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#### PERSONAL FINANCE FOR PARALEGALS



# What Is FI/RE?

by Raja Gonzalez – LAPA Reporter Editor

Have you ever heard of the FI/RE movement? The acronym stands for Financial Independence/Retire Early. The origins of the movement can be traced to a well-known personal finance book titled *Your Money or Your Life*, which was written by Vicki Robin and Joe Dominguez

in 1992. The idea of FI/RE is to take advantage of compound interest by investing anywhere from 30 - 70% of your income with the intention of escaping the rat race early and buying back as much of your time as possible. Some Flers have managed to become financially independent and work-optional as early as their mid-thirties.

The movement has gained a lot of steam among Millennials, who have lived through 9/11, the 2008 recession, and COVID-19. This generation grew up with the understanding that the Social Security Administration would likely go bankrupt long before they would have the chance to qualify for the social security benefits that they funded with their tax dollars.

continued on page 3

#### PRESIDENT'S MESSAGE



# **Join A Committee**

by Samantha Burns - LAPA President

Summer has been rather hot this year... Speaking of which, it's hot off the press that our Litigation Section Committee won the 2022 NALA Affiliate Award. Our School Liaison Committee won the NALA Affiliate Award in 2021. This is a perfect time to join any of the committees

that we have for the Los Angeles Paralegal Association (LAPA). You do not have to serve on the Board of Directors or even work as a Paralegal to join one of the many committees within LAPA. A list of our available committees can be found at the end of our monthly newsletter as well as on our website at https://www.lapa.org/committees.

Serving on a committee will enable you to change LAPA for the better. We welcome any pre-law majors, paralegal students, and law students who are interested to apply to serve on one of our committees. If selected, then one

continued on page 2

of your main responsibilities would be to generate ideas for MCLE events to host throughout the year so that we can help further educate the legal community on the issues that affect our field today. The volunteers will be led by a Director who will host the events and check for MCLE compliance.

It is much less time consuming to serve on a committee than it is to serve on the Board of Directors. Serving on a committee is an excellent way for students and paralegals to give back to their community, gain meaningful experience, and network with other legal professionals. You never know what job or internship could be waiting just around the corner if you are willing to put yourself out there.

Perhaps the most important committee to highlight at the moment would be the October Conference Committee. In a little over six weeks, hundreds of us will gather in-person at the Westin Bonaventure Hotel in downtown Los Angeles for our October Conference and we could use all the help that we can get. To inquire about how to join the October

JOIN LAPA ON...







& WWW.LAPA.ORG

#### LAPA REPORTER

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# THE ADVERTISING AND EDITORIAL DEADLINE IS THE 5TH OF THE MONTH PRIOR TO PUBLICATION.

Articles and news items should be directed to LAPA at editor@lapa. org. Inquiries about making a submission should be directed to LAPA at info@lapa.org.

Inquiries about advertising placement, applications, membership materials and address changes should be directed to LAPA at admin@lapa.org.

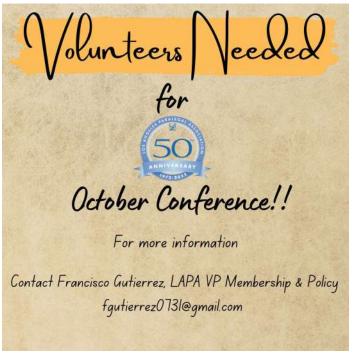
Articles will be published as space permits. The Newsletter Committee reserves approval and edit rights on any article submitted.

The Los Angeles Paralegal Association is a non-profit, mutual benefit corporation and is tax exempt within the meaning of section 501(c) (6) of the Internal Revenue Code. Membership dues and donations to LAPA are not tax deductible as charitable gifts, but may be deductible as related business expenses. LAPA suggests that you consult your tax advisor in this regard.

Conference Committee or any others, please contact our Administrative Manager, Tracey Booth, at admin@lapa.org.

Samantha Burns earned her Paralegal Studies degree from Mt. San Antonio College. She is currently working as a litigation paralegal at Marjiya Law Office. Though born totally deaf, Samantha effectively navigates the hearing world. Samantha is also a commissioned Notary Public. She is attempting to take her CP exam next year and aiming to specialize in litigation, discovery, e-discovery, and trial preparation. She does almost every field of law but focuses on civil litigation and personal injury.





#### AUGUST

- LAPA Executive Board Meeting Conf. Call; Contact Samantha Burns at president@lapa.org.
- ACEDS eDiscovery Summer Series: Session 1 Online via Zoom; 5:30 PM.; Using Project Management Processes to Decipher Legal Team Requests to Litigation Support; Featuring: Melissa Weberman and Greg Jordan, Go to https://www.lapa.org/ event-4895625 for more information & to register.
- 10 LAPA Board Meeting Contact Samantha Burns at president@lapa.org
- 13- ACEDS eDiscovery Summer Series: Session 2 Online via Zoom; 10-11 AM; Litigation Technical Discussion on Collections; Featuring: Monica Harris, Go to https://www.lapa.org/ event-4895625 for more information & to register.

