

# RETIREE Matters



QUARTERLY NEWSLETTER  
for City of San Antonio Retirees  
Issue 31 | October 2016

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**Save the date!** The next Brown Bag session will take place Thursday, **November 10 from 11 a.m. — 1 p.m. at the Central Public Library Gallery (near the auditorium), 600 Soledad St.**

During the Brown Bag session, you will hear from Yolanda Perez, Senior Services Administrator with the City's Department of Human Services. She will be on hand to inform you about the services and programs available to you at the Senior Centers located throughout the City. Also scheduled to attend the event are representatives from Blue Cross Blue Shield of Texas, CVS/caremark, and Aetna, who will be available to answer any medical plan or pharmacy questions you may have.

As always, light refreshments will be provided, but feel free to bring a bag lunch. Free parking will be available in the Library's parking garage.

To reserve your seat, leave a message on the Retiree RSVP Line at 210-207-7000 or email [hrcustomerservice@sanantonio.gov](mailto:hrcustomerservice@sanantonio.gov).



Retirees attend  
August Brown Bag  
Session at the Central  
Library



**Lori Steward** final issue of *Retiree Matters* in 2016. It is so hard to believe that we are in the last quarter of the year.

In this issue, you will find important information about Annual Enrollment, which takes place from now through November 4, 2016. For non-Medicare retirees, you will see that we have a new third-party administrator, Blue Cross and Blue Shield of Texas that will be processing our medical claims beginning in 2017. Also in the coming year, CVS/caremark will be processing our pharmacy claims. I would like to recognize Charles Pruski and Liz Garcia who served on the evaluation committee that chose these two new vendors. Your participation in this process is greatly appreciated.

I understand that Annual Enrollment can sometimes be confusing, but just remember, if you

## Message from Human Resources Director

Dear City of San Antonio Retirees,

are not making any changes to your plan, whether you are a non-Medicare or Medicare retiree, there is nothing you need to do. We do, however, want you to have all the information about your options, so please review the Annual Enrollment details on pages 3 to 5. There, you can also find details about an Annual Enrollment Information Session taking place on October 28. As always, you can contact our Human Resources Customer Service line at 210-207-8705 if you have any questions.

Additionally in this issue, you will find information about early voting, a tasty fall recipe, and what you can do to better your chances of avoiding the flu. Until the next newsletter, I hope you and your families enjoy the fall season and upcoming holidays.

Please let us know if there are any topics you would like to see in future issues of *Retiree Matters* by emailing [cosaretiree@sanantonio.gov](mailto:cosaretiree@sanantonio.gov).



check.

Approved by the Mayor and City Council for 2017, you will receive a 1/2% cost-of-living adjustment (COLA) to your monthly TMRS

In late January, TMRS will mail you your 1099-R. Your 1099-R will contain information you will need to file your taxes for 2016.

Remember, you can always access your retirement account information online at [www.tmrs.com](http://www.tmrs.com) under MyTMRS. Just register online, set up your password, and access your information on any computer. For help with logging into MyTMRS or for more information, contact TMRS directly at 1-800-924-8677 or at [phonecenter@tmrs.com](mailto:phonecenter@tmrs.com).

## Notes From The City Manager



**Sheryl Sculley**

Dear City of San Antonio Retirees:

Fall is officially upon us. Since this is the last issue of *Retiree Matters* in 2016, I would like to take this time to thank you for your continued partnership. It has been a busy year with many successes, including a new contract for our police officers. As you know, our negotiations with the San Antonio Police Officers Association took some time, but we are all pleased that we have reached an agreement that provides a healthy compensation package for our police officers while allowing us to address rising health care costs by sharing in this expense. We have also recently passed a balanced budget for the 2017 Fiscal Year which includes no increase in property taxes for the 24th consecutive year, and funding for important basic City services such as public safety, streets and drainage, and senior services.

