



# September is National Preparedness Month

National Preparedness Month is an annual campaign to encourage Americans to take steps to prepare for disasters and emergencies in their homes, schools, organizations, businesses and communities.

The Chief Executive Office, Office of Emergency Management (OEM), a member of the National Preparedness Coalition, will team-up with the U.S. Department of Homeland Security, Federal Emergency Management Agency (FEMA), Citizen Corps and Los Angeles County Operational Area departments, agencies, cities, unincorporated area communities, school and special districts and non-government organizations in hosting and participating in disaster preparedness events and trainings being held throughout Los Angeles County in support of National Preparedness Month in September.

While September is the month for recognizing national preparedness, the goal is to encourage the citizens of L.A. County to make preparedness a part of their daily lives.

To begin the festivities, Board Chairman Zev Yaroslavsky presented a scroll to OEM on September 4, 2012 proclaiming September as National Preparedness Month.

On September 9, 2012, OEM and the County’s Alternate Emergency Operations Center (AEOC) vehicle once again participated in the “L.A. County Fair Day” Parade held at the Fairplex in Pomona. OEM staff joined other County departments at the “L.A. County Fair Day” Expo as staff distributed the County’s Emergency Survival Guides, Emergency Survival Program, Specific Needs Awareness Planning, Alert L.A. County and other disaster preparedness materials.

On September 16, 2012, look for OEM and the Alternate Emergency Operations Center (AEOC) vehicle at the City



of South Pasadena Police Department’s Eighth Annual Open House from 10 a.m. to 3 p.m. The County’s AEOC will be on display along with vehicles from the following movies *Herbie the Love Bug*, *Back to the Future* (DeLorean), *Dukes of Hazzard* (General Lee) and *Austin Powers* (Shaguar).

On September 25, 2012, Community and Senior Services (CSS) will host a disaster preparedness workshop in the San Pedro Service Center from 1-3 p.m. for seniors, people with disabilities and others with access and functional needs.

For a listing of other disaster preparedness events and trainings being held in the County, please go to <http://lacoa.org>.

**EMERGENCY PREPAREDNESS**  
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# CALENDAR OF EVENTS

## Countywide Fitness Challenge

September 29 – Burton Chace Park

## Los Angeles Heart Walk

September 29 – Pasadena Rose Bowl  
[www.heartwalkla.org](http://www.heartwalkla.org) or (213) 291-7094

## GIS Day 2012

November 14 – Department of Public Works Headquarters

## Natural History Museum

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

Ongoing – Butterfly Brooch Collection  
September 23 through November 4 – Spider Pavilion

## LACMA

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

Ongoing – Levitated Mass  
Ongoing – Metropolis II

## Center Theatre Group

[www.centertheatregroup.org](http://www.centertheatregroup.org)

## Kirk Douglas Theatre

October 9 through November 4 – Krapp's Last Tape

## Ahmanson Theatre

October 10 through November 18 – Seminar

## Mark Taper Forum

September 26 through November 4 – November

## Ford Theatres

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

September 22 – 5th Annual JUICE Hip Hop Dance Festival

September 23 – AlohaFest! Kanakapila!

September 29 – Fiesta Mexicana X: Sones, Bailes & Cantares

## Dorothy Chandler Pavilion

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/>

# Fall Prevention Week

*Focusing on Simple Actions to Reduce Fall Risk*

“United we stand, divided we fall” isn’t just a patriotic slogan—it’s also the rallying cry of Californians joining forces to celebrate the Fifth Annual Fall Prevention Awareness Week. Standing united the first week of autumn (September 22-28), California’s fall prevention coalitions, health care providers, and senior service agencies will hold presentations, health fairs, screenings, and workshops to raise awareness about the seriousness of falls and ways to reduce fall risk.



For older adults, falls are the leading cause of injury deaths, unintentional injuries, and hospital admissions for trauma. Falls can take a serious toll on older adults’ quality of life and independence, but many falls can be prevented.

