

RETIREE Matters

Issue 32 | February 2017

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Make plans to attend! The next Brown Bag session will take place Thursday, **March 9 from 11 a.m. — 1 p.m. at the Central Public Library Auditorium, 600 Soledad St.**

During the Brown Bag session, you will hear from representatives from Blue Cross and Blue Shield of Texas, CVS/caremark, and Aetna, who will be available to answer any medical plan or pharmacy questions you may have about your benefits.

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.



Believe it or not, it is tax time again! If you need assistance with your 2016 tax return, the Volunteer Income Tax Assistance (VITA) Program may be the perfect resource for you. VITA provides free income tax return preparation to taxpayers earning up to \$60,000 annually. There are 19 VITA sites located throughout the community and are open now through the last day of the tax season in April. Call the United Way Helpline at 2-1-1 or visit the VITA website at <http://www.vitasa.org/> to find a site near you.



Lori Steward

Message from Human Resources Director

Dear City of San Antonio Retirees,

I hope this second month of 2017 finds you all doing well and enjoying an even milder winter than we are used to.

As you might imagine, our return from the winter break has been busy as we continue to assist employees and pre-65 retirees through the transition from UnitedHealthcare to Blue Cross and Blue Shield of Texas and CVS/caremark. By now, those of you enrolled in either the Consumer Choice or New Value pre-65 plan should have received your new medical care I.D. card. If it has not yet hit your mailbox, please contact Human Resources Customer Service at 210-207-8705 for assistance. You can also refer to

the updated vendor contact list we have provided on page 3, to contact the vendor directly.

In this issue of *Retiree Matters*, you will find information about the upcoming bond election, a great program offered by Blue Cross and Blue Shield of Texas—Virtual Visits—and a heart-healthy recipe.

We look forward to including even more relevant and valuable content in future issues of this newsletter. Please be sure to let us know if there are any topics you would like to see covered by sending an email to cosaretiree@sanantonio.gov.

RECOSA is a Unified Voice for City of San Antonio Retirees

Activities include:

- Meets bimonthly with City staff to provide input on retiree health benefits
- Monitors proposed changes to TMRS benefits and, if necessary, takes action as needed to protect them
- Keeps retirees apprised of their benefits via email and RECOSA's website
- Educates retirees on other community resources available to improve their quality of life
- Invites members to all Board meetings, Brown Bag Sessions, and our Annual Meeting

MEMBERSHIP IS FREE

To join or update your member information

info.recosa@gmail.com (210) 504-9567

Retired Employees



City of San Antonio

Donations Accepted

Mailing address:
P.O. Box 12973
San Antonio, TX 78212-0973

2017 RECOSA Board



Liz Garcia
Chair



Charles Pruski
Vice Chair



Rose Rangel
Secretary



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Treasurer



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Notes From The City Manager



Sheryl Sculley

Dear City of San Antonio Retirees:

As you may know, we have some important local elections coming up this May. Not only are we voting for Mayor and City Council representatives, but City Council just approved placing the \$850 million General Obligation Bond program on the May 6 ballot. I want to take this opportunity to provide you with some information about the Bond Program.

- It includes six propositions.
- There is no projected increase in the City Property Tax Rate for the Bond.
- 70% of the Bond dollars will be dedicated to street and drainage infrastructure.
- It includes over 200 planned miles of new sidewalk construction.
- The Parks Proposition will improve 25% of our City's parks.
- Through coordination with state, local, and private partnerships, the City will leverage \$350 million in outside funding within 37 of the Bond Program projects.
- Over 80%, or \$680 million, of the Bond is for Council District projects.
- There is a planned 2017 Bond Program project within one mile of where a San Antonio resident lives or works.
- The City has the highest credit rating available ("AAA"), which allows the borrowing of money at the lowest interest rates possible and puts more property tax dollars into infrastructure projects.
- The City has a strong record of completing its General Obligation Bond Programs on time, within budget, and with quality improvements (as seen with the 2007 and 2012 Bond Programs).

Proposition	Improvements	Projects	Recommendation
1	Streets, Bridges & Sidewalks	64	\$445,263,000
2	Drainage & Flood Control	19	\$138,988,000
3	Parks, Recreation & Open Space	79	\$187,313,000
4	Library, Museum & Cultural Arts	13	\$24,025,000
5	Public Safety Facilities	5	\$34,411,000
6	Neighborhood	Numerous	\$20,000,000
Total		180	\$850,000,000

The 2017 Bond Program was developed with an extensive public input process. From October to December 2016, 160 residents comprising five Community Bond Committees appointed by the Mayor and City Council Members met to review and discuss initial staff recommended projects. The meetings provided citizens an opportunity to provide suggestions for projects. There were 30 meetings held, more than 1,400 residents were in attendance at these meetings, and 350 resident comments were made. The Community Bond Committees' recommendations were presented to City Council on Wednesday, January 11, 2017, and more than 94% of the Committee's recommendations were approved.

I hope you find the above information valuable as you prepare to cast your votes in a few months. For more information about the Bond, including a projects map and Bond Information Guide, please visit our website at sanantonio.gov/2017Bond. 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.

2017 City Manager's 5k



It's time to mark your calendars for the **10th Annual City Manager's 5k Walk & Run**. This year's event will take place on the morning of **Sunday, October 22, 2017** in conjunction with the YMCA of Greater San Antonio's Síclovía event. More details will be shared in upcoming issues of *Retiree Matters*.



