

LAPRAF Helps Others and You Can Too!

One day an unforeseen circumstance could have a negative financial impact on you or your family. It's something we never expect, but it's a reality that anyone could face. How would you handle it? The Los Angeles Police Relief Assistance Foundation (LAPRAF) is here to help.

What is the LAPRAF?

The LAPRAF exists to provide financial assistance to active and retired officers and their families in financial need. Whether it's helping with medical costs not covered by insurance or providing academic college scholarships to our children, the LAPRAF support may mean the difference between financial security or long-term hardship. Your donations ensure that LAPRAF can serve everyone in need and continue expanding these important programs. In 2024 we expanded our academic scholarship program from five to seven \$10,000 scholarships for children of LAPRA members attending college. Scholarship winners are selected based on their academic excellence, leadership and dedication to community service.

How is LAPRAF Funded?

The foundation is funded by donations from active and retired LAPD officers, family members, the community, and investment returns.

Why Should I Donate?

By donating to the LAPRAF, you help form a stable, financial resource that helps improve the quality of life for our fellow officers and their families. The more you give, the more help we can provide. Your donations are also tax deductible because LAPRAF is a non-profit foundation.

Blue Ribbon Trust

The LAPRAF partners with the Los Angeles Police Federal Credit Union (LAPFCU) to provide oversight of the Blue Ribbon Trust, which is activated when any member of the LAPD believes fellow officers, community members or the general public would make donations for the benefit of an officer or a family 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 213-674-3701 for more information. ■

How Can I Donate?

- **One-time credit card donation:** You can make a secure credit card donation online. Go to www.lapra.org/lapraf-donation.html.
- **One-time or ongoing donation by pension payment deduction:** Send an email to LAPRAF@lapra.org to request a donation form. Scan your complete form and email it to LAPRAF@lapra.org. You can also mail your donation to the address below.
- **Donation by check:** Send an email to LAPRAF@lapra.org to request a donation form. Complete the form mail it with your check made payable to LAPRAF to:

LAPRAF
600 N. Grand Ave.
Los Angeles, CA 90012

Consider including the foundation as part of your estate plan by designating the foundation as the beneficiary of either a specific legacy or a bequest that is a fixed percentage of your estate. For more information, email LAPRAF@lapra.org or call 213-674-3701.

LAPRAF

Los Angeles Police Relief and Assistance Foundation

What You Need to Know About Medicare

If you are age 65 or older and retired, Medicare is generally considered your primary health insurance. Medicare is a federally funded health insurance program for people who are age 65 and older, or who have certain disabilities. If you are retired at age 65, Medicare becomes your primary health plan coverage and LAPRA becomes your supplemental plan.

Contact LAPRA by email at benefits@lapra.org or call 213-674-3701 or 888-252-7721 three months prior to your 65th birthday. A representative will explain your options and the steps you will need to take to apply for Medicare.

You should apply for Medicare before your 65th birthday. This is known as the Initial Enrollment Period. If you are younger than 65 and already receive Social Security benefits, the Social Security Administration will send your Medicare card and information three months before your 65th birthday.

To apply, go to your local Social Security office or apply online at www.medicare.gov. If you have any questions about Medicare eligibility call 800-772-1213.

What happens if I don't enroll on time?

If you do not sign up for Part A and Part B when you first become eligible, you can apply during a Medicare General Enrollment Period from January 1 and March 31 each year. Beginning January 1, 2023, when you sign up during a General Enrollment Period, your coverage starts July 1 of that year. Certain events, such as loss of employment or retirement, may allow you to enroll in Medicare at other times during the year.

If you do not have employer-sponsored health insurance and you do not enroll in Medicare Part B when you become eligible for Medicare, you may be subject to a Late Enrollment Penalty (LEP):

- Your premium increases 10% for each 12-month period that you decline coverage. This penalty continues for as long as you have Part B coverage.
- If you continue to work for and get health coverage from an employer or trust fund of 20 or more, you have up to eight months after your employment ends to enroll in Part B without a penalty.

Medicare includes several parts:

Medicare Part A – Hospital Insurance:

Helps pay for medically necessary inpatient hospital care, skilled nursing facilities, home health care and hospice care.

Medicare Part B – Medical Insurance:

Helps pay for physician services, outpatient care, lab and radiology, durable medical equipment and other medical care not covered by Part A. Part A and Part B together are often called “Original Medicare.”

Medicare Part D – Prescription

Coverage: Helps pay for outpatient prescription drugs.

Also, if you do not enroll in Medicare Part B, Los Angeles Fire and Police Pensions (LAFPP) will not pay a medical subsidy.

Which premiums will I have to pay?

