



ISSUE

03

Summer
2010

Retiree Matters

Library Programs for Seniors

Did you know that the senior population is expected to double from 35 million to 70 million by 2030?

The San Antonio Public Library has created an online resource guide about the services and programs it offers for senior groups, including books, DVDs and health resources.

The *Senior Resource Guide* can be found at <http://guides.mysapl.org/seniors>. Contact the San Antonio Public Library at (210) 207-2500 for more information.



this issue

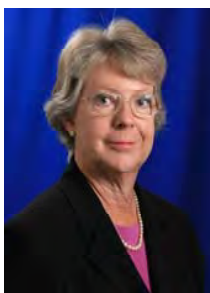
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Message from the Human Resource Director



Elizabeth
Braune

Currently, the City is developing the FY 2011 Budget. While we are looking at all opportunities for cost-savings, I want to take this opportunity to remind you of our commitment to continue providing health care insurance for our retired employees. While the

City is facing rising health care costs and other drivers, our commitment remains the same. The next Benefits Open Enrollment period will take place from **November 15th to November 26th**. In this issue, you'll find important information about a Request for Proposal that the City has issued for Retiree Health Benefits and an audit of dependents that is coming soon. Please contact us at (210) 207-8705 with questions about these initiatives.

City to Audit Dependents on Insurance Plans



The City offers employees and retirees and their eligible dependents the opportunity to participate in a health benefit program. This summer, the Employee Benefits Division, along with Buck Consultants, will conduct an audit to verify that all covered dependents meet the program eligibility requirements. Because the

City shares the cost of medical benefits with employees and retirees, a periodic audit of dependent eligibility ensures the City and its members are complying with all plan provisions and that tax dollars are used appropriately. The audit will require participants to provide proof of the dependent's eligibility such as social security numbers and marriage licenses. Information about the audit will be mailed to homes this summer. Contact (210) 207-8705 with any questions.

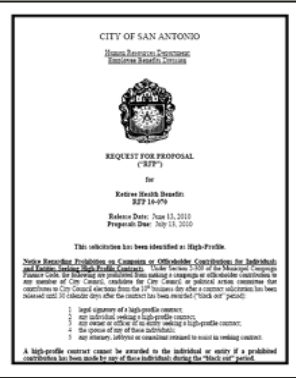
TMRS: When Can I Change My Beneficiary?



At the time that you retire, your beneficiary selection is locked. However, there are certain instances where a change in beneficiary is permissible (e.g., a marriage, divorce, or death). If you have questions about the requirements

to update your beneficiary, visit the TMRS website at www.tmrs.org or call (800) 924.8677 to speak to a representative. A TMRS-0086 form will need to be completed and mailed to the Texas Municipal Retirement System, P.O. Box 149153, Austin TX, 78714 or faxed to (512) 476-7577.

City Issues Request for Proposal for Retiree Health Benefits



The City of San Antonio’s health plans for Medicare-eligible retirees are up for renewal, and, as a result, the City has issued a Request for Proposal (RFP) for Retiree Health Benefits. All proposals were due to the City on July 13th. The City is seeking a qualified organization to provide a Fully-Insured **Medicare Advantage PPO** or **Medicare PPO Supplement** and a Fully-Insured **Medicare Advantage HMO**. The City will also consider other alternative retiree health programs which may be offered by qualified health plan vendors.

Benefits staff, working with retiree representatives and other City departments, will evaluate proposals and make a recommendation to City Council on September 2nd.

Currently, the City covers approximately 1,400 retirees and 500 eligible retiree dependents on the retiree benefit programs administered by UnitedHealthcare® and Aetna®.

Insufficient Funds Fee



Effective July 1, 2010, the City of San Antonio will assess a flat fee of \$30 per-item for any non-sufficient fund transaction. A check or electronic fund transfer returned unpaid from the bank is considered a non-sufficient fund transaction. Retirees will be notified by mail of any returned item(s) in the form of a reprint of the outstanding premium invoice which will include the additional non-sufficient fund fee. Payments can be made in the form of cashier’s check or money order and mailed to: City of San Antonio Financial Services Division, Revenue Collections, P.O. Box 839975, San Antonio, Texas 78283-3975. Payments can also be made in person by

cash, cashier’s check or money order at: Riverview Tower, City of San Antonio, Cashier Window, 111 Soledad, 4th Floor. Payments are *not* accepted in person at the City’s Human Resources Department. Please contact Human Resources Customer Service at (210) 207-8705 with any questions.