At the time this newsletter went to print, the City was wrapping up its annual Charitable Campaign. Final totals were still being calculated, but we know that retirees came through again, and contributed more than \$2,000 this year. Thank you for supporting the campaign and helping to make a difference in our community.

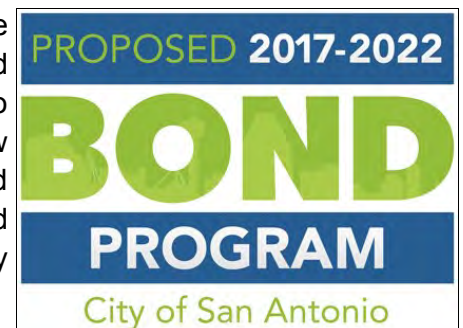
My sincerest wishes for a healthy and joyous remainder of the year. As always, please feel free to contact my office with any questions, and thank you for your years of dedicated service to our City, its residents, and visitors.

Sincerely,

## 2017 Bond Community Meetings

In May 2016, the City of San Antonio reached the four-year mark into the 2012-2017 Bond Program. More than 92 percent of the voter-approved projects have been completed or are under design. The City has also been meeting and reviewing new project ideas received over the past few years from City departments, Mayor and City Council Offices, public and private agencies, as well as residents. A proposed 2017-2022 Bond Program is anticipated to be \$850 million and will include five community bond committees:

- Streets, Bridges & Sidewalks,
- Drainage & Flood Control,
- Parks, Recreation & Open Space,
- Facility Improvements, and
- Neighborhood Improvements.



As the bond program is developed, we need your input. There will be approximately five meetings per committee from now through December 15, 2016, as needed. We invite you to attend any of the meetings that focus on an area of interest you may have. All meetings will be held at the Central Library Auditorium located at 600 Soledad St. Parking is free and meetings are open to the public. For more information, including a calendar of meetings, please visit [www.sanantonio.gov/2017Bond](http://www.sanantonio.gov/2017Bond). We hope to see you there!

# Annual Enrollment 2017—Non-Medicare Retirees



## It's Your Choice

ANNUAL ENROLLMENT 2017  
October 10 - November 4

This year, Annual Enrollment takes place from now through November 4, 2016. Both the Consumer Choice and New Value health plan options will continue to be offered in 2017 to non-Medicare retirees, along with their broad network of health care providers and coverage for all of the same services you use today (ex: doctor's office visits, preventive care, prescription medications).

Below please find the premiums for 2017 and an overview of both plans. Our new medical claims administrator will be Blue Cross and Blue Shield of Texas and our new pharmacy claims administrator will be CVS/caremark. You can also find 2017 dental and vision premiums on the next page.

An Annual Enrollment Information Session is scheduled for Friday, October 28 from 8 a.m. to noon at the Central Library, 600 Soledad St. Blue Cross and Blue Shield of Texas and CVS/caremark will be on hand. This is an opportunity for you to get answers to any benefits questions you may have. Free parking will be available in the Library's parking garage.

2017 Non-Medicare Monthly Premiums						
Hired before 10/1/2007					Hired on/after 10/1/2007	
Years of Service	30+	25-29	20-24	19 & under	5-9	10+
<b>Consumer Choice</b>						
Retiree Only	\$204	\$222	\$241	\$303	\$741.96	\$370
Retiree + 1	\$409	\$429	\$474	\$631	\$1,388.67	\$694
Retiree + 2 or More	\$583	\$617	\$682	\$911	\$1,872.23	\$936
<b>New Value</b>						
Retiree Only	\$277	\$306	\$331	\$401	\$1,185.78	\$592
Retiree + 1	\$522	\$561	\$617	\$778	\$2,219.35	\$1,109
Retiree + 2 or More	\$724	\$780	\$860	\$1,088	\$2,992.17	\$1,496

