



SUMMER 2020

COUNTY OF LOS ANGELES

Public Health Officer’s Message1
 Calendar of At-Home Events2
 Department Heads’ Declaration3
 Muslim American Heritage Month4
 LACAAEA Message/Library5
 DOP’s Message6
 DMH Support Services7
 August Wellness Calendar8
 FFCRA Info/LACDA Mobile Phones9

HIGHLIGHTS

Volume 52 Issue 5

DSW Opportunities10
 Family & Pet Safety at Home11
 LACERA Elections12
 Become a Foster/Adoptive Parent13
 Health Care Spending Account14
 DPSS During COVID-1915
 DSW Experience16
 Retirees16-17
 Water Safety Tips18



FROM DR. BARBARA FERRER, DIRECTOR, DEPARTMENT OF PUBLIC HEALTH

I want to say a few words about events since the Memorial Day murder of George Floyd by police officers in Minneapolis. The events in Minneapolis and response to those events are overwhelming, and I think it’s important to comment on the connection between these two concerns: the death of a Black man at the hands of police, and the experience of COVID-19 in Los Angeles County.

First, I want to express my personal heartbreak and anger, and that of my colleagues at the Department of Public Health, over this recent death of a Black American at the hands of police officers. There are no words for the horror that the picture we’ve all seen from Minneapolis brings up. I want to extend my deepest sympathy to the Floyd family, to Mr. Floyd’s friends, and to his community. I also want to extend my condolences to the families and friends of Breonna Taylor and Tony McDade, and the many other families that have borne witness to violence against their loved ones.

And I want to thank everyone who came together peacefully to stand against racism and violence.

I also would like to take a minute to try to connect this brutal event to what we see in Los Angeles County in dealing with COVID-19. We know that Black Americans fare worse than other groups on virtually every measure of health status.

Calendar of At-Home Events

Grand Park's Sunday Sessions Home Edition

Grand Park's Sunday Sessions drops the beat at home this summer as the annual dance and music party goes online. Some of Los Angeles' finest House music curators will host sets from 2:00 p.m. to 8:00 p.m. on Sunday, July 19 and Sunday, August 23, 2020. Featuring many DJs during each online event, this popular series of free dance parties will celebrate the contribution of Los Angeles artists to the American-originated and globally embraced art form of House music.

WHEN: Sunday, August 23, 2020
2:00 p.m. – 8:00 p.m.

WHERE: [Facebook Live](#) (GrandParkLosAngeles)
[Instagram Live](#) (@GrandPark_LA)
Grandparkla.org

The Music Center's Digital Dance DTLA

The Music Center's Digital Dance DTLA continues its free annual summer series with a twist for Friday nights in 2020. Online access to top L.A. dance instructors from July 10 through September 4, 2020 at 7:00 p.m. Featuring warm-up, choreography, and cool down sessions, each 45-minute beginner dance lesson entertains viewers with Bollywood, Hip Hop, Line Dance, Cumbia, K-Pop, Salsa, Motown, Argentine Tango, and Samba footwork. This year's *Digital Dance DTLA* features nine different dance styles for all ages to bust a move at home.

WHEN: Friday nights, July – September 4, 2020
7:00 p.m. – 8:00 p.m.

WHERE: musiccenter.org/

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



Members of the Board

Kathryn Barger
Chair
Fifth District

Hilda L. Solis
First District

Mark Ridley-Thomas
Second District

Sheila Kuehl
Third District

Janice Hahn
Fourth District

Los Angeles County
DEPARTMENT OF
Human Resources

Lisa M. Garrett
Director of Personnel

Monica Paraja Dominguez
Senior HR Manager

Vanessa Alvarez
Editor-in-Chief

County DIGEST 

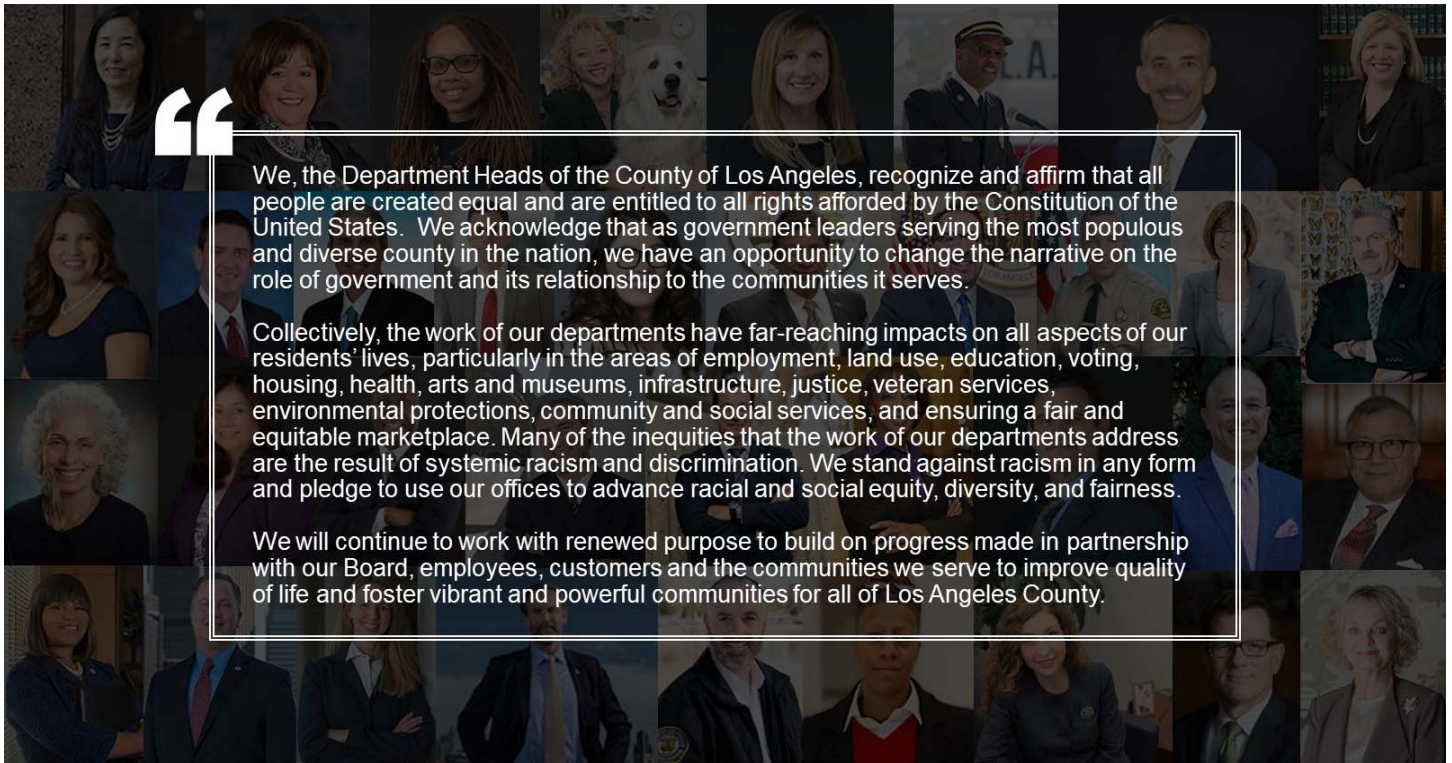
County DIGEST Editorial Office
Department of Human Resources
500 West Temple Street, Suite 588
Los Angeles, CA 90012
(213) 974-2382

