

Retiree MATTERS

News for City of
San Antonio Retirees



Issue 65 - June 2025

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COSAPERKS

Here is the latest discount that has been offered to City retirees.

Top Dog Daycare Discount

Dogtopia is offering retirees a 20% discount on weekly wellness plans, overnight boarding and spa services for your precious pup, along with a free meet and greet. For more information or to schedule an appointment, call any of their four locations listed below and identify yourself as a City retiree.

- 5563 De Zavala—210-964-0555
- 3814 Broadway—210-920-9090
- 2106 E. Sonterra Blvd.—210-866-8030
- 11726 Alamo Ranch Pkwy.—210-858-6968

Discount End Date: 4/30/2026



Choosing the best place to go for care can save you and the City money. An emergency room is not always the best option. In 2024, 15% of ER visits and costs could have been avoided by visiting urgent care or utilizing tele-visits or virtual appointments, or your primary care physician. Some examples of when to use an alternative to an ER are headaches, muscle spasms, urinary tract infections, and the flu.

Message From the HR Director



Renee Frieda

Dear City of San Antonio Retirees,

I hope spring treated you well and that you're looking forward to summertime.

As some of you know, twice a year, the Human Resources Department hosts Retirement Education Workshops for employees who are within five years of being eligible to retire. The idea behind these events is to help employees prepare for retirement. We know some of the retirement decisions that need to be made, especially with regard to Social Security and TMRS benefits, can sometimes be complicated, so we want our employees to be as prepared as possible. Some of you may have even attended one of these events prior to your retirement. In addition to hosting these workshops, what I think would also help employees would be to hear directly from you. What came as a surprise to you when you retired? What information would you have liked to have known before you retired that could have made your transition to retiree life smoother? We would really love to hear from any of you who would be willing to share your retirement experience. If you are interested in doing so, please reach out to our Employee Benefits team at 210-207-0073 or via email at COSABenefits@sanantonio.gov.

Speaking of our Retirement Education Workshops, we recently held one at the end of May and Stephen Haney, Frank Villani and Sal Garza were on hand to visit with employees about RECOSA—thank you all for being there!

We introduced “Medicare 101: The Basics” webinar on May 8, which offered retirees a basic overview of Medicare. We will host another session in the fall and will continue to host them twice a year to help you better understand how Medicare works and the options available to you through the City.

If you have any ideas for a future issue of *Retiree Matters* or for an upcoming Brown Bag session, please let us know. You can email us at cosaretiree@sanantonio.gov.

Have a great summer!

Renee Frieda,
HR Director



You're invited to attend the next Brown Bag Session scheduled for **Friday, June 20 beginning at 11:30 a.m.** at the San Antonio Food Bank, 5200 Historic Old Hwy. 90. Once you've parked, please use the volunteer entrance to enter the building.

This session will provide an overview of the Food Bank and its many programs. A boxed lunch will be provided during this Brown Bag Session, so please RSVP at 210-207-7000 or by email at AskHR@sanantonio.gov no later than Monday, June 16. Hope to see you there!



Message From The City Manager



Erik Walsh

Dear City of San Antonio Retirees,

I hope this newsletter finds each of you doing well. Even though it seems like we just wrapped up last year's budget season, here it is once again. As we do each year, we will host a series of Town Hall events with City leaders to gather input from the community about the FY 2026 Proposed Budget. I hope you will make plans to attend one of these meetings. This year, they will be held throughout the month of August. A complete schedule will be available on the City's website soon at sa.gov/budget and you can also call 311 for dates, times and locations.

As we move through the budget process this summer, we will continue to focus on the delivery of critical City services for our community and opportunities to minimize costs. Through this newsletter and the Brown Bag events, the Human Resources team will remain in contact with you regarding the proposed budget that I'll present to City Council in August and as we lead up to annual health care enrollment in October. As I mentioned previously, we all need to do what we can to manage health care costs so we can keep any increases to insurance premiums as low as possible in 2026. Should you have any questions, please reach out to Human Resources at 210-207-8705 (select option 1) or at AskHR@sanantonio.gov.

