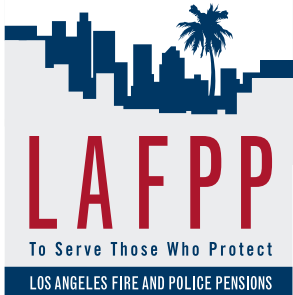


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Pension Perspectives



LOS ANGELES FIRE & POLICE PENSIONS

MARCH 2017



Fry v. City of Los Angeles (a.k.a. The Fry Case)

The Fry, et al. v. City of Los Angeles case concerns the ordinance that froze the retiree health subsidy benefit by the City for those LAFPP members who retired or entered DROP on or after July 15, 2011, and who did not elect to contribute an additional 2% of their salary. Approximately 30% of the active membership did not choose to contribute the extra 2% of salary. The petitioners sued the City and argued that the City's "freeze

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Verify the Status of Your Pension Savings Plan

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Requests for a Contribution Letter or Divorce Calculation Letter

PAGE 15

Board Election Day is almost here! Are you ready to vote?

General Manager's Message



Welcome to the Spring edition of our newsletter! In each issue of the *Pension Perspectives* newsletter, we include topics to assist members in preparing for retirement. For those considering entering DROP, this edition includes an overview of the processes for entering and exiting DROP, which may help you make your decision. Another great article discusses how you may request a Contribution Letter because you are applying for a loan, etc., or need the information for a dissolution of marriage. Please take note of the article regarding members who contributed to the City's Pension Savings Plan for part-time, seasonal and temporary employees while in training at the Fire Drill Tower or Police Academy (if you were in basic training after 1993). If you have an account balance in the Pension Savings Plan, read about your options for your funds.

For your convenience, if you are conducting business at our facility, parking is available. See the article regarding parking for the two lot locations. Also included in this issue are the benefits of a simple, yet effective exercise – brisk walking.

If you have questions regarding your pension benefits, please give us a call. Our goal is to provide members with outstanding customer service!

Ray Ciranna, General Manager

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Fry v. City of Los Angeles *continued from page 1*

ordinance” illegally impaired their vested rights to a retiree health subsidy that would increase over time.

On March 7, 2016, the California Second District Court of Appeal reversed the September 5, 2014, Writ of Mandate issued by the Los Angeles Superior Court authorizing the Board of Fire and Police Pension Commissioners (Board) “to exercise its discretion, previously delegated to it by the City in an ordinance, to set the maximum subsidy... without regard to later City ordinances ‘freezing’ the subsidy...” The Court of Appeal agreed with the City’s position that there was not a vested right to a LAFPP Board-determined subsidy. The Court of Appeal ruled that the City Council retains the final decision authority over the subsidy even while currently delegating to the LAFPP Board determination of subsidy increases.

The plaintiffs (Fry) filed a petition for rehearing and on March 25, 2016, that petition was denied by the Second Appellate Court. In April 2016, the plaintiffs filed a Petition for Review with the California Supreme Court, which was later denied in June 2016. The matter was remanded to the trial court to resolve the remaining issues in accordance with the Court of Appeal’s opinion. The trial court instructed the parties to complete a mandatory settlement conference by February 23, 2017. The two parties subsequently met as instructed and reached agreement on the remaining issues in early February 2017. The stipulations outlined in the settlement agreement are:

Plaintiffs acknowledge that the Court of Appeal held that the City Council had the authority, under the City Charter, to enact the Freeze Ordinance and freeze the amount of the medical premium subsidy.

The City acknowledges that the City Administrative Officer stated to the City Council and the Mayor that the “current retiree healthcare subsidy is a vested benefit, but the discretionary adjustment that increases the medical subsidy is not vested.”

The parties understand and agree that nothing in the Agreement shall be construed to preclude a party from proffering any evidence adduced in discovery in the Action in any future proceeding, subject to objections.

The City also agreed to reimburse Plaintiffs in the

amount of \$13,000 for litigation expenses. The settlement is considered a “no fault” settlement and the Plaintiffs release the City from liabilities, claims, and causes which relate to this action.

Based on this final ruling, the freeze ordinance stands and LAFPP will continue to provide a frozen subsidy to current and future pensioners who chose not to “opt-in” to contribute an additional 2% of their salaries. For more information on the events and rulings in this case please visit lafpp.com.

