



LOS ANGELES COUNTY EMPLOYEES RETIREMENT ASSOCIATION ■ SEPTEMBER 2008 ■ VOL. 19 NO. 3

CONGRATULATIONS!

Chery, de la Garza, Morris, Russin, and Sandoval Retain Seats on LACERA Boards

Since each of the candidates nominated for the five seats set to expire on the LACERA Boards ran unopposed, the Los Angeles County Board of Supervisors (BOS) cancelled the election scheduled for July 29, 2008. The BOS also instructed the Executive Officer/Clerk of the BOS to cast unanimous

ballots in favor of the following five duly nominated members:

Board of Retirement

Yves Chery
Second Member

William de la Garza
Eighth Member

Edward C. Morris
Alternate Eighth Member

Board of Investments

Simon S. Russin
Second Member

Diane A. Sandoval
Eighth Member

The term for each seat expires on December 31, 2011. Biographical information on the Board members is available in the Boards section of lacera.com.



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RETIREES

There is a dedicated section on lacera.com for our Retired Members- Look under the Benefits tab

Medicare | STAR COLA | Payday calendar | FAQs
Changing your Information | Working After Retirement
Divorce After Retirement

Benefits

**Los Angeles County Employees
Retirement Association**

**Members of the
Board of Retirement**

LES ROBBINS

Chair
Appointed by the Board of Supervisors

SIMON S. RUSSIN

Vice Chair
Elected by General Members

YVES CHERY

Secretary
Elected by General Members

MARK J. SALADINO

County Treasurer & Tax Collector
Ex-Officio Member

SADONYA ANTEBI

Appointed by the Board of Supervisors

WILLIAM DE LA GARZA

Elected by Retired Members

SIMON FRUMKIN

Appointed by the Board of Supervisors

J.P. HARRIS

Alternate Member
Elected by Safety Members

EDWARD "ED" C. MORRIS

Alternate Member
Elected by Retired Members

WILLIAM R. PRYOR

Elected by Safety Members

WALTA M. SMITH

Appointed by the Board of Supervisors

**Members of the
Board of Investments:**

WILLIAM R. PRYOR

Chair
Elected by Safety Members

SIMON S. RUSSIN

Vice Chair
Elected by General Members

HERMAN SANTOS

Secretary
Elected by General Members

MARK J. SALADINO

County Treasurer & Tax Collector
Ex-Officio Member

PAUL C. HUDSON

Appointed by the Board of Supervisors

DIANE A. SANDOVAL

Elected by Retired Members

ROBERT L. SPARE

Appointed by the Board of Supervisors

LEONARD UNGER

Appointed by the Board of Supervisors

ESTEVAN VALENZUELA

Appointed by the Board of Supervisors

Chief Executive Officer

GREGG RADEMACHER

Assistant Executive Officer

ROBERT HILL

Assistant Executive Officer

JANICE GOLDEN

From the **EXECUTIVE DESK**

Gregg Rademacher—CEO, LACERA



The Next Generation of Service Enhancements

As I often mention, LACERA is committed to providing you with exceptional customer service. Although our knowledgeable and helpful staff will always be the cornerstone of our customer service program, our approach continues to evolve and expand. By remaining innovative and alert to the latest technology, we are able to offer you additional tiers of convenient web-based service options.

Our New General Member Interactive Workshop on lacera.com represents our newest online service enhancement. This just-released feature provides new Los Angeles County employees with an overview of the terms, provisions, and plan comparisons they'll need to consider when choosing a retirement plan. The interactive workshop utilizes elements of visual, as well as traditional learning to display the information in an upbeat, user-friendly format. Videos and quizzes, as well as text, are presented throughout the section. A link to the workshop appears on the home page of lacera.com.

This past spring we introduced the Retirement Benefit Estimate online feature on My LACERA. Simple to use, the secure web tool allows registered My LACERA users to generate their own personalized Retirement Benefit Estimates whenever they wish. The program automatically displays the date you first become eligible to retire, along with your personal data currently on file with LACERA. An online "wizard" guides you through the process and allows you to enter different data, such as different retirement dates, final compensation, etc. to change the calculations. By adjusting the data, you can create multiple estimates based on different scenarios. This feature generates the most accurate personalized Retirement Benefit Estimate you can create on your own.

