

RETIREE MATTERS

Joining Your Ranks

Congratulations to the following people on their recent retirement!

Alexander J. Alejandro, Building & Equipment Services, 23 yrs.	Mario L. Martinez, Center City Development & Operations, 39 yrs.	Arlene Perez, Municipal Court, 22 yrs.
Linda G. Bibles, ITSD, 39 yrs.	Mary K. McCarthy, Aviation, 29 yrs.	Patricia G. Puente, Transportation & Capital Improvements, 19 yrs.
Sylvia Campa, Police, 15 yrs.	James G. Merry, Center City Development & Operations, 33 yrs.	Roger Rivas, Parks & Recreation, 27 yrs.
David M. Case, Metro Health, 21 yrs.	Gerald L. Naegelin, Transportation & Capital Improvements, 29 yrs.	Roger Ruiz, Metro Health, 23 yrs.
Maryalice C. Guedea, Aviation, 20 yrs.	Donald Oriti, Information Technology Services Department, 15 yrs.	Alma R. Ryan, Parks & Recreation, 35 yrs.
Louis G. Harrison, Animal Care Services, 9 yrs.	Hector L. Ovalle, Parks & Recreation, 16 yrs.	Roberto P. Salazar, Aviation, 32 yrs.
Roland Herrera, ITSD, 16 yrs.	Tony Palafox, Parks & Recreation, 16 yrs.	Diana Vasquez, Transportation & Capital Improvements, 19 yrs.
Jonathan A. Kaplan, City Attorney, 17 yrs.	Darrel W. Parisher, Fire & EMS, 30 yrs.	Humberto L. Vasquez, Municipal Court, 11 yrs.
Curtis E. Klaerner, Aviation, 15 yrs.		Kevin Walton, Parks & Recreation, 24 yrs.

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Please make plans to attend the next Brown Bag session on Wednesday, August 15 at the Central Library (600

Soledad) from 11:30 a.m.—1:30 p.m.!

This session will include a presentation from the City of San Antonio Assistant City Manager Maria Villagomez regarding the Fiscal Year 2019 City Budget and the five-year financial forecast. State Representative Diego Bernal will also be in attendance to present about school finance and property tax. Information will also be shared about the City's 2018 Charitable Campaign.

The City will provide a healthy snack, water, and coffee. Free parking will be available in the Library's parking garage. The Retiree RSVP Line is open, so to reserve your seat, leave a message at 210-207-7000 or email hrcustomerservice@sanantonio.gov.



Lori Steward

Message from Human Resources Director

Dear City of San Antonio Retirees,
I hope this newsletter finds you well and keeping cool during this record-breaking heat.

Although it is the middle of summer, fall is right around the corner, which means annual enrollment for health care coverage is not far off. Our Employee Benefits team is working to finalize the details for 2019, which will be shared with you during the upcoming Brown Bag session and in the

special budget edition of *Retiree Matters* that will be mailed to you in August. Once the budget is approved in September, keep an eye out for more annual enrollment information coming to your mailboxes.

We are always interested in hearing from you. If there are specific topics you'd like to know about, simply email us at cosaretirees@sanantonio.gov and your suggestions could end up in this newsletter or as a presentation during a future Brown Bag session. Enjoy the rest of your summer!



World Heritage Festival September Enjoy and Volunteer

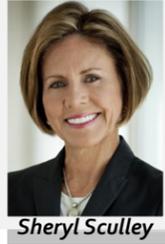
The World Heritage Festival will mark its 3rd anniversary this fall, September 5-9, 2018. The event was established to commemorate the anniversary of the San Antonio Missions inscription as a World Heritage site by UNESCO. The Alamo and four Spanish colonial Missions are the only World Heritage site in Texas. The festival provides an opportunity for locals and visitors to celebrate San Antonio's unique history, heritage, and culture through various family-friendly events including a Tour de Las Misiones 5K and 10K Walk taking place on September 8. A full event schedule is available at www.WorldHeritageFestival.org.

