County DIGEST

JULY 2015 | Summer Activities | COUNTY OF LOS ANGELES

Summer Reading Program

Going Strong at County Public Library

Summer may be halfway over but the Summer Reading Program is still in full effect at the County of Los Angeles Public Library – with all 86 community libraries in all five Supervisorial Districts offering an array of exciting programming for children, teens, and families.

"Each year, we do our best at the County Public Library to prevent the 'summer slide'," explained County Librarian Margaret Donnellan Todd. "Our goal is to keep kids reading by enticing them into our County Public Libraries with fun activities – everything from LEGO-Building Contests and 'Read to the Rhythm' jam sessions to Karaoke Nights and Family Bingo."

The County Public Library offers plenty for teens to do, too – including Rockstar Bookmark workshops, Teen Scratch Art Guitar sessions, Nail Polish Jewelry courses, and more.

This year, the County Public Library will also offer a special workshop series for adults as part of its Summer Reading Program schedule. A total of 18 "Basic Computer Tutoring for Adults" workshops will be held at the Montebello Library starting on August 4. A special "Credit & Money Management" workshop will be held at the Bell Gardens Library on August 26.

"We're branching out with our adult patrons this summer by offering programming with a more practical bent," Todd said. "It's limited to just a few libraries this summer but hopefully it can be expanded in the years ahead."

For more information on events offered by a County Public Library near you, visit www.colapublib.org/calendar/events/.

Free Marina Movie Nights

This summer, the Department of Beaches and Harbors presents the return of Free Marina Movie Nights in beautiful Marina del Rey. With a movie lineup guaranteed to delight the whole family, the Marina Movie Nights offer a wonderful chance for you to enjoy our outdoor movie screenings right next to the water and under the stars – for free!

The Lego Movie
Saturday, August 1
Back to the Future Part II
Saturday, August 15
Casablanca
Saturday, August 29

All movie screenings start at 8 p.m. and take place waterside in Burton Chace Park, 13650 Mindanao Way, Marina del Rey 90292. Picnic on the grass or try some of the gourmet food trucks on site.

Parking is available in Lot 4, located at 13500 Mindanao Way. Prices are as posted. For additional information, call the Marina del Rey Visitors Center at (310) 305-9545 or visit the department's website at marinadelrey.lacounty.gov or social media pages at facebook.com/lacdbh and twitter.com/lacdbh.

HIGHLIGHTS

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

Through August 2 – Ed Moses: Drawings from the 1960s and 70s
Through September 20 – Japanese Paintings and Prints: Celebrating LACMA's 50th Anniversary
Through September 27 – Noah Purifoy: Junk Dada
Through October 12 – African Textiles and Adornment: Selections from the Marcel and Zaira Mis Collection
Through October 18 – From the Archives: Art and Technology at LACMA, 1967-1971

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

Ahmanson Theatre
September 20 through October 31 – The Sound of Music
Kirk Douglas Theatre
Through August 9 – Girlfriend
Mark Taper Forum
Through August 23 – Bent

Dorothy Chandler Pavilion
September 12 through October 3 – Gianni Schicchi and Pagliacci

Hollywood Bowl
August 7 and 8 – Sheryl Crow

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

Every Tuesday – Boot Camp
Every Tuesday, Wednesday, and Thursday – Lunch A La Park
August 7 – Jose Hernandez' Mariachi Nationals Ensemble Performance
August 8 – Adult Wind Symphony Orchestra
August 22 – The 2015 L.A. Taco Festival

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

Members of the Board

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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/

by Mark Richman, M.D., M.P.H.
Physician Specialist, Emergency Medicine
Olive View-UCLA Medical Center
and Amy Skelton, Research Volunteer

From the editorial staff: This is Dr. Mark Richman's final article on "Health Talk." Since May 2013, Dr. Richman, together with research volunteers Amy Skelton and Somnath Ganapa, consistently provided our readers with helpful tips and information to guide them in achieving a healthy lifestyle. Dr. Richman has accepted a position in NYC. Thank you on behalf of the County DIGEST and its readers.

