



66 Years of Dedicated
Service to L.A. County
Retirees

RELAC newsletter

Your Pension and Health Care Watchdog

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President's Message

by Brian Berger

RELAC Board of Directors, staff and members, you did it!

At the final General Membership meeting, held December 7, RELAC members voted unanimously to raise monthly dues to \$5, for members, and \$2 for Associates. Thank you for recognizing the need to upgrade RELAC's technology, improve customer service and office operations. More information about the vote and annual gathering appears elsewhere in the Newsletter. It was a chance for many of us to get together, share stories and stay up-to-date on RELAC's advocacy to protect our pension and healthcare benefits. Take time to check out the many photos from the holiday celebration, and hopefully they will encourage you to join us this year.

More than 100 retirees attended the meeting, held at the DoubleTree by Hilton Hotel in Whittier. The Fall meeting was combined with the annual Spark of Love Holiday Toy Drive, a partnership RELAC maintains with the Los Angeles County Fire Department. Assistant Fire Chief Jason Robertson thanked members for generously donating toys, which will be distributed to children and families in need throughout the County.

It's hard to believe that we've already entered a New Year. The Board of Directors and staff expect 2024 to be a busy, activity-filled and eventful year. We look forward to seeing you at one of the many events scheduled by RELAC. We may return to sponsoring an annual picnic. Why not? Los Angeles County has so many great parks and other recreational locations, ranging from the Arboretum in Arcadia, LaBrea Tar Pits and L.A. County Museum of Art on Wilshire Blvd., to the Museum of Natural History in Exposition Park, near USC. Let us know your suggestions for a RELAC-sponsored event.

On another note, currently there are three (3) vacancies on the Board of Directors. Although two former directors continue to volunteer, we do need to fill those seats. Also, our long-term office manager, Sheila Simpson, has announced plans to retire this year.

RELAC Committee Chairs and staff are working feverishly to keep activities on schedule and avoid any disruption to office operations. We are in the process of automating many office functions that will provide quicker and better information sharing internally and with RELAC members, many of whom may be more technically proficient than me. In this post-Covid pandemic world, office operations will encompass a hybrid model that combines in-office staff and work-at-home options so that your calls and requests are handled promptly. The office improvements will cost and, again, I thank RELAC members for supporting the increase in monthly dues.

Finally, as always, your comments and suggestions are welcomed. Continue to send them to me. And, if you find your right-hand itching as it tries to rise, it just may be saying, "yes, I have the time, interest, background, and passion to be a RELAC volunteer." You would be most welcomed.

Call us!



Members Turn Out for Fall Meeting & Annual "Spark of Love" Holiday Toy Drive to Benefit Children

by Victoria Pipkin-Lane, Acting Editor

RELAC conducted its Fall General Membership meeting on December 7, and more than 100 retirees turned out to approve an increase in monthly membership dues, \$5 for members and \$2 for associates, as well as support the annual Spark of Love Holiday Toy Drive.

President Brian Berger called the meeting to order at 10:00 a.m. It was held at the DoubleTree by Hilton Hotel in Whittier. Members of the RELAC Board of Directors in attendance, included Linda Hopkins, Vice President, Bobbie Fesler, Secretary, Dyanne Nelson, Treasurer, Dave Muir, Past President, Nora Jackson, Debbie Martin and Diane Sandoval.

"The gathering was a chance for retirees to get together, share stories, and stay up-to-date on RELAC's advocacy to protect our pension and healthcare benefits," said President Berger. "Their unanimous vote approving an increase in monthly dues shows they understand RELAC's need to upgrade its technology systems, improve customer service, and office operations," he said.

Dues Motion

Directors Muir and Fesler presented information in support of an increase in membership dues and introduced a Motion to Amend Bylaws Article II, Section 7. It reads, in part, "...Section 7 of the Bylaws is amended as follows – Regular members: \$2.50 per month is increased to \$5 per month; Associate members: \$1 per month is increased to \$2 per month. The dues increases are effective April 1, 2024. After a question-and-answer session, the motion was passed by a unanimous vote.

Muir, in response to a question from the audience, said, RELAC has sent a letter to U.S. Congressman Jason Smith, Chairman, Committee on Ways and Means, in support of H.R. 82, Social Security Fairness Act of 2023. The bill will repeal the Windfall Elimination Provision and the Government Pension Offset. A copy of the letter is posted to the RELAC website at www.relac.org.

"Staying Safer in the Digital World" presented valuable information on protecting passwords, using WIFI in hotels and public places, card scams, digital cash and other aspects of using the information highway. Director Martin stepped in for the speaker, Director James Brekk, who was unable to present due to illness. RELAC members asked questions about the safety of software programs and shared tips on how to avoid becoming a victim of scammers.



President Brian Berger welcomes retirees to the Fall General Membership Meeting and Spark of Love Holiday Toy Drive.

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LACAAEA Honors County Director of Personnel Lisa Garrett at Annual Gala Fundraiser

By Jason H. Williams, RELAC member



Lisa Garrett
LACAAEA Honoree

Lisa Garrett, County Director of Personnel, will be honored by the Los Angeles County African American Employees Association (LACAAEA) on Friday, February 23, 2024 at the Downtown Omni Hotel & Resort, 251 S. Olive St. in downtown Los Angeles.

Ms. Garrett's trailblazing career in County government started in 1994 as a Deputy District Attorney with the D.A.'s Bureau of Family Support Operations, followed by service with the Child Support Services Department (CSSD). Her outstanding accomplishments in helping children and families led to appointments as Chief Attorney and Chief Deputy Director of CSSD.

Garrett was recruited to be the Acting Director of Personnel, and in March of 2010 the appointment became permanent. Her innovative leadership of DHR has resulted in improved customer service and access to County job information, automation of all things HR, and implementation of employee wellness programs that focus on diversity, inclusion, acceptance, and equity.

DeLlora Ellis Grant is LACAAEA's current president, and Chair of its Social Impact and Community Support Committee (SICS), which sponsors the gala. Armetha Bravo, RELAC member, is Chair of the gala, and Charmaine Dorsey is Co-Chair.

LACAAEA's 2024 Black History Month program will be a gala, black-tie fundraiser with a hosted cocktail hour from 5:45 p.m. to 6:45 p.m., followed by dinner and the program, which begins at 6:45 p.m. Tickets, which are \$135 per person for members, and \$150 for non-members, may be purchased online at www.lacaaea.org. or from a SICS committee member.

The organization's mission includes serving and supporting the professional development of African American employees of the County, the communities which serve LACAAEA members, and promoting African American culture.

Garrett joins a distinguished list of past honorees, including County CEO Fesia Davenport, the Honorable Holly J. Mitchell, Supervisor – Second District, and former Supervisor Mark Ridley-Thomas.



Retired L.A. County Department Heads gather regularly at different locations, above, to share stories and enjoy one another's company. Steven Golightly, Ph.D. and former Director of Child Support Services, coordinates the luncheons. In December, the department heads met at Tony P's Dockside Grill in Marina del Rey.



