

UPDATE

www.aala.us

Week of February 1, 2021

2021 SCHOLARSHIP CAMPAIGN NEEDS YOUR SUPPORT!

In what is possibly the most difficult school year for graduating seniors, Friends of AALA is committed to awarding at least 25, \$2000 scholarships to the amazing Class of 2021; and we need your continued support to make it happen.

Last year, two months into the pandemic and the throes of online instructions, Friends of AALA (FOA) awarded 32 scholarships to deserving LAUSD seniors. While the annual goal is 25, the actual number depends on how much FOA can raise each year.

Thanks to donations from our AALA members, including our "generous" retirees, friends, and corporate sponsors, FOA has been able to award \$482,000 in scholarship money since 2011 to students from LAUSD comprehensive high schools, options schools, pilot schools, and community adult schools. For AALA, this year will mark the 39th year the association has awarded scholarships to LAUSD scholars. Quite an accomplishment!



Let's help our seniors look forward to a brighter future even without the annual fanfare to honor scholarship recipients at the annual awards banquet. Remember that FOA is a 501(c)(3) nonprofit organization, and your contributions are tax deductible if you itemize deductions.

Here are some ways you can help support FOA's 2021 scholarship campaign:

- Sustained donation as an AALA Angel. Active employees can make a monthly donation of at least \$5.00 or more. The amount is withheld from your monthly payroll warrant. Current Angels can up their monthly donation, as well. Click [HERE](#) to become an AALA Angel.
- A one-time or monthly donation. Click [HERE](#) to contribute online via credit card or Pay Pal, or send a check to: Friends of AALA, 1910 W. Sunset Blvd., Suite 850, Los Angeles, CA 90026.
- Retirees, age 70 and older can donate directly from their tax-sheltered retirement account(s) when taking their annual "Required Minimum Distribution." By donating this way, the amount donated is pretax and reduces your gross income. Consult with your accountant or financial planner.

IN THIS ISSUE

[2021 SCHOLARSHIP CAMPAIGN
HEALTHCARE FAQs – PROTECT YOUR
HEART!](#)
[REGISTER FOR COVID-19
VACCINATION](#)
[CORRECTION—ANTHEM RESOURCE
2020 SCHOLARSHIP RECIPIENT](#)
[HUMAN RESOURCES UPDATE
WHEN YOU'RE FEELING BLUE...](#)
[SP. ED. ESY](#)
[IN MEMORIAM](#)
[AAPA SCHOLARSHIPS
POSITIONS](#)

HEALTHCARE FAQs – PROTECT YOUR HEART!



February is American Heart Month. Why is there a national focus on the heart?

For more than a decade, heart disease has been the leading cause of death in the United States. With the surge in COVID-19 deaths exceeding 400,000, COVID-19 may soon overtake heart disease as the number one killer in the U.S.

Because COVID-19 can also cause serious heart problems, it is important to maintain good heart health. Amid this deadly pandemic, honoring February as Heart Month may serve as a reminder to evaluate how well we take care of our hearts.

What conditions comprise heart disease?

Heart disease refers to several heart conditions, the most common being coronary artery disease (CAD). Also known as coronary heart disease, CAD is caused by buildup of plaque in the arteries that supply blood to the heart, resulting in atherosclerosis, the narrowing of arteries. High blood pressure, elevated levels of cholesterol and triglycerides, diabetes, and cigarette smoking are believed to be the major contributors to plaque buildup.

Are there other risk factors that play a role in heart disease?

Yes, other risk factors include obesity, an unhealthy diet, excessive use of alcohol, stress, and lack of physical activity. Heredity and age also play a role—having a family history of heart disease, being a man 45 years and older, or a woman 55 years and older, and being a Black American. U. S. Government statistics show that Blacks are 20% more likely to die from heart disease than non-Hispanic whites; Black women are 60% more likely to have high blood pressure, as compared to non-Hispanic white women. The more risk factors you have, the greater the chances of you developing heart disease.

What can I do to lower my risk of getting heart disease?

