

# The Guardian

Los Angeles Police Relief Association, Inc.



Volume 34, Number 3

Third Quarter 2015

## LAPRA 2015 Fitness Challenge Ends September 30

The LAPRA 2015 Fitness Challenge ends on Wednesday, September 30. This year 49 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 \$1,000 to \$5,000.

### Ending Weigh-in Reminder

Each team's final ending weigh-in must be completed between Thursday, September 24 and Wednesday, September 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 no later than 5:00 p.m. on Wednesday, September 30. Late applications will not be accepted. ■



### Fitness Challenge Team Captains... We Need Your Help

- Please send an email by October 2 to [fitnesschallenge@lapra.org](mailto:fitnesschallenge@lapra.org) with a list of your team members who will be attending the awards luncheon on October 13.
- Encourage your team members who are attending the awards luncheon to carpool to the event.

## Fitness Challenge Awards Luncheon Set for Tuesday, October 13

The winners of the 2015 Fitness Challenge will be announced at the awards luncheon set for Tuesday, October 13 from 11 a.m. to 12:30 p.m. at the Friendship Auditorium near Griffith Park located at 3201 Riverside Drive, Los Angeles, CA 90027. Parking is free. 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 also be distributed with a variety of prizes available. For more information about the awards luncheon and directions to the Friendship Auditorium go to [www.lapra.org](http://www.lapra.org).

**LAPRA**  
LOS ANGELES POLICE RELIEF ASSOCIATION, INC.

Each team's final ending weigh-in must be completed between Thursday, September 24 and Wednesday, September 30.

## 2015 LAPRAF Academic Scholarship Winners Announced

On July 10th, the Los Angeles Police Relief and Assistance Foundation (LAPRAF) presented 2015 academic scholarships at an awards luncheon to four outstanding high school seniors eager to pursue their college and career ambitions. Each year the LAPRAF scholarship committee considers the academic qualifications, service engagement and leadership development of all scholarship applicants.

Recipients of the 2015 LAPRAF Academic Scholarship each receive \$10,000 (awarded \$2,500 per year for four years, as long as recipients maintain an acceptable grade point average and a full load of college classes). This year's winners, selected from 65 applications, have demonstrated academic excellence, leadership skills and a strong commitment to serving others. It is a pleasure to introduce you to this year's scholarship winners.

**Amanda Perna** is aptly described as a skilled juggler. Amanda's driving philosophy of community engagement and service to others is the foundation of her efforts to keep all the balls in the air. As a member of the Associated Student Body at Vasquez High School in Acton, Amanda coordinated the annual effort to curb the incidence of drunk driving with the "Every 15 Minutes" Drunk Driving Aversion Program. Amanda was also the captain of the Cheer Squad (three years) and a member of the touring Harmonic Bronze Hand Bell Ensemble (seven years); all this while managing a demanding academic schedule including six AP classes. It is Amanda's response to challenges that seem to impress people the most.



*Our 2015 LAPRAF Academic Scholarship winners pictured from left to right are Amanda Perna, David Bambrick, Shelby Lynn Larsen and Alec Frank*

Amanda plans to study Criminal Psychology at Cal Poly Pomona.

**David Bambrick** hails from Valencia and attended Bishop Alemany High School. It is his strong background in the sciences (11 AP courses) and his desire to innovate, improve, and discover that drives his ambition to pursue Aerospace Engineering at MIT. David served as the public relations arm of his student government managing advertising campaigns and social media outreach for school events. As a scholar athlete, David used his leadership skills to initiate tutoring support for football teammates and science inspiration for middle school students. David is convinced that hard work is the secret to achievement and that pushing one's limits physically and mentally opens doors.

**Shelby Lynn Larsen** is an honor student from Lancaster High School who kept herself busy as the captain of the girls' basketball team and raising award-winning steer. Preparing the Supreme Grand Champion Steer was no easy feat. It

involved many early mornings that followed on the heels of many late nights of study. Throw in a few choirs and regular service projects, and you have a picture of a very engaged student leader. Shelby plans to study mechanical engineering at Brigham Young University, following a rich family heritage of BYU alumni.

**Alec Frank** transitioned to a new, rigorous academic program for his final year of high school when he entered Woodcrest Christian School and promptly signed on to three AP classes. His goal-oriented nature and his single minded focus on excellence paved the way for a successful transition. He boosted the record of the varsity basketball team along the way and managed to participate in community service activities as well. Alec's philosophy of making sacrifices to achieve success will serve him well as he enters California State University San Marcos where he plans to study psychology. Alec plans to continue to playing basketball and set an example as a hard working scholar athlete at CSU San Marcos. ■

## Social Security Numbers Required for Covered Family Members

The Affordable Care Act (ACA) is reshaping healthcare in our country, and certain ACA requirements will affect you. Under the ACA, you are required to provide a Social Security Number (SSN) for anyone covered under your LAPRA medical plan.

