

RELAC newsletter

Your Pension and Health Care Watchdog

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President's Message

by Brian Berger

It has been quite a busy year for RELAC, highlighted by the recent re-election of two members, Les Robbins and J.P. Harris, to the LACERA Board of Retirement, and Debbie Martin to the LACERA Board of Investments, replacing Joseph Kelly who decided not to seek another term. Robbins ran unopposed to a third term as the retirees' representative. J.P. and Martin bested their competition in the election held from August 4 through August 31, 2023. Thank you to all RELAC members, who overwhelmingly supported them. The election results, declared official by the Los Angeles County Board of Supervisors during an October meeting, continues our representation on these important LACERA Boards.

RELAC was active throughout 2023. RELAC Night at the Dodgers on Friday, September 22 was a great night of baseball and being together, not counting the final score. I heard a good time was had by all. Although the Dodgers lost the game, the men in blue still won the NL West Division, and are the first Major League Baseball team to win 100 games in three consecutive seasons.

Mark your calendars and Save the Date, December 7, 2023. Our next General Membership meeting will be Thursday, December 7, at the DoubleTree by Hilton-Whittier. There is more information about the meeting in the newsletter.

On September 12, 2023, the Board of Directors approved a motion to ask the General Membership to approve a By-Laws amendment that increases monthly membership dues. (NOTE: The text of the Motion for the amendment appears on Page 12 of this newsletter.) Our last increase in dues occurred nearly 9 years ago, in February 2015. Since then, inflation has negatively impacted our operating expenses, even while our membership has dropped. So, while costs have continued to increase over the last several years, our revenue has steadily declined.

As we all know, public pensions and retiree health benefits are under continual attack. RELAC must remain strong and ready to vigorously oppose any attempts to reduce our benefits or otherwise limit our members' ability to have a voice in the future of those benefits. Accordingly, RELAC has built up a litigation and advocacy reserve to defend against any attacks in the future. Under the current dues structure, the Board has found it increasingly necessary to dip into these reserves in order to maintain the level of services our members have come to expect. The proposed dues increase will allow us to continue to provide a robust program for our members, and to remain strong and well-equipped to fend off any attack on our benefits we may be faced with in the future.

As fellow retirees, the members of the Board are sensitive to the financial impact any increase might have on RELAC members. We had extensive discussions about both the need for an increase in the dues, and the amount of increase that was necessary. In the end, we decided that the modest increase in dues was more than justified by the need to keep RELAC in a strong position to ensure everyone's benefits and rights are protected. We strongly urge our members to approve the dues increase that would be implemented by the proposed By-Laws amendment.

The Board will lose two, longtime members, Judy Hammond and Don Fandry, who contributed mightily to so many of our programs, and are leaving their positions. Fortunately for RELAC, Hammond and Fandry have agreed to continue as ex-officio members, providing their knowledge and expertise to committees on which they served. We are grateful for their dedication to RELAC. There will be two openings on the Board in 2024.

Again, I say read the informative reports throughout this newsletter and let us know if you have any ideas or suggestions. We always want to hear from you, our members.

Finally, I sincerely wish all of you and your families a Happy and Healthy Holiday Season.



General Membership Meeting Set for Thursday Dec. 7 in Whittier

RELAC will conduct its Fall General Membership meeting on Thursday, December 7, 2023 at the DoubleTree by Hilton – Whittier, announced President Brian Berger. "All members are encouraged to attend this important meeting where important issues will be discussed and voted upon, including an increase in the annual membership dues," he said.

A continental breakfast will be served, beginning at 9:30 a.m., in the conference room, first floor, of the hotel, 7320 Greenleaf Drive, Whittier, CA 90602. Free WIFI service will be available in the facility, which is wheelchair accessible and compliant with ADA regulations. RELAC President Berger will call the meeting to order at 10:00 a.m. One of the guest speakers will provide information on "IT Security and How to Keep Safe During the Holidays," which will be followed by a question-and-answer session.

RELAC members will be asked to vote on a nominal increase in monthly membership dues, which have not been increased in more than eight years. A discussion

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Don Fandry Retires from RELAC Board

By Victoria Pipkin-Lane,
Acting Editor



Don J. Fandry, who has served on the RELAC Board for more than 10 years, has announced his "semi-retirement", RELAC appreciates the many years of outstanding support Fandry has given to many of our programs," said Brian Berger, President. "We are pleased that he will continue as an ex-officio member of the Board, and RELAC will benefit from his volunteer service," said Berger.

Fandry served on most committees, including the newsletter, community support, membership outreach, general membership, benefits, recruitment and marketing, scholarship and special events committees. "As Chair of the Regional Support Committee, he made my job easier by making sure the parking signs were strategically placed outside of our meeting locations," said Diane Sandoval, Board member. "He is irreplaceable."

"Don has always been a go-to guy, picking up supplies and delivering them to meeting sites," said Linda Hopkins, RELAC Vice President. "He even would drop off toys RELAC collected to support the County Fire Department's annual Spark of Love

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News From LACERA

by JJ Popowich

Assistant Executive Officer

Season's Greetings from your LACERA family! Even though I'm writing this in September, I envision you reading it in a cozy winter setting and enjoying some tea or hot chocolate and maybe some seasonal treats. We'll soon be welcoming a new year, and, in that spirit, I've got a lot of happenings over here at LACERA to share with you – many of which are new and exciting!

In my last article I shared that the Board of Retirement adopted a new Strategic Plan – "Building a Better Tomorrow". This new Strategic Plan provides a path for LACERA as we work to provide you with the reliable, secure, and efficient service you deserve. As we developed the Strategic Plan, we realized it was a perfect opportunity to take a fresh look at our Mission, Vision, and Values. I am pleased to announce that in September the Board of Retirement and the Board of Investments approved a slightly revised Mission statement, a new Vision, and our new Values:

Mission: To produce, protect, and provide the promised benefits to our members
Vision: Empowering our members to enjoy a healthy and secure retirement
Values: Accountability, Collaboration, Inclusivity, Innovation, Integrity, Transparency

For our eagle eye readers, you may notice the Mission Statement is nearly the same as it's been for decades. But there is one slight change that really is pretty significant. We added the "...to our members" to the end of the existing statement. A mission is an important declaration about what an organization is all about. Making this slight change adds clarity to the fact that we are here for you, working for you, to take care of you, and provide you that benefit that you worked so hard to attain. It's all about you – as it should be!

We think our new Vision statement - a statement about what we really want for all our members and our new Values speak for themselves. Our Vision is really a statement about what we want to achieve as an organization. Our Values are how we expect to conduct ourselves when we work together, with our business partners, and with our members. We are in the process of updating our website with the new Mission, Vision, and Values and they'll be referred to in future publications. Internally, they will be prominently displayed across all LACERA floors, reminding us daily of our shared dedication to you.