Men's Health Through the Lifespan

Old age isn't so bad when you consider the alternative.
– Maurice Auguste Chevalier

While aging is inevitable, men can do many things to remain as functional as possible by minimizing the risk or impact of illness and injury.

Cardiovascular Disease

Exercise and a healthy diet minimize risk of diabetes, high blood pressure, high cholesterol, heart attack, and stroke. If you take medication for these conditions, use as prescribed.

Cancer Screening

Obtain risk- and age-appropriate cancer screening. Most cancer screening is age-based. However, some people require earlier screening (for example, those with a family history of particular cancers).

- Early 20s - late 30s: Colon cancer screening if at a high risk due to family history, ulcerative colitis, or Crohn's Disease.
- Ages 40 - 49: Colon cancer (see above). Prostate cancer screening if there's a strong family history.
- Ages 50 - 65: Colon cancer screening for average-risk men.
- All ages: Check skin occasionally for growing, odd-colored, or irregularly-shaped moles or skin bumps that might be cancerous.

Injury Prevention

Men suffer more injuries than women.

- Avoid high-risk physical activities.
- Use bicycle and motorcycle helmets.
- Don't drive or use machinery while intoxicated.
- Avoid work-related injuries (e.g., use goggles and helmets, lift with knees instead of back).

Osteoporosis Screening

- Over age 70
- Excessively thin or frail
- Inactive
- With prior falls or fractures

Depression

Treatment restores healthy eating, exercise, sleep, and energy.

Testosterone

The testosterone decline that occurs with age causes depression and decreased muscle mass and strength. Testosterone replacement can improve these, but raises cardiovascular risk. Discuss risks and benefits with your healthcare provider.

LACERA Election

General Members are encouraged to vote in the upcoming LACERA election for the Third Member, Board of Investments. The election will be held on Tuesday, August 11, 2015.

Ballots must be received by the Registrar-Recorder/County Clerk by 5 p.m. on Tuesday, August 11, 2015. The Board of Supervisors will certify the election results at its meeting on Tuesday, September 22, 2015.

For more information or to read the Candidate's Statements of Qualifications, you may contact your Departmental Election Coordinator or you may visit the Board of Supervisors' LACERA Election Information web page at *http://bos.lacounty.gov/Services/ConflictofInterestLobbyist/LACERAElection.aspx*.

WeTip
WELFARE FRAUD
1 (800) 87-FRAUD

Seminars Assist in Planning for Retirement

County employees nearing retirement are invited to attend a special seminar on Wednesday, August 12, 2015, at Rancho Los Amigos National Rehabilitation Center to learn about important decisions they must make in planning for their retirement.

Sponsored by the Retired Employees of Los Angeles County (RELAC), the meeting will be held from 11 a.m. to 1 p.m. in Room 1150 of the Social Security Administration (SSA) Building near the western boundary of the Rancho site, located at 7601 E. Imperial Highway, Downey 90242. Parking is available in the SSA parking structure off Old River School Road.

Seminar speakers include representatives from LACERA, SSA, Empower Retirement (formerly Great West-Financial) and PGA, the provider of group-discounted insurance products available exclusively to RELAC members. Those planning to attend the seminar are asked to call the RELAC office at (626) 308-0532 to reserve a seat.

This is the fourth RELAC pre-retirement seminar. Due to employees' requests, the seminars are being held at sites throughout the County to make them easier to attend. Information on future seminars will be posted on RELAC's website at www.RELAC.org. The next seminar is being planned for November 2015.

Employees within five years of retirement are invited to become RELAC members. The organization, created in 1958, works diligently to protect the pensions and health benefits of Los Angeles County retirees. For membership information, call the RELAC office or check the RELAC website.

Share Your Heart Share Your Home

Become a Foster/Adoptive Parent Department of Children and Family Services

The Department of Children and Family Services Placement and Recruitment Unit (PRU) is a vital program that finds adoptive families for over 500 waiting children who, through no fault of their own, are unable to live with their birth families. They will certainly face a difficult road in foster care without a loving, permanent family to call their own.