Retirement Board

by Les Robbins, RELAC Director
LACERA Board of Retirement Trustee

Now that 2023 has come to a close, I hope that everyone had a good year and that 2024 turns out to be a good one as well. My 2023 was perhaps the most interesting year of my life as I had open heart surgery on December 28, 2022 and spent more than four months recovering. I feel very lucky in that my surgery was very serious and the doctors found my medical problem by accident. It was certainly a great example of someone looking out for me.

I was diagnosed with an Aortic Aneurysm, which if it bursts is almost always fatal. Mine was caught by a CT scan and my 5-hour surgery was very successful. After spending a week in the hospital, post-op, I was sent home to recover. I really had no other cardiac issues or any type of serious illness so my recovery was primarily just going through the healing process. I was hoping there would be no other issues such as an infection to overcome.

As retirees from L.A. County and as LACERA and RELAC members, we are very fortunate to have great insurance benefits that provide for us in moments like what I experienced. However, if we do not take advantage of these benefits, we are cheating ourselves.

In December, I celebrated my 75th birthday. Taking care of my health is a big priority in my life, and it should be that way for all of us. One of the challenges in getting older is trying to differentiate between those things we experience in our bodies and lives as a natural result of the aging process, and those things that may be something more serious and not within the parameters of the normal aging process.

The moral of the story is: Always get things checked out when and if you experience any kind of symptom or unusual changes in your body.

Investment Board

by Debbie Martin, RELAC Director
Trustee, LACERA Board of Investments

It is my pleasure to serve as the County retiree representative on the LACERA Investment Board. My top priority is protecting retiree pensions, and I am committed to ensuring that your pension fund is properly funded so that it's able to pay current and future County retirees.

Presently, I am proud to report that the LACERA Investment Fund is in great shape with more than \$75 billion invested at this time, and the future looks good.

RELAC, in partnership with LACERA, supports three major initiatives that could potentially have a major impact on retirees. They are:

- Elimination of the Windfall Elimination Provision (WEP). Another Congressional bill has been introduced, but the road ahead to passage is uncertain
- Lifting the \$1 million cap on lifetime benefits for retirees who have Anthem Health insurance
- Continued engagement in litigation between LACERA and the County of Los Angeles Board of Supervisors regarding personnel authority.

Thank you for electing me as your representative on the Board of Investment.

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President Brian Berger, second from left, is joined at the Fall meeting by, from left, Sheila Simpson, office manager, RELAC Director Victoria Pipkin-Lane, Brenda Stephens, staff, and RELAC Member Barry Hunt.



RELAC Board Secretary Bobbie Fesler, left, and Past President Dave Muir explain to members the Motion to Amend Bylaws Article II, Section 7, to increase monthly dues.

**Fall Meeting
Continued from p.1**

Holiday Toy Drive

Assistant L.A. County Fire Chief Jason Robertson thanked RELAC members for supporting the annual Spark of Love Holiday Toy Drive. "We appreciate your generous support of the children," he said. Barrels of toys and sports equipment were donated by retirees. Assistant Chief Robertson surprised colleague LaFonda Riggins, who handled the logistics for RELAC's toy donations, with a 20-year service pin. Ms. Riggins is the Community Services Liaison for Division IV, L.A. County Fire Dept.

Dr. Rachelle Saelor, senior veterinarian, North County, Department of Animal Care and Control (ACC), explained the benefits of the Pets Are Family (PAF) program, an award-winning initiative that includes a medical helpline, Vet@ThePark mobile unit, spay/neuter vouchers, and a pet food pantry. PAF is 100 percent grant funded by the L.A. County Animal Care Foundation. Christine Quesada, ACC's volunteer program coordinator, encouraged retirees who are pet lovers to volunteer at one of the department's shelters.

RELAC Connections

Vice President Hopkins announced the RELAC Community Support program would now be known as RELAC Connections, and encompass the March of Dimes and L.A. Regional Food Bank fundraising campaigns, as well as the Scholarship and Elder Justice Champion programs.

Information tables were set up by LACERA, Southland Credit Union and Pacific Group Agencies (PGA). Tamra Smalewitz of Southland and Stephen Pettee of PGA spoke briefly about retiree benefits and provided gifts for the opportunity drawings.

U.S. Navy Veteran Herb Lane, Jr. led the Pledge of Allegiance., and DJ Ron Chessman kept the holiday music going throughout the meeting. RELAC staff, Sheila Simpson, Toni Simmons, Brenda Stephens and Stephanie Salazar, worked tirelessly to ensure a successful meeting and toy drive.



Toni Simmons, RELAC staff, welcomes attendees.



At left, Assistant Fire Chief Jason Robertson congratulates La Fonda Riggins, who received a 20-year service pin, while, at right, Robertson presents a gift card to an opportunity drawing winner.



U.S. Navy Veteran Herb Lane, Jr. leads RELAC members in the Pledge of Allegiance at the meeting.



At left, Tamra Smalewitz presents a holiday basket to an opportunity drawing winner. Second from left, Stephen Pettee and Bobbie Fesler are all smiles with a winner, and third from left, Linda Hopkins makes another winner's day. At right, Pettee receives golf tips from Gil Sandoval, RELAC Golf Director.

Pets Are Family Program Receives Top Ten Honor at PQA Ceremony

A unique and innovative program to help pet owners, launched by the County Department of Animal Care and Control (DACC), was honored with a Top Ten Productivity and Quality Award (PQA) during the annual ceremony held in the Dorothy Chandler Pavilion of the Music Center in downtown Los Angeles.

The Quality and Productivity Commission (QPC) sponsors the PQA in October in partnership with the Board of Supervisors, Chief Executive Office, and the Executive Office of the Board. "County Departments, project teams, and community affiliates were honored for their dedication, compassion and commitment to solutions that enrich lives, and enhance the County's service to the public in countless ways," said Nichelle M. Henderson, Chair, of the QPC.

A multi-initiative, intervention program, PAF addresses the most critical needs expressed by pet owners across the County. Services offered range from free pet food and supplies, and a mobile Vet@The Park program to reach underserved communities, to a medical helpline and care vouchers for medical pet services.

"Pets Are Family has been instrumental in maintaining the human-animal bond between pets and their families," said Marcia Mayeda, Director of DACC. The PAF program "reduces animal care center admissions, and supports residents and their beloved pets when times are difficult and they need assistance to stay together," said Mayeda.

"We are honored to be recognized by the Los Angeles County QPC for our impact in the community," added Mayeda, who also received the Commission's Chair Leadership Award.

Dr. Rachelle Saelor, senior veterinarian in DACC's North County Region, and Christine Quesada, volunteer program coordinator, spoke about PAF and volunteer opportunities for retirees, respectively, at RELAC's Fall General Membership Meeting.

For additional information, visit www.animalcare.lacounty.gov.



DACC Director Marcia Mayeda, third from left, and staff members proudly display the Top Ten Productivity and Quality Award received at the annual recognition ceremony.

Dr. Rachelle Saelor and Christine Quesada of the Department of Animal Care and Control promote the Pets Are Family program and volunteer opportunities during remarks at RELAC's Fall General Membership Meeting.



Golf News

By Gil Sandoval
RELAC Golf Director

It's a New Year and RELAC golfers are ready to get going on the courses across Los Angeles County. We're hoping to be blessed with good weather.