Speaking of refinements, I'd like to highlight a recent 'behind-the-scenes' improvement aimed to help us provide the superior member experience. We've rolled out our new case management system, named 'Sol'. Our Disability Litigation and Disability Retirement Divisions are already harnessing its capabilities. This Sol project took about a year from start to finish and really highlights the collaborative efforts and attention to detail of our dedicated staff across various teams. Next up is our "First Payment Process" which covers everything that happens after a member elects to retire through the first receipt of their first benefit with other projects soon to follow. It's all about improving the member experience through automation, efficiency, and improved communications.

Building on that note of excellence, I'm thrilled to announce that LACERA has once again been recognized by the Government Finance Officers Association (GFOA) for our 2022 Annual Comprehensive Financial Report (ACFR) and Popular Annual Financial Report (PAFR). As LACERA CEO Santos Kreimann aptly put it, "We are proud to receive these prestigious awards for the 33rd consecutive year for our ACFR and 25th year for our PAFR. This recognition from the GFOA is a testament to LACERA's unwavering commitment to transparency, accountability, and financial stewardship. Congratulations to the LACERA departments and employees who contributed!"

Lastly, as I write this, LACERA's General and Retired Board of Retirement and Board of Investments elections have closed, and the preliminary winners have been announced. I'd like to extend a warm welcome to our newly elected trustees: Nancy M. Durazo (BOR: Second Member seat), Nicole MI (BOI: Second Member seat), and Debbie Martin (BOI: Eighth Member seat). Additionally, I'd like to extend congratulations to Les Robbins (BOR: Retired Member seat) and James P. Harris (BOR: Alternate Retired Member seat) on their re-election. Their terms are set from January 1, 2024 through December 31, 2025. To our new and returning trustees congratulations and welcome to LACERA!

As we look ahead to 2024, we're gearing up for a series of enhancements, project deployments, and member-centric improvements that will further improve the member experience. Well, that's it for this edition. I'd like to convey our sincere appreciation for your contributions to Los Angeles County and extend a warm welcome to all our new retirees. Enjoy the festive season, stay safe, and here's to a fulfilling year ahead!



Board of Investment

by Joseph Kelly

LACERA Board of Investments
Trustee



The Chief Investment Officer released performance numbers for fiscal year end June 2023 and the Pension Trust returned 6.4%, exceeding its benchmark of 5%. These returns were buoyed by growth assets, which returned 10.2% and topped its benchmark's 8.0% return. Credit investments returned 7.7% for the year, outperforming the benchmark's return of 6.0%.

The return figures for other periods are listed in the chart below. We should all be very pleased with these results, and we should be very thankful to the investment professionals at LACERA who execute their responsibilities in a thoughtful and strategic manner.

This is my last article as the elected retiree representative on the Board of Investments. My three-year term ends December 31, 2023 and I did not seek re-election. Why? My position as a Trustee is in conflict with other professional goals I wanted to pursue in retirement. I'll now be able to focus on those goals.

Debbie Martin was elected to fill the seat I am vacating, and she was elected by quite a large margin. She is very capable and will do an excellent job. Thank you all who voted for her.

I wish the best to RELAC members and your families. Take very good care of those you love.

LACERA Pension Fund	June 2023	Total Assets: \$73.6 billion		
	FYTD	3 year:	5 year:	10 year:
Return	+ 6.4%	+ 10.1%	+ 7.6%	+ 8.1%
Benchmark	+ 5.0%	+7.2%	+6.4%	+7.3%



Acting Editor Appointed For RELAC Newsletter

Victoria Pipkin-Lane, a County retiree from the Board of Supervisors, has been appointed Acting Editor of the RELAC Newsletter, effective October 1, 2023. She is filling the position vacated by Judy Hammond, who served as Editor for seven years. "Hammond is a hard act to follow, but Pipkin-Lane has worked with her for many years, both at RELAC and with the County of Los Angeles," said President Brian Berger. "She has our full confidence to continue the newsletter's track record of excellence."

Pipkin-Lane served as executive director of the County's Quality and Productivity Commission (QPC) until her retirement in 2018. She edited the Commission's newsletter, Quality Matters. Prior to QPC, Pipkin-Lane was director of the CEO Office of Workplace Programs, a program that is now housed in the Department of Human Resources. Additionally, she served as director of communications for former District Attorney Gil Garcetti and as a public information officer for the Department of Children and Family Services, where she also was editor of its newsletter.

She earned a B.A. in journalism from Pepperdine University, and completed County-sponsored social work courses at the University of Southern California. The grandmother of two, Landon Freeman and Janessa Lane, resides in Inglewood, CA with her husband of 28 years, Herb Lane, Jr.

Golf News

By Gil Sandoval
RELAC Golf Director



Merry Christmas

From my home to yours, I first want to wish everyone a Merry Christmas and a Happy New Year from all of us at RELAC's Golf Program. May all the blessing of this festive season be with you and your families, and may they continue throughout the New Year.

This issue of the RELAC newsletter is published after our tournament at Lakewood Country Club (October 16), therefore the results will appear on the RELAC Website so visit www.relac.org and follow the link to activities. The next golf tournament will take place on Monday, December 4, 2023 at the Chester Washington Golf Course, 1818 Charlie Sifford Dr., Los Angeles 90047. This golf course is in the West Athens area of the County, and features tree-lined fairways and challenging elevated greens. We look forward to good participation from the RELAC players, friends and families.

As I reflect on this year, I recall that we faced our fair share of trials and tribulations, including rainouts and changes in schedule. Overall, it has been a good year. I personally want to thank all of our golf partners and players for working with me through it all. In short, we faced the obstacles head on and surmounted them. And we'll do it all again next year.

On a sad note, we recently lost one of our most dedicated players who passed on to the next life. Tony Asuncion lost his battle with cancer. Please keep him and his family in your prayers as they journey through these difficult times.

The cost of everything has gone up. Next year there will be an increase in the entry fees. Starting in January 2024, the golf tournament entry fees increase to \$46.00 with an additional cost for the cart. These increases are necessary because all of the golf courses are increasing their fees.

Save the Date: Our next tournament will be at the Chester Washington Golf Course, on December 4, 2023. Entry forms must be received by November 13, 2023. Please remember there is only one guest per member. Enclose checks for \$44 per golfer, make payable to RELAC and mail entry to: RELAC, Attn: Golf Program, 1000 S. Fremont Ave., Unit 15, Alhambra, CA 91803-8802.

Don J. Fandry

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campaign. The toys were donated to children in low-income families," said Hopkins. She noted that Fandry was an avid gardener, who generously shared plants with her. "I have managed to grow the plants he gave me. Even though he will occasionally be around, I will miss my friend," she said.

Fandry worked in forensics when he retired in 1992 from the Sheriff's Department after 31 years of service. He started with the department in 1961, working in patrol and other divisions of the law enforcement agency. Fandry resides in Arcadia, CA, where he is fondly referred to as the City's "Lifetime Ambassador." He will remain active with the Arcadia Chamber of Commerce. The father of two children, and grandfather of two youngsters looks forward to spending more time with the grandchildren.

