturday, July 26, 2014
8:00 a.m. – Noon

Wilson Park Farmers' Market
2200 Crenshaw Boulevard
Torrance 90501

GET CULTURED!

Dance Mania, Wellness Center and 2-mile hikes through the hills.

Saturday, August 9, 2014
9:00 a.m. – 1:00 p.m.

Hollywood Bowl
2301 North Highland Avenue
Los Angeles 90068

CHILL OUT!

Power walks, yoga, and healthy cooking demonstrations.

Saturday, August 23, 2014
8:00 a.m. – Noon

Dockweiler Youth Center
12505 Vista del Mar
El Segundo 90245

BE ONE WITH NATURE!

Softball playoff, power walks, circuit training, exercise sessions, and nature walks.

Saturday, September 6, 2014
8:00 a.m. – Noon

Alondra Community Regional Park
3353 Redondo Beach Blvd.
Lawndale, 90260
(enter at Yukon Ave.)

TAKE A HIKE!

A day of family fun with fitness hikes, nature walks, and meet some wild animals.

Saturday, September 20, 2014
7:30 a.m. – Noon

Placerita Canyon Nature Center
19152 Placerita Canyon Rd.
Newhall, 91321

PLAY FOR LIFE!

A day of family fun featuring a "triathlon"—fitness walk, bicycle fun ride, and pedalboat rally.

Saturday, October 18, 2014
8:00 a.m. – Noon

Santa Fe Dam Recreation Area
15501 Arrow Highway
Irwindale 91706

RSVP to secure your giveaways at <http://dhr.lacounty.info>



Become a Pollworker on Election Day!

Enroll in the County Employee Pollworker Program

The strength of our democracy lies in each one of us. Your leadership in volunteering as a pollworker keeps our nation strong and the promise of freedom alive for everyone to enjoy.

The L.A. County Employee Pollworker Program (CPP) was developed in response to a nationwide pollworker shortage. County employees can serve on Election Day as a pollworker while still earning their regular daily salary. County employee pollworkers help set up the polls, assist voters, issue ballots, and close the polls.

There are many benefits to becoming a pollworker. In addition to receiving your daily departmental salary, you can get a pollworker stipend of up to \$175. You can also meet a MAPP behavior expectation by becoming a pollworker. All the while, you can help the County and serve communities that need your aid.

To qualify for the program, you must have your supervisor's approval and be a L.A. County employee, a U.S. citizen or Legal Permanent Resident, a registered Californian voter (if U.S. citizen) and 18 years of age or older.

Once you have signed up for the program, training will be provided about a month before the election. Pollworkers can choose to attend a session on any weekday and some weekends. There are numerous training sessions located throughout the County for convenience. Completing training accounts for \$25 of the Election Day stipend.

On Election Day, you will be at an assigned polling place from 6 a.m. to approximately 9:30 p.m. Duties will include counting ballots.

Did you know the County provides language assistance for 12 languages, including English? You can help voters in your community by becoming a pollworker on Election Day if you speak any of the following languages: Chinese (Cantonese and Mandarin), Bengali, Gujarati, Hindi, Japanese, Khmer, Korean, Spanish, Tagalog, Thai, and Vietnamese.

In addition, language assistance is provided at polling locations in other languages based on the needs of the community in a particular area.

Employees interested in the program can sign up today in one of the following ways:

- Apply online at www.lavote.net.
- Call (800) 815-2666, option 7.
- Contact your department's County Pollworker Program Coordinator.
- Email countypollworker@rcc.lacounty.gov.

Countywide Fitness Challenge 2014

The County of Los Angeles is gearing up for its fifth year of family fun and fitness with the 2014 Countywide Fitness Challenge. This year promises to be even bigger and better than past years! Nine exciting weekend events will take place all over the County at beautiful locations such as Castaic Lake Recreation Area, the Hollywood Bowl, and Placerita Canyon Nature Center. Bring your family out for a free day of hiking, kayaking, circuit training, celebrity chef cooking demonstrations, paddle boarding, and more! See the calendar of all events in this issue. Last year attendance increased 68 percent, so be sure to mark your calendar and register early for these incredible events!

