

Spotlight on retirement

LOS ANGELES COUNTY EMPLOYEES RETIREMENT ASSOCIATION • MARCH 2020 • VOL. 31, NO.1

UPCOMING LACERA ELECTIONS

YOUR VOTE COUNTS

In August 2020, the County will hold elections for the Retired Trustee and Alternate Retired Trustee on the Board of Retirement, and the Retired Trustee on the Board of Investments. More information from the County about the election and how to vote is on page 5. You are strongly encouraged to update or provide your current email address to LACERA to receive voting information and reminders via email. Please contact LACERA at 800-786-6464 or log in to your My LACERA account to edit your profile.

Board of Retirement Approves COLA Increase



On February 5, 2020, the Board of Retirement approved a 3.0 percent cost-of-living adjustment (COLA) increase for retirees and eligible survivors. The increase, effective April 1, 2020, will be reflected in your April 30 benefit payment.

The increase is based on the cost of living from December 2018 to

December 2019, as reflected in the Bureau of Labor Statistics Consumer Price Index (CPI) for all urban consumers in the Los Angeles-Long Beach-Anaheim area. The calendar year-to-date change is 2.96 percent. When rounded to the nearest one-half percent, as prescribed by law, the result is a 3.0 percent increase.

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Los Angeles County Employees Retirement Association

Board of Retirement

HERMAN B. SANTOS

Chair

Elected by General Members

VIVIAN H. GRAY

Vice Chair

Elected by General Members

GINA ZAPANTA

Secretary

Appointed by Board of Supervisors

JAMES P. HARRIS

Alternate Member

Elected by Retired Members

SHAWN R. KEHOE

Elected by Safety Members

KEITH KNOX

County Treasurer and Tax Collector

Ex-Officio Member

WAYNE MOORE

Appointed by Board of Supervisors

RONALD A. OKUM

Appointed by Board of Supervisors

WILLIAM R. PRYOR

Alternate Member

Elected by Safety Members

LES ROBBINS

Elected by Retired Members

THOMAS WALSH

Appointed by Board of Supervisors

Board of Investments

DAVID GREEN

Chair

Elected by General Members

HERMAN B. SANTOS

Vice Chair

Elected by General Members

WAYNE MOORE

Secretary

Appointed by Board of Supervisors

ALAN J. BERNSTEIN

Appointed by Board of Supervisors

ELIZABETH GREENWOOD

Appointed by Board of Supervisors

SHAWN R. KEHOE

Elected by Safety Members

KEITH KNOX

County Treasurer and Tax Collector

Ex-Officio Member

DAVID L. MUIR

Elected by Retired Members

GINA V. SANCHEZ

Appointed by Board of Supervisors

Chief Executive Officer

SANTOS H. KREIMANN

Assistant Executive Officer

JJ POPOWICH



FROM THE EXECUTIVE DESK

SANTOS H. KREIMANN, CHIEF EXECUTIVE OFFICER



Hello, LACERA members! I hope you all had a healthy and productive start to 2020. At LACERA, the retirement season we refer to as March Madness is in full swing, with all hands on deck to make sure that our active members are able to seamlessly transition to being retired members. Although I have been a LACERA member myself for many years, I've never seen this process firsthand.

I've been seeking input from across LACERA as I begin to make adjustments to achieve our goals and improve services.

I am impressed at the hard work and coordination across departments to make sure our members are well taken care of.

If this is your first issue of *Spotlight*, congratulations on your retirement!

Setting the Stage

Since I started my CEO duties in November, I have been fully immersed in learning about all aspects of the organization and getting to know our Board trustees, in-house managers, employees, members, and service partners. I've been holding weekly meetings with

divisional managers, getting the latest project updates and finding out how our 15 divisions intersect with all of our stakeholders. I've also been meeting with staff members across the organization to seek their input on various matters throughout their respective divisions. Having this context is vital to my operational decisions, as I begin to adjust internal processes to achieve our strategic goals and improve efficiency and services.

As this issue goes to print, we are preparing for our annual budget and strategic goal-setting meeting, and I will be completing my first 100 days on the job. I'll provide updates in our next issue of *Spotlight*.

Congratulations Are in Order

In December, the Board of Supervisors appointed Wayne Moore to the Board of Retirement and Elizabeth Greenwood to the Board of Investments. Mr. Moore is concurrently serving on the Board of Investments, to which he was first appointed in 2017, while Ms. Greenwood is serving on the Board for the first time. Welcome, Trustee Greenwood, and congratulations to you both on your appointments.

Our Chief Investment Officer, Jonathan Grabel, recently received another honor to add to his professional accomplishments. In January, he was recognized for innovation in investor education by AIF Global. This follows an industry innovation award he received in December 2018 from *Chief Investment Officer*. Read more in LACERA Accomplishments on page 4.

