

The Guardian

Los Angeles Police Relief Association, Inc.



Volume 32, Number 3

Third Quarter 2013

LAPRA 2013 Fitness Challenge Ends September 30

The LAPRA 2013 Fitness Challenge wraps up on Monday, September 30. This year 55 teams are participating, showing commitment, dedication and perseverance as they strive to lose weight. 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. 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. Participants can also win individual prizes that range from \$1,000 to \$5,000.

As a reminder, each team's final ending weigh-in must be completed between Tuesday, September 24 and Monday, September 30. A Fitness Challenge Application must be completed with each team member's (up to 25) name, 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 no later than 5:00 p.m. on Monday, September 30.

Late applications will not be accepted. ■

Fitness Challenge Awards Luncheon Set for October 10

The winners of the 2013 Fitness Challenge will be announced at the awards luncheon on Thursday, October 10 from 11:30 a.m. to 1:00 p.m. at Elysian Park Field. All Department personnel are invited to join us for a heart-healthy lunch and to find out who this year's top teams and individual winners are. Raffle tickets will also be distributed with a variety of prizes available.



LAPRA

LOS ANGELES POLICE RELIEF ASSOCIATION, INC.

2013 LAPRAF Academic Scholarship Winners Announced

The LAPRA board is pleased to announce the winners of the 2013 Los Angeles Police Relief and Assistance Foundation (LAPRAF) scholarship awards. We received 48 scholarship applications that were reviewed by scholarship committee board members including retired Captain Paul Enox, Lieutenant Ruby Malachi, and Lieutenant Dana Berns. An awards breakfast was held on August 8th to honor the academic scholarship recipients. Each of the four students selected for the scholarship will receive \$10,000, awarded at \$2,500 annually for four years, as long as they maintain an acceptable grade point average and a full load of college classes. Congratulations to this year's scholarship winners!

Mathew Tsunawaki maintained a focused but busy schedule during his high school years which culminated in completing seven AP courses. As a senior, Mathew was the captain of the wrestling team and was named the "Most Valuable Wrestler." His coach noted his excellent leadership qualities. Mathew was active in the Long Beach Japanese Community Center studying Judo and the Japanese language for many years. Mathew was also very active in his church participating in service trips to New Orleans and San Francisco as well as participating in service activities locally. Mathew plans to study the biological sciences at UC Irvine with the intention of continuing on for a PhD in physical therapy. His interests in sports and the human body have led to an interest in sports medicine.

Madeline Holcombe is an accomplished dancer and an aspiring novelist. Her lifelong love of literature and her work with her high school



Our 2013 LAPRAF Academic Scholarship winners pictured from left to right are Mathew Tsunawaki, Madeline Holcombe, Ryan McKnight and Daniel Tiano.

newspaper have prepared her to pursue her dream of becoming a writer. Madeline managed a busy high school schedule balancing her many AP classes with part time work, dance rehearsals, and community engagement. Madeline will attend Emory University in Atlanta where she will pursue a degree in English and develop her skills as a writer.

Ryan McKnight is a self-starter. His unique resume includes founding, coordinating, and managing a high school Mock Trial team for a fast approaching annual competition. This valedictorian will leave his high school knowing that Mock Trial is now a permanent offering in the extra-curricular line up for future students. Ryan also competed in distance running, served meals at his local senior center, and earned leadership opportunities at the Los Angeles County Sheriff's Explorer Academy. His involvements with police explorer programs seem to have led to his

plans to participate in the Air Force ROTC while studying Arabic at UCLA. Ryan hopes for a career in federal law enforcement, perhaps with the U.S. State Department.

