



# DIGEST

September 15, 1986

Volume 21 Number 16

## Is There a Paramedic In The House?

Yes there was! Thirty-three paramedics to be exact! These newly certified paramedics were receiving graduation certificates in an impressive ceremony at the Ahmanson Theatre on August 25, 1986.



*Timothy G. Cremins top graduate and class speaker.*

Board of Supervisors Chairman Peter F. Schabarum addressed the class, citing the dramatic history and effectiveness of lifesaving emergency medical services. The County's program, established in 1969, was the first in the nation and has continued to serve as a model for other cities and nations.

Recognized with special awards were Supervisor Kenneth Hahn who played a key role in securing enabling legislation to start the program in 1969; Dr. Walter S. Graf, who developed a pre-hospital emergency care program; and Dr. John Michael Criley, who was a driving force in the development of the concept of using firefighter personnel to provide a wide range of medical care services at the scene of an emergency.

Robert A. Cinader, creator and executive producer of the popular mid-1970's television show "Emergency!," was honored in memoriam. "Emergency!" paved the way for revolutionizing emergency

services in cities and counties across the nation because public officials learned that lives could be saved by local paramedic programs.

Timothy G. Cremins, County Fire Department, graduating with highest honors, was class speaker on the program. Tim's classmates included 16 other County Fire Department graduates: Steven P. Arnold, Timothy A. Baker, Leland T. Beck, Dennis Carter, Larry P. Chavez, Paul R. Donohue, Gregory J. Hisel, Melvin W. Howard, Arthur Lopez, Lincoln Lucero, Dave Middleton, Byron Prewett Alan C. Taylor, Michael J. Weaver, Joseph L. Woyjeck, and Paul R. Zeltner.

Certificates were also earned by 16 graduates from 10 city fire departments.

The event was enhanced by the attendance of six Los Angeles County fire fighters, Class of '69. They were: Robert H. Belliveau, Dale R. Cauble, Gary B. Davis, Gerald C. Nolls, David E. Phillips, and Robert P. Ramstead.

*(Continued on page 2)*



*Paramedics Owen Gunter and Wesley Ward, with life supporting equipment rush to the aid of a victim.*

## Disaster Counseling

On Sunday, August 31, immediately following the Cerritos disaster, several County Mental Health staff were air-lifted to the cordoned-off neighborhood to provide house-to-house counseling for residents of nearly 60 homes.

Working with the Mayor and city Manager of Cerritos, Dr. Patrick O'Connor, designated emergency coordinator, began after-care planning efforts. These plans include counseling services for area residents, city staff, and emergency and news personnel.

On-call for psychiatric emergencies, Chuck Veals, of the Crisis Unit, also provided immediate counseling and support services to those affected by the Cerritos disaster.

Additionally, El Centro Community Mental Health was requested to contact Aeromexico Airlines offering to provide outreach services to families and staff.

It is a credit to the County Mental Health Department that their counseling team responded so quickly and professionally. Another example of County employees supporting our community.



*Paramedics airlift injured victim. (L to R) George Preston, Dave Rasumoff, M.D. and Steve Voors. In helicopter, is Ed Hitchcock and pilot, Bruce Stephenson.*

## Paramedics . . .

(Continued from page 1)

Over 2200 paramedics have been trained through this program with 1700 still actively involved in this lifesaving service.

The six-month, 1054-hour program has 3 components. Ten-week classroom sessions include lectures, labs, and simulations. During the clinical portion, students begin actual patient care with professional supervision in four hospitals. In field internships, students work twenty 24-hour shifts working with two certified paramedics providing patient care.

Communication skills, necessary for "field-to-hospital" diagnosis/treatment coordination, are initiated during simulations and given heavy emphasis during field work. Following certification and on-going education, testing occurs every two years.

If you are wondering why Health Services and Fire Department personnel are teammates in this program, it is because the Department of Health Services is designated as the Local Emergency Medical Services coordinating agency, setting standards, policy, procedures, and training paramedics while the Fire Department personnel provide the emergency care and transportation of victims to a hospital.

Remember, this lifesaving team is on alert and prepared to care for not only heart patients but choking, burn, pediatric and other medical emergency victims. Call 911 if a life threatening situation should occur, and stay calm. The paramedics are on their way!

### NEW AND RE-REGISTERED VOTERS!!

In order to vote on November 4, 1986  
You must take action by  
OCTOBER 6

Re-Registration is required if you  
have MOVED, had a NAME CHANGE  
or wish to change party affiliation.

For information call (213) 721-1100

## Just The Facts:

This is the first in a series planned to provide some basic resource information. We hope this first article will be helpful to you in locating necessary vital statistical records of an event which took place in Los Angeles County.