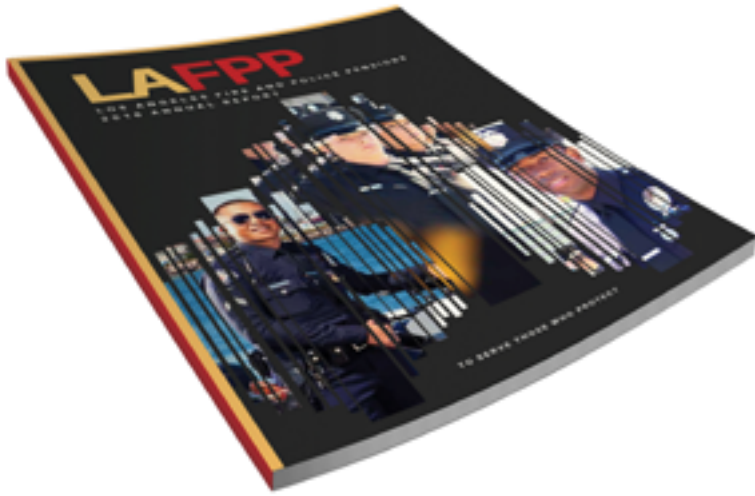
LAFPP IS FUNDED AT 93.9%

For the Fiscal Year ending June 30, 2016, LAFPP is 93.9% funded for pension benefits and 48.1% for health benefits, an increase of 2.4% and 2.7%, respectively. The combined funded status of pension and health benefits is 87.4%, an increase of 2.4% over the previous year.

An actuarial valuation is conducted once a year to determine whether the System’s assets and the employer (City and Harbor Department) and member contributions are sufficient to provide plan benefits. The valuation also includes the calculation of the employer contribution rates for both pension and retiree health benefits, which consist of:

- 1) the employer’s share of defined entry-age normal costs (designed to fund a member’s total plan benefit over the course of his/her career);
- 2) the percentage necessary to amortize the “unfunded liability” of the System (the Plan’s obligations in excess of the Plan’s projected assets); and
- 3) the amount allocated for administrative expenses.

The complete actuarial valuation report is located at the *Financial Reports* link in the *About LAFPP* section of lafpp.com.



2016 Annual Report is Available at lafpp.com

LAFPP is pleased to present our 2016 Annual Report. This report provides financial information such as the department's budget summary, investment performance, asset allocation data, plan actuarial data, and statistical information for the fiscal year ending June 30, 2016. Additional information includes milestones since the inception of the Department and a summary of pension benefits and other plan provisions that provide a great reference for members of all Tiers.

Some of the highlights in this report are:

- The System serves approximately 25,997 members, including active, DROP, and retired members and beneficiaries.
- Pension benefits were actuarially funded at 93.9 percent and health subsidy benefits were funded at 48.1 percent, an increase of 2.4 percent and 2.7 percent respectively over the prior year. The combined funding status is 87.4 percent.
- System assets totaled over \$18.5 billion on a market basis.

- The investment rate of return for Fiscal Year 2015-16 was 1.18 percent, which is less than our actuarial assumed rate of return of 7.5 percent. However, over the 3- and 5-year periods, the System's return was 7.49 percent and 7.42 percent, respectively.
- An Asset Liability Study was completed by the Plan's investment consultant, which was used by the Board to help establish the appropriate asset allocation for the Fund.
- LAFPP relocated to a new facility in the Downtown Arts District in March 2016 after residing in Little Tokyo for almost 30 years.

We continue to refine and update our Strategic and Business Plan goals to build upon our prior achievements and meet new challenges. These achievements ultimately support our mission – *To advance the health and retirement security of those who dedicate their careers and risk their lives to protect the people of Los Angeles.*

In addition to this report, historical annual reports, actuarial valuations and financial statements are available from the *Financial Reports* link in the *About LAFPP* section of lafpp.com.



LAFPP Wants Your Personal E-mail!

Receiving E-newsletters and other pertinent information via e-mail allows you the convenience to review them wherever you are and at a time that's convenient for you! It's cost efficient for LAFPP because we forgo printing and postage costs.