Help us kick-off the fitness madness at:

Walk It Off!

Saturday, May 17, 2014

Whittier Narrows Recreation Area

8 a.m. - Noon

751 S. Santa Anita Avenue, South El Monte, 91773

Check page 8 in this edition of the Digest for all Countywide Fitness Challenge events and activities. We look forward to seeing you out there having fun getting active!



*Countywide Fitness Challenge 2013
Hollywood Bowl*

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:

60+ Years

HEALTH SERVICES: Leophis Hester

45+ Years

CHILDREN & FAMILY SERVICES: Rosalind Pillars

HEALTH SERVICES: Ruby Dorsey

HUMAN RESOURCES: Merrill L. Meisch

40+ Years

AUDITOR-CONTROLLER: Karen Y. Shikuma

FIRE: Barry Nugent

HEALTH SERVICES: Joann Dave, Lynn B. Feldman, William T. Hawkins, Ernestina R. Leon, Roy G. Mangusing, Valnita Parker, Bradley K. Thompson

INTERNAL SERVICES: James E. Chapman, Merri V. Hancox, Melvin L. Smith

PARKS & RECREATION: Gilbert E. Torrez

PUBLIC DEFENDER: Joe Magallanes Jr.

PUBLIC SOCIAL SERVICES: Martha Hardesty, James P. Lambert, Oscar J. Martinez, Thomas Murphy Jr., Tomas Sarte Jr., Jolene Yoshioka-Cep

REGISTRAR-RECORDER/COUNTY CLERK: Linda P. Haynes

SHERIFF: Warren M. Best, Olivia Sikman

SUPERIOR COURT: Catherine Carper

35+ Years

CHILDREN & FAMILY SERVICES: Luvirda F. Carter, Delva M. Roberts, Sandra P. Williams

CHILD SUPPORT SERVICES: Maria F. Gonzalez

DISTRICT ATTORNEY: Christine Chavez-Horva, Patrick D. Moran, Carmen M. Rugnetta, Vivian Ruiz

FIRE: Reynoldo Wilson

HEALTH SERVICES: Albert T. Andrade, Valeria R. Cano, Joyce Clark, Ida Flores, Larry Gardner, Vernita Logan, Aracely Pacheco, Yadira A. Perez

INTERNAL SERVICES: Cipriano L. Estrada, Carmen J. Iglesias

MEDICAL EXAMINER-CORONER: George McDowell, Joseph J. Muto

MENTAL HEALTH: Julia L. Carreon

PROBATION: Kathleen D. Boales

PUBLIC DEFENDER: Andrew J. Thorpe

PUBLIC HEALTH: Jeanie Johnson, Fred Lovitch

PUBLIC SOCIAL SERVICES: Diane R. Brody, Deborah L. Jackson, Caroline Kwok

PUBLIC WORKS: Daniel A. Heald

REGISTRAR-RECORDER/COUNTY CLERK: Louise Wiley

SHERIFF: Ljot M. Inglis

SUPERIOR COURT: Susan Rios

TREASURER & TAX COLLECTOR: Elizabeth C. Jones

30+ Years

ASSESSOR: Roy Cossio

CHILD SUPPORT SERVICES: Daniel M. Lorsch

DISTRICT ATTORNEY: Jane A. Blissert, Donna M. McClay, Patrick J. Sequeira, Javan J. Wygal Jr.

FIRE: Arturo Arzaga, Richard J. Bodmer, Douglas Brickey, Reselle M. Burke, Daniel J. Cantrell, John Chaves, Joseph J. Correia, Roy L. Dull, William A. Fiers, Frank S. Halbardier, Patrick W. Kelly, Angel A. Medina, David P. Middleton, William C. Minick, Arthur A. Moncrief, Peter Murrieta, Henry A. Padron, William D. Shakespeare

HEALTH SERVICES: Diane M. Birnbaumer, Moses Harris, Victoria Huaman, Li-Ru C. Lai, Nancy Miller, Thresia V. Nayagam

