



DIGEST

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County Foodnet Program Wins National Award

On September 25, 1986 the Ford Foundation announced that the County Department of Community and Senior Citizens Services (DCSCS) "Foodnet" Program was one of 10 winners of the Ford Foundation's prestigious "Innovative Government Programs" Award. Selected from 1,347 nationwide applicant programs, the County won the maximum award of \$100,000!

The Ford Foundation arranged for Department Director Robert Medina, Division Chief Joseph New, and Program Administrator Herb Oberman to travel to New York City to accept the Award in a wo-day program hosted by the Ford Foundation, Harvard University, and the Mayor of New York City.

The site judges from Kennedy School of Government at Harvard University, characterized the County's program as a "model public and private sector partnership."

The program features a small County staff from DCSCS who work with some 1,200 agencies, churches, and cities, and over 20,000 volunteers. Each month approximately 3,000,000 pounds of surplus food are distributed through the "foodnet" to needy adults and children throughout the County.

The Ford Foundation grant is a real boost to the County's program. According to administrators Oberman and New, the \$100,000 will be used to expand the local program, and automate the record keeping process. In addition, the Ford Foundation has asked DCSCS Director Robert Medina to host a training conference for other communities and cities who would like to start their own Foodnet Program.

Congratulations to the DCSCS staff and the thousands of volunteers and private agencies who have worked to make this County program a huge success!



(L. to R.) Herb Oberman, Jacqueline Boone, Josephine Marquez, Robert Medina, Sandra Dominquez, Joe Quintero and Joseph New. Boone, Marquez, Dominquez and Quintero are operating staff members for the Foodnet Program.

Sharon De Frank Honored



(L. to R.) Jerry L. Buckingham, Executive Director DHS-LAC-USC Medical Center; Robert C. Gates, Director, Department of Health Services; and Sharon De Frank, Employee of the Month.

Sharon De Frank, a Medical Stenographer, was honored recently in Board room ceremonies as the September 1986 County Employee of the Month. Sharon has worked for the County six and a half years at the LAC-USC Medical Center.

Ms. De Frank's duties include planning and maintaining the complex clinic and surgery schedules for both outside attending physicians and staff faculty at Women's Hospital. She also coordinates and organizes student lecture schedules.

Ms. De Frank began working at Women's Hospital for a professional staff association in November 1972, doing medical illustrations and layouts. In 1974, she served as journal secretary for the **American Journal of Obstetrics**

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Helen Maxwell, (Ctr.) MacLaren's Director, presented a plaque to Kunishige Hata, (L.) team leader of the group in recognition of the delegation's visit to Los Angeles. Isamu Sugimoto, (R.) Shiseido Foundation Executive Director, looks on.

DCS Hosts Japanese Agency

The Department of Children's Services (DCS) recently hosted the Shiseido Social Welfare Foundation visiting from various localities in Japan. Shiseido is a nonprofit organization which provides in-service training for child welfare agencies in Japan.

Sixteen members of the Foundation arrived on October 7, 1986 for a study tour of placement facilities which provide care for children under DCS supervision. The group was welcomed by Catherine Tracy, DCS Chief Deputy, and other administrative staff.

Additional presentations and tours were provided by MacLaren Children's Center, Children's Institute International, Children's Baptist, Hollygrove, and Hillside Homes.

Marion and Pauline Rahmeyer, DCS foster parents, invited the group to their home to share their joys and philosophies regarding foster parenting. In addition, Shiseido visited the Wee Folk Nursery which is a small family home that provides care for physically disabled children.

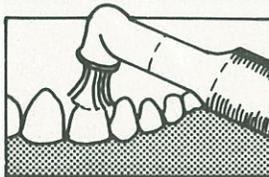
A tour was also conducted of a regional DCS office where the visitors met staff and asked questions related to the services provided by the Department. Deborah Redding, Marlene Akins, and Franklin Yun represented DCS and accompanied the group to each facility during their two and one-half day visit.

The Department was pleased to participate in this rewarding and educational experience.

Plaque? Tartar? What's The Difference?

Plaque is a sticky, transparent film that clings to your teeth. It's the millions of bacteria that live in this film that react with the sugar in the foods you eat to create an acid that attacks the tooth enamel and causes decay. But since plaque is only a soft film, it's easily removed by brushing and flossing. That's why conscientious dental hygiene is so important in preventing tooth decay.

