

Spotlight on retirement

LOS ANGELES COUNTY EMPLOYEES RETIREMENT ASSOCIATION • SEPTEMBER 2021 • VOL. 32, NO. 3



LACERA Reopens — With Changes

Appointments Required; Protocols in Place

After months of preparation and following all recommended health guidelines, LACERA reopened our Member Service Center (MSC) for appointment-only visits in July. It's an enormous step toward normalizing operations and we are glad to be back! To maintain safety protocols, we are still limiting the number of in-person appointments, but we are carefully working to increase that number over the next few months as we aim for a full reopening.

All members need to be aware that **there are permanent changes to MSC's operations**. While these changes are partially in response to the pandemic, we are also implementing them to reduce MSC wait times and provide you with more convenient and efficient service. Please take note of the following:

- **Appointments are required** to see a Retirement Benefits Specialist. You can set up an appointment through the online appointment

system at lacera.com, or if you do not have access to a computer, you can call us at 800-786-6464 and a Specialist will assist you.

- We offer **virtual counseling sessions**. Receive "in-person" service from the comfort of your home or office—it's a win-win! You can choose this option from the service dropdown menu when setting up your appointment online.

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**Los Angeles County Employees
Retirement Association**

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Chief Executive Officer

SANTOS H. KREIMANN

Deputy Chief Executive Officer

LUIS A. LUGO

Assistant Executive Officer

JJ POPOWICH



Hello, members:

Here we are in September already! I hope enjoyed your summer activities and are getting back into your normal routines.

We are striving to get back to normal at LACERA as well. We have been glad to welcome many of you back to our Member Service Center (MSC) since we started accepting in-person appointments in early July. While this new appointment-only model requires some adjustment, it is to your benefit! Less foot traffic in the MSC equals less waiting and a safer visiting environment for you. And because you and our staff members are better prepared for your visit, we can provide you faster, more efficient service.

“We are striving to get back to normal, with continued in-person appointments for members and return-to-work plans for our remote employees.”

Also remember there's no appointment needed and no waiting at all if you just need to submit documents to LACERA. You have a couple of options, both available 24/7:

- Securely submit your scanned or electronic documents from anywhere by logging in to My LACERA then clicking Uploads at the top right of the page.
- Leave hard copies of documents in the new mail slot, located to the right of the LACERA lobby, whenever it's convenient for you.

As we prepare this issue for publication in early August, the MSC remains open despite the uptick in Delta variant cases, and we continue to move ahead with our return-to-work plans for remote staff members. Since the situation is fluid and could evolve based on state and local health mandates, we will email you with any important announcements regarding operational changes. Make sure your My LACERA profile is updated with your current email address so we can reach you, or check “News and Announcements” on lacera.com’s homepage for the latest information.

Website Launched

Speaking of lacera.com, I'm proud to announce that we launched the redesigned website on schedule, on July 30. We appreciate the helpful feedback we have received from members already. We will be considering your suggestions as well as the site's user analytics for future improvements. If you haven't visited the new lacera.com, I encourage you to do so—and let us know what you think by emailing us at webmaster@lacera.com.

From the Executive Desk cont'd

Wi-Fi Coming Soon

In other tech news, we will soon offer secure onsite Wi-Fi for guests, so you can more easily conduct LACERA business during your visit. Wi-Fi will also be available to staff members, so they can access the files, information, and software programs needed to provide member service anywhere in the building, not just their physical workstations. We have already completed all the necessary installations and are set to begin testing during the fourth quarter of 2021, with service available at the end of the year.

Introducing Our First Deputy CEO

On July 12, Deputy Chief Executive Officer Luis Lugo joined the LACERA team. Mr. Lugo was selected from a field

of highly qualified candidates to be the first person to hold this position, created as part of our administrative restructuring. (See Accomplishments on page 4 for more about his background.) Mr. Lugo has spent his first couple of weeks getting to know LACERA's management team and staff, and he is quickly learning the ins and outs of LACERA operations. I will be relying on Mr. Lugo's leadership as we continue to improve our work processes and advance our strategic goals. Welcome aboard, Luis!