PRU staff is committed to finding the right family for these waiting kids. Website listings, television shows, recruitment fairs, matching events, community events, and faith-based outreach are just some of the ways we strive to ensure that our waiting children are given every opportunity to find a loving family. If you are part of an organization or business that would allow us to exhibit our Heart Gallery of waiting children for just a few weeks or a few days, please let us know.

Meet 14-year-old Jaylon, one of the kids searching for his ideal family with the support of PRU. Handsome, charming, confident, focused, and mature, he is a young man who knows that with the support of the right family, the sky is the limit. His story was shared recently on Wednesday's Child, a television program on Fox11 news, dedicated to finding adoptive families. These news segments, hosted by Christine Devine, have been successful in pairing our older kids and sibling sets with the right families.

Jaylon has thought long and hard about what his "ideal" family looks like and is not afraid to share his hopes with the world. Jaylon would ideally like a family who is Lesbian, Gay, Bisexual, Transgender, or Queer (LGBTQ). He feels that this type of family would be a perfect fit for him, as he himself identifies as a gay youth. He is proud of who he is and his dream is to have a family who fully supports his identity and can help him develop into a confident, productive young man. Our division has earned the prestigious *All Children-All Families* Seal of Recognition from the Human Rights Campaign and is recognized nationally as an LGBTQ friendly adoption agency. With the support of the division and the LGBTQ community, we are confident we can find Jaylon his ideal family.

To learn more about adoption, call 888-811-1121 and be sure to visit the Wednesday's Child segment featuring Jaylon at http://www.myfoxla.com/story/29169618/jaylon-wants-to-find-a-permanent-home-a-soft-place-to-land.

Stay Safe While Keeping Cool This Summer

Every summer, Los Angeles County firefighters and paramedics hear the words, "I only looked away for just a few seconds!" Unfortunately, 20 seconds is all it takes for a child to drown, and drowning accidents are a leading cause of death for children under 4 years old.

The Los Angeles County Fire Department urges you to be water safe when cooling off in the pool by following these simple rules:

- Never take your eyes off a child when he or she is in or near any body of water, even for a second.
- Don't rely solely on barriers, such as fences or walls near a pool or spa. There is no substitute for constant supervision.
- Keep toys, tricycles, and other children's playthings out of the water and away from the pool or spa.
- Don't consider your children to be "drown-proof" because you enrolled them in swimming or "water-proofing" classes.
- Don't rely on inflatable devices to keep your child afloat. These are not substitutes for adult supervision.
- Make sure your pool or spa has a fence, wall or safety cover that guards against unsupervised access, particularly by young children.
- Make sure doors leading to the pool or spa area are self-closing and self-latching, or are equipped with exit alarms and are never propped open.
- Always drain standing (surface) water from the pool cover. Remember that even a few inches of water can be hazardous, especially to young children.
- Install a phone—or keep a cordless phone—in the pool or spa area.

Almost 70 percent of all drowning accidents occur in backyard swimming pools. If you see a child or an adult having trouble in the pool:

1. Don't panic; yell for help.
2. Get the child/adult out of the pool immediately.
3. Call 911 immediately for emergency medical services.
4. If you're trained, begin CPR if necessary.
5. If you're not trained in CPR, follow telephone instructions from the Fire Department until firefighters arrive to assist you.

The Fire Department wants everyone to remember to stay safe during any water recreational activity. Remember, just a few seconds is all it takes for a life to be lost to this preventable tragedy.

Marina del Rey Free Summer Concerts

2015 Classical and Pop Schedules

The 15th season of the Marina del Rey Summer Concerts is now here. Thursday evening symphonic concerts feature the 75-piece Marina del Rey Summer Symphony with Maestro Frank Fetta plus outstanding world-class soloists. Saturday evening pop concerts feature great names from the pop and jazz worlds.

- Saturday, July 25—KC & the Sunshine Band
- Thursday, July 30—Vanessa Williams
- Saturday, August 8—Meshell Ndegeocello
- Thursday, August 13—Pagliacci
- Saturday, August 22—Los Lonely Boys

All concerts start at 7 p.m. and are held waterside in Burton Chace Park, 13650 Mindanao Way, Marina del Rey 90292. Picnic on the grass or try some of the gourmet food trucks on site.

