



RETIREE MATTERS

RETIREE NEWSLETTER

2019

Issue 41 | February

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BROWN BAG

Lunch Series



Please make plans to attend the next Brown Bag session on Tuesday, March 19 at the Central Library (600 Soledad)

from 11:30 a.m. to 1:30 p.m.!

Joe Martinelli from the City's Department of Human Services will be presenting information on senior nutrition.

The City will provide a healthy snack, water, and coffee, but feel free to bring your lunch. As always, 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 your RSVP to **AskHR@sanantonio.gov**.



Retirees enjoyed the November Brown Bag event.



Lori Steward

Message from Human Resources Director

Dear City of San Antonio Retirees,

Welcome to your first *Retiree Matters* of 2019. It's hard to believe that spring is right around the corner, but time flies when you're having fun and staying busy, and we sure are doing both in the Human Resources Department.

As you'll read in this issue, we have two events coming up—the Brown Bag session on March 19 and the City Manager's 5K on March 31—I encourage you to attend both and look forward to seeing you there!

I'm sure you'll join me in not only thanking City Manager Sheryl Sculley for her service to the City, but in welcoming newly appointed City Manager Erik Walsh. I'd also like to congratulate RECOSA's new board members and board officers for 2019.

We are always interested in hearing from you. If there are specific topics you would like to know about, email us at cosaretirees@sanantonio.gov and your suggestions could end up in this newsletter or as a presentation during a future Brown Bag session.

Until next time, happy spring!



Free Registration for City Manager's 5K!

This year, the City Manager's 5K Walk & Run will celebrate its 11th year. The family-friendly event will feature a downtown-area route beginning at Roosevelt Park, heading south through the Arsenal, Southtown, Lavaca and King William districts and back to Roosevelt Park. City retirees are invited to register free of charge.

In partnership with the YMCA of Greater San Antonio, the City Manager's 5K will kick off a day of fitness fun with Síclovía to begin shortly after the race ends. Síclovía is a free event that turns major city streets into a temporarily car-free safe place for people to run, ride bikes, take exercise classes, and more. Opening ceremonies for the 5K begin at 7:30 a.m.

Register online today at runsignup.com/CM5K. If you have questions or need assistance with registration, please call our Wellness team at 210-207-WELL (9355)



Whether you are a pre-65 retiree enrolled with Blue Cross & Blue Shield of Texas (BCBSTX) or a Medicare retiree enrolled with Aetna, receiving care from an in-network provider is more cost-effective than seeking care outside the network. If you need assistance locating an in-network provider, please refer to the following:

- for pre-65 retirees, visit bcbstx.com or call BCBSTX at 1-800-521-2227 and
- for Medicare retirees, visit aetnamedicare.com or call Aetna at 1-800-842-1306.

Notes From The City Manager



Dear City of San Antonio Retirees,

As you may know, I have announced my retirement from the City of San Antonio, so this will be my last opportunity to connect with you through this newsletter. I want to share my sincerest appreciation to you for your service to our City, its residents and visitors. I am proud that I had the opportunity to serve alongside some of you over the last 13 years and now will join your ranks.

Sheryl Sculley

I applaud those of you who have taken an active role in staying informed about your retiree benefits by joining RECOSA or serving as a board member. I encourage you to continue working closely with our Human Resources Department and building that partnership between the City and its retiree community. I look forward to the next chapter in my life and wish you all continued health and happiness in your retirement.

Sincerest regards,

Words on RECOSA—A Note from the Chair

Greetings Retirees,

I hope you are doing well and enjoying your retirement. As your new RECOSA Board Chair, I look forward to working with you and the Board to fulfill the mission of RECOSA. During 2019, the Board will continue to meet with the City's Human Resource staff to remain updated to any changes to retiree benefits, especially health care benefits. RECOSA's mission is to keep you informed and we are readily available to receive your input. Your input as a retiree enables RECOSA to provide vital information to the City so administrators and officials can make decisions that are beneficial for us. If you wish to contact us, you have several options: email us at info.recosa@gmail.com; mail us at P.O. Box 12973, San Antonio, TX, 78212-0973; or call us at 210-504-9567 (please leave a message and we will return your call). To learn more about RECOSA and your health benefits, please visit our website at recosa.org. We look forward to your active participation with RECOSA in 2019.

