



RETIREE NEWSLETTER

2020

Issue 44 | March



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BROWN BAG

Lunch Series



In the interest of everyone's wellbeing, the Human Resources Department and RECOSA have postponed the Brown Bag session originally scheduled for Friday, April 17. At this time, a new date has not been scheduled; however, below is the date for our next Brown Bag event. As of now, this date is confirmed and more information regarding time, location, and presentation topics will be mailed as the date draws near.

Please save the date for **Friday, August 14**. We hope you will make plans to attend and we look forward to seeing you then.

Sign up for text messages to get the latest updates from the City. Just text COSAGOV to 55000.

Message from Human Resources Director



Lori Steward

Dear City of San Antonio Retirees,

As we deliver the first *Retiree Matters* in 2020, we find ourselves adjusting to a new normal in light of COVID-19, which really isn't normal at all.

First and foremost, I hope that you are all healthy and following the recommendations of our health care leaders to protect yourself and your families during this time. In this issue, we have included information from Metro Health about COVID-19 to help

keep you informed.

Because changes surrounding this issue are coming quickly, please be sure to visit **Metro Health's website at www.sanantonio.gov/Health/News/Alerts/CoronaVirus** or call the **COVID-19 hotline at (210) 207-5779** for the latest details.

We've also included information regarding your insurance as it relates to COVID-19 and a reminder to participate in the census. We hope that the next issue of *Retiree Matters* finds us on the other side of this crisis and back to the old normal. Stay well.



The 2020 Census is Here!

You likely have already received a letter from the U.S. Census Bureau, inviting you to respond to the 2020 Census. Help San Antonio get its fair share of representation and funding for the next decade by responding right away, by mail, phone or online at www.my2020census.gov. Should you have any questions, you may contact Mary Mills, with our Government & Public Affairs Department at (210) 207-4495 or via email at mary.mills@sanantonio.gov.

COVID-19 and Your Insurance

Until June 4, 2020, Aetna will offer **zero co-pay telemedicine visits – for any reason**. Aetna members should use telemedicine as their first line of defense in order to limit potential exposure in physician offices. Cost sharing will be waived for all virtual visits through **in-network providers** delivering synchronous virtual care (live video-conferencing). Two new Medicare billing codes have been created for telemedicine visits and member cost share will be covered in full for these claims.

Through Aetna's Healing Better program, **members who are diagnosed with COVID-19 will receive a care package** containing CVS items to help relieve symptoms. The package will also include personal and household cleaning supplies to help keep others in the home protected from potential exposure. This kit will include a mask, gloves, hand sanitizer, and additional tips and resources.

Aetna is offering resources to help address any associated anxiety and stress related to COVID-19, including opening **Crisis Response Lines** and expanding access 24x7 to the **Aetna Nurse Medical Line**.

- **Crisis Response Line 1-833-327-AETNA/ 1-833-327-2386**
- **24/7 Aetna Nurse Medical Line 1-800-556-1555**

For pre-65 retirees, should you have any questions regarding COVID-19, please contact Blue Cross & Blue Shield of Texas at 1-800-521-2227.

Message From The City Manager



Dear City of San Antonio Retirees,

I hope this newsletter finds you and your families healthy and doing well during this challenging time. I realize that we all find ourselves in unfamiliar territory, and I want to assure you that our City team is working closely with our county, state, and national authorities, as well as health care experts, so that we can make the best decisions for our community. Being a football guy, I often use football analogies and in this case, we don't know what quarter of the game we're in now, but we're committed to seeing this game all the way through. We have certainly weathered other storms in the past, and I am confident we will get through this the best way possible – together. Certainly it is a difficult situation and we have been forced to make some difficult decisions, but know that everything we are doing is in the very best interest of our residents.

I urge you to use the resources provided in this issue and continue following the recommendations for prevention to keep you and your families safe.

Until next time,

Erik Walsh
City Manager

Words on RECOSA—A Note from the Chair

Greetings, Retirees,

RECOSA and the City's HR Department have postponed the planned April Brown Bag session due to COVID-19 and the City's mandates regarding public gatherings. We had scheduled two excellent presentations, as well as lunch and a \$100 gift card for attendees. We will work with the City to monitor events and let you know as soon as we can reschedule. In addition, RECOSA has suspended monthly board meetings during this time.

