



# DIGEST

July 29, 1988

COUNTY OF LOS ANGELES

## Helen Gabel Selected As A County Role Model

The selection of Helen Gabel as the June, 1988 County Employee of the Month should serve as a model of inspiration to all of us.

Earning this honor with only two years of County employment is all the more notable

### Employee Of The Month

because Helen has been legally blind since 1973.

With a ninth grade education, she had been working in private industry as a construction assistant when the diagnosis of retinitis pig-



**Helen Gabel**

mentosa was made. Instead of despair and defeat, she focused on personal growth and returned to school. Attending Adult High School in the evening to obtain a General Education Diploma (GED) and college during the daytime, Helen eventually earned a Master of Social Welfare in 1986.

Helen's academic progress was marked with several scholastic awards, service organization activities, as well as many hours of tutoring disabled students. While in graduate school, she was recruited by the Department of

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**Understanding  
The Aging Process**  
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## Santa Catalina Island Is A County Treasure

Catalina Island is 42,000 acres of unspoiled beauty, just 22 miles off the southern California coast. The island is 21.7 miles long and is eight miles across at its widest point (near the center) and just one-half mile wide at Two Harbors (near the west end).

Catalina was once inhabited by native Americans and was only occasionally visited by explorers, adventurers, and the military governors of early Spanish California. In 1919 William Wrigley, Jr. (of chewing gum fame) purchased the majority holdings of the Santa Catalina Island Company, including approximately 70 percent of the property within the city limits (one square mile) of Avalon.

During the '20's and '30's, Catalina Island became the "in place" for the Hollywood crowd. Tourism became the major source of

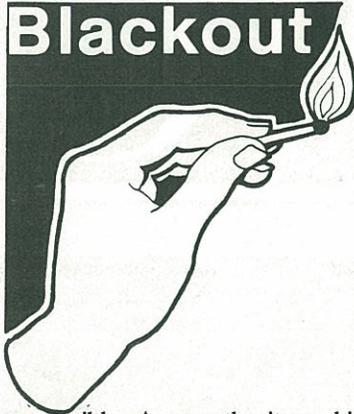
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**From top to bottom: Little Harbor Campground; Bob Lynam, Jr., Grounds Maintenance Worker; Darrell Warner, County Naturalist, writing a camping permit at Little Harbor Campground.**



# What To Do In A Blackout



While we are not likely to experience a major or long-term blackout, power failures may accompany earthquakes or other natural disasters.

Also, many blackouts are man-made caused by severe drains on the power supply. Usually, this occurs on hot summer afternoons during "peak load" periods when air conditioners and other electrical appliances overload the system.

Because any equipment that produces light, heat, or cooling uses the most energy, man-made blackouts are best prevented by the following recommended energy conservation procedures:

- Turn air conditioner to lowest setting. If possible, turn it off and use a fan.
- Turn your refrigerator down and open the door less often.
- Refrain from using electric lights; shut off lights when leaving a room; replace bulbs in fixtures with those having lower wattage.

Be prepared for a possible blackout by having the necessary equipment on hand and

readily accessible. Among the items highly recommended are a flashlight with fresh batteries, a transistor radio, camp stove or barbecue, and shelf foods. A generator for medical equipment or aquariums and surge protectors for expensive electronic equipment should also be on hand.

Although blackouts do not pose any direct threat to safety, it is easy to become disoriented in sudden darkness. Therefore, your first course of action is to take stock of where you

are — don't move until your eyes become adjusted to the dark in order to prevent a dangerous fall.

If the blackout obviously is affecting your whole general area and appears that it's going to last a long time:

- Refrain from opening refrigerators or freezers. With the door shut, food should last approximately two days. You might also cover your refrigerator or freezer with a blanket to provide additional insulation.
- Refrain from using the phone, except for emergency calls.
- Turn off or unplug electrical apparatuses.
- If stuck in an elevator, stay calm and periodically press the alarm button. It may be ringing somewhere even if you can't hear it. Unless you can hear rescuers, yelling is usually fruitless.
- If there is a blackout while you are away from home, resist the temptation to head home immediately, since traffic lights and gas pumps will not operate without electricity.



green salad, whether a Caesar, chef or spinach, can be more than just a gastronomic experience.