Signing up is easy. Visit lafpp.com and log into MyLAFPP. The *Paperless Option* is available at the top of every page. Once you fill in your address and consent to the Notification Agreement, your next newsletter and other correspondence will be delivered to you electronically.

Note: Your e-mail address will be kept confidential as with all of your other personal contact information.

Making the Decision to Enter DROP



The decision to enter the Deferred Retirement Option Plan (DROP) is not as simple as it appears. There are many variables to consider, such as when is the best time to enter DROP? Is it better to enter at the beginning or end of the month/year? Are there tax consequences I should consider? There are no one-size-fits-all answers to these questions. However, understanding how the DROP program works and guidance from LAFPP's DROP counselors will help you make an informed decision.

The DROP Program was designed to lengthen the careers of public safety personnel, improve retention and be cost neutral to the System. DROP provides members who participate in the program:

- the ability to work and receive pay and benefits as an active employee while accumulating service pension payments in a DROP account.
- access to a lump sum benefit in addition to your monthly pension benefit when you exit DROP.

100% of your Service Pension is placed into your DROP account while you continue working as an active employee and interest is accrued at five percent annually. Cost of Living Adjustments (COLA) are applied to your DROP account each year, per the provisions of your Tier. Your service pension formula is frozen at the time you enter DROP as you are now considered "retired" for the purposes of pension calculations only. For all other purposes, you are considered an active member of your respective department.

DROP *eligibility*

You are eligible to enter DROP if you are in:

- Tier 2 or Tier 4 and have at least 25 years of service, or
- Tier 3, Tier 5, or Tier 6 and have at least 25 years of service, and are at least age 50.

You may participate in DROP for a maximum of 5 years (there is no minimum participation period). Your agreement to enter DROP and terminate employment at the end of the 5-year period becomes irrevocable on your DROP entry effective date.

IMPORTANT REMINDERS IF YOU PLAN ON ENTERING DROP:

- Ensure that your marriage or domestic partnership has an effective date of at least one year before your DROP entry date. In order for a spouse or domestic partner to qualify for survivor pension benefits, you must be married or have declared your domestic partnership with LAFPP (or registered with the State of California) for at least one year prior to entering DROP. **Please note: a domestic partnership filed with the City's Personnel Department does not qualify your domestic partner for survivor pension benefits with LAFPP.**
- Complete all eligible service purchases before entering DROP. No purchases of service credit are allowed after you enter DROP. Service credit should be purchased no less than six months prior to your anticipated retirement or DROP entry date.
- You must be on an active duty pay status on your DROP entry date, as recorded in the City's payroll system. In the event your payroll status on your intended DROP entry date is defined as Not Active, your DROP entry date will automatically be advanced to the next qualifying entry date. For a complete list of "Active" and "Not Active" pay statuses, please refer to the **DROP Handbook** available at lafpp.com.

Follow these steps to ensure a smooth enrollment in DROP!

STEP 1

Complete all purchases of service credit prior to entering DROP. A purchase is considered completed once LAFPP has received the payment in full and any true-up, if required, has taken place. Service credit should be purchased no less than six months prior to your retirement or DROP entry date.

STEP 2

Obtain a *Letter of Intent (LOI)* to enroll in DROP.

Fire members: An LAFPP Benefits Specialist will prepare your LOI.

Harbor Port Police members: Please obtain your LOI by contacting the Harbor Department's Human Resources section at (310) 732-3480.

Police members: Please schedule an appointment with the Police Department's retirement liaison first by calling (213) 486-6610. Your liaison will provide you with an LOI and DROP Entry packet. Prior to your appointment with the LAFPP Benefits Specialist, complete the entry packet forms, **but do not sign them**.

Please note: LAFPP does not prepare the LOI for Police members.

STEP 3

Schedule a DROP Entry appointment.

- Call the LAFPP DROP/Service Pensions Section at (213) 279-3100 to schedule an appointment that is *no more than 60 days and no less than 3 business days* before your intended DROP entry date. **You must enroll in-person.**
- Appointments are required and members must meet with an LAFPP Benefits Specialist to process their entries.
- Fire and Harbor Port Police members: Your DROP Entry packet will be mailed to you once your appointment has been scheduled. Prior to your appointment, complete the entry packet forms **but do not sign them**.

