



DIGEST

Improved Dental Plan To Open Soon

The Board of Supervisors has just approved a new, prepaid dental plan which permanent full-time employees may select to provide dental care for themselves and their dependents as an alternative to the existing County sponsored dental insurance plan.

Employees may continue their current dental insurance coverage if they elect not to join the prepaid plan.

Many employees will find the prepaid dental plan attractive. The plan delivers most dental services free of charge through a system of closed panel dentists provided by two well respected firms, Private Medical-Care, Inc. (PMI) and Safeguard. Participating employees and their dependents will be able to select the panel dentist of their choice or change dentist, with reasonable notice, if they prefer.

Individual enrollment for the PMI and Safeguard plans opens on November 26 and will continue indefinitely. Enrollment information will be distributed to most employees during the week of November 26. Those employees who elect to switch to the new prepaid dental plan and submit their application before December 1 will be eligible to receive prepaid dental services on January 1. Those who elect to enroll later will begin later.

First Volunteer Coordinators Fall Conference Held



Supervisor Dana presents scrolls to Volunteer Coordinators (left to right) Joan Grasty, Natural History Museum, Linda Katsouleas, Public Library, Sheila Ortega, Parks and Recreation, Gordannel Kennedy, Adoptions, and Jim George, Agricultural Commissioner/Weights and Measures. Not shown are Barbara Bradley, Rancho Los Amigos Medical Center, and Karen Caesar, Animal Care and Control.

The first annual Los Angeles County Volunteer Programs Fall Conference and Recognition Awards Program for Volunteer Directors, Coordinators, and Responsible Managers was held on October 29, 1984.

The conference and awards program was sponsored by the Board of Supervisors. Supervisor Deane Dana, Chairman of the Board, presented the award scrolls.

One purpose of the conference was to recognize achievements of the County's volunteer programs and staff. Another purpose was to strengthen volunteer programs by professional development.

Thirty-one County Departments and Health Services Institutions submitted nominations for six categorical awards.

The following is a brief description of the categorical awards, recipients, and their accomplishments.

— VOLUNTEER OPPORTUNITIES: Rancho Los Amigos Medical Center Volunteer Program; Barbara A. Bradley, Volunteer Program Director. "Provides worthwhile volunteer opportunities for the physically disabled, students, and volunteers in administrative roles. These opportunities substantially assist staff and patients."

— RECRUITMENT: Monroe Polk - Operation Super Sweep, Agricultural Commissioner/Weights and Measures; Jim George, Volunteer Program Coordinator. "The operation utilizes a variety of inducements to recruit volunteers

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October Employee of the Month

The County's Employee of the Month for October is Evelyn Guenther, Department of Public Social Services, Bureau of Assistance Payments.

During an awards presentation in the Board of Supervisors Hearing Room, Supervisor Deane Dana said, "It is with great pleasure, as Chairman, that I recognize and commend Mrs. Evelyn Guenther as the October, 1984 County of Los Angeles Employee of the Month. She is an extraordinary professional employee and a valuable asset to the County, to her department and to the public."

Since beginning her County service with D.P.S.S. in 1969, Mrs. Guenther's organizing abilities and superior talents quickly led to promotions and higher level assignments. Special assignments included serving as Acting Deputy District Director, Special Assistant to the Head of the Lancaster Office, Advisor for the Aid to Families with Dependent Children Yardstick Study, General Relief Hearing Officer and Training Coordinator.

Mrs. Guenther volunteered to monitor a yardstick study in an office 65 miles from her normal work location. Also, through her dedication, creative thinking, and enthusiasm, the Bureau of Assistance Payments achieved or exceeded its Charitable Giving goals for seven years and, in 1984, reached a



October Employee of the Month Evelyn Guenther receives scroll from Chairman of the Board of Supervisors Deane Dana.

100% participation level.

Involvement in Antelope Valley community activities include helping to found the **Agencies Committee for Emergency Services** which helps families and individuals in emergent need of food and shelter; participating in the creation of the **Cooperative Agencies Resources for Education** with Antelope Valley College and the State Employee Development Department to help AFDC recipients become self-supportive; and organizing and coordinating the **Young Volunteers In Action Program** which is offered to 14 through 18 year olds willing to spend at least 10 hours a month gaining experience in clerical skills. For these efforts, Mrs. Guenther has received many commendations and honors.

After receiving the award, Mrs. Guenther stated, "It is a very warm feeling to be so honored for what I enjoy doing," and gave credit to the encouragement of the administration and her family to participate in the extra projects.

She and her husband, Merle, live in Lancaster and have four adult children.

Retirement Board Election Set

The terms of office for the Second Members, Board of Retirement and Board of Investments, Los Angeles County Employees Retirement Association (LACERA) will expire on December 31, 1984.