Finally, on this anniversary of the 19th Amendment, a salute to those who comprise 60 percent of the L.A. County workforce—women. Thank you for your daily efforts to make our community a better place. To read about some

inspiring female firsts, see page 12.

Coming Up

This year we will be completing and rolling out some of our biggest ongoing projects. One of the most visible of

those will be the lacera.com redesign, which will be unveiled in our next issue. I'll keep you posted on other strategic goals as they near completion. Until then, take care.

Santos H. Kreimann

Kaiser Now Available for Retirees in Washington

Effective January 1, 2020, the Kaiser Permanente Washington service area is now available under the LACERA-administered Retiree Healthcare Benefits Program. This new service area is in addition to the current Kaiser Out-of-State Plans available to LACERA retirees and their eligible dependents.

The Kaiser Out-of-State Plans available are Kaiser-Colorado, Kaiser-Georgia, Kaiser-Hawaii, Kaiser-Oregon, and Kaiser-Washington.

For more questions about the Kaiser-Washington plan, enrollments, or retiree healthcare benefits, please contact our Retiree Healthcare Division.

- Telephone: 800-786-6464 (press 1)
- Via My LACERA: Sign in to send a message, upload, and view documents
- Email: healthcare@lacera.com

You may also visit lacera.com and click on the Retiree Healthcare tab for more information about the LACERA-administered Retiree Healthcare Benefits Program.



BEWARE OF SOCIAL SECURITY SCAMS

Social Security phone scams are the No. 1 type of fraud reported to the Federal Trade Commission and Social Security Administration (SSA). Over the past year, these scams—misleading victims into making cash or gift card payments to avoid arrest for Social Security number problems—have skyrocketed.

SSA encourages you to use their new reporting form on www.ssa.gov to disrupt the scammers, help reduce this type of fraud, and prevent people from becoming victims.

Social Security employees will occasionally contact you by telephone or mail for business purposes if you have ongoing business with the agency. However, Social Security employees will not:

- Tell you that your Social Security number has been suspended
- Contact you to demand an immediate payment
- Ask you for credit or debit card numbers over the phone
- Require a specific means of debt repayment, like a prepaid debit card, a retail gift card, or cash

- Demand you pay a Social Security debt without the ability to appeal the amount you owe
- Promise a Social Security benefit approval, or increase, in exchange for information or money

Remember that Social Security employees will never threaten you. If there's a problem with your Social Security record, SSA will mail you a letter. If SSA needs you to submit payments, the agency will provide instructions in the letter, including options to make those payments.

Source: blog.ssa.gov





LACERA ACCOMPLISHMENTS

LACERA Congratulates Newly Appointed Board Trustees

On December 17, 2019, the Board of Supervisors appointed Wayne Moore as the Sixth Member of the Board of Retirement and Elizabeth Greenwood as the Fifth Member of the Board of Investments. Their terms started January 1, 2020 and will run through December 31, 2022.

In addition to his new appointment to the Board of Retirement, Mr. Moore



Wayne Moore

serves on the Board of Investments, to which he was first appointed in 2017. He most recently served as Secretary.

Mr. Moore sits on the following committees: Insurance, Benefits, and Legislative; Operations Oversight; Equity: Public/Private; Credit and Risk Mitigation; and Real Assets.

Ms. Greenwood is serving her first term as a Trustee. A Los Angeles City Attorney



Elizabeth Greenwood

practicing civil rights law, she brings brings experience as a Trustee on the Los Angeles City Employees' Retirement System to LACERA. Her committee assignments

include serving as Vice Chair on the Equity: Public/Private Committee, and she is also assigned to the Credit and Risk Mitigation Committee.

LACERA Represents at Women's Leadership Conference



Connie Chan and Ana Ronquillo

The 10th L.A. County Women's Leadership Conference was held on November 21, 2019 at the Pasadena Convention Center, and several LACERA staff members played key organizing roles. The annual event serves as a resource for networking and professional development for women and men employed throughout the county and outside agencies, as well as the public. This year's theme was Making HERstory, celebrating the 100th anniversary of women's suffrage.

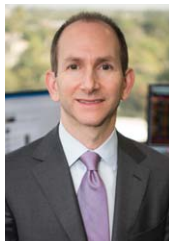
Ana Ronquillo and Connie Chan from LACERA's Human Resources division served on the coordinating committee for the event. "It was exciting

to be a part of an initiative for women," Ronquillo said. She and Chan relished the opportunity to work closely with a cross-section of County employees on the committee, which is dedicated to serving the attendees. Chan acknowledged the importance of the event, saying, "It was inspiring to work with such a motivated and enthusiastic group."

The leadership conference has been growing in prestige and popularity every year since its creation in 2010. Ronquillo and Chan both said they were thankful to LACERA's Boards and management for showing their support for women in the workplace by allowing staff to be a part of such an impactful event.

CIO Jon Grabel Recognized for Innovation and Education

Chief Investment Officer Jonathan Grabel received a surprise kickoff to the year on Monday, January 13 in New York City.