STEP 4

Bring the following to your DROP Entry appointment:

- Your California Driver's License or department picture ID card,
- Social Security numbers and birth certificates for your spouse/domestic partner and any minor/disabled children,
- Marriage certificate or state-registered domestic partnership documents (if not already on file with LAFPP), and
- Dissolution of marriage documents for all prior marriages.
- **Police members:** You must also bring the LOI prepared by your department retirement liaison.



CONSIDER THE FOLLOWING BEFORE ENTERING DROP:

- You have through the day preceding your DROP entry effective date to change your mind and revoke your DROP application. Thereafter, your decision to participate in DROP becomes irrevocable.
- Per the Los Angeles Administrative Code, Section 4.2101(c)(1), your DROP entry effective date may not be backdated.
- You must be on active duty status on your DROP entry date. If you are sick, on vacation or on any other non-working status on your entry date, your DROP entry date will automatically be advanced to the next qualifying date.

Planning to Exit DROP?

It is important to plan ahead before you exit DROP. There are important decisions to make, people to contact, and paperwork to have ready. You should give considerable thought to how you want to take distribution of your DROP account proceeds and any applicable tax consequences and fees. We encourage you to consult with your tax or financial advisors so you are aware of any tax or financial consequences that may affect your distribution election. You may also want to contact your health plan administrator listed below about your retirement health and dental plan options and any special enrollment requirements at *least one year* prior to exiting DROP.

HEALTH PLAN ADMINISTRATOR (IN RETIREMENT)

FIRE MEMBERS

Los Angeles Firemen's Relief Association & UFLAC

www.lafra.org or (800) 244-3439

www.uflac.org or (213) 895-4006

POLICE MEMBERS

Los Angeles Police Relief Association & LAPPL

www.lapra.org or (888) 252-7721

www.lapd.com or (800) 535-2775

HARBOR PORT POLICE MEMBERS LAFPP

www.lafpp.com or (213) 279-3100 or (844) 885-3100

Follow the steps below to ensure timely distribution of your DROP account and a smooth transition into retirement!



STEP 1 | Meet with your department retirement/human resources liaison. **Please note: LAFPP does not prepare your Letter of Intent (LOI) to exit DROP.**

Schedule your appointment 90 days prior to your desired DROP exit date with your department. Your department liaison will provide you with information regarding the terminating requisites for your department and payment of unused sick, vacation and overtime balances. Your liaison will also prepare your LOI to terminate participation in DROP. Bring the LOI to your DROP Exit appointment with the LAFPP Benefits Specialist.

STEP 2

Call the LAFPP DROP/Service Pensions Section at (213) 279-3100 to schedule your Exit Consultation appointment no less than 45 days prior to your desired DROP exit date. Thereafter, you will be mailed the “DROP Distribution Election Request” forms for you to indicate how you would like to receive your DROP account balance and other forms related to your monthly pension benefit.

You may elect to receive your DROP account balance as a:

You may elect to receive your DROP account balance as a:

- Lump-sum cash payment,
- Rollover to a qualified account, or
- Combination of both lump-sum payment and rollover.

A description of each type of distribution is provided below.

Lump-Sum Cash Payment

If you elect to receive a lump-sum payment of your DROP account balance from LAFPP, you will be taxed. However, a portion of any after-tax pension contributions you made to the Plan, such as those made from July 1, 1982 to December 21, 1996, may be distributed to you tax free.

Note for Tier 4 members: In addition to any applicable tax, if you are not age 50 or older in the year in which you exit DROP, you will also be assessed a 10% “early distribution” penalty by the IRS when you receive your lump-sum payment.

Rollover

You may defer payment of taxes on the taxable portion of your DROP account balance by rolling it over to a qualified account, such as the City’s Deferred Compensation Plan or an Individual Retirement Account (IRA). You will then be subject to the rules of such plan when you take distribution of your funds later.

