



FALL 2020

COUNTY OF LOS ANGELES

Calendar of At-Home Events	2
Every Vote In	3
Women's Suffrage	4
LA vs Hate Campaign	5
Prosper LA	6
CalFresh Program/DPSS Website	7
Annual Benefits Enrollment	8
Wellness Calendar October 2020	9

HIGHLIGHTS

Volume 52 Issue 6

ACS FUNdraising App	10
Workplace Programs Charities	11
Flu Vaccination Clinics	12
Fire Safety	13
LA County Wellbeing Line	14
LA County Library	15
Retirees	16-17
Bicycle Safety Tips	18

Grand Park Overlook Terrace Dedicated to Sachi A. Hamai

Sachi A. Hamai served as Chief Executive Officer for the County of Los Angeles from October 2015 to August 2020, postponing her initial retirement date in March 2020 due to the COVID-19 pandemic. During her tenure as Chief Executive Officer, she served as a transformational leader of the nation's largest municipal government, overseeing a \$36.1 billion budget and more than 112,000 employees. She strengthened the County's financial position by obtaining the highest bond rating ever, while working with the Board of Supervisors to address the toughest social issues of our time. Further, she has been a champion for the revitalization of the Los Angeles Civic Center and guided the Grand Avenue project. In recent months, she has demonstrated steady leadership in the County's response efforts to COVID-19.



Board of Supervisors, Hilda L. Solis, First District, Kathryn Barger, Fifth District, Sachi A. Hamai, and Oreo

Sachi's canine companion Oreo, whose shiny black mane is complemented by a patch of white hair located on the center of his chest, resembling an Oreo cookie. Dedicatory plaques will be placed at the terrace and dog run commemorating Sachi A. Hamai's service to the residents of Los Angeles County.

In recognition and appreciation of more than 31 years of dedicated public service to the residents of Los Angeles County, the Board of Supervisors dedicated the Overlook Terrace in Grand Park, the "Sachi A. Hamai Terrace" where Sachi hosted many WomenLeadLAC events to offer leadership network, opportunities, and panel discussions; and the "Oreo Dog Run" on the east end of Grand Park named for



Sachi A. Hamai and Oreo

Calendar of At-Home Events

EVENT: *The Music Center's For The Love of L.A.*

WHAT: The Music Center has launched a new digital series called *For The Love of L.A.*, designed to celebrate the creativity of Los Angeles and support local artists representing the disciplines of music, dance, visual culture, and more. Featured on both The Music Center's [social channels](#) and [The Music Center Offstage](#), *For The Love of L.A.* provides more than 35 L.A. artists with a platform to express their views of Los Angeles that are relevant and reflective of the current time through video, photography, and creative writing. The Music Center partnered with numerous long-time partners from the L.A. arts and culture community to serve as guest curators, each of whom has identified local artists and collaborated to create original work for the program.

WHEN: Tuesdays, now through October 27, 2020

WHERE: [The Music Center's Instagram](#) (@musiccenterla)



Correction

Correction from *DIGEST - Summer 2020 Edition*, "Envision Yourself as a Shelter Worker or Contact Tracer DSW" article:

Joe Valdivia is a Library Assistant II with the LA County Library and is serving as a Contact Tracer.

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

VOTING SAFELY IN 2020 MEANS A TRIP TO THE MAILBOX. VOTE EARLY TO KEEP EVERYONE HEALTHY AND ENSURE WE GET EVERY VOTE IN.

It's never been more important to stay healthy. Keep your community safe from COVID-19, and make sure you and your family know how to vote from home this election. During this pandemic, vote by mail, vote early and stay healthy.



EVERY **VOTE IN**

Make your plan to vote today:
plan.lavote.net



Women's Suffrage Movement

The centennial anniversary of the ratification of the passage of the 19th Amendment to the Constitution of the United States took place on August 18, 2020. The Amendment states, "The right of citizens of the United States to vote shall not be denied or abridged by the United States or by any state on account of sex." The long road to the passage of the 19th Amendment, giving women the right to vote in all states, was difficult and required over 70 years of work to attain its certification. The Women's Suffrage Movement was fundamental to the passage of the 19th Amendment. The movement was fueled by the passion to eradicate injustices based on gender bias toward women.

The epicenter of the Women's Suffrage movement was New York state. According to feminist historian, Sally Roesch Wagner, "This did not happen in a vacuum but rather was influenced by the surrounding environment." The Suffragettes interacted and befriended the local Iroquois people. Early American women had no rights other than those granted by their husbands and fathers, and no life outside of the home. This translated to no rights over their bodies, children, or economic welfare, and no political voice. In contrast, Iroquois women led politically fulfilling lives, had a voice in the community equal to men, and self-determination. They voted and they were a matrilineal people ruled by women. This example served as a possibility of what the Suffragettes could imagine for themselves.

The embodiment of the Women's Suffragette Movement is personified by Susan B. Anthony. Born a Quaker, she was shaped by the belief that men and women are equal, and that inner enlightenment should serve as a guide and as a connection to the higher realms regardless of gender. She accomplished countless achievements and most importantly cast an illegal ballot to vote. She was subsequently arrested for this action, bringing national attention to the issue. By the time of her death, she was recognized as an important figure in American politics and was the first woman to have a coin imprinted with her face.

The right to vote is one of the most important characteristics of a strong democracy. It is hard to believe that there once was a time when the United States did not allow fifty percent of the population to vote and have a voice. We must learn from and appreciate our foremothers' sacrifices and fight for the right to preserve our undeniable rights as citizens.

