



Spotlight on retirement

LOS ANGELES COUNTY EMPLOYEES RETIREMENT ASSOCIATION • JUNE 2018 • VOL. 29, NO.2

Doing Good

The Los Angeles County Volunteer Program

One of the biggest advantages of a career with the most populous county in the nation is the abundance of departments and service roles that one can work in while still remaining a part of the larger organization. That world of possibilities extends to retiree volunteers as well. Helping to match citizens, County employees, and County retirees with the public service programs that need their time and talents has been the purview of the Los Angeles County Volunteer Program since 1981. The current Countywide Volunteer Program Relaunch and Awareness campaign aims to bring awareness to this impactful program and encourage employees, retirees, and the public to take part. "We promote volunteerism as an opportunity to improve program efficiency, enhance productivity, and engage community involvement," says Countywide Volunteer Program Coordinator Rosa Cervantes, who is helping

lead the current relaunch and awareness campaign. "The County Volunteer Program has been around for many years, but not everyone in the community is aware of the extensive volunteer opportunities that are available," she says. "The goal is to invigorate the program through awareness and extensive outreach."

Why Volunteer?

For starters, you become part of a long, proud history of neighbors helping neighbors in our country, which dates back to the colonists who banded together to help each other build houses, plant crops, and fight fires.

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**Los Angeles County Employees
Retirement Association**

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BERNIE BUENAFLO

From the
Executive Desk

Robert R. Hill – Interim CEO, LACERA



The Latest News From LACERA

Greetings, LACERA members! As you might have already read in a previous issue of *Spotlight*, I'm currently serving as LACERA's interim CEO, but that's only temporary. The search is on for LACERA's next CEO. The Korn Ferry firm, ranked "America's Best Executive Recruiter" for 2017 by *Forbes* magazine, has been retained by LACERA to spearhead this critical recruitment. LACERA's Board of Retirement and Board of Investments have designated the chairs and vice chairs of both boards to serve as their ad hoc search committee to oversee the CEO selection

process. LACERA boards will receive monthly updates on the progress of the recruitment by Korn Ferry. While LACERA is in the process of completing this search, I will continue to provide leadership and guidance over LACERA's daily operations.

Interdivisional Compliance Committee

At LACERA, we're always looking for ways to improve services to our members. With this in mind, LACERA management created an interdivisional compliance committee. The purpose of this committee

is to establish an enterprise-wide policy development process, and its formation mimics a growing trend in industry — increasingly focused attention on instituting compliance controls to ensure that applicable requirements are met. We believe our LACERA members will ultimately benefit from better standardization in documentation from division to division.

**“For the 15th time,
LACERA has received the
Public Pension Standards
Award.”**

The committee includes representatives from the Executive Office, Administrative Services, Benefits, Communications, Internal Audit, Member Services, Legal, Human Resources, Quality Assurance, and Systems divisions.

LACERA Recognized

I'm pleased to share that LACERA has again received the Public Pension Coordinating Council's (PPCC) Public Pension Standards 2017 Award in recognition of meeting professional standards for plan design and

EXECUTIVE DESK cont'd

administration as set forth in the Public Pension Standards. The Public Pension Standards are intended to reflect minimum expectations for public retirement systems' management and administration, and serve as a benchmark by which all defined benefit public plans should be measured. LACERA is a 15-time recipient of this important award.