Health authorities worldwide have stated that eating salads which contain raw or semi-cooked vegetables can help protect against cancer, improve heart conditions, can help control weight problems, and can even help regulate blood sugar.

Whether a salad is your main course or a light snack, chilled, crisp green "munchies" can be made exciting by just varying the lettuce bed, ingredients and dressings you use.

A variety of leafy greens range from: romaine with its sturdy, spirited leaves; Boston with its soft and sweet head of fragile leaves; Bibb with its tender green leaves and yellow hearts; and escarole, with its slightly curly, slightly bitter, rich leaves; spinach, whose

## BON APPETIT!

leaves pack a snappy taste; and Chinese cabbage with its elongated compact head of light green leaves.

Once you have selected the leafy base for your salad, some tasty healthful additions might include fresh carrots, celery, mushrooms, sliced red onion, cherry tomatoes, broccoli, cauliflower flowerets, or asparagus. Adding sliced or minced fresh onion can also put a zing into your salad. And don't forget about leftover vegetables. If you can accumulate a few in the refrigerator, you can still get delicious mileage out of them by tossing them into a fresh salad. These leftover vegetables could include peas, green beans, whole kernel corn, and bits of new potatoes.

The variety of dressings is also endless.

Remember that olive oil has a delicate golden flavor, corn oil has a soothing taste, safflower oil offers a subtle flavor and aroma, and sesame oil adds a delicate touch. You can try a different dressing with each salad and experience a variety of tastes. You may also want to change the taste of dressings you've purchased. Just add fresh orange or lemon juice and a bit of grated peel as a thinning agent.

And as a final touch, how about topping this leafy creation with crunchy, salt-free croutons. To increase your fiber intake just add bran, wheat germ, assorted nutmeats, sesame seeds, sunflower seeds, or diced almonds. Our truly daring employees might add bite-sized pieces of fresh orange dipped in chopped nutmeats or coconut.

Remember, any way you serve it, a salad can be creatively prepared, delicious, and healthful. Bon appetit!

(Continued from page 1)

Health Services, High Desert Hospital—Rehabilitation Unit where she began work as a Clinical Social Worker July 16, 1986.

As a clinical social worker for the rehabilitation unit, which deals with head injury patients and stroke victims, Helen assesses family and patient circumstances, their ability to cope, and helps them deal with the new situations the patients will encounter.

In addition to performing those tasks on the ward, exuberant enthusiasm has propelled her into other areas of endeavor, both within her area of assignment and within the hospital as a whole. She has begun bimonthly inpatient and outpatient support groups, wherein patients may discuss such concerns as adjustments to

## Gabel Employee Of The Month

returning home with their disabilities.

Helen has also presented a workshop on "coping" and is involved with support groups for head injury patients and community hospice workers. She has participated in the residential care task force on unlicensed board and care homes, the Antelope Valley Inter-agency Council, the American Cancer Society, the March of Dimes Fund Raiser, Peer Utilization Reviews for the Visiting Nurses Association, and coordinated the availability of wheelchairs for a benefit basketball game for Easy Street, a Rehabilitation Service project. Most of these activities are on a voluntary basis.

She also convinced equipment dealers and

manufacturers to provide wheelchairs, etc. for patients prior to their release from the hospital. This advance availability provides an adjustment and training period and ensures continuity of care after discharge. It has also saved the High Desert Hospital an estimated \$126,000 so far, and has enormous cost avoidance potential.

Helen was presented a scroll of recognition by Board of Supervisors Chairman, Dean Dana in recent Board Room Ceremonies. He praised her participation in the improvement of public and community health services and care.

It is a special pleasure to congratulate this cheerful, bright, and energetic honoree.

