



Issue 45 | August

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### BROWN BAG

Lunch Series

Due to the state of the COVID-19 pandemic, the Brown Bag sessions scheduled for this calendar year have been cancelled. As much as we enjoy providing these events for our retirees, we must do what is necessary to keep you, City staff, and our guest presenters safe and healthy. We expect that as things return to a more normal state, we will begin hosting these events once again. Once dates for 2021 have been scheduled, we will communicate that information to you.



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

Just text COSAGOV to 55000.



As you might recall, the last several years we have featured photos of our retirees in the retiree benefit guide, and this coming year will be no different. If you are interested in having your photo appear in the 2021 Benefit Matters Retiree Guide, please email a photo to us at [AskHR@sanantonio.gov](mailto:AskHR@sanantonio.gov) and you just might see yourself on a page or two come October. Please be sure to include your name, years of service, and the department(s) you worked in. Please submit your photo(s) by Friday, Aug. 28 to [AskHR@sanantonio.gov](mailto:AskHR@sanantonio.gov).

## Message from Human Resources Director



Lori Steward

Dear City of San Antonio Retirees,  
I hope this issue of *Retiree Matters* finds each of you and your loved ones well.

Needless to say, the last few months have been quite an adjustment for all of us at the City. From some employees shifting to working remotely to implementing screening processes for those entering City facilities, we are all getting used to new ways of doing things. Most of the Human Resources team has been able to work from home while continuing to support our employees and retirees.

As you may know, we are in the middle of budget season and the FY 2021 budget will be proposed to City

Council on August 6. Please keep an eye out for the budget issue of *Retiree Matters* to hit your mailbox next month. That issue will outline retiree health care and compensation information proposed for next year, as well as details about annual enrollment.

I urge you to stay informed about COVID-19 to keep you and your families safe during this time. The latest information can be found online at [covid19.sanantonio.gov](https://covid19.sanantonio.gov) or by calling the COVID-19 hotline at 210-207-5779.

While it is uncertain when we might be able to meet in person again, know that the team is here to assist you with any questions you may have. Until then, I wish you a safe and healthy summer.

## Wellness Workshop



It may not be the Brown Bag session you're used to attending, but you are invited to participate in an online wellness session taking place on Wednesday, August 19, from 2 to 3 p.m. The topic is *Eating Your Way to Wellness* and it will be hosted by our Employee Wellness team through our Employee Assistance Program. Participants will discuss methods for choosing and preparing healthy food, tips for eating healthy on a budget, and how to access additional resources to assist in developing a healthy eating plan. Please note that you will need a computer and email to register and to attend.

Here's how to register:

- Register online at this website address—<https://bit.ly/2EmdDaB>
- Enter your first and last name and your email address
- Read the disclaimer and if you agree, click the check box and then click on the "register" button
- A confirmation of your registration will be emailed to you with instructions for joining the session



# Message From The City Manager



Dear City of San Antonio Retirees,

It's good to connect with you once again. Certainly none of us knew what was in store for us when the last issue of this newsletter was sent in March, but I have to share how proud I am of our City team for coming together to continue providing important City services during such a remarkable time. My hope is that you and your families have remained safe and healthy during this pandemic.

As you may know, the City is facing some important decisions during this current budget season. We are challenged with the difficult task of maintaining core City services and doing what is in the best interest of our employees and retirees, while at the same time addressing a budget deficit that will impact us over the next few years. While these are extraordinary times for all of us, I am committed to doing all I can to ensure the City is in a healthy financial position and to avoid any layoffs.

I'm disappointed that I won't be able to meet with you in person like I did last year, but I wish you well from a distance. While 2020 has proven to be a year unlike any other, I am confident that we will get through this together and I look forward to better days ahead. Please keep yourselves safe.

Until next time,

Erik Walsh

## Words on RECOSA—A Note from the Chair

Greetings, Retirees,

The RECOSA (Retired Employees of the City of San Antonio) Board hopes this newsletter finds you and your family well and staying safe during this unprecedented pandemic. While it continues to be a challenging time for all of us, we want to assure you that RECOSA continues to actively work with the City of San Antonio regarding issues important to our retirees.