- **Control your blood pressure.** Get your blood pressure checked regularly and make lifestyle changes to control high blood pressure.
- **Keep your cholesterol and triglyceride levels under control.** A healthy diet and possibly medication can help control high cholesterol and elevated triglycerides.
- **Stay at a healthy weight.**
- **Eat a healthy diet.** Try to limit saturated fats, foods high in sodium, and added sugars. Eat plenty of fresh fruit, vegetables, and whole grains. The [Mediterranean](#) or [DASH](#) diets are good examples of a healthy eating plan.
- **Get regular exercise.** Exercise strengthens your heart and improves your circulation, as well as helping you maintain a healthy weight.
- **Limit alcohol.** Drinking too much alcohol can raise your blood pressure.
- **Don't smoke.** Cigarette smoking raises your blood pressure and puts you at higher risk for heart attack and stroke.

HEALTHCARE FAQ (Cont.)

- **Manage stress.** Stress can raise your blood pressure. Extreme stress can even trigger a heart attack. Exercise, listening to music, focusing on something calm or peaceful, and meditating can help alleviate stress.
- **Manage diabetes.** Over time, high blood sugar can damage your blood vessels and the nerves that control your heart and blood vessels.
- **Get enough sleep.** Lack of adequate sleep raises your risk of high blood pressure, obesity, and diabetes.

For additional information:

- [How COVID-19 Affects the Heart](#), National Institute of Health
- [High Blood Pressure](#), Centers for Disease Control

WHERE TO REGISTER FOR COVID-19 VACCINATIONS

All Plan members—Tier 1B-eligible members 65 years and older may register for an appointment at these county public health websites:

- Los Angeles County - <http://publichealth.lacounty.gov/acd/ncorona2019/vaccine/hcwsignup/>
- Riverside County – Weblink unavailable at this time.
- San Bernardino County - <https://sbcovid19.com/vaccine/locations>

We have also learned from members that Tier 1B members of Kaiser are being contacted for vaccinations at local Kaiser facilities.

CORRECTION: MISSPELLED ANTHEM LINK

The link to the Anthem Blue Cross resource page about COVID-19 was incorrect.

The correct link is: <https://www.anthem.com/coronavirus/>.

2020 SCHOLARSHIP RECIPIENT

Each week we have been featuring one of the thirty-two LAUSD 2020 graduates who received a \$2,250 Friends of AALA Scholarship last May. Due to the pandemic, our annual banquet where we would have formally recognized the recipients had to be canceled. Therefore, we asked each of them to send us a picture as well as let us know what they would have said if the awards banquet could have been held. This week, we are sharing with you the comments from **Melanie Cruz**, a graduate of Dr. Richard A. Vladovic Harbor Teacher Preparation Academy (**Jan Murata**, Principal).



I want to take this opportunity to thank my family, my parents, especially my mom for being my support system and encouraging me to strive for more. I also want to thank the staff from the Boys and Girls Club Wilmington site and my High School teacher **Dra. Serna** who greatly guided me through fulfilling the College requirements and helped me expand my connections and therefore allowing me to further realize my potential and my passion. I am thrilled to begin my college journey at CSU Fullerton majoring in Psychology. I am extremely grateful and thankful towards the Friends of AALA for granting me a \$2,250 scholarship. With these funds I am able to cover some expenses for my housing situation for my second semester of my college experience. I am the oldest in my family and have seen the financial struggles we can go through in life; therefore, I am filled with gratitude towards any aid and support I receive.

While AALA continues to showcase our 2020 scholarship students, we are beginning to focus on the 2021 scholars and their financial needs. The scholarships awarded are 100% funded by the contributions of AALA members, friends, and sponsors to Friends of AALA and are fully tax-deductible. This week’s headline article launches the 2021 campaign.

HUMAN RESOURCES UPDATES

Friday Educator Development and Support Officer Hours

To support school leaders with the EDS activities, including formal observations, which are due by **February 19, 2021**, HR’s EDS Team will continue to hold virtual, drop-in support sessions **each Friday from 2-4:00 PM**. Information can be found on this [flyer](#) or by emailing Silvia Rubalcava at sxr8628@lausd.net.