Harris, Martin Win Handily in LACERA Board Elections Held in August

J.P. Harris and Debbie Martin won handily in the elections, which were held in August, for the LACERA Board of Retirement and the Board of Investments, respectively. The retiree seats on both Boards have historically been filled by RELAC directors, which maintains strong advocacy and support of retirees' interests. Representation on the LACERA Boards allows RELAC to assist members in resolving matters that may occur with LACERA.

Both Harris and Martin were endorsed by the RELAC Board of Directors. Harris, seeking a third term as the alternate retiree representative on the LACERA Board of Retirement, received 11,600 votes, and the only challenger had 2,635 votes. In the LACERA Board of Investments election, Martin received 9,357 votes and the lone challenger received 5,226 votes. The County of Los Angeles Board of Supervisors declared the election results official during an October meeting.

"As a fiduciary, I am solely focused on ensuring the continued financial security of county pensions, which RELAC members have earned, said Harris. My commitment is to make sure LACERA fulfills its promise to produce, protect and provide the promised benefits on behalf of its members." He retired from the Sheriff's Department after 35 years of service.

Martin's 35 years of County service includes working in the Auditor-Controller Department where she earned a certified public accountant license and a master's degree in public administration. She also worked in the Treasurer-Tax Collector's (TTC) Office, Parks and Recreation, and the Registrar-Recorder/County Clerk. While at TTC, Martin had oversight authority of investment policy, making sure it was aligned with industry regulations and established guidelines, She has an understanding of investments, large budgets, and financial markets.

Les Robbins ran unopposed for re-election to the Board of Retirement. He has pledged "to continue representing all County retirees in a prudent and responsible manner."



Debbie Martin, left, newly elected to the LACERA Board of Investments, and J.P. Harris, elected to a third term as Alternate Member, Board of Retirement, speak to RELAC members at the June General Membership meeting.

Happy Thanksgiving

Wishing all of our RELAC members and their families and friends a Happy Thanksgiving. In 1621, according to various historical sources, the harvest season was celebrated with a bountiful dinner, including turkey, succotash, green beans with apple cider vinegar, and steamed pumpkin pudding, between Native Americans and colonists from the United Kingdom. Whatever you put on your Thanksgiving menu, enjoy!



Retired LA County VIP's Attend RELAC'S 65th Anniversary Luncheon

By Jason H. Williams

RELAC (Retired Employees of Los Angeles County) held a star-studded 65th Anniversary Luncheon at Almanson Court in Alhambra. The luncheon, held on Thursday, August 10, 2023, was well attended and members enjoyed reuniting with former co-workers as they enjoyed a tasty meal in the banquet facility, located just East of downtown Los Angeles. More than 150 retirees, County VIPs, Department leaders and RELAC members from as far back as the 1980s were in attendance.

Among the special guests were the Hon. Don Knabe, Los Angeles County Supervisor – 4th District, retired, and numerous other former LA County Executives, among them:

Philip L. Browning, Director, Children and Family Services.
Carol Moss, Librarian.
David Janssen, Chief Administrative Officer.
Brian Berger, Director, Animal Care and Control.
Sandra Davis, Treasurer and Tax Collector.
Russ Guiney, Director, Parks and Recreation.
Jason H. Williams, Internal Services, Director of Building Services.

Keynote Speaker was Santos H. Kreimann, Chief Executive Officer of the Los Angeles County Employees Retirement Association (LACERA), which administers a \$74 billion defined retirement plan and healthcare benefits for more than 190,000 members. Kreimann's remarks on LACERA's overall performance were informative, hopeful and knowledgeable, according to several attendees.

He also commended the efforts of his staff for providing ongoing member services, especially during shutdown challenges brought by COVID-19. Kreimann praised members of the investments staff and governing boards (the Board of Investments and Board of Retirement) for their efforts at maintaining LACERA's financial stability.



Santos Kreimann, left, Jason Williams, center, and Brian Berger



RELAC Vice President Linda Hopkins, left, Jason Williams and Armetha Bravo



RELAC Director Nora Jackson, center, with members



Russ and Pat Guiney



Doris Fregeau, age 96
RELAC Member

WELCOME NEW MEMBERS August 2023 – September 2023

Auditor-Controller – Arlene Barrera, Michelle Day
Beaches And Harbors – Barbara Ellison
Child Support Services – Shelley Charles
Children & Family Services – Christina Fregoso, Edward Flores, Patricia Placencia, Mansoureh Rahimi
CMSCCS – Kaye Young
CRDS – Margaret Adeleye
Fire – Michael Bennetts, Gary Bowman, Edward Collins, Dnaiel Fournier, David Inman
Harbor/UCLA Medical Center – Hattie Lesure
Health Services – Gwendolyn Dupree-Pittman, Gloria Myers, Yvette Ruiz-DeJesus
High Desert Regional Health Center – Rose Chase
Internal Services – Godfrey O. Ellison
LAC+USC Medical Center – Victoria Guardado
LACERA – Linda Moss
Olive View-UCLA Medical Center – Maria Salazar
Public Health – Marilyn Smith
Public Social Services – Evelyn Garcia, Demetris Hudson, Lynda Moore, Ramiro Pacheco, Barbara Watts
Public Works – Raymundo Noriega
Sheriff – Vicky Barndollar, Lori Davenport, Kimberly Hardaway, Meza Lee, Julia Renteria
Superior Court – Ann Marie Patrick
Associate Members – Kimberly Bennetts, Sally Bowman, Phillip M. Charles, Brian Day, Jakie Edwards, Leo A. Ruiz, Kenneth Smith, Sarah Sullivan, Bshar Touma

Work After Retirement? Check First!

There was a time when retirement was the end game, the finish line for workers. Now, it's a much more fluid state. A RAND Corporation study found that almost 40 percent of workers over age 65 had previously retired only to rejoin the workforce.

And for those still in retirement, roughly half said they would return to paid work if the right opportunity presented itself. The motivations for unretiring vary, from sheer boredom to a longing for the sense of purpose that working provided.

While there can be work after retirement, you also may need to consider regulations, which may potentially impact your retirement benefits. Social Security benefits, Medicare coverage, pensions and other retirement accounts may have limitations that govern retired workers who change their status. Check with LACERA, retirement professionals and financial advisors before taking that leap back into the workforce.



RELAC members attend the June General Membership meeting held in Carson, CA.

General Membership Meeting

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period that will allow for feedback from members, will be held prior to the vote to increase membership dues from the current \$2.50 to \$5.00 per month.

The Board also will share information on operational costs, such as office equipment, supplies and staff, which have increased. These expenses are necessary to ensure RELAC's effectiveness as your pension and health care watchdog. The various programs, from golf to the annual recognition luncheon, which RELAC sponsors for your recreation and enjoyment, require staff support.

Recently, the Board approved a plan to upgrade office operations and enhance customer service. Some of the improvements will be adapting operations to new and more efficient technologies, digital communications and processes. Another goal is to ensure user-friendly interactions with members. Security remains a primary issue for RELAC as it moves to new technologies. The database of members' personal information must be secure, and efforts to maintain that security must be conducted on a regular basis by professionals with expertise in this area.