An election to fill the new terms which will expire on December 31, 1987 will be held December 11, 1984. All active General Members of the LACERA as of September 30, 1984 are eligible to vote.

Ballots will be distributed on or before November 30, 1984. Those eligible who do not receive ballots by November 30 should contact their departmental election coordinator to obtain a duplicate ballot.

Copies of the Resolutions outlining election procedures may be obtained from your departmental personnel office; the Registrar-Recorder's office; or the Executive Office, Board of Supervisors, 500 West Temple Street, Los Angeles, California 90012.

RETIREES . . .

The following people have retired in recent months after more than thirty years of service to the County:

Road: Mary Hrynowski, Bill R. Carnahan, David Humphrey, Albert A. Matthews.

Mechanical: John L. Olson, Robert A. Golden.

Also: Evelyn Brayboy, Data Processing; Belen DeLeon, Public Health; Robert L. Gray, Los Angeles Municipal Court; Raymond E. Henton, Recorder; William B. Krenz, SCAQMD; Onita Theus, General Hospital; Ronald V. Wood, Flood Control; Dudley Howard Dohner, Engineer; Leo Griggs, Building Services; Margarita Kanaly, Compton Municipal Court; Dale Krauss, Rancho Los Amigos Hospital; Irving Levin, Probation; Ida Levitt, County Clerk; Quantrell T. Mosley, Medical Center Services; Gale M. Stoterau, County Engineer; Helen L. Davis, Olive View.

County of Los Angeles

DIGEST

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Demonstrating that the Labor Relations Program in Los Angeles County works, Elliot Marcus, Assistant Chief, Employee Relations/Compensation, CAO (left), presents \$375,000 in checks for back pay to Eugene Miller, Business Agent, Local 660, SEIU, AFL-CIO (right), who accepted them for Fire Suppression Aides.

Witnessing the transaction are (from left to right) Kenneth Bates and Carl Cook, Fire Suppression Aides, Ed Watson, Chief, Employee Relations/Compensation, CAO, Willie Sherman, Labor Relations Negotiator, and Fire Suppression Aides Eugene Robinson and James LaRue. The transaction occurred pursuant to the signing of an agreement reached by collective bargaining over a wage dispute between Management and Labor.

Preparing for the Flu Season

by Anthony Scarsella, M.D.
Convenience Care Medical Centers

What are your chances of getting the flu this year? While the odds are actually quite small, it's wise to remember that the disease is unpredictable. And if you work in a crowded environment and have never had any contact with the flu before, your risk becomes greater.

Consider how easy it is to catch the flu; one must merely inhale in the presence of someone who already has it. If that person coughs, or sneezes, the influenza virus is spread into the air in small droplets which, inhaled, provide entry for the virus into your body through the walls of the respiratory tract.

Typically, three to four days are required from the time of infection before the victim begins to feel ill. At that point, the body is already mounting its immunological forces against the virus infection.

Who should be immunized? While

the U.S. Center for Disease Control makes no recommendation for the immunization of healthy adults, there are important factors to be considered which can affect one's chances of developing complications such as pneumonia. Pre-existing diseases, age or exposure to chemotherapy can all lower one's defenses.

Because the complications of a viral infection can be so devastating to someone in a weakened condition, immunization is specifically recommended for the following groups:

1. Any healthy adult over age 65.
2. People with chronic health problems requiring continual medical care. This category would include those suffering from kidney diseases, diabetes mellitus, and asthma, as well as individuals receiving treatment — such as chemotherapy or radiation therapy

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9-1-1 Emergency Telephone Capabilities Expanded

Announcing a new feature of the 9-1-1 emergency telephone system recently, Sheriff Block said, "Few technological advances in public safety have had greater life-saving potential than increasing the system's value to the hearing impaired and non-English speaking people."

Persons with hearing impairments who use the 9-1-1 number for emergency assistance will now be connected by their local Sheriff's station to a "translation" service which has a telecommunications device for the deaf. The translation service will communicate the victim's name and request to the deputy sheriff at the station. Having a more specific idea of the problem to which they are responding, Sheriff's units can plan ahead appropriately.

Sheriff's stations can now also access translation services for Spanish, Cantonese, and Vietnamese speakers who call for emergency service on 9-1-1.

A recent survey indicates a weekly average of 541 9-1-1 calls since the January, 1984 implementation in Los Angeles County. Sixty-eight percent of those calls were ultimately determined to be emergencies requiring a law enforcement, fire, or medical response.