Educator Development and Support: School Leader (EDSSL) Formative Conference and Rating

The following activities and deadlines are for Assistant Principals, Principals, and Principal Supervisors participating in this year’s EDS evaluation process. Human Resources staff can support your efforts in completing EDSSL formative activities. For further assistance, please contact Heather Lower Lowe at hlowe@lausd.net or Jose M. Rodriguez at jmr7481@lausd.net.

Task	Deadline
FORMATIVE ACTIVITIES:	
Mid-Year Reflection	1/21/2021 (past due)
Formative Conference & Formative Rating	2/05/2021

Student Teacher Placements Needed

Los Angeles Unified has a long history of accepting placement of individuals who must complete their clinical practice, commonly referred to as “student teaching.” Support for student teacher candidates serves as an invaluable pipeline to potential new teachers for our District and is a great way to get a head start on filling vacancies for the upcoming school year. If you are interested in serving as a host school for a student teacher, please email Peggy Taylor Presley at peggy.presley@lausd.net. We will do our best to provide an appropriate match.

WHEN YOU'RE FEELING BLUE...

Thanks to an AALA member who saw these tips on Facebook and sent to share.

- Shower. Not a bath, a shower. Use water as hot or cold as you like. You don't even need to wash. Just get in under the water and let it run over you for a while. Sit on the floor if you feel like it.
- Put on clean, comfortable clothes.
- Drink cold water. Use ice. If you want, add some mint or lemon for an extra boost. I always use lemon.
- Clean something. It doesn't have to be anything big. Organize one drawer of a desk. Wash five dirty dishes. Do a load of laundry. Scrub the bathroom sink.
- Blast music. Listen to something upbeat and dancy and loud, something with lots of energy. Sing to it, dance to it, even if you're bad at both.
- Make food. Don't just grab a granola bar to munch. Take the time and make food. Even if it's ramen. Add something special to it, like a soft boiled egg or some veggies. Prepare food, it tastes so much better, and you'll feel like you accomplished something.
- Make something. Write a short story or a poem, draw a picture, color a picture, fold origami, crochet or knit, sculpt something out of clay, anything artistic. Even if you don't think you're good at it. Create.
- Go outside. Take a walk. Sit in the grass. Look at the clouds. Smell flowers. Put your hands in the dirt and feel the soil against your skin.
- Call someone. Call a loved one, a friend, a family member. Have a conversation and listen to someone's voice. If you can't bring yourself to call, text or email or whatever, just have some social interaction with another person. Even if you don't say much, listen to them. It helps.
- Cuddle your pets if you have them and can cuddle them. Take pictures of them. Talk to them. Tell them how you feel, about your favorite movie, a new game coming out, anything.
- It may seem small or silly to some, but this list keeps people alive.
- Remember, your absolute best won't ever be good enough for the wrong people. At your worst, you'll still be worth it to the right ones. Remember that... In case nobody has told you today I love you and you are worth your weight and then some in gold, be kind to yourself, and most of all, keep pushing on!!!!

For more targeted help with specific challenges, contact our [Employee Assistance Program](#) for counseling, crisis counseling, ID recovery, legal/financial consultation, articles, podcasts, and more. Call 800.999.7222 or go to anthemEAP.com and enter code: LAUSD.

DIVISION OF SPECIAL EDUCATION

ESY Principal application period is scheduled to open on Feb. 1 through Feb. 26, 2021

IN MEMORIAM

CECIL McLINN— Former principal of Duke Ellington Continuation High School. Mr McLinn retired on June 30, 2017, and passed away on January 26, 2021.

AMINIKA READEUX—The Celebration of Life Ceremony will be held at 2:30 p.m., Tuesday, February 2, 2021, at Inglewood Park Cemetery, Garden of Chimes, 720 E. Florence Ave., Inglewood, CA, 90301. You may also live stream the celebration on YouTube at 12:00 p.m., at <https://youtube.com/channel/UC2uUflv-EQWCn2ehQp-DZpg>.



**Alliance of Asian Pacific Administrators
Scholarship Award
2020-2021 School Year**

**Graduating Seniors Apply Now!
You may be awarded \$2000!**

Go to → <http://bit.ly/aapa-online-scholarship-application>

AAPA will award \$2,000.00 for each of the 20 selected recipients.