Interventions include a fall risk assessment by a health professional; regular physical activity to increase balance, strength, and flexibility; and home assessment and modifications. Most falls among older adults happen in and around the home, but there are some simple and inexpensive ways to eliminate hazards:

- **Remove throw rugs.** Throw rugs are a common trip hazard and should be removed. If you can move a rug with your foot, you could trip over it, too.
- **Keep pathways clear.** Make sure there are clear walking pathways by picking up clutter and relocating to storage areas, coiling up and securing electric cords to the floor or wall, and rearranging furniture if necessary.
- **Light the way.** Make sure all rooms, hallways, and stairways are well-lit. Put a lamp in an easy-to-reach place by the bed, and use nightlights to illuminate the path between your bedroom and bathroom.
- **Be aware of uneven surfaces.** Check for uneven surfaces such as thresholds in doorways or changes in flooring, such as between carpeting and linoleum.

The Department of Public Health and other members of the Fall Prevention Coalition-Los Angeles will educate older Angelenos and service providers about ways to reduce fall risk and access fall prevention programs by participating in outreach events in many Los Angeles communities.

For more information, visit [www.stopfalls.org](http://www.stopfalls.org).

## EMERGENCY PREPAREDNESS

*continued from front page*

In September, OEM will team-up with the L.A. County Departmental Disaster Services Worker (DSW) Coordinators with the distribution of the County of Los Angeles Emergency Survival Guides to all County employees.

The 2012 Great California ShakeOut (ShakeOut) will take place on October 18, 2012, at 10:18 a.m. To learn more about what to do during an actual earthquake (Drop, Cover and Hold On) and to register online for this year’s ShakeOut, please visit [www.shakeout.org/california](http://www.shakeout.org/california).

Below are two events to prepare for in Los Angeles County:

- **I-405 Freeway Closure “Carmageddon II”**

The 405, between the I-10 and US-101, is scheduled to be shut down for a 53-hour period from September 29-30, 2012. Motorists are advised to “Plan Ahead, Avoid the Area, or Eat, Shop and Play Locally” to avoid generating extreme auto congestion in the project area and throughout the greater L.A. region. For more information, please go to [www.metro.net/405](http://www.metro.net/405) or follow the project on Twitter [twitter.com/I\\_405](https://twitter.com/I_405) and Facebook [www.facebook.com/405project](https://www.facebook.com/405project).

- **NASA Space Shuttle Endeavour “Mission 26: The Big Endeavour”**

is scheduled to arrive at the Los Angeles International Airport (LAX) on September 20, 2012. Space Shuttle Endeavour’s 12-mile journey from LAX to the California Science Center’s Samuel Oschin Pavilion is scheduled to take place from October 12-13, 2012. This will be the only time a space shuttle will travel through urban and public city streets. For additional information, visit [www.californiasciencecenter.org](http://www.californiasciencecenter.org), Twitter [twitter.com/casciencecenter](https://twitter.com/casciencecenter), and Facebook [www.facebook.com/CaliforniaScienceCenter](https://www.facebook.com/CaliforniaScienceCenter).



*Board of Supervisors scroll presentation held on September 4, 2012 for National Preparedness Month*





# COUNTYWIDE FITNESS CHALLENGE 2012



A DAY OF FAMILY FUN

# CHILL OUT!

Join us for healthy walks and cooking demonstrations.

EVENT SPONSOR



**Burton Chace Park**

13650 Mindanao Way  
Marina del Rey, CA 90292  
4th Supervisorial District

FITNESS POWER WALKS

8:15 a.m., 9:15 a.m., 10:15 a.m.

HEALTHY COOKING DEMOS

9:00 a.m., 10:00 a.m., 11:00 a.m.

PICNIC SHELTER

HEALTHY SNACKS

FREE GIVEAWAYS

DRAWING PRIZES

**Saturday**

**September 29, 2012**

**8:00 a.m. – Noon**

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



KAISER PERMANENTE.



UnitedHealthcare



Cigna.

Anthem.



## Get the Most From Your Benefits:

*Annual Enrollment is October 1 thru October 31, 2012*

### Decide

October is the month to review your benefits and decide if you want to enroll or make changes for 2013. You should receive your Annual Benefits Enrollment packet by October 10, 2012. In your enrollment packet, you will find a Personalized Enrollment Worksheet which lays out the benefits you have to choose from, their cost, and your County benefit allowance. Along with the worksheet, you can use the quick start summary, benefits highlights guide and medical and dental comparison chart to help you choose and make your elections for 2013. Additional plan details, benefits tools and tutorials are available at [mylacountybenefits.com](http://mylacountybenefits.com).