May this summer season be a safe and happy one and I look forward to connecting with you in the next issue.

Until next time,

Erik Walsh

Words on RECOSA—A Note From the Chair

Spring is here and summer is on the way.

The best way to remain healthy is to be active. Go for a walk in the park or join one of the many programs at the City of San Antonio's Senior Centers. To help stay active, consider volunteering with an organization that you are passionate about.

To that end, the next Brown Bag will be held at the San Antonio Food Bank. There will be a presentation on how you can help our community by volunteering for some of the many Food Bank programs. After the presentation, there will be a tour for those who want to see all the activities at the Food Bank. If you have not been there for some time, you will be amazed at how they have grown and expanded their support for our community.

This summer, the City of San Antonio will award a new Post-65 Medicare contract for retirees. RECOSA is proud to have two board members on the RFP committee with Human Resources. We are honored to have a role in recommending a new contract.

Not a member of RECOSA? It's easy, simply go to <https://recosa.org/join-us/recosa-membership-form/>, click the submit button, and you're done.

Best Regards,

Stephen Haney
RECOSA Board Chair

Join/Contact RECOSA:

Website: www.recosa.org


Email: info.recosa@gmail.com


Mail: RECOSA, P.O. Box
12973, San Antonio, Texas,
78212-0973


Phone: 210-504-9567 (please
leave a message and you will
receive a return call)


Health & Safety


From the American Association of Retired Persons (AARP): The “7 Body Parts You Shouldn’t Ignore After 50.”


 **Eyes**—An eye exam every one to three years should be part of your routine starting at age 55, says Alice C. Lorch, M.D., Assistant Professor of Ophthalmology at Harvard Medical School. Eye doctors monitor your eyes to diagnose and manage common age-related conditions, such as macular degeneration and glaucoma. “A lot of the things we can pick up, you wouldn’t otherwise know you had.”


 **Teeth and gums**—“These days, people expect to keep all or at least most of their teeth for a lifetime — into their 80s and 90s,” says Matt Messina, Associate Clinical Professor at Ohio State University College of Dentistry. To keep your teeth and gums healthy for the long haul, Messina recommends doubling down on your oral hygiene. If you’re on a drug that causes dry mouth, ask your doctor if you can take a smaller dose or a different drug. And avoid chewing ice, or using your teeth for things like removing a price tag.

 **Feet**—“Many of my patients over 50 have significant foot issues,” says Michael Tritto, a podiatrist in Rockville, Maryland. Wear supportive shoes — even around the house. “If you’re not supporting and protecting the foot, then you’re going to get arch problems, heel pain and Achilles tendinitis,” Tritto says. “Sidestep other foot ills by having your feet measured,” he adds. “Many people don’t realize that feet can get bigger with age and suffer from shoes that are too tight.”

 **Pelvic floor**—“The pelvic floor muscles hold up your bowel, your bladder and your uterus, if you’re a woman, and your prostate, if you’re a man,” says Kandis B. Daroski, a physical therapist specializing in pelvic health at Medbridge. Strengthening your body’s core is vital. “Abdominal muscles, hip muscles and spinal muscles connect to and support the pelvic floor, and vice versa, allowing it to work at its best.”

 **Hips and knees**—Unfortunately, hip and knee pain are common after 50 and often lead to surgery. “It’s a result of everybody living a longer and more active life,” says Neil J. Cobelli, M.D. Chair of Orthopedic Surgery at Montefiore Medical Center. Other factors like obesity can also play a role. Shedding excess pounds and exercising are good ways to minimize joint pain. “If your joint is already giving you trouble, keep moving,” Cobelli says. “But you may need to alter what you’ve been doing. If you’ve been a runner for 20 years and now your knee is bothering you when you run, don’t run so much. Find something else or change your routines — do it every other day, go shorter distances, do it in intervals. But listen to the joint.”

 **Ears**—Addressing hearing loss early on may lead to less precipitous declines and lower risks for depression and dementia, both of which can be linked to poor hearing. The younger you are, the more capable you are of adjusting to a hearing aid,” says otolaryngologist Daniel Rontal, M.D. “You preserve your hearing better and the [hearing] decreases more slowly.” He recommends that people get a baseline hearing test in their 50s, which allows doctors to evaluate changes over time. Another reason to care for your ears: They play a crucial role in preserving your balance and preventing falls.