Note: *If your DROP account balance includes any non-taxable amount, you may elect to receive a partial lump-sum cash payment of that portion, tax free. Otherwise, if you elect to roll over your entire balance to a single plan/financial institution, the qualified account you designate must accept non-taxable funds – the City’s Deferred Compensation Plan does not accept these funds. If you roll over any non-taxable portion, you must also roll over your entire taxable portion.*

Combination Lump-Sum Payment & Rollover

You have the option to take a portion of your DROP account balance in a lump-sum cash payment from LAFPP and roll over the remaining balance to a qualified account.

You may wish to consult with your tax and/or financial advisor so that you are aware of any financial consequences that could affect your distribution decision. LAFPP cannot advise you regarding your tax liability.

STEP 3

SUBMIT YOUR COMPLETED “DROP DISTRIBUTION ELECTION REQUEST” FORMS.

To ensure that payment of your DROP account balance is issued on the last business day of the month in which you exit, submit your completed forms, LOI and any other requested documents (e.g., marriage certificate, dissolution of marriage decree or declaration of domestic partnership) at your DROP Exit appointment or no later than the first business day of the month in which you exit.

Consider the following before exiting DROP:

- Changes to your DROP distribution election, incomplete/incorrect forms, pending documents or late submission will delay distribution of your funds.
- LAFPP must receive completed forms and documentation requested no later than 90 calendar days after your DROP exit date. After 90 days, your DROP account balance will be distributed as a lump-sum cash payment only, subject to mandatory 20% Federal tax withholding for the entire account balance. Any after-tax contributions will be recoverable solely from your monthly pension payments.
- No interest is applied to your DROP account after your DROP exit date.

The provisions of the DROP program are found in the Los Angeles Administrative Code, Chapter 21, Section 4.2100. For your convenience, DROP information and the *DROP Handbook* are located at lafpp.com, under the Members tab, Active/DROP, Plan Details, click on “DROP – Learn how DROP works.” If you have questions regarding the DROP Program, please contact the DROP/Service Pensions Section at (213) 279-3100.

Verify THE STATUS OF YOUR PENSION SAVINGS PLAN

If you were in the Drill Tower or Policy Academy training in 1994 to the present, you made mandatory contributions to the City's Pension Savings Plan for part-time, seasonal and temporary employees. The Pension Savings Plan is a 457 Plan administered by the City's Personnel Department, which is separate from the LAFPP System. Participation in this Plan is mandatory for those employees who are not eligible to participate in one of the City's three retirement/pension programs. Upon your graduation, you became a member of the LAFPP System.

Most members are unaware that they may have a balance in the Pension Savings Plan after graduating and becoming full-time employees. Once you convert to full-time status, the contributions (made by both the employee and the City) to the Pension Savings Plan cease. Thereafter, you may elect one of two options regarding the balance:

- 1) Enroll in the City's Deferred Compensation Plan (457 plan) to continue contributing to a tax-deferred plan and transfer all of the money from your Pension Savings Plan account to the Deferred Compensation Plan, or
- 2) Leave the funds in your Pension Savings Plan account until you separate from City service. The funds earn an interest-bearing rate at about 2% per year.

Participants who have account balances in the Pension Savings Plan but have terminated City employment may take distribution of their account at any time.

For additional information on the Pension Savings Plan, please contact the Personnel Department, Deferred Compensation at (213) 978-1601.

REQUESTS FOR A CONTRIBUTION LETTER OR DIVORCE CALCULATION LETTER

WE often receive requests from members for letters detailing their contributions, either because they are applying for a loan or they need information for their dissolution of marriage proceeding. Since this information is confidential, the member must submit a **signed, written request** containing the following information:

CONTRIBUTION LETTER REQUEST

- Full name of member
- Last four (4) digits of Social Security number
- Employing department
- Daytime telephone number
- Current mailing address

DIVORCE CALCULATION LETTER REQUEST

- Same information as required for a *Contribution Letter*, **and**
- Date of marriage
 - Date of separation

Note: A request for a Divorce Calculation letter may be submitted by the member's attorney, provided that it is accompanied by the member's signed consent or acknowledgement. It may also be submitted by the member's spouse or his/her attorney, with identifiable member information; however, LAFPP can only release the community property interest information. LAFPP is also required to honor a subpoena for this information.