Annual Benefits Enrollment is the one time you have each year to:

- Enroll in, or change, medical and dental plans
- Waive medical or dental coverage, if you qualify
- Enroll or re-enroll in the Health Care and/or Dependent Care Spending Accounts
- Select, change or cancel any of your additional optional benefits, such as life insurance, Accidental Death & Dismemberment, and Medical Coverage Protection (Long-Term Disability Health Insurance)
- Buy Elective Annual Leave Days (MegaFlex participants only)
- Add or drop coverage for eligible dependents

### Enroll

Go to [mylacountybenefits.com](http://mylacountybenefits.com) for the fastest and easiest way to enroll or make changes from October 1 through October 31, 2012. Using this site, you can quickly make your benefits elections. Log in using your employee number and PIN found on your Personalized Enrollment Worksheet. If you prefer to enroll by phone, call (888) 822-0487 and follow the recorded instructions.

### *New for 2013*

This year at about the same time that you receive your enrollment packet, you will receive a Summary of Benefits and Coverage (SBC) from your medical plan. The primary objective of the SBC is to enable members to compare coverage options and better understand their health benefits. The SBC highlights what your medical plan covers and provides examples of what certain services might cost.

In 2012, the maximum amount you are allowed to contribute to a Health Care Spending Account is \$400 per month (\$4,800 per year). For 2013, the maximum you can contribute to a

Health Care Spending Account is reduced to \$200 per month (\$2,400 per year). The limit you can contribute to a Dependent Care Spending Account remains the same, which is \$400 per month (\$4,800 per year).

### Follow up

If you add family members or change medical plans, be sure to provide Social Security numbers (SSN) and all required documentation to the County within 10 calendar days. Your family member's enrollment is incomplete and pending until you provide an SSN or other necessary documentation. If you do not meet the deadline for SSN or documentation, the pending enrollment will cancel and your family member will not have coverage for 2013.

If you have any questions, call the Benefits Hotline at (213) 388-9982. Benefits Hotline representatives are available from 8 a.m. to 4 p.m., Monday through Friday. Benefits Hotline hours are extended during annual benefits enrollment from 8 a.m. to 5 p.m.



## Rideshare L.A. County!

When you want to get to work or get around town, one way to do it is using the Metro's Light Rail. All you have to do is buy your ticket at a simple to use Ticket Vending Machine and enjoy the ride. Make sure you:

- Grab the handrails for stability if standing or moving around the train car;
- Use the overhead maps to help you watch for your station;
- Check to be sure you have all your belongings; and
- Be ready to exit when your stop is approaching.



# I LA HEART WALK



## 2012 My Heart My Life LA County Heart Walk Saturday, September 29, 2012

### WHY?

The My Heart My Life LA County Heart Walk is a wonderful way for individuals, friends, families, companies and employees to team up with the American Heart/American Stroke Association's fight against heart disease and stroke. Join us and 10,000 of our closest friends as we take our hearts for a 5K walk on Saturday, September 29, 2012 at the beautiful Rose Bowl in Pasadena. This year we hope to raise **\$1.5 million** to support research in cardiovascular disease and stroke, as well as educational programs.

### WHEN?

**Saturday – September 29, 2012**  
Registration - 8:00 a.m.  
Opening Ceremonies - 9:00 a.m.

### WHERE?

**Rose Bowl**  
1001 Rose Bowl Drive  
Pasadena, CA 91103

### WHO?

The **Heart Walk community** is made up of families, friends, companies and employees from the Los Angeles County area. Members of this community form teams of walkers, who obtain donations on behalf of the American Heart/American Stroke Association.

**Survivors** of heart disease and stroke have a special place at the Heart Walk as our "Red Cap" (CVD) and "White Cap" (Stroke) ambassadors. If you are a survivor, stop by the survivor booth the day of the walk to receive your special cap and t-shirt!

### HOW?

Visit [www.heartwalkla.org](http://www.heartwalkla.org) today to **register** for the walk. Sign up as an individual or start your own walk team as a team captain.