One of the most important items has been RECOSA's participation with City staff on the evaluation panel for the selection of next year's post-65 Medicare Advantage provider. Board members Liz Garcia and Martha Sepeda have served on the panel and well-represented retirees' interests. We look forward to the finalization of that process.

In addition, RECOSA has been working to improve our website and provide outreach to our new retirees. While the board's last in-person meeting was in early March, we continue to work together via email, phone calls, and texts. We held a virtual board meeting on July 7<sup>th</sup> via Zoom and conducted some very important business regarding future meetings and elections. We have learned from Human Resources that they are cancelling the August 14<sup>th</sup> and November 13<sup>th</sup> Brown Bag meetings due to the pandemic. RECOSA typically holds our Annual Meeting in conjunction with the City's November Brown Bag session and we hold our board elections at that time. After much discussion, the board voted to postpone the Annual Meeting indefinitely and carry over the existing board members with expiring terms (Liz Garcia, Frank Villani, Michael Trainer, Rose Rangel, and John German) indefinitely until such time as it is safe to reschedule an Annual Meeting and hold an election for new board members. Other board members whose terms won't expire until the end of 2021 are Rebecca Waldman, Stephen Haney, Martha Sepeda, and Patricia Peak.

Because of our inability to safely meet as a large group, it is more important than ever for us to be able to communicate with you via email. If you are not currently a RECOSA member or we do not have your current email address, please contact us at your earliest convenience at [info.recosa@gmail.com](mailto:info.recosa@gmail.com) or leave a message at 210-504-9567. Please spread the word to your fellow City retirees and be sure to frequently visit our website at [recosa.org](http://recosa.org) for additional information.

Stay safe out there!

Rose Rangel, RECOSA Board Chair

# Health & Safety

For post-65 retirees who are enrolled in a Medicare Advantage plan, Aetna is waiving cost shares (\$0 co-pay) for in-network primary care and specialist telehealth visits, including outpatient behavioral and mental health counseling services, through September 30, 2020. If you are interested in this service, please contact your doctor to see which telehealth services they may be able to offer you and how to schedule them. Remember, a telehealth visit is usually one that takes place either by video, phone, or both.

Additionally, Aetna is temporarily making Teladoc® available to all of their Medicare Advantage members for general medical care only, at no cost, through September 30, 2020. However, you are encouraged to seek virtual care from your own doctor first when possible to maintain care continuity. To access Teladoc, members can call 1-855-TELADOC (855-835-2362) or visit [member.teladoc.com/aetna](https://member.teladoc.com/aetna) for help. It's available 24/7.

MinuteClinic Video Visits are now covered by COSA's Aetna Medicare Advantage plans and co-pays are waived through September 30, 2020. To access MinuteClinic Video Visits, members can visit [cvs.com/minuteclinic/virtual-care/video-visit](https://cvs.com/minuteclinic/virtual-care/video-visit) or download the CVS mobile application. It's available 24/7.

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. Their customer service representatives can assist you with questions regarding COVID-19 testing, treatment, prescriptions, telemedicine, and coverage.



In addition to protecting ourselves from COVID-19, we also need to make sure we're taking action to prevent heat-related illnesses. Here are some great tips from Metro Health to help protect you from the pandemic and the heat.

If you are at higher risk for serious illness from COVID-19 because of your age or because you have a serious long-term health problem, it is extra important for you to take actions to reduce your risk of getting sick with the disease.

- Stock up on supplies.
- Take everyday precautions to keep space between yourself and others.
- In public, keep away from others who are sick, limit close contact, and wash your hands often.
- Avoid crowds as much as possible.

Older adults and people with underlying medical conditions, such as lung or heart disease, or diabetes seem to be particularly susceptible to COVID-19. Older adults should take the following precautions:

- Make a plan to prepare yourself if you get sick.
- Know who will take care of you if your caregiver gets sick.
- Talk to your doctor to have enough medication on hand if you get sick.
- Call your doctor immediately if you develop warning signs such as difficulty breathing, persistent pain or pressure in the chest, confusion, or blueness of the lips or face.
- Stay home as much as possible to further reduce your risk of being exposed.