U.S. MAIL

Los Angeles Fire and Police Pensions
Attn: Active Member Services
701 E. 3rd Street, Suite 200
Los Angeles, CA 90013

E-MAIL

pensions@lafpp.com

FAX

(213) 628-7716

Contribution letters will be processed within 3 to 5 business days upon receipt of the request; and 7 to 10 business days for Divorce Calculation letters. For questions concerning these letter requests, please call the Active Member Services Section at (213) 279-3140.

Get Personalized Pension Benefit Information from MyLAFPP

Did you know that **MyLAFPP** provides personalized pension benefit information? Members can log-in online and have access to the following information and features:

ACTIVE Members

- View personalized information – current years of service, earliest date you may retire, earliest date you may enter DROP, etc.
- Pre- and post-tax contributions and interest
- Annual member statements
- Calculate estimates – recruit training time purchase, military/government service purchase, service pension, DROP entry

DROP Members

- View personalized information – DROP entry date, current DROP account balance, etc.
- Access semi-annual DROP statements and prior annual member statements
- Calculate a DROP exit estimate

RETIRED Members

- View personalized information – address on file, years of service upon retirement, current gross pension amount, etc.
- Access annual member statements or DROP semi-annual statements that were issued prior to your retirement

HOW TO ACCESS MYLAFPP

At our website, lafpp.com, click on the red “Log in” box for MyLAFPP on the left-hand side. Next, you will be required to enter your User ID and Password to access your information. MyLAFPP is compatible with the following web browsers: Internet Explorer, Safari, Mozilla Firefox and Google Chrome.

If you are a first-time user, click the link to “Register/Re-register” on the left side of the log-in page. Click “OK” to proceed. In order to confirm your identity, you will be required to enter your Social Security number (without dashes), date of birth (MM/DD/YYYY format), and home ZIP code. Click “Continue.” Follow the prompts to enter your user ID and password. Please note the following:

User ID

Must be 8-30 characters long
example: mjones28

Password

Must meet these guidelines:

- Case sensitive
- Must be 6-20 characters long
- Contain a number
- Contain a special character
- Have at least one uppercase letter
- Have at least one lowercase letter

If you forget your User ID, you may reset it by clicking the “Forgot your User ID?” link. If you forget your Password, you may reset it by clicking the “Forgot your Password?” link. If you forget both, start with “Forgot your User ID?”

After three failed attempts to enter your correct Password, your account will be locked. To unlock it, you must reset your Password. Click on the “Forgot your Password?” link to create a new Password.

If you have login questions, please contact the Communications & Education Section for assistance at (213) 279-3155.

VISITING LAFPP'S OFFICES?

PARKING IS AVAILABLE



Parking is available for our members (active/retired members, spouses, domestic partners, children, etc.) conducting business at LAFPP offices. Our building is located at 701 E. 3rd Street, in the Los Angeles Downtown Arts District. You will be directed to park in Lot 1, adjacent to the office building. If Lot 1 is full, the attendant will direct you to the overflow parking at Lot 2. When parking in either lot, please inform the attendant that you are conducting business at LAFPP. All visitors should be prepared to leave their car keys with the attendant. Parking validation will be provided by the 2nd floor receptionist. If you prefer not to leave your car keys with the attendant, street parking is available.

LOT 1: Adjacent to the LAFPP building, parking entrance is on 3rd Street.

LOT 2: The overflow parking lot is located at 300 South Central Ave. Please be prepared to pay \$5.00 upfront which will be refunded to you with a validated ticket.

If you have questions regarding parking at LAFPP, please contact the reception desk at (213) 279-3000.

Understanding Retirement Topics in Five Minutes or Less!

Information is key when planning for retirement. It is in your best interests to understand the following issues that may have a long-term impact on your retirement.