AIF Global, an economic think tank, presented him with an award for innovation and forward thinking at its investor meeting. The award was given to one CIO in recognition of outstanding contributions toward fostering exceptional results in investor education.

Grabel works with AIF Global biennially at the Graziadio Business School at

Pepperdine, where AIF partners with the National Institute of Public Finance to provide an educational program for state treasurers.

"I was not expecting an award," Grabel said. "It is meaningful, though, to be recognized for an educational initiative."

EXECUTIVE OFFICE



BOARD OF SUPERVISORS
COUNTY OF LOS ANGELES

LACERA

LOS ANGELES COUNTY EMPLOYEES RETIREMENT ASSOCIATION

NEW AND EXCITING VOTING OPTIONS **COMING SOON**

ONLINE AND TELEPHONIC VOTING OPTIONS WILL BE OFFERED IN THE UPCOMING LACERA ELECTIONS

LACERA elections for the following positions on the Board of Investments and Board of Retirement will occur this summer:

- Retired Member and Alternate Retired Member, Board of Retirement
- Retired Member, Board of Investments

The terms of office of the current officeholders will expire on December 31, 2020.

Retired Members will now have three options for casting their votes:

1. Online
2. Telephonic
3. Paper Ballot (upon request only)

Look for the initial notices that will be mailed to you in **May 2020** with details on the upcoming elections, the new voting options, and how to request a paper ballot. This notice will include the deadline for requesting paper ballots.

PLEASE MAKE SURE TO UPDATE YOUR CONTACT INFO TO STAY INFORMED.

Retired members are encouraged to supply their current email address to LACERA, if not already provided, to allow voting information and reminders to be sent via email. The email will include a direct link to the ballot and instructions for telephonic voting. To update your information, please contact LACERA.

COLA Increase cont'd from pg. 1

According to the provisions of LACERA retirement plans, if the COLA percentage exceeds the maximum allowable amount, the excess percentage is accumulated to supplement future COLA benefits. The accumulated percentage carryover is known as the COLA Accumulation. The longer you have been retired or receiving a survivor's allowance, the more COLA carryover you accumulate. LACERA uses the COLA Accumulation to fund the maximum increase allowable under each plan.

Plan A retirees and eligible survivors will receive a 3.0 percent increase, the maximum allowable annual COLA

adjustment. (Since the CPI increase of 3.0 percent equals the maximum allowed COLA, there is no excess added to the Plan A accumulation balance for 2020.)

Plan B, C, D, and G retirees and eligible survivors will receive a 2.0 percent increase, the maximum allowable annual COLA adjustment. The 1.0 percent excess (the 2020 COLA of 3.0 percent minus the annual COLA maximum of 2.0 percent) will be added to the COLA Accumulation.

Plan E members who retired on and after June 4, 2002 and eligible survivors will receive *up to* a 2.0 percent COLA increase. Plan E COLA increases only

apply to service credit earned on and after June 4, 2002, and any purchased Plan E Elective COLA. The portion of the 2.0 percent COLA is calculated as the months of service earned on and after June 4, 2002, plus any purchased Plan E Elective COLA, divided by the total months of service. The 1.0 percent excess (the 2020 COLA of 3.0 percent minus the annual COLA maximum of 2.0 percent) will be added to the COLA Accumulation.

The chart below shows the COLA Accumulation percentages for all retirees and survivors as of April 2020.