The first golf tournament will be Monday, January 29, 2024 at Los Amigos Golf Course, 7295 Quill Drive, Downey, CA 90712. Entry deadline is Tuesday, January 9, 2024.

RELAC Golf Entry Forms may be obtained from the website, www.relac.org. We had to increase entry fees to \$46 per player, effective with the Los Amigos event. Golf carts are extra. Mail entry to RELAC – Golf, 1000 S. Fremont Ave., Unit 15, Alhambra, CA 91803. All checks should be made payable to RELAC with "golf" noted on the memo line.

Additional golf tournaments are scheduled at La Mirada Golf Course, March 25; Santa Anita Golf Course, June 3, and Los Verdes Golf Course, July 29.

We want to grow the RELAC Golf program this year. Invite your family members and friends who are golfers to join us. We encourage you to recruit new members at every opportunity.

For more information, contact me at (714) 504-2378 or via E-mail, gil8sandoval40@outlook.com.



RELAC Connections

(Serving Members & the Community)

by Linda Hopkins, Chair

The RELAC Board of Directors has approved RELAC Connections as the new name for its Community Support Committee, which included the March of Dimes and L.A. Regional Food Bank campaigns and the Scholarship Program.

RELAC Connections is appropriate because it explains what we do; connect with our members and several community-based agencies, which are addressing critical needs in the greater Los Angeles County community.

Last year, RELAC members donated more than \$5,000 to the March of Dimes, which is active in the community and working with families to ensure every baby receives the best possible start in life. Recent data shows persistent racial disparities across maternal and infant health. We continue to support the important research done by March of Dimes, as well as its programs to assist families with babies in the neonatal intensive care unit.

Donations to the L.A. Regional Food Bank are ongoing. In 2023, RELAC members contributed more than \$10,000 to the organization in support of its efforts to reduce food insecurity among low-income households.

The Scholarship Program is underway, and application forms may be downloaded from the website, www.relac.org or by calling the RELAC office, toll free, at (800) 537-3522.

Finally, RELAC members have been invited to join the Elder Justice Champion program, sponsored by the National Center on Elder Abuse (NCEA), which works to improve the national response to elder mistreatment. Apply online at <https://forms.gle/QghBThi33A7abExe6>. For information, contact NCEA at 1- (855) 500-3537.





Supervisor Don Knabe, RELAC Member

Former Staff Surprise Don Knabe on 80th Birthday

by Gail LeGros, RELAC Member

Oct. 15, 2023 was a significant day for the Fourth Supervisorial District – former Supervisor Don Knabe turned 80 years old.

Earlier in the year a few of his former staff were having lunch and decided to plan a surprise 80th birthday party. Staff going back to Supervisor Deane Dana’s era were all invited.

Saturday, Oct. 23 was the day set for the surprise. I invited Don and his wife, Julie, to dinner at Frantone’s in Cerritos. The Fourth District family has had many celebrations at Frantone’s over the years so Don agreed it was a great place to have dinner.

The supervisor was totally surprised when we entered the back room of the restaurant to see approximately 40 former staff members, their spouses and guests. In fact, he had just returned from attending his granddaughter’s soccer game with his sister who was visiting from out of state and didn’t even change his clothes prior to arriving at Frantone’s.

Among those in attendance were two of his three chief deputies – Fred Guido and Rick Velasquez. Unfortunately, close friend and former Chief Deputy Curt Pedersen was unable to come due to health issues.

Other staff members attending were: Hector Adame, Robert Allarte, Angie Alvarez, Andrea Avila, Anna Cervantes, Dardy Chen, Richard Espinosa, Mishal Folks Montgomery, Carl Gallucci, Mike Gin, Nancy Herrera, Nick Ippolito, Danielle Irwin, Matt Knabe, Cynthia Machen, Sara Rice, Tim Riley, Adriana Rodriguez, Matt Skolnik, Erin Stibal, Connie Sziebl, Linda Tarnoff, Luis Trujillo and Lauren Yokomizo.

Among guests were RELAC members Gary Townsend, who served as chief deputy assessor for 21 years under four assessors, and Pam Everett, former assistant director of public affairs in the Chief Administrative Office for 17 years.

It was an incredible evening to be remembered for a lifetime. Several of the staff and the supervisor had not seen each other in over five years. The question is, now what do we do when he turns 90?

Editor’s Note: LeGros is a former deputy to retired Supervisor Don Knabe, who also is a RELAC member.



Former staff attending surprise 80th birthday party for Supervisor Don Knabe were, from first row sitting: Gail LeGros, Adriana Rodriguez, Connie Sziebl, Andrea Avila, Danielle Irwin, Cynthia Machen, Anna Cervantes, Nick Ippolito, Richard Espinosa, Luis Trujillo, Nancy Herrera, Lauren Yokomizo, Supervisor Knabe, Linda Tarnoff, Robert Allarte, Matt Skolnik, Mike Gin, Tim Riley, Dardy Chen, Carl Gallucci, Angie Alvarez, Rick Velasquez, Mishal Folks Montgomery, Sara Rice, Fred Guido, Matt Knabe, Erin Stibal, Hector Adame



ScholarShare 529 and CalKIDS Programs Offer Families a Higher Education Fund

Higher education costs continue to skyrocket, leaving an education beyond high school out of reach for many families. Even some two-income households struggle to make ends meet, and have little disposable income.

A ScholarShare 529 college savings fund and the CalKIDS program are two resources, which may help County families. ScholarShare 529 helps families save for higher education expenses. “It’s never too late to save, and we encourage families to save anytime as anything helps when it comes to paying for college,” said Dana Salas, Outreach Specialist, ScholarShare Investment Board. The latter is part of the California State Treasurer’s Office.

CalKIDS gives eligible children in California as well as California newborns a jump start on saving for college or career training with a seed deposit in a college savings account. The seed deposit is up to \$1,500 in free money for college.

Many grandparents are taking advantage of these programs, which aim to provide greater access to higher education to all California children, she said.

For more information, send your requests via E-mail to dana.salas@treasurer.ca.gov.

Happy Birthday, RELAC Centenarians

January

- Shirley L. Gruskin, 104, Public Social Services
- Gloria F. Manly, 102, Health Services
- Gilda Saporito, 105, Health Services

February

- Kathryn A. Di Matteo, 101, Sheriff
- Frederick Paul Horn, 101, District Attorney
- Hanako Nakamoto, 101, Marshall
- Cleo B. Webb, 101, Building Services
- Connetta White, 102, District Attorney

Keeping Up With Retirees

We asked a RELAC member to let us know what he has been doing since retirement. His article is below.

STEVE SARACCO

In May of 1958, I interviewed for a temporary position in the stockroom at L.A. County Harbor General Hospital. I was told the position was for six weeks or when the regular stockman returned to work. I was hired. I was then asked how soon I could begin work. My answer was, as soon as I could remove my shirt. My six-week job lasted four months. At that time, I was asked if I would like to stay and work in the office or work as a gardener. I answered yes. So, my six-week job lasted four years, as a gardener



Steve and wife, Marsha Wilson-Saracco

During this time, I took tests for many different craft positions. In May of 1962, I was informed I was being hired by the Mechanical Department as an electrical apprentice. I was told I would enroll at LA Trade Tech as an electrical apprentice in a four-year program operated by the State, County, Local 11 IBEW and LA Trade Tech College. After passing my tests in June of 1966, I was promoted to journey wireman A, Local Union II. Later I was promoted to electrician, L.A. County Mechanical Department. After finishing the apprentice program. I returned to Trade Tech and received an associate of arts degree as an electrical apprentice.