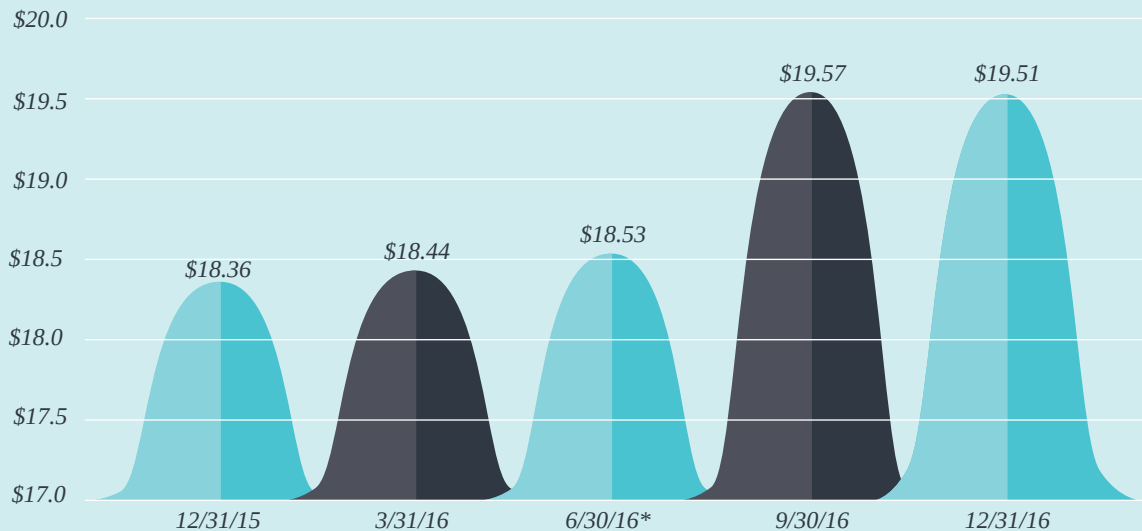
- The benefits of purchasing your academy/drill tower training time
- How a dissolution of marriage may impact your pension
- How the retiree health insurance subsidy works
- COLA in retirement

For a quick overview or refresher on these topics, click on the Multimedia button at lafpp.com, located at the bottom left-hand side of the home page. Each video may be viewed in five minutes or less! Be informed on topics that may affect your retirement.

If you have questions about the Multimedia page or suggestions to add specific topics, please contact the Communications & Education Section at (213) 279-3155.

Investment Portfolio

MARKET VALUE (IN BILLIONS)



Except where noted, the information is unaudited.

More information for this period is available at www.lafpp.com in the *About LAFPP* and *Investments* sections.

* Market value for 6/30/2016 is audited.

Fast Facts!

As of December 31, 2016*

DROP PROGRAM

Total Entries <i>FY thru 12/31/2016</i>	88
Fire	25
Police	63
Harbor Port Police	0
Total Exits <i>FY thru 12/31/2016</i>	96
Fire	29
Police	67
Harbor Port Police	0
Total Current Participants	1,289

MEMBERSHIP

Total Membership	25,807
Active Members (including DROP)	12,843
Service Pensioners	8,405
Disability Pensioners	2,085
Qualified Survivors	2,474

*This information is unaudited.

Board Election Day is almost here! Are you ready to vote?



On Tuesday, April 25, 2017, all eligible active sworn employees of the Fire Department can vote in the 2017 Board of Fire and Police Pension Commissioners Election. The term of the current active Fire Department Employee Board Member – Ruben Navarro, will expire on June 30, 2017. The next five-year term begins on July 1, 2017.

Eligible voters will receive a ballot in the mail. Completed ballots may be mailed or hand delivered to the Office of the City Clerk - Election Division located at Piper Technical Center, 555 Ramirez Street, Space 300, Los Angeles, CA 90012. Office hours are from 8:00 a.m. to 5:00 p.m. All completed ballots must be received by the Office

of the City Clerk - Election Division by 5:00 p.m. on April 25, 2017 to be counted. Voters can begin submitting their election ballots starting April 17, 2017.

QUESTIONS – Inquiries regarding the election process may be directed to the Office of the City Clerk at (213) 978-0440 or the LAFPP Administrative Services Section at (213) 279-3080.

The Board of Fire and Police Pension Commissioners consists of nine members, five members appointed by the Mayor and four members elected by active and retired Plan members. In governing the System, the Board is committed to acting in strict accordance with its fiduciary duties, including those of prudence, loyalty and care.