Set your goals high and aim to become a walk "**Superstar VIP**" by raising \$1000 or more. Participants raising \$1000+ will gain access to a special area at the walk called the "Superstar VIP Pavilion" as well as earn a t-shirt and other great prizes.



Heart Walk.

My Heart. My Life.

Nationally Sponsored by:



Sponsored nationally by JENNY CRAIG



Locally Sponsored by:



**Got Questions?** Contact the Los Angeles County Heart Walk Team:  
**Phone:** 213-291-7094 **E-mail:** [la.heartwalk@heart.org](mailto:la.heartwalk@heart.org)

## Prepping for an Emergency—Don't Forget About Your Pets!



Check with your local Fire Department for clearance regulations.

For more information, contact your local animal care center (see box below) or visit their website at <http://animalcare.lacounty.gov>.

### Animal Care Centers

Agoura Animal Care Center  
29525 Agoura Road  
Agoura, CA 91301  
(818) 991-0071

Baldwin Park Animal Care Center  
4275 North Elton Street  
Baldwin Park, CA 91706  
(626) 962-3577

Carson Animal Care Center  
216 West Victoria Street  
Gardena, CA 90248  
(310) 523-9566

Castaic Animal Care Center  
31044 North Charlie Canyon Road  
Castaic, CA 91384  
(661) 257-3191  
(818) 367-8065

Downey Animal Care Center  
11258 South Garfield Avenue  
Downey, CA 90242  
(562) 940-6898

Lancaster Animal Care Center  
5210 West Avenue I  
Lancaster, CA 93536  
(661) 940-4191

The Department of Animal Care and Control would like to remind pet owners to include their pets in all emergency preparedness plans. Doing this is crucial to ensuring survival during a disaster, crisis, or emergency. Remember, it is always best to plan ahead, before disaster strikes.

One of the most important components of emergency preparedness is having a plan for you and your family. The same goes for your pets. Be sure to have a plan in place for them, as well. Make arrangements now with family or friends who would be willing to welcome your pets in the event of an emergency. Make plans with your neighbors to care for or evacuate your pets if you are unable to do so.

Have an emergency kit for your pets. Make sure to include food and water (enough for at least three days for each pet) and any necessary medication. Dogs should wear a collar with license and identification information. Be sure to have extra collars and leashes with ID tags for both cats and dogs. Each pet should have their own crate or carrier. Crates should have good air circulation and should be large enough for your pet to stand, turn, and lie down. Have a copy of all of your pet's important information (registration, microchip, vaccination, and other medical records). Also include familiar items, such as favorite toys and treats, which can help reduce stress for your pets during a disaster.

If you have livestock, be sure to make arrangements to evacuate or prepare an area where horses can remain safe during an emergency. With livestock, it is vital for horses to be evacuated early from threatened areas so horse trailers do not interfere with emergency response vehicles. The Department of Animal Care and Control encourages you to train your horse to load into a trailer, provided your trailer is in working condition. If your horse will not load easily or safely, work in advance to make your horse's area as safe as possible.

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



Los Angeles County  
**Sheriff's Department**  
**ANNUAL**



**FUN IN THE SUN**  
**CHILI COOK★OFF**



**Contact: 661-294-6313**

**Tabitha Youngstrom:**

**tjyoungs@lasd.org**

**Sgt. Anthony Gunn:**

**algunn@lasd.org**

**Sgt. Gerri McCorkle:**

**glmccork@lasd.org**

**Chili Card**

**\$ 5.00**

**Children Chili Card**

**\$3.00**

**Time: 11:00am ~ 4:00pm**

**Date: 10/06/12**

- CHILI BOOTHS
- GAMES
- VENDORS
- FOOD
- FUN FOR THE FAMILY
- KID ZONE
- LIVE MUSIC

Additional Fun In the Sun Chili Cook-off "chili cards" will be sold the day of the event for \$5 each, entitling tasting of the various event entries.

The Jack Bones Equestrian Center is accessible via the Parker Road exit off the northbound Interstate 5 to Castaic Road south. Continue 2 miles to Tapia Canyon Road east, and follow the signs to the event.

