

March 3, 2011

Congresswoman Laura Richardson  
100 W. Broadway, Suite 600  
Long Beach, CA 90802

RE: LETTER OF RESIGNATION

Congresswoman Richardson:

I write this letter to announce my resignation from the position of Scheduler/Special Events Assistant for the 37<sup>th</sup> Congressional District staff. I realize that the customary professional courtesy is to give two weeks notice, but I can no longer work under the constant verbal and emotional abuse that I have been subjected to these past few months, so I am resigning effective immediately. To be clear, my last day in the District Office was Friday, February 25, 2011, after which my doctor recommended I take time off. I have been out since Monday, February 28, and effective today, Thursday, March 3, 2011, I will not be returning to work in the CD-37 Office.

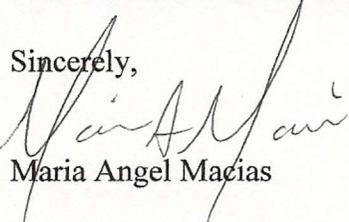
I regret that a drastic step like this had to be taken. I started this job working part time and with a heart full of joy to give my colleagues and the constituents. I came in determined to work hard and contribute in every way that I could to boost your image, increase work productivity and raise the morale of this office, while being the best co-worker that I could possibly be to my colleagues. I later took on the position of Scheduler at your request, apparently having done a good job up to that point. But my stress levels have now risen to very unhealthy, if not dangerous levels as a result of the repeated emotional abuse and constant conflict over the past few months.

When you and Daysha recruited me to work with you for a second time I was led to believe that some of the problems of the past – such as the disrespectful way of talking to staff, the lack of regard for family time or personal time off for staff, and the thankless, unappreciative attitude that staff are met with no matter how hard we work, had improved since I last worked for you. It is clear to me now that this was not true.

I am also hurt because on more than one occasion I was asked to do a task or coordinate an event that was on the ethical borderline and not in my job description; things that I was never properly trained on or warned about, and later caused me to be deposed by an ethics investigator with a lawyer present. Meanwhile, promises for vacation time to attend Mama Frances's 80<sup>th</sup> Birthday have been broken, and whenever I make even a very minor mistake it is treated like a federal crime. I cannot work in a toxic and hostile environment like this, which is why I resign today.

I will be coming in to collect my things and to give my keys and Congressional property to Daysha or Eric in the next few days. I gave you and this job my 100% effort my whole time here and I leave with a clear conscience.

Sincerely,



Maria Angel Macias

**RETURN TO WORK / SCHOOL**



**HealthCare Partners.**

Medical Group and Affiliated Physicians

DATE: 2/28/11

PATIENT NAME: Mana Maccias

HCP Site: Wellaw UCC

**TO WHOM IT MAY CONCERN:**

**THE ABOVE PATIENT IS UNDER MY CARE AND:**

- PLEASE EXCUSE FROM WORK/SCHOOL FROM 2/24 TO 3/2 . MAY RETURN TO WORK/SCHOOL ON: 3/3 .
- HAS RECOVERED AND MAY RETURN TO LIGHT WORK ON: \_\_\_\_\_
- HAS RECOVERED AND MAY RETURN TO WORK/SCHOOL ON: \_\_\_\_\_
- REQUIRES A MEDICAL LEAVE OF ABSENCE FROM: \_\_\_\_\_ TO \_\_\_\_\_
- IS RESTRICTED FROM: \_\_\_\_\_ UNTIL \_\_\_\_\_ DATE
- RECEIVED TREATMENT AT MY OFFICES ON: \_\_\_\_\_
- IS SCHEDULED TO RETURN ON: \_\_\_\_\_ AT \_\_\_\_\_

REMARKS:

PROVIDER SIGNATURE