The General Membership meeting also will include a light, buffet lunch. There is no charge for the buffet of sandwiches, salads and non-alcoholic drinks. For more information, visit www.relac.org, email us at [www.admin@relac.org](mailto:admin@relac.org), or contact the RELAC office toll free at (800) 537-3522.

Melba Brown, Department of Health Services retiree, is one happy RELAC member because she won an opportunity drawing gift card.



Kathy Lohr, Idina Menzel, Aaron Lohr, Jr.

This Family is a Class Act, Full of Song and Drama

by Judy Hammond, RELAC Member

RELAC member Kathy Gavran Lohr's family is a class act. Her eldest son Aaron Lohr is a former child actor and her daughter-in-law is singer-actress Idina Menzel, a Broadway star.

Aaron and Idina met while filming the 2005 movie version of the hit Broadway musical "Rent" and were co-stars that same year in the off-Broadway musical "See What I Wanna See." They married in 2017.

Aaron is known for his roles in numerous TV shows and the films "Newsies" and "Mighty Ducks 1 and 2."

Idina, dubbed the "Streisand of her generation" by the media, is perhaps best known from her Tony Award-winning performance as Elphaba in "Wicked" on Broadway and as Elsa in Disney movies "Frozen 1 and 2." She has released a number of albums – including the recent "Drama Queen" – and singles. "Let it Go," which she recorded for "Frozen 1," hit number five on the Billboard Top 10 chart.

Kathy said her granddaughters, aged 2 and 5, from younger son David love to sing and dance to "Auntie's" first released song from her album "Move." "And, oh, do they move! I have so much fun and joy watching them."

Aaron retired from acting in 2012 and he is now the clinical director of a residential mental health and addiction treatment facility in Malibu. He once joined Idina's concert at Carnegie Hall to sing "I'll be Home for Christmas" with her. "Of course, this proud mother flew to New York to watch the show! It was so beautiful it brought tears to my eyes," said Kathy.

A registered nurse, Kathy retired in 1994 after 34 years at LAC+USC Medical Center, the last 17 as director of quality assurance.

Are You Lonely? Connect with RELAC

The U.S. Surgeon General declared loneliness a public health emergency and called for making it a top priority. A public health advisory was issued by Dr. Vivek Murthy on the healing effects of social connection and community. In part, it read, "Meaningful connection is a fundamental part of what constitutes a good life at any age. These relationships can be many or few. They may vary in intensity and duration.



"Still, these social connections are a kind of emotional lifeblood, nourishing us and playing a critical role in our larger health and well-being, especially as we get older." (RRF Foundation for Aging "Engaged and Thriving: Promoting Social and Intergenerational Connectedness.")

RELAC sponsors programs and activities to keep members active and engaged. Visit www.relac.org and fill out a membership application. Join the premier organization that serves as your pension and health care benefits watchdog.



Inside LA County

by Judy Hammond
RELAC Member

Who knew the County is caretaker of a herd of bison? And that the herd is just a small portion of more than 210 animals (many unable to survive on their own) that are cared for by the Parks Department? Those facts came to light recently following the death of one of the bison at William S. Hart Regional Park in Santa Clarita. Affectionately known as “Here Comes Trouble” due to her playful and feisty nature, she had been a part of the County family for 35 years. The death of Trouble leaves 10 bison at Hart Park, but they may soon have new caretakers. On July 12, 2022 the Board of Supervisors approved a motion to begin negotiations to transfer the park and the Hart Museum to the City of Santa Clarita.

County supervisors approved \$2.57 million to settle a negligence lawsuit filed by Fire Capt. Arnoldo Sandoval, who was seriously injured in 2021 when he was shot at the Agua Dulce station by a firefighter who also killed another firefighter. Sandoval said the firefighter’s supervisors for years were aware of his “threatening, bullying, combative, angry and unstable behavior.”

Gladstone’s Restaurant, located on oceanfront County land in Pacific Palisades, is scheduled to close within the next year after 50 years of being in business. It will be replaced by a Frank Gehry-designed restaurant operated by celebrity chef Wolfgang Puck. The Beaches and Harbors Department oversees the restaurant’s lease.

The County’s inspector general issued a harsh report criticizing the Probation Department for its failure to properly oversee a gang member who killed two El Monte police officers in 2022. Family members had warned probation officers that he had become abusive, was using drugs and carrying a firearm more than a week before he shot the officers.

The County Museum of Art (LACMA) has exceeded its \$750 million fundraising goal for the David Geffen Galleries, set to be completed in late 2024. The County contributed 20 percent of the funding. Geffen gave \$150 million, the largest donation by a single individual. While some have criticized the project as significantly downsizing the existing campus, LACMA says the new design will add 3.5 acres of outdoor space for public sculpture, programming, events and education.

L.A. County is the first county-level government in the nation to be recognized as a certified age-friendly employer by the Age-Friendly Institute, which identifies the best places to work for people 50 and older.

Calling it “transformational” and a “paradigm change,” the Sheriff’s Department has opened a facility adjacent to its City of Industry station to provide mental health awareness and crisis intervention training to 18,000 sworn deputies and professional staff, as well as local police departments and members of state and federal law enforcement agencies. The City of Industry paid \$3.4 million to build the facility and is providing the land lease-free, supported by Mayor Cory Moss, who has a son and two grandchildren on the autism spectrum.

A federal lawsuit filed by four law firms alleges the County is failing its legal responsibility to ensure foster youths between the ages of 16 and 21 have a safe and stable place of live, often leading to homelessness.

A recent report noted that a Los Angeles County fire captain received \$413,380 in overtime in 2022, bringing his total salary to \$578,099. Only an Alameda County fire captain earned more – \$417,159 in OT and \$594,490 in total wages. L.A. County spent \$826.3 million on overtime in 2022, with \$231.6 million going to fire employees and \$346.9 million to sheriff personnel.

Supervisors, upset when they learned several months ago that the Probation Department was selling its surplus guns, have voted to require all departments to destroy their surplus guns instead of selling them.

Supervisors approved a \$4.75 million settlement with Christopher Bailey, who was beaten by deputies during a vehicle stop in Inglewood that left him with permanent eye damage, missing teeth and facial fractures. Deputies said Bailey resisted arrest and they thought he was reaching for a weapon.

The new Hondo Center of Healing on the Rancho Los Amigos National Rehabilitation Center campus in Downey provides 80 interim housing beds to homeless patients

discharged from the hospital, giving them a clean, safe place to rest and recover.

In a joint venture with an educational nonprofit, the Sheriff’s Department has opened a library in the Men’s Central Jail visitors center for children of the inmates. The Los Angeles General Medical Center opened its first mobile clinic at Wilson High School in El Sereno – described as a groundbreaking health care initiative -- to provide sports physicals, vaccinations, and screenings for all, regardless of their ability to pay.