Additional sponsorships and vendors for the event are welcome, and are encouraged to contact Tabitha Youngstrom at 661-294-6313, or via email at

**ChiliCookOff@lasd.org**



**Special Olympics**

Benefiting Santa Clarita  
Special Olympics



## Connect. Prepare. Respond.

National Preparedness Month is a prime opportunity to remind all County staff of the importance of preparing for emergencies. While emergency preparedness is important for individuals and families, strong communities are equally important and can be the key to survival.

With this concept as its foundation, the Department of Public Health has launched its “Connect. Prepare. Respond.” campaign, which focuses on building strong communities through neighborhood engagement.

In the event of a disaster, the first line of response in an emergency will likely be your neighbors, since the official first responders (such as fire and police) may be overwhelmed and unable to reach your neighborhood right away. Getting to know your neighbors and creating a neighborhood plan empowers both individuals and communities as they prepare for emergencies.

The new campaign focuses on three key actions: Connect. Prepare. Respond.

### CONNECT

*Create a network of people and resources that will help you and your family stay strong during and after disasters. Get to know your neighbors, have neighborhood meetings, and create a neighborhood emergency plan. Communities that are ready for emergencies will suffer fewer injuries, less property damage, and less loss of life.*

### PREPARE

*Assemble the tools and information needed to function within the first 72 hours of a disaster.*

- Have an emergency supply kit. It should include at least a three-day supply of food and water for each person, first aid supplies, flashlights, radio, medications, cash and important documents, clothing and sturdy shoes, tools, sanitation and hygiene supplies, and special items (see Checklist box). Review your kit every six months. Replace the food and water and add necessary items as your family’s needs change.
- Create a communication plan that includes phone numbers of emergency contacts (including an out-of-state contact), meeting places, evacuation procedures, and a home safety plan (e.g., knowing how to shut off electricity, water, and gas).
- Every six months, review your plan, conduct home drills, rotate your emergency supplies, and test smoke detectors and fire extinguishers.

### RESPOND

*Act in a calm, systematic way after a disaster or emergency and immediately take these six steps:*

1. Make sure the people in your household are safe.
2. Activate your family or individual emergency plan.
3. Turn on your television or radio to learn whether you should evacuate or stay where you are.
4. Put a “HELP” or “OK” card in your window or door, as appropriate.
5. Activate your neighborhood telephone tree to check on your neighbors.
6. If your neighbors need help, organize a group to help them get the assistance they need.

You will find more information about emergency preparedness, go to [www.prepare2respond.org](http://www.prepare2respond.org).

## Emergency Supply Kit Checklist

#### Water

- Store one gallon of water per person (or pet) per day; store water in plastic containers, such as soft drink bottles; avoid using containers that may break, such as glass bottles

#### Food

- Select foods that require no refrigeration, preparation or cooking and little or no water
- Select food items that are compact and lightweight; most importantly, select foods that you and your family like
- Ready-to-eat canned meats, fruits and vegetables
- Canned juices, milk, soup
- High-energy foods, such as peanut butter, jelly, crackers, granola bars, trail mix
- Special food for infants, elderly persons, or persons on special diets

#### First-Aid Kit

- A basic first-aid kit, which can be purchased at drugstores, home improvement centers, etc.
- At least a 10-day supply of prescription medications

#### Tools and Supplies

- Solar, manual or battery operated radio and extra batteries
- Flashlight and extra batteries
- Cash and important documents
- Clothing and sturdy shoes

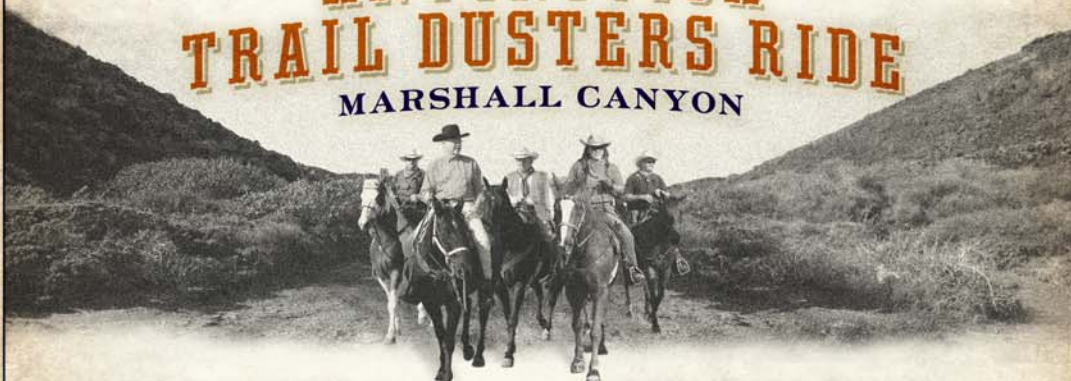
LOS ANGELES COUNTY  
DEPARTMENT of  
PARKS and RECREATION