Sponsors include Supervisor Don Knabe, Los Angeles County Board of Supervisors; the Department of Beaches and Harbors; The Ritz-Carlton Marina del Rey; and Yamaha Pianos.

Parking is available at County lots 4 and 77 on Mindanao Way or lot 5 on Bali Way. Concertgoers can take the WaterBus from eight Marina locations directly to and from the concert site, or catch the land-based Beach Shuttle, which will operate with special hours to and from Burton Chace Park on concert nights.

Call the Marina del Rey Visitors Center at (310) 305-9545 or visit marinadelrey.lacounty.gov for additional information.

"Make the Most of Your Retirement" Seminar

Don't miss out on the FREE Horizons and 401(k) Savings Plan Retiree Advocate Seminar coming to a location near you on the week of August 24, 2015. Empower Retirement's Retiree Advocate, Ron Nichols, is back by popular demand. Ron will host his "Make the Most of Your Retirement" seminar. Whether your retirement is decades away or just around the corner, this seminar is for you. Ron, a 40-year veteran of the financial services industry, will provide education about making smart decisions for your future. Making a smooth transition to retirement, evaluating your post-retirement options, and spending your retirement assets are just a few of the important topics that will be covered during this two-hour seminar. See the seminar schedule below. Seating is limited so please RSVP by August 20, 2015 to 1-800-382-8924 or RSVP@empower-retirement.com. Note that any parking fees are at your own risk.

City of Pasadena Council Chambers
100 N. Garfield Avenue, 2nd Floor, Pasadena, CA 91109
Monday, August 24, 2015, 10 a.m.

Department of Health Services Auditorium
313 N. Figueroa Street, Los Angeles, CA 90012
Wednesday, August 26, 2015, 10 a.m.

Marvin Braude Constituent Services Center
6262 Van Nuys Boulevard, 1st Floor, Van Nuys, CA 91401
Wednesday, August 26, 2015, 2 p.m.

Katy Geissert Civic Center Library Community Meeting Room
3301 Torrance Boulevard, Torrance, CA 90503
Thursday, August 27, 2015, 10 a.m.

LAPD Headquarters Deaton Auditorium
100 W. 1st Street, Los Angeles, CA 90012
Thursday, August 27, 2015, 2 p.m.

SUMMER SAFETY TIPS FOR YOUR PETS

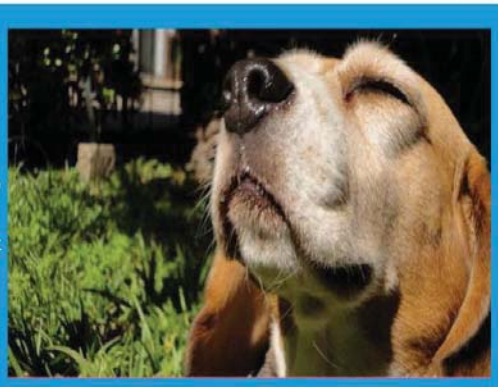
Never leave your pets in vehicles. Just running inside for a quick errand can be deadly to a pet. Did you know an outside temperature of 85 degrees can cause a temperature of 104 degrees inside a vehicle within 10 minutes, and 119 degrees within half an hour? *(see chart below)*

Protect. Care. Adopt.

•Pets at home must be provided with plenty of drinking water and a shaded area they can retreat to.

•Be mindful that fireworks can startle and disorient your cat or dog, activating their flight instinct to run. We strongly recommend keeping your dogs and cats indoors during the 4th of July week celebrations as a safety precaution; remember that tags and microchips are important tools for reuniting lost pets with their families.

•DACC wishes you and your pets a safe summer!
For more safety tips, please visit:
www.animalcare.lacounty.gov



•As a friendly reminder, ensure that pets are allowed at any location you visit prior to departure.

•Remember if you plan to take your pets to pet-friendly beaches, cleaning up after them is mandatory.

