



AUGUST 2012

SUMMER PART III

COUNTY OF LOS ANGELES

## Are Your Travel Immunizations Up-to-Date?

Travel can be an enjoyable experience, filled with learning about diverse people, cultures, and environments. However, while traveling, it’s easy to be exposed to communicable illnesses while on airplanes, buses, trains, or at airports, hotels, restaurants, museums, and stadiums.

The Los Angeles County Health Officer is encouraging all Angelenos with travel plans to get up-to-date on recommended immunizations well before any departure dates. Currently, there are large-scale measles outbreaks in Europe severely affecting thousands of individuals. In recent years, the main source of measles cases reported in L.A. County has been linked to travelers who recently visited other countries.

“Many vaccine-preventable diseases, which are not often seen in the U.S., are still common in other parts of the world. As our global community gets smaller, especially during exciting events like the 2012 Olympic and Paralympic Games in London, the unfortunate reality is that disease travels as well,” said Jonathan E. Fielding, MD, MPH, Director of Public Health and Health Officer. “If traveling abroad, check with your doctor to be sure you have all recommended routine and travel vaccines.”

The measles-mumps-rubella (MMR) vaccine is just one of a number of immunizations that may be needed before travel. Other recommended vaccines could include varicella (chickenpox) and Tdap, which guards against tetanus, diphtheria, and pertussis (whooping cough). Evaluate your health and the health of those traveling with you. Ask your health care provider about any travel vaccines that may be recommended based on your personal health, your destination, age, and/or immunization history.

“Be sure to practice good hygiene while you travel so you stay healthy and fully enjoy your trip,” said Dr. Fielding. “Wash your hands often and cover those coughs and sneezes. And as hard as it is to hear, if you are sick, don’t get on that plane just yet; wait until you are well.”

To find a travel vaccine provider, call the L.A. County Information Line at 2-1-1, or visit the Public Health Immunization Program webpage at [www.publichealth.lacounty.gov/ip](http://www.publichealth.lacounty.gov/ip) and click on “Travel Immunizations.”

For more information about travel health and vaccines, visit the Centers for Disease Control and Prevention website at [www.cdc.gov/travel/page/stay-healthy.htm](http://www.cdc.gov/travel/page/stay-healthy.htm) and [wwwnc.cdc.gov/travel/page/vaccinations.htm](http://wwwnc.cdc.gov/travel/page/vaccinations.htm).



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# CALENDAR OF EVENTS

**Natural History Museum**  
900 Exposition Boulevard, Los Angeles 90007  
(213) 763-DINO  
[www.nhm.org](http://www.nhm.org)

Now open – New Dinosaur Hall and Fin Whale Passage  
Through September 3 – Butterfly Pavilion

**LACMA**  
5905 Wilshire Boulevard, Los Angeles 90036  
(323) 857-6010  
[www.lacma.org](http://www.lacma.org)

Ongoing – Levitated Mass  
Ongoing – Metropolis II

**Hollywood Bowl**  
August 25 – Countywide Fitness Challenge

**Center Theatre Group**  
[www.centertheatregroup.org](http://www.centertheatregroup.org)

**Kirk Douglas Theatre**  
August 22 through September 16 – Elephant Room

**Ahmanson Theatre**  
Through September 2 – Mary Poppins

**Mark Taper Forum**  
Through September 9 – Red

**Ford Theatres**  
2580 Cahuenga Boulevard, East, Hollywood 90068  
(323) 461-3673  
[www.fordtheatres.org](http://www.fordtheatres.org)

August 25 – Jazzmopolitan: All-Stars  
August 26 – Chai lights: Celebrating 18 Years of Jewish Music  
August 27 – J.A.M. Sessions at the Ford *Samba Reggae Dance Party!*  
September 1 – Big!World!Fun! Viver Brasil

**Dorothy Chandler Pavilion**  
September 15 through October 9 – Verdi's The Two Foscari  
September 22 through October 14 – Mozart's Don Giovanni

**Walt Disney Concert Hall**  
October 21 – Organ Extravaganza  
November 18 – Monteverdi Vespers

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



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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/>



## Monitoring Beach Water

Los Angeles County is fortunate to enjoy great weather, beautiful beaches, and generally good water quality at its beaches. In urban areas like Los Angeles, ocean water quality can be diminished by pollutants from storm drains, urban run-off, and improper sewage discharges. Sewage contains bacteria, and it has been shown that high levels of bacteria in ocean water can increase the risk of illness, particularly in children, elderly individuals, and persons with compromised immune systems. The Department of Public Health (DPH), through the Division of Environmental Health, Recreational Waters Program, collects and analyzes ocean water samples year-round for bacterial content. The information collected from each sampling is then made available to the public on websites, through toll-free telephone numbers, and in an annual report from Heal the Bay.