# Understanding The Aging Process

## Second In Three Part Series

Aging is a slow and natural process, a process that we will all experience. We may be witness to the process as our parents, grandparents, and friends enter their senior years. We may be experiencing the process as we ourselves enter our senior years.

Having an understanding of the physical, psychological, and social changes which happen as a person gets older can assist in coping with daily situations.

In addition to the physical changes occurring in the lives of the elderly, change, in general, is a daily challenge. Social challenges are created by retirement or an inability to work; changes in financial status (from self-supporting to dependency); changes in social involvement (friends and relatives become ill, pass on, or move away); and a change in roles (from parent, spouse, boss, or breadwinner). These changes all require understanding and behavioral adjustments. The greatest blow to self-esteem occurs when a person who has always been able to care for himself/herself becomes dependent on others.

The physical signs of graying hair and wrin-

klng skin are mere reflections of more complex body changes. In general, the processes of the body slow down, though no two people age the same way, and there is no exact timetable as to how our bodies age.

Less efficient circulation may cause older people to feel chilly even on a warm day and at other times be less tolerant to extremely hot weather because sweat glands are less active. Digestive organs become weaker and the digestive process slows down. This can result in a loss of appetite, constipation, or incontinence. Also, a reduced sensitivity to sweet, sour, bitter, and salty tastes may occur.

The two senses most commonly reported as changing in the elderly are vision and hearing.

***“The physical signs of graying hair and wrinkling skin are mere reflections of more complex body changes.”***

The ability of the eye to adjust to changes in light may be reduced in the elderly resulting in adjustment problems to glare and darkness. The elderly may experience color vision changes affecting the distinction between “warm colors” (red, yellow, orange) and “cool colors” (blue, green, violet). Perception of space and distance may also be affected.

The elderly may also experience hearing loss which usually begins with higher tones. For example, a female higher pitched voice would be more difficult to hear than a male voice. Background noises can also make it more difficult for a person to hear voices in a conversation.

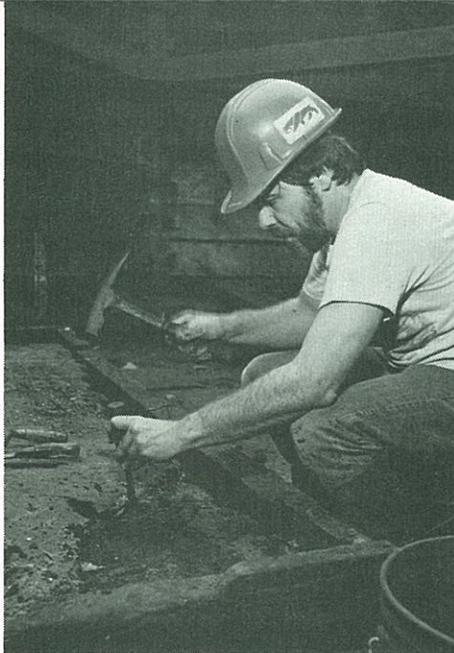
These, and many other physical changes associated with the aging process add physical limitations to an already complex and changing situation.

Coping with these changes, physical, social, financial and emotional, is certainly a challenge. But with knowledge, awareness, patience, and tolerance we can bring love and assistance to the elderly near and dear to our hearts.

## Can They Dig It?

One of the richest fossil deposits at the Rancho La Brea Tar Pits is Pit 91 and visitors can observe paleontologists at work from a viewing station Wednesdays through Sundays, 10 a.m. to 4:30 p.m., July 6 through September 18. Digging is limited to two months because the asphalt (not tar) can be worked more easily in warm weather.

Because of a unique set of geologic and geographic circumstances, cone-shaped asphalt deposits were formed between ten thou-



sand and forty thousand years ago at Rancho La Brea. As was discovered, this area contained the bony remains of thousands of animals.