Health Savings Accounts, Deductibles, Out-of-Pocket Maximums, & Office Visits		
In-Network Benefits	Consumer Choice	New Value
City Contribution to Health Savings Account (HSA) (Individual/Family)	\$500/ \$1,000	N/A
Preventive Care	Covered at 100%	
Annual Deductible (Individual/Family)	\$1,300/ \$2,600	\$1,250/ \$2,500
Annual Out-of-Pocket Maximum (Individual/Family)	\$4,000/ \$8,000	\$3,000/ \$6,000
Office Visits:		
Primary Care	20% (after deductible)	\$30
Specialist		\$55
Urgent Care		\$50

## Annual Enrollment 2017—Non-Medicare Retirees

A few important facts to remember about Annual Enrollment:

- Although we have separate claims administrators (Blue Cross and Blue Shield of Texas and CVS/caremark), you will still only need to use one ID card for both medical and pharmacy services, just like you do today. You will receive this card in December of this year and can begin using it on January 1, 2017.
- You will still have access to a broad, nationwide network of health care providers and facilities. Use Provider Finder® at BCBSTX.com to locate a physician or hospital. Be sure to select the plan network Blue Choice PPO.
- You will also still have access to a broad network of pharmacies to use and will not be limited to only using CVS pharmacies. You will still be able to fill your prescriptions at locations like Walgreen's, and H-E-B. For a complete list of local in-network pharmacies, please visit <http://www.sanantonio.gov/Portals/0/Files/EmployeeInformation/Benefits/CVSLocalNetworkPharmacies.pdf>.
- If you are currently enrolled in the New Value plan and want to keep this plan in 2017 at the same level of coverage you have now, you do not need to do anything during Annual Enrollment. Your coverage will roll over to 2017.
- For retirees enrolled in Consumer Choice, HSA Bank will now be the administrator for Health Savings Accounts. The City's contribution in 2017 will go into an account at HSA Bank. You will not lose any money that you currently have in your Optum HSA account, and you will still be able to use those funds with the Optum debit card you have as long as there is a balance. You will receive information directly from HSA Bank with more details about setting up your new Health Savings Account.

## Annual Enrollment 2017—Medicare Retirees

For those retirees who are eligible for Medicare, the City will continue to offer the option of choosing between the Medicare Advantage PPO, the Medicare Advantage PPO Plus, and Pharmacy-only plans. Aetna will remain the provider for these three plans in 2017. Aetna will also be mailing information directly to participants regarding your options to change plans. If you have any questions about your current plan or Annual Enrollment, please contact Aetna at 1-800-842-1306. The monthly premiums for 2017 can be found in the chart to the right.

2017 Monthly Medicare Premiums						
Hired before 10/1/2007					Hired on/after 10/1/2007	
Years of Service	30+	25-29	20-24	19 & under	5-9	10+
<b>Medicare Advantage PPO</b>						
Retiree Only	\$64	\$69	\$74	\$95	\$211.59	\$106
Retiree + 1	\$127	\$140	\$148	\$191	\$423.18	\$212
Retiree + 2 or More	\$191	\$210	\$222	\$286	\$634.77	\$317
<b>Medicare Advantage PPO Plus</b>						
Retiree Only	\$61	\$66	\$71	\$85	\$200.58	\$100
Retiree + 1	\$112	\$121	\$136	\$201	\$401.16	\$201
Retiree + 2 or More	\$167	\$181	\$205	\$284	\$601.74	\$301
<b>Medicare Pharmacy-only</b>						
Retiree Only	\$38	\$41	\$45	\$58	\$127.63	\$64
Retiree + 1	\$77	\$84	\$90	\$115	\$255.26	\$128
Retiree +2 or More	\$115	\$127	\$135	\$173	\$382.89	\$191

An Annual Enrollment Information Session is scheduled for Friday, October 28 from 8 a.m. to noon at the Central Library, 600 Soledad St. Aetna will be on hand during this event. This is an opportunity for you to get answers to any benefits questions you may have. Free parking will be available in the Library's parking garage.