The District Attorney’s Office, calling L.A. County the wage theft capital of the U.S., announced it had created a new Labor Justice Unit and had filed seven felony counts against the owners of two garment businesses in South Los Angeles. The employers allegedly paid workers as little as \$6 per hour.

For the second time, the L.A. County Assessor’s Office has received a certificate of excellence from the International Association of Assessing Officers, the highest honor that can be granted to a government assessment agency. Los Angeles County is the only California county to ever receive this designation and one of only 58 of more than 2,200 jurisdictions nationwide to be so honored. The Assessor’s Office was first awarded the certification of excellence in 2017.

Happy Birthday, RELAC Centenarians

November
Leo S. Carroll, 100, Mental Health
Mary D. Dykman-Wrinkle, 100, Roads
Davidson V. Turner, 102, Sheriff

December
Juliette Avalos, 100, Public Social Services
Myrtle G. Throne, 103, Roads
Cleo D. Washington, 100, Civil Municipal Court
Virginia J. Weaver, 102, Public Social Services
Leroy Wilkey, 102, Building Services



RELAC's Community Support Program Sponsors Various Activities for Members & Families

By Linda Hopkins, Chair, Community Support Committee



Brian Berger and Dave Muir represent RELAC at a March of Dimes Walk for Babies

We end the year pleased that members continued to generously support recreational events and fundraising campaigns spearheaded by RELAC to enhance the well-being and enjoyment of its members in retirement.

For starters, RELAC was a top County fundraising team in the Spring for the March of Dimes, \$10,000 was raised for the Los Angeles Regional Food Bank, and a donation was made to L.A. Found, which provides bracelets with GPS technology to families with members, who have cognitive challenges such as dementia and Alzheimer's. RELAC members attended the L.A. County Sheriff's Retiree Roundup in Laughlin, NV participated in Supervisor Kathryn Barger's annual Tribute to Veterans and Families, and enjoyed its annual Recognition Luncheon held in August.

RELAC Night at the Dodgers was a rousing success with many members in attendance. Our quarterly General Membership meeting will be held December 7 in Whittier. We will combine the meeting with the annual Holiday Toy Drive, which sponsored to benefit the County Fire Department's Spark of Love Toy Drive for children in need.

RELAC members are asked to bring a new toy to the meeting to help fill barrels with toys that will bring hours of fun and joy to low-income children. Throughout the year, RELAC held golf tournaments at several County courses, which kept members active and outdoors.

In addition, RELAC continued to give back to members' families through its scholarship program that awards five (5) \$1,000 scholarships annually. In 2023, a sixth \$1,000 scholarship, the Evelyn Gutierrez Memorial Scholarship, was awarded to a high school senior who demonstrated outstanding public service. Gutierrez was a dedicated RELAC member, who generously gave funds to its Community Support activities.

RELAC directors also attended Los Angeles County Management Council (LACMC) meetings. During a presentation this year, the RELAC representative outlined the benefits of membership to LACMC members. "Life After Retirement" explained RELAC's mission and the numerous activities it sponsors for retirees. Directors reunited with former Department Heads at a regularly-scheduled luncheon, celebrated with a Department of Human Resources retiree at lunch, and remained engaged as members of LACERA's Board of Retirement and Board of Investments.

RELAC began a partnership with the University of Southern California's Keck School of Medicine, Department of Family Medicine to help identify, address and prevent elder mistreatment. RELAC members will contribute knowledge, skills, experiences and perspectives as community members in retirement.

Members are offered an opportunity to view a comprehensive package of insurance policies and sign up at discounted rates through Pacific Group Agencies. For more information, visit our website www.relac.org.

Finally, I wish all members a Merry Christmas and a Happy New Year.



Don Fandry, left, faithfully manned the RELAC table at the March of Dimes fundraisers



Lisa Garrett, Director, County Department of Human Resources, attends a March of Dimes March for Babies fundraiser

Remember Our Veterans

On Saturday, November 11, 2023 in Washington, D.C. and across the country there will be parades and observances to honor the millions of individuals, who have served in the various branches of the U.S. military – Army, Navy, Marines, Air Force, and Coast Guard.

These brave individuals are deserving of public honor and recognition for protecting and maintain the freedoms enjoyed by all. Check local websites for a schedule of Veterans Day observances throughout the County of Los Angeles and Southern California.

Fun Fact: Veterans Day, as we know it today, was first observed as Armistice Day in 1919. The celebration was held on the first anniversary of the end of World War I, which occurred on the 11th hour of the 11th day of the 11th month (November) in 1918.



RELAC thanked its members, who served in the various branches of the U.S. military, during the annual Recognition Luncheon in Alhambra, CA.

Volunteers Needed

Become an NCEA Elder Justice Champion

Apply by December 15



RELAC Partners with NCEA to Launch the Elder Justice Champion Program

National Center on Elder Abuse (NCEA), the premier authority on elder justice, is dedicated to improving the national response to elder mistreatment by sharing information and resources on preventing, detecting, and addressing elder mistreatment. Elder abuse affects 1 in 10 older adults each year, and it's an issue that touches us all. Common types of elder mistreatment include physical abuse, sexual abuse, emotional or psychological abuse, financial abuse, neglect, and self-neglect. Elder abuse affects people from all walks of life. When older adults are treated with dignity and respect and live free of abuse, neglect, and exploitation, elder justice is achieved.

RELAC Members are invited to submit applications for NCEA's Elder Justice Champion Program! Apply today to be part of NCEA's inaugural Community Advisory Board. This program offers a unique opportunity for RELAC members to leverage their skills, passions, and experiences to advance elder justice. There's a variety of ways to get involved – from virtual roles to help shape future products, to in-person engagement to raise awareness. Explore the NCEA Elder Justice Champion Program info sheet.

How to Apply:
Applications are due by December 15, 2023. If assistance is needed with the application form or process, please contact NCEA's Elaine Chen elaine.chen@med.usc.edu.

The RELAC Board representative for this program is Linda Hopkins (lhopkins1054@gmail.com)

- Complete the online application
- Submit a resume (optional) to elaine.chen@med.usc.edu
- If you suspect abuse or neglect:
- If you or someone you know is in immediate danger, call 911 or local law enforcement

If the danger is not imminent, report abuse or inquire about reporting. Eldercare Locator 1-800-677-1116 can connect you to the right Adult Protective Services or Long-Term Care Ombudsman agency, and other aging services for help with individual situations.

For additional information and referrals, contact the National Center on Elder Abuse 1-855-500-3537.

RELAC Members Cheer on the Dodgers

More than 150 tickets were sold by RELAC members to the Dodgers game on Friday, September 22, 2023 at the Los Angeles stadium in Chavez Ravine. The men in blue took on MLB rivals, the San Francisco Giants who won the game 5-1 on pitcher Sean Manaea's seven scoreless innings.

"Despite the outcome, RELAC members enjoyed the game with family and friends," said Brian Berger, President. Kudos to RELAC staff members, who coordinated the successful fundraiser. RELAC member Drew Davis purchased 35 tickets and was the winner of a gift bag with Dodgers logo items. Make plans to join with RELAC at its recreational activities and general membership meetings in 2024. For details, check the website, www.relac.org.