Part A: Most people don't have to pay a premium for Part A. To verify that you qualify for premium-free Part A, contact Social Security. However, if you worked less than 10 years, you may be billed a monthly premium set by a Medicare formula.

Part B: Your Part B monthly premium is usually deducted from your Social Security check. If you don't receive Social Security benefits, you may receive a quarterly Medicare Premium Bill (CMS-500).

Part D: You will be billed monthly by your prescription coverage provider. You pay your Part D premium directly to Medicare. Although you are required to enroll in Medicare Part D, you do not have to enroll in it directly through Medicare. LAPRA's Medicare Part D Prescription plan has been determined by the Federal Government to be better than the benefits provided by other plans.



Does my income affect my premium?

Your income can affect your premiums for Medicare Part B and Medicare Part D. Medicare beneficiaries who earn over \$103,000 a year (increasing to \$106,000 in 2025) and who are enrolled in Medicare Part B and/or Medicare Part D - pay the income-related monthly adjusted amount (IRMAA), which is a surcharge added to the Part B and Part D premiums. IRMAA is determined by income from your income tax returns two years prior.

How can I get a Medicare subsidy from our pension?

If you are age 55 or older and have 10 or more years of service with the LAPD, you must enroll to the fullest extent of your Medicare entitlement in order to receive an LAFPP health subsidy. This means you must enroll in Medicare Parts A and B. You will not have to pay a premium for Part A coverage. For Part B coverage, you will pay a monthly premium to CMS.

When you are enrolled in both Medicare Part A and B, your LAFPP healthy subsidy will be paid to you to reimburse your Part B premium. If you have questions about your Medicare Part B reimbursement, contact the LAFPP.

If your Medicare Part B is terminated due to non-payment, the entire medical premium will be deducted from your pension check until your Medicare is reinstated. If you have questions about your medical benefits, premiums or subsidies, contact LAPRA by email at benefits@lapra.org or call 213-674-3701 or 888-252-7721, Monday through Friday from 8 a.m. to 5 p.m. ■



LAPRA Wellness Program

As a reminder, LAPRA members and eligible adult dependents who are enrolled in a LAPRA medical plan have access to the LAPRA Wellness Program... FOR FREE! The program is designed to help you develop healthy habits for a lifetime. Check out some of the great tools on the ShareCare platform for living your healthiest, happiest life:

- A free gym membership at more than 10,000 Prime fitness centers across the country.
- **Reveal your RealAge.** Take the RealAge® test to find out your body's "actual" age and how your lifestyle choices help you stay young - or make you age faster - than your calendar age.
- **Connect with a health coach.** A health coach can help you lose weight, be more active, quit smoking, manage your stress and more.
- **Take your health to the next level.** Once you register for Sharecare, you'll unlock highly personalized content by "following" resources to drive healthier attitudes and behaviors.

- **Quarterly wellness challenges.** The LAPRA Wellness Program offers quarterly challenges to motivate and help you to create healthy habits.
- **Unlock your rewards.** Earn dollars redeemable in the Sharecare Marketplace by taking (or re-taking) the RealAge Test, self-attesting preventive care screenings, daily check-ins, and completing wellness challenges.
- **Ease your stress** and build healthier habits with the unwinding mindfulness-based programs.

The LAPRA Wellness Program is **free** to active and retired members and their adult dependents 18+ who are enrolled in a LAPRA medical plan (Anthem PPO, Anthem HMO or Kaiser HMO).

Get started by registering on the LAPRA Wellness Program website. Go to www.lapra.org and click on the LAPRA Wellness Program banner in the lower left-hand corner of the home page. If you have questions about the program, call ShareCare, the wellness program administrator at 855-817-0647. ■

LAPRA Annual Meeting – December 10, 2024

The annual meeting of the Los Angeles Police Relief Association, Inc. will be held on December 10, 2024 at 9:00 am PT via Zoom.

Zoom Link: <https://us06web.zoom.us/j/81573934832>

Zoom Meeting ID: 76501505012

Passcode: 692424


The President of LAPRA will report on the general affairs of LAPRA and the Treasurer will report on LAPRA finances.