2020 COLA Accumulation Chart

Retirement Date	Plan	Maximum Cost-of-Living Increase	CPI Change	Accumulation as of April 2019	April 2020 Adjustment	Accumulation as of April 2020
Prior to 4/1/81	A	3.0%	3.0%	6.5%	0.0%	6.5%
4/1/81 – 3/31/18	A	3.0%	3.0%	0.5%	0.0%	0.5%
4/1/18 – 3/31/20	A	3.0%	3.0%	0.0%	0.0%	0.0%
4/1/77 – 3/31/90	B, C, D	2.0%	3.0%	17.5%	1.0%	18.5%
4/1/90 – 3/31/91	B, C, D	2.0%	3.0%	14.9%	1.0%	15.9%
4/1/91 – 3/31/92	B, C, D	2.0%	3.0%	10.3%	1.0%	11.3%
4/1/92 – 3/31/00	B, C, D	2.0%	3.0%	9.7%	1.0%	10.7%
4/1/00 – 3/31/01	B, C, D	2.0%	3.0%	9.4%	1.0%	10.4%
4/1/01 – 3/31/02	B, C, D	2.0%	3.0%	7.7%	1.0%	8.7%
4/1/02 – 3/31/03	B, C, D	2.0%	3.0%	7.6%	1.0%	8.6%
4/1/03 – 3/31/05	B, C, D	2.0%	3.0%	5.9%	1.0%	6.9%
4/1/05 – 3/31/06	B, C, D	2.0%	3.0%	3.5%	1.0%	4.5%
4/1/06 – 3/31/18	B, C, D	2.0%	3.0%	2.5%	1.0%	3.5%
4/1/18 – 3/31/19	B, C, D	2.0%	3.0%	1.0%	1.0%	2.0%
4/1/19 – 3/31/20	B, C, D	2.0%	3.0%	0.0%	1.0%	1.0%
1/1/13 – 3/31/18	PEPRA Plans G and Safety C	2.0%	3.0%	2.5%	1.0%	3.5%
4/1/18 – 3/31/19	PEPRA Plans G and Safety C	2.0%	3.0%	1.0%	1.0%	2.0%
4/1/19 – 3/31/20	PEPRA Plans G and Safety C	2.0%	3.0%	0.0%	1.0%	1.0%
6/4/02 – 3/31/03	E*	2.0%	3.0%	7.6%	1.0%	8.6%
4/1/03 – 3/31/05	E*	2.0%	3.0%	5.9%	1.0%	6.9%
4/1/05 – 3/31/06	E*	2.0%	3.0%	3.5%	1.0%	4.5%
4/1/06 – 3/31/18	E*	2.0%	3.0%	2.5%	1.0%	3.5%
4/1/18 – 3/31/19	E*	2.0%	3.0%	1.0%	1.0%	2.0%
4/1/19 – 3/31/20	E*	2.0%	3.0%	0.0%	1.0%	1.0%

Date also applies to retiree's survivor or beneficiary(ies) and/or alternate payee.

*Plan E COLA increases apply only to service credit earned on and after June 4, 2002, and any purchased Plan E Elective COLA. Plan E members who retired after June 4, 2002, will receive up to a 2.0 percent COLA increase. The portion of the 2.0 percent COLA is based upon a ratio of the months of service earned on and after June 4, 2002, plus any purchased Plan E Elective COLA, divided by the total months of service.

Beware of Fake My LACERA Websites

At LACERA, we are always committed to providing the highest possible level of security for our members and their assets.

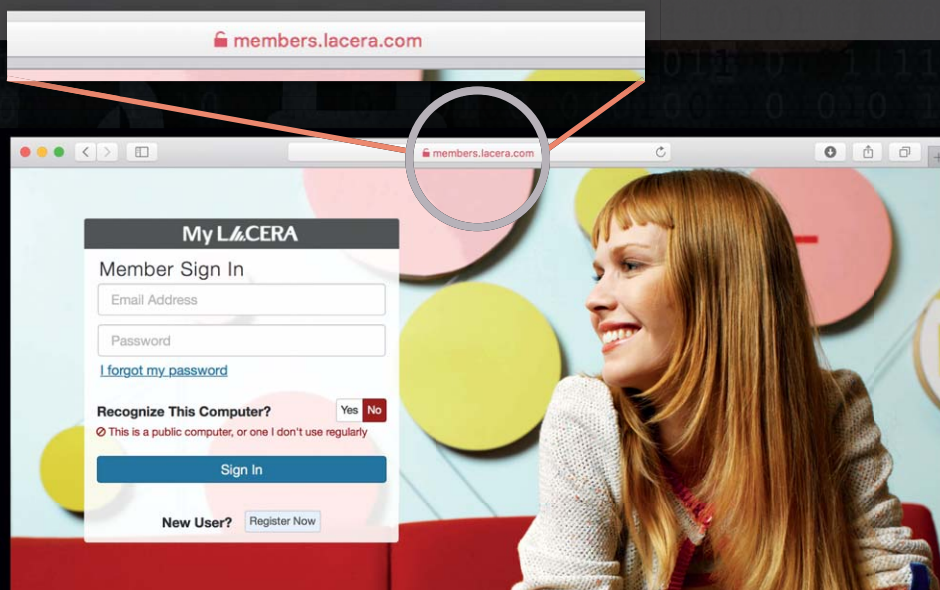
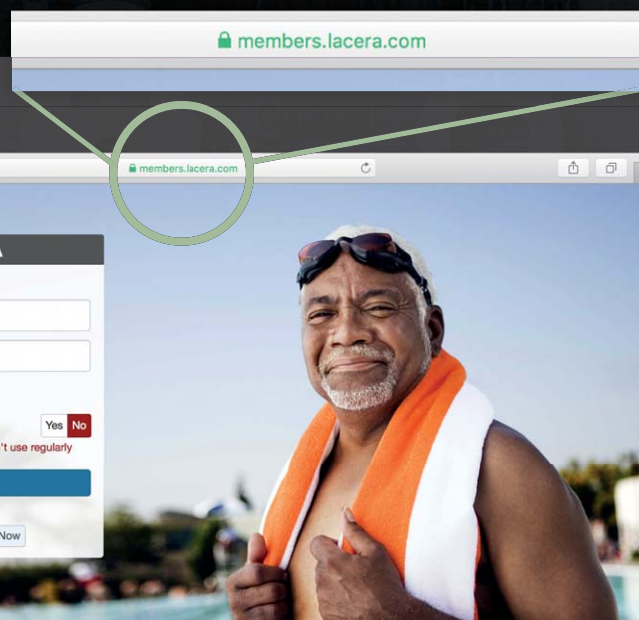
With this in mind, we want to remind our members to only access their My LACERA account through lacera.com.