Two dramatic rescues effected within the past eight months illustrate how well the system works. In February, deputies at Pico Rivera Sheriff's Station used the 9-1-1 display at their desk to determine the location of a deranged man who was threatening to "cut the devil out" of a 7½ month-old boy he claimed was possessed. Deputies arrived in time to prevent injury to the child.

At Crescenta Valley Station, deputies received a call on regular phone lines from a 6 year-old boy reporting the near-drowning of his mother in their swimming pool. When deputies learned that the boy did not know his address, they carefully instructed him to dial 9-1-1. He did, and again, deputies were

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... Volunteer Coordinator Conference (Continued from page 1)

including private grants and donations for T-shirts, caps, lunches, rock band music, dance contests, and door prizes. This campaign has recruited 2,889 volunteers to remove 151,000 pounds of litter from San Gabriel Canyon."

— TRAINING: Library Volunteer Training Program, Public Library; Linda Katsouleas, Volunteer Programs Director. "The Library was awarded a \$60,000 federal grant for a comprehensive audio-visual training program including a videotape, manual, and recruitment materials. The program provides easily replicated training for establishing and maintaining volunteer programs in the Library's 92 facilities."

— RECOGNITION: Eastern Region Volunteer Recognition Program, Parks and Recreation; Sheila Ortega, Volunteer Program Coordinator. "Provides programs to recognize the 500 and more volunteers meeting community needs for recreation in the Foothill and San Gabriel Districts. A variety of recognition categories are used such as individual, husband and wife, teenager, service organization, financial contributions, and number of volunteer hours."

— OUTREACH CO-WINNER: Multi-Media and adoptive Parent Groups Program, Adoptions Department; Gordonnel Kennedy, Volunteer Program Coordinator. "Has been successfully recruiting adoptive families by promoting community awareness and education through extensive use of radio, TV, and

press media. These efforts resulted in the placement of 546 children in fiscal year 1983-84."

— OUTREACH CO-WINNER: Docent Program-The Moveable Museum, Natural History Museum; Joan C. Grasty, Volunteer Program Coordinator. "Initiated in 1982 to take educational resources of the museum to elementary schools and libraries within the county. Presentations were given to an estimated 10,000 students. The program was developed by Museum Education Division staff, but is implemented entirely by 23 docent volunteers."

— FUND RAISING/RESOURCE DEVELOPMENT: Agoura Animal Care Center Volunteers, Animal Care and Control; Karen Caesar, Volunteer Program Coordinator. "Volunteers have made themselves indispensable in raising funds for "extras" which make the shelter a model one. With enthusiasm and commitment they have raised \$30,000."

A special five-signature scroll was given to the Keynote Speaker, Dr. Eva Schindler-Rainman, who addressed "The Challenges of the New Volunteer World."

Morning and afternoon presentations were made on six topic areas corresponding with the categorical awards. Presenters were: Margie Harp Dolinski, Los Angeles County/USC Medical Center, Lorraine Morris, Senior Citizens Affairs, Christine R. Rufolo, Public Health Program, Cathy Higashioka, Consumer Affairs, Ken Johnson, Beaches and Harbors, and Marcia Trowbridge, DPSS.

...9-1-1 Capabilities Expanded (Continued from page 3)

able to determine the address immediately and respond in time to save the mother's life.

"Incidents such as these, coupled with the new capabilities for the hearing impaired and foreign language

speakers, testify to the increasingly important role that the 9-1-1 system will play in assisting emergency service agencies in serving the community," the Sheriff concluded. "We laud its implementation and continual enhancement."

Preparing for Flu

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— for diseases that suppress the body's own immune system.

3. People with chronic heart or lung conditions.
4. Residents of nursing homes or other chronic care facilities.
5. Essential community employees, such as Fire and Police Department, and other emergency personnel.

Please be aware that being vaccinated does not guarantee complete immunity from influenza. It can, however reduce one's chances of getting the flu by 60%-80%. And if you do get the flu, you will probably be sick for a shorter period of time, be less sick, and have less likelihood of spreading your illness to your family and fellow employees.

The virus strength included in this year's vaccine is different from that of last year's vaccine, which won't give complete protection this year. The vaccine should be taken early, normally from mid-September running through mid-November, prior to the epidemic season.

Certain precautions are advised:

1. Since the vaccine is grown in chicken eggs, people with egg allergies such as hives, wheezing, or facial or tongue swelling should not take the vaccine.
2. Anyone having a fever must wait until the fever is completely gone before being immunized.
3. Pregnant women should not be immunized during the first trimester of pregnancy; the vaccine is considered safe in the second and third trimesters.

If you have specific concerns about whether or not you should be immunized this year, consult your physician or call the local county medical association.

DID YOU KNOW?

If you are buying U.S. Savings Bonds, your bonds start earning interest from the date of issue, regardless of the date the bond is received.