After working as an electrician for a number of years, I was promoted to supervisor, assistant building crafts manager, then building crafts manager. I was assigned to the Hall of Administration and other buildings in the Civic Center and the Music Center. In 1996 I was transferred to the County Disaster Administrative Team (CDAT) in the Chief Administrative Office (CAO) doing earthquake recovery for the Northridge Earthquake. In March of 1999 I retired, but two years later I was asked by the CAO to come back as a consultant to resolve issues at MacLaren Children's Center in El Monte. I worked there for a few years, then retired for good.

I am married to Marsha Wilson-Saracco, a retiree of the Treasurer-Tax Collector's Office. I have a daughter, Stephanie; a son, Stephen; and a stepson, Andrew. My daughter is retired from San Diego County and California Superior Court. My son is an elevator supervisor with the L.A. County Internal Services Department and Andrew is also employed by L.A. County. Marsha and I have two grandchildren and one great-grandson.

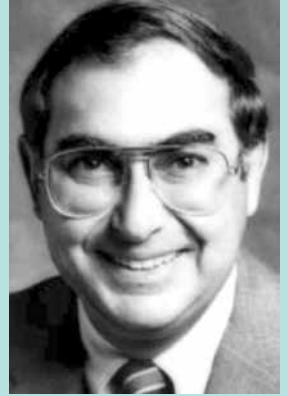
Our recreational activities are boating and cruising. We have been active members of Huntington Harbour Yacht Club and a previous yacht club since 1997. We began going on cruises in 1997 and since that time we have visited all the continents except Antarctica. We are planning to go there soon. We are still cruising and enjoying life.



Internal Services Department (ISD) employee Stephen Saracco, second from left, receives a 35-year service pin from L.A. County Supervisor Janice Hahn, 4th District, center. He is joined by, from left, his wife, Innanna, his mother, Marsha Wilson-Saracco, a 35-year retiree of Treasurer-Tax Collector's Office; and father, Steve Saracco, RELAC member and a 42-year retiree of ISD.

Former D.A. Robert Philibosian Remembered as a Contributor

"Bob Philibosian contributed to Los Angeles County in many ways beyond his service as a deputy district attorney and the District Attorney," said Steve Cooley, former D.A. and RELAC member. "He served many terms as chairman of the County's Economy and Efficiency Commission and was named that body's Chairman Emeritus."



Robert H. Philibosian
(Los Angeles County photo)

"He also served (for) decades as a member of the Countywide Criminal Justice Coordinating Committee, and was an active board member of the Peace Officers Association of Los Angeles County, an interdepartmental organization that provides high quality training for peace officers," said Cooley, in a statement sent to RELAC.

His (Philibosian) greatest contribution may have been his mentoring of many individuals, who achieved great success on the bench, in law enforcement, and government," added Cooley.

"While his tenure as D.A. was short, his influence and footprint were long lasting," former Supervisor Michael Antonovich, 5th District, told the Metropolitan News-Enterprise last year. "Philibosian was a dedicated public servant, a good family man and a person of integrity. I knew and worked closely with Bob for over 40 years, even before he became the district attorney..." said Antonovich, in the article.

Supervisor Kathryn Barger, 5th District, shared with the downtown newspaper, fond memories of Philibosian "a personal friend and a devoted public servant with an extraordinary command of criminal, environmental, and consumer law. He prosecuted civil cases with zeal and worked hard on behalf of the public's interest," she said.

Robert H. Philibosian, September 29, 1940 - November 13, 2023, served as Los Angeles County District Attorney from December 28, 1982 to December 3, 1984.



Quality and Productivity Commission Honors County Department Projects that Enrich Lives

by Victoria Pipkin-Lane, Acting Editor



Executive Officer Celia Zavala and staff members joined a capacity crowd at the Productivity and Quality Awards ceremony.



Supervisor Hilda Solis



KCAL-TV Sports Anchor Jim Hill

"Rising to the Extraordinary" was the theme of the 36th Annual Productivity and Quality Awards (PQA), which recognize County Department programs for efficiency and positive impacts on communities across Los Angeles County.

The ceremony is sponsored by the Quality and Productivity Commission (QPC) in partnership with the Board of Supervisors, Chief Executive Office and the Executive Office of the Board. It was held in October in the Dorothy Chandler Pavilion of the Music Center in downtown Los Angeles.

Supervisor Hilda Solis, First District, commended the QPC and County Department project teams for outstanding achievements in innovation and productivity. Supervisor Janice Hahn, in a video message, extended congratulations to the County employees, who developed and implemented the award-winning projects. CEO Fesia Davenport and Celia Zavala, Executive Officer, also commended the project teams.

The QPC's mission is to create a "collaborative County culture of continual improvement that yields ever-more productive, efficient, and effective services to enrich lives," said Nichelle M. Henderson, Chair of the QPC. "Congratulations to all County departments, project teams, and community affiliates for their dedication, compassion, and commitment to solutions that enrich lives," she said.

A capacity crowd attended the awards ceremony, which honored the Top Ten Projects and the collaborating departments and community-based groups:

- Pets Are Family, Animal Care and Control**, Parks and Recreation Depts
- Twenty Years of the Arts Education Collective**, Arts and Culture Dept
- Claim Your Cash – Increase Tax-Credit Update**, Chief Executive Office with multiple departments
- Youth at Work at Parks**, Economic Opportunity with Parks and Recreation
- Comprehensive Cancer Navigation**, Health Services Administration
- Sickle Cell Lives Matter**, Health Services, Harbor-UCLA Medical Center
- Tool Lending Library: Helping Communities Build**, LA County Library
- The Choi Story: Healthcare Navigation for Families**, Public Health with multiple departments and community agencies
- Increasing Access to Covid-19 Therapeutics**, Public Health with Health Services and multiple community-based facilities
- Alternative Crisis Response Initiative**, Mental Health

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WELCOME NEW MEMBERS

October - November 2023

- Estrada, Sandra** - Harbor-UCLA Medical Center
- Gaona, Ana** - Health Services
- Hudgens, Mary** - Chief Executive Office
- Triggs, Donna** - Child Support Services
- White, Michele** - Public Social Services
- Bonds, Oretta** - Children & Family Services
- Ferrara, Melanie** - Superior Court
- Grigsby, Janice** - Sheriff
- Kubik, Barbara Jane** - Mental Health
- Perkins, Doris G.** - King-Drew Medical Center
- Resnick, Nicole** - Children & Family Services
- Sutherland, Marian** - Sheriff
- Wiltshire, Jonna** - Sheriff

Thanks for Referrals

Our thanks to the members, shown in bold, for referring new members, shown in italics.