This can prevent you from accidentally providing your information to a fake My LACERA website. These fake sites are potentially dangerous and could misuse your personal information.

Green Is Good

When you log in to your My LACERA account, glance at your browser's web address bar (also called the URL).

The bar should be shaded green and you should see a lock symbol. This is what is called an Extended Validation Security Certificate and it signifies that you are at the authentic website. If you hover your mouse above the lock in the green section, it will inform you about how the site is secure.



Red Means Stop

If you are about to log in to your My LACERA account and your browser's web address bar is shaded red, you are on a fake My LACERA site. Close your browser immediately to keep your information safe and secure.

STAYING HEALTHY TOGETHER

Vol. 14, Issue #1 • March 2020

Save Money With Generic Drugs

Affordable access to medicines is a public health concern, but an increase in the number of available generic drugs is helping to create competition in the marketplace—which means lower prices and improved access for the general population.



Safe, effective, and high-quality generic drugs play a vital role in our healthcare system. In the United States, nine out of 10 prescriptions filled are for generic drugs. Costs may go down an estimated 80 to 85 percent as generic options increase for a specific brand-name drug. In 2018, competition from generic drugs **as an alternative** to brand-name drugs saved the U.S. healthcare system about \$293 billion. **Here are answers to some commonly asked questions about generic drugs.**

What is a generic drug?

A generic drug is one that contains exactly the same active ingredient(s) as a brand-name medication. Drug companies patent their new drugs, which allows them to sell the new, innovative drugs under a brand name without

competition for a number of years. When a patent expires, other companies are allowed to make generic versions of that same drug. The Food and Drug Administration (FDA) holds generic drugs to the same strict standards as brand-name drugs.

Are generic drugs safe and effective?

Yes. The FDA's Office of Generic Drugs follows a rigorous, multistep review process to make sure that, compared to the brand-name (or innovator) medications, the proposed generic medications:

- **Contain the same active/key ingredient**
- **Have the same strength**
- **Use the same dosage form (e.g., a tablet, capsule, or liquid)**



- **Use the same means of administration (e.g., oral, topical, or injectable)**

Before a generic drug is approved, its manufacturer must meet the same FDA standards of purity, strength, stability, and packaging as for brand-name drugs. The FDA also conducts periodic inspections of the manufacturing plant and monitors drug quality, even after the generic drug has been approved.

Will generic drugs work as well as a brand-name drug for me?

Yes. The generic drug contains exactly the same active ingredient as the brand-name drug. Part of the FDA testing process assures that the generic will work the same as the brand name.

Why do generic drugs cost so much less than brand-name medicines?

Generic drugs cost less than their brand-name counterparts because they don't have to repeat animal and clinical (human) studies that were required of the brand-name medicines to demonstrate safety and effectiveness. Brand-name drugs are often heavily marketed and advertised to establish their brand-name recognition, the costs of which are passed on to consumers by the drug manufacturers.

When a brand-name drug's patent expires, multiple applications for the generic drug are often approved. This creates competition in the marketplace and typically results in prices about 85 percent less than the brand name.

If generic drugs and brand-name drugs have the same active ingredients, why do they look different?

Generic drugs look different due to certain inactive ingredients, such as colors and flavorings, that differ from their brand-name counterparts. These ingredients do not affect the performance, safety, or effectiveness of the generic drug. Trademark laws in the U.S. do not allow a generic drug to look exactly like other drugs already on the market. Allowable differences in size, shape, and color do not impact how medications work.



How can I save money with generics?

Now that you know a bit more about generic drugs, be sure to ask your doctor or pharmacist about generic alternatives when being prescribed medications. You should never assume that you'll be prescribed the cheapest option.

Your doctors may give you a brand-name drug simply because of past success with other patients, or they might not be aware that a generic has become available. Your pharmacist may also be able to substitute generic drugs for brand-names, but they might not do so unless you ask. So be proactive, and don't hesitate to shop around.

Sources: www.fda.gov/drugs/generic-drugs/overview-basics, www.fda.gov/drugs/buying-using-medicine-safely/generic-drugs, www.goodrx.com/blog/brand-generic-drugs-save-millions-medicare-part-d-spending/

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

\$HOP AROUND



Staying Healthy Together cont'd from pg. 9

Staying Connected: Spring Workshop 2020

This spring, join us for our Staying Healthy Together workshop, which will focus on how you can **stay connected**—to your family, your community, and your LACERA wellness benefits. Mark your calendars for Wednesday, April 22, from 9:00 a.m. to 1:00 p.m., and join us at Almansor Court in Alhambra. Learn about the different ways you can connect using today's technology—whether through your health plan's website, mobile apps, social media, and more. Our health plan vendors will be there, too, offering giveaways, fun activities, and raffle prizes. Enjoy healthy refreshments, lunch, and time with your fellow retirees! Watch for your invitation in the mail and visit lacera.com for updates.