By: Sylvia D. Ochoa, DPSS GAIN Region III



LA vs Hate Campaign Seeks to End Hate and Build Respect and Inclusion

Led by the LA County Commission on Human Relations, the LA vs Hate campaign represents a diverse coalition of community partners united in addressing the normalization of hate in society today. The campaign aims to inspire people to stand up to hate and to build understanding among County residents about what constitutes hate acts and how to report them with 211-LA.



Through tracking and reporting hate, we can ensure that County resources are allocated appropriately, that offenders can be held accountable, and that together, we can build respectful and resilient communities.

Key strategies under the LA vs Hate program for preventing and responding to acts of hate include:

1. **Expanding Community Capacity to Respond and Prevent Hate:** The LA vs Hate program's key strategic approach to reducing hate against vulnerable populations throughout the County is through the Response Network of community-based organizations that provide culturally-specific advocacy for County residents who have experienced hate acts. Rapid Response community partners have supported the Asian community in response to COVID-related hate incidents.
2. **Social Media and Arts-Driven Digital "LA vs Hate" campaign:** To maximize reach with limited funds, LA vs Hate utilizes a digital-first, art and community-centered, anti-hate public education and outreach campaign. www.LAvsHate.org launched in June to spread the word in an intentional grassroots fashion. Local artists were recruited to produce geographic or lifestyle-centric animated GIFs that reflect the rich cultural diversity of the region. The education and outreach campaign strategy to spread our positive message went viral. Within the first three months, LA vs Hate GIF content has been viewed over 150 million times. All content is open source and designed to be shared.
3. **Partnering with County Departments:** Another strategy for hate prevention is collaboration with departments and agencies in the County family. The Department of Arts and Culture has been instrumental in linking the campaign to other County departments. In partnership with LA County Library, 50,000 bookmarks with LA vs. Hate artwork were produced for distribution and 3,000 posters using the artwork were created for take-home art, distributed at key County locations.
4. **Presence in Communities and Social Media via Art Interventions:** One innovative strategy to create a physical presence and engage with community is by conducting art intervention events around the County. For example, on August 22, a photo exhibit curated by Las Fotos, displayed personal stories of resilience and love in the face of hate. At an event in August, nine fingernail artists created LA vs Hate original artworks, with the digital images enjoying a reach of 150,000 on social media. Lastly, a yarn bomb, which is a public art action using crochet, will display LA vs Hate messaging on a visible street fence in the fall.



LA vs Hate
continued on page 13

PROSPER LA

Gathering ideas to rebuild our economy

As part of the Roadmap to Economic Recovery Board Motion, the Executive Office of the Board of Supervisors worked with the Quality and Productivity Commission, and in consultation with the Small Business and Citizens' Economy & Efficiency Commissions, to launch the **Prosper LA** website to encourage submission of innovative ideas to help spur economic recovery and identify potential cost-saving actions that can be taken by the County.

The **Prosper LA** website is now live and ready to receive ideas! We invite you to forward/share this announcement and join us in gathering ideas to rebuild our economy.

County employees and the general public are invited to help strengthen our economy, streamline government, and accelerate our recovery from the COVID-19 pandemic.

The County is seeking innovative ideas 💡 to streamline its contracting process, assist businesses, and identify potential cost-savings to County operations. This effort is part of the County's roadmap to economic recovery from the impacts of the pandemic. Actionable ideas will be a part of a special quarterly report to the Board of Supervisors and help the County improve its internal procedures, empower businesses, and expand public-private partnerships.

The County is ready to take action and it starts with you! Please visit the Prosper LA website at <https://ProsperLA.lacounty.gov> to fill out the intake form to submit your ideas. We appreciate your time and insight on how we can enhance County operations and programs during this time.

For additional information on County services and programs, including emergency COVID-19 resources and small business assistance, visit the Prosper LA Resources page at <https://ProsperLA.lacounty.gov/Resources>.

For more information, please contact ProsperLA at idea@ProsperLA.lacounty.gov.



Combat High Cholesterol with CalFresh Program Food Assistance

According to the Centers for Disease Control and Prevention (CDC), high cholesterol puts you at risk of heart disease, which is the leading cause of death in the United States. People with high cholesterol have about twice the risk of heart disease than people with lower levels.

Cholesterol is a waxy, fat-like substance that can build up on the walls of your arteries and lead to a stroke when there is too much in the blood. According to the CDC, 71 million American adults have high cholesterol, and less than half of these individuals receive treatment.

The good news is that exercising, eating a healthy diet, and refraining from smoking can reduce your cholesterol levels. Lower cholesterol levels reduce the risk of heart attack, decreases the need for heart bypass surgery, and prevents death related to heart disease.

According to the National Heart, Lung and Blood Institute, a diet consisting of high fiber, vitamins and minerals, and lower in saturated fat, salt, and sugar are effective in keeping your cholesterol levels at bay. This means plenty of fresh fruits and vegetables, whole grains, beans, nuts, low-fat dairy, and lean poultry, such as chicken and turkey. Foods high in monounsaturated fats, such as almonds, avocado, and olive oil are also healthy diet choices to maintain lower cholesterol levels.

Did you know that the CalFresh Program, federally known as the Supplemental Nutrition Assistance Program (SNAP), can help you buy fresh and healthy foods? CalFresh improves nutrition in households by increasing their food-buying power and access to fresh and healthy food. Households can use their CalFresh benefits, which are issued via an Electronic Benefits Transfer (EBT) card, to purchase food at their local grocery store and farmers market.

