



**INSIDE:**

Meet Our New Staff Members! ..... 1  
 COVID-19 Resources and Info..... 2  
 Contacts..... 2  
 Retiree Health Spotlight ..... 2  
 Recipe ..... 3  
 Mental Health..... 3

## Meet Our New Staff Members!

The Health Plans Office recently added three new members to our team. The addition of these new supervisors will allow us to effectively manage the administration of health and dental benefits and provide excellent customer service for our ever-growing population of members.



(Photo by Art Mochizuki)

Name: **Delia Orozco**  
 Position: **Principal Clerk Personnel**  
 Phone: **(213) 367-1345**  
 Email: **Delia.Orozco@ladwp.com**  
 LADWP Hire Date: **July 2007**  
 Retirement Goals: **Travel and spend time (and pension) with my grandchild!**

It has been my pleasure to work in the Health Plans Office since July 2013. In my current role as Principal Clerk Personnel, I have the privilege of supervising our two new Principal Clerk Utility's Ruth and LaShaun. When I am not working, I enjoy spending time with my husband, children and grandson!



(Photo by Art Mochizuki)

Name: **LaShaun McLoud**  
 Position: **Principal Clerk Utility**  
 Phone: **(213) 367-4144**  
 Email: **LaShaun.McLoud@ladwp.com**  
 LADWP Hire Date: **December 2009**  
 Retirement Goals: **Relax and spend time with my grandkids.**

Hello! I am new to the Health Plans Office, but I have worked with LADWP since 2009. Throughout my career I have worked in the Retirement Plan Office, Customer Service Division and the Payroll Office as a Senior Administrative Clerk. I recently promoted to a Principal Clerk Utility in Health Plans supervising eight wonderful Benefit Specialists who ensure your health and dental benefits requests are processed. Outside of work, I enjoy shopping, watching movies and spending time with my family. I look forward to assisting you with your Health Plan needs.



(Photo by Art Mochizuki)

Name: **Ruth Fuentes**  
 Position: **Principal Clerk Utility**  
 Phone: **(213) 367-2066**  
 Email: **ruth.fuentes@ladwp.com**  
 LADWP Hire Date: **March 1990**  
 Retirement Goals: **Spending time with my family, traveling and staying physically active.**

I hope you are all doing well. I've been with the Department for 31 years. I had the opportunity to work in various locations within the Department. I've assisted Meter Testers, Readers, Field Investigators and many more wonderful people. I'm so delighted that I'm now one of the new supervisors in the Health Plans Office. I am currently supervising three magnificent Sr. Administrative Clerks. I love being a wife and mother. I have two grown boys; my eldest is an Aerospace Engineer and my youngest is on his way to become a firefighter. They are my pride and joy! I take much enjoyment in anything that has to do with exercising, outdoors and travel.





## COVID-19 Resources and Info

Getting the COVID-19 vaccine is an important part in the effort to slow and eventually stop the spread of the virus. As experts continue to learn more about the vaccine protection, it will be important for everyone to continue using all the tools available to us, such as covering your mouth and nose with a mask, washing hands often and practicing social distancing measures.

### UnitedHealthcare

Please visit [www.MyUHC.com](http://www.MyUHC.com) to access:

- Symptom Checker: assess their risk for COVID-19 and get treatment options.
- Test Locator Tool: helps members find a COVID-19 diagnostic test location in their area. UnitedHealthcare will cover the COVID-19 diagnostic test and test-related visit with no cost sharing (copayment, coinsurance and deductible).
- COVID-19 Vaccine Resource Locator Tool: helps members navigate local vaccination planning and find resources in their area to help them take steps toward vaccination.

### Kaiser Permanente

- To get tested for COVID-19, visit <http://kp.org/evisits> and choose “COVID-19, Cold, Flu, Cough: Advice and Testing” and follow the prompts to schedule a test.
- For the latest vaccine information, visit <http://kp.org/covidvaccine> or call our vaccine hotline at 1-855-550-0951 (TTY 711), 24 hours a day, 7 days a week.
- My Turn is an easy way to search for available appointments at many locations in your area, including select Kaiser Permanente facilities, vaccination hubs and other sites. Visit <https://myturn.ca.gov> to check your eligibility. If you have trouble accessing the internet or need support using the website, call 1-877-813-7312 and an agent can help enter your information on the website, subject to availability.