August & September 2023

- Ruby Gold**, *Shelley Charles*, Child Support Services
- Linda Hopkins**, *Barbara Ellison*, Beaches and Harbors, and *Godfrey O. Ellison*, Internal Services
- Joan Marks**, *Mansoureh Rahimi*, Children and Family Services
- Marianne Reich**, *Arlene Barrera*, Auditor-Controller
- Jean Copes**, *Katherine Broussard*, Sheriff
- Michelle Walker**, *Gwendolyn Dupree-Pittman*, Health Services
- Javier Casas**, *Christina Fregoso*, Children and Family Services
- Angela Dominguez**, *Evelyn Garcia*, Public Social Services
- Joyce Stallworth**, *Hattie Lesure*, Harbor-UCLA Medical Center

October & November 2023

- Rosalind Alvarado Gomez**, *Sandra Estrada*, Harbor-UCLA Medical Center
- Victoria Pipkin-Lane**, *Ana Gaona*, Health Services
- Mary Yue**, *Mary Hudgens*, Chief Executive Office
- Nancy Williams**, *Donna Triggs*, Child Support Services
- Shirley Hubert**, *Michele White*, Public Social Services
- Lola Aldridge**, *Oretta Bonds*, Children and Family Services
- Terry Espinoza**, *Melanie Ferrara*, L.A. Superior Court
- Marcell Manuel**, *Janice Grigsby*, Sheriff
- Christopher Fierro**, *Barbara Jane Kubik*, Mental Health
- Beverly Powdrill**, *Doris G. Perkins*, King-Drew Medical Center
- Pamela M. Houston**, *Marian Sutherland*, Sheriff
- Les Robbins**, *Jonna Wiltshire*, Sheriff

Did You Know?

CalPERS is offering its members the option of going paperless. You may receive your 1099-R or W-2 tax form online. You also may take advantage of ways to learn more about retirement benefits. To get started visit, www.calpers.ca.gov.



Inside LA County

by Judy Hammond
RELAC Member

Another new County office is being created. The Board of Supervisors – noting that more than 1 million County households face food insecurity each year -- asked the Chief Executive Office to come up with a plan to establish an Office of Food Equity to work with philanthropy and local nonprofits striving to end hunger. Supervisors said the office could help by updating zoning policies to encourage urban farming, support local food entrepreneurs, prevent food waste and improve access to nutrition assistance programs.

County hospitals are in the news. First the good news: Supervisors approved \$2 million to begin retrofitting the historic County General Hospital, set to be converted into housing for the homeless and low income. The initial phase, improving columns in the basement and first floor to make the building less vulnerable in a major earthquake, is expected to be completed by June. The former hospital, opened in 1933, was replaced by a new state-of-the-art facility in 2008.

And the bad news. Harbor-UCLA Medical Center was placed on probation by the accrediting agency for physician residency and internship programs. The announcement followed the filing of two lawsuits by three physicians who allege that Dr. Loui Kwong, former chairman of the hospital's orthopedic department, had engaged in sexual misconduct involving unconscious patients, delayed acute surgeries in favor of elective procedures and repeatedly made sexist comments to staff. The three filing the lawsuits –two orthopedic surgeons and the former director of emergency medicine – said the County ignored their complaints about Kwong. The Health Services Department, which placed Kwong on paid administrative leave more than a year ago while looking into the allegations, said its investigation should be completed soon.

The Board of Supervisors asked staff to develop options for the County to help stabilize MLK Community Hospital's finances after officials there announced that the facility lost more than \$42 million in the budget year that ended in June 2023 and may run out of money in 2024. The Willowbrook hospital was created to replace the County's King/Drew Medical Center.

Saying nearly 1 million County residents have more than \$2 billion in medical debt, the Board of Supervisors is exploring purchasing the debt, estimated to cost about \$24 million. Hospitals often sell medical debt for a fraction of the total owed.

The parents of a Palmdale sheriff's deputy shot and killed while he was stopped in his patrol car have filed a claim against the County, asking \$20 million in damages. Kim and Michael Clinkunbroomer said their son, Ryan, was forced to work more than 100 hours of overtime each month because the Sheriff's Department was understaffed so was too fatigued to stay alert to threats. The couple's attorney blamed mismanagement of the department for a 20 percent deputy vacancy rate.

Gladstones Restaurant, located on a Pacific Palisades site owned by L.A. County, was set to close in October 2023, but now will stay open for at least two years before being replaced by a Frank Gehry-designed restaurant operated by celebrity chef Wolfgang Puck. The restaurant, which had been operated by Sea View Restaurants, is now owned by a group consisting of Gladstones staff.

L.A. is one of the first counties to implement the new state law that allows the creation of CARE courts to order treatment in community-based settings for persons with severe mental health issues.

Parking enforcement services have been transferred from the Sheriff's Department to the Department of Public Works, which Supervisor Holly Mitchell said will streamline parking enforcement management and DPW's ability to deliver services related to road maintenance and street safety.

Supervisors approved hikes in the price of tickets for the most expensive seating areas at the Hollywood Bowl, but noted that the number of \$1 seats was increased and 40 percent of all tickets cost \$37 or less.

Following a second escape from the recently reopened Los Padrinos Juvenile Hall in Downey, Probation Chief Guillermo Viera Rosa said security has been beefed up by installing razor wire, and adding an armed guard outside the campus and a peace officer and another supervisor on the interior. Gov. Gavin Newsom vetoed a bill earmarking up to \$1 billion to support infrastructure improvements at the County's juvenile halls and camps, saying the grant should be considered during the annual budget process so it could be evaluated in the context of all state funding priorities.

The County Library is striving to improve the reading skills and confidence of children aged 2-12 by having them read aloud at the libraries to therapy dogs.

The Animal Care and Control Department -- always in need of food, supplies, treats and other items for the animals in its care -- publishes a wish list for its individual shelters on Amazon at <https://animalcare.lacounty.gov/donate/>. If you are interested in donating your time, find out about the volunteer opportunities at <https://animalcare.lacounty.gov/become-a-volunteer/>.

The Board of Supervisors has asked a report be published annually providing demographic statistics on commissioners appointed by the Board.

Metrolink has implemented a six-month grant-funded pilot program that allows Southern California students to ride for free.

Continued on p.9

RELAC NEWSLETTER

Vol 59 - Jan/Feb 2024

Number 1

Retired Employees
of Los Angeles County
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9 a.m. - 4 p.m.

Monday - Thursday

Closed Friday,

Saturday, Sunday &

Public Holidays

Inside LA Continued from p.8

The supplemental budget adopted by the Board of Supervisors included 167 new positions in the Department of Mental Health, funding for body-worn cameras for jail deputies and \$22 million to implement the new CARE Court for treatment and housing for the mentally ill homeless.

The Justice, Care and Opportunities Department has launched a pretrial services support center and website to help justice-involved individuals navigate the justice system. The department has also begun a program in the Antelope Valley to provide housing, employment, legal aid and educational support for justice-involved individuals.

Supervisors approved a \$700,000 settlement to journalist Josie Huang, who was thrown to the ground and arrested by sheriff deputies while she covered a 2020 protest outside a Lynwood hospital. The agreement also provides for required training of deputies regarding the legal rights of the media. Huang said she will donate the money.

Among celebrities at LACMA's Art+Film Gala were Brad Pitt, Jennifer Lopez, Ben Affleck, Lupita Nyong'o, Ke Huy Quan, Jessica Chastain, Keanu Reeves and Kim Kardashian. Lenny Kravitz performed.