Daniel Tiano had an eye towards peer mentorship in high school. He tutored peers in math, Spanish, and physics. He received multiple accolades for his performance with the North Academy Explorers resulting in leadership and mentoring opportunities. Daniel was quick to take advantage of opportunities to develop his leadership skills. He was selected for the leadership club which provided training to deal with some of the challenging issues facing youth. He will have opportunities to apply this training as a physical therapist one day. Daniel plans to attend Santa Clara University where he will major in biology. While his years as a baseball player may now be behind him, Daniel hopes to study abroad to continue his work with the Spanish language. ■

Make the Most of Your Next Doctor's Appointment

In the past, people simply relied on their doctors to tell them what to do. Times have changed. To get the best care, you need to work as a partner with your doctor and build a long-term relationship so that you get the right preventive care exams and screenings, ongoing treatment, and follow-up care when needed.

Did you know the average amount of time a doctor spends with each patient is less than 19 minutes?¹ Having a basic plan can help you make the most of your doctor's appointment. Part of your plan should include talking with your doctor about your health history and any concerns you have about a particular health problem or changes in your life.

- Make a list of topics you want to discuss and put them in order of priority.
- Write down the questions you want to ask. Putting the questions on paper will allow you to be prepared in advance of your appointment. Don't rely on your memory. Write things down to reduce the possibility that you will forget to ask your doctor important questions.

- Take information with you—any medications you take (prescription drugs, over-the-counter medicines, vitamins, herbal remedies or supplements); names of other health care providers you see; and your medical records from your previous doctor, if your current doctor does not have them.
- Inform your doctor about any recent events or changes in your life, including emergency room visits or changes in your appetite, weight, sleep, energy level, or any other symptoms.
- Listen, ask questions and take notes during the appointment. If your doctor explains something you don't understand, ask for clarification. Your doctor is in the business of taking care of you. Don't be afraid to ask questions, even if your doctor seems to be in a hurry. ■

Use the Doctor's Office Visit Worksheet on the Next Page

To help you prepare for your next doctor's office visit, use the worksheet on the next page and have the information you need to have a valuable conversation with your doctor and get the most of our appointment.



Doctor's Office Visit Worksheet

Use this worksheet to help organize your thoughts for discussing your health concerns with your doctor at your next appointment.

Information About Your Next Visit

Doctor's Name _____ Appt Date _____ Appt Time _____

Office Address _____

Reason for Visit _____

Topics I Want to Discuss Today

1) _____

2) _____

3) _____

4) _____

Write Down Any New or Recurring Symptoms You are Experiencing

How I've Been Feeling Since My Last Appointment

Better Same Worse Not Applicable

Medications I Am Currently Taking

NAME OF MEDICATION	GENERIC OR BRAND	DOSAGE	FREQUENCY
	<input type="checkbox"/> GENERIC <input type="checkbox"/> BRAND		
	<input type="checkbox"/> GENERIC <input type="checkbox"/> BRAND		
	<input type="checkbox"/> GENERIC <input type="checkbox"/> BRAND		
	<input type="checkbox"/> GENERIC <input type="checkbox"/> BRAND		

Write Down Any Vitamins, Herbal Remedies or Supplements You are Taking

CONTINUED ON REVERSE SIDE

Doctor's Office Visit Worksheet (continued)

Questions I Have for My Doctor

- 1) _____
- 2) _____
- 3) _____
- 4) _____

Do I Need to Return for a Follow-up Visit?

Yes No

What Do I Need to Do?

If Prescribed a Medication

1) If the prescribed medication is brand name, is there a generic equivalent?

Yes No; name of drug _____

2) How long should I take the medication you prescribe?

3) What are the potential side effects to the medication you are prescribing?

4) Are there any special instructions for how to take it?



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 Los Angeles, California 90012

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**Come to the 2013 Fitness
 Challenge awards
 luncheon. Look inside
 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 guardianeditor@lapra.org. Members with specific concerns are urged to contact the appropriate Board member at the number listed below.

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LAPRA 2013 Fitness Challenge Ends September 30..... 1
 2013 LAPRAF Academic Scholarship Winners Announced 2
 Make the Most of Your Next Doctor's Appointment 3
 Doctor's Office Visit Worksheet 4

Inside This Issue