“The not-so-distant future holds more new exciting web-based service options, so stay tuned!”

cont'd on pg. 5

Editor's Note: Consult with professional advisors regarding legal, tax, and/or medical matters; LACERA does not offer legal, tax, or medical advice.

Focus on Customer Service...

LACERA's Document Processing Center Plays a Key Role in Customer Service

In the course of serving more than 150,000 members and survivors, LACERA receives, generates, and sends a tremendous volume of paperwork. Last year we processed more than 360,000 pieces of incoming and outgoing mail. To handle this high document volume with speed and efficiency, we rely on the expertise of our Document Processing Center (DPC) staff.

Working Behind the Scenes to Provide Customer Service

The DPC staff plays an important role in LACERA customer service. Their duties include the proper identification and indexing of each incoming member document and the distribution of its electronic image to the appropriate LACERA division for further processing. Additionally, they generate member documents based on data provided by other LACERA divisions. By efficiently performing these duties, **DPC initiates the process through which we respond to your needs.**

Did you know LACERA maintains a permanent document library as part

of your individual member account? DPC scans every document you send to LACERA and/or LACERA sends to you and places it into your personal member document library. Having the images of these documents instantly accessible to appropriate LACERA staff maximizes our ability to provide you with exceptional customer service.

High Service Standards

LACERA has 400 types of documents and each type carries an individual indexing code. To insure incoming and outgoing documents are properly routed within LACERA, staff in the DPC Imaging Unit must be able to quickly identify each document type and assign the correct indexing code. Additionally, they must be familiar with the more than 100 types of letters and 50 types of forms LACERA generates in response to member inquiries. To gain this expertise, DPC staff members undergo a full year of specialized training.

To maximize efficiency and enhance customer service, DPC operates with a team approach. All staff is fully

cross-trained and able to fill in for one another on a moment's notice. Focused on exceeding customer expectations, DPC staff is encouraged to be innovative and propose suggestions for new and more efficient procedures.

DPC's written service expectations require staff to maintain a minimum 97 percent accuracy rate in the work they prepare, scan, and index. To assure that accuracy rate is achieved, a random audit of 250 documents is completed daily. The results of those audits indicate DPC averaged a 99.25 percent accuracy rate over the past fiscal year. **Audit results for June 2008 revealed a 99.47 percent accuracy rate!**

Working in DPC requires strong analytical and organizational skills. As the hub for our incoming and outgoing documents, DPC provides the foundation for responsive and effective service. **The specialists in DPC are LACERA's behind-the-scenes stars of customer service.**

DPC DOCUMENT STATISTICS

Fiscal Year July 1, 2007 to June 30, 2008

Scanned:	
Documents	202,932
Pages	569,892
Indexed:	
Documents	198,077
Pages	490,083
Mail Processed:	
Incoming	156,542
Outgoing	206,492



Proper Disposal of Prescription Drugs Can Help Protect Our Water Supply

According to an Associated Press investigation, **pharmaceuticals** such as antibiotics, anti-anxiety, and anti-convulsants **are present in many drinking water supplies across the nation, including a number in California.** Results of the investigation released in March of this year indicate ibuprofen, acetaminophen, and other commonly used over-the-counter drugs medications were detected in America's water as well.

flushing drugs down the toilet or drain is a responsible disposal method for unwanted prescription medications. **However, according to the No Drugs Down the Drain program, it is never advisable to flush medications down a toilet or drain. Although flushing prevents immediate accidental ingestion, it**



can cause unintentional human (as well as environmental) exposure to the chemicals found in the flushed medications.

No Drugs Down the Drain Sponsored by the County of Los Angeles and other California public agencies, No Drugs Down the Drain is a public outreach program that targets populations served by the following agencies:

- County of Los Angeles
- Sanitation Districts of Los Angeles County
- City of Los Angeles
- City of Riverside
- Orange County Sanitation District
- City of San Diego

The program alerts the public to the problems associated with flushing medications down the toilet or drain, and offers safe and proper alternative disposal choices.

Permanent Household Waste Collection Centers Offer Disposal Solution

Free, permanent waste collection centers that accept unwanted medications are located throughout Los Angeles County. Centers sponsored by The City of Los Angeles serve L.A. County residents. For information, call **1-800-98-TOXIC** (1-800-988-6942) or visit www.lacity.org/san and click Solid Resources to find your nearest hazardous waste S.A.F.E. center.