In its successful appeal to County supervisors to allow unruly people to be banned temporarily from parks, SEIU 721 said it surveyed the 1,600 parks personnel and found that approximately 40 percent had been threatened, harassed or physically attacked while at work

The County has implemented a program to help cover missed rent for landlords impacted by the COVID pandemic, budgeting more than \$46 million to provide up to \$30,000 per unit.

The new La Brea Tar Pits Mobile Museum, operated by the Natural History Museum, visits schools throughout the County to allow kindergarten through second grade students to learn by playing, using anatomical puzzles and digging through black "tar" streamers to find "fossils." The two existing mobile museums – one themed after archaeology and the other marine biology – were designed for older students and served primarily the Los Angeles Unified School District.

The Department of Animal Care and Control hosted a Vet at the Park event in Baldwin Park, offering free veterinary services, including free exams, vaccines, microchips, flea medications, and pet supplies.

The Department of Economic Opportunity and Department of Parks and Recreation won the Productivity and Quality Golden Eagle Award for "Youth at Work at Parks" in which 472 youth have been hired, 122 becoming Parks and Recreation employees.

The Lead Free Homes LA program, managed by the Department of Public Health in partnership with the County Development Authority, has completed its 500th home remediation project. Begun in 2019, the program is dedicated to eliminating lead-paint hazards from homes throughout the County through a combination of assessments, remediation, and education.

Letters To The Editor Write On!

Hello, at age 98, I have been an Honorary Member, and free of monthly fees of for many decades now. This message is to tell you that, not only am I in favor of your raised membership fee proposal, but that I would like to pay a re-instated monthly Senior Rate fee. If that is not available, I'll gladly pay the regular fee, but would recommend that you take measures to install Senior Fees. If that were available, you might not have needed to raise the General Fee, as you know, seniors have been rising in huge numbers, and now live so much longer than previously. If that requires a voting change, I recommend your inviting a Motion to that effect at the December 7 Fall General Membership meeting, if possible, or else prepare necessary measures for the next such event. After all, all our commodity and living prices keep rising, so that your general membership fee is still relatively low, in view of the multiple services you render with so much care and efficiency. Due to severe mobility, balance, energy, vision, and profound hearing impairments at my now highly advanced age, I no longer drive, and am regrettably unable to attend your December meeting at an especially far distance away from my hillside residence. Since phones are now very difficult for me to use - even with my costly hearing aids - please address your response to my email address. Thank you. With warmest best wishes for the continued success of all your splendid endeavors, and for the continued safety and wellbeing of you and all your staff and families.

Eva M. Ballo
Studio City, California

Dear Brian, I read your message in the recent newsletter with great interest. Now, let me say I do not disagree with the increase in dues. I do disagree with the approach you took to introduce the increase. I find it to be misleading to report a "modest increase" when you are doubling the current dues. I thought of an amount under one dollar when I read your message. Then when I learned of the actual increase, I was rather taken aback. I was also annoyed that I had to dig further to find the actual amount. Additionally, if the situation has been brewing over the past few years, why has the board not taken action much sooner? A 30% increase every few years would be more palatable than a 100% increase and also give the idea that someone is watching the budget carefully. Thank you for your time to read my letter, and I would never want to see a 100% increase in dues again. Best wishes to you and the staff of RELAC for your work on our behalf. And Happy Thanksgiving to all. Cordially,

Gloria S. Sheppard
Los Angeles, California

Quality and Productivity Continued from p.7

The Commission's coveted Eagle Awards went to:

Gold Eagle – Youth at Work at Parks, Economic Opportunity with Parks and Recreation

Silver Eagle - CHOI Story: Healthcare Navigation for Families, Public Health with Public Social Services, County Office of Education, LAUSD, and multiple, community-based organizations

Bronze Eagle – Claim Your Cash – Increase Tax Credit Uptake, Chief Executive Office with Aging and Disabilities, Consumer and Business Affairs, Economic Opportunity, Public Social Services, and multiple, community-based organizations

A complete description of each program, and projects recognized with Commission and Special Merit Awards, Traditional Plaques, and Commission Certificates of Recognition is listed on the website, www.qpc.lacounty.gov.

KCAL-TV, Channel 9, Sports Anchor Jim Hill served as co-master of ceremonies, along with William Parent, QPC First Vice President. The County Fire Department Honor Guard posted the colors, while Veteran Claims Assistant Alfonso Garcia led the Pledge of Allegiance.

PASSAGES

Compiled by Judy Hammond,
RELAC Member



Terakawa



Gero



Brown

RETIREMENTS:

Brothers **Ed, Dick and Jerry Heinrich**, who served for decades as lifeguards at Zuma Beach. **Anthony (Tony) Wycoff**, longtime Internal Services Department employee who handled the audio of Board of Supervisors' meetings and special events, with more than 38 years of service. Assistant County Counsel **Elaine Lemke**, with more than 18 years of service. **Loretta Valenzuela**, a principal analyst with the Human Resources Department, with 41½ years of service. **Jeff Howard**, Public Works administrative deputy, with almost 39 years of service. **Carol S. Eliel**, senior curator of modern art at the County Museum of Art (LACMA), with almost 36 years of service. Deputy District Attorney **Robert Knowles**, with 35 years of service. **Chequita Palmer**, Human Resources Department senior deputy compliance officer, with more than 37 years of service.

DEATHS:

RELAC member **Robert Philibosian**, 83, district attorney from 1982-84, from West Nile encephalitis. **David Brown**, former executive director of Descanso Gardens (2005-2017), following a long illness. **Wesley Robert Mossberg**, 96, the last department head of Weights & Measures before it was merged in 1984 with the Agricultural Commissioner Department. Sheriff's Capt. **William Poggione**, who was working at the Criminal Courts Building when he retired in 1988 after 31 years with the department. **Lilibeth Navarro**, Second District appointee to the Personal Assistance Services Council, which she co-founded in 1998. **John Leroy Moriarity**, 90, who served on the Commission for Narcotics and Dangerous Drugs. **Phalen "Chuck" Hurewitz**, 86, commissioner and chair of the Commission for Children and Family Services (1990-2006) and member of the First 5 LA Commission (1999-2006). **Andy Gero**, 94, director of medical photography at LAC+USC Medical Center when he retired in 1992 after 29 years of service, from a blood infection. **James "Jim" Donald Olson**, 75, who retired from the Natural History Museum in 2000 after 27 years, beginning as a curator of exhibits and rising through the ranks designing dioramas that are still on display today; he was also instrumental in building the Automotive Museum that was initially part of NHM. Retired Sheriff's Commander **Darren Harris**, who served as a media spokesman and oversaw the Transit Bureau and the Santa Clarita station during his 25-year career, from self-inflicted gun-shot wound. **Michael "Mike" Watanabe**, 77, who represented the Second District on the Narcotics and Dangerous Drugs Commission for 16 years. **Irving Alvarez**, who was Supervisor Janice Hahn's appointee to the County Youth Commission. **Nicholas "Nick" Aquino**, 66, who served 35 years in the Consumer and Business Affairs Department, where he headed the Real Estate Fraud and Small Claims Court Advisory units; after short illness. **Louis "Lou" Aguilar**, Senior Assistant County Counsel who oversaw the General Litigation Division when he retired in 2003. Former Principal Deputy County Counsel **Alan Terakawa**, 80, who retired in 2005 after more than 38 years of service. He is survived by his widow, Anna Herrera-Murray, who is a Principal Deputy County Counsel assigned to the Dependency Division.

