



ISSUE

01

Winter
2010

Retiree Matters

City Opens New Senior Centers

The City of San Antonio opened two new senior multi-service centers in 2009! The City's multi-service centers provide comprehensive social services to seniors ages 60 and older.

Services include health screenings, wellness programs, nutritious meals, and educational, social and fun cultural activities.

Northeast Senior Center - **NEW!**
4355 Center Gate
San Antonio, TX 78217
(210) 207-4590

Willie M. Cortez Health & Wellness Center - **NEW!**
5512 SW Military Drive
San Antonio, TX 78242
(210) 207-5294

Bob Ross Senior Center
2219 Babcock
San Antonio, TX 78229
(210) 207-5300

Westend Park Senior Center
1226 N.W. 18th Street
San Antonio, TX 78207
(210) 207-1719



this issue

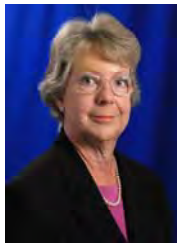
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Message from the Human Resource Director



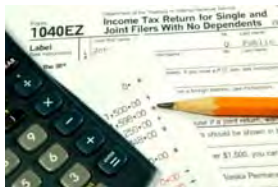
I hope you enjoy this first issue of *Retiree Matters*, the City of San Antonio's newsletter especially dedicated to retired City employees. We are making strides to

improve communications to retirees, and the newsletter provides an opportunity to inform you of important health information and a way for us to share additional resources and news.

Our health benefit goals are to provide affordable access to quality health care, offer health benefits that are valued by retirees, and to ensure those benefits are easy to understand and use.

Your input is important. At any time, you can send comments or suggestions to cosaretiree@sanantonio.gov. Thank you for your years of dedicated public service.

Volunteer Income Tax Assistance (VITA)



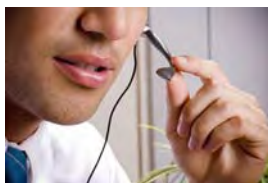
The VITA Program provides free income tax return preparation to taxpayers. Volunteers from the local community help prepare basic, current year tax returns for eligible taxpayers free of charge.

Individuals and families who earn up to \$55,000 annually are eligible to

receive free tax preparation services. All VITA tax returns are prepared and submitted to the IRS electronically by volunteers. If you will receive a refund, you can anticipate receiving a check in seven to ten days.

All VITA sites are open through April 15, 2010. For more information or for locations, call the United Way Helpline at 2-1-1 or 227-HELP(4357) or visit www.vitasa.org.

TMRS: How do I Handle a Death?



If your loved one or beneficiary has passed away, notify TMRS immediately at (800) 924-8677. You may be able to change your beneficiary. You will need to file a Change of Beneficiary After Retirement form (TMRS-0086).

If the retiree has died and you are the retiree's beneficiary, contact TMRS immediately. You will need to provide your name, address, and phone number as the contact person. The date of death and a copy of the death certificate are also required. Visit http://www.tmr.com/how_ret_death.php for complete details.

TMRS News



In 2008, TMRS changed its actuarial and investment methods which affected the way participating cities pay for their retirement plans. The result is a significant increase in some cities' contribution levels. The City's contribution would have increased to 13.95% of the City's total payroll in FY 2010, and up to a projected 18% in subsequent years. In order to prevent a significant increase in the City's contribution rate and to help address the budget shortfall in FY 2010 of \$11 million, the City removed a provision in the FY 2010 adopted budget that granted automatic Cost of Living Adjustments (COLAs) to retirees. The City also did not grant COLAs to civilians in FY 2010. Removal of this provision does not prohibit the City from granting either an ad-hoc or annually repeating retiree COLA in the future. To offset the impact of no COLAs in FY 2010, there were also no increases to health care premiums both for active civilians and retirees. To help address the challenges of an increase in the City of San Antonio's contribution levels, the City supported HB 360 in the 2009 Texas State Legislative Session that would grant TMRS greater flexibility with fund investments. The City of San Antonio is seeking more options to help address the retirement fund and is working to develop a recommendation to City Council on legislative options by Spring / Summer 2010 for the 2011 Texas State Legislative Session. To stay informed, visit http://www.sanantonio.gov/hr/employee_information/benefits/tmrs_news.asp or e-mail tmrsquestions@sanantonio.gov.

When and How to Enroll in Medicare

MEDICARE HEALTH INSURANCE	
1-800-MEDICARE (1-800-633-4227)	
NAME OF BENEFICIARY JANE DOE	
MEDICARE CLAIM NUMBER 000-00-0000-A	SEX FEMALE
IS ENTITLED TO HOSPITAL (PART A)	EFFECTIVE DATE 07-01-1986
MEDICAL (PART B)	07-01-1986
SIGN HERE → <i>Jane Doe</i>	

Seniors become eligible for Medicare at age 65 (or younger if disabled). There is a seven-month window to sign up, starting three months before turning 65. Seniors can enroll directly by contacting the Social Security Administration at (800) 772-1213.