March Madness

While the weather heats up in Los Angeles County, things are starting

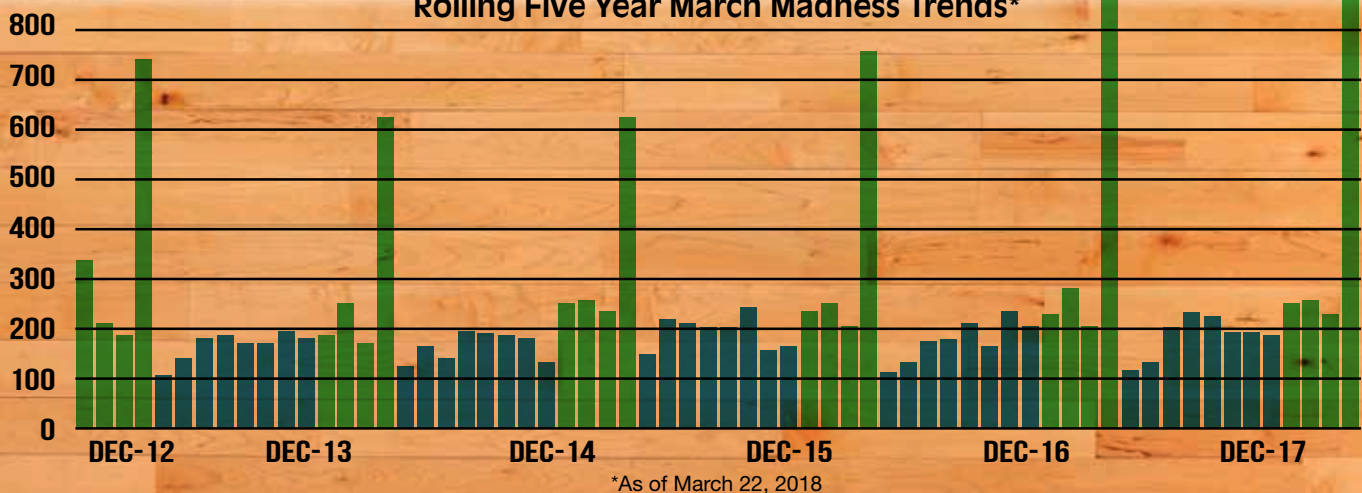
to cool down a little at LACERA. Recently we finished retiring more than 1,600 members during the period we refer to as March Madness, which takes place every year from December through the end of March. These months are popular retirement times for members because those who retire on or before March 31 are eligible for the April 1 cost-of-living adjustment (COLA), if a COLA is approved by the Board of Retirement. Our 2018 March

Madness tally of 1,600 LACERA members is up from around 1,500 last year.

The graph below shows processing statuses for retirement elections over the last five years. The green bars reflect completed status for the months of December through March, and the blue bars reflect completed status for the other eight months.

Pa D Hill

Rolling Five Year March Madness Trends*



LACERA Remembers Richard Wirth

We are sad to share the news that former Board of Retirement member Richard Wirth passed away unexpectedly on March 22. Mr. Wirth was first appointed to the Board by former L.A. County Supervisor Michael Antonovich in the summer of 2001 and served through December 2006.

Mr. Wirth earned his bachelor's degree at Northern Illinois University, followed by graduate work at Southern Illinois University and Interamericana University in Saltillo, Mexico. He also studied law at Santa Clara University.

Mr. Wirth began his career as an Assistant City Manager in Joliet, Illinois, before moving to California. In 1973, he became the Director of Government Affairs for the Building Industry Association of Southern California (BIASC), later serving as Executive Director of the BIASC's Government Council until 1994. Concurrently,

in 1985 he founded Wirth & Associates, a governmental relations firm, and served on numerous boards and commissions throughout his career. These included being the first Chair and Chief Executive Officer of the Los Angeles County Housing Development Corporation; helping found the Public Inebriate Program of Los Angeles and serving as Chair for five years; serving on the Board of Directors of Moss Beach Homes, a major provider of private foster care throughout California; and serving on the Board of Directors of the Mexican-American Opportunity Foundation, where he was honored as Man of the Year for his efforts

in establishing daycare centers. Mr. Wirth's commitment to helping young people extends past his life; in lieu of flowers for his services, his family asked that donations be made to his favorite charity, Aspiranet, benefiting underprivileged children and youth.



Doing Good: The Los Angeles County Volunteer Program *cont'd from pg. 1*

As a County volunteer, you get the opportunity to make a tangible difference in your community — and you'll also be in good company. Last year, 126,000 individuals donated over two million volunteer hours to County departments. According to the Independent Sector, a national organization for nonprofits, this represents a value of \$54 million.