APPOINTMENTS:

Guillermo Viera Rosa, interim chief probation officer since May 2023, given permanent position at annual salary of \$375,098. **Michael Bustamante**, once press deputy to former Supervisor Gloria Molina and now a partner with California Strategies, a government relations, public affairs and campaign consultant firm, reappointed by Supervisor Kathryn Barger to the County Beach Commission.

COURTS:

Public Works Department public information officer **Steven Frasher**, 62, arrested at his Redlands home on suspicion of possession of child pornography. **Adrian Muñoz**, 34, an investigator with the Department of Medical Examiner since 2018, charged with stealing items from deceased individuals and surroundings during the scope of his employment.

ELECTIONS:

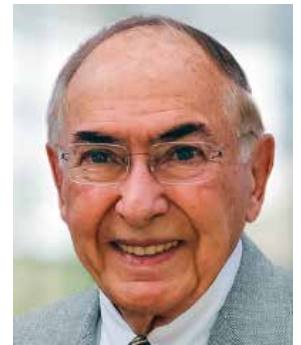
District Attorney **George Gascon** will face nine opponents in the March primary: Deputy D.A.s **Maria Ramirez, John McKinney, Jonathan Hatami**, and **Eric Siddall**; Superior Court Judges **Craig Mitchell** and **Debra Archuleta**, former federal prosecutor **Nathan Hochman**, former head of violent crimes prosecutors for U.S. Attorney's Office in L.A. **Jeff Chemerinsky**, and retired Superior Court Judge **David Milton**.

HONORS:

Desiree Lee, Rowland Heights Library manager since 2008, was selected as grand marshal of the community's 51st Annual Buckboard Days and Festival.



Lee



Philibosian



Hurewitz



Bustamante

IN MEMORIAM

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

Agricultural Comm./Wts. & Meas. - Roza N. Arvahi, Catherine Hill, Wesley Robert Mossberg, Gary T. Takeshita, Collis W. Turner

AIDS Program - Sandra S. Bibb

Ambulatory Care Network - Pedro Benitez Jr.

Animal Control - Mark Cusick

Assessor - Alice Dorgan, John R. Metcalf, Kenneth T. Sato

Board of Supervisors - Juan M. Mendoza

California Children's Services - Linda Moreno

Child Support Services - Shirley A. Byas, Berta M. Curry, Wendy C. Knittle, Antonia G. Rubalcaza

Children & Family Services - Mario Alvarez, Diana B. Batiste, Marilyn B. Berger, Kimberly Carter, Patricia A. Clemons, Arena L. Cole, John M. Hendrick, Helma R. Hintz, Cipriano Llanes, Hazel D. Long, Rosa McElroy-Elli, Stephanie M. Pierce, Dorothy Popineau, John R. Reina, Bernard A. Ring, Pamela Risinger, Harriet Rubenstein, Anne B. Savino, Barbara Scanlan, Bonnie K. Spamer, Janet W. Szijj, Juanita Terry, Myra Wilkinson, Joanne N. Williams, Irene Ybarra

Consumer Affairs - Nicholas V. Aquino

County Counsel - Louis V. Aguilar, Jerome A. Johnson

District Attorney - Carol Baird, Deren K. Brady, Rockey S. Caringello, Emilio Guerrero Jr., Ruth Hillman, Richard L. Jenkins, Joan G. Muldowney, Flora D. Payne, Lawrence Waddington

Engineer Facilities - Mae L. Alexander

Fire - Mitchell C. Cohen, Lawrence Charles Duran, Lawrence P. Hughes, George E. Hull, Thomas L. Little, Wayne Mills, Henry Oscar Ramage, Russell A. Shonting, Anthony N. Skultety, Kenneth D. Sodoma, Rial E. Thompson Jr.

Flood Control District - Antione Arnold Mathieu

Harbor/UCLA Medical Center - Willie Banks, Greta J. Bhoopat, Joseph O. Evans, John S. Hamilton, Helen H. Hayakawa, Yeiko Kaneshiro, Bernice Ligon, Felix N. Okeneme, Calinica O. Semense, Edna D. Tolentino

Health Services Administration - Laurie N. Aggas, Virginia Gutierrez Brown, Vivian M. Duclos, Andrew J. Gero, Howard A. Gersten, Lavetta Givens, Ruth D. Jackson, Bette Kimiye Kim, Edvernell Moss, Stephen A. Ruffino, Alma J. Steele, Ora Y. Tolbert

Internal Services - Edward Butler, Franklin Chang, Henry Gonzales Jr., Jaime Guerrero, Semyon Kats, Shirley A. Korngiebel, Yu-Cho Lee, Perry T. Lew, Berthol L. Maiden, Carroll Stephens, Ronnie D. White, Philip H. Yu

King-Drew Medical Center - Barbara J. Cole, Beatrice B. Johnson, Alice Keesee, Paul Ladefoged

LAC+USC Medical Center - Anoshirava Afrasiabi, Sarah Potter Bailey, Charlesha N. Caver, Anayis K. Derdarian, Garrett R. Doyle, Andrew Faith, Aurelio M. Franco, Hannah S. Lam, Mingren L. Laurel, Julieta Maya, Lela G. McCoy, Maria C. Millera, Stephanie H. Mok, Jude F. Moreno, Trinidad R. Nitafan, Josephine B. Parcon, Priscilla Pearson, Charles R. Pierson, Faye Robertson, Mardra Tidwell, Chinenye P. Ugorji, Lois Woods

LACERA - Allan E. Cochran

Little Lake Cemetery District - Tony T. Juarez

Mental Health - Eugene M. Alper, Patricia Attridge, Dolores G. Daniel, Olga F. Diner, Grace Francisco, Eunice R. Greenwood, Kenneth A. Hairston, Aurea Hernandez, John A. Hernandez, Woodrow Jefferson, Laura Christine Kavar-Aguilar, Ruth R. Manzanares, Brenda Y. Sheppard-Johnson, Laura Span, Lilia H. Wallace

Museum of Natural History - James Donald Olson

Office of Affirmative Action - Pablito M. Tantoy

Olive View/UCLA Medical Center - Betty I. Aguilar, Harriet B. Atkins, Zan Barney, Maria N. Garcia, Ana E. Garcia, Janice M. Garrett, Barbara A. Hutton, Mercedes Ocampo, Gilda O. Silva, Karen A. Silvestre, I. Velma Twomey, Garo B. Ungaro, Peter Valdivia

Parks and Recreation - Raymond H. Dortch, Melvin C. Pinkney, Ronald Barragan

Probation - David D. Barrette, Willie Ray Blakely, Ralph E. Calderon, Loureatha Davis, Steven C. Eckroth, Dallas Wayne Evans, Lillian J. Ferguson, Ernesto Gonzalez, Mary M. Howell, Farouk Ibrahim Khalil, Mary E. Kirkpatrick, Nathaniel M. McClain, Silvia M. Moreno, Yasuo Morioka, Scott Morter, Willie Lee Puckett, Leopoldo Roman, Thomas G. Sawyer, Edward A. Smith Jr., Elsie M. Strickland

Public Defender - Chloris De Brauwere, John Garbin, William McCallister Jr., Karen J. Quesada, Robert W. Scott

Public Health Program - Schenell M. Fulmore, Lila M. Garcia, Sono Nakauchi, Linda Paries, Ester M. Reynolds, Evelyn Salem, Mitchell C. Semer, Judith Kay Snedeker, Jun Yan

Public Library - Leon Brown, Sally Colby, Florrie A. Drumm, Patricia Anne Libby, Neomia Lowe

Public Safety - Matthew Butler Jr.