For more information on how to apply for CalFresh, visit our website at <https://dpss.lacounty.gov/en/food.html> or GetCalFresh.org, or call the Department of Public Social Services' Customer Service Center at (866) 613-3777.

DPSS Launches Modern Customer Service Website

The Department of Public Social Services (DPSS) is excited to announce the launch of its new website.

"The new website gives residents access to benefit program information and links to the Your Benefits Now website so they can start their application in just a few minutes," said DPSS Director Antonia Jiménez. "Information is presented in a visually appealing way for our customers and other visitors, and makes it easier to understand benefit programs and eligibility requirements."

The site's modern streamlined design simplifies the search process and organizes the information by specific services needed, such as cash assistance, health insurance, food and nutrition, employment services, and other critical services needed by low-income County residents. The site also provides valuable resource information for residents to learn more about what is available to them from partner agencies and community-based organizations.

The new website supports DPSS' strategic goal to make customer service a priority and ensure a greater user experience. The improvements enhance communication with the public by presenting a more engaging look and feel to the site and making it mobile device friendly. The website is now fully accessible for persons with disabilities.

A visitor survey will capture feedback on the customer experience and help DPSS keep the site fresh with relevant content. Visit the new site at <https://dpss.lacounty.gov>.



County of Los Angeles

2021 Annual Benefits Enrollment Has Arrived!

October 1 to October 31, 2020

Annual enrollment is the time of the year to review your current benefits and decide what changes you need to make for the next Plan Year. All eligible employees should have received their annual enrollment packet in the mail by October 9, 2020. Take time to review all the materials in your packet for important changes, family members currently enrolled in your health plans, and monthly premium cost for your benefits in 2021.

Important Changes for 2021:

- Taxable Cash Cap of \$244: *Choices* and *Options* participants will have a \$244 taxable cash cap in 2021 (was \$325 in 2020).
- Cigna Chiropractic and Acupuncture Coverage: Cigna enrollees will now have chiropractic and acupuncture coverage and will be allowed 20 visits per calendar year.
- CAPE Dental Benefits and Vision Enhancements: CAPE Blue Shield Lite and Classic plans will now provide a 50 percent, up to \$2,000 per-person lifetime orthodontia benefit, and cover preventive care at 25 percent and/or dental implants at 60 percent, up to \$1,000 per calendar year combined. The in-network allowance for frames will increase to \$130-\$150.
- ALADS Vision Enhancements: ALADS enrollees will now have an increase in the frame/lens allowance to \$150, replacements will be allowed every 12 months, and in-network eye exams will be covered at 100 percent.
- WageWorks Name Changing to HealthEquity: WageWorks, the County's Spending Account Administrator, is changing its name to HealthEquity. This change will not affect your spending accounts, the service you receive, or how you submit reimbursement requests.
- Health Care Spending Account: The carryover amount for all employees participating in an HCSA will increase to \$550. Participants can now use funds to buy menstrual care products and over-the-counter medications without a prescription.

Reminders:

- CAPE Medical Plans: *Choices* participants must have been dues-paying members of a union affiliated with the Coalition of County Unions as of August 1, 2020 to enroll or continue enrollment in a CAPE medical plan.
- Waive or Decline Medical Coverage: *Choices* and *Options* participants must provide information on their other coverage each year during annual enrollment.
- Spending Accounts: You must complete an enrollment to enroll or re-enroll in a Health Care and Dependent Care Spending Account.
- Elective Annual Leave Days: Elective annual leave days DO NOT roll over. *MegaFlex* participants must purchase days during annual enrollment.

How to Enroll:

Annual enrollment starts October 1, 2020, and ends at midnight on October 31, 2020, for 2021 benefits. Go to mylacountybenefits.com to complete your enrollment. If you have any questions, call the Benefits Hotline at (213) 388- 9982, Monday through Friday, from 8 a.m. to 4 p.m. During Annual Benefits Enrollment, hotline hours are extended from 8 a.m. to 5 p.m. and Saturday, October 31, 2020, from 8 a.m. to 3 p.m.



OCTOBER IS BREAST CANCER AWARENESS MONTH

WELLNESS CALENDAR | OCTOBER 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

OCTOBER HEALTH OBSERVANCES

Breast Cancer Awareness Month

October is Breast Cancer Awareness Month, which is an annual campaign to help increase attention and support for the awareness, early detection and treatment as well as palliative care of the disease.

Early detection remains the cornerstone of breast cancer control. When detected early, there is a good chance that the cancer can be more effectively treated and prevented from spreading to other areas of the body. Take the steps to have a plan to detect the disease in its early stages and encourage others to do the same.

Emotional Wellness Month

(Emotional Wellness Toolkit)

OCTOBER EVENTS & ACTIVITIES

BEGINNING 10/7 - FREE FLU SHOTS AVAILABLE.

[Click here](#) for outdoor locations, dates, and scheduling.