Type of Certificate	Obtain Copy of Record From:
<b>Birth Certificate</b> (Up to 60 days after date of birth)  (After 60 days)	County Health Services Dept. 1 (213) 974-7811  Registrar - Recorder 2 (213) 974-6621
<b>Marriage License</b> (Before Marriage)	County Clerk/Exec. Office, Superior Court 3 (213) 974-5215
<b>Marriage Certificate</b> (After Marriage)	Registrar - Recorder 2 (213) 974-6625
<b>Death Certificate</b> (Up to 60 days after date of death)  (After 60 days)	County Health Services Dept. 1 (213) 974-7815  Registrar - Recorder 2 (213) 974-6624

1) 313 N. Figueroa, Rm. L-1, L.A. 90012  
2) Hall of Records, Rm. 10, 227 N. Broadway, L.A. 90012  
3) County Courthouse, Rm. 102, 111 N. Hill Street, L.A. 90012

Future series will provide references for licenses, permits, and unusual services.

## CHARITABLE GIVING CAMPAIGN BEGINS SEPTEMBER 15, 1986

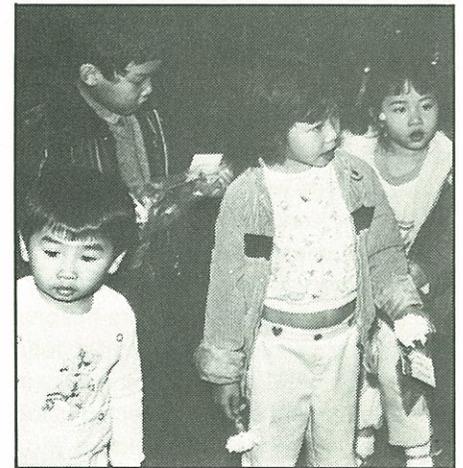
UNITED WAY

AND

BROTHERHOOD CRUSADE



**THE CARING TOUCH** — Like these children, you too can reach a senior citizen with a warming touch through your gift to this year's United Way Campaign. Over 290 human care services and programs throughout the greater Los Angeles area will benefit from your support.



**REACHING OUT** — Based on principles of self-help, mutual aid and helping people help themselves, Brotherhood Crusade uses your contributions for children and youth character building programs, family strengthening and health services.

## Children's Waiting Area



*Supervising Dependency Court Judge Kathryn Doi Todd and Supervisor Deane Dana.*

The September 4 opening ceremonies for the Children's Waiting Area at the Dependency Courts was the culmination of a public-private partnership project developed jointly by the Dependency Committee of the Children's Services Commission, the Child Advocates Office of the Superior Court, and Supervisor Deane Dana.

The project co-chaired by Christina Crawford and Tom Becket, began with the designation of a previously unused corridor in the Criminal Courts Building, with isolation potential, for use by children and their parents or guardians. Through the effort of private sector contributions, the corridor was furnished with video equipment; furniture, toys and games, as well as partitioning of a portion of the corridor to create two interviewing areas.

The project is truly a public-private partnership with the County providing the space and the private sector contributing the furnishings. ICAN Associates provided funds for carpeting and chairs; and large cash donations to the Friends of the Child Advocates, the Rotary Club of Los Angeles, as well as donations by the Law Affiliates of Los Angeles, and the Law Auxiliary of San Fernando Valley were used to purchase video equipment.

Other contributors were various

## Retirement Plans: Transfer Period

The Board of Supervisors has approved a resolution to allow employees-members of General Retirement Plans A, B, C, or D to transfer to Plan E and receive a refund of their retirement contributions plus interest. Present members of Plan E will have the choice of transferring to Plan D by "buying back" their past service credit. (Note: This option is not available to safety employees.)

The transfer period, between October 1, 1986 and December 31, 1986, marks the first time a transfer has been available since December 31, 1984.

To determine which available Plan (D or E) best meets retirement goals, employees are urged to obtain all information possible before making a decision to transfer.

The Los Angeles County Employees Retirement Association (LACERA) will make election forms and extensive disclosure material available to employees through departmental personnel/payroll offices. In addition, employees with questions about technical retirement matters not addressed in the disclosure material may call the Retirement Association at 974-2080. Those considering a transfer to Plan E who have questions about the Long-Term Disability Plan should call the Long-Term Disability Section at 744-3080.

Some Basic Facts:

groups and individuals (The Film Makers, Performing Tree, KCET, Pyramid Films, Penny Mackey, Nancy Daly) who donated films for use in the waiting area; and Thomas Mullin of Terry Lumber, who donated lumber for the building of partitions for the attorney/parent or guardian interview areas, tables, and cabinets.

The DPSS Toy Loan/Employment Training Center, using labor provided by general relief recipients, constructed the partitions, cabinets, as well as refinishing and painting of donated furniture.