CountyDIGEST@hr.lacounty.gov

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

Check out the DIGEST at:
<http://hr.lacounty.gov/about-the-county/>

Department Head Declaration Against Racism



“ We, the Department Heads of the County of Los Angeles, recognize and affirm that all people are created equal and are entitled to all rights afforded by the Constitution of the United States. We acknowledge that as government leaders serving the most populous and diverse county in the nation, we have an opportunity to change the narrative on the role of government and its relationship to the communities it serves.

Collectively, the work of our departments have far-reaching impacts on all aspects of our residents' lives, particularly in the areas of employment, land use, education, voting, housing, health, arts and museums, infrastructure, justice, veteran services, environmental protections, community and social services, and ensuring a fair and equitable marketplace. Many of the inequities that the work of our departments address are the result of systemic racism and discrimination. We stand against racism in any form and pledge to use our offices to advance racial and social equity, diversity, and fairness.

We will continue to work with renewed purpose to build on progress made in partnership with our Board, employees, customers and the communities we serve to improve quality of life and foster vibrant and powerful communities for all of Los Angeles County.

Public Health Message
continued from page 1

It has become all too common to blame this on individual behaviors, when in fact the science is clear: the root causes of health inequities are racism and discrimination and how they limit access to the very opportunities and resources each of us need for optimal health and well-being. Science also tells us that lifetime stress associated with experiences of daily acts of discrimination and oppression play a major role. It starts at birth, with higher rates of Black infant mortality and shockingly higher rates of maternal mortality among Black women, and extends through adulthood, when we see Black residents of Los Angeles County experiencing earlier onset of heart disease, hypertension, diabetes, and early deaths. When I report each week that we have seen elevated numbers of Black deaths in this county due to COVID-19, I am reporting on the consequences of these long-standing inequities.

And it is not just the direct victim of violence, the man or woman who is beaten or shot or asphyxiated, who pays the price for police brutality. It is an entire community that lives with the fear that the next time it could be them, or their son or daughter, neighbor or friend. It is the consequence of that fear that we are seeing when we report instance after instance of inequality in health outcomes. Kareem Abdul-Jabbar put it eloquently in an op-ed in the LA Times when he said the

Black community has to ask itself if “being Black means sheltering at home for the rest of their lives because the racism virus infecting the country is more deadly than COVID-19.”

The op-ed piece called for a rush to justice as the answer to events like this. As the department responsible for public health in Los Angeles County, and in acknowledgement that addressing law enforcement violence and racism are core to public health, this rush to justice has to be part of our prescription as well.



Barbara Ferrer, PhD, MPH, MEd
 Director, Department of Public Health

July is Muslim American Heritage Month in Los Angeles County

Acting on a motion by Supervisor Mark Ridley-Thomas, the Board of Supervisors unanimously approved proclaiming July as Muslim American Heritage Month in Los Angeles County. More than 69,000 Muslim Americans comprise one of the ten largest religious groups in Los Angeles County, many of whom practice their faith in 59 mosques throughout the County, according to a survey by the Glenmary Research Center. With roots in 77 different countries, and identifying racially as white, black, Asian, and Arab in roughly equal proportions, American Muslims are an extremely diverse population. In addition, more than half were born in the United States, and 70 percent of those who immigrated are citizens. Many boldly pursue the American dream and contribute to the nation's economy as business owners and entrepreneurs, often motivated by the values of their faith, care, compassion, and concern for humankind.

The motion coincides with the ongoing efforts by U.S. Census to capture population metrics in Los Angeles County. A report by the Census Policy Advocacy Network finds that the California Muslim community may be reluctant to participate in activities like the Census that could be used as a registry. As part of its efforts to ensure participation, the County is working to reassure residents that the Census does not collect information on a person's religious affiliation and that all personal information collected is confidential and used only to produce statistics.