At press time, the Dodgers were engaged in the best of seven, National League Division Series playoff games against the Arizona Diamondbacks. Go Dodgers!



Drew Davis, RELAC member, sold the most Dodgers game tickets.



Roosevelt and Sheila Simpson enjoy the Dodgers game.

LA Found Bracelet Helps Those with Cognitive Issues

There has been a steady growth in the number of people with Alzheimer's and other cognitive impairments. To keep those who have these challenges safe if they wander from home, a lifesaving bracelet with GPS technology is offered by L.A. Found, a County program within the Department of Aging and Disabilities. For more information, visit LAFound@ad.lacounty.gov or call (833) 569-7651.

RELAC NEWSLETTER

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Number 6

Retired Employees of Los Angeles County
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Office Hours

9 a.m. - 4 p.m.

Monday - Thursday

Closed Friday,

Saturday, Sunday &

Public Holidays

IN MEMORIAM

This list includes retired employees, both RELAC members and non-members.

Agricultural Comm./Wts. & Meas. - Alfonso Olivan, Wasfy W. Shindy

Alcohol/Drug Pgms. Admin. - David Lafosse

Antelope Valley Rehab. Center - Nick J. Pellicano

Assessor - Raul L. Atler, John R. Collins, Angel T. Fortuna, Allan A. Fulton, Edmund L. Joyce, Mae Frances Peters, Lilia H. Rivas

Auditor-Controller - Sherri M. Florence Gray, Toni Parker

Beaches & Harbors - Salvatore J. Iannotti, Arturo A. Serrano

Board of Supervisors - Janet M. Logan

Chief Executive Office - Muriel M. Lewis

Child Support Services - Ruth Brown, Georgia P. McGreggor, Dorothy A. Moss, Cynthia Ratliff, Lucia Salazar

Children & Family Services - Lillie Burns, Lou J. Goods, Janie A. Green, Sharon C. Higgins-Penn, Geneva O. Johnson, Patricia A. Meacham, Janet Lyn Meadows, James A. Pounds, Valerie J. Steel, Susann M. Sullivan, Sheryl A. Tolle, Norma P. Tweet, Astrid Villanueva, Jean M. Welch

Communications - Soad R. Boutros

County Counsel - Michael H. Dougherty

District Attorney - Ernesto I. Caluag Jr., Brentford J. Ferreira, Joan Clay Manley, Paul Joseph Marin, Sherman Mitchell, John Allen Ramseyer, Josephine Bennett Skancke, Larry D. Walls, Muriel Ziff

Economic & Workforce Dev. - Helen Banuelos

Engineer Facilities - Helen Roser, Shirley A. Taylor

Fire - Warner E. Boston, Leland O. Brown, Lawrence W. Harter, David P. Horn, Lawrence Dale Lincoln, Thomas M. Lloy, Elden A. Lorenzen, John N. Morse, Cyril Ogunnaya, John D. O'Hara, Charles C. Vogl, Gene Wright

Flood Control District - Robert A. Olson, Pete Vigil

Harbor/UCLA Medical Center - Peter Allen, Leandra Benford, Rebecca S. Colson, Nellie Davison, Treasa M. Dawes, Martina Elizalde, Arelee M. Ferrell, Annie L. Hardwick, Mary E. Givhan-Haymon, Mattie B. Humber, Ilda R. Hustler, Kathleen McGinley, Soo J. Pak, Patricia Payne, Virginia P. Perez, Frances Seary, Hiroshi Wakamoto

Health Services Administration - Vivian J. Burgess, Anne S. Holley, Karen Horton, Lydia Bertha Lindsay, Dolores Vallejos, Evelyn E. Wilkinson

Human Resources - Cam T. Vo

Internal Services - Feliciano Alvarado Jr., Manuel G. Arias, Anthony Asuncion, Dean B. Bowen, Jean S. Chun, Michael J. Fehring, Mark E. Fink, Lovie Jean Hooks, Pearl Lawton, Charlie Price, Tsuneo Shimabukuro, Robert A. Speranza, William A. Taylor

Juvenile Court Health Services - Christine Burnett

King-Drew Medical Center - Socorro L. Fernandez, Amelia A. Mueco, Esperanza Portillo, Jose D. Vitug

LAC+USC Medical Center - Peggy Ann Anderson, Robert E. Andrews, Ioan Campeanu, Michael Clair, Phillip Henry Cole, Alma J. Copeland, Harold L. Crank, Beth Farestveit, Richard M. Galaif, Anita L. Garcia, Lo Nella J. Garrison, Jeanette Griffin, Ricardo E. Guardado, Chenault Hood, James K. Kelly III, Rodanthi C. Kitridou, Sharyn Y. Kobashigawa, Catherine A. Koenig, Jim H. Lee, Jeffrey Long, Danilo Manzanares, Matilda Miranda, Marcos H. Munoz Jr., Gene Lavon Porter, Estella M. Rivera, Rudolph C. Salazar, Stephen R. Sampley, Cristina M. Santos, Raphael W. Scott, Lois E. Smith, Micaela Tovar, Aletta D. Williams, Claudette Wiltz

LACERA - Pak M. Lau

Mechanical - William T. Swancutt, William Watson Jr.

Mental Health - Joyce Bailey, Barbara Brockett, Theresa A. Calbert, Christine Carter, Ruby D. Chapman, Patricia L. Frazier, Tina Mata, Doris J. Orum, Warren R. Procci, Victor E. Tolle, Erika K. Williams, Stephen N. Wilson

Museum of Art - Albert Reyes

Olive View/UCLA Medical Center - Gilbert Bojorquez, Hilma Bolton, Steve Brown, Lydia M. Contreras, Donna M. Fate, Nicole L. Hamilt, Michael H. Michael

Parks and Recreation - Gerardo M. Huizar

Probation - Mohammad M. Azam, Raymond L. Barrera, Estella R. Clements, La Vonne L. Davis, Stanley L. Guyness, Terrie D. Handley Harris, Janet Kessler, Imogene D. Lange, Albert J. Lino, Leora G. Malone, Tamarr M. Murachanian, Bettie Nissley, Rocco M. Palumbo, Robert M. Pedraza, Barbara A. Pipkins, Mario Salazar, Phyllis Earle Smith, Clevesta Y. Verdine, Henriette V. Walsh

Public Defender - Helen L. Brill, Richard E. Byrd, Dennis A. Cannon

Public Health Program - John Baca, Epifania Capitan, Veda L. Griffin, Mary L. Johnson, Patricia Manning, Mary K. Ochiai, Velma Ottley, Dolores Peete, Charles P. Ryan, Lois H. Walker, Gwendolyn J. Walker, Richard A. Williams, Roberta K. Young