Pit 91 is located in Hancock Park, midway between the George C. Page Museum, (5801 Wilshire Boulevard), and the Los Angeles County Museum of Art. You are cordially invited to visit the site and witness the historic discoveries as they occur.

The George C. Page Museum of La Brea Discoveries is a branch of the County Natural History Museum and houses a vast assembly of fossils of ice age beasts.

***Volunteer Michael Charters uses a hammer and chisel to remove the top layer of asphalt from a grid in Pit 91.***

## What, No Water?

If you've recently dined at your favorite restaurant and noticed that your water glass was missing, don't blame the waiter.

California is in the second year of a two-year drought. Therefore, many restaurants have been requested to conserve water whenever and wherever possible. So if you do want a glass of water, just request one.

Remember, for each glass of water served, it takes 3-4 times that amount to wash the glass the water comes in. When you consider the millions of people who dine out, the glasses of water that go untouched, and the water needed to wash those glasses, this modest program can save millions of gallons each day.

Southern California is a semi-arid desert where water is precious, and two-thirds of our supply has to be imported from hundreds of miles away.

So, please use water wisely.

## Jaywalking Is Hazardous To Your Health

Did you know that it is illegal to cross the street in an unmarked crossing area? Well, it is and to do so, is called jaywalking – a violation punishable by a \$10 fine.

Not very much if you get to the other side. But what if you don't get across?

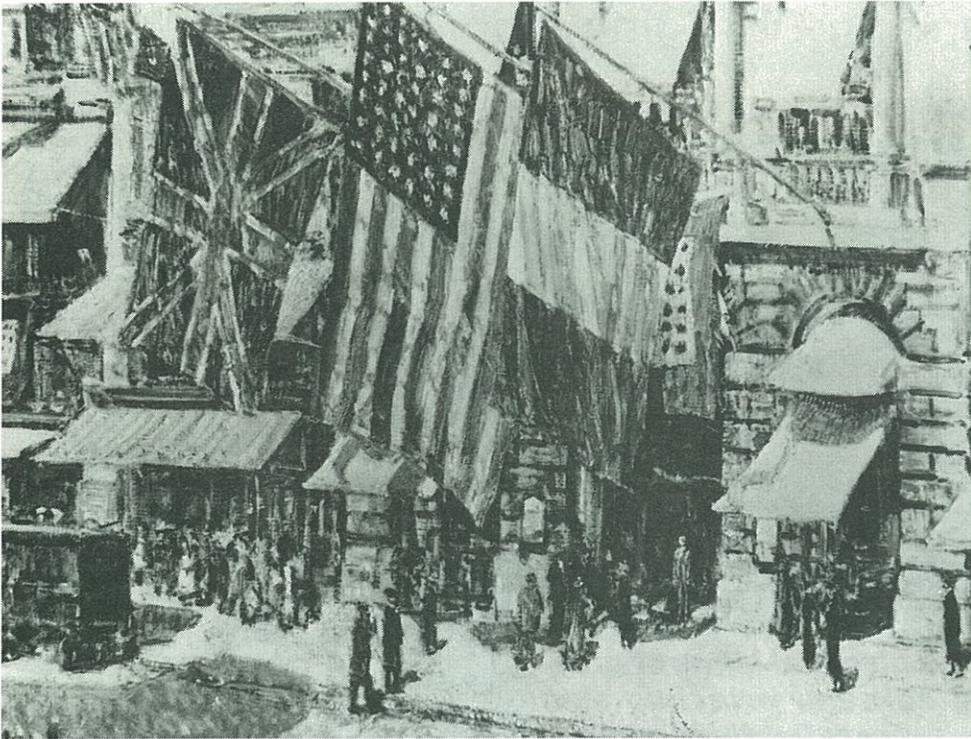
City-wide statistics for Los Angeles show 344 serious injury pedestrian accidents and 59 pedestrian fatalities from January 1, 1988 to June 14, 1988.

These six-month figures suggest a preventable loss of life, income, pain, and suffering.