We are also in the final stages of hiring a second Assistant Executive Officer (AEO), whom I will introduce in the next issue. With all the executive team members in place, we are poised to achieve our strategic goals

as established by the Trustees and move the organization forward in an expedited manner. Stay tuned!

Healthy Holidays

We are about to begin our second holiday season under the threat of COVID-19. If you are not yet vaccinated, I urge you to do so*—to protect yourself, your families, and your community. We have the power to end this pandemic sooner rather than later by taking personal action.

Thanks again for all you do. Take care and stay safe!

Santos H. Kreimann

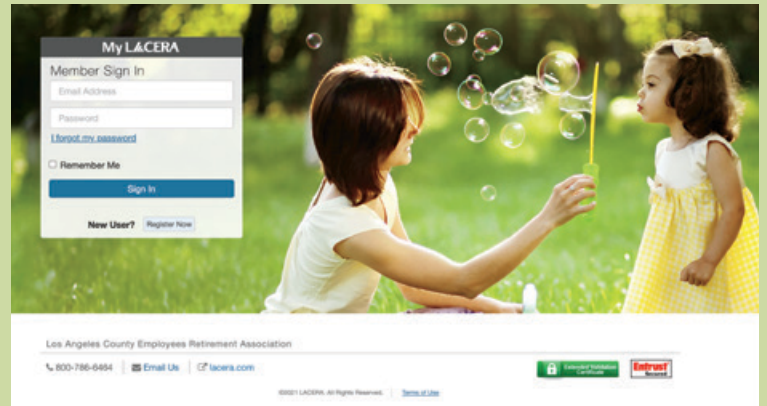
*As we readied this issue for press, a mandatory vaccination order was issued by the Board of Supervisors for L.A. County employees.

My LACERA, Available 24/7 for You

Sign up today at [members.lacera.com!](https://members.lacera.com)

My LACERA is your secure, online account center. It provides a convenient way for you to access your account information and make changes at any time. Here are some of the great things you can do on My LACERA:

- See your latest plan information
- Update your contact information
- Opt into paperless notification delivery for newsletters and other documents
- Upload documents



- View Automatic Deposit Receipts
- Automatically generate a verification letter for major purchases or leases
- Adjust, change, or delete your tax withholdings
- Obtain a copy of your 1099-R, and more!



LACERA ACCOMPLISHMENTS

BOR Trustee Vivian H. Gray Elected President of SACRS



Vivian H. Gray

Congratulations to Board of Retirement Vice Chair Vivian H. Gray on her election as president of the State Association of Country Retirement Systems (SACRS). SACRS consists of 20 independent county retirement systems in California created as part of the 1937 County Employees Retirement Law (CERL).

Trustee Gray has held several SACRS leadership positions, including vice president and chair of the Program Committee. She has served as a Los Angeles County employee for more than 35 years, including 10 years as a deputy sheriff. She is also a senior founding attorney for the Los Angeles County Alternate Public Defender's office.

Members Mourn Passing of SEIU 721 President Linda Dent

Linda Dent, the first woman and first Black president of L.A.'s largest union, recently died at the age of 68 after battling pancreatic cancer. A progressive union leader respected for campaigning for labor rights, higher wages, and her fierce dedication to economic justice, President Dent will be missed by many.



Linda Dent

Under SEIU bylaws, LACERA Board of Investments Trustee David Green (the Vice President of SEIU) has succeeded her as president of the union. Speaking to SEIU 721's communications department, Trustee Green mourned President Dent, saying "We lost a lioness of labor. But we owe it to Linda to keep pushing."

LACERA Welcomes New Deputy CEO Luis Lugo



Luis Lugo

In July, LACERA welcomed new Deputy Chief Executive Officer Luis Lugo, who will assist and support CEO Santos H. Kreimann in fulfilling our mission to produce, protect, and provide the promised benefits to our members.

Mr. Lugo is a proven leader with a keen understanding of how to develop and move strategic initiatives while

maintaining a high level of day-to-day operational efficiency in complex, large public pension systems. Before joining LACERA, Mr. Lugo served as the Chief Operations Officer for the Minnesota Public Employees Retirement Association (MN PERA), the largest public pension system in the state of Minnesota.

SURF ON OVER TO THE NEW LACERA.COM



We are excited to announce that the redesigned lacera.com launched on July 30, with all the helpful resources and information you need in a fresh and sleek new package. It is also the place for you to make your online appointments and find the latest news.

