

# RETIREE Matters

Issue 34 | July 2017

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### Make plans to attend!

The next Brown Bag session will take place Friday, **August 18 from 11 a.m. — 1 p.m. at the Central Public Library Auditorium, 600 Soledad St.**

This session will offer a presentation of the proposed FY2018 budget, specifically the items that pertain to retirees. There will also be an overview of the City's 2017 Charitable Campaign and how retirees can participate.

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 [hrcustomer-service@sanantonio.gov](mailto:hrcustomer-service@sanantonio.gov).



If you haven't visited your neighborhood library recently, you just may be missing out on some incredible and valuable services. From computer classes and book groups to art exhibits and table tennis, every branch has a full calendar of events just waiting for you. To see what's happening at a branch near you, visit the library's website at <http://mysapl.org/Events-News/Events-Calendar>.



Lori Steward

## Message from Human Resources Director

Dear City of San Antonio Retirees,

As we find ourselves right in the midst of summer, this means we also find ourselves in the midst of budget season and preparing for annual enrollment.

I know one of the most important budget topics is retiree health care coverage, so please make plans to attend next month's Brown Bag session so you can learn about any changes to the plan and ask questions. As we have the last couple of years, we will be mailing a special budget issue of *Retiree Matters* that will outline the health care premiums proposed for the upcoming year. The City Manager

will present the proposed budget to City Council on August 10 and we expect to mail you information soon afterwards.

Between the time the budget is proposed and then adopted in September, you are invited to attend a series of open houses to offer feedback. The open houses will take place the last two weeks in August. More details about these meetings will be included in the budget issue of *Retiree Matters*.

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](mailto:cosaretiree@sanantonio.gov).

May you enjoy a safe and relaxing summer!



**Reminder:  
Workshop & Lunch on  
July 26**

The Texas Municipal Retirement System (TMRS) cordially invites City of San Antonio Retirees to a workshop and lunch on Wednesday, July 26 from 9 a.m.—noon at the Central Library, 600 Soledad St.

Attendees will hear presentations about TMRS, RECOSA, and Social Security. Several vendors will be onsite throughout the event to provide you with valuable information. Presentations will begin at 9 a.m. followed by lunch at 11:15 a.m. This event is free and open to all City of San Antonio retirees. Parking will also be free and available in the Library's parking garage.

If you haven't already reserved your seat, it's not too late! You have until Monday, July 24, so please RSVP today by calling 210-207-7000. Contact RECOSA at 210-504-9567 with any questions.

# Notes From The City Manager



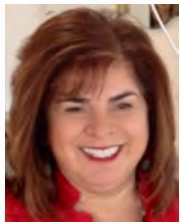
Sheryl Sculley

Dear City of San Antonio Retirees:

As you may remember from your time as a City employee, this time of year is not only our budget season, but it is also when we begin preparing for our annual Charitable Campaign to benefit United Way. I have long been a supporter of United Way and am so pleased that for the last couple of years, the retiree community has joined the City's fundraising efforts. I know many of you participated in the campaign as an active employee, and we invite you to continue that tradition again this year. A special website has been created for you if you wish to make a contribution online, and enclosed is a pledge form if you prefer to donate by mail. The website address can be found on the enclosed form. Thank you for your past support and for your consideration of giving this 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.

## Words on RECOSA



Liz Garcia

RECOSA Board members have been active this summer communicating with Human Resources staff regarding retiree health benefits and service delivery by the new health providers. Listed below are some of the other activities we have been working on for the membership's benefit, information and education:

- Board Member Kevin Burton participated as a member of the City's Dental Plan Request for Proposal Evaluation Committee. The Committee's ranking of the competing vendors will help the City Council in choosing the next dental provider.
- The FY 2018 Proposed City Budget will be presented by City staff at the August 18<sup>th</sup> Brown Bag session. It is an opportune time to ask budgetary questions of City staff.
- RECOSA has assisted TMRS in spreading the word to our membership via email and on our website about the Lunch and Learn session they are hosting for COSA retirees on July 26<sup>th</sup> at the Central Library.
- RECOSA sent a letter to Mayor Nirenberg and each City Council member congratulating them and requesting that our retirees not be forgotten during the budget process. As always, the RECOSA Board will closely monitor any proposed changes that could negatively impact retirees.
- Board Vice-Chair Charles Pruski and Board Member Marianne Greene provided information about RECOSA at the City's Pathways to Retirement event on May 20<sup>th</sup> for current employees considering retirement.
- Board Member Michael Trainer made many trips to Austin to monitor action and legislative bills that could possibly impact COSA retirees and TMRS. Fortunately, he reported nothing detrimental passed relating to COSA retirees.
- RECOSA's Health Benefit Analysis Committee works diligently to gather health benefit data and is formulating statistical interpretations of the data relating to premium costs for retirees.
- RECOSA is now on social media. Twitter and Facebook. You can find us on Facebook at <https://www.facebook.com/joinrecosa/> or follow us on Twitter @recosa4u.
- RECOSA thanks the Human Resources staff that has worked on cases brought to our attention by retirees regarding health provider issues. In recent meetings with HR, staff committed to developing a "Frequently Asked Questions and Answers" information sheet for retirees.
- Congratulations to the more than 75 2017 COSA retirees! You can stay informed about your health benefits and in touch with other retirees by joining RECOSA, membership is free. All members are welcomed to attend monthly board meetings. Meetings are held the second Tuesday of every month at 11:30 a.m. at the Lions Field Adult and Senior Center, 2809 Broadway.

Have a safe summer and I hope to see you on July 26<sup>th</sup> at the TMRS Lunch Session and August 18<sup>th</sup> Brown Bag Session.