Los Angeles County Permanent Waste Collection Centers that Accept Medicine*

San Pedro	West Los Angeles
Glendale	Los Angeles
Playa del Ray	Antelope Valley**
Sun Valley	

**It is illegal for household hazardous waste centers to accept prescription medications categorized as controlled substances; these include narcotics and tranquilizers.*

***Sponsored by the County of Los Angeles Department of Public Works. For more information, call 1-888-CLEAN LA.*

While the concentrations of the detected medications are extremely small (measured in parts per billion or trillion) and water providers insist the water is safe, there is a growing concern regarding the long-term effects of drug residue in drinking water.

Flushing Drugs Jeopardizes Our Water Supply

Drugs that are flushed down the toilet or drain eventually make their way into the water supply. Unfortunately, sewage treatment systems are not designed to remove pharmaceuticals.

With that in mind, we thought this might be a good time to ask, "How do you dispose of your outdated or unused prescription drugs?"

Proper Disposal of Outdated or Unused Rx Drugs

Many well-intended people think

cont'd on pg. 15



To Your Health!

It's no secret the human body is a complex mechanism, and the connection between mind and body is well-documented. The mind-body relationship comes to light in this issue's Staying Healthy Together section. Our focus is on the importance of maintaining mental fitness and the physical, intellectual, and social factors that

contribute to it. It also delivers a great piece of news: memory decline is not an inevitable component of the aging process. The way we live our daily lives can have a major effect on our ability to maintain our mental, as well as physical health.

We invite you to explore the Staying Healthy Together section of this

Spotlight and follow the tips for staying mentally fit. And remember to visit the Staying Healthy Together section of lacera.com for additional information and resources.

“You know you’ve got to exercise your brain just like your muscles.”

— Will Rogers.

From the Executive Desk cont'd from page 2

To enhance the protection of the personal and sensitive information stored on My LACERA, we just added **Safe2Login**, an additional layer of web security, to this section of lacera.com. For details on Safe2Login, see page 11.

In the coming months, retirees who are registered on My LACERA will be able to make withholding tax elections online. More exciting online service options will be introduced as time goes on. **(If you haven't already registered on My LACERA, I encourage you to do so!)** Visit lacera.com for the latest announcements on service options.

The debut of lacera.com in 2000 marked LACERA's entrance into the world wide web.

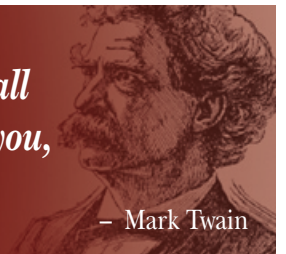
The introduction of online calculators several years ago marked our first web-based service tool. Designed to serve as general planning tools, the online retirement, transfer, and ARC calculators create projections based on the data you enter. Although useful for rough planning purposes, their scope is somewhat limited. In years following, we added Ask LACERA— instant answers to general questions, My LACERA— the member portal, and interactive

forms online. I believe the introduction of our online Retirement Benefit Estimate, with its expanded scope, flexibility, and accuracy, and the New General Member Interactive Workshop, with its videos and online quizzes, represent the next generation of web-based service options.

Our commitment to utilizing the latest technology and marketing strategies to enhance and expand our service options remains strong. The not-so-distant future holds more new exciting web-based service options, so stay tuned!

Quote: *“Keep away from people who try to belittle your ambitions. Small people always do that, but the really great make you feel that you, too, can become great.”*

— Mark Twain





STAYING HEALTHY TOGETHER

Vol. 2, Issue #3 • September 2008

Focus on Mental Fitness

In our last issue, we focused on the importance of physical fitness in maintaining one's health and quality of life. In this issue, we turn our attention to the role of mental fitness in overall wellness; with that in mind we offer a variety of tools and activities designed to promote mental fitness:

- **Top Tips for Staying Mentally Fit:** Activities you can do to improve your mental fitness, along with an activity log to record your progress.
- **Mental Fitness Workshop:** Watch your mail for news about our upcoming Staying Healthy Together: Focus on Mental Fitness workshop scheduled for October. This free half-day workshop will present valuable information on ways to incorporate mental fitness into your daily life.
- **Staying Healthy Together Online:** Visit the Staying Healthy Together section of lacera.com for additional wellness information and links to valuable online health-related resources.

Why Mental Fitness?