BOARD DIRECTORY

COMMISSIONER

Pedram Salimpour, MD PRESIDENT

Ruben Navarro VICE PRESIDENT

George V. Aliano

Corinne T. Babcock

Sam Diannitto

Adam Nathanson

Brian Pendleton

Belinda M. Vega

Robert von Voigt

APPOINTED/ELECTED

Appointed by the Mayor

Elected by Active Fire Members

Elected by Retired Police Members

Appointed by the Mayor

Elected by Retired Fire Members

Appointed by the Mayor

Appointed by the Mayor

Appointed by the Mayor

Elected by Active Police Members

TERM EXPIRATION

June 30, 2017

June 30, 2017

June 30, 2019

June 30, 2019

June 30, 2020

June 30, 2020

June 30, 2018

June 30, 2021

June 30, 2020

Our staff is available to assist you Monday through Friday (except holidays) from 8:00 am to 5:00 pm PT. Please refer to the following information to contact us. When calling our toll-free number, (844) 88-LAFPP, please enter the extension number as detailed below.

DEPARTMENT DIRECTORY

ACTIVE MEMBER SERVICES

(213) 279-3140
(toll-free ext.: 93140)
(213) 628-7716 (Fax)

- Annual Member Statements
- Beneficiary Designations
- Contribution Accounts
- Dissolution of Marriage Information
- Domestic Partnership Filing
- Refund of Contributions
- Request to Purchase Service Credit
 - Military or Other Government Service (PSP)
 - Recruit Training Time
 - Other Service Credit

COMMUNICATIONS & EDUCATION

(213) 279-3155
(toll-free ext.: 93155)
(213) 628-7716 (Fax)

- Annual Report
- MyLAFPP
- Newsletters
- Social Media (e.g., Facebook, Twitter)
- Website
- Financial Planning Education Seminars

DISABILITY PENSIONS

(213) 279-3165
(toll-free ext.: 93165)
(213) 628-7782 (Fax)

- Disability Pension Inquiries, Processing and Reviews
- Review of Dependent Children/Parent Qualifications

DROP/SERVICE PENSIONS

(213) 279-3100
(toll-free ext.: 93100)
(213) 628-7716 (Fax)

- DROP – Information on the Deferred Retirement Option Plan
 - DROP Entry/Exit Inquiries & Processing
 - DROP Member Beneficiary Designation
- Service and Deferred Pension Inquiries and Processing

CONTACT US

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CALENDAR

HOLIDAY SCHEDULE

May 29	Memorial Day
July 4	Independence Day
September 4	Labor Day

Our offices will be closed on these holidays, but you can still find information on our website.

BOARD MEETINGS

April 6 & 20	July 6 & 20
May 4 & 18	August 3 & 17
June 1 & 15	September 7 & 21

For meeting information, please refer to the Board of Administration Section at lafpp.com.



Health Benefits of Walking

Walking provides a wealth of health! It is a simple form of exercise that may easily fit into your lifestyle. A good pair of walking shoes, laced up, at a time that is convenient for you is what it takes to start.

The benefits of walking include good physical and mental health and protection from various chronic conditions. Walking provides an overall improvement to your health and helps with weight control and heart ailments. Brisk walking helps to lower the risk of high blood pressure, high cholesterol and diabetes - issues that lead to heart diseases. The more you trek, the better it is for your overall well-being. Walking helps in the following areas:



WEIGHT LOSS

Walking can reduce excess calories and fats. A one-mile walk can burn up almost 100 calories of energy. Increasing walks to about 2 miles a day, 3 times a week, can slim you down by a whole pound.



FITNESS

Brisk walking is the ultimate option. Thirty-minutes of daily brisk walks can help you stay slim. Walking also aids in the normal functioning of cardio-respiratory organs and considerably increases your body's power.



MENTAL FITNESS

In addition to the benefits of the physical body, walking is great for your mental well-being. It helps to reduce depression, lowers stress levels and elevates your mood. Walking with a buddy helps keep you social and lifts your spirits.

A good walk makes you perspire and helps release toxic waste from your body. It will make your skin glow with a healthy vitality clearing your system of unhealthy components. Medical research has indicated that walking reduces heart-related problems, assists with weight control, and boosts your immunity. Include walking in your daily activities to help you stay fit and increase your mental well-being.

For more information on health benefits visit www.organicfacts.net/health-benefits.

Note: The information provided is not intended as and does not substitute for medical advice. Should a medical condition exist, please consult with your doctor or other qualified health care professional.