and

LOS ANGELES COUNTY SUPERVISOR MICHAEL D. ANTONOVICH

invite you to the

ANTONOVICH  
TRAIL DUSTERS RIDE  
MARSHALL CANYON



**SATURDAY, OCTOBER 13**

*Activities:* Hayrides, volleyball, horseshoes, unsupervised trail rides, hiking, and supper.

*Check-in time:* 12:00 Noon

Horse corrals and campsites are limited and available on first-come, first-serve basis. No hookups and showers. Water is available.

**\$20** per person

**SUNDAY, OCTOBER 14**

*Activities:* Check in and pancake breakfast at 7:00 a.m. The event will kick off at 9:00 a.m. and continue through the scenic trails of Marshall Canyon. The day will conclude with the traditional barbecue and live country western music.

*Check-in time:* 7:00 a.m. - 9:00 a.m.

**\$30** per person (Horse rental not included)

**\$45** for both days per person (Horse rental not included)

*For information and to register call: (909) 599-8411 or online at <http://lreservations.lacounty.gov/reservations/livestock.asp>*

*For horse rental reservations: Graham Bros. Call Lee Graham (760) 245-7695 email: [info@grahambroslivestock.com](mailto:info@grahambroslivestock.com)*

*Special Recognition:* Marshall Canyon Mounted Assistance Unit, Bonelli Park Mounted Assistance Unit, Walnut Creek Mounted Assistance Unit, Whittier Narrows Mounted Assistance Unit and Los Angeles County Sheriff Posse and Mounted Units

ADA NOTICE

Pursuant to the Americans with Disabilities Act (ADA), the County of Los Angeles Department of Parks & Recreation has designated an ADA Coordinator to carry out this Department's compliance with the non-discriminatory provisions of the ADA. For more information you may contact the ADA Coordinator's Office. Tel. (213) 738-2970 TDD (213) 427-6118 Fax (213) 487-0380 Upon 3-day request notice, sign language interpreters and related materials in alternative formats (Braille-transcript, large print, audio-record, video-captioning, live description) or any other reasonable accommodations are available to the public for County-sponsored activities and events.

**STAGING AREA: MARSHALL CANYON, FRED PALMER EQUESTRIAN CENTER LOCATED AT 6550 STEPHENS RANCH ROAD, LA VERNE, CA 91750**

*Riding Conditions:* Combination of rolling hills, some semi-steep hills and level areas. The ride is to be 3 1/2 hours with 2 rest stops.

**NON-RIDERS ARE WELCOME. RIDERS UNDER 18 MUST BE ACCOMPANIED BY AN ADULT. NO STALLIONS OR DOGS, PLEASE.**

**RESERVATION FORM**

PLEASE MAKE CHECKS PAYABLE TO:  
County of Los Angeles Department of Parks & Recreation  
FOR INFO CALL: Vincent Pedroza (909) 599-8411

MAIL RESERVATION FORM & PAYMENT TO:  
Supervisor's Trail Ride, Department of Parks & Recreation,  
120 E. Via Verde Road, San Dimas, CA 91773

Name: \_\_\_\_\_ Phone: \_\_\_\_\_

Address: \_\_\_\_\_ City: \_\_\_\_\_

No. of Tickets @ \$20.00 Per Person: \_\_\_\_\_ No. of Tickets @ \$30.00 Per Person: \_\_\_\_\_ No. of Tickets @ \$45.00 Per Person: \_\_\_\_\_

No. of Riders: \_\_\_\_\_ No. of Non Riders: \_\_\_\_\_ Total Enclosed: \_\_\_\_\_

**PRE-REGISTRATION IS A MUST. RESERVATION DEADLINE BY FRIDAY, OCTOBER 12, 2012**



# Small Claims Court *Advisors from the Department of Consumer Affairs Offer Reliable, Free Help*

- ❑ **Have you moved out of your home and your landlord will not return your security deposit?**
- ❑ **Has someone damaged your car and will not pay for the repairs?**
- ❑ **Is your new TV not working and the store will not fix it?**
- ❑ **Have you loaned your friend money and they will not pay you back?**

Don't accept being ripped off; you can get your money back in Small Claims Court.