**ACEDS eDiscovery Summer Series: Session 3** — Online via Zoom; 11:15 AM; Delivering Value to Clients: Why Service Provider/Law Firm Collaboration Benefits All; Featuring: David Cohen, Go to https://www.lapa.org/event-4895625 for more information & to register.

- 19- Will Contests 101 MCLE Online via Zoom; 6 PM; To Contest or Not to Contest?; Featuring: Lauren Moritz, Go to https://www.lapa. org/event-4926875 for more information & to register.
- 24- Happy Paralegal Day Online via Zoom; 6-7 PM.; MCLE Legal Tech Ethics for Paralegals; Featuring: Amber Bevacoua-Lynott. Esc., Go to https://www.lapa.org/event-4920755 for more information & to register.

#### **SEPTEMBER**

- LAPA Tutoring Session Online via Zoom; 7-8PM.; Go to https:// www.lapa.org/event-4501712 for more information & to register.
- LAPA Executive Board Meeting Conf. Call; Contact Samantha Burns at president@lapa.org.
- 14 LAPA Board Meeting Contact Samantha Burns at president@lapa.org
- 24- 2022 Inaugural Diversity, Equity, Inclusion, and Belonging **Educational Conference** — Online via Zoom; 9 AM - 12:30 PM.; Elimination of Bias MCLE; Go to https://www.lapa.org/ event-4925452 for more information & to register.

#### OCTOBER

- 5- LAPA Executive Board Meeting Conf. Call; Contact Samantha Burns at president@lapa.org.
- 12 LAPA Board Meeting Contact Samantha Burns at president@lapa.org
- 15- 2022 LAPA Octover Conference Westin Bonaventure Hotel, DTLA; 8:30 AM - 3:30 PM.; 50 Years - Let's Celebrate!; Go to https://www.lapa.org/event-4880017 for more information & to register.

Staples of the American dream like owning a home or obtaining a college education have become unrealistic for many in the working and middle class. The cost of college tuition has tripled in the last forty years and the average home price in the U.S. just surpassed \$400,000.00. As a result, traditional financial advice of saving 10 to 15% of your income for retirement is no longer enough for many people to be able to reach their financial goals. At the same time, no one wants to continue working a strenuous job into their seventies. So, as these people have begun to think outside of the box for creative ways to reach their financial goals, they have stumbled upon FI/RE.

In order to calculate your FI/RE number, you multiply your annual expenses by twenty-five. Once you have this amount saved or invested in the stock market, then you can afford to become work-optional. There are a few rules and formulas that help explain the mathematical logic behind this concept. Over the last eighty years, the U.S. stock market has grown at an average rate of approximately 10% per year. To clarify, this does not mean that the S&P 500 has given 10% returns every year for the last eighty years. It means that some years the market grew by 15% and some years it fell by 9%, and so on, but the average of eight decades' worth of historical market data has been approximately 10% growth per year. Some people like to reduce the 10% interest rate to 8% to account for inflation. So, if you assume that your investments will grow at a rate of 8% per year, then, according to the 4% rule, you should be able to safely withdraw 4% of your investments per year. The final formula is the Rule of 72, which states that you can estimate the amount of years it will take your investments to double by dividing 72 by the annual rate of return. For example, if you assume an 8% interest rate, then you could expect your investments to double roughly every nine years. This is why it is important to start investing as early as possible because the earlier you start the longer your money has to multiply and the less you have to contribute due to compound interest.

cont. on page 4

Based on the 4% rule,

If you want to withdraw \$40,000 per year, then you would need a nest egg of \$1 million.

If you want to withdraw \$50,000 per year, then you would need a nest egg of \$1.25 million.

If you want to withdraw \$60,000 per year, then you would need a nest egg of \$1.5 million.

If you want to withdraw \$70,000 per year, then you would need a nest egg of \$1.75 million.

If you want to withdraw \$80,000 per year, then you would need a nest egg of \$2 million.

If you want to withdraw \$90,000 per year, then you would need a nest egg of \$2.25 million.

If you want to withdraw \$100,000 per year, then you would need a nest egg of \$2.5 million.

FI/RE is customizable. Not everyone has the same needs, wants, goals, or lifestyle. As a result, there are different sub-categories of FI/RE.

LEAN FI/RE: Lean FI/RE is meant for people who are content with the simple pleasures in life. These people are able to retire with less because they are willing to make sacrifices in certain areas of their life. For example, a healthy couple that decides not to have any children may be able to retire with a much smaller nest egg. People who are willing to move to cities or countries that have a much lower cost of living are also able to retire with less money saved. This option is great for minimalists and environmentalists who want to lead sustainable and anti-consumerist lifestyles.