The Board therefore proclaimed the month of July 2020 as "Muslim American Heritage Month" throughout Los Angeles County to celebrate and raise awareness of the contributions and rich history of Muslim Americans throughout the nation; and encourage Muslim Americans and all County residents to complete the 2020 United States Census Questionnaire, to ensure equitable distribution of resources.

Join the Team!

Earn extra income while helping your community. Apply for Census jobs now!

2020census.gov/jobs



BE COUNTED ✓

census.lacounty.gov

A Message from the Los Angeles County African American Employees Association

We are facing unprecedented times in our community, as we tackle COVID-19 and the civil unrest in Los Angeles County. These events have highlighted systemic issues that disproportionately impact communities of color.

It's difficult to ignore the role systemic racism plays in the inequalities prevalent in our healthcare, financial, and judicial systems. However, it is important to note that the trend we see emerging, across the County and globally, is a result of what has been an underlying problem for centuries across our nation.

As Los Angeles County employees, we are able to process the current events and reflect upon the important work we perform in the County. We all have the **POWER** to initiate the **CHANGE** we want to see in our communities. This is the time to support your communities through volunteerism, civic engagement, connecting with your neighbors, and playing an active role in building community. It is even more important to ensure your voices are heard by registering to [VOTE](#), completing the [2020 CENSUS](#), and sharing these messages in your respective circles.



We challenge everyone to self-reflect and educate themselves on the obstacles that have plagued communities of color and hindered the progress toward equality. Check out the curated collection of *social justice resources* at [LA County Library](#).

To ensure LACAAEA contributes to the call for racial equality moving forward, we are committed to having an open dialogue to explore opportunities to change the culture from within.

We are all in this together!

Pauline Oghenekohwo
President, LACAAEA

LA County Library Launches *Safer at Home: Stories and Art* Digital Collection

With the purpose to collect and preserve stories and art from LA County residents as they live through the COVID-19 pandemic, LA County Library has launched a digital collection called *Safer at Home: Stories and Art*. Created as a way to capture this historic moment and for LA County residents to stay connected socially, the project invites LA County residents to submit their artwork, journal entries, poems, photographs, songs, or any artistic content that embodies their unique experiences during the global pandemic. Submissions will be archived and made available as part of the Library's [Biblioboard Community Collections](#), a database for digital content created for and by local communities.



The Library is accepting submissions through September 30, 2020. To learn more, or make a submission, visit lacountylibrary.librariesshare.com/saferathome/.



A MESSAGE FROM THE DIRECTOR OF PERSONNEL

The Department of Human Resources (DHR) and the Department of Mental Health (DMH) are partnering to reach out and check in with our County family as we all continue to face unprecedented challenges due to COVID-19, the resulting economic impacts from the pandemic, and the ongoing civil unrest in response to the killing of George Floyd and others. We want to acknowledge that this is a time of great uncertainty and anxiety, and to reinforce that we care about both your safety and wellbeing.

As a reminder, there are several key resources available to support you and your family during these challenging times:

- The **Life Assistance Program (LAP)**, provided in partnership by DHR and Cigna's LAP, offers anonymous and confidential crisis intervention and counseling services to both County employees and their families. Virtual counseling services are accessible 24 hours a day/7 days a week at no cost. For additional details, including how to set up an appointment, please [click here](#).
- DHR's **Employee Assistance Program (EAP)** offers confidential counseling and support free of charge to all County employees. To schedule an appointment with one of our EAP providers, please call 213-738-4200 Monday through Friday.
- DMH's **Employee Wellbeing Line** is available 7 days a week from 10:00 a.m. to 6:00 p.m. to provide emotional support services specific to the unique needs of first responders and healthcare workers. For additional details, please [click here](#).
- **Headspace** is an industry-standard comprehensive Mental Health app that can be easily accessed on mobile devices. It is designed to promote mindfulness, relaxation, empathy, restful sleep, and overall wellbeing, and is available free of charge through DMH at www.headspace.com/lacounty. For important information about the Headspace app and offered services, please [click here](#).

We know that the combination of challenges we face are difficult for our entire County family, and we hope that these resources will be helpful in easing the stress we are all experiencing.

▶▶ Expanded Services to Support COVID-19 Recovery



LOS ANGELES COUNTY
DEPARTMENT OF
MENTAL HEALTH
hope. recovery. wellbeing.

Public Education Campaign –

A robust set of television, radio, outdoor, print and online advertisements that communicate LACDMH mental health resources and messages of hope, community, resilience and recovery. The campaign reaches all corners of the County and appears in many languages, including English, Spanish, Chinese (Mandarin and Cantonese) and Persian.



Headspace Partnership – Leveraging technology to provide free meditation and mindfulness resources to all LA County residents. The partnership with leading meditation app Headspace makes subscriptions free through the end of the year, with content available in English and Spanish. headspace.com/lacounty



Help Line – An expanded and reengineered service that delivers emotional support around the clock to all LA County residents, in addition to crisis response. A portion of the Help Line is dedicated to helping healthcare workers.

HELP LINE 1-800-854-7771

WE RISE 2020 – A spotlight on wellbeing and healing through art, music and creative expression. Virtual events first broadcast in May are available to watch anytime. Programming ranges from breaking the stigma and releasing generational trauma to journaling workshops and powerful musical performances. werise.la



Information Guides –

New culturally and linguistically appropriate resources on coping with stress during coronavirus, available on LACDMH’s website 24/7. Specific topics include maintaining health and stability, alleviating fear and anxiety and coping with the loss of a loved one. dmh.lacounty.gov/covid



Collectively, these efforts are designed to:

- Reach all residents and especially more vulnerable populations
- Raise awareness of the mental health impacts of COVID-19
- Highlight resources and mental health care options available
- Make it easier to access support and other services
- Help the County begin to pivot towards resilience and recovery

For questions, please contact PIO@dmh.lacounty.gov.