The Department of Consumer Affairs (DCA) has an experienced team of Small Claims Court advisors who can help you get through the process at no charge.

What is Small Claims Court?

Small Claims is a special court where you can resolve disputes cheaply and quickly. Small Claims rules and procedures are simpler than in other courts. The hearing is informal. There is no jury. Parties represent themselves without lawyers. Small Claims Court handles civil cases asking for \$10,000 or less.

Knowing what to do in Small Claims Court and making sure you have the correct forms can be complicated.

Consumer Affairs' Small Claims advisors can help individuals and businesses suing or being sued in a Los Angeles County Small Claims Court. Our staff will provide you with information on small claims paperwork and procedures such as:

- How to file your case
- Where to file
- Time limits
- Naming the Plaintiff & Defendant
- Subpoenas/Witnesses
- Evidence
- Changing your court date
- Suing the party who is suing you
- Bad checks
- Suing government agencies
- Preparing for court

Information can be obtained by calling (213) 974-9759, 24-hours a day, and 7 days a week. You can speak with a Small Claims advisor Monday through Friday from 8 a.m. to 4:30 p.m. During those same hours, you can also visit the main downtown Los Angeles office at the Hall of Administration, Room B-96. Branch offices with limited hours are located in Van Nuys, East Los Angeles, Torrance, Inglewood, Glendale, Valencia and Lancaster.

For more information on Small Claims Court or any consumer related issues, visit the DCA website at [dca.lacounty.gov/](http://dca.lacounty.gov/).

## Roybal Blooms

Coffee filters have blossomed into flowers. Discarded cardboard boxes have morphed into light posts and a welcome sign. As a result, the look of the Roybal Family Mental Health Center (RFMHC) has changed into a more imaginative, child-welcoming environment, through collaboration of staff, clients, families and community members.

“Our goal was to create a playful, warm place that will encourage families to play together,” explained Steve Hendrickson, LCSW, Roybal’s program head. “We know we were lucky to have a new, attractive building, but it was like a dental office.”

Roybal staff formed a committee without a budget and no clear plans of what to do, but with the goal of a space where families would feel at home. Teenagers in the Roybal chapter of the “Painted Brain” mental health art project offered the first set of ideas. Then a friend of RFMHC social worker Maria Arroyo, a local art teacher named Cristina Zamora, volunteered to direct the project. She had recently played a similar role at the East L.A. Boys and Girls Club.

It was Zamora who created the overall look, showing how to turn paper, cardboard and dyed corn husks into flowers, leaves, and a sheltering tree. She and the committee used colors and motifs that would create the feel of traditional Hispanic folk art. Her time and talent kept costs low. Roybal staff organized fundraisers and also donated money.

Funding from the Department of Mental Health had paid for an earlier step in the redesign—a mural from Beatrice Bojorquez of the East L.A. children’s art project, Casa Cultural. The mural shows Roybal as a vital part of the East L.A. landscape.

The most recent step of the redesign was unveiled on July 26, 2012, with a reception for the new look and for the client-created art that is part of the more welcoming

**ROYBAL BLOOMS**  
continued on page 13



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

## Women's Leadership Legacy Conference

*"The Journey"*

October 18, 2012

Pasadena Convention Center

**Registration Fee: \$60/person**

Join us for this innovative conference featuring inspiring women in leadership positions in government, the workplace, and the community



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National Television/Radio Host and Correspondent



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Sponsorship Opportunities available - Please visit our conference website at: <http://dpw.lacounty.gov/general/leadershipconference/> or contact Rossana D'Antonio at (626) 458-4972 or Christie Smith at (626) 458-4016



