

## LAPRA 2017 Fitness Challenges Kicks Off July 1

The LAPRA 2017 Fitness Challenge runs from July 1 through September 30. Now in its tenth year, this team-oriented challenge can help you improve your overall fitness, manage your weight and strengthen your heart and lungs. Research shows improving your fitness can also make you mentally sharper, happier, and more productive. When you participate in the LAPRA Fitness Challenge, you can receive all of these benefits, plus the support and encouragement of your teammates, and maybe even cash prizes.

**Teaming up to slim down.** The Fitness Challenge is an opportunity to connect LAPD sworn officers and civilian employees with the goal of improved health and wellness. The challenge aims to promote teamwork, camaraderie, and healthy habits that can transform your life. There is no cost to participate. The challenge runs from July 1 and through September 30, 2017. Last year, 69 teams participated in this worthwhile event and collectively shed more than 15,800 pounds.



**Reach for rewards.** Regardless of your age, weight or athletic ability, the LAPRA Fitness Challenge provides special incentives to help you achieve your health and wellness goals. Cash prizes are awarded to the top teams (for your Division Station Fund) and top individuals that lose the greatest percentage of weight. Each division can have up to five teams, with up to 25 people per team (with at least 10 sworn participants). The final weigh-in will be from the top 20 people with the highest weight loss from each team.

Team prizes are awarded to the top six teams that lose the greatest percentage of total team weight with prizes ranging from \$1,500 to \$10,000 that go toward your Division Station Fund. Teams that don't take one of the top six prizes can still earn a \$500 prize toward their Division Station Fund if they lose five percent or more of total team weight. You can also win individual prizes that range from \$750 to \$3,500.

The sign-up deadline is Friday, June 30, 2017 at 5:00 p.m. For more information on rules and key dates, log on to the Department or LAPRA web sites. ■

### New Individual Incentive for Healthy Living

This year we are introducing a new individual incentive. If you lose 15% or more of your entry weight by the end of the 2017 Fitness Challenge, you are eligible to win a \$350 cash prize if:

- Your team captain continues to email your individual weight to LAPRA on or no later than three days after 11/22/2017, 01/31/2018, 02/28/2018, 03/28/2018 and 04/25/2018.
- Your total weight at each weigh-in date listed above is no more than 5% above your 09/30/2017 ending weight.
- Your final weight for the 04/25/2018 submission is equal to or less than your 09/30/2017 ending weight.

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# Los Angeles Police Relief Assistance Foundation

By Tim McBride

The Los Angeles Police Relief Assistance Foundation (LAPRAF) has been in existence since 2007 to provide assistance and support to active and retired officers and their families in dire financial need. The Foundation also supports the annual academic scholarship program. The LAPRAF is funded by donations from active and retired LAPD officers, family members and caring individuals from the community, as well as investment returns. For the calendar year 2016, investment returns were 8.94%, significantly higher than the benchmark set for the Foundation.

In 2016, the Foundation funded \$40,000 in academic scholarships for children of LAPRA members attending college. Currently, the Foundation is also assisting an officer who was disabled in the line of duty to meet his monthly medical premiums.

## How You Can Help

We continue to encourage donations which allows the Foundation to help more officers and their families who need assistance. Currently, we have several active and retired officers making regular donations through their paycheck to help their fellow officers. Also consider adding the Foundation as part of your estate plan designating the Foundation as the beneficiary of either a specific legacy or a bequest that is a fixed percentage of your estate. For information on how you can make a donation, call LAPRA at (213) 674-3724.

## Blue Ribbon Trust

In 2015, the Foundation partnered with the Los Angeles Police Federal Credit Union (LAPFCU) to administer the Blue Ribbon Trust with donations provided by officers for officers who experience a personal family crisis. The Blue Ribbon Trust provided financial support to 11 officers in 2016 and 9 officers to date in 2017. With virtually no administrative expenses, 100% of donations to the Blue Ribbon Trust go directly to those in need. If you become aware of any officers or families going through a personal family crisis and you believe they would benefit from funds available through the Blue Ribbon Trust, call LAPRA at (213) 674-3724 for more information. The Blue Ribbon Trust committee is chaired by Officer Jules Sohn.

## GoFundMe Accounts

Several officers and families have benefited from accounts set up on [gofundme.com](http://gofundme.com). GoFundMe makes it easy to raise donations online, and we support any service that provides help to those in need. If you would like to donate to an officer's GoFundMe account, go to [gofundme.com](http://gofundme.com) and do a search on LAPD and the name of the officer. Please be aware that GoFundMe charges an 8% administrative expense on all donations. ■



## LAPRAF Scholarship Winners Announced Soon

The application period for the Los Angeles Police Relief and Assistance Foundation (LAPRAF)

2017 scholarship program closed on May 15, 2017 with 79 applications submitted online from high school seniors of LAPRA members competing for one of four \$10,000 awards. The LAPRAF scholarship committee is busy reviewing all of the applications evaluating the academic qualifications, service engagement and leadership development of each applicant. Recipients of a 2017 LAPRAF scholarship each receive \$2,500 per year awarded over four years. Scholarship recipients must maintain an acceptable grade point average and a full load of college classes to maintain their scholarship each year. Winners of the LAPRAF 2017 scholarship program will be announced in the coming weeks.