Liz Garcia  
RECOSA Board Chair

# Healthy Living



## Mozzarella, Basil & Zucchini Frittata

This is a quick recipe with great flavor and delicious vegetables. It's also perfect anytime of the day—breakfast, lunch or dinner. Just pair it with a tossed salad and you've got one tasty meal perfect for summer. Similar recipes can be found at [www.eatingwell.com](http://www.eatingwell.com).

### Ingredients:

- 2 tablespoons extra-virgin olive oil
- 1½ cups thinly sliced red onion
- 1½ cups chopped zucchini
- 7 large eggs, beaten
- ½ teaspoon salt
- ¼ teaspoon freshly ground pepper
- ¾ cup pearl-size or baby fresh mozzarella balls (about 4 ounces)
- 3 tablespoons chopped soft sun-dried tomatoes
- ¼ cup thinly sliced fresh basil

### Directions:

1. Position rack in upper third of oven; preheat broiler.
2. Heat oil in a large broiler-safe nonstick or cast-iron skillet over medium-high heat. Add onion and zucchini and cook, stirring frequently, until soft, 3 to 5 minutes.
3. Meanwhile, whisk eggs, salt and pepper in a bowl. Pour the eggs over the vegetables in the pan. Cook, lifting the edges to allow uncooked egg from the middle to flow underneath, until nearly set, about 2 minutes. Arrange mozzarella and sun-dried tomatoes on top and place the skillet under the broiler until the eggs are slightly browned, 1½ to 2 minutes. Let stand for 3 minutes. Top with basil.
4. To release the frittata from the pan, run a spatula around the edge, then underneath, until you can slide or lift it out onto a cutting board or serving plate. Cut into 4 slices, serve, and enjoy!

According to the Skin Cancer Foundation, the odds of developing skin cancer rise as you age; in fact, between 40 and 50 percent of Americans who live to age 65 will have at least one skin cancer.

Many older adults think that there's no point in protecting themselves since the damage has been done, but it's never too late to help prevent further damage and lower your skin cancer risk.

Enjoy the summer, but do it safely!

**SUMMER HEALTH AND SAFETY**

PROTECT YOUR SKIN • STAY HYDRATED • PUT SAFETY FIRST

**PROTECT YOUR SKIN**

Skin cancer is the **MOST COMMON** type of cancer, accounting for **NEARLY HALF** of all cancer cases.

The sun's UV rays are **STRONGEST** between 10 a.m. and 4 p.m.

UVB rays are the **MAIN** cause of sunburns.

**— SUNSCREEN FACTS —**

- SPF measures how well sunscreen protects against UVB rays only.
- Water-resistant sunscreen provides protection while swimming or sweating.
- Broad-spectrum sunscreen protects against both UVB and UVA rays.

### 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/Employee Information/Retired Employees](http://sanantonio.gov/EmployeeInformation/RetiredEmployees)  
[cosaretiree@sanantonio.gov](mailto:cosaretiree@sanantonio.gov)  
[hrcustomerservice@sanantonio.gov](http://hrcustomerservice@sanantonio.gov)

**Retiree RSVP Line**  
 210-207-7000

**Davis Vision**  
 1-800-448-9372  
[www.davisvision.com](http://www.davisvision.com)

**Delta Dental**  
 1-800-422-4234  
[www.deltadentalins.com/cityofsanantonio/retirees.html](http://www.deltadentalins.com/cityofsanantonio/retirees.html)

**Aetna**  
 1-800-842-1306

**Medicare**  
 1-800-633-4227  
[www.medicare.gov](http://www.medicare.gov)

**Retiree Liaison**  
 Ann Solis  
 210-207-0073

**Texas Municipal Retirement System**  
 1-800-924-8677  
[www.tmr.com](http://www.tmr.com)

**Blue Cross and Blue Shield of Texas**  
 1-800-521-2227  
[BCBSTX.COM](http://BCBSTX.COM)

**CVS/caremark**  
 1-866-808-7470

**HSA Bank**  
 1-855-731-5220





## CITY OF SAN ANTONIO

Human Resources Department  
 Riverview Towers Building  
 111 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*

### **Robert Adame**

Transportation & Capital  
 Improvements, 20 yrs.

### **Nancy Aikens**

Department of Human Services,  
 40 yrs.

### **Roy Aguilar**

Police, 4 yrs.

### **Anthony Baerman**

Transportation & Capital  
 Improvements, 36 yrs.

### **Susan C. Blanco**

Department of Human Services,  
 21 yrs.

### **Luis Dacosta**

Convention Facilities, 38 yrs.

### **Ernesto V. Flores**

Solid Waste Management, 24 yrs.

### **Ernest Fuentes**

Fire and EMS, 36 yrs.

### **Pamela Gilmore-Tate**

Convention & Sports Facilities,  
 31 yrs.

### **Manuel Hernandez**

Solid Waste Management,  
 33 yrs.

### **Marie Hernandez**

Convention & Sports Facilities,  
 10 yrs.

### **Uvaldo Huron**

Transportation & Capital  
 Improvements, 31 yrs.

### **Ramon Lopez**

Transportation & Capital  
 Improvements, 19 yrs.

### **Ernest Martinez**

Planning and Community  
 Development, 35 yrs.

### **Bernadette McKay**

City Attorney's Office, 26 yrs.

### **Erineo Rincones**

Transportation & Capital  
 Improvements, 31 yrs.

### **Rodrigo Rodriguez**

Aviation, 9 yrs.

### **Victoria Salazar**

Mayor and Council, 20 yrs.

### **Beth Schorlemer**

Library, 18 yrs.

### **Robert Valdez**

Fire and EMS, 21 yrs.

### **Rafaela Vargas**

SA Metro Health District, 21 yrs.