As we began the calendar year, we were thankful that City Council approved the City's FY 2020 Budget with minimal changes to retirees' healthcare benefits, as well as an increase in our monthly TMRS annuity check. As your new board chair, I look forward to working with you and the board to fulfill RECOSA's mission to protect our benefits, keep you informed, and to receive your input. We want to communicate your concerns and interests to City officials so decisions can be made that are beneficial to retirees. One way we have input is RECOSA's participation in the upcoming post-65 healthcare vendor selection process. Two of our board members (Liz Garcia and Martha Sepeda) will participate on the evaluation panel that will interview vendors who would like to provide post-65 healthcare coverage beginning next year.

RECOSA's Annual Meeting was held in November 2019 in combination with the last Brown Bag session of the year. We were fortunate to have an excellent turnout and to have City Manager Erik Walsh as our outstanding guest speaker. Lunch was provided as well as numerous donated door prizes. Elections were also held for new board members: Stephen Haney (Solid Waste), Pat Peak (Library), Martha Sepeda (City Attorney's Office), and Rebecca Waldman (Asset Management), who is returning to the board.

In addition to myself as the new Chair, new board officers include Rebecca Waldman, Vice-Chair; John German, Treasurer; Pat Peak, Recording Secretary; and Stephen Haney, Corresponding Secretary. Other returning board members are Liz Garcia, Michael Trainer, Frank Villani, and ex-officio members, Gene Camargo and David Lopez.

We invite all non-uniform retirees to join RECOSA, a 501(c)3 non-profit organization; remember, membership is free! Be sure we have your current email so we may invite you our board meetings, Brown Bag sessions, and Annual meetings, once they resume. Our email is info.recosa@gmail.com, our address is P.O. Box 12973, San Antonio, Texas, 78212-0973, and our phone number is (210) 504-9567 (please leave a message and we will return your call). Given current events, it is important that we are able to communicate information to you. Please be sure to frequently visit the RECOSA website at recosa.org for more information.

Stay safe out there!

Rose Rangel
RECOSA Board Chair

COVID-19 Resources

COVID-19 is a new virus that causes respiratory illness in people and can spread from person-to-person.

Transmission

The virus is thought to spread mainly from person-to-person.

- Between people who are in close contact with one another (within about 6 feet).
- Through respiratory droplets produced when an infected person coughs or sneezes.
- If you are sick, you should stay home and call your health care provider.

It may be possible that a person can get COVID-19 by touching a surface or object that has the virus on it and then touching their own mouth, nose, or possibly their eyes, but this is not thought to be the main way the virus spreads.

Symptoms

Patients with confirmed COVID-19 infection have reportedly had mild to severe respiratory illness with symptoms of:

- Fever
- Cough
- Shortness of breath

Prevention

The best way to prevent infection is to take precautions to avoid exposure to this virus, which are similar to the precautions you take to avoid the flu. The Center for Disease Control always recommends these everyday actions to help prevent the spread of respiratory viruses:

- Wash your hands often with soap and water for at least 20 seconds. If soap and water are not available, use an alcohol-based hand sanitizer.
- Avoid touching your eyes, nose, and mouth with unwashed hands.
- Avoid close contact with people who are sick.
- Stay home when you are sick.
- Cover your cough or sneeze with a tissue, then throw the tissue in the trash.
- Clean and disinfect frequently touched objects and surfaces.

Terms to Know

Close Contact—Being within six feet of a COVID-19 case for a prolonged period of time.

Confirmed Case—Anyone who has tested positive for the virus at the CDC laboratory

Presumptive Case—Anyone who has tested positive for the virus, but testing was conducted at the local or state level.

Curve—A theoretical number researchers use to project the number of people who will contract COVID-19 over a period of time.

Epidemic—Occurrence in a community or region of cases of an illness, specific health-related behavior, or other health-related events clearly in excess of normal expectancy.

Isolation—Separating sick people with a contagious disease from people who are not sick.

Pandemic—The worldwide spread of a new disease.

Quarantine—Separating and restricting the movement of people who were exposed to a contagious disease to see if they become sick.

More Information

Here are two websites where you can find additional information.