Public Social Services - Margaret E. Anderson, Mary Arballo, Verninita E. Booker, Nola G. Bryant, Judy L. Bush, Annie L. Chen, Vannath Chouy, Dee A. Davidson, Marilyn M. Douglas, Ramon A. Duron, Ida R. Erb, Seab Etta Revels, Cecile Gibson, Mario Guillont Jr., Joyce A. Haskin, Nam N. Ho, Betty Wayne Hudson, Glacia S. Hudson, Irma M. Huerta, Zeporia Hughes, Bettye D. Johnson, Marion J. Kalpakoff, Aroon K. Kirpalani, Alta M. Koutnik, Dolores Krasow, Phuc T. Lam, Joyce A. Lee, Harriette Levens, Marjorie Logan, Beverly A. Luster, Mary E. Martin, Gloria O. Martinez, Constance P. Morgan, Aurora V. Navarra, Vinh D. Nguyen, Clyde P. Palk, Frederick Pant, Marion Eugene Perry, Yevgeniy Pushkarev, Judy L. Richardson, Donald Richmond, Constance Mary Rickel, Rita Rivera, Sabry G. Rizkalla, Anthony Saucedo, Lupe M. Selzer, Robert Staten, Guadalupe Suzuki-Herna, Yolanda E. Valenzuela, Duane V. Waln, Vernel Williams, Lynn Carole Wilson, Jimmy Wu, Uriel Marc Ybarra

Public Works - Dean Howard Brower, Mercedes L. Byrd, Merle Frederickson, Rassoul D. Ghavimi, Marvin Gregory, Linda L. Habermehl, Guadalupe Hernandez, Charles E. Jones, Stephen Knapp, Delano J. Lampe, William A. Ludvik, Jack R. Moore, Melvin H. Pfeil, Martin E. Pruett, Diana Shirvani, Clarence Smith, Clarence D. Thomas

Rancho Los Amigos Hospital - Linda Y. Bass, Carol Cantey, Kenneth L. Cohen, Consuelo Echavarri, Earl S. Johnson Jr., Linda K. Jones, Gloria Jordan-Llera, Chitraporn Kanares, Sandra Lyons, William Montgomery, Daphna F. Worsham

Reg.-Recorder/County Clerk - Joseph J. Voigt

Sheriff - Edith J. Agee, Seria A. Anderson, Arturo Atilano-Valadez, Edris R. Aubry Jr., Edward L. Bunton, Barbara A. Campbell, Branden W. Colbert, Gladys B. Coleman, Yolanda R. Cordero, Rick Dalton, Christophe P. Despol, Diane M. Dunn, Rose M. Dorak, Elsbeth J. Ehret, Richard R. Elliott, Sylvia B. Esseny, Alfred L. Farias, William H. Findon, Walter R. Flores, John C. Games, Gregory E. Hansen, Darren D. Harris, Alvin W. Henley, Thomas V. Holean, Margaret Marcella Holloway, Gregory L. Hovland, Maureen F. Hunt, Francisco M. Hurtado, Carlos M. Iberri, Dennis R. Ingersoll, Douglas Kozakowski, Michael L. Kuper, Lori M. Lopez, Mary Z. Marangon, Richard A. Martin, Jesse H. Meek, Klair E. Mendenhall, Prentiss Molden, Erma L. Nelson, Mai-Phi T. Nguyen, Michael J. O'Rourke, Robert A. Pattison, Sonny T. Pham, Esther P. Rios, Michael S. Robbins, Albert R. Rowe, Jack Samuels, Wilhelmina D. San Diego, John S. Sheehan, Barry L. Stauffacher, James A. Stewart, Ronald G. Tanikawa, Corina M. Thompson, Larry J. Tomes, Manuel A. Valle, Alexander V. Velasquez, Cindy A. Vukic, Brenda Walters, Franklin E. Wentz, James C. White, Alvin R. Williams, Andrew Young

Superior Court/County Clerk - Bernice Pugh Adams, Alma M. Aghbashian, Elizabeth Borsky-Smith, William D. Burns Jr., Richard A. Hovey, Earl V. Lawson, Alan Olmos, Charles L. Peven, Virginia Roque, Maher M. Selim, Thomas J. Zecchini

Treasurer/Tax Collector - Betty Jean Crowe, Elizabeth C. Jones, Michael Jones, Robert J. Kelly, Romeo C. Villafranca

Workforce Dev. Aging & Comm. Svc. - Robert J. Carlos

Unidentified County Agency - Donald A. Barner, Gary W. Butler, Jerry L. Hinkey, Alfred R. Louaillier



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Ways to De-Stress and Relax: Take a Nap!

by Kaiser Permanente

Sleep is essential for overall health, and gives the mind and body time to relax and recharge. Studies show that getting seven to eight hours of regular nighttime sleep is best for maintaining good health.

But what happens when you don't get a good night's sleep and find yourself tired during the day?

Enter the nap. Naps may have health benefits, like reducing stress and improving memory. One study showed that daytime napping following the Covid-19 pandemic actually helped relieve stress and stabilize sleep patterns.

Why not see if some afternoon shut-eye would be right for you? Visit <http://healthy.kaiserpermanente.org> for more relaxation tips.



Recruit New Members and Qualify for Cash Drawing

RELAC offers members an opportunity to be a part of an annual cash drawing for their recruitment efforts. One entry in the drawing is received by members for each referral. Twenty, \$25 prizes will be awarded, and contest rules allow an individual to receive multiple prizes.

The RELAC Board of Directors decided to sponsor the drawing as a way to reward and encourage members to recruit other retirees. Remember to tell your recruits to list your name on the application as the one making the referral.

It's easy to join RELAC. Visit www.relac.org and fill out the online application. New recruits also have the option of submitting a printed application by simply downloading the document, filling it out and mailing it to RELAC, 1000 S. Fremont Ave., Unit 15, Alhambra, CA 91803.

Are you uncomfortable with online application programs. No problem! Upon request, an application form will be mailed to potential new members, who call the RELAC office, toll free, at (800) 537-3522.

In order to qualify for the cash drawing, applications must be submitted by the December 31, 2024 deadline.

Why not add recruiting new members to your list of New Year's resolutions? It's a win, win, win for you, the new member, and RELAC.



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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(626) 308-0532
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e-mail:
admin@relac.org
website:
www.relac.org

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.