The five-day festival kicks off at 10 a.m. Wednesday, September 5 with a press conference at The Alamo. The festivities end with a Mass of Thanksgiving and Celebration at 12 p.m. on Sunday, September 9, at Mission Concepcion. In addition to attending the events, there are also opportunities to volunteer. Volunteers will receive a t-shirt and must attend mandatory volunteer training. For more information, call (210) 207-3901.



Does our insurance plan include a program that helps retirees to stop smoking?
For pre-65 retirees, Blue Cross and Blue Shield of Texas covers smoking cessation products such as Chantix and Zyban, and offers a Tobacco Cessation Program. To enroll, call 866-412-8795. For post-65 retirees, Aetna covers smoking cessation when billed as part of a routine preventive service. Over-the-counter nicotine products are not covered. For additional information, call Aetna at 1-800-842-1306.

Notes From The City Manager



Sheryl Sculley

Dear City of San Antonio Retirees,

Summertime at the City is quite busy as it is not only budget season, but we are also about to launch our 2018 Charitable Campaign. As we prepare for Fiscal Year 2019 by reviewing and prioritizing all of the programs and services we provide to the community, we are reminded of just how important United Way agencies are to our residents. Both the City and United Way are committed to improving the quality of life for those who live and work in and around San Antonio. That being said, I am asking for your support in two ways—attend an upcoming SA SpeakUp community event to learn about the proposed budget and share your feedback, and consider donating to the Charitable Campaign.



There are currently six SA Speakup events taking place from August 16—September 1. These are perfect opportunities for you to meet your neighbors and learn about City services—we hope to see you there. Event information is available online at www.saspeakup.com.

I am proud to say that for the last five years, the City has been one of just a handful of organizations to raise more than one million dollars for United Way agencies, and we have accomplished this with the help of our retiree community. If you would like to give, please complete and mail the enclosed form and join us as we support numerous charities throughout our City that are helping those in need.



As always, please feel free to contact my office with any questions, and thank you for your years of dedicated service to our City, its residents, and visitors.

Words on RECOSA—A Note from the Chair



Liz Garcia

The Retired Employees of the City of San Antonio (RECOSA) is getting a jump on its search for candidates for 2019 board members. Requirements include a willingness to serve, interest in retiree benefits, and time to devote to the organization. The success of RECOSA as a viable organization representing the interests of retirees depends on the active involvement of our board members and general membership. We are anticipating that some seasoned board members will be stepping down next year, so it is important that new members join the board.

RECOSA Board Member expectations include: attend monthly board meetings, attend bi-monthly meetings with the City's Human Resources Department, attend quarterly Brown Bag events for retirees, serve on and provide guidance to assigned committees as necessary, and prepare reports as required

This announcement provides interested members ample time to attend a monthly Board meeting and experience firsthand the vital role that you can play in contributing to the quality of health benefits for retirees. Board meetings are held every first Tuesday of the month at 4410 W. Piedras, Solid Waste Management Department's Conference Room. Meetings are open to all members and begin at 11:30 am.

If you are a RECOSA member and interested in serving on the Board, please submit a brief statement of your experience, interests, availability, and/or reasons why you would like to serve to the Nominating Committee, P.O. Box 12973, San Antonio, Texas, 78212, or via email at info.recosa@gmail.com. Additional Board nomination information, including submittal deadline, will be provided in the next *Retiree Matters* issue and is forthcoming on the RECOSA website, www.recosa.org. Questions may be emailed to RECOSA or left on our phone line at 210-504-9567. Please leave a message and your email or call will be returned.

If you are receiving this newsletter, but not RECOSA's emails of retiree information, please send us your email address and any questions you may have to info.recosa@gmail.com. The quickest way to receive pertinent retiree information from RECOSA is by email. RECOSA is here for you and we hope to see everyone at the Brown Bag Session on August 15th at the Central Library.