Additionally, not only are you helping your community when you volunteer, you're helping yourself. "Studies show that people who volunteer on a regular basis are physically, emotionally, and spiritually healthier than their non-volunteering counterparts," says Cervantes. "They also are more socially engaged and mentally stimulated, which is important in reducing the risk for developing dementia."

Donating your time after retirement allows you to contribute your valuable experience in a meaningful way or simply try something new while having a positive impact. For retired members in the Los Angeles area, participating in the County's Volunteer Program can even help you maintain a connection with your prior department and colleagues.

"Retirees are great assets to the County and can provide invaluable resources as volunteers in County departments," says Cervantes. "Retirees have rich and varied backgrounds of experience, skill sets, and knowledge. Our program is an ideal place for retirees to find fulfilling

work and camaraderie, and give back to their communities."

Opportunities include tutoring youth, acting as a museum docent, serving as a reserve officer or firefighter, advocating for children, caring for animals, providing veterans support services, and much more. "The possibilities are extensive," says Cervantes.

Whatever your background, the Volunteer Program is ready to connect you with a department that aligns with your interests, location, and availability. "The County has one-time volunteer positions for staffing large events and working the election polls, part-time and full-time opportunities, as well as seasonal work," says Cervantes. (Be sure to read the accompanying volunteer profiles for inspiration and to get an inside look at how our retired members contribute their talents.)

In addition to its matchmaking function, the County Volunteer Program makes sure that volunteers are fully supported along the way and acknowledged for their efforts. The program provides tips and guidelines to help departments manage and recognize their own volunteers, as well as hosts an annual countywide volunteer awards luncheon.

Getting Started

Exploring County volunteer opportunities is easy. See the accompanying sidebar for direct weblinks to departments' volunteer

pages, as well as contact information or application forms. *Spotlight* also frequently includes County volunteer opportunities (see page 12).

Whether you need a little more guidance or know what you want to do and would like to sign up, the Volunteer Program wants to hear from you. "The most gratifying part of my work is having the distinguished privilege of working with different members of the community who want to give back in a meaningful way," says Cervantes.

Contacting the Volunteer Program

To volunteer or get additional information, call Rosa Cervantes at (213) 974-2760 or email RCervantes@hr.lacounty.gov.

A World of Possibilities

To access links to County departments' volunteer pages, click on the June 2018 issue of *Spotlight* at www.lacera.com/communications/spotlight.html, then click on County Department Volunteer Opportunities in the bulleted list on the right.

If you live outside of L.A. County and want to find a volunteer opportunity near you, visit VolunteerMatch.org or idealist.org.

2018 Payday Calendar

06 June						
S	M	T	W	T	F	S
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	M	28	D	30

M = Check Mailing Date

07 July						
S	M	T	W	T	F	S
1	2	3	H	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	M	28
29	30	D				

D = Direct Deposit Date

08 August						
S	M	T	W	T	F	S
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	M	30	D	

H = Holiday

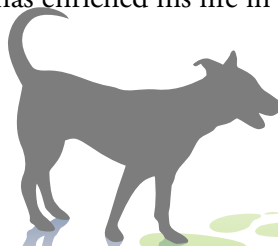
Volunteer Profile

Craig Harvey *Downey Animal Care Center*

Before he retired in 2015, former Chief of Coroner Investigations Craig Harvey had already logged a lot of volunteer hours with the Registrar-Recorder/County Clerk as an Election Clerk and Precinct Inspector, but there was something else he wanted to do. “As a County employee, I was aware of the need for volunteers and the good things they do for the County,” he says. “There are many opportunities in many departments, but I love dogs and wanted to try to help dogs in a shelter that served the community where I lived. I knew I would have plenty of free time, and I wanted to devote some of that time to helping shelter dogs get rehomed.”