Temperature Reference

		Outside Temperature (degrees Fahrenheit)					
		70*	75*	80*	85*	90*	95*
Temperature Inside a Vehicle	After 10 minutes	89	94	99	104	109	114
	After 20 minutes	99	104	109	114	119	124
	After 30 minutes	104	109	114	119	124	129
	After 40 minutes	108	113	118	123	128	133
	After 50 minutes	111	116	121	126	131	136
	After 60 minutes	113	118	123	128	133	138
	More than an hour	115	120	125	130	135	140

Working for You

L.A. County Department of Public Health

Summer is here and along with it, vacations and travel planning. The first rule of safe traveling is to know about any travel restrictions, warnings, or potential health concerns before your trip. Depending on your destination and medical history, you may need to take special health precautions such as getting vaccinated or bringing special medications. The Department of Public Health encourages everyone to consider these common travel health tips before embarking on your summer adventures:

See Your Doctor

- Schedule an appointment with your doctor a month before you travel.
- Prior to traveling, make sure you and your family are up-to-date on your immunizations.
- Some countries require special vaccinations such as Yellow Fever. For more information on travel immunizations, go to the Centers for Disease Control and Prevention's Travelers' Health website.

Avoid Bug Bites

- Protect yourself from mosquitoes, ticks, and flies by covering exposed skin and using insect repellent containing DEET, picaridin, or lemon eucalyptus oil. Reduce your risk and learn other ways to avoid bug bites.
- Speak to your doctor about appropriate medications or vaccines to protect yourself from disease transmitted by insects.

Be Safe Around Animals

- Avoid being bitten, scratched, or licked by any animal. Don't approach or feed unfamiliar animals. Consult your doctor about rabies vaccination if you might come in contact with animals in high risk areas. If you are traveling with a pet, make sure you are prepared.

Food and Water Safety

- Be careful about what you eat and drink when traveling abroad. Eat food that is cooked and served hot, fruits and vegetables you have washed in clean water or peeled yourself, and pasteurized dairy products.
- Drink beverages that are bottled, sealed, and disinfected (boiled, filtered, or treated). Only use ice made from bottled or disinfected water.

Health Care Abroad

- In your destination country, the US Embassy can help you locate medical services, if needed, and will notify your family and friends in the event of an emergency. Consider registering with the US Embassy in your destination country prior to travel.
- Bring any medications you may need and be cautious of counterfeit medications sold in other countries. Only buy medications from licensed pharmacists.
- Consider travel health and medical evacuation insurance.

Remember the best way to prevent disease is to wash your hands with soap and water or alcohol-based hand sanitizer.

Share these tips with your family members and friends and enjoy a safe and healthy traveling season!

Bollywood JAM Sessions

Ford on the Road!

Although the Ford Amphitheatre summer season is pre-empted for renovations, the Ford invites you to join *Ford on the Road*! Take a road trip across L.A. County to see your favorite Ford artists, take part in a free JAM Session (or two or three), or catch a once-in-a-lifetime event. Ford regulars highlighting the *Ford on the Road* lineup include premiere drum ensemble TAIKOPROJECT, spoken word collective Flypoet, and the rocking musicians presented by Eastside Luv. Angelenos can also dance to the beat or play an instrument at one of the free JAM Sessions taking place this summer in seven different locations, from Newhall to Pomona. Last but not least, the Ford is partnering with the Valley Performing Arts Center to continue the popular Signature Series with a US premiere night of dance from Diavolo/Architecture in Motion and a special holiday performance by the Spanish Harlem Orchestra.

Get more information on upcoming *Ford on the Road* events at http://fordtheatres.org.

BEACH EATS
FOOD TRUCKS RETURN!
at Marina "Mother's" Beach
THURSDAYS
5 PM - 9 PM
April 30th - October 1st
specials
Trucks and menus change weekly.
Grab your food and enjoy the sand, picnic tables, and scenic Marina del Rey harbor.
PARKING IN LOT #10: 4101 Admiralty Way, Marina del Rey 90292 (25¢ for each 10-minute period).
For more information:
310-305-9545 or http://marinadelrey.lacounty.gov
Food Truck Schedule: http://lotmom.com/lots/profile/37
Facebook.com/BeachTrucks · Twitter.com/BeachTrucks

DHR's Wellness Corner

Bringing you inspiration from around the County

Doing the Hated and Seemingly Impossible!
By Mary Gilmore (Department of Human Resources)

Every month, I feature an amazing wellness story of how an employee overcame the insurmountable. I am a seasoned athlete with a workout routine that has never let up for over 30 years. In fact, I am pretty sure that I have worked out at least four days a week for that long. Put me on a bike for 50 miles right now. No problem! Bag five peaks in one day. No worries. It's what I do, and I honestly love it! But reading the amazing stories of the challenges that people face and emerge successful has inspired me to face a new challenge – my intense hatred of running.

