

# County DIGEST



JULY 1996

COUNTY OF LOS ANGELES

**From the  
Employee Assistance Program**

## Do You Need Leisure Time?

Many of us underestimate the importance of leisure time in our lives. Leisure time provides an opportunity to recharge our batteries, to re-energize and give our bodies time to recuperate from those daily activities that tax us physically and emotionally. Having periods of leisure enables us to function in a more effective manner. Leisure time also provides the opportunity to do some of the things that bring us pleasure, whether that involves engaging in a favorite form of recreation or hobby, enjoying and expanding our social network, or simply luxuriating in a bath full of fragrant bubbles.

Without taking time for ourselves, we reduce our avenues for relieving any stress that generates within us as we meet the demands of our personal and work lives. We might experience increased stress in such forms as fatigue, negative moods, adverse physical symptoms, and disharmony in our relationships.

Why is it so difficult to schedule time for enjoyment? Some people feel guilty because they believe it takes time away from their responsibilities, so they give it low priority. The first step to overcoming this guilt is to recognize the important recharging value of leisure so as not to confuse it with selfishness. The second step is to commit to a plan that places leisure and relaxation on a level of importance with your other obligations. The plan must be realistic and tailored to your own needs. For some, it might mean reserving time for reading

“Gee...we’re having fun.  
Why didn’t we think of  
this sooner?”



a book, sitting and listening to music, or watching the sunset. For others, it might involve early morning jogging, weekend dancing or taking walks during workday breaks.

Some ideas that may help you to begin:

1. Schedule child care if you find that parenting leaves you without leisure time.
2. Elicit understanding and support from your family if time for individualized activities is needed.

3. Discuss with your family things you can do together that are compatible with resources and schedules.

4. Remember that a key to developing a balanced lifestyle is planning time for the activity of your choice.

Remember...accept the importance of leisure time, make it a priority, schedule it on a regular basis, and commit to it! For more information, contact the Employee Assistance Program at (213) 887-5300.

## Employee of the Month

# John Halamka, M.D.: Bringing Computer Technology into the E.R.

To the thousands of patients seeking emergency treatment at Harbor-University of California, Los Angeles Medical Center, John Halamka, M.D., is just one of the many faces they encounter in the quick-paced environment of the Emergency Department. Through his skill as a physician, they found solutions to their pain. But little did they know that, as a software engineer, he was also finding computer solutions to help speed their care.

During the past three years, Halamka served the County as a post graduate resident physician, after receiving a medical degree from the University of California, San Francisco School of Medicine. As the former chief executive officer of his own software development firm for more than 10 years prior, Halamka decided to apply his computer knowledge to his medical career.

While at Harbor-UCLA, Halamka implemented three major computer programs to improve the way patients received care. These accomplishments led to his selection by the Board of Supervisors as the June 1996 County Employee of the Month, and a special ceremony to honor his achievements on June 18.

Ironically, Halamka's experience in developing software solutions for the hospital was not his first. In 1978, as a 16-year-old Palos Verdes High School student, Halamka won the "Harbor-

UCLA Collegium," and a coveted opportunity to work in the hospital's Department of Neurology. While there, he developed a software program that measures brain waves. Returning to Harbor-UCLA 15 years later, this time as a physician, seemed comfortable and familiar.