FAT FI/RE: Fat FI/RE is for those who want to live an upper-middle class lifestyle during retirement. This option is for people who want to retire early and travel the world without having to worry about sticking to a strict budget. Fat FI/RE could also be for those who plan to retire not only themselves, but also their parents.

BARISTA FI/RE: Barista FI/RE is for those who plan to keep working during their traditional retirement years, but switch to a part-time work schedule. This way, you are working less, but you can still afford to maintain health insurance benefits until

you are eligible for Medicare. Barista FI/RE can also be for people who want to quit their high-paying corporate job and take a lower-paying job at a non-profit that does work that is meaningful to them.

**COAST FI/RE:** Coast FI/RE is for the people who learned about investing early and started investing early enough that they can afford to retire before they actually hit \$1 million invested because they know that even if they never invest another penny they are on track to hit their FI/RE number by the time they hit 65 due to compound interest.

Of these sub-categories, which is the most appealing to you? There are no right answers here. You might be thinking, "This is totally unrealistic because who can afford to invest 30 - 70% of their income?". That's a fair question. Without a doubt, there is a certain level of privilege that comes with having an income that allows you to afford to be able to set such a large portion aside. With that being said, the FI/RE movement is not just for finance bros or those who work in tech. Many within the FI community have actually started out hundreds of thousands of dollars in debt and are still on track to retire early. How did

cont. on page 5



#### NALA CONFERENCE OVERVIEW



# NALA 2022 Conference & Expo

by Terry L. Wright, ACP - LAPA Director, Chair of Pro Bono and Community Services Committee

NALA hosted its annual conference from July 14-16, 2022 in Phoenix, AZ with over 1,200 people in attendance. Not only did NALA offer the opportunity to attend in-person, the association also provided a virtual platform for attendees this year. The conference offered three days' worth of packed agendas.

The conference began on a Thursday morning with much enthusiasm and energy from NALA President, Melissa J. Hamilton, ACP. Following the welcome came an informative presentation by a fabulous keynote speaker, Commissioner Melisa Zabor. Ms. Zabor has worked as a Commissioner for the Maricopa County Superior Court since 2017, and currently sits on the bench in the problem-solving courts. These courts are designed to minimize crime by diagnosing the root of the incident and addressing substance abuse, domestic violence, veteran issues, and homelessness in Maricopa County. Commissioner Zabor included personal testimonials continued on page 6

#### PERSONAL FINANCE FOR PARALEGALS - cont. from page 4

they get to that point? They were willing to job hop every couple of years to increase their salary. They negotiated their salary, raises, equity, and benefits every chance they got. They sought promotions at work or switched to higher-paying fields all together. They worked overtime or got second jobs and side hustles to generate extra income. They utilized tax-advantaged accounts like Roth IRAs and 401(k)s to invest their money and they made sure to get their employer match. Some invested in real estate properties and found ways to flip houses for a profit or to house hack. Some started their own small businesses or found ways to monetize things they already enjoyed doing—such as blogging about personal finance or providing educational courses for a fee. There is also space for women and the BIPOC community within the FI/RE movement. A few of my favorite finfluencers are Delyanne Barros, Jannese Torres-Rodriguez, Tori Dunlap, Leo Jean-Louis, and Ramit Sethi.

In 2019, Raja graduated with a B.A. in Political Science from Pepperdine University, where she was involved in Model United Nations and Latino Student Association. In March 2020, Raja graduated from UCLA Extension's Paralegal Training Program with a Certificate in Paralegal Studies. Currently, Raja works as a Litigation Paralegal for Jacoby & Meyers Attorneys LLP in Westwood, CA. Raja also serves on LAPA's Board of Directors as Co-Chair of the Litigation Section and Editor of The Reporter. In her spare time, Raja enjoys running and hiking in the Santa Monica Mountains.



#### NALA CONFERENCE OVERVIEW - cont. from page 5

in her presentation, which highlighted the positive work that problem-solving courts are doing today.

The first breakout session NALA offered was a general education CLE titled, "Police Shootings, Excess Force, and the Constitution." The session described police officers' use of excessive or deadly force and how those actions apply under the United States Constitution. Next, attendees had the opportunity to visit with the exhibitors, attend the Membership Meeting, and attend the Affiliated Associations Meeting and Awards Ceremony. An ethics session, "Social Media and Paralegals – Ethical Pitfalls" was offered to all attendees that afternoon. The presenter for the ethics session brought humor to her presentation which described ethical boundaries to keep in mind when using social media to help avoid engaging in the unauthorized practice of law. The first day of the conference concluded with the Affiliate Showcase.

Day two of the conference was packed with educational sessions. CP review courses were offered throughout each day of the Conference, Additional education sessions were offered with a variety of breakout topics such as legal writing, litigation, intellectual property, probate, and social security and disability claim processes.

The final day of the conference covered educational sessions relating to artificial intelligence, laws relating to climate change, and even space law.