“The outbreak of COVID-19 has impacted each person’s mental wellbeing in different ways. The Los Angeles County Department of Mental Health believes everyone deserves to be well and we are happy to provide this wide range of resources available to all Los Angeles County residents.” – Jonathan E. Sherin, M.D., Ph.D., Director

WELLNESS CALENDAR | AUGUST 2020



S	M	T	W	T	F	S
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31					

AUGUST HEALTH OBSERVANCES

National Immunization Awareness Month

National Immunization Awareness Month (NIAM) is an annual observance held in August to highlight the importance of vaccination for people of all ages. Use the resources below to assist you in communicating to healthcare professionals, parents, and patients about immunization during August and throughout the year.

National Breastfeeding Month

National Eye Exam Month



AUGUST EVENTS & ACTIVITIES

- 3 **WCP** - [Stressed? Overwhelmed? Productivity & Solving The Myth Of Work-Life Balance](#)
- 4 **WCP** - [Self-Care For Loneliness & Isolation](#)
- 5 **WCP** - [Sugar Epidemic](#)
- 10 **WCP** - [How to Construct a Workout Plan For Different Goals & Schedules](#)
- 11 **WCP** - [Coping with Homeschool & Full-Time Work](#)
- 12 **WCP** - [Mindfulness- What It Is & How It Can Be Achieved](#)
- 17 **WCP** - [Smoking Cessation](#)
- 18 **WCP** - [Ergonomics at Home](#)
- 19 **WCP** - [Pandemic Stress](#)
- 24 **WCP** - [Nutrition - Meals Under 30 Minutes & Meal Prepping](#)
- 25 **WCP** - [How To Be A Smart Consumer Of Technology](#)
- 26 **WCP** - [Healthy Sleep During High Stress Times](#)
- 31 **WCP** - [Working Parent - How To Manage Work & Parenthood](#)

For all Workplace and Community Programs employee offerings [click here.](#)



Los Angeles County
Human Resources
YOUR CAREER STARTS HERE.

FFCRA/COVID Leave... What Is It, and How Do I Know If I Qualify?!

The Families First Coronavirus Response Act (FFCRA) was enacted into law earlier this year to help employees needing a leave of absence due to the COVID-19 pandemic. Employees in most departments are covered by FFCRA, and employees in a few essential departments are eligible for the County’s version of FFCRA: COVID Leave.

The Office of the Auditor-Controller has created an easy-to-use online “decision tree” to help you determine if you might be eligible for either FFCRA or the County COVID Leave equivalent. This simple tool offers quick facts and at-a-glance summaries to help you understand the benefit programs, and also includes a quick link to the leave application forms to make applying for this benefit as easy as possible.

Click [HERE](#) for the FFCRA decision tree resource; you can also obtain additional information and support from your Departmental HR Manager (DHRM).

Breaking Down the Digital Divide During COVID-19

In partnership with T-Mobile and Blue Marble Health, the Los Angeles County Development Authority (LACDA) is encouraging its older adult public housing residents to stay active during the COVID-19 pandemic, while still following Los Angeles County’s Safer at Home Order. T-Mobile donated 200 Android LG Aristo phones and Blue Marble Health provided access to their health app, which includes at-home workouts.



“While it’s important to maintain physical distance during the COVID-19 pandemic, we are encouraging all of our residents, especially seniors, to stay active. However, that’s difficult when there’s a barrier to access the technology to do so,” Emilio Salas, LACDA Acting Executive Director, said. “This partnership helps to break down that barrier so our residents can stay active and healthy, both physically and mentally.”

This program is currently offered to residents at Harbor Hills and South Bay Gardens public housing communities, and may be expanded to other residents in the future. So far, 30 residents received the free phone with instructions on how to access the Blue Marble Health app.

For more information about how the LACDA is operating during the COVID-19 pandemic, please visit <https://www.lacda.org/home/coronavirus-update>.

Envision Yourself as a Contact Tracer or Shelter Worker DSW

Los Angeles County is seeking more Disaster Service Workers (DSW) from across the organization to help us continue efforts to address the pandemic in our community. As a reminder, State law establishes that all public employees, including all County employees who are U.S. citizens, are DSW and may be redeployed at any time to a DSW position to assist during this pandemic. Currently our greatest need is for Shelter Workers and Contact Tracers. More than 2,500 of our colleagues have taken on these and other assignments, performing duties previously unfamiliar to them. A few DSW share how they found their assignments to be eye-opening and rewarding experiences. Will you sign up to help?

Both the Contact Tracer and Shelter Worker assignments are open to employees at any level of the organization. The Contact Tracer is a 100% telework assignment and requires access to a windows-based internet-connected computer. Duties include contacting and interviewing those who have tested positive for COVID-19, and those who were in close contact during the infectious period. Shelter Workers work full-time at a shelter for previously homeless individuals, delivering meals to clients' rooms and engaging clients to help orient them to the shelter site.

Rene Sanz is a Deputy Compliance Officer with the Executive Office of the Board of Supervisors. Michael Petersen, Library Assistant for the LA County Library, usually drives a Bookmobile to provide information and entertainment to rural communities in the Northern Region of LA County. They both have been working at shelters and marveled at the new perspectives they have gained through their assignments.

