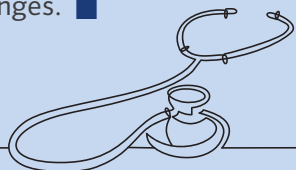


## 2019 LAPRA Medical and Dental Benefits Open Enrollment Coming in May

The 2019 open enrollment period for the medical and dental plans offered by the Los Angeles Police Relief Association (LAPRA) to its members starts May 1 and runs through May 31, 2019. This is the annual period during which you can make changes to your medical and dental plans including adding or removing eligible dependents.



This year active members will be able to complete the open enrollment process on LAPRA's new online enrollment system. You will be able to review and update your current benefit elections and covered dependent information. If you have life insurance through LAPRA or RB&I, you can also review your beneficiary designations and make any updates or changes. ■



## Apply Now for the LAPRAF 2019 Scholarship Program

The Los Angeles Police Relief and Assistance Foundation (LAPRAF) is now accepting applications for the 2019 scholarship program. LAPRAF will be awarding four \$10,000 academic scholarships to graduating seniors for the 2019 fall school term. The scholarships are distributed over four years awarding \$2,500 per year. **The deadline to apply is May 15, 2019.**

### Eligibility Requirements

- Students must be high school seniors at the time they apply. An online application and the student's most recently available school transcript must be submitted no later than May 15, 2019.
- Students must have achieved at least a 2.5 GPA in high school.
- Students must have a parent or a legal guardian who is a member of the Los Angeles Police Relief Association (LAPRA).

### Continuing Eligibility Requirements

Once scholarships are awarded, students must meet the following criteria to continue to receive annual scholarship funds.

- Maintain full-time student status at an accredited college or university (9 units or more) and maintain at least a 2.0 GPA.
- Provide proof of continued full-time student status and GPA to the LAPRA office prior to the beginning of each school year.

A 2019 Scholarship Application can be completed online and accessed from the LAPRA website at [www.lapra.org/lapraf.html](http://www.lapra.org/lapraf.html).

If you have questions regarding the 2019 scholarship program, please contact:

Diane Whisnant  
213-674-3724  
[dianew@lapra.org](mailto:dianew@lapra.org) ■



# LAPRA Board Member Garrett Zimmon Running for a Seat on the LAFPP Board of Pension Commissioners

Garrett Zimmon, retired liaison on the LAPRA Board of Directors, is running for a seat on the Los Angeles Fire and Police Pensions (LAFPP) Board of Commissioners that is elected by retired police members with the term beginning July 1, 2019.

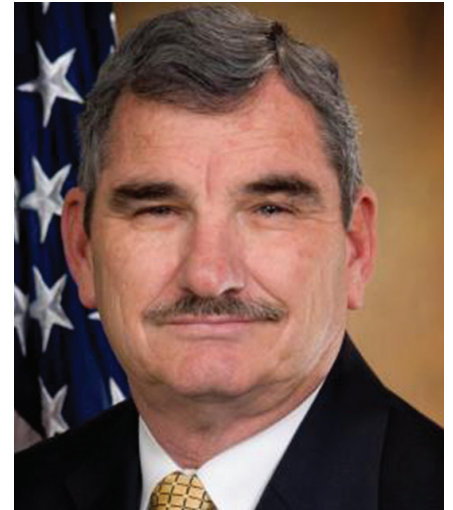
The Fire and Police Pension System is administered by a Board of nine commissioners - five appointed by the Mayor and confirmed by the City Council, and four elected by members. With retirement benefits under scrutiny, the opening for the retired police representative on the Board of Commissioners comes at a critical time. "It is vitally important that retirees know their representative is dedicated to understanding the issues and advocating for their rights and needs," says Zimmon. "That's why I'm running to fill the open positioned elected by retired police members of the LAFPP."

Zimmon served 28 years with the Los Angeles Police Department (LAPD), and has extensive experience working with City Commissions, City Council Committees and a variety of employee groups and organizations. "I thoroughly research issues and have the depth of experience to understand and analyze the staff reports acted on by the LAFPP Board of Commissioners," says Zimmon.

Ballots will be mailed to eligible voting members beginning March 27, 2019. Voters who wish to submit their ballots in person may do so beginning April 16, 2019.

**To be counted, all completed ballots must be received by mail or in person by the Office of the City Clerk – Election Division by 5:00 p.m. PST on April 23, 2019.**

Questions regarding the election process may be directed to the Office of the City Clerk — Election Division at (213) 978-0440 or the Administrative Services Section of the Department of Fire and Police Pensions at (213) 279-3080. ■



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*"My desire to run is not about me — it's about you! You can rest assured that I will faithfully represent the needs of both active and retired police."*

— Garrett Zimmon

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## Garrett Zimmon's Accomplishments

- Serving the past 5 ½ years on the Board of Directors of the Los Angeles Retired Fire and Police Association (LARFPA).
- As the LARFPA point of contact for more than 200 police retirees, Garrett helped resolve issues related to members Workers' Compensation medical treatment or Tristar.
- Kept retirees informed on important issues through newsletter articles and personal visits to retiree breakfast and lunch groups.
- Serving the past year on the Board of Directors for the Los Angeles Police Relief Association (LAPRA), representing the needs and concerns of retirees and their families.
- Played an integral part of the negotiation team comprised of LAPPL, LAPRA and the Los Angeles Firemen's Relief Association that dealt with the recent LAFPP Commission's efforts to modify or take over retiree medical plans and was the key person who provided timely information to retirees through email, presentations and articles.
- Attending LAFPP Commission meetings to keep abreast of critical issues impacting retirees.