The content on the site has been reorganized and streamlined,

and it adapts to fit the screen of whatever device you are using, so you can find the information you need quickly and easily. And because our new content management system has robust analytical tools, we will be analyzing user patterns and search queries to continually improve your online experience.

Check out the new lacera.com today!

LACERA Celebrates and Thanks All Members



We know that every LACERA member is a vital part of our community. We have watched you serve, protect, and support Los Angeles County and its residents for decades, and we recognize and celebrate your contributions. In that spirit, we highlight the following timely heritage months this issue:

September marks **National Hispanic Heritage Month**, a period that honors the culture and contributions of Hispanic and Latinx Americans. The event began in 1968 when Congress declared the commemoration of two historical events: The Independence Day for Costa Rica, El

Salvador, Guatemala, Honduras, and Nicaragua (September 15th) and Mexico's Independence Day (September 16th). In 1988, the event was expanded into a month-long period from September 15th to October 15th.

In 1945, Congress began recognizing the needs, contributions, and importance of individuals and workers with all types of disabilities and sought to protect them against discrimination. After decades of activism, the **Americans with Disabilities Act** passed in 1990 and marked the **month of October** as a period to increase public awareness and appreciate the

abilities of the estimated 30 million disabled working people in the U.S.

November celebrates **National Native American Heritage Month**, a time of recognition declared by Congress to mark the vital political, social, and moral presence and impact these first nations have had on our history. The holiday period recognizes the hundreds of different tribes, cultures, and languages and serves as a reminder of the difficult challenges and struggles they have faced in the centuries since European colonization.

Fraud Alert

Be Careful of Scammers Looking for Your Retirement Information



Scammers are increasingly trying to exploit those in the retirement planning process, but retirees should be on the lookout too. Watch out for people posing as retirement professionals who are trying to get your personal information through emails, spoofed websites, text messages, or unsolicited phone calls. This is called phishing, and common examples of this scam include:

- Communication sent from a company not affiliated with LACERA requesting you to pay a “fee” associated with your retirement benefit or for other activity that you conduct with LACERA.
- Communication sent from a company not affiliated with LACERA requesting you to schedule a retirement counseling appointment.

LACERA will never call you to ask you to pay a fee. If we reach out regarding payment, we will mail you a notification letter. To schedule an appointment, simply visit lacera.com to use the online appointment system, or call 800-786-6464 to talk to a Retirement Benefits Specialist.

Staying Safe in a Sweltering September



Southern California is renowned for its great weather. However, we are experiencing more hot months, drought, and wildfires. With these dangers in mind, it's important to take steps to protect yourself and your loved ones.

Handle the Heat

Keeping cool can be a significant challenge for many people during the latter part of summer and early autumn. To help protect yourself, the CDC recommends you drink much more water than you normally would. In addition, limit how much time you spend outdoors, wear sunscreen, utilize loose-fitting and breathable clothing, and take a cool shower or bath if you need to cool down immediately.

Save Electricity to Stay Safe

Staying cool by running the air conditioner all day and night seems like a good way to beat the heat. However, using too much electricity can put you and your neighbors in danger of losing power. Saving electricity and using other means of cooling off—like

going to an air-conditioned shopping mall or library or taking a dip in the pool—can help everyone remain cool.

Keep Cautious of Combustibles

Wildfire season is always a scary time of year on the West Coast. While the fires themselves are dangerous, the resulting damage can lead to landslides and debris flows when we do get rain. To keep you and your property safe, make sure you have a clear line without any chaparral or growth surrounding your property. In the event any fires do force you to evacuate, here are some helpful tips:

- Store important documents together so you can quickly grab them
- Prepare an emergency “go kit” containing things like clothes, non-perishable food, and toiletries
- Create a plan on what you would do with any pets and animals

Just because it's hot out, doesn't mean you can't enjoy yourself. Stay hydrated, enjoy the sunshine (in moderation), and take care out there!



Retiree Payday Calendar

Your monthly retirement allowance check is payable the last business day of the month.