Rene shared he generally would not have contact with this population but has found it extremely rewarding. He stated that the clients he assisted were very nice and they expressed to him they are grateful someone is looking out for them. Those who are not mobile are particularly grateful to have someone to see every day. Michael P. conveyed while some days are more challenging than others, he is genuinely excited to go to work every day and has requested to extend his assignment.

Laura Valdivia is an Adult/Teen Services Librarian and Michael Valdivia is a Library Assistant II, both working for the LA County Library. They are married, and both serve as Contact Tracers. Each morning they receive a briefing from their Team Lead with any important updates and their cases for the day. They call their assigned individuals to share resources available and interview them. Laura shared, "When you make that call you don't know how the person on the other end of the line is going to receive you. I've had great conversations and even some laughs, but I've also had people on the verge of tears, and some even hang up on me. It's important to empathize and just listen."

When asked what he would share with fellow County employees, Michael V. said, "It sounds like a scary task, but you will find that you will reach many, many good-hearted people who are keeping their spirits up. This, in turn, will lift your spirits. Sure, there can be some tough calls and tough days, but everyone, everywhere is dealing with tough days right now. When all is said and done, you will have helped to end this pandemic, and that is a very gratifying feeling."

While the Contact Tracer and Shelter Worker assignments are full-time, some DSW assignments are only one day each week, such as distributing personal protective equipment to medical providers or food to those in need. To learn more about any of these DSW assignments or express your interest in serving, please email Sarah Rivanis at srivanis@hr.lacounty.gov.

Keeping Kids and Pets Safe at Home

School closures due to the Coronavirus pandemic have significantly changed home life for both families and their pets. Children are now home full time and not attending school or daycare. Parents working from home may be distracted by work responsibilities and challenged to monitor the interaction between their children and pets.

As a result, the Department of Animal Care and Control (DACC) has seen an alarming increase in the reporting of dog bites to children. Most of these situations have occurred when the family dog was eating, playing with a toy, challenged, or hurt by a child. Cats will scratch and even bite if they feel threatened or are cornered. Keep your children safe and your pets happy by following these suggestions:

- Recognize that your pets need their own time for rest and de-stressing. A house full of kids all day long can be exhausting for a pet, particularly if multiple children are constantly engaging and not giving the pet time to recharge. Create a retreat for your pets by blocking off an area that they like and make sure the children understand that the pets should not be disturbed when they are using their retreats. Cozy dog crates work great for most dogs, and cats enjoy carpeted cat trees with hiding dens.
- Remember that small children are not good at recognizing signs of stress or danger from animals. Growling, hissing, avoidance, stiff body posture, whale-eye, raised hackles, twitching tails (cats), nervousness, and lip licking are just some behaviors that the pet's anxiety is increasing and could result in a bite. Always monitor pet and children interactions so you can recognize the early warning signals and intervene before the situation becomes dangerous. Most pets give ample warning before a bite, but frequently a child is not able to recognize the warning signs.
- Be especially protective of older pets. They are likely to have some varying degree of arthritis. It may be painful if a child pats them too hard, hugs them, or falls on them. Many older animals lose their hearing and/or vision and can become startled and alarmed when a child suddenly appears within their space.
- Also be protective of small or fragile animals. Children can unintentionally injure them and cause pain resulting in a reactive bite.
- Do not allow children to interfere with a pet when it is eating. This should be a distraction-free time for a pet to enjoy their meal. Many dogs have a natural desire to protect their food and may fear the child is competing for the meal. This is a common reason for dog bites to children.
- Always supervise children and pets when they are playing together. Toys can be a source of competition and a dog might bite if its toy is removed. Tug of war can result in accidental bites.
- Do not allow children to climb on dogs, pull their ears, play with their mouths, tug their tails, or engage in other aggravating behaviors. Many animal control officers cringe when they see photos or videos of children climbing on large dogs, noticing the anxiety and stress of the dog and knowing that a bite is likely to result from this unwanted aggravation.



EXECUTIVE OFFICE



BOARD OF SUPERVISORS
COUNTY OF LOS ANGELES

GENERAL MEMBER ELECTIONS

LACERA

LOS ANGELES COUNTY EMPLOYEES RETIREMENT ASSOCIATION

LACERA General Member elections for the following positions will occur this summer:



SECOND MEMBER,
BOARD OF RETIREMENT



SECOND MEMBER,
BOARD OF INVESTMENTS

The terms of office of the current officeholders will expire on December 31, 2020.

General Members will now have 2 options for casting your vote during the voting period of **August 5, 2020 – August 31, 2020:**



ONLINE



TELEPHONIC



On August 5, 2020, eligible General Members will be emailed voting instructions and login credentials to access the online and telephonic voting system. Eligible voters who do not have a valid County email address will receive login credentials and voter information by U.S. mail before opening voting day.

Eligible General Members who do not receive their login credentials by August 7, 2020, should contact their Departmental Election Coordinator found at the link below:
<http://bos.lacounty.gov/Services/Conflict-of-Interest-Lobbyist/LACERA-Election>.

Share Your Heart, Share Your Home

Become a Foster/Adoptive Parent

For our children in foster care, staying positive can sometimes be difficult, especially with the latest COVID crisis causing our kids to feel even more isolated. Luckily for our kids 9 and older we have an amazing program called Kidsave, that gives our older kids with no family connections a glimmer of hope. Prior to COVID, we had events such as bowling, cake decorating, hiking, etc. But due to the quarantine, Kidsave has been hosting virtual events with on-line activities and games for kids and families. Kidsave families are mentors that advocate for adoptions for the kids they mentor. In some cases, the adult and child connection is so strong that adoption between the host family and child occurs. Talk about the ultimate perfect ending!