INTERNAL SERVICES: Frances M. Gonzales

PROBATION: David G. Holmes

PUBLIC HEALTH: Norina Cadena

PUBLIC LIBRARY: Lorraine K. Mayer

PUBLIC SOCIAL SERVICES: Kim Q. Nguyen, Vivya Om

PUBLIC WORKS: Young E. Park, Kendall A. Patten, Karl W. Smith

SHERIFF: Greg D. Ahn, James R. Anderson, George Berumen, Francisco A. Chavarria, Ray A. Coopwood, Edward J. Corrette, Paul H. Doeve, Alex C. Fernandez Jr., Mike B. Gil Jr., Brian J. Jones, Hugh S. Kearns, Robert E. Mc Mahon, Steven G. Minnis, Brian J. Schoonmaker, Gary R. Spencer, Susan M. Takeshita, Mark A. Weldon, Freddine Williams, Alexander R. Yim, Rudy Zuniga

SUPERIOR COURT: Sharon J. Whitlow

25+ Years

ASSESSOR: Josephine K. Yu

AUDITOR-CONTROLLER: Wendy L. Watanabe

CHILDREN & FAMILY SERVICES: Viktor S. Cervantes, Paulina C. Chien, Robert M. Hirschhorn, Zeda Moore, Gloria Nevarez, Lang T. Nguyen, Asaye Tsegga, Bernice Ward

DISTRICT ATTORNEY: Joann Lach

FIRE: Michael R. Bernal, Thomas D. Birstow, Thao Bui, Guy J. Favatella, Anthony L. Fina, Lawrence M. Garrindo, Sergio E. Gonzalez, Richard E. Johnson, Rudolph J. Leon, Salomon V. Molleda, Richard L. Piercy, Ronald S. Reed, David A. Reynoso, Larry Taplet, Don R. Tayenaka, Katherine Sasaki, William E. Westcott

HEALTH SERVICES: Olivia Coleman, Janice M. Green, Debra A. Martin, Alice M. Murray, Thanh M. Nguyen, Lih L. Wei, Corazon Zawrotny

INTERNAL SERVICES: Edward F. Shircliff

MENTAL HEALTH: Mark I. Honig, Jose V. Martires, Carolyn K. Padilla

PUBLIC DEFENDER: Richard P. Guluzza

PUBLIC HEALTH: Miriam Andrade

PUBLIC LIBRARY: Gloria W. Li

PUBLIC SOCIAL SERVICES: Amy Basil, Grace M. Drechsel, Delthine Mack, Hoorik Torikian

REGISTRAR-RECORDER/COUNTY CLERK: John H. Davis

SHERIFF: Bryan S. Beardsley, Robert K. Birkett, Martha H. Bravo, Jonathan E. Brick, Arthur Famble Jr., Mario G. Hernandez, Donna A. Jenkins, Mary M. Leef, Artie L. Mott, Steve D. Sanchez, Vipaphand Sucharitakul, Wayne Yasutake

SUPERIOR COURT: Saraval Deak, Nieves M. McSavaney

TREASURER-TAX COLLECTOR: James Adekayode

Prevent Child Abuse: Speak Up!

April has been designated National Child Abuse Prevention Month, promoting the importance of families and communities working together to prevent child abuse and neglect.

What is child abuse?

Child abuse is repeated mistreatment or neglect of a child by parent(s) or other guardian(s) resulting in injury or harm.

The Los Angeles County Department of Children and Family Services (DCFS) is the nation's largest child protection agency. In 2013, DCFS responded to 150,000 referrals for allegations of child abuse or neglect. For L.A. County DCFS social workers, child safety and child abuse prevention is their number one job.

Why is child abuse prevention important?

The impact of child maltreatment can be profound. Research shows that child maltreatment is associated with adverse health and mental health outcomes in children and families, and those negative effects can last a lifetime. Child abuse prevention is "everybody's business." Effective prevention strategies require the formation of partnerships in the wider community and in the neighborhood.

Importance of families

The best gift you can give your child is YOU. You can help protect your children from abuse and neglect by being active

in their lives. Children may sometimes act as if they do not care what their parents say, but they still want your love, attention, and guidance! When your child is presenting challenging behaviors, it is important to remain calm; do not let your child's behavior cause you to lose control.