2020 Long-Term Care Plan Seminar Schedule

The LACERA-sponsored long-term care insurance program carrier is LifeSecure. Educational seminars are scheduled the second Wednesday of each month at 10:30 a.m. at LACERA. To reserve your spot, please call (626) 818-2673 and a Long-Term Care Insurance Program Coordinator will assist you.

Workshop Schedule

March 11

April 8

May 13

June 10

July 8

August 12

September 9

October 14

November 18

December 9

Workshop Location:

First Floor, Workshop Room

LACERA Office — Gateway Plaza

300 N. Lake Ave., Pasadena, CA 91101

210 FREEWAY



Schedule subject to change

Public Service Announcement

Become a Marriage Ceremony Volunteer

The Los Angeles County Registrar-Recorder/County Clerk's office is currently seeking volunteers to perform civil wedding ceremonies. Volunteers become part of a special and memorable event in the lives of loving couples by performing ceremonies in branch offices and the department's headquarters in Norwalk.

PLEASE JOIN US

FOR A DAY OF CELEBRATING

To learn more about this opportunity, send a letter of interest to:

Portia Sanders

P.O. Box 389

Norwalk, CA 90651-0389

BUTTERFLY WORD SEARCH

K	Y	S	D	L	U	S	S	T	F	H	B	M	I	R
H	A	P	W	A	P	Q	I	T	Y	K	E	R	X	E
L	Q	L	U	A	N	N	W	L	D	T	G	C	I	Y
E	M	U	V	K	L	A	Q	O	A	A	Q	A	A	Z
B	P	M	R	D	O	L	I	M	L	S	L	T	W	F
E	R	J	C	O	M	M	O	N	D	M	Y	E	B	W
Z	O	U	P	O	R	R	G	W	E	O	V	R	J	I
E	B	D	S	O	P	N	U	T	T	N	M	P	H	H
J	O	Y	W	H	L	B	A	Z	N	A	F	I	F	C
H	S	Y	O	S	F	L	Y	K	I	R	I	L	Q	R
D	C	S	S	G	M	O	E	K	A	C	N	L	H	R
M	I	G	R	A	T	I	O	N	P	H	A	A	S	B
S	S	O	R	N	N	E	C	T	A	R	N	R	O	J
O	S	K	I	P	P	E	R	S	E	T	I	H	W	M
S	B	L	U	E	S	G	N	I	W	D	R	I	B	W