Most of us wouldn't think of diving into a

body of water from just any point on the shore. We would choose the safest point, considering depth and obstructions. Yet aggressive behavior causes many people to charge across a street, challenging the speed of cars or the effectiveness of car brakes.

Strict enforcement of traffic mitigation activities now include pedestrian traffic as well. So, be careful, even if you *think* you have the right-of-way. You may save more than \$10 by using the crosswalks. The life you save could be your own.



*The Flag Paintings of Childe Hassam.*

## AUGUST

### At The Museum Of Art

July 28 – October 9, 1988 — *Mannerist Prints*: International style in the 16th century engravings, etchings and woodcuts selected from a major private collection bequeathed to the Museum.

August 14 – The Don Menza Sextet;  
August 28 — Bill Berry's L.A. Big Band. Free jazz concerts. Both at 2 p.m. on the Times Mirror Central Court, Museum of Art.

August 21 – *The Flag Paintings of Childe Hassam* — 21 flag paintings created during

World War I as a home-front effort to support the armed forces and promote patriotic spirit.

New installation for the Museum's collection of ancient art in a suite of six galleries completing a historical sequence. Included are Ancient Egyptian and West Asian Art, Art of Ancient Iran, Greek and Roman Art.

For more information call (213) 857-6111.

August 28 – 1 p.m. to 5 p.m. – A special program for parents and children, "Pictures of People," will focus on portraits with poetry, storytelling, a mask-making workshop and making self-portraits in sound.

For information, call (213) 857-6139.

## Island Treasure In Santa Catalina

*(Continued from page 1)*

income as the tourist season expanded from May to September to a year around season. Better transportation to the island, luxury hotels and condominium developments, and a varied menu of recreational and sightseeing activities have all contributed to the steady rise in tourism, which now boasts 15,000 visitors on a typical summer day.

Only 14 percent of the island is open to development. The balance remains primarily undeveloped — an area where native Catalina plant and animal life can flourish. This open space easement is jointly administered by the Catalina Island Conservancy and the Los Angeles County Department of Parks and Recreation.

The interior of the island offers wonderful opportunities for sightseeing and other recreational activities such as hiking, camping, and bicycling (all of which require permits.) Catalina is classified as high-desert chaparral, with a Mediterranean climate. It is an oasis for

2,000 year-round residents and thousands of visitors every year. Sightseeing tours of Avalon and the interior, glass bottom boats, and snorkeling and scuba diving are available. The Wrigley Botanical Gardens is a short walk up Avalon Canyon and is popular with many day visitors.

In addition to the many miles of hiking trails across the island, there are five public camp grounds. These offer different facilities and recreational opportunities to campers — either in beach or mountain settings — close to the creature comforts of the city, or as far away as the island will allow.

County Parks and Recreational Department staff, under the direction of Superintendent Bob Weeks, are able to assist with camping information and/or reservations as well as other questions regarding the island. Call them Monday through Friday, at (213) 510-0688. Telephone hours are 9 a.m. to 1 p.m. and 2 p.m. to 4 p.m.

## Who Says It Can't Happen?

Parks and Recreation Department South Region glazier, Earven "Cal" Calomee will tell you "It can happen!" On May 17, Cal took an early retirement from the County of Los Angeles after winning \$3.9 million in the Lotto drawing of May 11. Rumor has it that Cal chose his six winning numbers by using his County employee number!

After working for the County for 27 years, he will now be able to include an additional \$150,000 per year for the next twenty years, to his retirement allowance.

## Volunteer Involvement Opportunities

**YOUR HELP IS NEEDED!** Recruitment is underway for volunteer "Information Experts" to staff key entrance locations of downtown L.A. County Civic Center Buildings.

Volunteers provide directions for special events and other information to the general public. If you know of anyone who would like to become a part of this EXCITING volunteer program, sponsored by Facilities Management Department, please contact Sergeant Joe Jackson, Program Information Officer, at (213) 974-9555.

**REMEMBER, YOU ARE NEEDED!**

County of Los Angeles

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