Leslie, age 15, was an ideal candidate for Kidsave and is enjoying participating in the virtual events. The hope is she will find someone to stand in her corner. Despite her many losses and a tough childhood, Leslie has never stopped smiling, a true testament to her resilience. Leslie has never given up hope that somewhere there is a forever family meant just for her. She can be shy in new situations, but once she is comfortable, she is talkative and open, especially one-on-one. Deciding to participate in Kidsave online was a bit scary for Leslie, but she was brave and a desire to find a family was more important than her fears. Leslie loves to sing and really enjoys being in the school choir. Leslie also loves listening to music. Her favorite genres are “rap and pop.” She enjoys school, which has been a refuge for Leslie. She is bright and articulate and gets along well with her peers. Let’s help this brave girl find her forever family.



Photo By William Wong

If Kidsave is a program you may like to join, call (310) 642-7283 or visit their website at www.kidsave.org. Make a lifelong impact on a child in foster care and meet some amazing kids and families along the way! If you are interested in adopting Leslie or another child in foster care, call (626) 229-3790.

Animal Care and Control

continued from page 11

You may have seen a hilarious anecdote that circulated on the internet several years ago. A person posted:

“An older, tired-looking dog wandered into my yard; I could tell from his collar and well-fed belly that he had a home and was well taken care of. He calmly came over to me, I gave him a few pats on his head; he then followed me into my house, slowly walked down the hall, curled up in the corner and fell asleep. An hour later, he went to the door, and I let him out.”

“The next day he was back, greeted me in my yard, walked inside and resumed his spot in the hall and again slept for about an hour. This continued off and on for several weeks. Curious, I pinned a note to his collar, ‘I would like to find out who the owner of this wonderful sweet dog is and ask if you are aware that almost every afternoon your dog comes to my house for a nap.’”

“The next day he arrived for his nap, with a different note pinned to his collar, ‘He lives in a home with 6 children, 2 under the age of 3 and he’s trying to catch up on his sleep. Can I come with him tomorrow?’”

Most pets are well adjusted family members and live harmoniously with their families. However, even the best pet may lash out if they are excessively harassed or challenged. Every pet needs some alone time, even if it’s at a neighbor’s house!

Marcia Mayeda, Director of Animal Care & Control



Summer Time is Rolling in Fast!

Did you know that many seasonal items can be paid for using tax-free funds from your Health Care Spending Account?

You can always use your Health Care Spending Account (HCSA) funds to pay for eligible health care expenses such as medical plan copays, deductibles, dental expenses, vision care and medications.

You can also use your HCSA funds to stock up on summer essentials. With many eligible items available, you will be prepared for the summertime.



Sunscreen with SFP 15+ and “broad spectrum” and sunscreen lip balm

Sunscreen that is SPF 15 or higher and protects against UV-A and UV-B radiation (broad spectrum) is an eligible expense.

Just like protecting your skin, you should also take care of your lips. Lip balm with SPF 15 or higher is an eligible expense.



Sunburn Creams and Ointments (over-the-counter)

You were having so much fun in the sun and now your skin needs soothing. Luckily, many sunburn creams and ointments may be purchased using your HCSA.



Prescribed Sunglasses

Sunglasses are only covered if they have a prescription. Non-prescription sunglasses are not covered, even if they provide protection from sunlight.

You can also use your HCSA funds to purchase prescription eyeglasses and contact lenses.



Itch Relief

Despite your best efforts to avoid those pesky bugs after a day in the sun, you can find relief in knowing that you can use your HCSA funds on anti-itch creams and insect bite relief.



Bandages and Other First Aid Items

As you or your family become more active during the summer you may get minor cuts and wounds. Bandages are over-the-counter (OTC) items that are eligible for reimbursement from your HCSA funds.



Foot Support

Thinking about enjoying long walks during the summer? You may want to use your HCSA funds to purchase eligible shoe insoles and/or inserts to assist with heel pain and arch support.



Dates to Remember:

12/31/2020 Expenses for your 2020 HCSA have to be incurred by December 31, 2020.

06/30/2021 You have until June 30, 2021 to claim eligible expenses for the 2020 Plan Year.



Remember you can use your HCSA Visa card instead of cash or credit to instantly pay most health care providers and pharmacies for eligible expenses (when you swipe your card at checkout, choose credit). Before you purchase an OTC item, your drug store may have a price check machine that will inform you if the item is Flexible Spending Account (FSA) eligible or is flagged as “FSA eligible” online. As always, make sure to keep your itemized receipts/bills. You will need them to document a purchase or file a claim.

For a list of HCSA eligible expenses, log on to mylacountybenefits.com and select “Spending Accounts” in the “my resources” menu.

DPSS Customer Service During COVID-19

When COVID-19 impacted County operations in mid-March, the Department of Public Social Services (DPSS) temporarily closed its offices to the public. The Department quickly pivoted to providing all services via the Customer Service Centers (CSC). For the past three years, DPSS has been working on expanding the capacity of the CSCs. COVID-19 enabled DPSS to test and expand the CSC services.

To meet increased demand for application processing, call center hours were expanded, and Saturday hours were added to serve the thousands of new customers impacted by the pandemic's economic downturn. Customers were also encouraged to apply online for programs through the Department's benefit enrollment website, and the State's getcalfresh.org app for CalFresh. To help those who still preferred paper applications, they were made available outside DPSS offices and processed daily.

