

RETIREE MATTERS

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BROWN BAG

Lunch Series



Please make plans to attend the next Brown Bag session on Wednesday, June 6 at the Central Library (600 Soledad)

from 11:30 a.m.—1:30 p.m.!

This session will include a presentation about Financial Empowerment from the Department of Human Services, a demonstration of the Blue Cross and Blue Shield of Texas Member Rewards program, and a presentation on Property Appraisals by Bexar Appraisal District Chief Appraiser Michael Amezcua, where you'll learn about property appraisals and how to contest your appraisal.

The City will provide a healthy snack and water. Free parking will be available in the Library's parking garage. The Retiree RSVP Line is open, so to reserve your seat, leave a message at 210-207-7000 or email hrcustomerservice@sanantonio.gov.



Lori Steward

Message from Human Resources Director

Dear City of San Antonio Retirees,

Good to connect with you again through *Retiree Matters*. You will

see that we are continuing our "Did you Know" section with an important topic that can sometimes cause stress and anxiety—aging in to Medicare. When the time comes for you, please take this transition in stride. Although it can be overwhelming, planning ahead is the key. Know that our Employee Benefits team is here to assist you.

We are continuing to meet regularly with the RECOSA Board and as we move into budget season, those meetings will become even more important. If you have any issues you would like us to know about, please reach out to us directly or through RECOSA.

We are always looking for newsletter ideas and suggestions. If there are specific topics you'd like to know about, simply email us at cosaretirees@sanantonio.gov.

Best wishes for a safe and enjoyable summer!

Senior Centers Offer Services Good for Living

You may know that the City has Senior Centers nestled in neighborhoods across the community, but did you know just how many services they offer?

From arts and crafts and field trips to social services and exercise classes, they have programs that appeal to a variety of hobbies and interests. Not only can you attend computer classes and receive basic health screenings at a center, you can meet new friends and socialize.

According to actsretirement.org, older adults with a fulfilling social life tend to avoid many of the physical, cognitive, and emotional difficulties that seniors who are isolated encounter. There are a number of important ways that socialization can improve senior health, as explained by LiveStrong: reduced stress, longer lifespan, more fitness, reduced risk of depression, less anxiety, and greater self-esteem.

So for these reasons alone, it might be worth your time to visit a Senior Center near you. If transportation is a challenge, that is a service provided as well. Additionally, volunteer opportunities at the centers are also available. For more information, visit www.sanantonio.gov/humanservices or call the Department of Human Services at (210) 207-8198.



What medical plans are offered once I turn age 65?

Medicare retirees currently have three options to choose between once they reach age 65—Medicare Advantage PPO, Medicare Advantage Plus, and Pharmacy-only. At this time, these three plans are administered through Aetna and you will receive information in the mail from Aetna 60 days prior to your 65th birthday. Receiving this information begins the process of transitioning from Blue Cross and Blue Shield of Texas to Aetna.

Notes From The City Manager



Sheryl Sculley

Dear City of San Antonio Retirees,

Believe it or not, we are nearing summertime in San Antonio. While for many this means a special time of graduations and vacations, it also signals that the peak of budget season is right around the corner. Preparing for next year's budget is such a critical time at the City as we work diligently to determine how to best invest dollars in the programs and services that will provide the best quality of life for our residents. Part of the budget process is to prioritize those programs and services. In an effort to do this, we wanted to hear from our residents, so we again implemented the Speak Up San Antonio campaign. I hope you had a chance to

complete our Speak Up San Antonio survey either online or at one of the many community events we attended over the last couple of months. If you didn't have the opportunity to offer your feedback for the FY 2019 budget, please make plans to join us at one of the community meetings we will be hosting in August and September. You will be provided with more information about these meetings in the next issue of *Retiree Matters* and we hope to receive your input.

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

Greetings retirees!

The primary mission of RECOSA is to inform retired COSA employees and other stakeholders on matters concerning retiree health care and retirement benefits. The board works proactively to protect and preserve these benefits with the goal of improving and maintaining the quality of life for our retirees. Many retirees live on a fixed income and seek opportunities to stretch dollars without depriving ourselves of basic needs. Here are a few valuable tips that may be of interest to you:

- **Member Rewards Program**—If you are a pre-65 retiree enrolled in BlueCross Blue Shield of Texas you can take advantage of a special Members Rewards program—details are provided on the next page.
- **Gym and Exercise Programs**—If you want to participate in exercise activities, take advantage of the Silver Sneakers program for post-65 retirees enrolled in Aetna Medicare Advantage. Also, all City retirees can now join the YMCA at the same discount rate offered to active civilian employees. The City retiree monthly member rate is \$32 for an adult and \$42 for a family (2 adults and children under 18 in the household).
- **Air Methods Advantage**—Membership plans for this air medical transport service are discounted for RECOSA members. The cost for individual membership is \$15 and \$35 for family plans. Learn more by visiting the Air Methods Advantage website at airmethodsadvantage.com or calling (855) 877-2518.
- **Prescription Drugs**—If you find that your prescription drugs are very expensive, you can check with your health provider for alternative medication that may cost less. If one is identified, check with your doctor for approval.