Fun Summer Outings on a Budget



Are you looking for fun and exciting things to do but you’re on a budget? There are plenty of places and events in San Antonio to keep you and your family entertained this summer.

If you want to learn about South Texas history, then visit the Witte Museum and the San Antonio Art Museum on Tuesdays. Both offer FREE admission every Tuesday after 3:00 p.m. In addition, the McNay Art Museum is FREE on Thursday evenings until 9:00 p.m. If you are looking for places deep in the heart of San Antonio, then downtown is for you.

Tour the Riverwalk with Rio San Antonio Cruises and show your ID to receive a discounted \$6 ticket for being a Bexar County resident. View your house from atop San Antonio’s highest peak, the Tower of Americas, which offers 50% discount for Bexar County residents on Mondays and Tuesdays from 10:00 a.m. to 3:00 p.m. And finally, whether you love to swim or looking to get fit, the San Antonio Natatorium offers a FREE Senior Swim every weekday from 10:00 a.m. to 11:00 a.m.

Control and Prevent High Blood Pressure



Blood pressure is the force against the blood vessels when the blood circulates. It is important to have blood pressure checked regularly. Blood Pressure Guidelines:

Normal: 120/80 or lower
High: 140/90 or higher
At-Risk: 120-139/80-89

The top numbers measures the pressure of blood the heart pumps (systolic). The bottom number measures the pressure exerted on the blood vessels when the heart is at rest (diastolic). It may be possible to control or prevent high blood pressure by healthy eating, limiting the amount of salt intake, maintaining a healthy weight, exercising regularly, stopping smoking and managing stress. Most doctors, clinics, and hospitals check blood pressure every visit. Know your blood pressure and talk to a doctor about ways to manage it.

Green Chile & Chicken Enchilada Casserole

Enjoy this delicious recipe, courtesy of www.mylifetime.com!

2 roasted poblano peppers, peeled
 1 bunch of cilantro leaves, washed, stems discarded
 1 lime, zested and juiced
 2 cloves garlic
 1 teaspoon salt
 ¾ cup chicken broth
 ¼ teaspoon freshly ground black pepper
 12 corn tortillas
 1 cup canned nonfat refried beans
 3 cups of leftover roasted chicken, shredded
 ¾ cup reduced-fat shredded cheese, such as Mexican-style, or Monterey Jack
 2 scallions, thinly sliced
 Chopped fresh cilantro, for garnish
 1 lime, cut into wedges for garnish

1. Preheat oven to 425°. Lightly oil a 9 x 13 inch baking dish with cooking spray or 1 teaspoon olive oil. In a food processor or blender, combine the roasted and peeled peppers, cilantro, garlic, lime zest and juice, chicken stock, salt and pepper, and puree until smooth.

2. Spread 1/3 cup of the sauce in the prepared baking dish. Top with a layer of 6 overlapping tortillas. Spread refried beans evenly over tortillas. Top beans with the shredded chicken mixture, and add 1/3 of the sauce, following by the remaining 6 tortillas. Pour the remaining sauce over the tortillas. Cover with foil.

3. Bake the enchiladas until they begin to bubble on the sides, about 20 minutes. Remove the foil; sprinkle cheese and scallions on top. Continue baking until heated through and cheese is melted, about 5 mins more. Top with cilantro and serve with lime wedges. Serves four (456 calories per serving).

Contacts

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www.sanantonio.gov/hr/
cosaretiree@sanantonio.gov
tmrsquestions@sanantonio.gov

Texas Municipal Retirement System

(800) 924-8677
www.tmrs.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

Did You Know?

The San Antonio Metropolitan Health District hosts a self-management program for diabetes. Contact Judit Vega at (210) 207-2174 for more information.

Diabetes Self-Management Program

St. Vincent de Paul
4222 SW Loop 410
Thursdays
July 15—August 26
9:00 a.m.—11:30 a.m.
FREE

Farewell and Best of Luck

Jim Thomas, Employee Benefits Manager



Jim Thomas, long-time Employee Benefits Manager who assists retirees each year during open enrollment, recently departed the Human Resources Department to move over to Metro Health as a Special Projects Manager. Jim became the Employee Benefits Manager in 2000. Jim says, “I feel privileged to have worked so long at a job that is both interesting and rewarding for its impact on people’s lives. I enjoyed the feeling of helping people.” Best of luck, Jim!

**Jim Thomas has moved to the
Metro Health Department.**

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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