During disasters and emergencies, DPSS is one of several County departments designated as an essential service provider to help residents in need. Not only did the Department remain in business to help residents access its benefit programs, many employees volunteered to serve as Disaster Services Workers as part of Project Roomkey to house homeless individuals and provide supportive services. Those who volunteered shared that the experience shed light on the true struggles of homeless individuals and families.



To help increase public awareness, virtual outreach techniques were used. Messages were created and shared via social media, the DPSS website, media outreach, and email blasts to educate residents on how to apply for benefits. The DPSS Civil Rights team greatly contributed to increasing awareness within ethnic communities. They translated all messages into multiple languages to ensure customer service options were available to all residents.

While COVID-19 did leave thousands of residents unemployed, food insecure, and dependent on public benefits for the first time in their lives, DPSS was there to help. In April, 126,875 CalFresh applications were received, representing a 179% increase compared to

April 2019. Individuals and families needed CalFresh, as well as other programs and services, more than ever.

On the Front Lines

An employee of the CalSAWS Program Management Office (PMO), Daniel Garcia, has served on two Disaster Service Worker (DSW) assignments as a shelter worker for Project Roomkey and a Goodwill Ambassador with Beaches and Harbors. Daniel served as a Site Manager for Project Roomkey housing patients who have tested positive, and those awaiting test results for COVID-19. The facility is in a large hotel in Los Angeles County, and guests are separated into “hot” and “cold” floors to avoid spreading the virus.

Daniel was trained by both the American Red Cross and FEMA to be a Site Manager. The responsibility of the Site Manager is to ensure the facility is operational of daily needs. Although Daniel didn’t deal with the guests directly, he initially felt apprehensive about serving on this project. After more thought and consideration, he shared, “I felt like it was my duty to help the community. Anyone in my position would do the same thing.”

Daniel’s experience as a Goodwill Ambassador heightened his awareness and importance of practicing social distancing, especially in public spaces such as beaches. Additionally, Daniel felt fulfilled playing a critical role by serving the Los Angeles County communities and individuals by assisting in safety social distancing requirements.

Daniel stated, “On a personal note, my family has been affected by the Coronavirus; therefore, the opportunity to help families understand the seriousness of the disease and the impacts is very important to me. I feel humbled in being asked to serve in this capacity during these challenging times.”



Daniel Garcia

Retirees

Congratulations for your many years of service to the County of Los Angeles

45+ Years

ASSESSOR: Antimo Gonzales

CHILDREN & FAMILY SERVICES: Kay C. Santangelo

HEALTH SERVICES: Rachal Rodriguez, Martha Y. Sotelo

INTERNAL SERVICES: Sandra M. Padilla

PUBLIC SOCIAL SERVICES: Lavonne Fahie

40+ Years

CHILDREN & FAMILY SERVICES: Mary J. Basye

HEALTH SERVICES: Carmen Cordero, Shelia J. Green, Aurora M. Puga

PUBLIC SOCIAL SERVICES: Bertha E. Brown, Wanda Cooper, Maria S. Ramirez, Stephanie K. Townsell-James

PUBLIC WORKS: Matthew C. Fryer, Richard S. Mora

SHERIFF: Gisele M. Lavigne

SUPERIOR COURT: Cherry A. Gaines

35+ Years

ASSESSOR: Yu-Kuei Hsu

CHILDREN & FAMILY SERVICES: Charlene Gonzales, Honglin L. Lai

FIRE: Dirk J. Chausse, Craig R. Fleetwood, Michael C. Freeman, Kevin R. Klar, Kenneth W. Miller, Jeffrey M. Rankin

HEALTH SERVICES: Jeannie L. Burns, Eric D. Cho, Vinod K. Dhawan, Nabil K. Elmasry, Corazon B. Gabio, Lourdes B. Ganuelas, Bertha A. Guerrero, Kwang J. Han, Blanca E. Jimenez, Debra G. Logan, Nelly L. Rudin, Monica Tognella, Kathryn Uyemura, Marlene Vasquez

HUMAN RESOURCES: Jacqueline Sloniker

INTERNAL SERVICES: Cesar E. Menchaca, Dien M. Nguyen

PROBATION: James R. Lay, Roy O. Motta, Sharen V. Winkey

PUBLIC DEFENDER: Clarisse G. Anderson-Ham, Kathy A. Mendez, Eleanor Schneir, Kent F. Thomas, Kenneth L. Wenzl

PUBLIC SOCIAL SERVICES: Bertha M. Tillis, Karen Yu

PUBLIC WORKS: Arthur O. Diaz, Michael Hayden

REGISTRAR-RECORDER/COUNTY CLERK: Jim Sakihara

Retirees

(Continued)

SHERIFF: Aleshia R. Costello, Ky A. Ngo, Delia Rodriguez
SUPERIOR COURT: Cecilia Vega