Thank you, NALA, for an excellent 2022 Conference and Expo! LAPA looks forward to seeing you in Boston in 2023.

Terry Wright, ACP, currently serves as a LAPA Director, was past LAPA President (2 terms), and has previously served LAPA in various capacities such as Vice President of Membership & Policy, NALA Liaison, October Conference Chair (multiple years), Pro Bono Chair, and was an instructor for LAPA's CLA (NALA) courses. Ms. Wright has worked in the legal industry for over 30 years and is currently employed by Dignity Health, a nonprofit health care corporation, and has provided service to in-house counsel in support of the Dignity Health owned and operated hospitals for over 20 years. Her primary practice area involves providing Dignity Health's hospitals with effective physician, non-physician, and system-wide related contracts in efforts to meet the daily operational needs of Dignity Health hospitals and affiliate entities. She achieved her Bachelors of Science Degree in Business Management, with honors, from The University of Phoenix, Inc. Ms. Wright earned her paralegal certificate from California State University, Bakersfield. Thereafter, she attained her NALA Certification and subsequently earned an Advanced Paralegal Certification in Contracts Administration/Contracts Management from the National Association of Legal Assistants ("NALA").

#### **NALA The Paralegal Association Certification Corner**

Have you been considering becoming a NALA Certified Paralegal? Watch our Planning for NALA Certification video for more information!

#### **CP EXAMINEES**

We are in the July testing window for the Skills Exam! If eligible, you can schedule your exam at: https://testtakers.psiexams.com/nala. (Be sure to confirm that your Skills Exam authorization to test is not expired.)

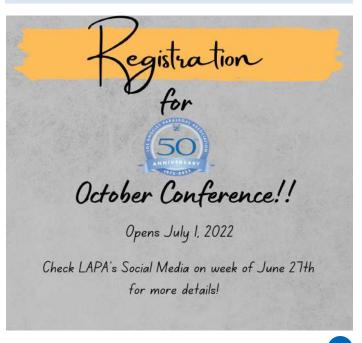
#### **CERTIFICATION**

- Congratulations to the 39 new CPs who passed the April 2022 Skills Exam! What a tremendous way for you to show your dedication to your profession and your hard work to be recognized! By now, you should have received your CP packet
- Tip: When you complete a NALA course, it will automatically be added to your CLE transcript in your NALA account. You will find the digital copies of your certificates of completion in your education account!



July certificants! Enter your 50 hours of CLE, including five hours of legal ethics, and not more than 10 hours non-substantive areas so that you can recertify before 7/31/2022! Here is the PDF Recertification form that you may email to cle@nala.org or click here to recertify online!

www.nala.org For more information contact: Michelle Tabb, ACP, Terry Wright, ACP, LAPA Board Director Doug Kuhn, CP LAPA Paralegal Certification Committee Members



#### MEMORIUM



# A Los Angeles Legend's **Passing – Vincent Scully**

November 29, 1927 - August 2, 2022

by Terry L. Wright, ACP - LAPA Director, Chair of Pro Bono and Community Services Committee

On August 2, 2022, Vincent ("Vin") Scully, Los Angeles' legendary radio and television sportscaster, passed away at the age of ninetyfour. He and his infamous broadcasting voice were well-known for calling a total of sixty-seven

seasons for the Los Angeles Dodgers, and prior to that, the Brooklyn Dodgers.

Originally from the Bronx, New York, Vin began his broadcasting career for the Brooklyn Dodgers in 1950. In 1958, he joined the Los Angeles Dodgers, and moved to southern California, where he remained throughout the remainder of his career. Vin Scully will forever be remembered by fans as the "most memorable personality" in the history of Dodger baseball.

Although Vin Scully retired in 2016, his broadcasting career with a single organization was the longest in sports history. He was known for his distinctive voice and his play-by-play account of each game that he announced. He was so wellversed with the game of baseball that he could carry on a separate conversation in the announcer's box and quickly transition back to a major play in the middle of a game.

He will always be known to young and old Angelenos as the "voice of the Los Angeles Dodgers." May he rest in peace. <u>m</u>