The refurbished Children's Waiting Area will now provide a more pleasant environment and, perhaps, relieve some of the trauma associated with the court proceedings.

Many thanks to all the caring partners involved in this effort.

**Plan D** - Both the county and the employee contribute on a monthly basis. Employees transferring to Plan D from Plan E must purchase their prior service, including interest, and must pay in full by March 31, 1988. Purchase of prior non-County public service is optional.

**Plan E** - The County, not the employee, provides 100% of the contributions, including credit for qualified prior non-County public service.

**Common characteristics** of all our retirement plans: a defined benefit paid to employees upon retirement; a reduced benefit for early retirement; a further reduced benefit - determined by formula - for those members who contributed to Social Security; and specified benefits for survivors and dependents when the member dies or is disabled in service or dies after retirement. For Plan E, pre-retirement survivor and disability benefits are provided exclusively through the Long-Term Disability (LTD) Plan.

Employees considering a transfer to Plan E should also be aware that refunds of contributions made since August 1, 1983 and all interest refunded to employees are taxable in the year ending December 31, 1987. Refunds of contributions made before August 1, 1983 are not taxable. Employees with tax liability questions should consult a tax expert or the IRS at 629-1040.

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## A Source of Protein

Nutritionists, research scientists, medical, professionals, and your parents have all mentioned the importance of protein in your daily diet. Believing that we had found the best source of protein, we probably all considered meat our best choice.

Surprise! That bag of peanuts at a ball game or mid-meal snack contains more protein, vitamins, and minerals, pound for pound, than steak or liver.

Another surprise! A peanut is not a nut; it is a legume (a pea) and it develops underground.

For an ideal snack food, a superior source of protein and a terrific bargain, remember that peanuts are not only fun to eat but are nutritionally good for you.

## Let's Shape Up!



*Stretching The Body Stretches The Life Span*

Summer's over and there is no better time than now to start shaping up. One of the best ways is through Aerobics. Los Angeles Municipal Court Training Office co-sponsors (along with County Counsel) Aerobics classes on an ongoing basis.

Since a main criterion of Aerobic exercise is that it be continuous and "steady," mark your calendars and make Aerobics a part of your weekly schedule. Come join the new instructor, Ingrid Ching of Office Aerobic Services every Tuesday and Thursday afternoon from 5:30-6:30 p.m. in the 2nd Floor Jury Assembly Room, County Courthouse. Wear comfortable attire and aerobic or tennis shoes. The cost of each session is \$2 per person. If you have any questions concerning this class, or wish to register, please contact Pamela Collins at (213) 974-6102 in the Municipal Court Training Office.

## County Hispanic Managers

The Los Angeles County Hispanic Managers Association cordially invites you to attend its Annual Officers Installation Dinner, October 2, 1986, at the Music Center, Blue Ribbon Room.

For further information and reservations you may contact Toni Saenz Yaffe at (213) 974-8126 or Angie Medina at (213) 226-7661.

## Informational Pamphlets

More County publications with brief specialized information are listed below:

— ACCESS TO RESOURCES FOR THE DISABLED

Write or call:

County Commission on Disabilities  
383 Hall of Administration  
500 West Temple Street  
Los Angeles, CA 90012  
(213) 974-1053 TDD 974-1707

— PARENTS ARE FOREVER

Write or call:

Conciliation Court Main Office  
Room 241, County Courthouse  
111 North Hill Street  
Los Angeles, California 90012  
(213) 974-5524

— PUBLIC GUARDIAN SERVICES TO THE COMMUNITY

Write or call:

Public Administrator - Guardian  
1625 West Olympic Boulevard  
Los Angeles, CA 90015  
(213) 974-0511 (Pub. Guardian)  
974-0411 (Pub Administrator)

## Cindy: First Lady . .

Cindy Fralick, the first woman to qualify for the Los Angeles County Fire department is the basis of a future Television program "Fire Fighter" to be screened on CBS, channel 2, Tuesday September 23rd at 9:00 p.m.

Cindy began her fire fighter career in 1982, and is currently a paramedic.

Congratulations to our first lady . . . , Fire Fighter.

—THE NUMBERS YOU NEED . . . FOR CONSUMER HELP

Write or call:

Department of Consumer Affairs  
Hall of Administration, Rm B-96  
500 West Temple Street  
Los Angeles, CA 90012  
(213) 974-1452

—ELDER ABUSE HURTS . . . EVERYONE (Available in English and Spanish)

Write or call:

Community and Senior Citizens Services  
1102 Crenshaw Boulevard  
Los Angeles, CA 90019  
(213) 857-6466

County of Los Angeles

## DIGEST

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Room 783, Hall of Administration  
500 West Temple Street  
Los Angeles, CA 90012

Telephone: 974-1784