Harvey laid the groundwork by applying to volunteer with the Department of Animal Care and Control and then attending volunteer orientation in January 2015; he is now beginning his fourth year with the Downey Animal Care Center. His duties include kennel care, assisting with adoption interactions, exercising and socializing the dogs,

and assisting with “glamour” photos and videos of dogs and cats to help network adoptable animals on social media. He describes how volunteering has enriched his life in



retirement: “It gives me a sense of contributing to my community, and most importantly, getting to interact with dogs that crave attention, one-on-one time, belly rubs, ear scratches, hugs, cuddles, and some special treats — so they can hopefully get adopted

cont'd on pg. 7

Volunteer Profile

Robert Wolfsohn *Department of Consumer and Business Affairs*

A retired L.A. County Assessor, Bob Wolfsohn is an example of how a person with specialized skills and work connections can contribute greatly to the community after retirement.

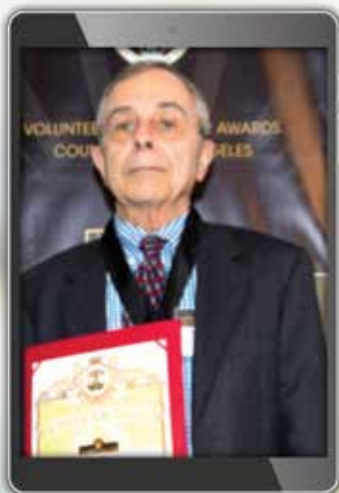
He has been volunteering with the Department of Consumer and Business Affairs (DCBA, previously just the DCA) since 2005, shortly after he retired. “I wanted some activity, and the program at DCA provided that opportunity while utilizing my work background,” he says. “Initially, I worked in investigations exclusively, as my experience with the Assessor’s Office gave me an advantage in certain types of problems, but now I also do some counseling as that corresponds to the needs of DCBA.”

Wolfsohn was able to find this excellent fit for his skills by following the lead of professional colleagues, and it has helped him maintain a line to

his prior work. “Several Assessor employees had volunteered there, so there was reason to expect that my particular experience would fit in,” he says. “The work has often called for consultation with Assessor personnel, so it has also been a way to keep up acquaintances there, and that practice has proved to be very valuable in my volunteer work.”

Wolfsohn’s significant expertise also means that he can provide immediate, specific help in many situations. “In the area of investigation, tasks have always included problems involving property taxes, property titles, assessment issues, and the like,” he explains. “For persons not familiar with the

cont'd on pg. 7



Wolfsohn was one of seven honorees recognized by the Board of Supervisors at this year’s volunteer awards.

800-786-6464



LACERA ACCOMPLISHMENTS

LACERA Senior Staff Counsel Michael D. Herrera Elected Vice President of NAPPA

In June 2017, LACERA Senior Staff Counsel Michael D. Herrera was elected Vice President (President-elect) of the National Association of Public Pension Attorneys (NAPPA). NAPPA is a professional legal and educational organization whose nearly 700 attorney



MICHAEL D. HERRERA
Senior Staff Counsel

Counsel, Mr. Herrera serves as a legal advisor to the fund, its boards, and staff.

members represent public pension funds throughout the United States. Mr. Herrera has served on the NAPPA Executive Board since 2014. As President-elect, Mr. Herrera will become President this June at the Association's Annual Legal Education Conference in Savannah, Georgia. Mr. Herrera joined LACERA in 1999. As a Senior Staff

LACERA EMPLOYEES TAKE THEIR DAUGHTERS AND SONS TO WORK

On April 26, LACERA's work force took on a decidedly more youthful appearance as once again, a group of employees' children took part in the annual Take Our Daughters and

Sons to Work Day. A nonprofit educational program now in its 26th year, Take Our Daughters and Sons to Work aims to show children the value of education, encourage them to envision their futures and explore career possibilities, and help them begin steps toward their end goals. Plus, it's just a lot of fun!

"It's not every day that the employee gets to bring their kids to work and show them exactly what they do and where they sit," says Admin Services' Andrea Ellison, who, along with colleague Cathy Lumpkin, has helped coordinate this event since 2006. "It's great to see the kids excited about their parents' place of business, and I just

love watching all the little faces when they learn something new about their parents' jobs."