- 6 **WCP** - [Flu Prevention During the Coronavirus Pandemic](#)
- 12 **INDIGENOUS PEOPLE'S DAY**
- 15 **WCP** - [Trust Your Gut - Understanding Common Digestive Disorders](#)
- 22 **BFF** - [Money Management-Tips for a More Secure Financial Future](#)
- 27 **BFF** - [Raising Money-Saavy Kids](#)
- 28 **WCP** - [Interpreting Reading Between the Lines - Food Labels and Portion Recommendations](#)
- 29 **WCP** - [Working with Difficult People - Virtually and In-Person](#)
- 31 **HALLOWEEN**



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



KAISER
PERMANENTE



Los Angeles
County
Human Resources
YOUR CAREER STARTS HERE

AMERICAN CANCER SOCIETY FUNdraising APP

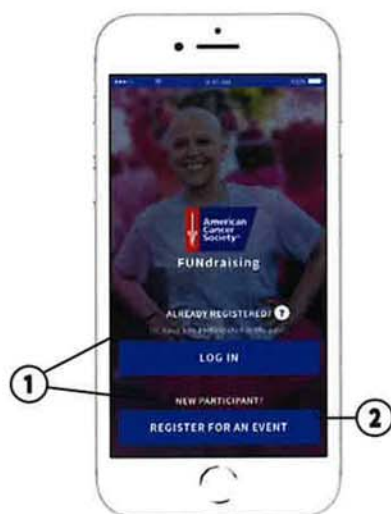


AVON
National Presenting Sponsor

Help raise money for your Making Strides Against Breast Cancer event by downloading the FUNdraising app today!
It is now easier than ever to raise and track donations.

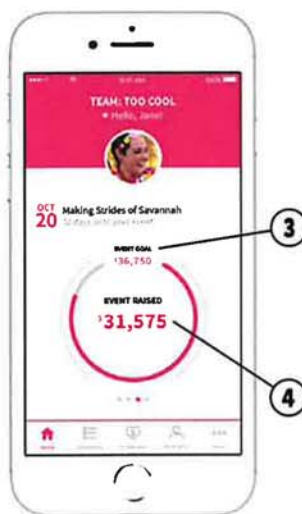
Participants who use the app raise up to 30% more than those who don't!

REGISTER FOR EVENTS



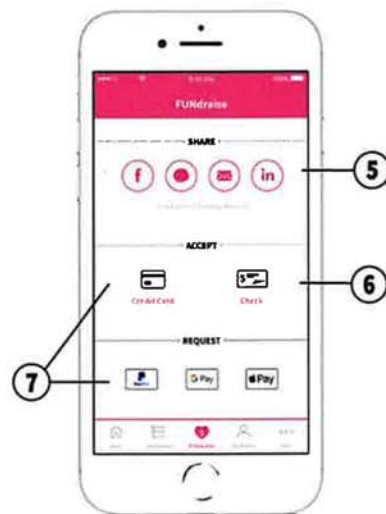
- 1** If you're a brand new registrant, returning participant, or team captain – now you can register directly in the app.
- 2** Registration has never been easier. Sign-up for events without ever leaving the app.

TRACK PROGRESS



- 3** Easily keep track of your fundraising goals and progress.
- 4** Your dashboard will track all mobile and web donations made to you, your team, and/or your event.

REQUEST & ACCEPT DONATIONS



- 5** Ask for donations easily and personally via Facebook, Text, Email, or LinkedIn.
- 6** Accept donations easily and securely with bank-grade technology and encryption. Quickly scan checks and cards!
- 7** Give your donors flexibility with a variety of payment methods: credit/debit cards, checks, PayPal, Google Pay, and Apple Pay.

DOWNLOAD

NEED HELP? 1-888-227-5552 | cancer.org/app



cancer.org ©2017 American Cancer Society, Inc. No. 41088

What Are You Doing For Others?

Workplace Programs is excited to spotlight our charity partners in upcoming Digest issues. These critical organizations provide the necessary grassroots health and human services throughout our vast County. Please take the time to learn more about these organizations and join us to make a direct impact in our communities. To find out about how you can get involved, visit <https://employee.hr.lacounty.gov/charitable-giving-2/>.

THANK YOU, LA COUNTY FAMILY!

Your donations have helped the **Brotherhood Crusade** transform the lives of more than 50,000 youth, individuals, and families in the Los Angeles community before and during COVID-19. With your support, Brotherhood Crusade will continue to assist the community long after COVID-19.

Thanks to your help, we have provided to the vulnerable and underserved. Your contributions during this pandemic have provided virtual supportive programming, laptops, and other technology for youth in need. You have helped us provide school supplies, food vouchers, grab-and-go meals, bill payment assistance, personal protective equipment, and other vital resources to the underserved population. In order for our community to thrive, we must nurture it at its root to bring out the best in us all. Thank you, LA County family, for doing your part for the community! For more information, visit our website at:

<http://www.brotherhoodcrusade.org/>



As the COVID-19 pandemic hit the County of Los Angeles, the **Asian Pacific Community Fund (APCF)** jumped into action. APCF has been providing the community, especially the underserved Asian population, with an online resource directory that includes timely sources of funding, relief, and information pertaining not only to individuals and families, but also to nonprofits and small businesses. The payroll deductions that our County family of employees provide mean more than ever at this time, and APCF and the residents thank you from the bottom of their hearts!