What happens if you don't brush and floss as regularly as you should? The pla-



que has a chance to mineralize — or harden — and become tartar, also known as calculus. Once plaque has hardened on your teeth, it cannot be removed by brushing or flossing; only professional cleaning with special tools will get rid of it. And if you let the tartar continue to build up, with layer after layer of hardened plaque, the resulting irritation at the gumline can eventually lead to gingivitis (inflamed gum tissue) or periodontal disease.

Congratulations Retirees

For a job well done, we congratulate and praise the following employees who are retiring after more than 30 years of County service:

Agric. Comm./Wts. & Measures: Eleanor R. Gera, Richard J. Knight

Children's Services: Richard J. Tufenkjian, Louise H. Yamazaki

Facilities Mgmt.: George J. Franceschini, John N. Toly

Forester & Fire: Theodore A. Ball, Richard Rebol, Robert L. Hanson

Health Services: Gerrit D'Ablaing III, Mary M. Lopez

Municipal Courts: Bobbe O. Perry

Public Defender: Paul A. James

Public Works: Richard Y. Karasawa, Clarènce E. Neviñs, George I. Taylor

Sheriff: Gustav R. Carlton, Armand Cruz, Donald A. Denison, Ralph Standridge, David J. Bullis, Eugene S. Beggs, Fred Kalas, Kenneth Moore

Best wishes are also extended to the following retirees with more than 25 years of County service:

CAO: Tom Cornelison

Data Processing: William S. Noisette

Dist. Atty: Richard D. Howard

Forester & Fire Warden: Edwin A. Cherry

Health Services: Elizabeth Jackson, Effie B. Roos

Marshal: Donald Ver Vooren

Mental Health: Ruth Hayes

Municipal Court: Laura R. Pearl

Public Social Services: Mary E. Duffy

Public Works: Joseph R. Avenetti, John R. Charlton

Sheriff: Donald D. Bierman, Glenn R. Corson, Curtis F. Ratzlaff, David Powers, Anthony Zupa, Eugene Wallace

Sup. Court: Anna B. Henton

The County will observe the Veterans Day holiday on **Tuesday**, November 11, 1986.

S.A.N.E. Approach To Substance Abuse

Sheriff Sherman Block, Lawndale Mayor Sarann Kruse, and Lawndale Unified School District Superintendent Dr. James Waters have announced the introduction of Operation S.A.N.E., the Sheriff Department's Substance Abuse and Narcotics Education Program, into the Lawndale Unified School District.

Operation S.A.N.E. is an aggressive drug abuse prevention program designed to teach fourth, fifth, and sixth grade children decision-making and coping skills. The program seeks to provide an enhanced self-image to students to help them deal with peer pressure as well as provide honest information about drugs.

Lawndale has taken the lead by becoming the first Sheriff's Department contract city to adopt the S.A.N.E. Program. Funding has been undertaken jointly by school district and the city. The school district purchased the needed

instruction materials while the city is paying the salary of the deputy who will teach the course.

In his comments about the program, Superintendent Waters said, "Adoption and implementation of this drug abuse education program is an excellent example of the positive action that can occur when several agencies work together to solve a common problem."

"The partnership between the schools, city, and county government is a step in the right direction," added Mayor Kruse: and Sheriff Block said "not only must we teach children in our schools to say no to drugs, but it is imperative that the school's efforts be reinforced in the home and the community. Prevention through education, coupled with our continued enforcement efforts, holds the promise of a better tomorrow."



Supervisor Kenneth Hahn shown with actor George Peppard, honorary chairman of Veterans Food Bank.

Veterans Food Bank Started

The Veterans Food Bank is a program which will give needy veterans an immediate supply of free food through donations from other veterans.

The program will be conducted through two County departments: Military and Veterans Affairs and Community and Senior Citizens Services. Coordination between the public and private sectors will be handled by the Community Services Resource Corporation.

Tax exempt donations are leveraged so each dollar (\$1.00) provides twelve dollars (\$12.00) worth of food. One hundred percent of all donations will go to provide the food for the veterans.

Veterans eligibility to obtain free food will be established through Federal and State veterans service centers and veteran organization service officers throughout the County.

On the weekend preceding Veterans Day (November 7, 8, & 9, 1986) radio station KLOS 95.5 will conduct an extensive air effort to solicit private donations.

Contributions can be made to: Veterans Food Bank, Box A, Patriotic Hall, 1816 South Figueroa Street, Los Angeles, California 90015. For additional information contact Rockwell Ames at (213) 738-2615 or Motomu Nakasako at (213) 744-4827.