Healthy Living



Cajun Jambalaya

With February being Heart Month, we thought a tasty dish from the American Heart Association was a good choice for this issue.

Serving size 4 (serving size 2 cups)

Ingredients:

- | | |
|------------------------------------------------------------------------------------------------|--------------------------------------------------------|
| 3 1/2 cups cooked brown rice | 1 14.5-ounce can no-salt added diced tomatoes |
| 2 teaspoons canola oil | 1/2 teaspoon dried thyme |
| 1 pound boneless, skinless chicken breasts (cut into 1-inch pieces, all visible fat discarded) | 1/2 teaspoon garlic powder |
| 3 teaspoons sodium-free Cajun spice blend | 1/4 teaspoon salt |
| 1 14.4-ounce package frozen stir-fry onions and peppers, thawed | 1/4 teaspoon ground black pepper |
| | 1/2 pound medium or large shrimp, shelled and deveined |
| | 1/3 cup scallions |

Directions:

1. Make brown rice according to package directions or, alternatively, use the packaged cooked rice and skip this step.
2. Add canola oil into a Dutch oven and warm over medium-high heat. Add chicken pieces and 1 teaspoon Cajun spice/chili powder. Stir constantly until chicken is mostly cooked, around 5 minutes.
3. Add thawed onions and peppers, along with diced tomatoes, thyme, garlic powder, salt, and pepper. Stir and let mixture come to a boil. Reduce heat so mixture is at a simmer and let simmer about 5 minutes.
4. Increase heat to bring mixture to a boil. Add shrimp and, stirring constantly, cook until shrimp turn pink and are fully cooked, about 2 to 4 minutes, depending on size of the shrimp. Stir in cooked rice and cook until rice is heated, just 1 to 2 minutes. Remove from heat. Garnish with scallions, serve, and enjoy.

Recipe copyright © 2016 American Heart Association. This recipe is brought to you by the American Heart Association's Simple Cooking with Heart ® Program.

Blue Cross and Blue Shield of Texas Offers Virtual Visits



What are virtual visits you ask? It is an easy way for you to visit with a doctor from the comfort of your own home. Getting sick is never convenient, and finding time to get to the doctor can be hard, but Blue Cross and Blue Shield of Texas (BCBSTX) provides those of you enrolled in a pre-65 health care plan (Consumer Choice or New Value), and your covered dependents, access to care for non-emergency medical issues through **MDLIVE**.

Whether you are at home or traveling, access to a board-certified doctor is available 24 hours a day, seven days a week. You can speak to a doctor or health service specialist immediately or schedule an appointment based on your availability. Virtual visits can also be a better alternative than going to the emergency room or urgent care center.

MDLIVE doctors can help treat the following conditions and more:

General Health

- Allergies
- Asthma
- Nausea
- Sinus Infections

Pediatric Care

- Cold/Flu
- Ear Problems
- Pink Eye

between you and your doctor. Cost for this service will be similar to what you would pay for an in-office visit.

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
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

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

1-800-521-2227
BCBSTX.COM

CVS/caremark

1-866-808-7470

HSA Bank

1-855-731-5220



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.

Sheila Ann Acosta

Library, 10 yrs.

Albert C. Alvarez

TCI, 32, yrs.

Richard R. Ayala

Development Services, 28 yrs.

Dave A. Bernal

Parks & Recreation, 20 yrs.

Michael W. Boxley

Building & Equipment Services, 10 yrs.

David Briseño

Solid Waste Management, 20 yrs.

Ernest E. Brown

Development Services, 20 yrs.

Mary Alice Caballero

Aviation, 16 yrs.

Donna Lee Camacho

Development Services, 11 yrs.

Cain Casarez

TCI, 32 yrs.

Alfred S. Casas

Parks & Recreation, 35 yrs.

David D. Clark

Convention & Sports Facilities, 15 yrs.

Betty Cruz-Camacho

Information Technology Services, 8 yrs.

Tomas T. De la Cruz

TCI, 19 yrs.

Sylvia Ann Ellis

Police, 28 yrs.

Gertrudes Elmore

Solid Waste Management, 35 yrs.

Richard Garces

Solid Waste Management, 21 yrs.

Edward A. Herrera

Aviation, 16 yrs.

Melvin R. Lleras

Police, 6 yrs.

Rachel Garcia Luna

Health, 20 yrs.

Rosa A. Martinez

Parks & Recreation, 28 yrs.

Salvador Martinez

TCI, 19 yrs.

Estella Cervantes Moreno

Police, 25 yrs.

Raymond G. Moya

TCI, 27 yrs.

Michael Ovalle

TCI, 26 yrs.

Roberto Perez, Jr.

Solid Waste Management, 26 yrs.

Rose M. Ramos

Convention & Sports Facilities, 25 yrs.

Juan A. Reynerio

Health, 20 yrs.

Irma R. Rodriguez

Aviation, 20 yrs.

Kathryn French Ryan

Library, 21 yrs.

Edward Q. Schultz

Solid Waste Management, 22 yrs.

Mary D. Treviño

Building & Equipment Services, 19 yrs.

David M. Villanueva

Animal Care Services, 23 yrs.

Charles H. Weir

City Attorney, 25 yrs.

Carron C. Wiggins

City Clerk, 10 yrs.

James T. Wingate

Aviation, 16 yrs.