Key Resources: Community At Large: LA Community Resources Guide - compiled by LA County Department of Public Health and LA City Department of Public Works and a Directory of Non-Profits that residents can use to find community services. For more information, visit <https://apcf.org/covid-19-funds-&-resources>

Despite COVID's devastating effect on the community and the inability to hold events and to fundraise, **Variety, the Children's Charity of Southern California** is working harder than ever to provide help and hope to the children and teens in the community who need assistance now more than ever before during this heartbreaking time. Thanks to your partnership, Variety has been able to provide:

- \$81,000 in college scholarships awarded to 16 deserving young adults
- Variety is proud to support the Concerned Black Men of Los Angeles by awarding college scholarships to young men from its "Emerging Leaders" program
- 18 adaptive bikes funded for children with disabilities
- Over 150 grocery gift cards mailed to families whose parent(s) have lost their jobs due to the pandemic
- Nutritious meals delivered to 400 children each day in Boyle Heights through our support to the Variety Boys and Girls Club
- Remote/digital case management and college-bound mentorship for high school seniors applying for college this fall

THANK YOU FOR YOUR GENEROSITY LA COUNTY EMPLOYEES!! For more information, visit <http://varietyocal.org/>.



Free Flu Vaccination Clinics for County Employees.

Your Best Shot at Preventing the Flu

[CLICK HERE](#) TO RESERVE YOUR APPOINTMENT TODAY!*

Appointments available from 9:00 a.m. to 4:00 p.m. at all locations

Wednesday, October 7, 2020
Hall of Administration/Grand Park
500 W. Temple St., Los Angeles

Thursday, October 8, 2020
Lakewood Sheriff's Station
5130 N. Clark Ave., Lakewood

Tuesday, October 13, 2020
Internal Services Department
1100 N. Eastern Ave., Los Angeles

Wednesday, October 14, 2020
Registrar-Recorder/County Clerk
12400 Imperial Hwy., Norwalk

Thursday, October 15, 2020
Public Works
900 S. Fremont Ave., Alhambra

Tuesday, October 20, 2020
Children and Family Services
39959 Sierra Hwy., Palmdale

Wednesday, October 21, 2020
Rancho Los Amigos
7601 E. Imperial Hwy., Downey

Thursday, October 22, 2020
Sheriff's Department
4900 S. Eastern Ave., Commerce

Tuesday, October 27, 2020
Hall of Administration/Grand Park
500 W. Temple St., Los Angeles

Wednesday, October 28, 2020
Olive View-UCLA Medical Center
14445 Olive View Dr., Sylmar

Thursday, October 29, 2020
Sheriff's Inmate Reception Center
450 Bauchet St., Los Angeles

Wednesday, November 4, 2020
Public Health and Health Services
5555 Ferguson Dr., Commerce

Thursday, November 5, 2020
Public Social Services - Crossroads II
12851 Crossroads Pkwy South, City of Industry

Tuesday, November 10, 2020
Beaches and Harbors
Dock 52 - 13552 Fiji Way, Marina del Rey

*Reserve your appointment to receive a wellness giveaway.

NEED MORE LOCATION OPTIONS?

Click on your health provider's logo for additional convenient flu shot locations.



OUR COMMITMENT TO YOUR HEALTH AND SAFETY.

All clinics will be held at outdoor locations with COVID-19 safety precautions.

REMEMBER TO:



Wear a mask



Wash hands frequently



Social distance



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



Los Angeles County
DEPARTMENT OF
Human Resources



FLAMES AND SMOKE MAY PREVENT YOU FROM USING A DOOR. A WINDOW MAY BE YOUR BEST OPTION.

For safety tips, download the LACoFD's Family Instructions for Rapid Escape (F.I.R.E.) guide and coloring book at fire.lacounty.gov.

LA vs Hate

continued from page 5

5. **211 Services, a Robust Hate-Act Reporting System:** With funding from the Department of Mental Health the Quality & Productivity Commission, 211-LA phone and online reporting is easily available for County residents. Through July 2020, 387 calls and website reports of bias-motivated hostility were reported to 211-LA.
6. **Community Schools Initiative work:** Working with high-need school districts on the Community Schools Initiative, school district staff trainings for LA vs Hate are being conducted.
7. **LA vs Hate on the Radio:** Media organization Entercom has made LA vs Hate its primary public interest cause for October through December. Radio spots across all eight of Entercom's radio stations will feature talent such as Xolo Maridueno of Netflix's "Cobra Kai" and Richard Cabral of FX's "Mayans."



For more information on how you can partner or support the LA vs Hate program, contact Terri Villa-McDowell, LA vs Hate Program Coordinator at (323) 719-8891 or tvillamcdowell@sdacs.lacounty.gov.