SEPTEMBER 2021							OCTOBER 2021							NOVEMBER 2021							
M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	
			1	2	3	4	5					1	2	3	1	2	3	4	5	6	7
H	7	8	9	10	11	12	4	5	6	7	8	9	10	8	9	10	H	12	13	14	
13	14	15	16	17	18	19	H	12	13	14	15	16	17	15	16	17	18	19	20	21	
20	21	22	23	24	25	26	18	19	20	21	22	23	24	22	23	24	H	H _M	27	28	
27	M	29	D				25	26	M	28	D	30	31	29	D						

M = Check Mailing Date **D** = Direct Deposit **H** = Holiday

Catching Up With County of Los Angeles Retiree John Hartnett



When did you start working for the County and when did you retire?

I started working for the County in March 1975, nine months after graduating from Claremont McKenna College. I retired on my birthday in June 2011, having worked my entire career first in the Auditor-Controller's Audit Division and then in the Accounting Division.

How did you find out about the Plan when you started?

Having been an economics and accounting major in college, I was aware of the benefits of tax and estate planning. However, it was not until 1989 (shortly after Congress added Section 401(k) allowing employees to avoid tax on deferred compensation), that the County and third-party administrator held employee group meetings to roll out the new plan and explain the logistics and the benefits. It became immediately apparent to me that this was going to be an important employee benefit.

What first inspired you to start saving for retirement and what did the Plan do to make saving for retirement easier for you?

There were several catalysts for me. Of course, the tax savings feature (deferred tax benefit) was important. But the County match feature was the biggest motivator for me.

How were you able to make saving for retirement a priority?

We have five children, so cash flow was always an issue during my working years. However, we always made it a priority to make sure we set aside enough to at least maximize any County matching contributions. To not do so would be like giving up a free salary increase. In addition, the tax savings softened the impact of the contribution on our cash flow. I have always been a believer that if you set up a budget that includes saving for your retirement early in your career, you will not miss the slice of your salary that is accumulating for your future.

Did you have any retirement saving role models? If so, what did they teach you?

I grew up in a very middle-class family with six other siblings. My father was a schoolteacher and my mother stayed home with us. Needless to say, we learned from my parents how to be frugal and the importance of budgeting and saving, yet we never felt deprived of anything important. Although my dad was not able to take

advantage of his deferred compensation option while we were young, he eventually enrolled and was able to use the catch-up option to adequately fund his retirement.

What saving or budgeting tips would you offer to those working towards retirement?

Just get started. Do not procrastinate. Make it a priority. Take the time to seriously consider where your monthly income goes and carve out a piece now.

If you haven't already done it, use the next promotion, step increase, or cost of living to get started. If you do not think you can afford it, look again and consider the tax savings that will reduce the impact on your take-home pay.

What's your favorite part about retirement?

My father was a biology teacher and gave me a great love of the outdoors and nature. Exercise and outdoor activity have always been my "medicine." I value the ability to have that extra time to be spontaneous and still spend lots of time with family and friends.

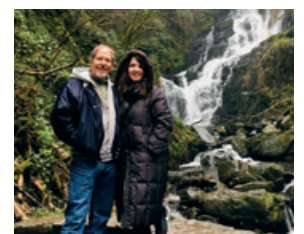
We see that you have stayed with the plan(s) since retirement, why?

Having worked on the plans during my tenure with the A-C Accounting Division, I know that the plans are capably managed by some of the best support staff, recordkeepers, investment firms and consultants in the industry. Because of the size of the County plans, the resources and services provided are many, and the investment choices are varied and professionally managed, and the participant fees are low.

What benefits would you share regarding staying with the plan(s)?

In addition to the things I listed above, the peace of mind knowing that my retirement assets are invested within one of the largest plans in the country, where I have all of the investment choices and resources I need to manage my piece of that fund.

Testimonials may not be representative of the experience of other individuals and are not a guarantee of future performance or success.



STAYING HEALTHY TOGETHER

Vol. 15, Issue #3 • September 2021

Staying Healthy in Retirement Means Staying Engaged

Whether you're newly retired or have been a longtime LACERA retired member, keep in mind that LACERA's *Staying Healthy Together* program aims to provide you with the information you need to stay healthy and fully enjoy the retirement you have earned.