# Retirees

*Congratulations to the following who are joining the ranks of the retired after their many years of service to L.A. County:*

## 45+ Years

**CHILDREN & FAMILY SERVICES:** Tonnette K. Caldwell  
**SHERIFF:** Irma Cobos

## 40+ Years

**CHILDREN & FAMILY SERVICES:** Sharon A. O'Brien, Cleo Robinson  
**MENTAL HEALTH:** Veronica L. Richardson  
**PUBLIC HEALTH:** Orpah L. Stanford  
**PUBLIC SOCIAL SERVICES:** Wanda M. Burruss, Mary E. Pitchford

## 30+ Years

**COMMUNITY & SENOR SERVICES:** Brenda G. Mendoza  
**DISTRICT ATTORNEY:** John H. Nakaji, Laura Yriarte  
**FIRE:** Jerry L. Reese, Debra L. Thomas  
**INTERNAL SERVICES:** William E. Brown Jr., Brian C. Kim  
**MENTAL HEALTH:** Connie M. Wilson  
**PROBATION:** Thomas Roque  
**PUBLIC HEALTH:** Thomas R. Anderson  
**PUBLIC LIBRARY:** Jeannette I. Broguiere  
**PUBLIC SOCIAL SERVICES:** Myrna Angsuvarn, Belinda M. Delgadillo, Rosa M. Flores  
**PUBLIC WORKS:** Thuong T. Do  
**REGISTRAR-RECORDER/COUNTY CLERK:** Joann Russell, Josie Hunter, Lucina Pablo  
**SHERIFF:** Patricia A. Houseal, Albert Leyva  
**SUPERIOR COURT:** Margarita Briseno, Louis M. Hernandez  
**TREASURER & TAX COLLECTOR:** Donna J. Doss, Lourdes Guerrero

## 25+ Years

**DISTRICT ATTORNEY:** John R. Stephens, Keith L. Thompson  
**FIRE:** Kenneth W. Whitehead  
**PROBATION:** Penny S. Vigil  
**PUBLIC WORKS:** Steven J. Cordero, Kenneth T. Ross  
**SHERIFF:** Margaret E. Coutu, Stephen A. French, Gregory L. Key, Julia K. Kiser, Michael F. Linn, Ruth A. Mattox, Joan M. Raber  
**SUPERIOR COURT:** Gary R. Williams

**ROYBAL BLOOMS**  
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environment. Staff has also donated toward the purchase of creative building toys. “We’ve been impressed and delighted by what the children have created, and how this has engaged their parents as well.”

While all staff participated in the project, Veronica Hernandez, LCSW, and community worker Lucy Rivera Vega, played the leadership roles in the redesign committee. This group included Marriage and Family Therapist Wendy Lopez; social workers Martin Ayala, Rosemary Oliva, Lisa Gallegos, Maria Arroyo, Fabiola Diaz, and Wanta Yu; medical caseworker Maria Gomez; the clerical teams’ Miriam Cervantes, Martin Ponce and Angie Lopez; and patient financial workers Lourdes Marquez and Martha Perez.

“Collaborative goals are always more fulfilling than individual ones,” said Hendrickson. “For me, the greatest thrill was to see the blossoming of enthusiasm and imagination. And wow, look at the result.”



**DHR mobile site:**

<http://m.hr.lacounty.gov>

- Search for upcoming job opportunities
- Search for positions available throughout LA County
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# *Save the Date*

County of Los Angeles  
Department of Animal Care and Control  
**75<sup>th</sup> Anniversary**

*Celebrating 75 years of  
Caring Service with Compassion*

**Saturday, September 29, 2012**  
**10:00 AM - 5:00 PM**

**~ A Celebratory Adoption Event ~**

Occurring at six County Animal Care Center Locations:

- ❖ Agoura-29525 Agoura Road, Agoura 91301
- ❖ Baldwin Park-4275 N. Elton St., Baldwin Park 91706
- ❖ Carson/Gardena-216 W. Victoria St., Gardena 90248
- ❖ Castaic-31044 N. Charlie Canyon Road, Castaic 91384
- ❖ Downey- 11258 S. Garfield Ave., Downey 90242
- ❖ Lancaster-5210 W. Avenue I, Lancaster 93536