This year, Ellison and Lumpkin, along with enthusiastic team members Bonnie Nolley, Stephanie Ashley, Lauren Decoudreaux, Michelle Yanes, and student

worker Kyle Jacosky, made sure that LACERA's 39 young guests, ages 8 to 12, had a fun-packed agenda built around the theme "Service Force: Agents of Positive Change."

After a morning welcome by Assistant Executive Officer JJ Popowich, the group began their tour of LACERA. Their

first stop was Communications Division, where they were provided with drawing materials to explore their artistic sides and have their contributions published in a booklet to take home. Next, they headed to Systems, where they saw what the inside of a computer looks like,



Volunteer Profile: Craig Harvey **cont'd from pg. 5**

and be the great dogs that they are, in their own home around a family that loves them.”

Helping a person or family with an animal interaction then seeing that animal get adopted and leave the shelter for a new life is the most rewarding part of the experience, says Harvey. “You get the sense that the dog is getting another chance at a great life... Every dog and cat should have such a happy ending.”

Harvey appreciates the L.A. County Volunteer Program for providing participants the utmost flexibility to help where and when needed, and strongly encourages other retirees to try it out. “Since I retired, I have worked part time, traveled frequently, and enjoyed many sunrises and sunsets at my leisure. You will still have plenty of time for all that,” he says. “Volunteering to do something different and even outside your normal comfort zone is very rewarding. County departments have huge, busy missions to complete and never enough help to serve, so a few hours a week or even more helps the people of the County and will give you a sense of satisfaction.”

PULL UP A CHAIR WITH RETIREE HEALTHCARE



**CASSANDRA
SMITH**
Director of Retiree
Healthcare

Welcome to LACERA's Retiree Healthcare (RHC) Division. We're a team of around 20 employees working to administer the Retiree Healthcare Benefits Program for LACERA members and their eligible beneficiaries. Our division's mission is to provide a healthcare program of the highest quality at an affordable cost. One way we do this is by remaining aware of the general healthcare landscape and how it can affect the program. Additionally, we are responsible for understanding and implementing the many complex changes in federal and state programs, such as the Affordable Care Act, Medicare, and Social Security, as they relate to LACERA's Retiree Healthcare Benefits Program.

LACERA Employees Take Their Daughters and Sons to Work cont'd

learned tips about staying safe online, and played a bingo game related to internet safety. After lunch and ice cream, it was time to visit the Financial and Accounting Services Division for an accounting-themed bingo game with prizes, as well as snacks, take-home goodie bags, pencils, and calculators. The last divisional visit was Benefits and Member Services, where they not only learned all about LACERA through a PowerPoint presentation, sing-along, and games, but also won more prizes and enjoyed snacks and drinks. To burn off some of those afternoon treats, the children finished the day with exercises led by visiting YMCA instructors.

As with previous events, Ellison says the team received lots of positive feedback from the parents about how much their kids loved all the activities put on by the divisions. “The kids always say they can't wait until next year, and it's the same for us,” she says. “We bond a lot with the kids, and are glad to be part of their educational journey, so we look forward to welcoming them back year after year.”

Volunteer Profile: Robert Wolfsohn **cont'd from pg. 5**

territory, these can appear daunting. But for someone with the experience, they can sometimes be very easy to resolve, and often knowing the exact area (maybe even the specific person) that can address the problem can significantly expedite resolution.”

Not only is he using his existing talents on the job, Wolfsohn continues to learn and take on new job responsibilities. “In the area of counseling, I do not have so much background, and I have to stretch (and ask for a lot of help) to get things done,” he says. “I think that's probably good for me!”

Wolfsohn likes that the structure of the volunteer program allows him to continue to engage professionally while still enjoying the benefits of retirement. “A lot of my work with the Assessor involved public service and problem solving, and I found satisfaction with that,” he says. “I don't want to totally give that up.”

The pleasant atmosphere and positive feedback keeping him coming back, too. “I have always found DCBA personnel to be very supportive and appreciative of my efforts,” he says. “It's a nice group of people to be with.”