Public Library - Mary L. Andrews, Kathleen Grant

Public Social Services - Joe A. Alarid, Esther Arvizo, William H. Attmore II, Leslie T. Barnes, Bobbie Jean Bonner, Taisha L. Brooks, Elizabeth Commodore, Toafa Tiari Cruz, Marcella R. Duran, Joyce A. English, Wanda Lee Frick, Anna J. Giles, Velma T. Harris, Philip Roger Hewitt, Everon F. Hill, Edith A. Hudson, Delores D. Johnson, Srisuda Kumboonlert, Dorothy Mora, Masako Okamura, Martha O. Osborne, Arpine K. Papazian, Erlinda M. Pineda, Delfa Quintero, Loretha O. Redic, Crystol Monique Reedy, Victoria Rueda, Willie M. Sharpe, Katherine M. Taber, Linda Warwick, Gloria G. Woods, Kelly Yieh

Public Works - William J. Bennett, Walter V. Bubnow, Daryll Chenoweth, Armando Cid, Ralph A. Delgado, Thomas R. Dennis, Donald G. Dreher, Nabil Elsaygh, Roland E. Etcheverry, Mary B. Goss, Masao Hamasu, Donald R. Hayes, Francisco Impellizzeri, Joseph Michael La Torre, Robert A. Lame, Grant M. Lawseth, Lyndon Lowther, Andrew D. Machado, Donna E. Miani, Bernard Momita, Allan Rothman, Engles Shen, Donald M. Sherrell, Kelly Sparks, Martin Terrazas, Javier Torres, Monroe Williams, Abu S. Yusuf, Rancho Los Amigos Hospital - Walter E. Baker, Mickey A. Christiason, Maria M. De Leon, Virginia Ann Edwards, Macarthur E. Harris, Roy Long, Betty F. Mason

Sheriff - Tiffany A. Addison, William B. Allison Jr., Charles B. Anderson, Celia Velasco Arayata, Anthony Argott, Steven L. Begley, Wylie R. Benson, John W. Bluff, Steven P. Brooks, Sandra M. Brown, Palm R. Calhoun Jr., McKinley Capers Jr., Miguel M. Castillo, Virginia Chacanaca, Ryan M. Clinkunbroomer, Reginald D. Cook, James S. Crider, Philip A. De Matteo, Louis C. Demmerle, Alejandro Diaz, Don W. Erickson, Harry F. Estep, Kenneth G. Feng, Richard M. Ferra, Akira Fujimoto, Neal D. Gayhart, Michael J. Guidos, Tommy L. Harris, Scott A. Hurst, Reynaldo O. Ibay, Paul J. Jendrucko, Eugene R. Kellett, Carl J. Kennedy Jr., Michael L. Kutlesa, Lawrence L. Laughlin, Mary Newson, Fernando S. Nunez, Richard B. Olson, Bridget P. O'Sullivan, David D. Parnell, Harold D. Phelps, William J. Poggione, William Rivera Coreano, Cynthia C. Sanders, C. Kent Scholten, Klaus D. Singer, William G. Soliman, Jerome O. Stern, Gary L. Stuart, Wayne A. Taylor, Seiko Tokuda Jr., Anna L. Volden, Bruce B. Waldo, Dorothy J. Winans, David M. Winkler, Fred Allan Wisinger

South Coast Air Quality Mgmt. - Donald R. Rouch, Richard L. Burnett, Virginia A. Gilliam, Roberto Gonzalez, Natalie M. Grahm, Louise Halevy, Stanley Kojac, Angela D. Mattox, Alan Olmos, Roselee D. Tillet-Jones

Superior Court/County Clerk - Philippa J. Trop, Donna Jean Walker Treasurer/Tax Collector - Jesusa S. Fernandez, Sonja O. Lett, David B. Spurgeon, Ronald S. Stanzak

Women's Hospital - Rita J. Andrade, Susan E. Cheek

Workforce Dev. Aging & Comm. Svc. - John F. McGlinchey

Unidentified County Agency - Daniel F. Culbert, Stanley Alan Kottle, Ian C. Rogers

PASSAGES

Compiled by Judy Hammond,
RELAC Member

DEATHS:

Joanne Dolores Saliba, 77, member of the Citizens' Economy and Efficiency Commission from 2018-2022 and foreperson of the Civil Grand Jury from 2016-2017, after short illness. **Sebastian "Sonny" Sardo**, County Military and Veterans Affairs commissioner. Dr. **Wasfy Shindy**, 84, who retired in 2008 after 35 years of County service, including serving as deputy director of the environmental toxicology bureau at the Agricultural Commissioner/Weights and Measures Department, where he spearheaded the establishment of a cutting-edge laboratory that led to the revelation of increased levels of chromium and lead in the water supply and everyday products. Sheriff's Capt. **Anthony Argott**, who joined the department in 1972 and retired from the Inmate Reception Center in 2005. **John Moriarity**, 90, a Music Center founder, member of the Sheriff's Youth Foundation board, and chair of the County's Commission for Narcotics and Dangerous Drugs for three years. RELAC member **John Baca**, who worked for the Department of Personnel, Chief Executive Office, Mental Health, Public Health and Health Services Administration, after falling and suffering a brain bleed. He is the husband of RELAC committee volunteer Liz Baca. Eight-year veteran Sheriff's Deputy **Ryan Clinkunbroomer**, 30, a fourth-generation member of the Sheriff's Department, shot and killed in his patrol cruiser while stopped at a signal in Palmdale; a local resident described by his family as suffering from schizophrenia has been charged with the murder. **Janet M. Logan**, chief of the Board Services Division of the Board of Supervisors Executive Office when she retired in 2013, with 25 years of service.

RETIREMENTS:

Peter Loo, acting chief information officer for the County, with more than 17 years of service.

ELECTIONS:

Former Sheriff **Alex Villanueva** says he will challenge Supervisor **Janice Hahn** in the March 2024 primary as she tries to win a third term. Deputy District Attorney **Eric Siddall**, Superior Court Judge **Craig Mitchell** and **Nathan Hochman**, who was the Republican nominee for attorney general in 2022, have announced they will run against District Attorney **George Gascon** in the March 2024 primary. Former D.A. prosecutor **Christopher Darden**, 67, perhaps best known for the O.J. Simpson murder trial in 1994, will be a L.A. Superior Court judge candidate in the March 2024 primary.

COURTS:

Former County Supervisor **Mark Ridley-Thomas** has to report to federal prison by Nov. 13 following his sentencing to 42 months after being convicted of conspiracy, bribery and honest services mail and wire fraud. Sheriff's Deputy **Gregory Davis**, 55, has been charged with attempting to cover up a patrol vehicle crash of a fellow off-duty deputy, who was allegedly driving under the influence. The County was ordered to pay Dr. **Timothy Jang**, director of the ultrasound fellowship program at Harbor-UCLA Medical Center, \$600,000 after a jury found he was retaliated against for reporting racist actions by the emergency department chairman and for complaining about malfunctions of medical equipment. Ex-Sheriff's Deputy **Miguel Vega** pleaded guilty to a felony charge of deprivation of rights under color of authority, admitting he wrongfully detained a skateboarder by forcing him into the back of a patrol car in 2020 and tried to cover up his actions by falsely claiming the 23-year-old was on drugs and acting aggressively.