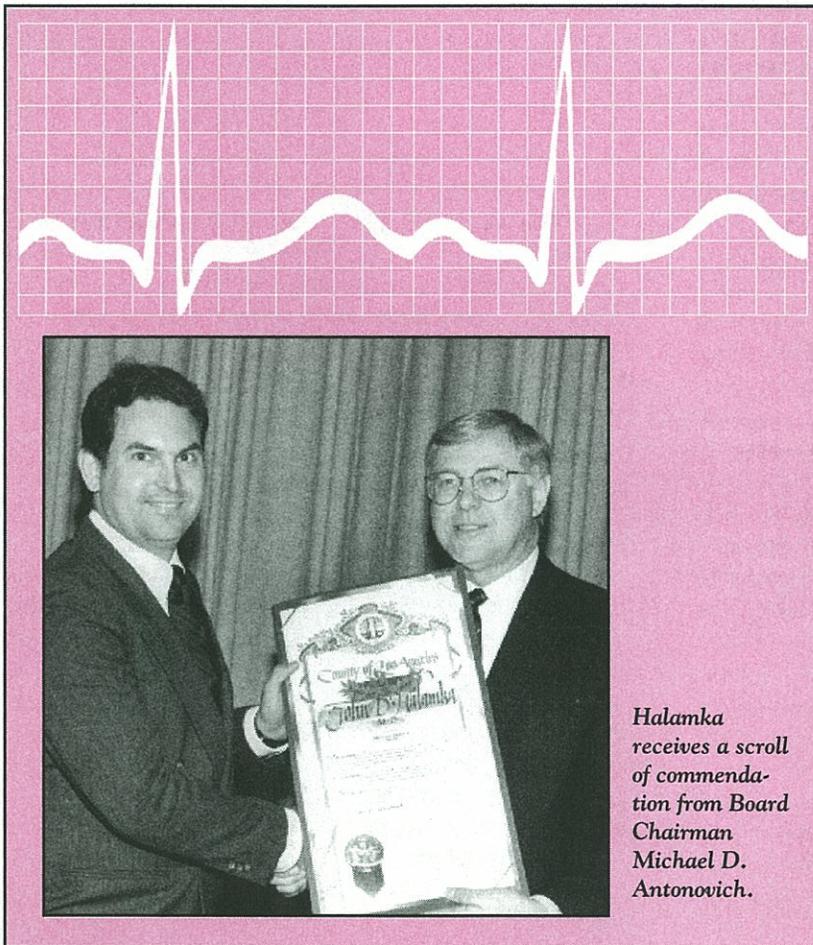
Halamka is credited with several innovative computer solutions, including a written record of treatment for patients in Spanish and English, includ-

cal staff; a Clinical Data Base Repository which assists physicians in the ongoing quality improvement program; a hospital-wide physician user interface; on-line access to discharge summaries, history and physical and operative reports; a World Wide Web page for the Society for Academic Emergency Medicine, and a clinical experience tracking system for resident physicians. He managed to accomplish all of this while still providing direct patient care in excess of 60 hours per week.

Despite his 16 years of training and education, Halamka still credits his patients as the best teachers.

"My patients taught me how to be a doctor," he says. "At medical school, you learn all the facts, but when you deal with real human beings who have no one else to turn to, you learn the meaning of it."

Halamka leaves Harbor to move on to Boston, joining the Harvard Medical School as a clinical instructor. Not forgetting his other hat as a software engineer, Halamka will also serve at Harvard as the Douglas P. Porter Clinical Computing Fellow. He plans to establish a nationwide resource for hospital emergency rooms.



*Halamka receives a scroll of commendation from Board Chairman Michael D. Antonovich.*

ing documentation of their diagnosis and follow-up care instructions; a computer system containing all hospital protocols and procedures; a centralized information system accessible to medi-



## "Use It Up, Clean It Up, Round It Up"

What do moth balls, nail polish remover, shoe polish and expired medicine have in common? They all have the potential to cause great harm to our environment and the people we care about — as household hazardous waste!

Even picture-perfect homes can become virtual storehouses for household hazardous waste. Without thought, household and automotive products containing hazardous materials are thrown on the ground, into the trash, down stormdrains and sewers and end up in our waterways, streams, rivers, landfills and oceans. Each year, one in 10 children is injured at home from household chemicals, through inhalation, absorption or contact with the eyes or skin.

The Department of Public Works' public education program, "**Use It Up, Clean It Up, Round It Up,**" has launched a new County-sponsored environmental hotline, **1-888-CLEAN-LA, or 1-888-253-2652**, offering residents 24-hour access to detailed information in English and Spanish on composting programs, motor oil recycling, paint disposal, and Countywide Household Hazardous Waste collection events.

"This is an excellent example of the County's leadership in providing residents with important environmental information in a user-friendly way," says Third District Supervisor Zev Yaroslavsky. "I hope that County employees set an example, in their own communities, by utilizing this new service to its fullest extent."