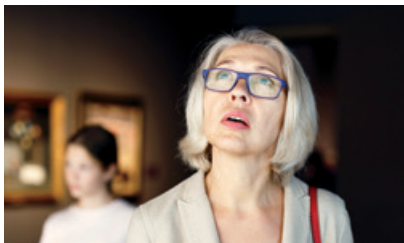
So, let's talk about your retirement. Is it shaping up to be what you had planned or hoped for? Maybe now is a good time to take stock and ask yourself what your new—or renewed—retirement might look like. The COVID-19 pandemic certainly threw a wrench into all of our plans. But now that post-COVID life is approaching a more open new-normal, think about redefining how you plan to spend your time and maximize your happiness, which can have a direct, positive effect on your health.

Remember: Retirement is all about freedom and choice. In fact, a 2016 Merrill Lynch survey found that rather than viewing retirement as the finish line, nearly nine out of ten (88 percent) retirees described it as an opportunity for new beginnings, bringing greater freedom and flexibility and often an entirely new state of mind.

Here are 12 ideas for things to do:

1. **Do what makes you happy.** While the rest of this list includes many ideas for things to do, it will help if you know what brings joy or meaning to your retired life. If you're unsure, some suggested books are *Living a Purposeful Retirement* by Hyrum W. Smith, *How to Retire Happy, Wild, and Free* by Ernie J. Zelinski, or *Retirement Your Way* by Gail M. McDonald and Marilyn L. Bushey.
2. **Spend time with family and friends—both new and old.** Actively nurturing and cultivating your relationships can help you stay connected to the world and give you a greater sense of joy and purpose. You can also join (or start!) a club, since meeting with other people who share your interests is a fantastic way to make new friends and expand your knowledge.
3. **Donate your time to a worthy cause.** Volunteering lets you give back to the community in ways that often benefit you. Studies show that older adults who volunteer and who engage in more hours of volunteering report higher levels of well-being.

4. **Focus on your fitness.** Staying fit and healthy can be a lifelong pursuit—one that can make retirement life better in almost every way. You'll have more energy, a healthier body, and a happier mindset, too.
5. **Travel the world—or just the farther corners of your state.** You can expand your horizons by learning about new cultures or satisfy your wanderlust with well-planned trips. You can also be spontaneous and hit the open road in an RV, settle into a spot as a campground host, or trade houses with like-minded people across the country or the world.
6. **Become an entrepreneur.** Your business can be anything you're good at or want to try. Open a shop or provide a service. You're the boss.
7. **Grow a garden.** Being outdoors in fresh air has health benefits, and studies suggest that gardening is an activity that can add years to your life!
8. **Write a book.** You may be an expert in your field, have had life experiences for a compelling memoir, or have a flair for creative writing. Either way, you can put pen to paper and document it for the ages.
9. **Become a teacher, tutor, or mentor.** You could teach in a traditional setting like a school or offer tutoring for a subject that's near and dear to you. Your teaching could also be non-academic, like leading classes on cooking, sports, or other personal hobbies. Or consider sharing your professional expertise as a mentor to either a young professional or person. Mentoring a young person allows you to act as both a teacher and a coach, and to make a positive difference in a kid's life.
10. **Become a student.** Retirement could be the perfect time to get that degree you've always wanted or just learn more about a subject that fascinates you. In addition to traditional academic or university settings, there



are plenty of ways to expand your mind on a budget, or completely for free. Listen to a podcast or TED talk. Visit museums and science centers—many have free admission

on certain days or for seniors in general. Or consider massive open online courses (MOOCs) that offer free, college-level training across a huge range of topics.

11. **Pick up a new hobby—or two or three.** You can expand on hobbies you enjoyed during your working years or pursue new interests, such as learning a new language, crafting, cooking, pursuing a sport, or playing a musical instrument. Doing so is a great way to keep your brain healthy and functioning.
12. **Go back to work—part-time!** Almost 70 percent of newly retired people get part-time jobs, according to the Merrill Lynch survey. Many retirees find that working part-time allows them to use their existing skills (or develop new ones) while earning a little extra money. And research has found that people who continue to work beyond retirement age have high levels of well-being and life satisfaction.