I recently experienced a bad rotator cuff strain that took me off my bike and kept me from strapping on my hiking pack. And let's face it...it just takes longer to heal as you age. I powerwalked. I did one armed elliptical. I did tons of ab crunches and squats. But how much can you take? I trolled internet sites for something one-armed and new. I saw an advertisement for a half marathon. No way am I going to do that! But next thing you know, I was signing up and downloading Jeff Galloway's training plan for half marathons. He also has plans for 5Ks, 10Ks, and marathons: http://www.jeffgalloway.com/training/. I had 14 weeks to train. The half marathon is on Labor Day weekend. I started out with seeing how long I could run without dying - 22 minutes and it was pure unadulterated hell! On my new plan, you run 30 minutes twice a week and a longer run on weekends. I finished week four with a five mile run. It's not really a run – more like a slow jog or "slog." I just completed a 10K Firecracker Run on the 4th of July (end of week 5) – that's halfway there. Oh dear! That's so far. But I will not fail! I actually finished fourth in my age group! I never dreamed I could do that!

The one thing I have noticed is that I feel different – pretty much about everything. Things that were overwhelming or daunting are now small or unimportant. I only have the three runs each week. Everything else will get done. Sometimes we have to get outside our comfort zone and face a new daunting challenge. This is mine. I don't hate running anymore. I actually enjoyed the 10K. It is making me discover something I forgot I had – will and determination to overcome the undoable. So join me in seeking your own physical challenge. It may be as simple as 'I am going to walk five days a week every week' or as challenging as 'I will hike Mt. Whitney.' You only go around this planet once, so make the most of it! Plus, your body and your mind will thank you!

Thank you Trisha, Connie, Christine, Debra, Veronica, and the other stories that so inspired me! If you have a story to share, please contact me at mgilmore@hr.lacounty.gov.

Special Olympics WORLD GAMES LOS ANGELES 2015

July 25 - August 2

www.la2015.org

Photo: Javier Guillen

The Big PROUD Picnic

at Grand Park

This August, The Music Center will launch a series of events at Grand Park that invite the Los Angeles LGBTQ community to celebrate and connect with each other. The first in the series, ***Grand Park's The Big PROUD Picnic,*** will take place on Saturday, August 22, 2015, from 1 p.m. to 5 p.m. These events will be developed in collaboration with a coalition of partners and partner organizations to reflect the diverse interests and experiences of the LGBTQ Angeleno community. *Grand Park's The Big PROUD Picnic* will offer families and kids a safe, enjoyable place where all are welcome. Guests will enjoy the park's unique custom-designed playground along with games and music to make the day a special one.

GET CULTURED!

Join us for a day of family fun featuring DanceMania!

GROOV3 DANCE PARTY
2-MILE HIKE THROUGH THE HILLS
BEGINNER FITNESS WALK
CHAIR MASSAGE
YOGA
NUTRITIONAL COUNSELING
FREE GIVEAWAYS DRAWING PRIZES

Hollywood Bowl

2301 North Highland Avenue
Los Angeles, CA 90068
3rd Supervisorial District

EVENT SPONSORS

Anthem. BlueCross
UnitedHealthcare

Saturday, August 8, 2015

9:00 a.m. – 1:00 p.m.