CATERPILLAR
MOLT
POLLEN
PAINTED LADY
BIRDWINGS
METALMARK
PLUM JUDY

CHRYSLIS
MIGRATION
PROBOSCIS
DANAINA
WHITES
BRUSH FOOTED
COMMON

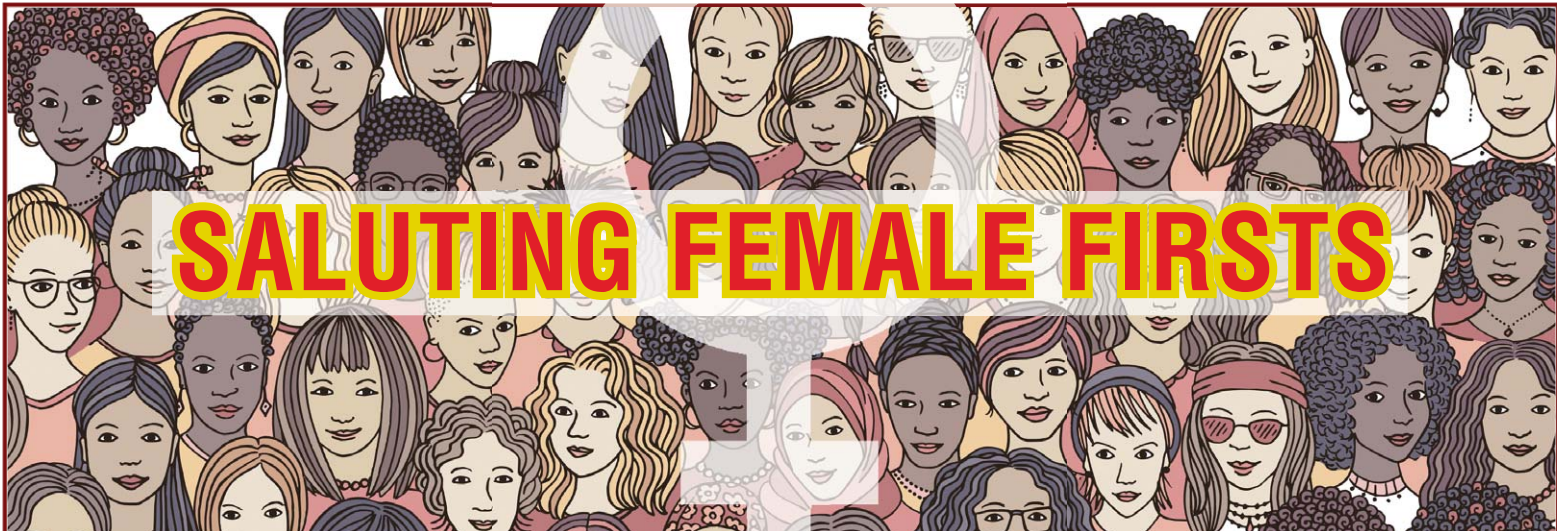
METAMORPHOSIS
NECTAR
MONARCH
SWALLOWTAILS
BLUES
SKIPPERS
JEZEBEL

© Memory-Improvement-Tips.com



*Spring work is going on
with joyful enthusiasm.*

— John Muir



SALUTING FEMALE FIRSTS

2020 marks the 100th anniversary of the ratification of the 19th Amendment, which guaranteed women the right to vote in the United States. (Ahead of the curve, California was the sixth state to give women the right to vote in 1911.) To celebrate the 19th Amendment's centennial and Women's History Month (March), here are some notable trailblazing women—including some County employees!

Margaret Adams became America's first female deputy sheriff when she joined the Los Angeles County Sheriff's Department in 1912.

Maria Guadalupe Evangelina de Lopez, an educator from San Gabriel, was the first person in California to give speeches in support of women's suffrage in Spanish (on October 3, 1911, at the Votes for Women Club rally at the Plaza de Los Angeles).

Estelle Lawton was the first woman elected to the city council of a major U.S. city, Los Angeles. During her term, she became the first woman mayor of a major U.S. city—for 36 hours, while the official mayor was out of town.

Sally Ride, a Los Angeles native and Stanford graduate, became the first American woman in space in 1983, as part of the *Challenger* space shuttle mission.

Clara Shortridge Foltz had three notable firsts: California's first licensed female attorney (1878), nation's first female deputy district attorney (Los Angeles

County, 1910), and first woman candidate for California governor (1930).

Dr. Vada Watson Sommerville was the second black woman to graduate from USC's dental program (1918) and the first licensed to practice dentistry in California.

Katherine Cheung, who emigrated to Los Angeles at age 17, was the first licensed female Asian-American aviator (1932) and also the first Chinese woman licensed to fly internationally.

Dorothy Arzner was the first woman to become a member of the Directors Guild of America. She is also believed to have developed the boom mic.

Julia Morgan, California's first licensed female architect, is most famous for Hearst Castle, but she also designed several Los Angeles area landmarks, including the Herald-Examiner Building, Annenberg Community Beach House (Marion Davies house), and several YWCA buildings.

Vaino Hassan Spencer was the first African-American woman appointed to a

judgeship in California, in 1961. She retired at age 87 after 46 years on the bench, one of the state's longest-serving judges.

In 1974, Olympic hopeful **Wendy Paskin-Jordan** became the first female lifeguard hired by Los Angeles County. After protecting those on the beach, she attended Stanford and became an investment banker and CEO.

Sources: www.laalmanac.com; www.space.com; www.nasa.gov; www.chicagotribune.com; www.blackpast.org; www.cinema.ucla.edu; www.curbed.com; www.dga.org; www.museumofwomenpilots.org; www.latimes.com; www.si.edu; www.sindecusemuseum.org; *Suffrage: Women's Long Battle for the Vote*, Ellen Carol Dubois; *Women's Rights in Los Angeles, 1850-1980*, part of the Los Angeles Office of Historic Resources' SurveyLA Citywide Historic Context Statement



3 THINGS: EYES

Happy 20/20! Whether you are eagle-eyed or need glasses, your eyes are working harder than you probably realize. It might be a good time to get your eyes checked to ensure their health and to observe World Optometry Day on March 23. Here are some facts to help you appreciate your eyes.



1 With so many components making up each eye, it is the second-most complex organ in the body after the brain.

2 The average person blinks more than 4.2 million times every year, which means that the muscles around your eyes are the most active part of your body.