Looking for more ideas? Visit the following web pages for recommendations on books, articles, and podcasts that can help enrich your retirement journey:

- www.seniorliving.org/life/books-podcasts-articles
- www.leisurecare.com/resources/podcasts-for-seniors

Stay Mindful, Safe, and Healthy!

While COVID-19 vaccination rates increase and Los Angeles County continues to open up, please keep your health and safety in mind, especially if you are engaging in group or in-person activities where you may not know the vaccination status of those around you. Be sure to check the L.A. County Department of Public Health's website (www.publichealth.lacounty.gov/index.htm) for the latest Health Officer Orders, updates, and guidance on masking, public travel, advisories, and more. If you plan to travel domestically or internationally, keep tabs on the Centers for Disease Control and Prevention's (CDC's) special webpage (www.cdc.gov/coronavirus/2019-ncov/travelers) covering COVID-19 travel advisories and guidelines.

Sources: www.newretirement.com/retirement/what-to-do-in-retirement, www.greatseniorliving.com/articles/what-to-do-in-retirement, www.agewave.com/wp-content/uploads/2016/05/2016-Leisure-in-Retirement_Beyond-the-Bucket-List.pdf

This article is for general informational purposes only. Consult with professional advisors regarding medical matters; LACERA does not offer medical advice.

Staying Healthy Together Workshops on Pause

Due to the COVID-19 public health emergency and continuing country restrictions on gatherings, LACERA maintains a pause on planning our semiannual Staying Healthy Together workshops. We will continue to keep you informed of future face-to-face workshops. Visit the Retiree Healthcare > Healthcare Resources page on lacera.com to access the Staying Healthy Together program and workshop information.



Sheet-Pan Chicken & Vegetables with Romesco Sauce

Potatoes, broccoli, and chicken thighs all roast together for a delicious, one-dish meal while you make the quick and easy Romesco sauce—a classic Mediterranean sauce made with roasted peppers, nuts, garlic, and olive oil.

Ingredients

2 large Yukon Gold potatoes, cubed
4 tablespoons extra-virgin olive oil, divided
1 teaspoon ground pepper, divided
1/2 teaspoon salt, divided
4 bone-in chicken thighs, skin removed, excess fat trimmed
4 cups broccoli florets
1 (7 ounce) jar roasted red peppers, rinsed
1/4 cup slivered almonds
1 small clove garlic, crushed
1 teaspoon paprika
1/2 teaspoon ground cumin
1/4 teaspoon crushed red pepper
2 tablespoons chopped fresh cilantro for garnish



Directions

Step 1: Preheat oven to 450 degrees F.

Step 2: Toss potatoes with 1 teaspoon oil, 1/4 teaspoon pepper,

and 1/8 teaspoon salt in a medium bowl. Place on one side of a large rimmed baking sheet. Toss chicken with 1 tablespoon oil, 1/4 teaspoon pepper, and 1/8 teaspoon salt in the bowl. Place on the empty side of the baking sheet. Roast for 15 minutes.

Step 3: Meanwhile, toss broccoli with 2 teaspoons oil, 1/4 teaspoon pepper, and 1/8 teaspoon salt in a clean bowl. After the chicken and potatoes have roasted for 10 minutes, add the broccoli to the potato side of the baking sheet. Stir the vegetables together and continue roasting until the chicken is cooked through and the vegetables are tender, about 15 minutes more.

Step 4: Meanwhile, combine roasted peppers, almonds, garlic, paprika, cumin, crushed red pepper, and the remaining 2 tablespoons oil, 1/8 teaspoon salt, and 1/4 teaspoon pepper in a mini food processor. Process until fairly smooth.

Step 5: Serve the chicken and vegetables with the roasted pepper sauce. Sprinkle with cilantro, if desired.

Nutrition Facts

Serving Size: 1 chicken thigh, 1 cup vegetables, and 2 tablespoons sauce

Per Serving: 499 calories; protein 33 g.; carbohydrates 29.5 g.; dietary fiber 4.5 g.; sugars 2.2 g.; fat 26.6 g.; saturated fat 4.8 g.; cholesterol 142.5 mg.; vitamin A 3096.IIU; vitamin C 75.1 mg.; folate 67.1 mcg.; calcium 88.1 mg.; iron 2.8 mg.; magnesium 81.4 mg.; potassium 878.6 mg.; sodium 664.6 mg.; thiamin 0.3 mg.