The human brain is constantly learning and growing. Even as we age, the brain continues to engage in complex processes and learn new information. Studies have shown that active brains can delay the effects of Alzheimer's disease, help people cope in difficult times and overcome depression. However, the brain is only as active as you make it. If you regularly engage your brain in new activities, along with proper exercise and diet, you can increase your mental fitness and enjoy the benefits that come with it.

Mental Fitness Improves Your Total Wellness

Medical studies have shown being mentally fit improves the quality of your life and can even keep you healthier and counter certain

mental diseases like Alzheimer's and depression. More than two million Americans over age 65 suffer from some form of depression, and senior patients with symptoms of depression have approximately 50% higher health care costs than non-depressed seniors. Working daily on your mental fitness by challenging and engaging your brain to learn can increase your total wellness and help defend against mental diseases.

Use It or Lose It

Most of us know we need to keep our bodies active to remain physically fit, but how many of us realize keeping our brain active is necessary to stay *mentally* fit? Just as allowing your body to become a couch potato can jeopardize your physical fitness, allowing your brain to become a "couch potato" can

jeopardize your mental fitness. **To stay mentally fit, you need to exercise your brain!**

Exercising Your Brain

Several components are involved in exercising, or to be more precise, stimulating your brain. Working on your mental fitness can include a range of things, from learning a new hobby to increasing your social interactions. Many of these activities can be done on a weekly or even daily basis, so you can start working on your mental fitness today! We've divided mental fitness activities into three categories:

- **Social**
- **Individual**
- **Physical**

Research has shown that each category plays an important part in

mental fitness, so it's important to select activities from each category. We've included an activity log you can use to record your progress and encourage you to engage in mental fitness activities on a regular basis.

Social

Research indicates people with strong social networks live longer and are healthier than those who are socially isolated. Experts believe the level of an individual's social connection is an important indicator in predicting his or her health and independence in later years.

Social activities are a great way to maintain and improve your mental fitness while enjoying time with friends and family! Even simple interactions like engaging the people around you in regular conversation and activities can help to keep your mind sharp. Examples of social activities you can do to increase your mental fitness include:

- **Exercise with a family member or friend.** Exercising with another person can help you stay motivated and give you someone to talk to — invite a friend!*
- **Cook a meal with another person.** Cooking and preparing meals exercises the mind and helps you eat healthy. When you cook with someone else you can also enjoy sharing recipes and techniques.
- **Host a fun event.** It's important to set aside time to have fun with people you care about! It

doesn't matter whether it's a small potluck gathering or a large party; a get-together of any size allows you to stay connected with your friends and family.

- **Volunteer.** Volunteering is a great way to give back to the community and meet new people with common goals and interests. There are many types of volunteer work available. Check your religious community, local public agencies, or community centers for volunteer needs in your area. (The County museums are seeking volunteers to serve as docents; see page 13.)
- **Include someone in your daily routine.** Think of your daily routine and errands as opportunities to spend time with others. It will help chores go faster and provide you with company while you complete your to-do list.
- **Join a new club.** Joining a club dedicated to your favorite hobby is a great way to meet new people who enjoy the same activity.

Individual

Because your brain is so complex, it requires a variety of tasks to increase mental fitness. While regular social interaction is healthy, you also need to set aside quiet time to relax and allow your brain to focus on different tasks. Tasks you can do individually to stimulate your brain include:

- **Read.** Set aside time each day

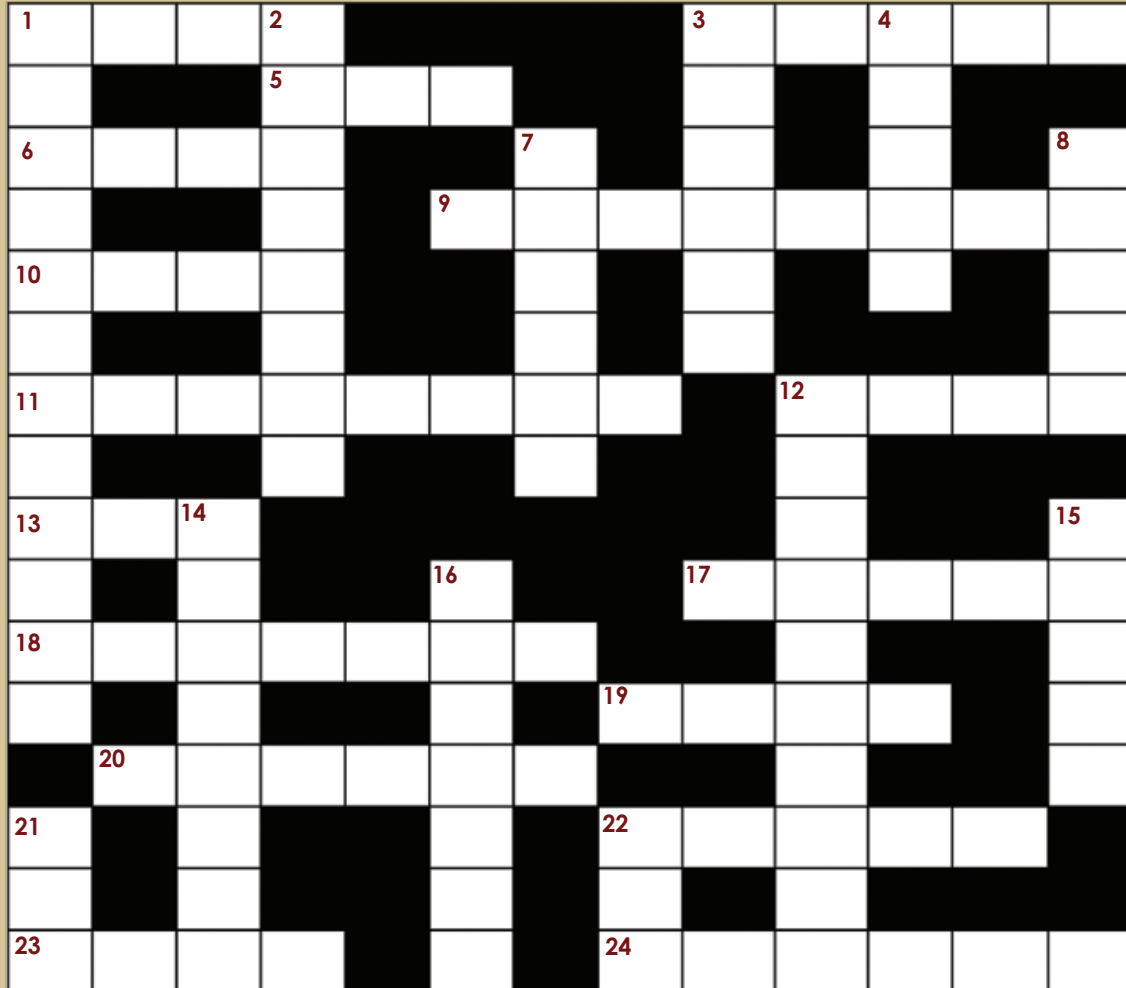
to read. Allow your mind to relax and focus on topics you enjoy. (Visit your local library to borrow books at no charge.)

- **Work a puzzle.** Working a word, math, jigsaw, or other type of puzzle forces your brain to think in new and creative ways. Even if you try and solve a puzzle for just a few minutes a day you'll be doing quite a bit to increase your mental fitness. There are lots of puzzles available online. Here are a couple sites to try: www.jigzzone.com, <http://games.aarp.org>.
- **Enjoy leisure time.** It's important to know your body and recognize the ways you like to relax. Taking some much needed leisure time will help relax your mind and decrease stress.
- **Learn a new hobby.** Medical studies have shown the brain is capable of learning new information and tasks as we age. Taking the time to discover a new hobby will bring some added enjoyment to your day and help keep your mind sharp. Check with your local community for a schedule of adult classes; some communities offer free classes for seniors.
- **Take things one at a time.** Trying to do too much at once can create stress and cause you to feel overwhelmed, which is counterproductive to your goal. If possible, break large tasks into smaller, more

cont'd on pg. 9

REFINE YOUR MIND

Stay mentally fit and test your LACERA lingo with our crossword puzzle!