The scholarship committee is chaired by Captain Ruby Flores and assisted by committee members retired Captain Paul Enox, Officer Jules Sohn and Lieutenant Dana Berns. ■



# Open Enrollment After Care

Now that the Open Enrollment period for LAPRA's medical and dental benefits has ended, we want to provide you with a few tips and reminders with the start of the new plan year which begins July 1.

## Making Changes to Your Benefits Outside of Open Enrollment

Once Open Enrollment ends, your elections must remain in effect for the full plan from July 1, 2017 through June 30, 2018 unless you experience a qualifying event as provided under Section 125 of the IRS Code. Qualifying events include:

- Marriage or divorce
- Birth, adoption or legal custody change of a child
- Death of a spouse, registered domestic partner or dependent
- Change in your eligibility status
- Change in your spouse's employment status that affects benefits coverage
- Involuntary loss of other group health coverage
- Move primary residence outside of the service area
- Qualified Medical Child Support Order (QMCSO)

To make changes due to a qualifying event, you must contact a LAPRA Benefits Representative and complete and return the necessary forms within 31 days of the qualifying event (60 days for loss of eligibility for Medi-Cal or Healthy Families Program coverage). If more than 31 days (or 60 days, as applicable) have lapsed since the

qualifying event took place, you must wait until the next Open Enrollment to make the change. The change in election will generally be effective the first day of the month following the date your enrollment form is received by LAPRA. Proof of the qualifying event, such as birth/adoption certificate, marriage certificate, divorce decree, or letter verifying the change is required.

## Kaiser HMO Coverage for Newborns

If you have medical coverage through the Kaiser HMO, it's important to remember that you must contact a LAPRA Benefits Representative and complete and return the necessary forms along with a copy of the birth certificate within 31 days of the date of birth of your newborn child to add your newborn to your LAPRA coverage. Kaiser does not contact LAPRA on your behalf when you have a baby. It is your responsibility to contact

LAPRA in order to ensure your newborn is covered under your plan. If you miss the 31-day deadline, you will have to wait until the next Open Enrollment period to add your child to your LAPRA coverage.

## Adding Coverage for a Domestic Partner

If you want to add a domestic partner to your LAPRA coverage, you must get approval of the domestic partnership from the City of Los Angeles and provide a copy of the approval to LAPRA. Contact the City of Los Angeles for more information:

- **Active members:** Contact the Los Angeles Employee Benefits Department at (213) 978-1600
- **Retired members:** Contact the Los Angeles Fire and Police Pensions at (213) 279-3115. ■





Los Angeles Police Relief Association, Inc.  
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 Los Angeles, California 90012

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 US POSTAGE  
 PAID  
 PERMIT # 475  
 ESCONDIDO, CA



**Get ready to roll.  
 The LAPRA 2017  
 Fitness Challenge  
 is here!**

**The LAPRA 2017 Fitness Challenge  
 gets underway on July 1st.  
 Look inside for details.**



**Mark Your Calendar  
 LAPL Membership Outreach Days**  
 Thursday, July 13 - West LA  
 Thursday, July 27 - Wishire/West Traffic  
 Thursday, Aug. 10 - Southeast Station  
 Thursday, Aug. 24 - Harbor  
 Thursday, Sept. 14 - Hollywood  
 Thursday, Sept. 28 - West Valley

**Los Angeles Police Relief Association  
 Board of Directors — 2017**

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**Vice President** Ruby Flores 213-216-3973

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*The GUARDIAN is a quarterly publication for members of the Los Angeles Police Relief Association. All rights reserved. If you have an idea for a future newsletter article, send an email to [benefits@lapra.org](mailto:benefits@lapra.org). Members with specific concerns are urged to contact the appropriate Board member at the number listed below.*



# LAPRA 2016 Annual Report

By Tim McBride

The LAPRA Annual Report is intended to provide members a financial review of the previous calendar year. Included in the report are comments of significance in the Actuarial Report. Both the Financial Audit completed by our CPA and the Actuarial Report completed by the Actuarial division at Mercer are done on an annual basis. Even though oftentimes there is little change in the reports from year-to-year, the LAPRA Board of Directors publishes the information each year to assure members that the Association is being managed in a responsible manner.

Investments support all operations of the Association including administrative expenses, Association funded life insurance, long-term care insurance, and the emergency relief program. The conservative approach to investments decided upon by the LAPRA Board of Directors dictates 60% fixed income investments (with 40% is invested in government-protected instruments) and 40% in equity investments (with a maximum of 20% percent in international instruments). In calendar year 2016 Association investments returned 6.30% vs. 5.49% for the conservative benchmark. Of note during the 2016 calendar year, fixed income returns were negligible due to the bottoming of interest rates. Treasury, Certificate of Deposits and other government backed instruments returned less than 1%. Even corporate bonds returned little better than government fixed income investments. Fortunately, in a declining interest rate environment, equity returns saved the day.