STAYING HEALTHY TOGETHER

Vol. 12, Issue 2 • June 2018

Don't Fall for These Diabetes Myths — Get the Facts!

Diabetes affects over 29 million people in the United States, but one in four *don't know they are living with it*, and many have misconceptions about this challenging disease. This list will help you separate the myths from the facts.

Type 1 Diabetes

- More common in young people
- Body's immune system has attacked and destroyed the cells that make insulin
- Body's insulin production is decreased

Myth: Diabetes is not a big deal.

Fact: Type 1 and Type 2 diabetes are chronic diseases — which means you'll be dealing with them for the rest of your life. They can significantly increase your risk for a heart attack, heart disease, nerve damage, kidney failure, and even blindness.

Myth: Overweight people will develop Type 2 diabetes.

Fact: Not everyone with diabetes is overweight, and not everyone who is overweight will develop diabetes. However, being overweight is a risk factor that could lead to Type 2 diabetes.

Myth: Eating too much sugar causes Type 2 diabetes.

Fact: Type 2 diabetes is caused by a combination of genetics and lifestyle issues like being overweight or physically inactive. It isn't known whether eating too much sugar causes diabetes; however, a diet high in calories can lead to weight gain, and being overweight increases your risk.

Myth: A diabetes-friendly diet is very restrictive.

Fact: When you have diabetes, you do need to make smarter decisions about what you eat. But the overall goal is really no different than what we all should aim for: a healthy, balanced diet. This means choosing foods that are rich in whole

grains, fruits, vegetables, healthy fats, low- or non-fat dairy products, and lean proteins.

Myth: You can feel if your blood sugar is too high or too low.

Fact: The only way to know whether your blood sugar is too high or too low is to check it. You can't always rely on how you feel, because any symptoms you may be having could be the result of something completely unrelated, like having a cold or the flu.

Diabetes is a chronic condition that cannot be cured, but you can manage your symptoms. Talk to your doctor about steps you can take — like increased activity levels, adjusted eating habits, and medications — to help you control it.

Sources: "Diabetes," © 2012, "You Can't Eat Sugar" and Other Diabetes Myths," © 2011, UnitedHealthcare Services Inc.; "Living Better with Diabetes," SCAN Health Plan; "Understanding Diabetes," and "Diabetes Myths and Facts," © 2017, Cigna.

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

Type 2 Diabetes

- More common in middle-aged and older people
- Increased risk for people who are overweight and/or have a family history of diabetes
- Body does not make insulin well



More Diabetes Resources at www.lacera.com

An expanded version of the article on page 8, with valuable diabetes resources like links to tips, tools, and webinars from LACERA-administered healthcare plans, is available on our website. Visit www.lacera.com/healthcare/StayingHealthyTogether/diabetes_myths.html.

Spring Workshop Gets Members Moving

Did you know you can help avoid or control diabetes just by moving more? Even if you're limited in the types of exercises you can do, there are lots of ways to increase your activity level. Our Spring 2018 Staying Healthy Together workshop on April 17 gave members great ideas for adding movement to their daily lives, plus practical tips for taking care of their teeth and gums. And the vendor table activities — like chair massages, biometric screenings, and the trivia game — were a big hit! Links to the presentations are available online (see link at More Diabetes Resources above). We look forward to seeing you at another fun wellness workshop this fall. Watch your mail for information, or visit lacera.com for updates.



Retiree Healthcare Benefits Program Annual Letter Packet Mailing

If you are currently enrolled in a LACERA-administered healthcare plan, the Annual Retiree Healthcare Packet for the 2018-2019 plan year was mailed to you at the end of May. This packet contains important information about the LACERA-administered Retiree Healthcare Benefits Program, such as the new 2018 healthcare monthly premium rates and benefits update. Please take a few minutes to read your packet. No action on your part is necessary unless you want to make changes to your current healthcare plans.



If you are currently enrolled in a LACERA-administered health plan and have not received your packet, please contact the Retiree Healthcare Division by calling 800-786-6464 (press 1 when prompted) or 626-564-6132. You can also send us an email at healthcare@lacera.com or visit our website at lacera.com.

