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VOLUME 5

MAY 2017

May: National Skin Cancer Detection and Prevention Month

THIS MONTH

- **Learn about Skin Cancer Detection and Prevention**
- **Vitality Health FYI - Webcast**
- **Vitality Check - Quest Biometrics Screening**
- **Deferred Compensation Upcoming Workshops**
- **Strategies for Improving Your Financial Health**

Skin cancer is the most common cancer in the United States. Most cases of melanoma, the deadliest kind of skin cancer, are caused by exposure to ultraviolet (UV) light.

Ultraviolet (UV) rays are an invisible kind of radiation that comes from the sun, tanning beds, and sunlamps. UV rays can penetrate and change skin cells.

In addition to causing sunburn, too much exposure to UV rays can change skin texture, cause the skin to age prematurely, and can lead to skin cancer. UV rays also have been linked to eye conditions such as cataracts.



Understanding Risk Factors and Causes

People with certain risk factors are more likely than others to develop skin cancer. Risk factors vary for different types of skin cancer, but some general risk factors are having:

- A lighter natural skin color
- Family history of skin cancer
- A personal history of skin cancer
- Exposure to the sun through work and play
- A history of sunburns, especially early in life
- A history of indoor tanning
- Skin that burns, freckles, reddens easily, or becomes painful in the sun

Source: www.cdc.gov

Vitality Check - Quest Biometrics Screening

A Vitality Check is a biometric assessment that helps identify which areas of your health are strongest and which may need some work, as well as your risk for any potential health problems like diabetes or heart disease. It includes physical measurements and a blood pressure, total cholesterol and body mass index (BMI).

To schedule for an appointment, log in to your Vitality account and click on Vitality Check on the home page.

www.powerofvitality.com



Quest Biometrics Screening - Schedule

Event Date	Time	Location	Room
Tuesday, 6/20/2017	6:30am - 10:00am	Public Works - 955 S. Melrose St.	Break Room
Wednesday, 6/21/2017	6:30am - 10:00am	USC - 909 E. Vermont Ave.	Assembly Room
Thursday, 6/22/2017	7:00am - 12:00pm	Anaheim West Tower	6th Floor Training Room
Tuesday, 6/27/2017	7:00am - 12:00pm	Anaheim West Tower	Gordon Hoyt Conference Center
Wednesday, 6/28/2017	7:00am - 12:00pm	Anaheim West Tower	Gordon Hoyt Conference Center
Thursday, 6/29/2017	7:00am - 12:00pm	Anaheim West Tower	Gordon Hoyt Conference Center

The hours between 10am and 4pm Daylight Savings Time are the most hazardous for UV exposure outdoors in the continental United States..

health
FYI

What Can I Do to Reduce My Risk of Skin Cancer?

Protection from ultraviolet (UV) radiation is important all year round, not just during the summer or at the beach. UV rays from the sun can reach you on cloudy and hazy days, as well as bright and sunny days.

CDC recommends easy options for protection from UV radiation:

- Stay in the shade, especially during midday hours
- Wear clothing that covers your arms and legs
- Wear a hat with wide brim to shade your face, head, ears, and neck
- Wear sunglasses that wrap around and block both UVA and UVB rays
- Use sunscreen with a sun protection factor (SPF) of 15 or higher, and both UVA and UVB (broad spectrum) protection
- Avoid indoor tanning

Source: www.cdc.gov

Vitality Live Webcast: Be Present, Be Heard

Join us this month as we explore how you can be more mindful and more present every day.

Live Webcast:

Thursday, May 18, 2017 at 12:00pm PST

www.powerofvitality.com

Vitality™

Deferred Compensation



Upcoming Lunch Time Workshops

DATES	WORKSHOP TOPIC
May 24, 2017 (Wednesday)	<p><u>Women and Money (Ladies Garden Party)</u></p> <p>Are women different than men in how they do and should manage their finances? The answers may surprise you. We'll help you identify your own personal approach to money matters and help you manage some unique financial risks that may affect you.</p>
June 21, 2017 (Wednesday)	<p><u>Control What You Can—Investing Do's and Don'ts (Men's BBQ Bash)</u></p> <p>How should you respond to market ups and downs? While some may wish to further diversify their investments and others may spot opportunities, many are best served by sticking with a personalized investing strategy. Consider these do's and don'ts to help you focus.</p>

Presented by: Dayla Cabeza de Vaca, Certified Financial Planner™ Professional—ICMA-RC



Women and Money (Ladies Garden Party)

Date: Wednesday, May, 24, 2017 Time: 12:00pm - 1:00pm

Location: Gordon Hoyt Conference Center (Anaheim West Tower - 2nd Floor)

To register, please call 714-765-5100 x5803 or email jpgarcia@anaheim.net



Have you already set-up an appointment with Ryan Carpenter, ICMA-RC Retirement Plans Specialist, for a review of your 457 account? [Click here to schedule](#) a Tuesday appointment with Ryan if you are available to meet him in person at Human Resources, Anaheim West Tower 5th floor.

Strategies for Improving Your Financial Health

You go to the doctor for an annual checkup and take steps to improve your physical health. As you get closer to retirement, it's a good time to take the pulse of your financial health. The following steps can help improve your financial wellness program.

Assess your progress. Use our Retirement Savings Calculator (www.icmarc.org/ontrack) to see if you're on track to reach your retirement goals or if you need to make some changes — either by saving more or, maybe, working longer.