### Additional COVID-19 Resources

Los Angeles County Department of Public Health

<http://publichealth.lacounty.gov>

Centers for Disease Control and Prevention (CDC)

[www.cdc.gov](http://www.cdc.gov)

## Contacts

### LADWP Health Plans Administration Office

In response to COVID-19 and the practice of social distancing, the public counter may be closed. If we are unable to assist you in person, please contact us as follows:

**Phone:** (213) 367-2023,  
(800) 831-4778 Monday–Friday,  
7:00 a.m. – 4:00 p.m.

**Fax:** (213) 367-2078

**Email:** [healthplans@ladwp.com](mailto:healthplans@ladwp.com)

**Website:** <https://eBenefits.ladwp.com>

#### Mailing Address:

111 N. Hope Street, Room 564  
Los Angeles, CA 90012

### IBEW Local 18 Benefit Service Center

**Phone:** (800) 842-6635  
(818) 678-0040

#### Email:

[local18@mybenefitchoices.com](mailto:local18@mybenefitchoices.com)

#### Website:

[www.mybenefitchoices.com/local18](http://www.mybenefitchoices.com/local18)

#### Mailing Address:

9500 Topanga Canyon Blvd.  
Chatsworth, CA 91311



## Retiree Health Spotlight: Charles Bragg

Retiree Charles Bragg, dirt bike riding up to Condor Peak, Gorman.

Send a photo of yourself doing a healthy activity, and you may be featured in an upcoming newsletter! Email your best shot to [healthplans@ladwp.com](mailto:healthplans@ladwp.com).

# Recipe

## Israeli Couscous Mediterranean Salad



Bring salted water to a boil. Add couscous, bring back up to a boil. Cover and reduce heat to a simmer for about 10 minutes. Turn off heat and leave covered for another 2-3 minutes. Remove lid and fluff with a fork. Let cool to room temperature.

### Salad:

- ½ cup canned chickpeas, drained and rinsed
- ½ cup zucchini and/or yellow crook neck squash, sliced ¼ inch and quartered
- ½ cup grape tomatoes, quartered
- ½ cup pomegranate
- 2 green onions, finely sliced
- 2 ounces feta cheese, crumbled
- ¼ cup loosely packed chopped fresh parsley leaves
- 8-10 leaves of mint, cut in a chiffonade

Put all the ingredients in a large bowl. Add the couscous and dressing. Mix well. Separate into 4 8-12 ounce jars.

### Dressing:

- 3 tablespoons extra virgin olive oil
- 1 ½ tablespoons fresh lemon juice
- 1 tablespoon shallot, minced

### Couscous:

- Pinch of kosher salt
- Pinch of freshly ground black pepper
- Prepare the dressing, mix thoroughly, and set aside. Best to make 1-hour ahead of time.
- Pinch of kosher salt
- 1 cup water
- ½ cup Israeli pearl couscous

### Nutrition Facts

Servings: 4

Amount per serving

**Calories** **327**

% Daily Value\*

Total Fat 15.4g **20%**

Saturated Fat 3.9g **19%**

Cholesterol 13mg **4%**

Sodium 248mg **11%**

Total Carbohydrate 38.7g **14%**

Dietary Fiber 6.5g **23%**

Total Sugars 7g

Protein 10.6g

Vitamin D 0mcg **0%**

Calcium 124mg **10%**

Iron 3mg **15%**

Potassium 475mg **10%**

\*The % Daily Value (DV) tells you how much a nutrient in a food serving contributes to a daily diet. 2,000 calorie a day is used for general nutrition advice.

Recipe analyzed by **verywell**

### Nutrition Fun Facts

- Tomatoes are high in lycopene, which is good for prostate health.
- Pomegranate might contribute towards preventing serious conditions such as heart disease, diabetes, and cancer. Learn more at [www.kew.gov/plants/pomegranate](http://www.kew.gov/plants/pomegranate).

# Mental Health

If you or a loved one has feelings of anxiety, stress, isolation or depression, you're not alone. Nearly one in five adults suffer from mental illness each year, and the COVID-19 pandemic has had a profound impact on the mental health of people of all ages, including older adults due to increased rates of social isolation, loneliness or the loss of a loved one. Our health carriers provide access to mental health programs and resources to assist you.

### UnitedHealthCare

UnitedHealthcare offers members with behavioral health benefits and access to ongoing resources. Emotional-support resources and information are also available online at [www.liveandworkwell.com](http://www.liveandworkwell.com) or by calling



the toll-free number on your ID card. Mental health specialists help people manage their stress and anxiety so they can continue to address their everyday needs. Callers may also receive referrals to community resources to help them with specific concerns, including financial and legal matters.

UnitedHealthcare also helps members with behavioral health needs during the COVID-19 emergency with tele-mental health solutions. In order to make it easier for our members

to receive appropriate treatment during this challenging time, Optum Behavioral Health is enabling providers to use popular applications for video chat or telephonic care to effectively support the behavioral health needs of members.

### Kaiser Permanente

Kaiser offers support for a wide range of conditions, like anxiety, depression, substance use and other disorders. Find care with psychiatrists, psychologists, marriage and family therapists and more. You can make an appointment for therapy within Kaiser Permanente without a referral and access a wide range of online self-care resources at any time to help you relieve stress, improve sleep, practice mindfulness and more. Learn more at <http://kp.org/mentalhealth>.





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# The Good Life!

Health Plans Office Retiree Newsletter

SUMMER 2021