RECOSA is always looking for retirees interested in volunteering time for our organization. Volunteers may participate as board or committee members or may assist with meeting registration. If you are interested or want to voice your opinion or concern, please call us at (210) 504-9567 or email us at info.recosa@gmail.com. Currently, the board is reviewing our bylaws for possible changes and will be bringing you more information in the next issue of *Retiree Matters*.

Be sure to join us on June 6th at the Central Library for our quarterly Brown Bag Session. For the most current RECOSA information, please send us your current email address at info.recosa@gmail.com or access our website at www.recosa.org.

Wishing you a safe and enjoyable summer!

Liz Garcia

RECOSA Board Chair

Healthy Living

Member Rewards Allows You to SHOP. GO. EARN.



For pre-65 retirees enrolled in a City health care plan, you can take advantage of a special program—Member Rewards, administered by Vitals. Because the cost of care can vary significantly from facility to facility, the Member Rewards program will help you shop for care at the best price with no compromise on quality. You'll earn cash in your pocket for making a cost-conscious choice. Here's how it works.

Shop: There are two easy ways to locate a participating health care provider. When your doctor recommends a procedure or test, you can contact your Benefits Value Advisor (BVA) at (800) 521-2227. Your BVA can help you identify a cost-effective location where you can have your service performed. The other option is to visit bcbstx.com, log in to Blue Access for members, and click on "Find Doctor or Hospital."

Go: Have your procedure or test at the location you identified as a participating provider.

Earn: When your procedure or test is performed and the medical claim is processed by Blue Cross and Blue Shield of Texas, Vitals will mail a reward check (of up to \$500) to your home a few weeks later. To review procedures and their associated rewards, visit bcbstx.com.

Remember, procedures and tests such as ultrasounds, mammograms, CT scans, and even knee, shoulder, and hip surgeries are all eligible services under the Member Rewards Program. Learn more about your options by contacting a BVA today!



Zesty Shrimp and Black Bean Salad

This quick and tasty recipe from *EatingWell Magazine* makes the perfect summertime lunch or dinner. Serve it with your favorite tortilla chips, fresh corn tortillas, or even on half of an avocado. You can also try adding different vegetables and spices to suit your tastes.

Ingredients:

1/4 cup cider vinegar
3 tbsp. extra virgin olive oil
1 tbsp. minced chipotle chile in adobo
1 tsp. ground cumin
1/4 tsp. salt
1 lb. peeled and deveined cooked shrimp, cut into 1/2-inch pieces
1 15-oz. can black beans, rinsed
1 cup quartered cherry tomatoes
1 large Poblano or bell pepper, chopped
1/4 cup scallions, chopped
1/4 cup fresh cilantro, chopped

Directions:

Whisk vinegar, oil, chipotle, cumin, and salt in large bowl. Add shrimp, beans, tomatoes, Poblano or bell pepper, scallions, and cilantro; toss to coat. Serve room temperature or cold.

Serving size: about 1½ cups

Per serving: 272 calories; 12 g fat(2 g sat); 6 g fiber; 19 g carbohydrates; 21 g protein; 80 mcg folate; 143 mg cholesterol; 5 g sugars; 0 g added sugars; 756 IU vitamin A; 32 mg vitamin C; 108 mg calcium; 2 mg iron; 410 mg sodium; 533 mg potassium

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](http://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](http://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



HUMAN RESOURCES DEPARTMENT

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!

Roque A. Aceves
 ITSD, 12 yrs.

Kenneth B. Adame
 Aviation, 21 yrs.

Armando Aguilar
 TCI, 20 yrs.

Juan Ramon Alvarado
 BES, 33 yrs.

Tonya S. Baum
 Tricentennial, 19 yrs.

Teresa Bermea
 Aviation, 19 yrs.

Barbara A. Celitans
 Library, 22 yrs.

Jeffrey Cuellar
 Parks & Recreation, 38 yrs.

Terrence Michael Carbary
 TCI, 9 yrs.

Oscar J. Delgado
 TCI 26 yrs.

M'Liss H. Earl
 Metro Health, 22 yrs.

Joseph L. Ellis
 CCDO, 17 yrs.

James Michael Flood
 Development Services, 11 yrs.

Sylvia Ann Flood
 Development Services, 25 yrs.

Michael Guerrero
 TCI, 20 yrs.

Rosalinda O. Galvez
 CCDO, 30 yrs.

Juan Jose Guerra
 Convention Sports Facilities, 15 yrs.

Steve Gutierrez
 BES, 18 yrs.

Frances S. Hernandez
 Police, 24 yrs.

Mario Hernandez
 Aviation, 37 yrs.

Irma G. Jaramillo
 Police, 12 yrs.

Ericka Ruth Jathan
 Metro Health, 9 yrs.

Charles Ignacio Kesi
 ITSD, 10 yrs.

Frances M. Martinez
 Library, 19 yrs.

Mario L. Martinez
 CCDO, 39 yrs.

Ralph Martinez
 TCI, 26 yrs.

Jose E. Morales
 Aviation, 26 yrs.

Thomas A. Nixon
 TCI, 14 yrs.

Antonio C. Perez
 TCI, 32 yrs.

Michael T. Rodriguez
 Solid Waste Management, 29 yrs.

Thomas Franklin Santee, Sr.
 Human Services, 9 yrs.

Rae L. Tucker
 Parks & Recreation, 20 yrs.

Deborah P. Vasquez
 Human Services, 30 yrs.