ACROSS

1. Cost of Living Adjustment
3. To Protect and _____
5. Little kid
6. Retirement is your _____ egg
9. LACERA is located in _____
10. Lion sound
11. LACERA produces, protects and provides the promised _____
12. Sports "zebras"
13. A perfect _____
17. _____ Service Exam
18. Canadian province or CA city
19. Guilty or Not Guilty
20. A volunteer at a County museum
22. LACERA CEO Rademacher
23. Stiller, Affleck and Franklin
24. Billy Joel's _____ *Girl*

DOWN

1. Defined Benefit Plan vs. Defined _____ Plan
2. Power of _____
3. Secretly opens an envelope
4. Tournament of _____
7. Deputy Sheriffs and Firefighters are _____ members
8. State Association of County Retirement Systems
12. Los Angeles County Employees _____ Association
14. Earth's atmosphere mostly this gas
15. Branch of peace
16. Exercise improves this
21. Irish bar
22. African Wildebeest

Want the answers?
 Go to lacera.com,
 Retiree Health Care, Staying Healthy
 Together Section

Staying Healthy Together cont'd from page 7

manageable items that can easily be finished.

Physical

Physical health plays a vital role in mental fitness. A healthy body and mind are essential to improving your overall wellness and fitness. Diet and exercise are two areas that can have a positive effect on your mental fitness.

Diet

As part of a healthy balanced diet, experts recommend you consume foods like blueberries, leafy green vegetables, and oily fish because they contain antioxidants and Omega-3 fatty acids that are thought to protect the brain and body against age-related disease. It's also important to remember the following rules for healthy eating:

- Eat **regular meals** (don't skip meals)
- Eat a **variety** of food — try cooking something new and different
- Eat **five portions of fruits and vegetables a day**
- Eat foods **high in calcium** like calcium-fortified cereals and orange juice, spinach, kale, low-fat cheese, milk, and dried beans

Activity and Rest

Exercise is vital for mental agility and fitness.* When you exercise, your heart pumps faster, which circulates blood faster and carries more nutrients and oxygen to the brain. Studies have shown that

physical exercise may slow the effects of aging and help people maintain cognitive abilities well into older age.

Diet and exercise are just two of the ways that staying healthy allows you to improve your mental fitness.

These activities will help your physical and mental health at the same time:

- **Get plenty of rest.** Try to sleep 7 to 8 hours each night. And never underestimate the power of a good nap; taking little breaks for rest and napping will help you stay refreshed.
- **Exercise regularly.** Exercise can be as simple as a long walk around the block or something more demanding like swimming or biking, and everything in between. Choose activities you can enjoy at a moderate pace and feel comfortable doing.
- **Try a new exercise.** Participating in a variety of exercises and routines will help you stay motivated to improve your mental and physical fitness.

Get Started Today!

Mental fitness covers many areas. The activities we outlined represent a small number of the wide assortment of activities you can do to improve your mental fitness. You can also combine activities from different categories such as reading a book and participating in a book club discussion. (Check your local bookstore or library for information on book clubs in your area.) Or, you

can cook a new healthy dish and invite some people over to enjoy it with you. You can use the Mental Fitness Journal on page 10 to record your activities in the three categories— Social, Individual, and Physical.

We hope you'll work on the different categories of activities to enhance your mental fitness and improve your total wellness. If you pick up new hobbies or meet new people along the way, all the better.

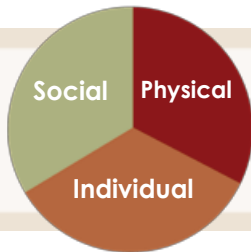
Source: aarp.org, APA (American Psychological Association) Online

*Consult with your doctor before beginning any exercise program. Find out which types of physical activity are appropriate and safe for you.



Social	Physical	Individual
Host a Potluck Dinner with friends	Exercise once a day, stretch twice a day	Create artwork, any artwork
Call that friend on the east coast	Leave that engine off and walk to the local store	Enjoy a new book
Water your green thumb and join a gardening club	Check your labels and eat healthy (Hint – page 8)	Tackle a crossword puzzle
Exercise with a family member or friend	Organize that bothersome junk drawer	Indulge in your favorite activity
Visit your library to see what’s new on the shelves	Cook something you’ve craved in a restaurant	Plan a day-trip for one
Take a class with a friend	Allow yourself the occasional nap to recharge	Learn something new
Volunteer to help give back to the community*	Keep the gears moving on your old bike	Enjoy your quiet moments

* Look for volunteer opportunities in this issue of *Spotlight*



Mental Fitness Journal



Enjoy your life! Engage yourself in fun and mentally stimulating activities.
Keep your mind busy - an active mind is a healthy mind!