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

KAISER PERMANENTE. UnitedHealthcare Cigna Anthem. BlueCross

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:

45+ Years

CHILDREN & FAMILY SERVICES: Lonnie Woods
HEALTH SERVICES: Thomas S. Meichelbock, Nann E. Muckelroy
SHERIFF: Michael Bryant

40+ Years

CHILDREN & FAMILY SERVICES: Jesus Ramirez, Alfonza Willis
DISTRICT ATTORNEY: Diane Green, Victoria Riddlesprige
HEALTH SERVICES: Elizabeth Ahumada, Michael L. Apuzzo, Ediser R. Briones, Rosa M. Juarez, Linda A. Maldonado, Ray A. Pate, Louella A. Ramlall, Janet D. Tuggle, Peter Valdivia
INTERNAL SERVICES: Roxann A. Felix, Jane E. Fiore
PROBATION: Perry E. Danni, Tanya L. Fields, Barbara L. Fofana
PUBLIC HEALTH: Julie M. Auzenne
PUBLIC LIBRARY: Mario J. Barrera
PUBLIC SOCIAL SERVICES: Deborah M. Collins, Janice Kingcade, Linda S. Ray
PUBLIC WORKS: Robert C. Crawford, James M. Keith
SUPERIOR COURT: Gloria A. Pedregon, Elzetter P. Ray

35+ Years

CHILDREN & FAMILY SERVICES: Sheila Robinson Jefferson
CHILD SUPPORT SERVICES: Gertrude Hines
HEALTH SERVICES: Jennie E. Castillo, Peter Fong, Tony O. Guerra, Tim D. Mellin, Charlesett Roberson, Mohamad Salahi, Eva A. Vazquez
INTERNAL SERVICES: Roy E. Gonzales, Richard T. Tswei
MEDICAL EXAMINER-CORONER: Sarah A. Ahonima
MENTAL HEALTH: Suzanne Newberry, Marsha Watanabe
PROBATION: Leticia Delgado, Betty J. Green
PUBLIC SOCIAL SERVICES: Rebecca P. Brooks, Sharon P. Brown, Claudine L. Evans, Karen Petersen
PUBLIC WORKS: Richard S. Offord
SHERIFF: Lee O. Hutchinson, Isabel Legorreta, James R. Lopez, Rene M. Loquet, Peter Moe, Charles B. Stringham

30+ Years

CHILD SUPPORT SERVICES: Diane Crosson
COMMUNITY & SENIOR SERVICES: Sanjuana Guzman
DISTRICT ATTORNEY: Eleanor S. Bigolski, Vicky L. Burke
FIRE: Howard J. Kline, Jr., William P. McHale, David E. Stone
HEALTH SERVICES: Steven L. Baffa, Lenard Banks, Arlene J. Copeland, Dolores L. Estrada, Mayra L. Flores, Jingwa C. Forju, Irene P. Gonzales-Becerra, Emelda Kyinn, Shirley A. Shaw-Hutchinson
PROBATION: Robin W. Garton
PUBLIC SOCIAL SERVICES: Donna M. Ellzey, Rex C. Hong, Fernando Montufar
PUBLIC WORKS: William G. Noland
REGISTRAR-RECORDER/COUNTY CLERK: Donna P. Royal
SHERIFF: John C. Babbitt, Margaret Brogan, Gerald K. Cooper, Jr., Hilda M. Cortez, John E. Detreville, Joseph H. Garland, Jeffery M. Jones, Roberta A. Rodriguez, Vincent F. Rondone, Steven D. Wilson
SUPERIOR COURT: Charlene D. Kristoff
TREASURER & TAX COLLECTOR: Cathy A. Ayala