LAPRA 2023 Annual Report

by Darius Trugman, Treasurer

2023 marked a much-needed comeback after a challenging 2022 regarding both stock and bond market performance. The S & P 500 posted an impressive rally as it was up 26.3%. Investors went into 2023 worried about inflation and expecting a recession by the second half of the year. Instead, inflation had cooled, and the economy remained solid despite the first-quarter regional banking crisis, which sparked fears of a credit crunch. While the Federal Reserve Bank (Fed) raised interest rates four times over the year, at their December meeting, officials signaled that no additional increases are expected, and they will likely lower rates in 2024. This was the culmination of an aggressive campaign the Fed began in 2022 to bring down stubborn inflation and prevent the economy from overheating. Higher interest rates generally weigh on the prices of stocks, bonds, and other financial assets. Market watchers spent this year with a close eye on the Fed, reading tea leaves for clues about the likely direction of its monetary policy. Bolstered by the combination of a solid economy, better-than-expected corporate earnings, and an apparent end to the Federal Reserve's interest rate hikes, stocks rallied strongly in 2023. Technology stocks (and growth stocks more broadly) were the primary drivers of the market return in 2023 and advanced due to expectations of multiple Fed interest rate cuts in 2024, along with the emerging boom in artificial intelligence technologies. However, it was a very narrow market as only a handful of technology stocks known as the "magnificent seven" (Amazon, Google, Meta [Facebook], Nvidia, Microsoft, Apple, and Tesla) provided most of the contribution to the stock market's return.

Meanwhile, bond investors breathed sighs of relief after avoiding an unprecedented third straight year of losses. The bond market as measured by the Aggregate Bond Index was a positive 5.5%.

See the 2023 Summary
Financial Statement on
page 5. 

The Association's return was 14.5% versus its benchmark return of 13.8% (the benchmark replicates the asset allocation of the Association which by policy is 26% U.S. equities, 19% international equities, 40% bonds, 10% alternatives [real estate, etc.] and 5% cash). The primary objective of the Association is protection of capital and therefore it is very conservatively invested. Total assets of the Association are \$89,732, 364 as of December 31st, 2023, increasing by \$9,949,428. ■

Los Angeles Police Relief Association, Inc.

Summary of Financial Statement Statement of Net Assets Available for Benefits and Benefit Obligations December 31, 2023

NET ASSETS AVAILABLE FOR BENEFITS	Self-Insured and Insured Plans	Emergency Relief Fund	Total
ASSETS			
Investments, at Fair Value			
• Money Market Funds	\$ 3,078,071	-	\$ 3,078,071
• Mutual Funds	87,917,927	-	87,917,927
• Cash in Interest Bearing Accounts	14,020,000	-	14,020,000
TOTAL INVESTMENTS	<u>105,015,998</u>	-	<u>105,015,998</u>
Receivables	<u>323,536</u>	<u>\$ 36,471</u>	<u>360,007</u>
Prepaid Expenses and Deposits	126,343	-	126,343
Obligation Reserves	114,293,552	-	114,293,552
Cash	279,949	-	279,949
Net Property and Equipment	<u>7,323,723</u>		<u>7,323,723</u>
TOTAL ASSETS	<u>227,363,101</u>	<u>36,471</u>	<u>227,399,572</u>
LIABILITIES			
Accounts Payable and Accrued Expenses	436,711	-	436,711
Advanced Contributions and Deferred Income	10,707,922	-	10,707,922
Police Charity Plan	95,265	-	95,265
Pension Plan Liability	<u>1,307,252</u>	-	<u>1,307,252</u>
TOTAL LIABILITIES	<u>12,547,150</u>		<u>12,547,150</u>
NET ASSETS AVAILABLE FOR BENEFITS	<u>214,815,951</u>	<u>36,471</u>	<u>214,852,422</u>
BENEFIT OBLIGATIONS			
Amounts Currently Payable for Participants	1,074,253	-	1,074,253
Amounts Due to Insurance Companies	18,286,497	-	18,286,497
Dental Claims Liability	804,948	-	804,948
Paid-Up Life Insurance for Participants	1,425,057	-	1,425,057
Estimated Future Death, Policy Surrender and Sick Benefits	<u>34,087,402</u>	-	<u>34,087,402</u>
TOTAL BENEFIT OBLIGATIONS	<u>55,687,157</u>	-	<u>55,687,157</u>
EXCESS OF NET ASSETS AVAILABLE FOR BENEFITS OVER BENEFIT OBLIGATIONS	<u>\$ 159,137,794</u>	<u>\$ 36,471</u>	<u>\$ 159,174,265</u>



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

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Look Inside

- What you need to know about Medicare
- The Los Angeles Police Relief Assistance Foundation (LAPRAF) can use your help

Los Angeles Police Relief Association Board of Directors — 2024

The GUARDIAN is a periodic publication for members of the Los Angeles Police Relief Association. All rights reserved. Members with specific concerns are urged to contact Diane Whisnant, Executive Director at diane@lapra.org, and she will forward your concerns to the appropriate Director.

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Annual Holiday Open House



Join us for food, music and raffles!

Hosted by: Los Angeles Police Relief Association
and Los Angeles Police Protective League

Date/Time: December 3, 2024 from 11:00 am
to 2:00 pm

Location: Friendship Auditorium

Griffith Park

3201 Riverside Drive

Los Angeles, CA 90027