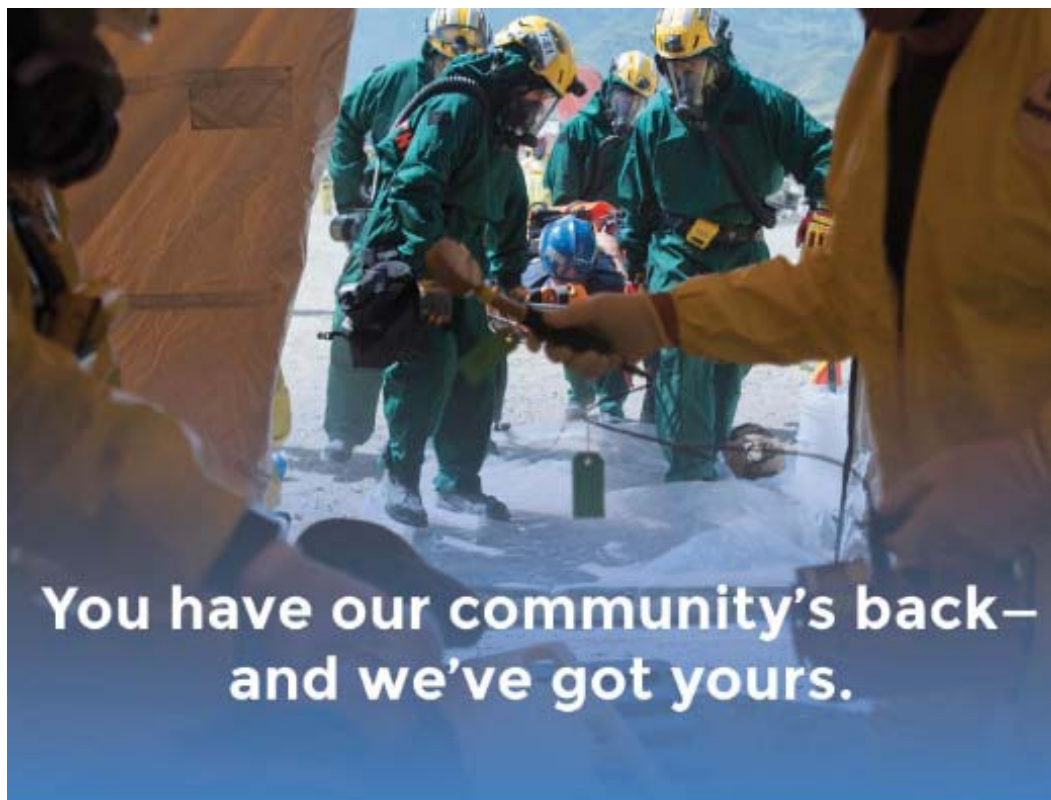
LA County Wellbeing Line

The Department of Mental Health (DMH) has created a new wellbeing line specifically for LA County employees and first responders.

The LA County Wellbeing Line provides support for the unique challenges frontline staff, first responders, and other County employees are experiencing as they selflessly continue to serve the County's residents and communities. Employees and first responders can use this Wellbeing Line to access emotional first aid related to COVID-19 stressors, assistance navigating mental health services, and referrals to grief and bereavement resources.

We have created a [digital toolkit](#) and hope you will share this information with your colleagues and networks so that DMH can reach as many County employees and non-County affiliated first responders as possible. Included in the toolkit are sample graphics, flyers, and messaging to share.

The LA County Wellbeing Line is an important tool for taking care of each other, so that together, we can take care of our communities.



LA County Wellbeing Line

Providing free support and mental health services for
frontline staff, first responders and County employees

Available 7 days/week 10am-6pm | 833-307-0509

LA County Library Offers Printing Pick-up and Laptop & Hotspot Loans

To assist those without computers or internet at home, LA County Library is now offering Laptop & Hotspot Loans at select libraries. The Library is among the first in the Los Angeles area to offer a take-home kit that includes a laptop (Chromebook) along with the mobile hotspot.

The Laptop & Hotspot Loan program is currently being offered at 10 locations, as a pilot program. The Library hopes to add more locations as soon as additional devices are procured. Kits can be picked up as part of the Library's contactless [Sidewalk Service](#).

Reserved for cardholders 18 and over, the kit can be borrowed for 3 weeks, just like a book, with the opportunity to renew up to three times if there are no holds. Like all materials borrowed via Sidewalk Service, the kits will be quarantined for 96 hours after being returned to ensure customer and staff safety.

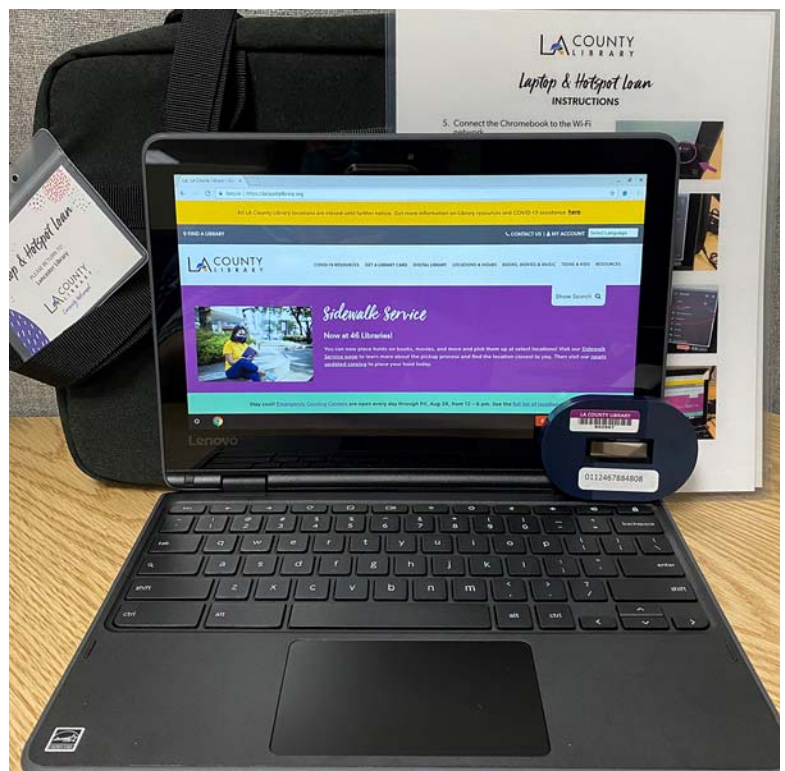
The libraries that will be piloting the Laptop & Hotspot program are located in communities that have an internet subscription rate between 57 and 63 percent, meaning that roughly 40 percent of the population in these areas does not have internet at home. Many of these areas have also seen some of the most substantial job loss during the time of COVID-19.