Best wishes to all,

Liz Garcia
RECOSA Board Chair

Healthy Living



HEAT SAFETY

Tips to Keep You Safe During Sweltering Summer

Now that the blistering heat of summer is upon us, it's important to keep an eye out for the signs of heat-related illness.

Below is a list of preventive measures you can take to avoid falling victim to high temperatures.

- ★ Pre-hydrate before working or exercising in the heat
- ★ Avoid caffeine and products containing alcohol
- ★ Avoid smoking or using products with nicotine (they impair blood circulation and sweating)
- ★ Cover up with loose, light-colored clothing that is breathable
- ★ Cover your head with a wide-brimmed hat and cover exposed neck areas with a moist towel
- ★ Avoid exposure to the direct sunlight—use pop-up shelters, tarps, or umbrellas
- ★ Wet your head, hair, hat, and neck with water to enhance heat removal by evaporation
- ★ Work in areas with good air circulation or use a fan
- ★ Delay or postpone work or exercise in high-temperature times of the day
- ★ If you have dark yellow or orange urine, you are not drinking enough fluids
- ★ Avoid energy drinks as they can contain high levels of caffeine and sugar



Vegetarian Taco Salad

Here's a healthy spin on a taco salad from *EatingWell Magazine*. This version skips the meat, but not the flavor! A quick tip is to prepare your rice and beans ahead of time so you can easily assemble the salad when it's mealtime.

Ingredients:

2 tbsp. extra-virgin olive oil
1 large chopped onion
1 1/2 cups fresh or frozen (thawed) corn kernels
4 large tomatoes, chopped
1 1/2 cups cooked long-grain brown rice
1 15-oz. can black, kidney or pinto beans (rinsed)
1 tbsp. chili powder
1 1/2 tsp. dried oregano, divided
1/4 tsp. salt
1/2 cup fresh cilantro, chopped
1/2 cup prepared salsa
2 cups shredded iceberg or romaine lettuce
1 cup shredded pepper jack cheese
2 1/2 cups coarsely crumbled tortilla chips
Lime wedges for garnish

Directions:

- 1: Heat oil in a large nonstick skillet over medium heat. Add onion and corn; cook, stirring until the onion begins to brown, about 5 minutes. Coarsely chop 1 tomato. Add it to the pan along with rice, beans, chili powder, 1 tsp. oregano and 1/4 tsp. salt. Cook, stirring frequently, until the tomato cooks down, about 5 minutes. Let cool slightly.
- 2: Coarsely chop remaining tomatoes. Combine with cilantro, salsa and the remaining 1/2 tsp. oregano in a medium bowl.
- 3: Toss lettuce in a large bowl with the bean mixture, half the fresh salsa and 2/3 cup cheese. Serve sprinkled with tortilla chips and the remaining cheese, passing lime wedges and the remaining salsa at the table.

Contacts

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Customer Service**
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210-207-8705 (P)
210-207-6043 (F)
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EmployeeInformation/
Retired Employees](http://sanantonio.gov/EmployeeInformation/RetiredEmployees)
cosaretir-
ee@sanantonio.gov
hrcustomerserv-
ice@sanantonio.gov

Retiree RSVP Line
210-207-7000

Davis Vision
1-800-448-9372
www.davisvision.com

Delta Dental
1-800-422-4234
[www.deltadentalins.com/
cityofsanantonio/
retirees.html](http://www.deltadentalins.com/cityofsanantonio/retirees.html)

Aetna
1-800-842-1306

Medicare
1-800-633-4227
www.medicare.gov

Retiree Liaison
Ann Solis
210-207-0073

**Texas Municipal
Retirement System**
1-800-924-8677
www.tmr.com

**Blue Cross and Blue
Shield of Texas**
1-800-521-2227
BCBSTX.COM

CVS/caremark
1-866-808-7470

HSA Bank
1-855-731-5220