The RECOSA Annual Membership Meeting was held in November 2018 in combination with the quarterly Brown Bag session. Featured were presentations on nutrition and the San Antonio Public Library. The Board thanks the many individuals, health providers, and other businesses that provided door prizes and made other contributions, including the Human Resources Department and Generations Federal Credit Union for generously sponsoring lunch. Elections were held for new Board members and the following were elected at the meeting: John German, Yolanda "Lolly" Byington, Rose Rangel, Michael Trainer, and Frank Villani. Additionally, amendments to the Bylaws were approved. You can find more information about the Board on RECOSA's website at recosa.org.

During the January 2019 RECOSA Board meeting the following board officers were elected: Chair, David Lopez; Vice Chair, Rose Rangel; Treasurer, John German; Recording Secretary, Nancy Dean; and Corresponding Secretary, Yolanda "Lolly" Byington. Other Board members are Michael Trainer, Frank Villani, Kevin Burton, and Ex-Officio Board member, Gene Camargo.

We invite all City of San Antonio non-uniform retirees to join RECOSA, which is a 501 (c) 3 non-profit organization. Membership is free and the application can be found on our website. Members are welcomed to attend the monthly Board meetings usually held every first Tuesday of the month at the Solid Waste Management Department office conference room, 4410 Piedras West at 11:30 a.m.

Sincerely,

David Lopez
RECOSA Board Chair

Healthy Living



Tax Help is Here

Part of maintaining your financial wellness is to submit your annual income tax return. The City's Department of Human Services offers the Volunteer Income Tax Assistance (VITA) Program, providing free income tax return preparation to those earning up to \$60,000 annually. Volunteers from the community help prepare basic, current year tax returns for eligible taxpayers free of charge. Please call the United Way Helpline at 2-1-1 for more information on VITA services, locations, and hours. If you are interested in becoming a VITA Volunteer, please visit vitasa.org or call 210-222-2975.

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
AskHR@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
www.aetna.com

Medicare
1-800-633-4227
www.medicare.gov

Retiree Liaison
Ann Solis
210-207-0073

**Texas Municipal
Retirement System**
1-800-924-8677
www.tmr.com

**Blue Cross and Blue
Shield of Texas**
1-800-521-2227
www.bcbstx.com

CVS/caremark
1-866-808-7470
www.caremark.com

HSA Bank
1-855-731-5220
www.hsabank.com



Roasted Vegetable Breakfast Muffins

From showmethemummy.com, these Roasted Vegetable Breakfast Muffins make the perfect, easy, healthy, make-ahead breakfast. Whole eggs, egg whites, veggies, and spices get baked into portable egg muffin cups. These make a tasty morning meal and are gluten-free, vegetarian, and less than 100 calories per muffin.

Prep Time	Cook Time	Total Time
15 minutes	30 minutes	45 minutes

Ingredients:

- 1 cup diced sweet potato
- 1 cup asparagus, *trimmed and quartered*
- 1 cup diced red bell pepper
- 1/2 cup diced red onion
- 1 tablespoon olive oil
- 1 teaspoon garlic powder
- 1/2 teaspoon smoked paprika
- 1/2 teaspoon cayenne pepper, *omit if you don't like spice*
- 1 teaspoon salt, *plus more to taste*
- 1/2 teaspoon black pepper
- 4 large eggs
- 4 large egg whites, *save yolks for another use*

Directions:

- Pre-heat oven to 425 °F and line a rimmed baking sheet with a silicone baking mat.
- Place veggies onto prepared pan.
- Toss with olive oil and spices
- Roast in preheated oven for about 15 minutes, or until potatoes are tender, stirring every 10 minutes.
- Remove from oven and set aside.
- Lower heat on the oven to 350 °F and grease a standard 12-slot non-stick muffin tin generously with cooking spray. Set aside.
- In a large measuring cup, whisk together eggs and egg whites.
- Stir in roasted vegetables.
- Pour mixture evenly into the prepared muffin tin, you'll fill 9 of the slots.
- Bake in preheated oven for 15-25 minutes, or until the eggs have set.
- Remove from oven, cool slightly, and enjoy! Store leftovers in an airtight container in the fridge for about a week or freeze for up to a month.