Representatives from the Texas Department of Aging and Disability Services' Health Information Counseling and Advocacy Program at 1-800-252-9240 [TDD: (800) 735-2989] can also assist with Medicare-related questions.

Now it is Easier to Stay Healthy and Fit!



The SilverSneakers® Fitness Program is a FREE Fitness Membership offered in partnership with the [AARP Medicare Supplement Plan](#). SilverSneakers members are entitled to full use of a designated facility, programs and SilverSneakers classes. Free access to amenities such as treadmills, weights, heated pools and all fitness classes are included with basic membership. A designated staff member, called a Senior Advisor, helps members all along the way. Members can also participate in health education seminars and fun social events with others who share a healthy lifestyle.

Members can also participate in the SilverSneakers® Steps program! SilverSneakers Steps is a self-directed, pedometer-based physical activity and walking program. Regular physical activity is one of the best ways to improve muscle strength, balance, stability and energy levels — and help decrease the risk of chronic diseases. SilverSneakers can help you stay active so you can stay healthy. Visit www.silversneakers.com for more information.

Your Health



It's a brand new year, which often means the start of a brand new health insurance plan for some. Do you know who to call with questions regarding your medical or pharmacy plan?

If you are enrolled in the AARP Medicare Supplement plan, contact Customer Care at (800) 392-7537 or visit www.aarphealthcare.com. You can review

billing and payment status, view claim information, and request replacement ID cards. All AARP Medicare Supplement enrollees are also enrolled in the UnitedHealthcare MedicareRx for Groups (PDP) plan. Contact Customer Care at (888) 867-5562 for assistance with the Rx plan.

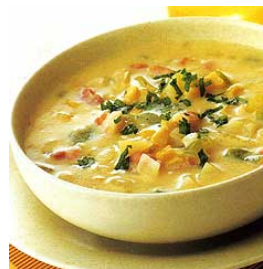
If you are enrolled in a UnitedHealthcare plan (Value, Standard, Premier, EPO or CitiMed), contact Customer Care at (800) 996-2078 or visit www.myuhc.com to find a physician, view claims or price medications.

Healthy Recipe

Corn Chowder

Using low-fat milk instead of cream lowers the saturated fat content in this hearty dish.

1 Tbsp	vegetable oil
2 Tbsp	finely diced celery
2 Tbsp	finely diced onion
2 Tbsp	finely diced green pepper
1 package (10 oz)	frozen whole kernel corn
1 Cup	peeled, diced, 1/2-inch raw potatoes
2 Tbsp	chopped fresh parsley
1 Cup	water
1/4 tsp	salt
to taste	black pepper
1/4 tsp	paprika
2 Tbsp	flour
2 Cup	low-fat (1%) or skim milk



Heat oil in medium saucepan. Add celery, onion, and green pepper and sauté for 2 minutes. Add corn, potatoes, water, salt, pepper, and paprika. Bring to a boil; reduce heat to medium; and cook, covered, about 10 minutes or until potatoes are tender. Place 1/2 cup milk in a jar with tight fitting lid. Add flour and shake vigorously. Add gradually to cooked vegetables and add remaining milk. Cook, stirring constantly, until mixture comes to a boil and thickens. Serve garnished with chopped fresh parsley. Yield: 4 servings--Serving Size: 1 cup. Each serving provides: Calories: 186; Total fat: 5 g; Saturated fat: 1 g; Cholesterol: 5 mg; Sodium: 205 mg.

Contacts

City of San Antonio Human Resources Customer Service

111 Plaza de Armas
San Antonio, TX 78205
(210) 207-8705 phone
(210) 207-6043 fax
www.sanantonio.gov/hr/

Texas Municipal Retirement System

(800) 924-8677
www.tmr.org

AARP Medicare Supplement

Customer Care
(800) 392-7537
www.aarphealthcare.com

UnitedHealthcare MedicareRx for Groups

Customer Care
(888) 867-5562

UnitedHealthcare

Customer Care
(800) 996-2078
www.myuhc.com

Aetna

Customer Service
(800) 282-5366
www.aetnamedicare.com

Money Matters

If you are past due on your City health insurance premium payments, contact Customer Service at (210) 207-8705.

If you are more than 60-days past due, you risk the possibility of having your benefit terminated. A customer service representative can assist you with arranging your payment via automatic deduction, check, credit card, or money order.

Joining Your Ranks



Eleanor Bustamante

Eleanor Bustamante, Human Resources Specialist for the San Antonio Fire Department, retired in October 2009 from the City of San Antonio with 31 years of service. Eleanor says she is most proud of "my friends and the great opportunities to move up and around professionally." Congratulations, Eleanor! Thank you for your years of dedicated public service.

Tell Us How You're Doing

Share your latest news with *Retiree Matters*! Send us photos of your most recent adventure, tell us about your accomplishments, or simply send a one-line announcement for us to share with fellow retirees in this newsletter. E-mail your information to cosaretiree@sanantonio.gov.

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CITY OF SAN ANTONIO

Human Resources Department
111 Plaza de Armas
San Antonio, TX 78205