Note: If you are enrolled in a LACERA-administered Kaiser Permanente plan outside of California, you will receive a separate packet. Plan changes and premium rates are determined by the Kaiser Permanente region in which you reside.

2018 LACERA-Sponsored Long-Term Care Seminars Schedule

Seminars are held on the second Wednesday of each month at LACERA, 300 N. Lake Avenue, First Floor Workshop Room, at 10:30 a.m. For reservations, please call 626-818-2673.

- June 13
- July 11
- August 8
- September 12
- October 10
- November 14
- December 12



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YOUR SECURITY, OUR CONCERN:

Household Chemicals

Safely Storing Hazardous Materials in Your Home, Part 2

Many common household items can be hazardous if used or stored improperly, or if they fall into the wrong hands. Of the nearly 2.2 million poison exposures reported in 2015, 93 percent occurred in a residence, so it's important to identify and properly store potentially harmful materials to ensure safety for yourself and others in your home. In our last issue of *Spotlight*, we highlighted medications and personal care products. This time we address commonly used chemicals around the home.

According to the Federal Emergency Management Agency (FEMA), nearly every household uses products containing hazardous materials or chemicals. These include cleaning, automotive, and lawn and garden products; hobby supplies; miscellaneous items such as batteries, thermometers and light bulbs; and fuel products and containers. Below are some tips to help you safely store these items and keep people, pets, and the environment safe.

- Only buy what you need. An easy way to limit the amount of products you have to store is by carefully estimating and purchasing only the amount that you think you will use, or by sharing extra products with neighbors, local businesses, or charities.
- Keep chemical products in their original bottles or containers, and never put products in a container (such as a soda bottle) where they could be mistaken for something else. Follow the manufacturer's use instructions, including the recommended amount, to prevent accidental exposures.
- Never mix household chemicals. They could react, ignite, or explode. For example, mixing chlorine bleach and ammonia creates a highly toxic gas.
- Lock them up! Keep household chemicals out of the reach of children and pets by storing them up and away, or in a securely locked cabinet if such items present a spill hazard. Your safest option is a locking, fire-resistant, leak-tight chemical cabinet.
- Conduct an inventory of products in your home, including your garage, basement, and storage areas. Check manufacturer's labels and product locations to make sure you are storing the items as instructed and within the recommended temperature range. Check for loose caps, damaged or corroded containers, out-of-date products, and cleaning and work supplies you no longer need and can dispose of (more on that below). If you can't read a product label, treat it as harmful and discard it.
- If you live in an area prone to earthquakes, you might want to build a restraint on open shelves or not store certain chemicals together to reduce the likelihood of toxic spills. For further suggestions, visit the Earthquake Country Alliance's Chemicals page at www.earthquakecountry.org/step1/chemicals/.
- Look for safer alternatives to the products you regularly use. The EPA's Safer Choice program has a list of products meeting the program's standard, as well as a labeling system to help you identify products with less toxic chemical ingredients. See more at www.epa.gov/saferchoice.
- Don't toss it! Contact your local municipality's solid waste, environmental, or health department to inquire about hazardous waste disposal services in your area, or visit search.earth911.com or call 1-800-CLEANUP to find a disposal or recycling center in your area. If you live in L.A. County, the Department of Public Works has an extensive program in place to help residents safely dispose of household and electronic waste, with both mobile collection and permanent drop-off centers available. Visit www.cleanLA.com for more information.

Sources: National Capital Poison Center, American Association of Poison Control Centers, Federal Emergency Management Agency, Environmental Protection Agency, Earthquake Country Alliance, L.A. County Department of Public Works, California Department of Toxic Substances Control

Fraud Alerts From the D.A.'s Office

Twice a month, the L.A. County District Attorney's Office releases a public service announcement (PSA) called the Friday Fraud Alert to warn the community about current financial scams (some perennial; some seasonal or tied to current events). The alerts are posted at da.lacounty.gov/community/fraud-alerts, and you can get updates

NOTICE
BEWARE OF
SCAMS

via Twitter or Instagram by following @LADAOoffice.