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!

Pedro C. Aguilar, 34 yrs.
Solid Waste Management

Ricky Alvarado, 29 yrs.
Solid Waste Management

Ella Anaya, 19 yrs.
Office of Risk Management

Marcus Armstrong, 4 yrs.
Development Services

Lisa Mary Brown, 20 yrs.
Aviation

Rosalinda G. Cantu, 15 yrs.
Parks & Recreation

Kevin M. Carr, 18 yrs.
Development Services

Jose Raul Martinez Castillo, 15 yrs.
Transportation & Capital Improvements

Mario Castillo, 25 yrs.
Police

Yolanda Cyrus, 16 yrs.
Police

Gregory Delgado, 18 yrs.
Transportation & Capital Improvements

Robert Diaz, 35 yrs.
Transportation & Capital Improvements

David Edmond, 16 yrs.
Convention Sports Facilities

Oscar Flores, 4 yrs.
Transportation & Capital Improvements

Michael Frisbie, 11 yrs.
Transportation & Capital Improvements

Melanie Fulenwider, 10 yrs.
Municipal Courts

David L. Garcia, 3 yrs.
Development Services

Gloria Gomez, 27 yrs.
Metro Health

Luz Maria Gonzales, 30 yrs.
Development Services

Albert Gutierrez, 13 yrs.
Solid Waste Management

Nestora Pastrano Hernandez, 13 yrs.
Aviation

Anthony Johnson, 24 yrs.
Metro Health

John Richard La Point, 23 yrs.
Police

Mario Lara, 20 yrs.
Library

Annette Leal, 19 yrs.
Police

Scott Litchke, 26 yrs.
Parks & Recreation

Robert Longoria, 36 yrs.
Solid Waste Management

Dominga G. Luna, 37 yrs.
Finance

Daniel Maciel, 30 yrs.
Solid Waste Management

Rosalinda McCumba, 11 yrs.
Parks & Recreation

Evelyn McRae, 36 yrs.
Center City Development

Jeanne McLanathan, 25 yrs.
Visit San Antonio

Gregoria Medrano, 25 yrs.
Building & Equipment Services

Lillian Menchaca, 4 yrs.
Police

Julio Nieto, Sr., 18 yrs.
Center City Development

Eliseo R. Olivares, 20 yrs.
Convention Sports Facilities

Monty Patton, 5 yrs.
Arts & Culture

Jonathan Pullen, 4 yrs.
Development Services

Marcos Quinones, 17 yrs.
Solid Waste Management

Grace Ramirez, 20 yrs.
Municipal Courts

Antonia Reyes, 11 yrs.
Department of Human Services

Leticia Rivera, 31 yrs.
Department of Human Services

Pamela Roberson, 18 yrs.
Convention Sports Facilities

David Rodriguez, 19 yrs.
Municipal Courts

Jesse Sabedra, 30 yrs.
Parks & Recreation

Manuel A. Saenz, 33 yrs.
Department of Human Services

Peter Saenz, 5 yrs.
Development Services

Mary Santellan, 10 yrs.
Parks & Recreation

Blake Stice, 7 yrs.
Convention Sports Facilities

Anna Thomas-Galimore, 29 yrs.
Arts & Culture

Barbara Pauline Trevino, 20 yrs.
Police

Debra Valenzuela, 5 yrs.
Human Resources

Jesse E. Vasquez, 22 yrs.
Development Services

Olga Villarreal, 17 yrs.
Police

Larry Williams, 13 yrs.
Transportation & Capital Improvements

Louis M. Yanez, 17 yrs.
Parks & Recreation