In accordance with California state standards, L.A. County beach waters are tested to determine the levels of bacteria in the water, specifically total coliform, fecal coliform, and *Enterococcus* bacteria. These bacteria are commonly found in the intestinal tracts of mammals and birds. High levels of these pathogenic bacteria in ocean water may increase health risks to the public. Sites that exceed standards for these “indicator bacteria” are posted with warning signs.

Public Health’s Recreational Waters Program partners with the City of Los Angeles Environmental Management Division and the L.A. County Sanitation Districts in monitoring ocean water. Using the data collected from these three agencies, the Recreational Waters Program generates grades for each of the tested sites.

The beach water quality results are published on the DPH website at [www.publichealth.lacounty.gov/phcommon/public/eh/water\\_quality/beach\\_grades.cfm](http://www.publichealth.lacounty.gov/phcommon/public/eh/water_quality/beach_grades.cfm), and at the Fire Department website at [www.watchthewater.org](http://www.watchthewater.org). Water quality information is also available on the Department of Public Health beach closure and advisory hotline at (800) 525-5662.

## Devil’s Gate Dam 5K Run/Walk and Special Needs Awareness and Wellness Expo

Organized by the Aztlan Athletics-Str8UpTv to benefit Danny’s Farm, this charity event will be held at the Historic Hahamongna Watershed Park in Pasadena on August 25, 2012 from 8 a.m. to noon.

Danny’s Farm is named after Danny, a young man with autism who has a tremendous affinity for animals. Registration includes entrance to Danny’s Farm petting zoo and access to the Special Needs Awareness and Wellness Expo. A commemorative event t-shirt, food certificates, and awards will be given to the top three finishers in each division. The course will cover various historical monuments including the Devil’s Gate Dam bridge, upper Arroyo trail, and have views of the San Gabriel mountains.

Danny’s Farm mobile petting zoo provides an inclusive environment, pairing loving farm animals with all members of the community. Its mission is twofold: provide meaningful employment opportunities for adults with special needs and serve children with disabilities. It also offers a Specialty Autism Program for school age children in South Pasadena. Additional proceeds will benefit special needs youth through the Pasadena Educational Foundation. For more information, please visit their website at [www.dannysfarm.org](http://www.dannysfarm.org).

Sponsors include Molina Healthcare (Presenting Sponsor), President Charles Trevino and Upper San Gabriel Water District, Mamma’s Brick Oven Pizza, City of Pasadena, San Gabriel Transit-Peoples Taxi, Luchas Comfort Footwear, and Señor Fish, to name a few. For more information, please visit [www.devilsgatedam5k.com](http://www.devilsgatedam5k.com).

Aztlan Athletics-Str8UpTv has been involved in empowering youth and strengthening communities since 1974. Their mission is to widen the circle of support for those agencies that are in alignment with prevention, conservation, and recovery, while engaging our youth to be self-sufficient and help improve their respective communities.

**WeTip**  
**WELFARE FRAUD**  
**1 (800) 87-FRAUD**



# COUNTYWIDE FITNESS CHALLENGE 2012



# GET CULTURED!

Join us for a day of family fun featuring "Dance Mania!"



CO-SPONSORED



## Hollywood Bowl

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

- POWER WALK
- DANCE MASH-UP LESSON  
Including Salsa,  
Hip-hop, Bollywood &  
Country Line Dancing
- FREE GIVEAWAYS
- DRAWING PRIZES

- YOGA
- CHAIR MASSAGE
- NUTRITIONAL  
COUNSELING
- HOLISTIC HEALING  
INFORMATION

**Saturday, August 25, 2012**

**9:00 a.m. – 1:00 p.m.**

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



# Summer is a Hot Time for Scams

*The Department of Consumer Affairs wants you to avoid these common schemes*

As the weather heats up during summertime, thieves come out in force to take advantage of unsuspecting victims.

This summer has already seen a return of some common scams, plus a few new ones. Here are a few summertime scams the Department of Consumer Affairs (DCA) wants you to watch out for:

## Unlicensed air conditioner repairs

Those of us in Los Angeles County rely on our air conditioners during the summer months. But when your AC fails, you're looking at expensive repairs. That's when unlicensed contractors will try to take advantage of you.