3 Despite your best efforts, it is physically impossible to sneeze with your eyes open.

Sources: Healthline, Southwestern Eye Center, Versant Health, SRM Institute of Science and Technology

2020 Payday Calendar

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

march							april							may						
S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S
1	2	3	4	5	6	7				1	2	3	4						1	2
8	9	10	11	12	13	14	5	6	7	8	9	10	11	3	4	5	6	7	8	9
15	16	17	18	19	20	21	12	13	14	15	16	17	18	10	11	12	13	14	15	16
22	23	24	25	M	27	28	19	20	21	22	23	24	25	17	18	19	20	21	22	23
29	H	D					26	27	M	29	D			24	H	26	M	28	D	30
														31						
Savory							Dill							Rosemary						

M = Check Mailing Date

D = Direct Deposit

H = Holiday

FRAUD ALERT FROM THE D.A.'S OFFICE

SCAMMERS TRY TO PASS OFF PUPPIES AS PUREBREDS

People in the market for a recognized dog breed should be careful they don't get a mutt in purebred clothing.

In the Purebred Puppy Scam, victims may find themselves spending hundreds or thousands of dollars on supposedly purebred pooches that aren't what the sellers claim.

Last year, a new state law went into effect requiring pet shops to sell only dogs, cats, and rabbits from animal shelters or rescue organizations, making it more difficult for scammers to pull a fast one.

TIPS:

1 To determine if a dog is a recognized purebred, request the registration documents from a dog registry organization such as the American Kennel Club, Canine Kennel Club, or the Continental Kennel Club.

2 For a non-recognized breed, such as a designer breed, get a second opinion from an expert.

3 Meet the seller and dog in person wherever the animal is being housed and ask for medical records before signing a contract or paying.

Visit lacera.com/about_lacera/fraud_alerts.html for a video link with more details.



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Public Service Announcement

Volunteers Needed for Mediation Program

The L.A. County Department of Consumer and Business Affairs (DCBA) Dispute Resolution Program is now accepting applications for retired individuals interested in becoming a volunteer mediator. Our nationally



recognized program provides a unique and valuable opportunity to learn mediation techniques that can be utilized in your community.

As a volunteer with DCBA's Dispute Resolution Program—which last year earned an Achievement Award from the National Association of Counties (NACo) for our innovative application of technology—you will work hands on in learning the mediation process. DCBA volunteers will learn the different types of consumer and business complaints that result from transactions in the marketplace.

We train our candidates at no cost. As a DCBA volunteer, you are prepared through our mandatory mediation training, where you will learn the eight-stage mediation model, conflict theory and styles, mediator communication skills, interest-based negotiations, collaborative problem solving, the

mediator's role, and principles of conflict resolution.



DCBA asks that interested participants commit to at least four consecutive hours of volunteer service each week for a total of 150 hours.

Want to join this award-winning team of mediators? Email us at volunteer@dcba.lacounty.gov to find out about joining our 2020 Spring Cohort.



Outside District Spotlight

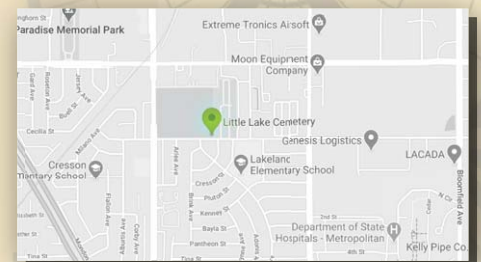
Little Lake Cemetery District

Did you know that besides Los Angeles County, other districts are a part of LACERA? This segment is designed to help highlight the districts that compose LACERA's membership.

Little Lake Cemetery District is a small, public cemetery in Santa Fe Springs that serves residents of Norwalk, La Mirada, Bellflower, and Downey.

Stanley Schnelle has served as the manager for the Little Lake Cemetery for 16 years. Mr. Schnelle is responsible for meeting with families, making arrangements, preparing sites, and maintaining the grounds. Little Lake Cemetery District has three retired members and one active member with LACERA—and that is Mr. Schnelle.

He cited being a LACERA member as a main reason for pursuing his position with Little Lake Cemetery.





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Public Service Announcement

Volunteer Opportunities Available

The Los Angeles County Department of Public Social Services Volunteer Services Section seeks to build a strong, healthy, and engaged volunteer program for short or long-term assignments. Volunteers gain experience that is highly marketable in the workforce today. The number of hours served is often 20 to 40 hours per week. DPSS serves an ethnically and culturally diverse community through programs designed to alleviate hardship and promote health, personal responsibility, and economic independence.

All volunteers:

- Complete a personal background/fingerprinting and reference check
- Complete a DPSS confidentiality agreement
- Must be at least 16 years old

DPSS is committed to creating volunteer opportunities of true value for students, displaced workers, and senior citizens from Los Angeles County. We customize volunteer placement based on individual skills and/or desired location.

For more information, please contact Eryn Aquino, DPSS Volunteer Coordinator, at (213) 744-4348 or dpssvolunteers@dpss.lacounty.gov.

If you are unable to volunteer but would like to donate to our homeless neighbors, visit Amazon Smile at <https://amzn.to/3afAJv9>.



Upcoming Holidays

LACERA will be closed on:

- **March 30**
Cesar Chavez Day
- **May 25**
Memorial Day



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.

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