Exchanges: 4 1/2 fat, 4 lean protein, 1 1/2 vegetable, 1 starch

Source: *EatingWell.com*, October 2018



3 THINGS: Pumpkins

Autumn is synonymous with sweaters, changing leaves, Halloween, Thanksgiving, and other fun, cozy traditions. Alongside these staples of the season, bright orange pumpkins are a hallmark of decorations, festive foods, and cultural traditions. And while we might take it for granted, the common pumpkin has a unique and interesting history.

1 A member of the squash family, the pumpkin is native to Central America. The oldest found pumpkin seeds, around 7,500 years old, are from Oaxaca, Mexico. Pumpkins eventually moved north to the United States, and the pumpkin capital of the world is Morton, Illinois.



2 The jack-o-lantern originated in Ireland and was originally carved out of turnips and potatoes. Irish emigrants to America found that pumpkins were much easier to carve.



3 The earliest known pumpkin-dish recipe is the “Ancient New England Standing Dish” from John Josselyn’s *New England’s Rarities Discovered*, printed sometime in the early 1670s. Diced pumpkin pieces were stewed, buttered, and sprinkled with vinegar and spices.



Sources: www.goodhousekeeping.com; www.pbs.org; www.historic-deerfield.org, and www.farmersalmanac.com

LACERA Reopens—With Changes cont’d from pg. 1

- We have installed a **secure drop-off mail slot** where you can easily leave documents without waiting in line. It is located outside the building to the right of the lobby entrance.
- You can also begin your retirement journey by attending an **online workshop**. (Sign up on lacera.com by clicking the homepage Pre-Retirement Workshops tile.)
- Installed voluntary self-check thermometers and screening questions for both staff and visitors
- Established requirements for mask use and social distancing
- Implemented enhanced cleaning protocols

When you visit us, please follow all posted guidance, wear your mask, and maintain social distancing. We have taken the following precautions to keep you and our employees healthy:

- Modified the MSC lobby and offices to provide physical protection
- Installed signage and directional arrows for foot traffic

As we go to print, we are seeing a growing threat from the COVID Delta variant, and L.A. County has mandated vaccinations for employees by October 1. The MSC remains open while we work vigilantly to ensure you can continue to visit us safely. The situation is still evolving, so please check lacera.com for the latest announcements and information.



Correction

The article titled “Your Midyear Check-in and Check Ups” in the June 2021 Spotlight contained an error on page 9 about the Cigna Dental PPO (DPPO) in-network cost. The article inaccurately stated that the DPPO provides two cleanings per calendar year with \$0 cost when using in-network dentists. **The DPPO cleaning benefit is 80 percent of the contracted rate and has no deductible.**



LACERA
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Public Service Announcement Adopt-A-Family for the Holiday Season!

The Department of Public Social Services (DPSS) is gearing up for our annual Adopt-A-Family Program. With the holiday season around the corner, everyone is invited to get involved!

For over 30 years, DPSS's Adopt-A-Family program has brought joy to families during the holiday season. It is a special program that allows individuals the opportunity to provide sponsorship to families who are in need and currently being served by DPSS. Last year, the Adopt-A-Family program provided gifts of clothing, toys, food, and other items to 2,278 low-income families.

Sponsoring a family is a wonderful way to celebrate the true spirit of giving during the holidays. It is a great project for families, co-workers, organizations, clubs, and schools. Sponsors and groups can choose the family size, general location, and number of families they would like to sponsor, as there is no limit. Once a sponsor is matched, they can review the family's wish list and decide what and how to give. Make a difference in the community and support this worthwhile program!

Employees or groups interested in adopting a family may fill out an online sponsor application at <https://bit.ly/DPSSAAF>. Contact Brenda Gonzalez, DPSS Volunteer Coordinator, at AdoptAFamily@dpss.lacounty.gov with any questions.



Upcoming Holidays

LACERA will be closed on:

- **Monday, September 6**
For Labor Day
- **Monday, October 11**
For Indigenous Peoples Day
- **Thursday, November 11**
For Veterans Day
- **Wednesday, November 25 and Thursday, November 26**
For Thanksgiving



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