25+ Years

ASSESSOR: Georgeta Durbaca, Wajdi N. Kawar, Sharon K. Moller
BOARD OF SUPERVISORS: Brenda A. Daniels
CHILDREN & FAMILY SERVICES: Carmen R. Bollinger, Patricia Willems Dennis, Ronald L. Poprosky
DISTRICT ATTORNEY: George Mueller, Jr.
FIRE: Gregory C. Lee, Dean T. Miller
HEALTH SERVICES: Lorenzo Atkins, Maria Flores, Cage S. Johnson, Garry W. Moore, Lilia Olivas, Yvonne Sheers, James Walsh
MENTAL HEALTH: James W. Dockery, Marguerite Van Langenbe
PUBLIC HEALTH: Linda Jones, Virginia C. Juloya-Balanga
PUBLIC SOCIAL SERVICES: Hong N. Chau, John E. Goosby, Patricia A. Hunter, Sandra B. Lowe, Sandra I. McNeish, Nartnaree Pakjukomnaka, Salvador Recinos, Balmore Soriano, Stafana Zamfir
PUBLIC WORKS: Dennis A. Ruh, Mark D. Winn
REGISTRAR-RECORDER/COUNTY CLERK: Mizue T. Schliewen
SHERIFF: Ira J. Bornstein, Stephanie A. Early, Sylvia N. Harney, Vanice Johnson, Alison M. Lee, Paul D. Lee, Paul M. Puchalski, Sarkis S. Rostomian, Celso V. Santiago, Keith B. Shaw
SUPERIOR COURT: Sonia Bustos, Claudia J. Davis, Francine Tillage, Linda C. Woo
TREASURER & TAX COLLECTOR: Billy G. Lunsford, Yolande Mayers

creating greater communities
Charitable Giving Campaign 2015
http://ceo.lacounty.gov/wpp/charitablegivingcampaign.html

by the Department of Consumer and Business Affairs

What to Do When a Data Breach Affects You

Hackers are stealing more and more personal information these days. Here's how you can help yourself.

Have you been contacted by a company, medical facility, or other organization and told your information was compromised? If so, you might be the victim of a data breach. A data breach occurs when an unauthorized person or computer hacker views or steals your personally identifiable information. Companies that keep client information are prime targets for data breaches. Personal information stored online is less secure and more likely to be stolen.

The Department of Consumer and Business Affairs (DCBA) wants you to know what a data breach is and what you should do if you become a victim.

Types of data most often stolen in a data breach

- Social Security Numbers
- Names and addresses
- Debit card account numbers and PINs
- Credit card account numbers
- Usernames and passwords for online bank accounts
- Driver's license numbers
- Health insurance information

What are companies required to do when a data breach occurs?

If the breach occurred at a company or agency involving 500,000 clients or less, they must send you a notice as soon as the breach is discovered. You may receive the notification by email or mail. The notice must include:

1. Name and contact information for the company or agency
2. A description of the incident with date and time of the breach
3. Types of information stolen

If the breach affected more than 500,000 clients, the company or agency may place the notification on their website or inform major statewide media.

If you hear about a data breach at a company where your information is stored, contact the company to determine if your personal information was compromised.

I was notified of a data breach. What do I do?

1. Get a copy of your credit report. You can get a free credit report by calling (877) 322-8228 or going online at www.annualcreditreport.com. Look for suspicious accounts and balances.
2. Consider placing a "Fraud Alert" on your credit report with the three main credit reporting agencies. This alerts businesses to take extra steps to verify your identity before issuing credit for 90 days.

   Equifax (800) 525-6285
   Experian (888) 397-3742
   TransUnion (800) 916-8800

3. For a more permanent solution, freeze your credit to prevent accounts from being opened in your name.
4. Contact the company where the data breach occurred to find out if they are providing free credit monitoring.
5. If your bank or credit card information was stolen, close the account or ask for a new account number and PIN.
6. If your driver's license information was stolen, contact the Department of Motor Vehicles (DMV) Investigative Services Support Unit to determine if there is a duplicate license. Call (866) 658-5758 or email invdlfraudanalysis2@dmv.ca.gov.
7. Change all personal usernames and passwords if they were stolen.
8. Contact your health insurance provider if your medical or health plan information was stolen.
9. If you are a victim of identity theft due to a data breach, contact DCBA at (800) 593-8222 for more help.

Watch out for scams

Someone may contact you pretending to be the company where the data breach occurred. Do not give them your Social Security Number, bank account or credit card number, or other personal information. Always contact the company directly to see if your information was compromised.

Rideshare L.A. County!

from the CEO/Office of Workplace Programs

Telework, a management option, is defined as working at home or a location closer to home. By eliminating or reducing the commute to work, **telework** helps to improve the air by reducing the harmful emissions from driving to work. By helping to improve the air, you can also reduce the number of deaths associated with pollution in Los Angeles County. Check out http://rideshare.lacounty.gov/county-employees/telework/ for more information.