Centers for Disease Control and Prevention—www.cdc.gov/coronavirus/2019-ncov/

Texas Department of State Health Services—www.dshs.texas.gov/coronavirus/

Contacts

City of San Antonio Human Resources

Customer Service

111 Soledad, 8th Floor
San Antonio, TX 78205
210-207-8705 (P)
210-207-6043 (F)
sanantonio.gov/employeeinformation/retiredeemployees
cosaretiree@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

Aetna

1-800-338-4533
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.tmrts.com

Blue Cross and Blue Shield of Texas

1-800-521-2227
www.bcbstx.com

CVS/caremark

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

Riverview Towers Building
111 Soledad, 8th Floor
San Antonio, TX 78205

Joining Your Ranks

Congratulations to the following people on their recent retirement!

Robert Acosta, 20 yrs.
Development Services

Dennis Attard, 13 yrs.
Development Services

David Bampi, 22 yrs.
Parks & Recreation

Maria Barron, 22 yrs.
311

Melanie Benson, 18 yrs.
Development Services

Bart Bird, 12 yrs.
Office of Risk Management

Mary Briseno, 22 yrs.
Aviation

Estela Cantu, 30 yrs.
Convention Sports Facilities

Richard Carrizales, 20 yrs.
Municipal Courts

Mark Castellon, 8 yrs.
Information Technology Services Department

James Cates, 25 yrs.
Information Technology Services Department

Jesse Chavez, 19 yrs.
Transportation & Capital Improvements

Glen Davis, 14 yrs.
Aviation

Paula Davis, 31 yrs.
Library

Francisco Delgado, 28 yrs.
Aviation

Dora Jean Flores, 30 yrs.
Police

Reynaldo Flores, 11 yrs.
Building & Equipment Services

Cynthia Forey, 24 yrs.
Parks & Recreation

Carlos Gallegos, 18 yrs.
Solid Waste Management

Justo Gallegos, 20 yrs.
Transportation & Capital Improvements

Louis Gatica, 22 yrs.
Aviation

Gloria Gomez, 30 yrs.
Parks & Recreation

Vincent Herrera, 34 yrs.
Information Technology Services Department

Debra Hill, 11 yrs.
City Manager's Office

David Hook, 17 yrs.
Aviation

Michael Howdyshell, 19 yrs.
Library

Kimberly Huffman, 18 yrs.
Department of Human Services

David Kubena, 11 yrs.
Convention Sports Facilities

Lasonya Madison, 19 yrs.
Transportation & Capital Improvements

Carlos Martinez, 19 yrs.
Animal Care Services

Christina Martinez, 25 yrs.
Library

Juan Martinez, 37 yrs.
Transportation & Capital Improvements

Juan Martinez, 18 yrs.
Parks & Recreation

Frank McDonald, Jr., 6 yrs.
Police

Oscar Medrano, 25 yrs.
Solid Waste Management

Jose Menchaca, 22 yrs.
Aviation

Johnny Morales, 16 yrs.
Aviation

Marsha Munoz, 23 yrs.
Transportation & Capital Improvements

Elizabeth Pardo, 25 yrs.
Municipal Courts

Elida Perera, 13 yrs.
Development Services

Andrew Perez, 31 yrs.
Development Services

Mary Perez, 30 yrs.
Finance

Brenda Ramos, 19 yrs.
Library

Margarita Riojas, 30 yrs.
Center City Development & Operations

Ruben Ramirez, 7 yrs.
Transportation & Capital Improvements

Ruben Rabago, 20 yrs.
Transportation & Capital Improvements

Delia Rodriguez, 10 yrs.
Parks & Recreation

Cynthia Soto, 20 yrs.
Development Services

Pedro Tagle, 26 yrs.
Police

Theresa Tagle, 19
Police

Mary Valadez, 5 yrs.
Pre-K 4 SA

Mario Vasquez, 35 yrs.
Transportation & Capital Improvements

Thelma Vasquez, 16 yrs.
Human Services

Raul Viera, 12 yrs.
Parks & Recreation

Julian Villa, 31 yrs.
Building & Equipment Services

Patrice Wallace, 11 yrs.
Finance

Olga Wolff, 17 yrs.
Development Services