## Annual Enrollment 2017 Vision & Dental Premiums and Brown Bag Sessions—All Retirees

Dental and vision health benefits will be offered in 2017, with Delta Dental and Davis Vision continuing to serve as your providers. Your dental premiums will remain the same, while the amount you pay for vision benefits will decrease. Please find the 2017 monthly premiums in the charts below. Davis Vision and Delta Dental will send enrollment information directly to retirees not currently enrolled in the plans, so please keep an eye out for it coming in the mail.

Dental Plan	DeltaCare DHMO Monthly Premiums
Retiree Only	\$13.66
Retiree + Spouse/ Domestic Partner	\$25.45
Retiree + Child(ren)	\$25.45
Retiree + Family	\$38.19

Vision Plan	Monthly Premiums
Retiree Only	\$9.75
Retiree + 1	\$17.41
Retiree + 2 or more	\$25.80

The Brown Bag series will continue in 2017 featuring various speakers covering topics that are important to you, including benefits, community programs and services, and wellness information. All retirees along with their spouse / domestic partner are encouraged to attend. These events are held quarterly, and provide a great opportunity to reconnect with fellow retirees and learn valuable information.

## Important Reminder

# GET READY TO VOTE

Remember, Election Day 2016 is coming up on Tuesday, November 8. Avoid the long lines and make plans to vote early. Early voting takes place

from Monday, October 24 through Friday, November 4. Below are a few locations where you can vote early, but for a complete list and specific times, contact the Bexar County Elections Department at 210-335-VOTE(8683) or visit their website at <http://www.bexar.org/DocumentCenter/View/4572>.

ALAMO STADIUM CONVOCATION CENTER.....	110 Tuleta
BEXAR COUNTY JUSTICE CENTER.....	300 Dolorosa
BROOKHOLLOW LIBRARY.....	530 Heimer Road
CASTLE HILLS CITY HALL... (SE CORNER OF COUNCIL CHAMBERS).....	209 Lemonwood Drive
CLAUDE BLACK CENTER.....	2805 East Commerce
JOHN IGO LIBRARY.....	13330 Kyle Seale Parkway
JULIA YATES SEMMES LIBRARY @ Comanche Lookout Park.....	15060 Judson Road
LAS PALMAS LIBRARY.....	515 Castroville Road
LEON VALLEY CONFERENCE CENTER.....	6421 Evers Road
LION'S FIELD.....	2809 Broadway
MCCRELESS LIBRARY.....	1023 Ada Street
NORTHSIDE ACTIVITY CENTER.....	7001 Culebra
SHAVANO PARK CITY HALL... (COUNCIL CHAMB).....	900 Saddletree Court
SOUTH PARK MALL.....	2310 S.W. Military
TOBIN LIBRARY @OAKWELL.....	4134 Harry Wurzbach
WINDCREST TAKAS PARK CIVIC CENTER.....	9310 Jim Seal Drive
WONDERLAND MALL OF THE AMERICAS @ CROSSROADS .....	4522 Fredericksburg Road

# Words on RECOSA (submitted by RECOSA)

## SAVE THE DATES:

### QUARTERLY BROWN BAG EVENT

The next Brown Bag Event will be held on November 10 at the Central Library, 600 Soledad from 11 a.m.—1 p.m. Please plan to join us!

### RECOSA ANNUAL MEETING

Please make mark your calendar on Tuesday, December 6 for the RECOSA's upcoming Annual Membership Meeting taking place at the Central Library, 600 Soledad. There will be a Meet and Greet at 10:30 a.m. followed by the meeting at 11 a.m. The annual election of board members will be on the agenda, and as usual, great door prizes, food, and beverages will be provided!

### ELECTION OF BOARD MEMBERS

Board Positions 1–5 will be elected during the Annual Meeting. Individuals elected will serve two-year terms beginning January 1, 2017. The following board members currently occupy those positions:

Position 1—Michael Trainer  
Position 2—Marianne Greene  
Position 3—Rose Rangel  
Position 4—Rebecca Waldman  
Position 5—Liz Garcia

All of these members have indicated their continued interest in serving on the board.