# Employers, Find Quality Talent TODAY!





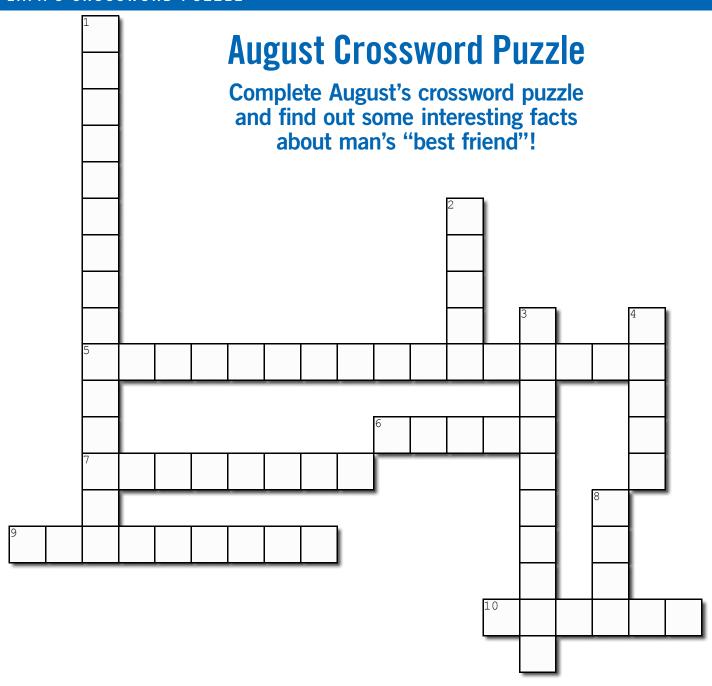
The Los Angeles Paralegal Association's Career Center is the leading source for attracting top talent

- > POST JOBS
- > RECEIVE RESUMES VIA EMAIL
- > SCREEN RESUMES
- > HIRE QUALIFIED TALENT



www.lapa.org





#### **ACROSS:**

- 5. An Indiana case involving ownership and possession of a Boston bull terrier dog.
- 6. He's Mickey Mouse's dog.
- 7. A human organ that is not present in dogs.
- 9. These speedy sight hounds can reach a top speed of 45mph within seconds of starting to run.
- 10. A canine character in the "Peanuts" comic strip.

#### DOWN:

- 1. Brian, one of the main characters of the Griffin family in
- \_,the dog character, was famous for his long and drawn-out stares with Frasier on the Emmy award-winning show "Fraiser."
- 3. This breed has such a distinct and accurate sense of smell that it actually can be used in court.
- 4. The name of the beloved family dog in the animated series, "The Jetsons".
- 8. The title of a Stephen King novel featuring a rabid St. Bernard.

ANSWER KEY FOUND ON PAGE 12

Interested in a career as a

# RALEGA

Fullerton College's ABA approved Paralegal Studies Program provides the education and skills necessary for graduates to work under the supervision of an attorney as a critical member of the legal support team in all areas of law. Our program aids students in finding employment in this ever-growing and challenging field.



## **Degrees/Certificates offered**

PARALEGAL STUDIES ASSOCIATE IN SCIENCE

PARALEGAL STUDIES CERTIFICATE

# **START HERE**

PLEG 101 F - Introduction to Paralegal Studies

**Ouestions? Contact:** Michael Moore mmoore1@fullcoll.edu

Please note: The Fullerton College ABA-Approved Paralegal Sudies Program does not prepare students for law school or the practice of law. Under California's Business and Professions Code, sections 6450 et seq., a paralegal may not market his or her services to the public, but must work under the direct supervision of an attorney licensed to practice law.

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#### EVENTS - IN THE TIME OF COVID-19



# **Looking Forward During COVID-19**

by Deena Bowman

With the third year of living with COVID-19 upon us, our means of enjoying recreational

pursuits have undoubtedly changed. Yet, with a little innovation, good times can still be experienced. August brings the "Dog Days of Summer" and an opportunity to enjoy some cool tunes at LACMA.



#### ENJOY CLASSIC CARS WITH YOUR POOCH

Enjoy the final days of summer with your four-legged buddy at the dog-friendly San Marino Motor Classic on August 28. You and your pup can enjoy a day of strolling though hundreds of mint-condition collector cars at the beautiful Lacy Park in San Marino. For tickets and information, go to https://sanmarinomotorclassic. com/event-information/. Proceeds from the event will benefit the Pasadena Humane Society



Join one of the nation's premier paralegal associations:

#### The Los Angeles **Paralegal Association**

Please visit www.lapa.org for detailed information about LAPA membership benefits.



#### FREE FRIDAY JAZZ CONCERTS AT LACMA

Listen to L.A.'s finest jazz musicians with Jazz at LACMA, presented Friday evenings from April to November. Each week features a new musician or jazz group in concert to enjoy for free outdoors behind the iconic Los Angeles "Urban Light" public art exhibit. For information on the weekly concerts, see https://www.lacma.org/event-calendar-by-day?event\_ hub=Jazz%20at%20LACMA.