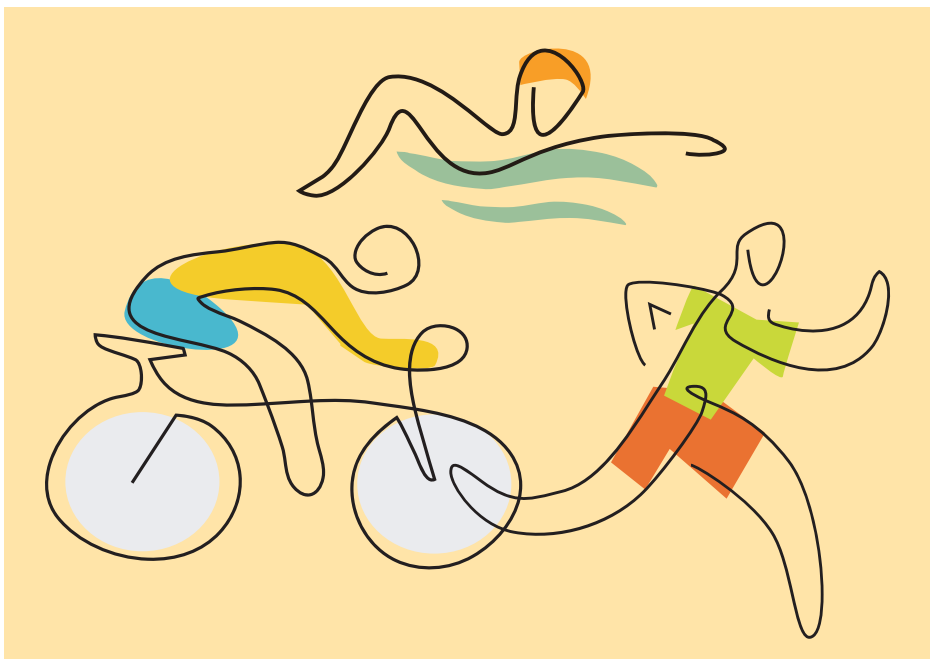
# LAPRA 2019 Fitness Challenge Ends April 30

The LAPRA 2019 Fitness Challenge ends on Tuesday, April 30. This year 85 teams are participating, showing drive, commitment and dedication to losing weight and getting healthier. Cash prizes will be 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 goes toward the team's Division Station Fund. An additional team prize of \$2,000 that goes toward the team's Division Station Fund will be awarded to any team that wins one of the top six team prizes with the final 20 members being sworn officers assigned to a field position (as defined by the LAPPL MOU, Article 5.4 Uniform Field Officer Incentive). Teams that don't take one of the top six prizes can still earn a \$500 prize toward their Division Station Fund if the team (final 20 members) loses five percent or more of their total team weight.

Individual prizes are also awarded for the greatest percentage of individual weight loss over the course of the Fitness Challenge. Individual prizes range from \$750 to \$3,500. Individuals can also earn a "Keep It Off" incentive worth \$350 for participants who lose 15% more of their entry weight by the end of this year's Fitness Challenge and manage to keep the weight off through December 31, 2019. Visit [www.lapra.org](http://www.lapra.org) for more information about the Keep It Off incentive.

## Ending Weigh-in Reminder

Each team's final ending weigh-in must be completed between April 22 and April 30. A Fitness Challenge Application must be completed with each team member's name (up to 25), serial number, Division of assignment and ending weight listed. The application must be signed by the team captain or co-captain and Commanding Officer and delivered to LAPRA on or before **Tuesday, April 30** via email ([FitnessChallenge@lapra.org](mailto:FitnessChallenge@lapra.org)) or dropped off at LAPRA (600 N. Grand Ave., Los Angeles, CA 90012). ■



## Fitness Challenge Awards Luncheon Set for June 12

The winners of the 2019 Fitness Challenge will be announced at the awards luncheon set for Wednesday, June 12 from 11:00 a.m. to 12:30 p.m. at the Elysian Park Academy located at 1880 Academy Dr, Los Angeles, CA 90012. All Fitness Challenge participants are invited to join us for a healthy lunch and to find out who this year's top teams and individual winners are. Raffle tickets will be distributed with a variety of prizes available. For the latest Fitness Challenge results or for more information about the awards luncheon, go to [www.lapra.org/challenge2019.html](http://www.lapra.org/challenge2019.html).

# Mark Your Calendar

## LAPPL Membership Outreach Days

Thursday, April 4 Central/Central Traffic/PAB

Thursday, April 25 Northeast

Thursday, May 9 Van Nuys

Thursday, May 23 Foothill

## Important Dates

**March 27-April 23:** LAFPP Board of Commissioners  
Retired Police Representative election period

**May 1-May 31:** LAPRA Benefits Open Enrollment

**May 15:** LAPRAF Scholarship application deadline

## LARFPA Annual Barbecue

**Wednesday, June 6:** LARFPA Annual Barbecue

1025 Elysian Park Drive

Los Angeles, CA 90012

RSVP to LARFPA by May 24. Visit [www.larfpa.com](http://www.larfpa.com)  
for details.

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.

### Los Angeles Police Relief Association

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Kevin McCarthy 213-972-2460

##### Vice President

Ruby Flores 213-216-3973

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Luqman Watkins 818-263-9271

##### Treasurer

Tim McBride, Finance/Audit 213-674-3701

##### Directors/Committee Chairs

Dana Berns, Emergency Relief 818-832-3712

John Shah, Administration 213-840-0277

Gerald Woodyard 213-674-3701

Garrett Zimmon, Retired Liaison 909-841-6143

Jules Sohn, Blue Ribbon Trust Fund 310-883-8956

Darius Trugman 310-497-9819

LAPRA Fitness Challenge ends  
April 30. Look inside for details.



Los Angeles Police Relief Association, Inc.  
600 North Grand Avenue  
Los Angeles, California 90012



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