On behalf of the Nominating Committee, Chair Gene Camargo is currently accepting nominations to run for Board Positions 1-5. If you are a RECOSA member 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. Board members are expected to attend monthly Board meetings, bi-monthly meetings with the City's Human Resources Department, quarterly Brown Bag events for retirees,

serve on Board committees, and Prepare reports as required. Other duties and responsibilities include providing guidance and overseeing assigned committees such as membership, fundraising, health benefits, and financial development.

Nominations may be sent to RECOSA at P.O. Box 12973, San Antonio, Texas, 78212, Attn: Gene Camargo. Questions may be called in to RECOSA's phone line at 210-504-9567 (leave a message and your call will be returned). The Nominating Committee will review qualified applicants and select a slate of candidates—one person per open Board position—to be nominated and placed on the ballot. Deadline for the Nominating Committee to consider applicants is November 6, 2016. Nominations will also be accepted from the floor at the December 6<sup>th</sup> Annual Meeting. All candidates nominated from the floor must be members in good standing, present at the meeting, and able to express their qualifications and interests in serving, as well as their availability and willingness to attend meetings and carry out the duties and responsibilities of a RECOSA Board member. The candidates with the most votes will fill the vacant positions. Numbers will be drawn by the elected individuals to determine the positions they will fill. The Nominating Committee will announce the voting results at the conclusion of the Annual Membership Meeting.

### CHARITABLE CAMPAIGN

Finally, RECOSA wishes to thank all retirees who contributed to the City's 2016 Charitable Campaign. Please know your support will help numerous individuals within our community.

Have a wonderful and safe holiday season!

Your RECOSA Board

## Contacts

### City of San Antonio Human Resources Customer Service

111 Soledad, Ste. 100  
San Antonio, TX 78205  
210-207-8705 (P)  
210-207-6043 (F)  
sanantonio.gov/  
EmployeeInformation/  
RetiredEmployees  
cosaretiree@sanantonio.gov  
hrcustomerservice@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

### 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.tmrts.com

### Blue Cross and Blue Shield of Texas BCBSTX.COM (to locate a physician or hospital)

## Healthy Living



### Pork Chops with Roasted Apples & Onions

Now that it actually feels like fall with morning temperatures in the 60's, it is the perfect time to savor the flavors of the season with a great autumn recipe. Here is a good one to try from Cooking Light and [www.myrecipes.com](http://www.myrecipes.com) that pairs up pork chops and apples.

Serves 4 (serving size: 1 chop, about 1 tablespoon sauce, and 3/4 cup apple mixture)

#### Ingredients:

2 1/2 teaspoons canola oil, divided	1/2 teaspoon freshly ground black pepper, divided
1 1/2 cups frozen pearl onions, thawed	4 (6-ounce) bone-in center-cut pork loin chops (about 1/2-inch thick)
2 cups Gala apple wedges	1/2 cup fat-free, lower-sodium chicken broth
1 tablespoon, butter, divided	1/2 teaspoon all-purpose flour
2 teaspoons fresh thyme leaves	1 teaspoon cider vinegar
1/2 teaspoon kosher salt, divided	

#### Preparations:

1. Preheat oven to 400°.
2. Heat a large ovenproof skillet over medium-high heat. Add 1 teaspoon oil to pan; swirl to coat. Pat onions dry with a paper towel. Add onions to pan; cook 2 minutes or until lightly browned, stirring once. Add apples to pan; place in oven. Bake at 400° for 10 minutes or until onions and apples are tender. Stir in 2 teaspoons butter, thyme, 1/4 teaspoon salt, and 1/4 teaspoon pepper.
3. Heat a large skillet over medium-high heat. Sprinkle pork with remaining 1/4 teaspoon salt and 1/4 teaspoon pepper. Add remaining 1 1/2 teaspoons oil to pan; swirl to coat. Add pork to pan; cook 3 minutes on each side or until desired degree of doneness. Remove pork from pan; keep warm. Combine broth and flour in a small bowl, stirring with a whisk. Add broth mixture to pan; bring to a boil, scraping pan to loosen browned bits. Cook 1 minute or until reduced to 1/4 cup. Stir in vinegar and remaining 1 teaspoon butter. Serve sauce with pork and apple mixture, and enjoy!