Beginning in 2016, insurance carriers are required to send the Internal Revenue Service (IRS) the SSNs of all covered individuals. The IRS will check the information in members' tax returns against the information provided by insurance carriers. This review will confirm if an individual was covered; if not, an IRS penalty may be issued.

In compliance with this mandate, members who are enrolled in a LAPRA medical plan will receive a communication from Anthem Blue Cross or Kaiser Permanente

requesting a SSN for each covered dependent, if this information is not currently on file with the carrier.

We understand that SSNs are highly confidential and should be provided in the most secure manner. If you receive a request from your carrier, you may respond by following the instructions outlined in their letter. You may also contact LAPRA to provide the requested SSNs so that we can securely update your record and send the information to the carrier.

To verify that the request you received is legitimate or if you wish to verify that your carrier needs this information from you, you are encouraged to contact Anthem at 800-289-2250 or Kaiser Permanente at 800-464-4000. If you have any additional questions, please contact LAPRA at 213-674-3701 or 888-252-7721. ■

### Need a Social Security Number for a Dependent?

If your dependent doesn't have a Social Security Number, you need to file a Form SS5 Application for a Social Security Card with the Social Security Administration. According to the IRS, it usually takes about two weeks to get the SSN once you've submitted all the information. You can download Form SS5 from the Social Security Administration website at [www.socialsecurity.gov/forms/sss-5.pdf](http://www.socialsecurity.gov/forms/sss-5.pdf) or by calling 800-772-1213.

## Keep LAPRA Informed If You Get a Divorce or End a Domestic Partnership

### Untimely notice to LAPRA could be expensive for you.

LAPRA does not, nor has it ever, provided coverage for former spouses or former domestic partners. If you are getting a divorce or dissolving a domestic partnership, it is extremely important that you notify LAPRA within 31 days from the date the divorce or the dissolution of the domestic partnership is effective. If not, you may be facing some huge costs.

### What happens if I don't provide timely notification?

If you do not notify LAPRA within 31 days from the date the divorce or the dissolution of your domestic partnership, the insurance company and medical/dental/vision service providers can pursue you for any costs incurred by your former spouse or former domestic partner during their period of ineligibility.

In addition, you may be financially and legally responsible for the cost of any subsidy paid to LAPRA, on your behalf, by either the City of Los Angeles or LAFPP.

### What if I have a court mandate to provide health coverage?

Even if your divorce decree requires that you provide health coverage to your former spouse, you cannot do so with a LAPRA health plan. You need to arrange for coverage of your own.

### When does coverage end?

Coverage for your former spouse or former domestic partner is retroactively terminated to the first of the month following the date the divorce or domestic partnership dissolution was effective, up to a maximum of 6 months. If coverage is retroactively terminated, you will be financially and legally responsible for any costs incurred by your former spouse or former domestic partner during their period of ineligibility and

for the cost of any subsidy paid to LAPRA, on your behalf, by either the City of Los Angeles or LAFPP.

### Will my former spouse be eligible for COBRA coverage?

In order for your former spouse to be eligible for COBRA continuation coverage, you must notify LAPRA within 60 days from the date the divorce is effective. If not, COBRA continuation will not be offered to your former spouse or any stepchildren who cease to be your dependents.

### When should I notify LAPRA of my divorce or dissolution of domestic partnership?

Start early. Do not wait until after your divorce or dissolution of domestic partner is finalized. When you are in the process of getting a divorce, call LAPRA at 213-674-3701 or 888-252-7721 for information of how to remove him/her. ■



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

PRESORTED STD  
 US POSTAGE  
 PAID  
 PERMIT # 475  
 ESCONDIDO, CA

**Come to the 2015 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](mailto:guardianeditor@lapra.org). Members with specific concerns are urged to contact the appropriate Board member at the number listed below.

**Los Angeles Police Relief Association  
 Board of Directors — 2015**

**President** Kevin McCarthy 213-972-2460  
**Vice President** Ruby Malachi 213-216-3973  
**Secretary** Connie Dial, Insurance, Benefits & Membership 213-674-3701  
**Treasurer** Tim McBride, Finance/Audit 213-674-3701

**Directors/Committee Chairs**

Dana Berns, Emergency Relief 818-832-3712  
 John Shah 213-486-6043  
 Sandy Jo MacArthur 213-486-8410  
 Gerald Woodyard 213-486-6000  
 Paul Enox, Retired Liaison 310-989-2456  
 Jorge Villegas, Administration 213-486-0110  
 Julianne Sohn 213-486-5930

**Join Us at the Fitness Challenge Awards Luncheon on Tuesday, October 13**

The winners of the 2015 Fitness Challenge will be announced at the awards luncheon set for Tuesday, October 13 from 11 a.m. to 12:30 p.m. at the Friendship Auditorium. Look inside for details. All Department personnel are invited to attend.

LAPRA 2015 Fitness Challenge Ends September 30..... 1

2015 LAPRAF Academic Scholarship Winners Announced ..... 2

Social Security Numbers Required for Covered Family Members..... 3

Keep LAPRA Informed If You Get a Divorce or End a Domestic Partnership..... 3

**Inside This Issue**