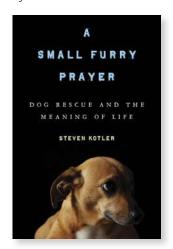
Deena Bowman is currently a Senior Legal Analyst at the State Compensation Insurance Fund in Monterey Park, California. Deena earned her paralegal certificate from the University of West Los Angeles. She was a former Director at Large with LAPA. 🌉



#### LAPA READING CORNER

A recurring column that reviews books focusing on voices and subjects that reflect the diversity of the human experience

by Deena Bowman



# **A Small Furry Prayer** by Steven Kotler

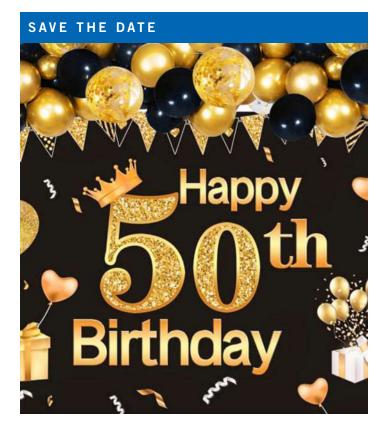
Steven Kotler was forty years old and single when he met the woman who would become his wife. Joy Nicholson, and joined ranks of animal rescuers. "Love me, love

my dogs" was Nicholson's rule, and Kotler took it to heart. After experiencing a housing crisis in Los Angeles, he and Nicholson bought a tiny farm in rural, small-town Chimayo, New Mexico, and established a sanctuary for special needs dogs.

A Small Furry Prayer chronicles their adventures at the sanctuary appropriately called "Rancho de Chihuahua" and an insider look at dog rescue - one of the largest underground movements in America and one of the least understood. Kotler also weaves his views on our evolutionary connection with dogs within his story and explains why contact between humans and dogs benefits both species.

2010, 312 Pages. Bloomsbury USA. \$16.00 Paperback. Also available for checkout from the Los Angeles Public Library in Book, and e-Audiobook.





#### **REGISTER NOW!**

LAPA invites you to celebrate 50 years of developing, strengthening, and advancing the paralegal profession with us at our 46th annual October Conference!

# "In Celebration of 50 years with Colleagues and Friends"

SATURDAY, OCTOBER 15, 2022

Westin Bonaventure Hotel & Suites. 404 S Figueroa St, Los Angeles, CA 90071

# Save BIG on your monthly medical premium.

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LAPA has teamed up with UIP – United Insurance Partners to offer you affordable quality insurance that addresses your health care needs in simple, easy to understand terms.

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http://lapa.healthinsurance.com/hi/ or call Armando at (800) 707-2360

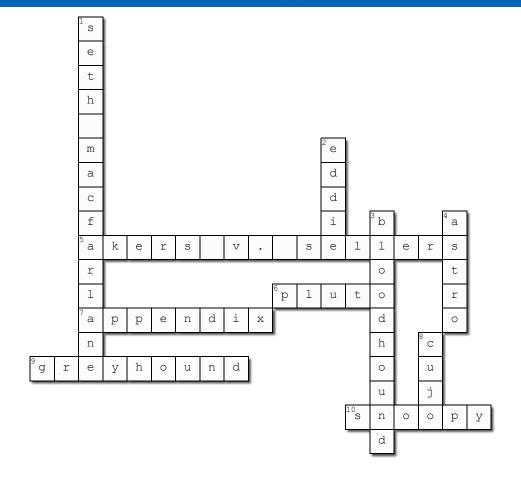


Specialists in Sponsored Insurance Programs

Insurance products are available to qualified LAPA members through United Agencies and its affiliates including UIP Insurance Services.

CA Lic #0252636

#### LAPA'S CROSSWORD PUZZLE - cont. from page 8



## ANSWER KEY

#### **ACROSS**

- 5. Akers v. Sellers
- 6. Pluto
- 7. Appendix
- 9. Greyhound
- 10. Snoopy

#### **DOWN**

- 1. Seth Macfarlane
- 2. Eddie
- 3. Bloodhound
- 4. Astro
- 8. Cujo



# Child Welfare in Los Angeles County



As of January 2021, there are 38,243 children/youth in the Los Angeles Child Welfare System.



Most children are in the child welfare system for about 2+ years.

Black & Hispanic children encompass



81.5%

of children/youth in care.

High turnover rates in child welfare professions create gaps in knowledge and care, and limit youths' access to consistent and appropriate supports.





In an overwhelmed system, L.A. County professionals face the daunting task of making complex, life-changing decisions about a child/youth's overall well-being.

# The Solution? The Essential History Program!

The Essential History Program aims to help social workers, attorneys and judges make trauma-informed decisions about the young people they serve. Through this program, a CASA volunteer reviews the entirety of a child/youth's case file and produces an objective and comprehensive report that highlights key historical events for the young person while in the system.



- Reduce time youth is in the child welfare system
- Improve outcomes for youth in the areas such as: permanency, mental health, education and social supports
- Ease changes/transitions for service providers
- Reduce burnout and compassion fatigue for child welfare professionals
- Consolidate information to observe data trends in the child welfare system
- Create systematic change towards healthier and equitable systems

continued on page 14



continued from previous page



Essential History CASA is identified and trained

> Essential History CASA appointed through the court

CASA completes full case review using specialized tracking sheet

CASA develops Essential History report, which is submitted to court. CASA is relieved from the case.

3 Months



# **The Report**

#### **Objective & Neutral Language**

Information is retrieved from case documents with no additional bias/interpretation.