Domestic violence and child abuse often occur in the same family and they are linked to several consequences for all family members, as well as for members of the larger community. Frequently, substance abuse and mental health issues are contributing factors. If you or someone you know is in an unhealthy or abusive relationship, you can call The National Domestic Violence Hotline at (800) 799-SAFE (7233).

Feeling stressed out? Limited income? In need of resources? You can call 211 (INFO LINE of Los Angeles).

Speak up!

If you witness or suspect child abuse, report it immediately! Your voice can help save a child's life.

Child Abuse Protection Hotline: (800) 540-4000

Outside of L.A. County, call the National Child Abuse Hotline: (800) 4ACHILD.

You can remain anonymous!

LANDSCAPING

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Poorly planned and maintained landscaping is not the only danger on your property. Make sure to store flammable materials, liquids, and solvents in metal containers outside at least 30 feet away from your home and any wooden fences. Stack firewood at least 30 feet away from your home, and clean up any dead vegetation, which can also act as fuel for a fire.

Don't risk your life or property by not taking these important preventive steps. Keep your home safe from the danger of wildfire! For guidelines and ideas, download your free copy of the Ready, Set, Go! Wildfire Action Plan at <http://www.fire.lacounty.gov/wp-content/uploads/2014/02/RSG-Booklet.pdf>.



Be Wise Before You Rent a Home

Finding a place to rent can be a challenge. You will have a better chance of success if you plan ahead. Here are some important tips to remember before you rent:

Searching for a rental property

1. Set a budget: What can you afford? Experts recommend that you spend no more than 30 percent of your pre-tax income on rent.
2. Create a criteria list: What's important to you? When searching for a rental unit, consider things such as distance from work/school, whether pets are allowed, laundry facilities, appliances included, crime levels, distance from grocery stores and public transportation, etc.
3. Start the search: Once you have identified the area in which you want to live, start your search online for listings to get a better idea of the area's rates. Search newspaper classified ads, rental magazines, and bulletin boards at school or work. Drive around the neighborhood to see posted ads on buildings with vacancies.

See the rental units in person to evaluate their condition. Contact landlords to set up a date and time to get a tour of the apartment. If you are interested in the rental, submit a rental application.

Visiting and inspecting the property

1. Check for problems: As you walk through the apartment check for signs of damage. Make sure there are enough electrical outlets and closet space.
2. Ask questions: Ask your potential landlord about rental costs, utilities costs, deposits, parking, and pets.
3. Make a good impression: Be polite and professional. You want to develop a good relationship with a prospective landlord.

Rental applications and credit checks: Once you find an apartment you like, fill out a rental application. The application will ask you for the following information: your

place of employment, past employers, names and addresses of your current and past landlords, your Social Security number, driver's license number, and authorization for the landlord to run a background and credit check.

Checking your credit report: By law, landlords are allowed to check potential tenants' credit reports to screen for people who have not paid their bills on time. Delinquencies are a red flag for landlords; they are not likely to rent to someone with a bad credit history.

Review your own credit report for free at www.annualcreditreport.com.

Fees: Landlords are allowed to charge the potential tenant a fee to cover the cost of running a credit check. Keep in mind that these fees can quickly add up if you submit several credit applications.

References: You may be asked for a list of professional and/or personal references. Have them available and notify references that they may get a call from your prospective landlord.

Signing a lease or rental agreement: A lease is a contract between the landlord and the tenant that specifies the terms and conditions of the rental unit, as well as locks in a rate for a specified amount of time (usually one year). In a month-to-month rental agreement, landlords can raise the rent whenever they wish as long as they give you proper notice.

Bring up any concerns you have before signing the contract. Also, document the condition of the apartment by taking photographs.

Read and understand the contract before you sign: Take your time and read the entire contract. Any verbal agreements that were made should be stated in the contract. Any damages not corrected should be documented in the contract. Never sign a contract that has blank spaces. Never feel pressured into signing a contract you do not understand.

For more consumer information, visit dca.lacounty.gov.

Enriching Lives



of L.A. County's consumers