To apply for the AAPA Scholarship you must

- * Be of Asian/Pacific Islander ancestry
- * Graduate from L.A. Unified School in June 2021
- * Maintain a 2.0 GPA

Application Deadline

Friday, February 26, 2021 at 5:00 p.m.



Past Recipients

Website: <https://aapa-laUSD-ca.schoolloop.com>

POSITIONS AVAILABLE

Note to Applicants: Please be advised that you are responsible for making sure all the District requirements have been met. Do not contact AALA for information regarding positions; for detailed requirements for positions and employment updates use the contact phone number provided in the announcement or visit the District website at <http://www.lausdjobs.org> classified or <http://achieve.lausd.net/Page/1125> certificated. Employees who change basis during the school year may not earn a full year of service credit and annualized employees who change their basis during the year may sustain an annualized settlement.

CERTIFICATED

SPECIALIST, NEW TEACHER INDUCTION

Teacher Training Academy, Beginning Teacher Growth and Development Induction, MST 38G, A Basis. For more information, contact **Margaret Ureta** at margaret.ureta@lausd.net. Application deadline is 5:00 p.m., Friday, February 5, 2021.

SPECIALIST

Division of Special Education (Charter), MST 38G, B Basis. For more information, contact **Dixon Deutsch**, Director, Charter Operated Programs at Dixon.deutsch@lausd.net. Application deadline is 5:00 p.m., Monday, February 8, 2021.

FIELD COORDINATOR, PUPIL SERVICES AND ATTENDANCE

Pupil Services, Division of Student Health and Human Services, MST 38G, E Basis. For more information, contact **Yamilet Renderos** at yanilet.renderos@lausd.net. Application deadline is 5:00 p.m., Monday, February 1, 2021.

CLASSIFIED

DIRECTOR OF IT, PROJECT MANAGEMENT

Information Technology Division, \$121,900 - \$151,000, 12-month position. For more information, please click [HERE](#). Application deadline is Friday, February 5, 2021.

PREVIOUSLY ANNOUNCED POSITIONS

CERTIFICATED POSITIONS	LOCATION	CONTACT	DEADLINE
<i>ADMINISTRATOR, ACCESS, EQUITY, AND ACCELERATION</i> MST 48G, A Basis	Division of Instruction	Angelique Tinoco angelique.tinoco@lausd.net	Monday February 1, 2021
<i>PRINCIPAL, ELEMENTARY</i> MST 42G, E Basis	Euclid Avenue ES Gifted Magnet Local District East	Maricela Sanchez msanch27@lausd.net 213.760.5443.	Friday February 5, 2021.
CLASSIFIED POSITIONS	LOCATION	CONTACT	DEADLINE
<i>CHIEF INVENTORY ANALYST (PURCHASING & STOREKEEPING)</i>	Materiel Management	Click HERE	Friday January 29, 2021

Associated Administrators of Los Angeles

\$81,756 - \$101,808, 12-month position	Branch		
CLASSIFIED POSITIONS	LOCATION	CONTACT	DEADLINE
<i>CONTROLLER</i> \$156,708 - \$195,223, 12-month position	Office of the Chief Financial Officer	Click HERE	Wednesday February 3, 2021
<i>DIRECTOR OF BENEFITS ADMINISTRATION</i> \$121,900 - \$151,019, 12-month position	Division of Risk Management & Insurance Services	Click HERE	Friday February 12, 2021
<i>GENERAL COUNSEL</i> \$300,000, 12-month position	Office of the General Counsel	Click HERE	When Filled
<i>DEPUTY DIRECTOR OF TRANSPORTATION</i> \$117,000 - \$145,800, 12-month position	Transportation Services Division	Click HERE	When Filled
<i>BUILDING CONSTRUCTION INSPECTOR</i> \$109,200, 12-month position	Inspection Department, FSD	Click HERE	When Filled
<i>DATA BASE ADMINISTRATOR</i> \$107,307 - \$132,800, 12-month position	Information Technology Division	Click HERE	When Filled