#### Strengths-Based

Focus is kept on not creating a negative perception of the youth

#### **Report Content**

Report Covers Risk & Protective Factors in the areas of:

- Permanency
- Physical Health

**Essential History** 

referral is

submitted to

CASA/LA office

- Mental Health
- Education
- Family & Social Supports

#### **Who Can Access** the Report?



**Questions?** 

essentialhistory@casala.org Visit Us! www.casala.org



The Los Angeles Paralegal Association (LAPA) reflects the diverse nature of Southern California, and we strive to be as inclusive as possible. As an organization of legal professionals, we hold the ideals of equality and justice in the highest regard. The injustices experienced by the communities of Black, Indigenous, and People of Color are a stark reminder that equality and justice are ideas that have yet to reach fruition in this country. We, as a nation, must do better. LAPA stands in solidarity with the families and friends of George Floyd, Breonna Taylor, and Ahmaud Arbery. It is our sincerest desire to see justice is done as the law requires for their tragic deaths.

Diversity and inclusion are LAPA's initiative for 2020. We hold firm in striving to be more inclusive and diverse to reflect the community that we serve and represent. Moreover, LAPA will continue to steadfastly advocate and create initiatives to prepare and support our paralegals.







# FREE COVID-19 TESTING

Now available to all Los Angeles residents. Get more information and sign up: Coronavirus.LACity.org/Testing

# L.A. CARES Corps

Connecting L.A. Businesses to Federal SBA Loans during COVID-19



# Coping with Stress During Infectious Disease Outbreaks that require social distancing

The Department of Mental Health supports the wellbeing of our County family, friends and colleagues. When you hear, read, or watch news about an outbreak of an infectious disease, you may feel anxious and show signs of stress. These signs of stress are normal During an infectious disease outbreak, care for your own physical and mental health and reach out in kindness to those affected by the situation.

#### WHAT YOU CAN DO TO HELP COPE WITH EMOTIONAL DISTRESS

#### 1. Manage Your Stress

- Stay informed. Refer to credible sources for updates on the local situation.
- Stay focused on your personal strengths.
- Maintain a routine.
- Make time to relax and rest.

#### 2. Be Informed and Inform Your Family

- Become familiar with local medical and mental health resources in your community.
- Avoid sharing unconfirmed news about the infectious disease to avoid creating unnecessary fear and panic.
- Give honest age-appropriate information to children and remember to stay calm; children often feel what you feel.

#### 3. Connect with Your Community online or through the phone

- Keep contact with family and friends through social messaging or through phone calls
- Join community and/or faith group online chat groups
- Accept help from family, friends, co-workers and clergy.
- Reach out to neighbors and friends with special needs who may need your help.

# 4. Reach Out and Help while maintaining necessary social distancing guidelines

- If you know someone affected by the outbreak, call them to see how they are doing, and remember to keep their confidentiality.
- Consider an act of kindness for those who have been asked to practice social distancing, such as having a meal delivered

#### 5. Be Sensitive

- Avoid blaming anyone or assuming someone has the disease because of the way they look or where they or their families come from.
- An infectious disease is not connected to any racial or ethnic group; speak up in kindness when you hear false rumors or negative stereotypes that foster racism and xenophobia.

Consider seeking professional help if you or a loved one is having difficulty coping.

#### Be Proactive!

- 1. Stay informed with information from credible sources.
- 2. Stay connected with friends, family, and community groups.
- 3. Keep a positive attitude and outlook.

#### Resources

Los Angeles County
Department of Mental Health
Access Center 24/7 Helpline
(800) 854-7771
(562) 651-2549 TDD/TTY
https://dmh.lacounty.gov

Los Angeles County
Department of Public Health:
http://publichealth.lacounty.gov/
media/Coronavirus/
or call 2-1-1 for more information

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# Members Only Benefits

#### **Regional and Networking Sections**

LAPA has many opportunities for meeting and connecting with your paralegal colleagues and other legal industry professionals. Such opportunities include seminar and networking events based on geographical locations such as Downtown (Los Angeles), South Bay, West L.A., the San Fernando Valley, Santa Clarita, and more. LAPA also provides educational seminars in various legal specialties, including, but not limited to, Litigation, Probate Law, Intellectual Property Law, Corporate Law, Immigration Law, and Ethics. Additionally, with the support of our legal industry partners, LAPA also hosts



other networking and charitable events and mixers. Your participation in LAPA is encouraged, so be sure to reach out to a LAPA Section or Committee Chair, develop your leadership and networking skills, and make LAPA an even better association.

This benefit provides LAPA members a discount program for dental and vision services, long term care, as well as many pharmaceuticals. LAPA has been able to obtain special pricing of Vital Savings discount cards through Aetna. By using the discount cards and Aetna approved providers, LAPA members can save dramatically on the services provided by these professionals. For more information, please visit LAPA's website, www.lapa.org.