Make the most of catch-up contributions. Starting in the year you turn age 50, you can save more money in tax-advantaged retirement-savings plans — increasing your 457 plan contributions as much as \$24,000 and your IRA contributions to as much as \$6,500.



Review your investments. As your retirement date gets closer, start shifting some of your money to more conservative investments not vulnerable to a sudden stock market swing. You don't want to have to sell in a down market to cover living expenses. You can make these moves on your own, or you can use a target-date fund, which automatically shifts money from stock funds to more conservative investments as your retirement date gets closer. See Choose Your Approach to Investing at www.icmarc.org/invest for more information.

Pay down high-interest debt. The less money you spend on interest, the more you'll have for your other goals. See [Smart Moves for Managing Debt](#) for advice on paying down debt.

Replenish your emergency fund. It's a good idea to keep enough money to cover at least three to six months' worth of expenses in an emergency fund, so you won't land in debt or have to raid retirement funds if you have unexpected expenses. Replenish your emergency fund if you had to tap it over the past year.

Start planning for your retirement income. When you enter the home stretch to retirement, start thinking about how you'll draw down the savings you've been building up over your career. Estimate your expenses in retirement, and calculate how much income you can expect from sources such as Social Security or a pension to cover them. Now, consider which accounts you'll tap to fill in the gaps. Also start preparing to take required minimum distributions (RMDs) as you get closer to age 70½. Test scenarios with our RMD calculator at www.icmarc.org/rmd.



Thank You For Your Service!

Congratulations to the employees who have reached their 5th through 35th anniversary with the City this April and May 2017!

35 Years	Department	Hire Date
Alisa Navarro	Police	4/12/1982

30 Years	Department	Hire Date
Frank Castaneda	Public Works	5/15/1987

25 Years	Department	Hire Date
Robert Stuart	Fire	5/8/1992

20 Years	Department	Hire Date
Lawrence Pasco	Community Services	5/1/1997
Alexander Mistuloff	Fire	4/4/1997
Denny Munson	Fire	4/4/1997
James Ramirez	Fire	4/4/1997
Khairi Ali	Fire	4/4/1997
Robert Yamakawa	Fire	4/4/1997
Brian Leist	Police	4/11/1997
Kurt Wallace	Police	5/16/1997
David Shen	Public Utilities	5/28/1997
Marco Lucero	Public Works	4/28/1997

Service Continued!

15 Years	Department	Hire Date
Steven Okimoto	City Clerk	4/1/2002
John Vasquez	Finance	4/22/2002
Veronica Castillo	Community Services	4/26/2002
Veronica Guerrero	Community Services	5/10/2002
Brennan Leininger	Police	5/1/2002
Jennifer Jones	Police	5/13/2002
John Hasso	Police	5/28/2002
Nicholas Colonelli	Fire	5/10/2002
David Gallagher	Fire	5/10/2002
Paul Guerrero	Fire	5/10/2002
Kevin Klytta	Fire	5/10/2002
John Lesovsky	Fire	5/10/2002
Daniel Lecon	Fire	5/10/2002
Mark Lucas	Fire	5/10/2002
Todd Needle	Fire	5/10/2002
Manuel Ortega	Fire	5/10/2002
Brian Pennock	Fire	5/10/2002
Neil Powers	Fire	5/10/2002
David Thompson	Fire	5/10/2002
Kevin Volpe	Fire	5/10/2002
Jacob Watson	Fire	5/10/2002
Matthew Zaun	Fire	5/10/2002
Ariel Vicuna	Public Works	4/29/2002
Brian Lytle	Public Works	5/10/2002
Efrain Velazco	Public Works	5/10/2002
Jon Cornilliac	Public Works	5/13/2002
Thomas Philip	Convention Center	4/15/2002
Lawrence Davis	Public Utilities	4/22/2002

Service Continued!

10 Years	Department	Hire Date
Guiseppe Vera	Community and Economic Development	4/2/2007
Olga Marquez Tamayo	Community and Economic Development	4/30/2007
Anita Esparza	Community and Economic Development	5/21/2007
Oscar Davalos	Planning	5/4/2007
Brett Heitmann	Police	5/14/2007
Ryan Killeen	Police	5/14/2007
Stephen Craig	Police	5/30/2007
David Kim	Public Utilities	4/23/2007
Armando Rodarte	Public Utilities	5/18/2007
Cheryl Snitker	Public Works	4/7/2007
Kevin Miako	Public Works	5/18/2007

5 Years	Department	Hire Date
Lisa Monteiro	City Administration	5/25/2012
Daryl Bassin	City Attorney	5/15/2002
Adam Klugman	City Attorney	5/29/2012
Jennifer Hall	City Clerk	4/16/2012
Janis Heckel	Community Services	5/29/2012
Michael Bates	Fire	4/30/2012
Stephanie De Leon	Police	4/27/2012
Kimberly Tran	Public Utilities	4/17/2012

Thank you for your service!

Gone, But Not Forgotten

Name	Department	Passing
Jonnie Saye	Community Services	12/15/2016
Casey Burns	Public Works	12/23/2016
Chas McGroarty	Police	1/7/2017
Melba Burge	Community Services	2/12/2017
Gary Goering	Public Utilities	4/17/2017

Recreation Connection

Visit the Recreation Connection to find deals and discounts on tickets and services! From ski lift tickets, to tickets to SeaWorld and Universal Studios, the Rec Connection has fun for everyone at a discounted price! Check out the LA Zoo Lights, or go see a concert this new year!