Week #	Social	Physical	Individual
Week 1	<i>Enroll in cooking class</i>		
Week 2			<i>Find out how to volunteer somewhere - teach reading? museum?</i>
Week 3		<i>Ride bike to farmer's market</i>	
Week 4			

Safe2Login™ Security Feature Added to My LACERA

Beginning September 8th, you must register on Safe2Login to access your My LACERA account. Need help registering? Call LACERA at 1-800-786-6464 for assistance.

To further protect the sensitive and personal member information stored online, we recently added **Safe2Login**, an additional security tool in the My LACERA section of lacera.com. This security mechanism allows registered users to verify they are connecting to LACERA's official web site and also allows us to reconfirm the user's identity. With phishing, pharming, and other online security threats, we have to be very cautious with our member information.

If You Are Already a Registered My LACERA User:

Part One: Register on Safe2Login

- Go to My LACERA.
- Click on the Safe2Login Safety Stamp.
- Click to register with Safe2Login.

New User Registration

Step 1:

- 1
 - Enter your email address.
 - Enter your date of birth.
 - Create a Safe2Login Password.
 - Create a SafeCode.
 - Click "Continue."

Step 2:

- 2
 - Within a couple of minutes, you will receive an email from Support@Safe2Login.com.
TIP: Keep your browser window open while waiting.

Step 3:

- 3
 - Retrieve the activation code from your Support@Safe2Login.com email and click "Continue."

Step 4:

- 4
 - Identify the computer you are using by giving it a unique name (i.e., "home", "work", "Frank") and click "Continue."
 - Indicate if you are using a shared/public computer.
 - Click "Back to My LACERA."

Part Two: Sign in to My LACERA

Once You Are Registered On SAFE2LOGIN:

When you visit My LACERA, Safe2Login will automatically recognize you.

Part One: Safe2Login

- Click on your SafeCode in the Safe2Login Safety Stamp.
- Green lights mean you are safe to continue! Yellow lights or red lights mean STOP! - Follow the prompts or call LACERA at 1-800-786-6464 for assistance.

Part Two: Sign in to My LACERA



★ (TIP: Keep this guide handy when you register for the first time!)

We've Updated This Important Document: LACERA Special Durable Power of Attorney Package

We recently updated our **Special Durable Power of Attorney** package. The new package, which includes a brochure and form, features a more reader-friendly Q&A format. The brochure simplifies the concept of a Power of Attorney by explaining:

- What is a Power of Attorney?
- What is LACERA's Special Durable Power of Attorney?
- Choosing an Attorney-In-Fact

LACERA's **Special Durable Power of Attorney** package is available in the **Brochures & Forms** section of lacera.com or by calling **1-800-786-6464**.

Importance of Power of Attorney
Having a Special Durable Power of Attorney on file at LACERA assures you that LACERA will be able to handle your retirement benefits without interruption and in accordance with your wishes, should you become unable to handle your own affairs. You may recall in our *March Spotlight*, we discussed

the value of having a Special Durable Power of Attorney on file at LACERA and explained how LACERA's Special Durable Power of Attorney differs from other Powers of Attorney. In case you missed that article, or would like to review it, the *March Spotlight* is available in the Newsletter section of lacera.com.



LACERA Recognized for Success in Securities Fraud Litigation; Recovers More than \$40 Million for the Fund

The National Association of Public Pension Attorneys (NAPPA) has recognized LACERA for its success in recovering losses from securities fraud. Reporting on **LACERA's successful recovery of more than \$40 million in securities litigation**, NAPPA, in its August 2008 newsletter, identified LACERA as an institution "at the forefront of shareholder litigation."

In 2001, in light of corporate fraud scandals such as Enron, Worldcom, and Adelphia, the Board of Investments (BOI) adopted a securities litigation policy. The policy requires LACERA's Legal Office to monitor securities fraud class actions and to actively pursue recovery of LACERA losses. Since the adoption of that policy, LACERA has led class actions and has filed independent law suits leading to the recovery of more than \$40 million in losses.

Compliance with the BOI securities litigation policy assures that the Board, with the assistance of LACERA's Legal Office, will continue to aggressively protect the financial interests of LACERA members.

HEALTH CARE INFORMATION @

Retirees-

For information about LACERA-administered health care plans, go to lacera.com, **Health Care**

lacera.com



Introducing our new lacera.com home page!

"It's modern! It's informative!"

Rediscover the same great lacera.com information served up in a streamlined fashion. **This is your web site!**

On our new home page, you will find easy-to-use interactive Flash links that focus on our great LACERA services.