### What You Should Know and Do This Flu Season

*Information from the Centers for Disease Control and Prevention*

It has been recognized for many years that as we get older, we are at greater risk of serious complications from the flu because human immune defenses become weaker with age. Below are a few actions you can take this flu season to battle the bug.

**Get Your Flu Shot.** The best way to prevent the flu is with a flu shot. The CDC recommends that everyone 6 months of age and older get a flu vaccine each year by the end of October if possible. Flu vaccines are often updated each season to keep up with changing viruses and also immunity wanes over a year so annual vaccination is needed to ensure the best possible protection against influenza. The 2016-2017 vaccine has been updated from last season's vaccine to better match circulating viruses.

**Practice good health habits** including covering coughs, washing hands often, and avoiding people who are sick.

**Seek medical advice quickly if you develop flu symptoms** to see whether you might need medical evaluation or treatment with antiviral drugs.

**Get pneumococcal vaccines.** People 65 years and older should also be up to date with the pneumococcal vaccination to protect against pneumococcal disease, such as pneumonia, meningitis, and bloodstream infections. Talk to your doctor to find out which pneumococcal vaccines are recommended for you.



## CITY OF SAN ANTONIO

Human Resources Department  
 Riverview Towers Building  
 Soledad, Ste. 100  
 San Antonio, TX 78205

## Joining Your Ranks

*Congratulations to the following people on their recent retirement! Thank you for your years of dedicated service to the City of San Antonio.*

### **Shirley A. Adkins**

Police, 41 yrs.

### **Darryl M. Baethge**

Convention & Sports Facilities,  
 27 yrs.

### **Frances M. Barrera**

Police, 33 yrs.

### **Lucia S. Berry**

Department of Human  
 Services, 22 yrs.

### **Anthony Caraballo**

Information Technology  
 Services Department, 24 yrs.

### **Guadalupe E. Cervantes**

Solid Waste Management,  
 30 yrs.

### **Kenneth L. Clark**

City Attorney's Office, 10 yrs.

### **Lawrence R. Deans**

Solid Waste Management,  
 20 yrs.

### **Vicente R. Garcia**

Transportation & Capital  
 Improvements, 28 yrs.

### **Ilda A. Gonzales**

Police, 34 yrs.

### **Sulema L. Gonzales**

Transportation & Capital  
 Improvements, 21 yrs.

### **Leonor Grimaldo-Hargis**

Aviation, 13 yrs.

### **Jo A. Gubanche**

Information Technology  
 Services Department, 28 yrs.

### **Beverly H. Harris**

Center City Development,  
 20 yrs.

### **Patricia S. Hernandez**

Department of Human  
 Services, 20 yrs.

### **Justo Ledesma**

Solid Waste Management,  
 24 yrs.

### **Robert R. Medina**

Solid Waste Management,  
 20 yrs.

### **Kathy A. Mendoza**

Transportation & Capital  
 Improvements, 26 yrs.

### **Jaime Olivares**

Library, 28 yrs.

### **Barbara A. Prossen**

Aviation, 21 yrs.

### **Thomas M. Ramos**

Police, 28 yrs.

### **Leroy Valdez**

San Antonio Metro Health  
 District, 36 yrs.

### **Rosamaria Vasquez**

San Antonio Metro Health  
 District, 25 yrs.

### **Rene Villarreal**

Animal Care Services, 22 yrs.

### **Hollis D. Young**

City Attorney's Office, 27 yrs.