The Library is also adding a Printing Pickup service at all 46 locations currently offering Sidewalk Service. Up to 10 pages daily can be printed using the Library's [wireless printing service](#) and picked up like any other item.

"The digital divide has far-reaching consequences, especially during this unprecedented time," said Library Director Skye Patrick. "No connection to the internet means no way for the unemployed to find employment or participate in virtual interviews, no way for isolated older adults to receive telehealth or keep in touch with loved ones, no way for caregivers to access information for homeschooling or support their kids' digital schooling needs. We see Laptop & Hotspot Loans and Printing Pickup as two ways the Library can help to bridge the digital divide for these communities."

While Laptop & Hotspot Loans are currently limited to the 10 pilot locations as a first phase, the Library is pursuing expansions of this and other programs, including purchasing devices to make kits available at all libraries, working to identify funding to expand Wi-Fi access in all Library parking lots, to allow connectivity beyond building walls, and developing ongoing Virtual Programming for workforce development, including workshops on resume, cover letter writing, and interviewing skills.

For more information about the Laptop & Hotspot Loan program and Printing Pickup, visit LACountyLibrary.org/express-service.



Retirees

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



50+ Years

HEALTH SERVICES: Terrell E. Ford

45+ Years

AGRICULTURAL COMMISSIONER/WEIGHTS & MEASURES: Gary P. Mork

AUDITOR-CONTROLLER: Sandra Cruz

HEALTH SERVICES: Edward Acevedo, Brenda B. La Fave, Marta Garcia Sheffield

INTERNAL SERVICES: Irma Espinoza

SHERIFF: Evanjelina R. Hatch, Janet V. Mullins

SUPERIOR COURT: Susy Wong

40+ Years

ASSESSOR: Shirley M. Walker

BOARD OF SUPERVISORS: Mercedes Ward

FIRE: Mary K. Gomez

HEALTH SERVICES: Alleen D. Maldonado, Willie E. McCarty, Jody A. Nakasuji, John Setzer, Marsha Thomas

MENTAL HEALTH: Carlotta J. Childs

PROBATION: John J. Tuchek

PUBLIC HEALTH: Mary L. Garcia, Elvia Ramirez

PUBLIC LIBRARY: Lena L. Luu

PUBLIC SOCIAL SERVICES: Mayanin Bazua, Alice H. Cheung, Mark Curtis Dunn, Vicki L. Henderson, Grace Kim, Thuy Thanh Trinh, Jowanna Young Smith

PUBLIC WORKS: Michael C. Hong, Stephen Lee

REGISTRAR-RECORDER/COUNTY CLERK: David P. Barrios, Peggy A. Miller

SHERIFF: Dale W. Buckeridge, Regina M. Gants, Michael Hanks, William J. Martin

35+ Years

ASSESSOR: Helen S. Mendoza

CHILDREN & FAMILY SERVICES: Phil M. Stripling
DISTRICT ATTORNEY: Linda C. Lopez, Stanley P. Williams

FIRE: Michael A. Frescas

HEALTH SERVICES: Arthur Armendariz, Judith Bahr, In S. Baick, Theresa Canizales Chavez, William C. Chang, Debra J. Cornelius, Rachel Meyer, Annakutty Thomas, Audrey Wright

HUMAN RESOURCES: Darolyn R. Jensen

INTERNAL SERVICES: Gregory J. Gilchrist, Eugene F. Mac Isaac, Tericita Malone, Henry T. Ong

PROBATION: Terri Bourgeois, Victoria A. Grove, Ronald A. Jackson, Joseph S. Pacillas, Juan M. Peinado, Murphy Ruffins

PUBLIC HEALTH: Mary A. Demarkles, Debra Dorst-Porada

PUBLIC LIBRARY: Maggie M. Jung, Cassandra F. Hemphill

PUBLIC SOCIAL SERVICES: Patricia A. Hamilton, David Hoff, Sidona K. Khy, Keith Mathias, Wanda G. McNabb, Hambic Saryan

PUBLIC WORKS: Beatrice Almanza, Rudolph M. Lee, Randall McDonald

REGISTRAR-RECORDER/COUNTY CLERK: Margaret E. Palacios

SHERIFF: Timothy T. Brothers, Katherine R. Broussard, Ronald L. Burnes, Heidi M. Robbins

SUPERIOR COURT: Vanessa M. Toussaint

TREASURER & TAX COLLECTOR: Bonita D. Sandoz



Retirees

(Continued)