Fund	2016	3 Years Annualized	5 Years Annualized
Jensen Quality Growth Fund	12.0%	8.3%	13.8%
Primecap Odyssey StockFund	12.8%	9.7%	15.0%
Vanguard Select Value Fund	16.3%	6.0%	14.3%
DoubleLine Total Return Fund	2.2%	3.7%	3.8%
Vanguard Short-Term Investment-Grade Fund	2.7%	1.8%	2.2%
First Eagle Global Equity Fund	10.6%	4.1%	7.9%
Dodge and Cox Balanced Fund	16.6%	7.2%	13.4%
T. Rowe Price Media and Telecommunications Fund	7.5%	7.8%	16.7%
Vanguard Health Care Fund	-9.0%	9.6%	16.8%

Investment returns for some of the mutual funds owned by the Association are shown above.

In general, LAPRA remains focused on low-cost active managed mutual funds. Of course there is more than one way to be successful investors and opinions abound on which was is better. The above mutual funds are a smattering of the many investments which your association are affiliated with. Jeff Gundlach is the CEO of DoubleLine Funds and has been dubbed the new bond king, following Bill Gross who left Pimco for Janus in a well published event.

The Dodge and Cox Balanced Fund is mentioned above because the fund managers were honored by Morningstar as Balanced Fund Managers of the Year. Purchasing shares in the T. Rowe Price Media and Telecommunications Fund was a second choice purchase several years ago when we attempted to purchase shares in the T. Rowe Price Mid Cap Value Fund only to learn it had been closed to new investors. The Mid Cap Value Fund had an outstanding 2016 but its five-year annualized

return of 14.9% has underperformed the Media and Telecommunications Fund. The Vanguard Health Care Fund posted a 9% negative year for 2016 but continues to be a good long-term investment. YTD 2017 returns are 14.1%.

During 2016 the Association has continued to streamline and automate operations. Some examples include online benefits enrollment forms, paperless accounts payable, Blue Ribbon Trust (Foundation), online scholarship applications and review process (Foundation), and automating time-consuming payroll deduction cards.

See the reverse side of this insert for the 2016 Summary Financial Statement. During the 2016 calendar year, we experienced above average medical plan usage reducing our financial reserves. Our financial reserves remain in a safe zone, and we evaluate plan usage on a semi-annual basis to ensure the Association remains adequately funded to cover member medical and dental claims. ■

# Los Angeles Police Relief Association, Inc.

## Summary Financial Statement Statement of Net Assets Available for Benefits and Benefit Obligations December 31, 2016

	Self-Insured and Insured Plans	Emergency Relief Fund	Total
<b>NET ASSETS AVAILABLE FOR BENEFITS</b>			
<b>ASSETS</b>			
Investments, at Fair Value			
• Certificates of Deposit	\$ 250,119	-	\$ 250,119
• Mutual Funds	55,547,224	-	55,547,224
• Cash in Interest Bearing Accounts	<u>9,288,696</u>	-	<u>9,288,696</u>
<b>TOTAL INVESTMENTS</b>	<u>65,086,039</u>	-	<u>65,086,039</u>
Receivables	<u>166,098</u>	<u>\$ 72,808</u>	<u>238,906</u>
Prepaid Expenses and Deposits	55,892	-	55,892
Obligation Reserves	58,936,226	-	58,936,226
Cash	119,632	-	119,632
Net Property and Equipment	<u>7,528,793</u>	-	<u>7,528,793</u>
<b>TOTAL ASSETS</b>	<u>131,892,680</u>	<u>72,808</u>	<u>131,965,488</u>
<b>LIABILITIES</b>			
Accounts Payable and Accrued Expenses	1,138,636	-	1,138,636
Advanced Contributions and Deferred Income	7,839,050	-	7,839,050
Police Charity Plan	<u>90,107</u>	-	<u>90,107</u>
<b>TOTAL LIABILITIES</b>	<u>9,067,793</u>	-	<u>9,067,793</u>
<b>NET ASSETS AVAILABLE FOR BENEFITS</b>	<u>122,824,887</u>	<u>72,808</u>	<u>122,897,695</u>
<b>BENEFIT OBLIGATIONS</b>			
Amounts Currently Payable for Participants	729,244	-	729,244
Amounts Due to Insurance Companies	14,595,760	-	14,595,760
Dental Claims Liability	908,772	-	908,772
Paid-Up Life Insurance for Participants	1,208,305	-	1,208,305
Estimated Future Death, Policy Surrender and Sick Benefits	<u>23,294,335</u>	-	<u>23,294,335</u>
<b>TOTAL BENEFIT OBLIGATIONS</b>	<u>40,736,416</u>	-	<u>40,736,416</u>
<b>EXCESS OF NET ASSETS AVAILABLE FOR BENEFITS OVER BENEFIT OBLIGATIONS</b>	<u>\$ 82,088,471</u>	<u>\$ 72,808</u>	<u>\$ 82,161,279</u>