#### **Working Advantage**

LAPA members may join a program that offers discounts up to 60% on tickets, travel, shopping, and more. LAPA helps you save money on items from clothing to theater tickets to flowers. This benefit is available by logging onto the LAPA website "Members Only" section.

#### **United Insurance Partners**

LAPA has teamed with UIP - United Insurance Partners - to bring LAPA members the opportunity to purchase health, dental, and/or vision insurance. When you access UIP through the link provided on the Benefits webpage, you will find an array of insurance products available for you to purchase with companies such as Blue Cross, Aetna, and many other top insurance companies. Please visit LAPA's website, www.lapa.org, for more information.

#### **NALA Affiliation**

LAPA is an affiliated member of the National Association of Legal Assistants. NALA is the nation's leading professional association for paralegals. As a member of an affiliated association, the initiation fee for individual membership in NALA is waived for LAPA members. NALA boasts some of its own benefits. Access its NALA Campus Live for online continuing legal education, self-study courses, and preparation for the CLA/CP Exam. Its annual educational convention in July allows you to expand your network beyond your state's borders as you network with other paralegals from around the country, attend educational institutes and member related activities.

#### Freelance/Contract Paralegal Listing

LAPA provides a "Freelance Paralegals" section on its website to assist LAPA members who are freelance, contract, or independent paralegals, as defined by California Business and Professions Code Section 6450. For a nominal fee of \$60, you can post your contact information on LAPA's website for six months. You can sign up online through the Members Only section of the website.

#### **Membership Database**

Available only to LAPA members, the Membership Database is a valuable tool in locating other paralegals or legal professionals with whom you have worked or networked. The Membership Database also provides up-to-date contact information as well as members' legal specialties and geographical areas.

#### **Credit Union**

LAPA members are eligible to join Southland Credit Union. Southland Credit Union, with over \$435 million in assets, offers an online presence, a new full-service branch in downtown Los Angeles, an upgraded ATM network and five new proprietary ATMs. Southland Credit Union has expanded its product line by introducing a new high-yielding certificate of deposit, a Rewards Plus program and a market-leading high interest yielding checking account. Southland Credit Union prides itself on outstanding service to its members and has recently earned a 95 percent Member Service satisfaction rating.

#### **Lorman Education**

LAPA is dedicated to providing efficient and readily-available continuing education opportunities that meet the needs of our members and enhance their skills, knowledge, and competencies. LAPA has partnered with Lorman Education to provide continuing education in a variety of topic areas. LAPA members receive a 20% discount on all orders.



# Bet Tzedek Needs YOUR Help!

# Intake Services Volunteers Sought

Bet Tzedek's Intake Services volunteers conduct pre-screening assessments in order to determine the appropriate course of action for individuals who call seeking legal assistance. Our volunteers are often the first contact our community has with our organization, and we rely on our volunteers to handle a high volume of calls from a diverse population of individuals with a broad range of needs.

### Gain Issue Spotting and Client Interview Experience

Under attorney supervision, volunteers develop foundational legal skills, including learning to spot legal issues; to conduct telephone interviews with potential clients dealing with challenging, stressful situations; determining what information provided by the caller is relevant; and to begin to develop judgment of potential cases in a wide array of legal areas. Volunteering with Intake Services also provides first-hand knowledge of the landscape of legal services available in Los Angeles County and exposure to and understanding of the issues faced by the communities we serve.

**Commitment**: 40+ hours. During the school year, we ask that volunteers commit to working in the Intake Center for 8-10 hours/week for 8-10 weeks. During certain periods, such as winter break, we may be able to accommodate schedules that include a higher number of hours per week for fewer weeks. Work must be completed during normal business hours (M-F, 9am-5pm).

**To Apply**: Email volunteer@bettzedek.org or call (323) 549-5839 with any questions. Spanish language skills are highly preferred, but not required.

#### **WELCOME NEW & RENEWING LAPA MEMBERS**

The following is a listing of legal professionals and paralegal students who joined or renewed their membership in Los Angeles Paralegal Association within the last 30 days. The employer and work telephone number also are included when available. If any information is incorrect, please fax corrections to 866-460-0506, call LAPA at 866-626-LAPA or e-mail updates to info@lapa.org.

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Find out more. Visit www.lapa.org and go to the Member Benefits page.

\*Actual costs and savings may vary by provider and geographic location.

The Vital Savings by Aetna® program (the "Program") is not insurance. The Program provides members with access to discounted fees pursuant to schedules negotiated by Aetna Life Insurance Company for the Vital Savings by Aetna discount program. The Program does not make payments directly to the providers participating in the Program. Each member is obligated to pay for all services or products but will receive a discount from the providers who have contracted with the Discount Medical Plan Organization to participate in the Program. Aetna Life Insurance Company, 151 Farmington Avenue, Hartford, CT 06156, is the Discount Medical Plan Organization.

Discount program information is subject to change.

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