The PSAs include videos with District Attorney staff, and many focus on scams targeted specifically toward older adults. According to the D.A., one in five seniors has been the victim of financial fraud. The Elder Abuse section of the website includes a Financial Fraud page that lists the warning signs of many common scams in order to help seniors recognize cons and avoid becoming victims. Visit da.lacounty.gov/seniors/financial-fraud to learn more.

INSIDE MY LACERA

Did you know that My LACERA offers 24-hour online access to your LACERA retirement account information? As a retired member, you can:

- Sign up for or change your direct deposit information;
- Add or update a mailing address;
- Adjust your federal or state tax withholdings and submit them online;
- Update or add up to three phone numbers; and
- View your history of LACERA interactions, direct deposits and 1099-Rs, and beneficiary designation(s).

If you haven't registered on My LACERA yet, don't hesitate. It's easy. Just follow these simple steps:

- Go to lacera.com and click on the My LACERA logo at the bottom right of the page.
- Select Register Now.
- Enter your name, birth date, last four digits of your Social Security number, and your email address.



- Answer two personalized security questions.
- My LACERA will email you an account activation link.
- Click the activation link to complete registration and create your password.

The 2017 tax year may have given you a refund or found you writing a check to the IRS. If you've decided to make an adjustment to

your federal and/or California tax withholding elections, My LACERA is the place to do it. Sign in to My LACERA any time to adjust and submit your tax elections online.

Requests to adjust tax elections received by the 15th of the month will be applied to that month's allowance; requests received after the 15th will be applied to the following month's allowance. Copies of Form W-4P and Form DE-4P are available on the Brochures & Forms page of lacera.com or by calling 800-786-6464.

Check with a professional advisor to determine which withholding category is best for your personal situation; LACERA does not provide tax advice.

3 THINGS THE SUN

Summer solstice is June 21 this year in the Northern Hemisphere, the day when the North Pole is tipped more toward the sun than on any other day of the year, giving us the most hours of light (don't forget your sunscreen!). In honor of the life-giving G dwarf star at the center of our solar system, here are some fun sun facts.

- The sun is a nearly perfect sphere of gas made up almost entirely of hydrogen (91.2 percent) and helium (8.7 percent), burning at about 27 million degrees Fahrenheit in its nuclear core.
- The sun makes up 99.8 percent of the mass of the entire solar system. If they were squished, 1,300,000 earths could fit inside the sun.



- The sun is middle-aged. At about 4.5 billion years old, it has burned through about half of its hydrogen. In about 5 billion years, it will start burning helium, expanding into a giant red star about 100 times its current size before collapsing into a white dwarf star about the size of earth.

Sources: NASA, National Geographic

800-786-6464



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Public Service Announcement

Volunteer with the Department of Public Social Services

Your help is needed. The Los Angeles County Department of Public Social Services (DPSS), Volunteer Services Section, is seeking volunteers to provide clerical support on a variety of short- and long-term assignments. Volunteers are also invited to various outreach events countywide, and the time required each week generally ranges from 20 to 40 hours. Volunteers must complete fingerprinting. DPSS serves an ethnically and culturally diverse community through programs designed to alleviate hardship and promote health, personal responsibility, and economic independence. The department provides benefits and services to low-income residents of Los Angeles County, including temporary financial assistance, free and low-cost healthcare insurance, and food benefits for families. For more information, call Anthony Leoni, DPSS Volunteer Coordinator, at 213-744-4590, or email him at DPSSvolunteers@dpss.lacounty.gov.

Upcoming Holidays

LACERA will be closed on:

- **Wednesday, July 4**, in observance of Independence Day
- **Monday, September 3**, in observance of Labor Day



**Deep summer is
when laziness finds
respectability.**

– Author Sam Keen

Email: welcome@lacera.com

Editor's Note: *Spotlight on Retirement* is published by the staff of LACERA and is for general informational purposes only. Consult with professional advisors regarding legal, tax, and/or medical matters; LACERA does not offer legal, tax, or medical advice.