(L. to R.) Sheriff Block, Mayor Kruse, Superintendent Waters at press conference.

New Drug Abuse Task Force

The Board of Supervisors has authorized the formation of a County Task Force on Drug Abuse to analyze existing methods of communicating and coordinating activities directed at combating the rising problem of drug abuse.

Participating on the 19-member Task Force are representatives of various local, state and federal agencies, courts and offices involved in drug abuse prevention, treatment, or enforcement.

The Task Force report to the Board is expected to include recommendations on how to maximize service delivery and treatment opportunities; strengthen

coordination and collaboration between agencies providing drug abuse services both in the public and private sectors; and enhance information flow for all affected agencies.

Special Notice

In preparation for a **Digest** Special Holiday Issue, December 15, 1986, we encourage interested employees to contact their departmental **Digest** coordinator immediately to report any special holiday activities which might be included in the special issue.

Auditor-Controller Reduces Costs

Cash savings on postal costs and cleaner mailing lists have prompted the County Auditor-Controller's Welfare Financial Services Division to convert to the Postal Service's ZIP + 4 program. The department is the first governmental agency in the whole County to do so.

Current initial savings of \$30,000 per year will be in addition to the \$270,000 annual savings generated in 1979 when the Division began using the Postal Service's Zip-sort.

The Division mails 690,000 pieces of mail a month; 430,000 of which are zip-sorted and coded for ZIP + 4.

The primary reason for converting to the ZIP + 4 program, was savings on postage costs, however other benefits have also resulted in the form of fewer man-hours required to manually sort the mail and more accurate address files. Other benefits include faster and more consistent mail delivery service, reduced undeliverable mail, and a more efficient, automated optical character-reading of incoming mail at the post office.



Post Office Representative Lillie Bright discusses the ZIP + 4 program with County Principal Accountant Henry Watanabe while an unidentified sorter continues his duties.

🎵 Chamber Music 🎵
"Coffee & Croissants and Chamber Music" at the Mark Taper Forum presents the ambience of sound and socializing

Sunday, November 9, 1986,

11 a.m. - 1 p.m.

For more information (213) 972-7211.

Stress Relief Efforts

Disasters like the recent Cerritos crash fortunately occur infrequently. However, effects of such a catastrophe on disaster workers are long lasting. Firefighters and law enforcement officers are often the first on the scene and along with the Coroner's staff experience the most difficult task of locating and administering first aid to survivors or identifying the remains of victims. These activities are physically and mentally exhausting. It is not unusual for individuals to have difficulty sleeping and have nightmares; to lose their appetite and suffer nausea and stomach ailments; to feel numb or angry and have interpersonal difficulties.

Luckily Employee Assistance Program counselors and clinical psychologist staff from the Chief Administrative Office/Occupational Health Service were prepared to handle the situation during the Cerritos disaster.

Counseling staff began meeting with disaster workers to plan a program of debriefing sessions for firefighters and Sheriff's deputies. In the two weeks following the disaster, counseling staff devoted more than 200 hours of their time, including evenings and weekends, to facilitating and conducting debriefing sessions.

During these sessions they suggested a number of techniques used when dealing with such disasters. Some of these techniques could also be useful for anyone who is faced with a personal crisis and needs help to cope.

1. Expect that the crisis will affect you and that you may not feel as totally in control as you usually feel.
2. Let the feelings out - talk to colleagues and friends and allow yourself to lean on others.
3. Spend time taking care of yourself; pamper yourself.
4. Allow yourself some stress reduction activities; exercise, work on hobbies, rest.

If the effects of the crisis linger for more than a few weeks, seek professional assistance. For County employees, help may begin with a call to the Employee Assistance Program at 744-4431.

Sharon De Frank (Continued from page 1)

and Gynecology at the University of Southern California, and became a County employee in 1980.

Ms. De Frank coordinates the schedules of two attending physicians, sixteen residents, and a never-ending stream of medical students. In addition, she administers a number of research projects and coordinates the activities of the voluntary attending staff.

While maintaining a friendly, pleasant manner with a number of individuals, the smooth operation of the section is a witness to her skills. She has gained respect and appreciation for her hard work, friendliness, and professional spirit.

Perhaps Sharon's musical interests influence orchestration of her work duties. Sharon has continued a childhood interest in ballet by taking ballet classes several times a week. In her free time, she attends theater, concerts, and ballets and plays her seventy-year-old upright piano.

Our congratulations to multitalented Sharon De Frank!

County of Los Angeles

DIGEST

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