They might offer what seems like a cheaper solution. But often their work is shoddy, they charge you for work they don't do, and you'll end up having to pay more to fix the damage they've done.

Remember the basic tips when it comes to hiring someone to do repairs.

- Check to see if the person is licensed.
- Get estimates in writing.
- Read a contract before signing it.

See DCA's tip sheet on Hiring a Contractor at <http://dca.lacounty.gov/TSHiringAContractor.html>.

## Lottery scams are back again

A stranger approaches you in a parking lot and claims to have a winning lottery ticket worth a large prize. They'll claim they can't pick up their prize right away because they're not a U.S. citizen or some other reason. If you help them claim their prize by giving them some money up front, then they'll reward you with part of their prize. You pay. You never see a prize. You lose.

The scammers often target the elderly or someone of a similar ethnic group, who might be more sympathetic.

Consumer Affairs reminds you:

- Never accept winnings from a lottery or sweepstakes you did not enter.
- Ask yourself, if it's too good to be true, it usually is.

## Government paying your power bill? Not quite.

It's an election year. We should expect presidential campaigns to pull out all the stops throughout the summer and fall. But is President Obama's administration really promising to pay your utility bills?

That's what a growing number of people across the nation are being told through a recorded message on their home phones in a new scam.

Victims are receiving an automated phone call describing a supposed government program in which you get up to \$1,000 to pay your utility bills. You are asked to provide your personal information in exchange for a bank routing number to give to your utility company.

At first, the bank routing number works. After the first payment is processed, the routing number becomes invalid. You are now responsible for any costs incurred including your bill and late fees, plus identity thieves have your personal information to use for their own purposes.

- Again, if it sounds too good to be true, it probably is.
- Never accept information as fact until you have verified it. Whether it's an unexpected phone call or a knock at the door, be suspicious when a surprise offer comes your way.

For more consumer information, contact DCA at (800) 593-8222. Follow Consumer Affairs on [Twitter](#) or [Facebook](#) or visit their [website](#).



## Rideshare L.A. County!

Would you be interested if I said you could commute to work by car and Rideshare too?

You can do both if you use a Park and Ride lot. You can drive your car to a stand alone Park and Ride, one located at or near a transit station, or use a rail or train station Park and Ride lot and commute the rest of the way to work. It's great for reducing the cost of driving alone and you get to Rideshare at the same time.

Park and Ride lots are located all over L.A. County.

For a listing, please visit [www.Metro.net](http://www.Metro.net).



## 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 2012 date is:

October 12, 2012

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



## SAVE THE DATE

The County of Los Angeles Department of Public Works  
Women's Leadership Council  
is proud to present our third annual

## Women's Leadership Legacy Conference

*"The Journey"*

*October 18, 2012*

*Pasadena Convention Center*

# Hand, Foot, and Mouth Disease

Recently, a new strain of Hand, Foot, and Mouth Disease (HFMD) has been striking adults across the globe. In June, nearly 35,000 people in China were affected by this viral illness. HFMD usually affects infants and children younger than five years old; however, this strain is being seen more commonly in adults and is more severe than the previously known viruses. Fortunately, most patients who have the illness get better with time and have no complications.

Here is a brief overview of HFMD and some simple steps on what you can do to prevent yourself and your family from contracting this illness.

## Signs and Symptoms

- Fever
- Headache
- Vomiting
- Fatigue and malaise
- Referred ear pain
- Painful oral, nasal, or facial lesions, ulcers or blisters
- Body rash, followed by sores with blisters on palms of hands, soles of feet, and sometimes on the lips. The rash is rarely itchy for children, but is often extremely itchy for adults.
- Sores or blisters on the buttocks
- Loss of appetite
- Diarrhea

Early symptoms include fever followed by a sore throat with loss of appetite and general malaise. One or two days after the fever starts, painful sores may appear in the mouth and throat. They begin as small red spots that blister and become ulcers. A skin rash may develop over one or two days, usually on the hands, feet, mouth, tongue, inside of the cheeks, and occasionally the buttocks. The rash has flat or raised red spots, sometimes with blisters. Infected persons may not get all the symptoms, only the mouth sores or skin rash.

The incubation period (the time between infection and onset of symptoms) is three to seven days.

## Diagnosis and Treatment

Health care providers can usually tell the difference between HFMD sores and other causes. Samples from the throat and stool may also be collected and sent to a lab for testing.