 **Core**—“The core muscles are super important,” says Charlotte Horne. “They are responsible for the fundamental activities of daily life, such as when you go from sitting to standing and lying down to sitting. Those muscles are required to stabilize your whole body.” Practice keeping the core muscles steady while carrying out everyday movements, Horne says. “Think of sucking everything in and pulling your belly button toward your spine to fully engage the muscles,” she says.

Contacts

Aetna
1-800-338-4533
www.aetna.com

Blue Cross and Blue Shield of Texas
1-800-521-2227
www.bcbstx.com

City of San Antonio Human Resources Customer Service
210-207-8705, option 1 (P)
210-207-1455 (F)

sanantonio.gov/
employeeinformation/
retiredemployees
cosaretir-
ee@sanantonio.gov
AskHR@sanantonio.gov

City of San Antonio Retiree Liaison
Maricela Toral/
Angelica Romo
210-207-0073

CVS/caremark
1-866-808-7470
www.caremark.com

HSA Bank
1-855-731-5220
www.hsabank.com

Humana Dental
1-855-330-8060

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

Vision Service Plan (VSP)
1-800-400-4569
cosaretirees.vspforme.com



**HUMAN
RESOURCES**

PO Box 839966
San Antonio, Texas
78283-3966

Joining Your Ranks—Congratulations to Our Newest Retirees!

February 2025 through April 2025

Laura Acosta, 16 yrs. Municipal Courts	Adriana Goetz, 21 yrs. Development Services	Patricio Reyna, 18 yrs. Solid Waste Management
Eduardo Aguilar, 22 yrs. Public Works	Howard Gorrell, 8 yrs. Police	Amy Roberts, 22 yrs. Library
Norma Alcala, 30 yrs. Parks & Recreation	Janie Herrera, 31 yrs. Center City Development & Operations	Robert Roman, 14 yrs. Solid Waste Management
Henry Arizmendez, 10 yrs. Solid Waste Management	Alex Huron, 13 yrs. Solid Waste Management	Jesse Ruiz, 32 yrs. Development Services
Lisa Biediger, 25 yrs. City Attorney's Office	Kenneth Huth, 16 yrs. Information Technology Services	Espiridion Sandoval, 19 yrs. Solid Waste Management
Mark Bigler, 20 yrs. City Auditor	Michele Huth, 27 yrs. Human Services	Kevin Schneider, 14 yrs. Public Works
Guadalupe Campos, 7 yrs. Health	Roscoe S. King, 36 yrs. Solid Waste Management	Juan Segura, 10 yrs. Aviation
Gary Carson, 9 yrs. Public Works	Jose Ledezma, 19 yrs. Public Works	Douglas Singleton, 21 yrs. Aviation
Louis Cervantes, Jr., 7 yrs. Solid Waste Management	Joe Mancillas, 27 yrs. Public Works	Andrew Smart, 30 yrs. Development Services
Andrew Cosma, 9 yrs. Aviation	John Mojica, 13 yrs. Parks & Recreation	Elsa Smithwick, 18 yrs. City Auditor
Robert De La Cerda, 23 yrs. Solid Waste Management	David Newman, 28 yrs. Solid Waste Management	Zenon Solis, 21 yrs. Planning
Rosario De La Garza, 32 yrs. Fire	John Oates, 20 yrs. Health	
Cynthia Diaz, 19 yrs. Center City Development & Operations	Dawn Oppermann, 17 yrs. Finance	
Juan Dominguez, 23 yrs. Police	Edmund Palionis, 11 yrs. Building & Equipment Services	
Del Fox, 18 yrs. Parks & Recreation	Marina Perez, 27 yrs. Human Resources	
Paul Galvan, 25 yrs. Solid Waste Management	Jonathan Pulling, 6 yrs. Solid Waste Management	
Leticia Garcia, 16 yrs. Human Resources	Isidoro Ramos, 22 yrs. Fire	