PUBLIC SERVICE ANNOUNCEMENT

County Museums Seek Docents

Would you like to inspire wonder and discover new knowledge? Then become a volunteer docent at a County museum. It's a great opportunity for people who love learning and enjoy helping others; no previous teaching experience is required. Docents also participate in group social events and special educational opportunities.

The Natural History Museum of Los Angeles County is seeking volunteer

docents to reach out to students in the Museum's science and history halls and explore such subjects as mammals, California history, dinosaurs, gems and minerals, marine life, and more. Docents spend one morning per week during the school year in the museum's exhibition galleries helping students to explore the wonders of nature, history, and culture. Sound interesting? Call (213) 763-3242 or email: docent@nhm.org.

The Page Museum of the La Brea Tar Pits is recruiting docents to give public tours of the museum and the tar pits on weekday afternoons and weekends. Docents will learn about saber-toothed cats, mammoths, dire wolves, and other exotic creatures in training sessions. Monthly lunch meetings provide stimulating speakers, ongoing training, and exciting trips. To find out more, call (323) 857-6300, extension 140.

New Bill Paves the Way for Reinstatement of Some Retired Firefighters

Signed by Governor Schwarzenegger on June 2, 2008, Senate Bill 579 repeals a section of the County Employees Retirement Law (CERL) which made firefighters

who retired due to age ineligible for reinstatement. SB 579, which took effect the day it was signed, paves the way for reinstatement of firefighters who retired due to age. Firefighter reinstatement is not

automatic and must be approved by the member's department.

Firefighters interested in reinstatement should contact their department for further info.

Dispelling the Myths about Aging and the Brain

Myth: **You can't change your brain.**
Changing our thinking or behavior causes corresponding changes in the brain. An example of this is the treatment of certain mental disorders with therapy that teaches people to alter negative patterns of thought and behavior.

Myth: People lose brain cells every day; eventually the cells just run out.

Most regions of the brain do not lose brain cells with age. It's also possible to grow new brain cells or prevent your existing cells from withering if you exercise your brain.

Myth: The brain doesn't make new brain cells.

Certain areas in the brain, including the portions where memories are created and scents are processed, regularly generate new brain cells.

Myth: Memory decline is inevitable as we age.

Many people reach ripe old age and remain sharp. Although genetics do play a role in the way we age, the way we live on a day-to-day basis is also critical



to the aging process. The mental fitness activities we highlight in this issue of Staying Healthy Together can help keep both mind and body moving in a positive direction.

Source: Aging and the Brain on aarp.org

L.A. CERA

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7 AM - 5 PM MONDAY - FRIDAY
- CALL CENTER HOURS
7 AM - 5:30 PM MONDAY - FRIDAY
1-800-786-6464



Water Supply
cont'd from page 4

If you live outside these areas, check with your city or county to see if they accept unused drugs at their hazardous waste collection sites.

Mobile Collection Events in Southern California

Additionally, the Sanitation Districts and Los Angeles County jointly sponsor a series of mobile one-day Saturday events in other areas throughout the year. Call 1-800-238-0173 or visit www.lacsd.org/info to find out more about the Household Hazardous Waste Collection Program.

Recommended Disposal Methods for Unwanted Medications:

1. Take them to a household

hazardous waste collection center. In addition, some pharmacies (such as Costco*) offer a drug "take back" program. Check with your pharmacy to see if it will accept your unwanted medications.

2. Place them in a sturdy, securely sealed container and place the container in a trash can out of the reach of children and animals.

- Use the original container with safety caps, if available. Remove personal information from the label or use a permanent marker to make it unreadable.
- "Treat" the medications to discourage people or animals from consuming them. This can be done by adding water followed by salt, ashes, dirt, and/or other material that

would discourage consumption. Seal the container with duct or masking tape. Blister packs should be wrapped with layers of duct or masking tape.

- Use this method to dispose of unwanted controlled substances, as well as other types of medications.

**Membership not required. Controlled substances are not accepted.*



Did You Know?

Defined Benefit (DB) Plans

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- You will receive your monthly retirement allowance for the rest of your life

Defined Contribution (DC) Plans

401(k) and 457 Plans are savings accounts

- Your benefit payments (withdrawals) stop when your money runs out



What do you want to know?

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- Proper Disposal of Prescription Drugs
- Staying Healthy Together: Focus on Mental Fitness



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Editor's Note:

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