Because HFMD is caused by a virus, there is no specific treatment, and antibiotics will not work to cure it. Individual symptoms such as fever, headache, or pain from sores may be eased with over-the-counter pain relievers, salt-water rinses, mouthwashes, or sprays to numb mouth pain.

## Transmission

HFMD is spread from person to person by direct contact with the infectious virus. These viruses can be found in nose and throat secretions, saliva, fluid in blisters, and stool of infected persons. They may be spread when infected persons touch objects and surfaces that are then touched by others.

Infected persons are most contagious during the first week of illness. However, the viruses causing HFMD can remain in the body for weeks after symptoms have gone away, meaning that the virus can still spread to others, called “shedding” the virus.

## Prevention

There is no vaccine to protect against the viruses that may cause HFMD.

The risk of becoming infected is dramatically lowered by following the same procedures we use to minimize exposure to any potentially infectious disease:

- **COMPULSIVE HANDWASHING**—Washing hands often with liquid soap and water or using an alcohol-based hand sanitizer if hand washing facilities are not accessible.
- Avoid close contact with an infected person.
- Do not share eating utensils or drinking receptacles.
- Wear gloves when in contact with patients.
- Patients with fever, cough, or shortness of breath should wear masks.
- Disinfecting contaminated surfaces with a disinfectant solution or a chlorine bleach solution (made by mixing 1 tablespoon of bleach and diluting it with 4 cups of water).

## What's Happening at LACMA?

The perfect way to spend Friday evenings with your family! Head to Hancock Park, spread out on a blanket, and watch animated films under the stars. Come early for a pre-film animation art workshop!

Dorothy Collins Brown Amphitheater  
Free, no reservations

Pixar Shorts Collection: Vol. 1  
Friday, August 24, 2012 at 8 p.m.

Cloudy with a Chance of Meatballs  
Friday, August 31, 2012 at 8 p.m.





## Save the Date

The Los Angeles County Board of Supervisors  
and  
Los Angeles County Commission on Disabilities



announces the

## 21<sup>st</sup> Annual Access Awards Luncheon

*"Disabled Does Not Mean Unable"*

Honoring individuals and organizations that have made significant contributions  
and/or have promoted equality and accessibility for people with disabilities.

Monday, October 15, 2012

11:30 a.m.

**DOUBLETREE BY HILTON**  
(FORMERLY KYOTO GRAND HOTEL AND GARDENS)  
120 South Los Angeles Street  
Los Angeles, CA 90012  
Tickets \$68.00

*The Commission will also be celebrating the following:*

- ~22<sup>nd</sup> Anniversary of Americans with Disabilities Act*
- ~37<sup>th</sup> Anniversary of Los Angeles County Commission on Disabilities*
- ~October 2012 Disability Awareness Month*

*The following sponsorship opportunities are also available:*

- ~ Scholarship Sponsorship*
- ~ Souvenir Program Sponsorship*
- ~ Captioning Sponsorship*
- ~ Table Sponsorship*

To purchase tickets online visit: <http://bosevents.lacounty.gov>  
For more information, contact Commission Services at  
(213) 974-1053 TTY (213) 974-1707 or  
e-mail: [laccod@bos.lacounty.gov](mailto:laccod@bos.lacounty.gov)

Background artwork by David Fierro, 2011 Commission on Disabilities Art Contest Winner

# Retirees

*Congratulations to the following employees who are joining the ranks of the retired after their many years of service to Los Angeles County:*

## 45+ Years

**PUBLIC SOCIAL SERVICES:** Lynda D. Shealy

## 40+ Years

**HEALTH SERVICES:** Melinda Mari Yamashita

**INTERNAL SERVICES:** Linda A. Estrada, Michael Rain

**PROBATION:** Robert A. Laich

**PUBLIC HEALTH:** Gil Medina

**PUBLIC SOCIAL SERVICES:** Lavern Washington, Shirley Wright

**SHERIFF:** Carlean J. Alex, Irma Cobos

**SUPERINTENDENT OF SCHOOLS:** Mary D. Scott

**SUPERIOR COURT:** Anntoinette M. Anderson

## 30+ Years

**ALTERNATE PUBLIC DEFENDER:** Mark D. Clark

**CHILD SUPPORT SERVICES:** Beverly A. Washington

**FIRE:** George Medina, Michael J. Rebolledo

**HEALTH SERVICES:** Leslie C. Bramlette, Felicidad Concepcion, Maria D. Gonzalez, Gail P. Guerrero, Linda K. Kelly, Julieta Kihara, Irma Silva, Linda Walker