30+ Years

ALTERNATE PUBLIC DEFENDER: David H. Delgado
ASSESSOR: Paul J. Ely, Leo F. Rafols
AUDITOR-CONTROLLER: Elizabeth A. Lung
CHIEF EXECUTIVE OFFICE: Sachi A. Hamai
CHILDREN & FAMILY SERVICES: Zing J. Chang, Wanda T. Cherry, Deirdre J. Kuper, Victoria O. Meade, Lisa Sorensen, Sandra Spikes, Frances Young, Kasaundra D. Young
DISTRICT ATTORNEY: Craig M. Gold
FIRE: Richard L. Eisele, Timothy P. Finn, Stephen P. Hereford, William G. Hill Jr., Raymond D. Rodriguez, Kevin T. Saunders, Harry A. Williams
HEALTH SERVICES: Maripaz R. Acab, Yolanda G. Barrera, Patrick D. Carraher, Lydia Guerrero, Toni D. Jackson, Hyea N. Kim, Ruth A. Mcfee, Sue J. Paek, Thelma M. Travina, Dianne M. Washington, Michael Ryan
MENTAL HEALTH: Roy Ortega
PROBATION: Clara A. Barbee, James Blanton, Debra J. Bowman, Carolyn D. Cloman, Lawrence L. Lycan, Philip P. Mikhael, Saul V. Salas
PUBLIC HEALTH: Maria G. Alletto, Francisco J. Cobarrubiaz, Elnora A. Edmunds, Aurelia L. Hopkins
PUBLIC LIBRARY: Rick B. Allen
PUBLIC SOCIAL SERVICES: Lourdes B. Bala, Mary Bowman-Black, Evelyn M. Davis, Mary Diaz, Rosette H. Le, Josefina Muro, Doris E. Ridgeway, Marie Santana, Alexandra L. Su, Lynn U. Thai
PUBLIC WORKS: Freydoon Kheradvar, Arnulfo Martinez
SHERIFF: Kimberly D. Alexander, Raymond V. Bercini, William T. Clark, Thomas R. Hansen, Anthony M. Haynes, Rosamaria Jirano, Joe Juarez Jr., Jon R. Klaus, Christopher J. Lee, Brian A. Lendman, Carlos A. Lopez Jr., Denise T. Motoyasu, Doris J. Patrick, Twyla E. Ventus, Mark P. Winn
SUPERIOR COURT: Patricia Delgado, Patricia A. Keaton, Susie N. Luu, Katherine McComas, Michael L. Miller, Domingo Perez

TREASURER & TAX COLLECTOR: Lucy Low, Mauro C. Mendoza, Betty J. Porter, Latanya L. Simmons Spar, Peter J. Tang

25+ Years

BOARD OF SUPERVISORS: Marie E. Martinez
CHILDREN & FAMILY SERVICES: Xochilt Rodriguez, Kay C. Santangelo, Ester F. Smith, Anne Thomas, Sam S. Yoon
FIRE: Richard M. Burk, Glenn E. Smith, Guy J. Tenerelli
HEALTH SERVICES: Miriam L. Abrazado, James Chesser, Bernadette Edmond, Maria Estela Garcia, Ruthie M. Gillard, Kouassi Konian, Sarah Leyba, Shirley Q. Lomeda, Donna J. Matsudaira, Kenneth L. Moore, Michael A. Peterson, Carolyn J. Ross-Miller, Carolyn Wagner
INTERNAL SERVICES: Jerzy T. Niemiec
MENTAL HEALTH: Maria E. Cevallos, Theresa M. De Martinez, Sandra E. Sully
MILITARY & VETERANS AFFAIRS: Andre R. Brinney
PROBATION: Renee L. Brooks, Brian J. Cobb, Janet C. Morris, Wardell M. Tinsley
PUBLIC HEALTH: Rebecca Benavidez, Yolanda R. Hernandez, Jose R. Peraza
PUBLIC LIBRARY: Florence M. Kalohi
PUBLIC SOCIAL SERVICES: Artak Bekmezian, Ricardo Escobar, Anantchai Kong, Maria Ozuna, Deisy D. Rodriguez, Lynette C. Sanchez, Annette C. Shields, Alis Tulakyan, Argelia Wilkinson
PUBLIC WORKS: Donald G. Clackler
SHERIFF: Mireya G. Davis, Patricia J. Bateman, Maurice Cannon, Tarqueenia N. Ellis, Carmichael S. Octave, Lottie M. Rodriguez, Gary Vargas, Malia A. Zenor
SUPERIOR COURT: Kathleen A. Gaudreau, Elizabeth A. Murray
TREASURER & TAX COLLECTOR: Debra L. Rodarte



BICYCLE & VEHICLE SAFETY



Bicyclists and motorists share the roads with buses, trains, and pedestrians. The Los Angeles County Fire Department wants you to stay safe while you ride your bike or drive a car by following these simple tips while navigating the open road.

Bicycle Safety

Always obey traffic signs and signals, and follow roadway markings.



Ride in the same direction as traffic.

Use hand signals before turning, stopping, or changing lanes.

Ride in a straight line; do not weave in between parked cars.

Always wear a helmet. Wearing a helmet is the law for children and adolescents under the age of 18 in the State of California.

Be alert while riding; watch for doors opening from parked cars.



Riding with headphones in both ears is prohibited by law.

Always yield to pedestrians.

In rainy weather, use extra caution and give yourself ample room to stop.

Keep your bike properly maintained. This means regularly checking the air in the tires, the brakes, and chains. This helps keep your bike running safely and efficiently.

Sidewalks are for pedestrians, not bicycles.

Use reflectors and lights, and wear light-colored clothing while riding (especially at night) in order to be more visible to motorists.

Vehicle Safety



All children younger than eight years old must ride in the back seat of a car in a booster or car seat.

Everyone riding in a vehicle must have seat belts fastened at all times when a vehicle is in motion.



During rainy weather, keep a safe distance from the car in front of you in case you need to brake suddenly. If you use your windshield wipers, your headlights must be turned on.

When driving, all cell phone conversations must occur while using a hands-free device.



If using a map app, GPS tracker, or texting, the same hands-free laws apply.



Discover more safety topics at:
fire.lacounty.gov



facebook.com/LACoFD



instagram.com/lacountyfd



twitter.com/LACoFD