Employees are encouraged to start doing their part by following this three-step process:

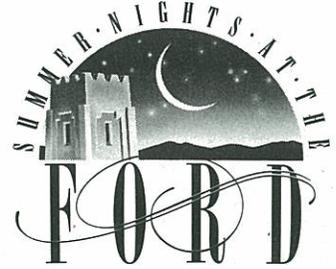
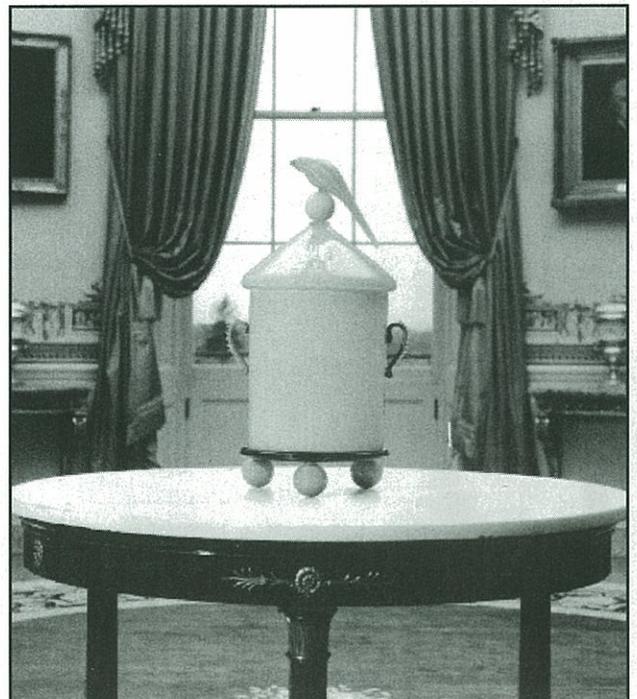
1. Use It Up — Buy only what you need and will use.
2. Clean It Up — Sort through and eliminate empty containers.
3. Round It Up — Participate in free Countywide Household Hazardous Waste collection events.



## Summer Sights & Sounds in L.A.

**The White House Collection of American Crafts**, on display at the County's Museum of Art through September 29, 1996, is the first official White House crafts collection featuring the work of 78 of America's leading craft artists working today. This beautiful collection of objects, encompassing the mediums of glass, ceramic, metal, wood and fiber, is a celebration of the inventiveness and creative spirit of American craftspeople and a tribute to the richness and diversity of our country's long-standing craft heritage. When not on tour, these works, donated to the White House, are prominently displayed throughout public areas and at presidential dinners and social events.

**FIT TO FLY:** *Bird Jar*, a 1993 blown glass work by American artist David W. Levi, is usually found on display in *The Blue Room of the White House*. Its blue and yellow theme blends well with the many blue and yellow hues of the room.



"**Summer Nights at the Ford**" is in full swing at the historic John Anson Ford Amphitheater in the Hollywood Hills, where the beauty and mystery of cultures from around the globe converge for the enjoyment of Angelenos. Timeless classics and original new voices blend with the outdoor ambience of the moon and stars to create memorable summer evenings of entertainment for the whole family. Save 20 percent when purchasing tickets for four or more events. Group discounts are also available. To order tickets or receive more information, call the Ford box office at (213) 466-1767, or the Ford Information Line at (213) 974-1396.



## July Retirees

Congratulations to the following employees who are joining the ranks of the retired, after 30 or more years of service to the people of Los Angeles County:

**Assessor:** M.R. Correa, James T. Urata

**Auditor-Controller:** Barbara J. LeMoine

**Board of Supervisors:** Berit D. Sten  
**Children and Family Services:**

Theresa E. Dowdell, Kevin Riordan

**District Attorney:** Peter R. Bregman

**Fire:** Verne S. Handy, Ralph G. Mendoza, Dennis H. Pearson, Tommy B. Talbott, Larry G. Upp

**High Desert Hospital:** Claire Pelicano

**Internal Services:** Helmuth Spille

**LAC+USC Medical Center:** Maxine Brown, Willie M. Snaer, Joyce M. Townsend

**Parks and Recreation:** Toby Garcia, Leonard Gonzales, Ernest F. Rodriguez

**Probation Department:** Edward F. Pierson, W.D. Whisenant, Joan Zeise

**Public Defender:** James E. Mahone

**Public Health Program:** Wilbur E. Jeffries, Richard Wolfe

**Public Social Services:** Peggy M. Caston, Joshua Mellow, Eugenia Two Two

**Public Works:** David K. Chen, William A. Ludvik, Paul C. McKinney, Jr., Patricia A. Murray

**Regional Planning:** Lawrence E. Derr

**Sheriff:** James M. Callas, Doyle R. Davidson, Stephen A. DePonte, Kevin R. Drake, Raymond A. Dombroski, Lance H. Galletch, Larry C. Giger, Roger A. Jewell, John J. Kocis, Terry D. Lauterbach

Congratulations to the following employees who retired after serving the County for 25-30 years:

**Animal Control:** John W. Trujillo

**Antelope Municipal Court:** Veralou

Agendas and statements of proceedings for meetings of the Los Angeles County Board of Supervisors are now available on the Internet.

To access the information, Internet users should go to the Los Angeles County home page at <<http://www.co.la.ca.us>>, click on the "Board of Supervisors" button, and scroll to either the "Board Agenda" or "Statement of Proceedings" heading.

Agendas for Tuesday and Thursday meetings are posted the preceding Thursday, with supplemental items added Friday afternoon. The Statement of Proceedings, listing actions taken by the Board, is available within 10 days.

"The Internet access project is the latest in an ongoing effort by the Board of Supervisors to increase public awareness of County government operations by making it easier to access information," says County Public Information Officer Judy Hammond. This effort, together with the televised Board meetings aired on KLCS, provides a dramatic increase in electronic access for members of the public, saving time, energy, and unclogging LA's freeways in the race for information.

More than 21,000 persons have logged onto the County home page since June 1996. The site was established eight months ago.



H. Ikeler

**Children and Family Services:**

Bertha M. Lujan, Rebecca Pierson

**Compton Municipal Court:** Alba Barre

**Fire:** David M. Bird, Thomas G. Campbell, Leonard R. Christie

**Harbor/UCLA Medical Center:**

Raymunda G. Miguel, Violeta R. Pascua

**Internal Services:** Fred H. Wilkes, Frank E. Williams

**LAC+USC Medical Center:** James E. Coles, Mary L. Gutierrez, Lula C. Marsh, Roderick Shingu, Helen V. Stevenson, Mary E. Ward

**Mental Health:** Joan D. Vitale

**Olive View Hospital:** Beatrice L. Meza

**Probation:** Gretchen L. Kirk, Mary E. Kirkpatrick, Jerrilyn Nicodemus, George Tissot

**Public Health Program:** Rosalie Brush, Anita T. Lorca, Conchita Prieto

**Public Social Services:** Frances M. Anthony, Ike August, Rodney G. Goetzel, Antonio B. Gonzalez, Angelus L. Noche, Susan C. Wood

**Public Works:** Robert L. Houston

**Rancho Los Amigos Hospital:**

Gloria B. Hermosissima, Edward S. Mongan

**Sheriff:** Sharon C. Darnell, Richard Madden, Michael S. Robbins, Kenneth Ryall, Benedict J. Vinci  
**Superior Court:** Ann C. Martinez, Alice M. Reiner

## County DIGEST

### Members of the Board

**Michael D. Antonovich**  
Chairman  
Fifth District

**Gloria Molina**  
First District

**Yvonne Brathwaite Burke**  
Second District

**Zev Yaroslavsky**  
Third District

**Deane Dana**  
Fourth District

---

**Michael J. Henry**  
Director of Personnel

**Sandra A. Hoodye**  
Community Liaison/Ombudsman

**Kristina T. Hajjar**  
Managing Editor  
Kenneth Hahn Hall of Administration  
500 West Temple Street, Room 375  
Los Angeles, CA 90012  
(213) 974-1767