APPOINTMENTS:

RELAC member **Constance Sullivan** reappointed to the Los Angeles County Citizens' Economy and Efficiency Commission, nominated by Supervisor Janice Hahn. Former Assistant Chief Executive Officer **Miguel Santana**, who also served as chief deputy to Supervisor Gloria Molina, named the new president and chief executive officer of the nonprofit California Community Foundation. **Melissa Reyes** named County's first "life sciences liaison" for unincorporated areas to expand development, investments and career opportunities for such industries as biotechnology, biopharmaceuticals, and medical devices.

HONORS:

Public Social Services (DPSS) Acting Chief Deputy Director **Michael J. Sylvester** was awarded the Jerry W. Friedman Excellence in Leadership Award, presented by the Virginia-based American Public Human Services Association, for incorporating information technology in the administration of vital programs and services to DPSS' 3.5 million-plus customers.

FOR THE RECORD: The death section in Passages in the September-October newsletter misspelled the name of Dr. **Rodanthi C. Kitridou**, who was director of clinical rheumatology at LAC+USC Medical Center when she retired in 2008.

Janet Logan, who recently died, is shown, at left, with RELAC members Angie Montes Johnson, in center, and Robin Guerrero while all three worked in the Board of Supervisors Executive Office in the Board Operations section. Guerrero was deputy executive officer; Logan and Montes Johnson were division chiefs, handling such matters as Board agendas, minutes, statements of proceedings, ads/ordinances/zoning, and records management. Logan retired Dec. 31, 2013 after 25 years of service.



Darden



Baca



Sylvester



Kitridou



Clinkunbroomer



Loo



Letters To The Editor

Write On!

Thank you to the 2023 RELAC Scholarship Committee for selecting me as [a scholarship award] recipient attending the University of Nevada Las Vegas (UNLV). I am extremely grateful that RELAC has invested in my education. I come from a three-generation County of Los Angeles employment family and look forward to continuing the tradition. Thank you again.

Aliyah Hodges, 2023 RELAC Scholarship Recipient
(Granddaughter of RELAC members Terri and Elroy Morris), **Rialto, California**

After having served in State, County, and City government, as well as private industry and the military, I have seldom seen an individual with more dedication, political savvy, and writing ability than Judy Hammond. Her insight, thoughtfulness, and willingness to take on a task is amazing. I will miss her excellent updates on what is going on in L.A. and the County in the RELAC newsletter. A round of applause is due her from all of us. Judy – thanks so much from all of us.

Phillip L Browning
Rancho Palos Verdes, California

RELAC Directors, thank you very much for the nice card you sent to me for my 95th birthday. Best.

Paul Hopkins
Toronto, Ontario, Canada

I am writing to inform you of an inaccuracy in Betty J. Mackenzie's article in the "Keeping Up With Retirees" section in the September/October RELAC newsletter. I am a Los Angeles County retiree, having retired after 31+ years from the Los Angeles County District Attorney's Office. Ms. Mackenzie refers to her promotions/transfers to the "Long Beach Superior Court District Attorney's Office," the "Los Cerritos Municipal Court District Attorney's Office," and the "Norwalk Superior Court District Attorney's Office." The Superior Court, Municipal Court (later merged with Superior Court) and District Attorney's Office are separate departments. None of the three offices of the District Attorney's Office is or has ever been affiliated with the Superior or Municipal Court. The Long Beach and Norwalk Offices are branch offices of the Los Angeles County District Attorney's Office, and the Los Cerritos Office was an area office of the Los Angeles County District Attorney's Office. As a matter of fact, the Los Angeles County District Attorney's Office is one of the largest, if not the largest, District Attorney's Office in the nation, and definitely not a part of the Superior or Municipal Court. I have chosen to submit this letter anonymously; in that I merely want to bring this error to your attention. Perhaps in the future these articles should be checked for accuracy. Thank You.

Anonymous RELAC Member



Kaiser Permanente Offers Tips for Healthy Aging

Improving and maintaining good physical health is sustainable with a plan of action that will make it easier to live longer, healthier and more independently, according to Kaiser Permanente. In a recent edition of "Tips for Healthy Living," senior citizens are urged to:

Get the right amount of exercise

Learn how to improve balance and prevent falls

Strengthen your bladder to avoid incontinence

Care for your mind, body, and spirit

Exercise helps burn calories, tone muscle, keeps bones strong and has an impact on one's mood. While it may be difficult to commit to a regular exercise schedule it is well worth the effort. Make a plan with activities you enjoy, invite or join a friend, start slow with three, 10-minute walks, and exercise when you have the most energy during the day.

Home accidents, such as falls, are the main cause of injury among older adults, but are preventable. Some ways to avoid mishaps are wearing non-skid, rubber-soled shoes, consult with your doctor about medications that might increase your risk of falling, check your vision with a professional, use a cane, walker or shower chair, if necessary, clear high traffic areas in your home, and take your time when going up or down stairs or getting up from sitting or standing.

There are many types of urinary incontinence, and consultation with your doctor is important to receiving the proper treatment. Some incontinence can be short-term or long lasting (chronic). Steps to prevent incontinence may range from eating more fiber, and limiting the amount of liquids consumed before bedtime to managing your weight and keeping a journal to track symptoms.

There are numerous self-care apps available, which offer mental health treatment but there is no one-size, fits all program. People have different cultures, life experiences, and priorities, therefore, treatment should be tailored to the individual. Healthcare coaches can help you take steps to lower stress, reduce anxiety, and adapt to life's daily challenges.





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of LOS ANGELES COUNTY
1000 South Fremont Ave. Unit 15
Alhambra, CA 91803-8802

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RELAC Board Retreat Action of September 12, 2023

Motion by J.P. Harris, second by Linda Hopkins to prepare and present to the General Membership for approval an amendment to the By-Laws to increase monthly dues to \$5/month for members and \$2/month for associate members: Unanimous Approval

Save the Date

Who: RELAC (Retired Employees of L.A. County)

What: Fall General Membership Meeting

When: Thursday, December 7, 2023, 10:00 a.m.
(Continental breakfast at 9:30 a.m.)

Where: DoubleTree by Hilton - Whittier, 7320 Greenleaf Drive, Whittier, CA 90602

Why: To vote on amendment to By-Laws to raise membership dues, and sponsor a Holiday Toy Drive in partnership with County of Los Angeles Spark of Love campaign to benefit low-income children and families.

IMPORTANT!
*Are you moving?
Did you change your
name, address or
e-mail address?*

Cut out the address portion of this newsletter, correct it and mail to:

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Unit 15 Alhambra, CA
91803-8802 or
Phone:
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Fax: (626) 308-2901
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website:
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Note: It is important that you mail this to RELAC or contact RELAC by phone as we DO NOT receive your address change from LACERA.