30+ Years

AGRICULTURAL COMMISSIONER/WEIGHTS & MEASURES: Masood R. Azhar
ALTERNATE PUBLIC DEFENDER: Glenn M. Rubin
CHILD SUPPORT SERVICES: Rhonda M. Rhodes
CHILDREN & FAMILY SERVICES: Patricia E. Calles, Carolyn Denmon, Grace Y S Kim, Mariana Lopez, Jennifer Lu, Gerardo H. Ramos, Deborah Shannon
COUNTY COUNSEL: Dee A. Paiz
FIRE: Guillermo Atilano, John S. Baran, Leopoldo M. Ibarra, David B. Molner, Mark B. Roberts
HEALTH SERVICES: Bonnie Bilitch, Takako A. Harris, Nida G. Jamorabon, Felina Jimenez, Jung H. Lee, Jennifer G. Nam, Alma L. Papilla, Erin K. Sams, Betty J. Taylor
INTERNAL SERVICES: Raymond J. Cruz, Carolyn A. Wilson
MENTAL HEALTH: Maria Elena Farias, Jennifer L. Rice, Robert S. Wu
PROBATION: Diana Borunda, Terri Bourgeois, Raul S. Castillo, Gilbert Garay, Crispino D. Lubos, Franklin K. Maung, Sheila Mc Clellan
PUBLIC DEFENDER: Georgetta Harris
PUBLIC HEALTH: Dorothy H. De Leon, Narjes Ghafoori
PUBLIC LIBRARY: Patricia S. Moore
PUBLIC SOCIAL SERVICES: Varozh Aghajanian, Americo M. Garza, Aura Gomez, Wanda E. Gowdy, Annie L. Kelly, Tien G. Lieu, Jocelyn Lobaton, Joann Mccorkle-Richard, Sedik Mikaelian, Fonda Sam, Celina M. Tran
PUBLIC WORKS: Tam D. Vo
REGISTRAR-RECORDER/COUNTY CLERK: Laura C. Sakihara
SHERIFF: Harry Avellaneda, Michael G. Bayer, Kimberly S. Black, Alex J. Canchola, Luis E. Carrasco, Harry J. Drucker, John L. Gaw, Renaye D. Harrison, Sheila M. Haywood, Gary L. Henson, Michael N. Icenogle, Timothy R. Jimenez, Sheila D. Logan, Charles W. Muse, Anthony Santos, Raynard Ward, Ben Wong, Denise D. Doering, Boris Rudnik, Olivia Aw-Po Tsao, Sydney K. Tsao

SUPERIOR COURT: Blanca E. Arreola, Rocky C. Chan, Natalia M. Irwin, Violeta C. Montejo, Lisa R. Sims, Regina Manuel

TREASURER & TAX COLLECTOR: Betty Porter

25+ Years

CHIEF EXECUTIVE OFFICE: Dora L. Morikawa
CHILDREN & FAMILY SERVICES: Cristina Paredes-Durval, Rosario C. Salon, Karen Sanchez, Sodara Tieng
CHILD SUPPORT SERVICES: Leilani S. Bazaldu, Linda B. Henderson, Cathy D. Sabag
FIRE: Daniel C. Sandoval, Ron V. Seastead
HEALTH SERVICES: Martha A. Alvarez, Catalina C. Armendariz, Morena G. Crespo-Gutie, Francisca P. De La Motte, Roberto C. Estrada, Edilberto G. Fernandez, Mattie Handy, Mary A. Hilario, Joseph Kazek, Sabrina R. Lartigue, Estella Lindrum, Shirley Q. Lomeda, Susan J. Matta, Judith C. Miranda, Moises Nunez, Laura S. Pineda, Michael J. Purcell, John N. Sturkie, Susan Tang, Natalie M. Watts
INTERNAL SERVICES: Alan J. Klaparda, Wana Liang
MENTAL HEALTH: Yoshinao Arai
PARK & RECREATION: Kathy D. Jiles
PROBATION: Carol A. Anderus, Antonio Lopez, Jonathan B. Mcallister
PUBLIC HEALTH: Yun H. Magana
PUBLIC SOCIAL SERVICES: Zarik Bekmezian, Toi L. Jackson, Heywal S. Kahng, Mary H. Lopez, Daisy M. Maines, Savy G. Nguyen
PUBLIC WORKS: David Galindo, Craig Smyles
SHERIFF: Diane C. Corral, James P. Doherty, Shannon L. Wyche
SUPERIOR COURT: Sylvia Chin, Jessica Delgadillo, Leslye Kasoff



WATER SAFETY



It only takes a few seconds for a child to drown. Drowning accidents are a leading cause of death for children under four years old. And, almost 70% of all drowning accidents occur in backyard swimming pools which could have been prevented.

The Los Angeles County Fire Department has tips on how you and your family can stay safe:

Never take your eyes off a child when he/she is in or near any body of water — not even for a second.

Don't rely on barriers, such as fences or walls, near a pool or spa. There is no substitute for constant 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.

Remove toys, tricycles, or other children's playthings out of the water and away from the pool or spa when not in use.

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.

Always drain standing (surface) water from the pool cover. Remember that even a few inches of water can be hazardous, especially to young children.

Learn CPR and rescue breathing.

Install a phone or keep a cordless phone in the pool or spa area.

Keep a life-saving ring, shepherd's hook, and CPR instructions mounted at poolside.

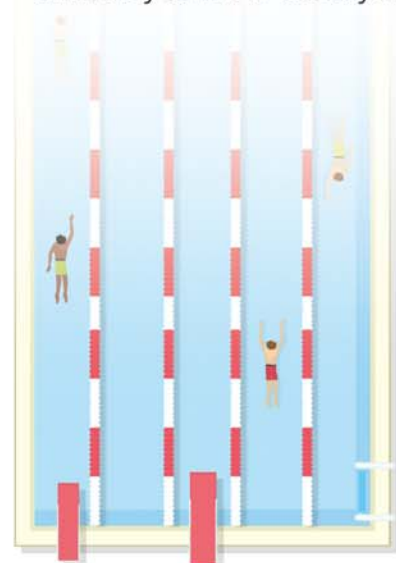


If Someone Is in Trouble in the Pool:

1. Don't panic; yell for help.
2. Get the child/adult out of the pool immediately.
3. Call 9-1-1 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 they arrive to assist you.



Discover more safety topics at:
fire.lacounty.gov

facebook.com/LACoFD
 instagram.com/lacountyfd
 twitter.com/LACoFD