**INTERNAL SERVICES:** Kurt J. McCullough, Hiroko Richards

**PARKS AND RECREATION:** Henry G. Hawkins

**PROBATION:** June H. Small

**PUBLIC HEALTH:** Gilbert R. Rodriguez

**PUBLIC LIBRARY:** Verna M. Dunning

**PUBLIC SOCIAL SERVICES:** Henrietta Smith

**SHERIFF:** Richard J. Dinsmoor, Marcella C. Hernandez, Fernando R. Martinez, Terri L. Miles, Pamela B. Sheffield, Neal B. Tyler, Timothy J. Wainscott

**SUPERIOR COURT:** Carol J. Arconti, Robert Deleon, Dragutin M. Ilich

**TREASURER AND TAX COLLECTOR:** Donna Doss, Robert J. Kelly

## 25+ Years

**CHILDREN & FAMILY SERVICES:** Norma F. Rockman

**DISTRICT ATTORNEY:** S K. Cromer

**HEALTH SERVICES:** S A. Hurvitz, Irene Recendez

**MEDICAL EXAMINER-CORONER:** Thomas F. Ratcliffe

**PARKS AND RECREATION:** Irl N. Stalcup

**PUBLIC SOCIAL SERVICES:** Sally A. Brown, Florida Glazer

**SHERIFF:** Margarito G. Davila, Ana L. Gomez, Max D. Hartwell, Michael A. Heider, Denise V. Jamison, Joyce C. Moss

**SUPERIOR COURT:** Mary D. Alvidrez, Robert M. Carrera  
**TREASURER AND TAX COLLECTOR:** Evelyn V. Raagas

## 9th Annual Family Fun Day Picnic

The weather was hot, but the vibe was definitely cool as 800 plus Department of Children and Family Services (DCFS) staff kicked back with family and friends at the 9th annual Family Fun Day Picnic on July 21, 2012 at Griffith Park.

The kids were seemingly unaffected by the heat, checking out the many different games and activities. When necessary, they recharged with snow cones, cotton candy, and popcorn. Barbeque smoke filled the air as DCFS regional offices staked out their territory, each preparing their own culinary delights. Volleyball competition, while not quite Olympic caliber, was nevertheless spirited as was the "So You Think You Can Dance" contests for both staff and their children (see photo below).

DCFS Director Philip L. Browning thanked the staff, including those not present, who were staffing the Child Protection Hotline, for their dedication to the County's children and families.





## Toy Loan The Program with a Heart

### 2012 DPSS TOY LOAN PROGRAM SUMMER FUNDRAISING CAMPAIGN

Bringing smiles to children's faces year round, while teaching lessons in good citizenship, is a community effort. With the support of the Department of Public Social Services and the Los Angeles County Board of Supervisors, the Toy Loan Program provides a free toy-lending service to the children of Los Angeles County. Through our 60 centers, Toy Loan provides a safe place to play and helps to develop a sense of self-worth through a merit system that rewards the responsible borrowing of toys. Toy Loan targets lower-income communities where children often lack access to basic skill-building toys, which are an essential part of a child's development.

**You can help** support this worthwhile program by making a monetary contribution. Your donation will help purchase much needed new toys such as:

- Role-playing toys
- Interactive toys
- Science toys & equipment
- Math games & equipment
- Adaptive learning toys (for children with learning/developmental disabilities)
- Books
- Board games
- Sports equipment

For more information, please call (213) 744-4344 or visit our website: <http://dpss.lacounty.gov/dpss/toyloan>

You can also follow us on Twitter @toyloanla



(cut along line)

**Yes!** I would like to support the Toy Loan Program.  
Please accept my tax-deductible donation of:

\$5 \_\_\_\_\_ \$10 \_\_\_\_\_ \$15 \_\_\_\_\_  
\$20 \_\_\_\_\_ \$ 100 \_\_\_\_\_ Other \$ \_\_\_\_\_

Please make checks payable to:  
**Toy Loan Advisory Board**  
2615 South Grand Ave., 2<sup>nd</sup> Floor  
Los Angeles, CA 90007  
**Please do not send cash!**

Name \_\_\_\_\_ District Office/Organization \_\_\_\_\_

Work Telephone \_\_\_\_\_ Email Address \_\_\_\_\_

Home Address \_\_\_\_\_

For tax purposes, Toy Loan is a 501 (c)(3) nonprofit organization, Federal Tax Identification Number 95-6095645.