Tips to stay safe in the heat include:

- Stay cool—stay indoors, if possible in an air-conditioned location. Any outside work should be done in the morning or evening, wearing light-colored, loose-fitting clothing, a wide-brimmed hat, and sunscreen. Take frequent cool baths or showers if your home isn't air-conditioned.
- Stay hydrated—drink more water than usual and don't wait until you're thirsty to drink water. Avoid alcohol or liquids containing high amounts of sugar.

## Contacts

**City of San Antonio  
Human Resources  
Customer Service**  
210-207-8705 (P)  
210-207-6043 (F)  
[sanantonio.gov/  
employeeinformation/  
retirees](mailto:sanantonio.gov/employeeinformation/retirees)  
[cosaretiree@sanantonio.gov](mailto:cosaretiree@sanantonio.gov)  
[AskHR@sanantonio.gov](mailto:AskHR@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**  
1-800-338-4533  
[www.aetna.com](http://www.aetna.com)

**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.tmrns.com](http://www.tmrns.com)

**Blue Cross and Blue Shield  
of Texas**  
1-800-521-2227  
[www.bcbs.tx.com](http://www.bcbs.tx.com)

**CVS/caremark**  
1-866-808-7470  
[www.caremark.com](http://www.caremark.com)

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





Riverview Towers Building  
111 Soledad  
San Antonio, TX 78205

## Joining Your Ranks

***Congratulations to the following people on their recent retirement!***

<b>Esteban Aguirre, 31 yrs.</b> Solid Waste Management	<b>Diane Floyd-Kindred, 24 yrs.</b> Police	<b>Maria Ramirez-Herrera, 13 yrs.</b> Metro Health
<b>Beatrice Ahrens, 23 yrs.</b> Fire & Police Pension	<b>Olga Flores McDonald, 25 yrs.</b> Police	<b>Edward Ramos, 24 yrs.</b> Parks & Recreation
<b>Marco Antopia, 20 yrs.</b> Police	<b>Henry Garcia, 15 yrs.</b> Parks & Recreation	<b>Kenneth Ravenscroft, 16 yrs.</b> Solid Waste Management
<b>Diane Backhus, 24 yrs.</b> Library	<b>Manuel Garcia, 38 yrs.</b> Transportation & Capital Improvements	<b>Angelica Rios, 26 yrs.</b> Police
<b>Franklin Bayer, 19 yrs.</b> Transportation & Capital Improvements	<b>Elma Garza, 35 yrs.</b> Finance	<b>George Robles, 24 yrs.</b> Transportation & Capital Improvements
<b>Robert Bazan, 11 yrs.</b> Transportation & Capital Improvements	<b>Felipe Garza, 27 yrs.</b> Transportation & Capital Improvements	<b>Richard Rosas, 19 yrs.</b> Parks & Recreation
<b>Alexander Bautista, 5 yrs.</b> Building & Equipment Services	<b>Robin Goddard, 16 yrs.</b> Aviation	<b>Patrick Rudloff, 17 yrs.</b> Information Technology Services
<b>Robert Blanco, 35 yrs.</b> Transportation & Capital Improvements	<b>David Gonzales, 26 yrs.</b> Convention Sports Facilities	<b>Albert Sandoval, 24 yrs.</b> Convention Sports Facilities
<b>John Bull, 20 yrs.</b> Municipal Courts	<b>Rosa Gonzalez, 30 yrs.</b> Human Services	<b>Yolanda Satarain, 12 yrs.</b> Finance
<b>Santiago Campa, 29 yrs.</b> Solid Waste Management	<b>Richard Guzman, 13 yrs.</b> Police	<b>Brian Schuetze, 19 yrs.</b> Aviation
<b>Susan Campbell, 11 yrs.</b> Parks & Recreation	<b>Roland Hinojosa, 25 yrs.</b> Center City Development	<b>Jesse Serna, 26 yrs.</b> Transportation & Capital Improvements
<b>Arturo Canales, 30 yrs.</b> Parks & Recreation	<b>Robert Hughes, 40 yrs.</b> Information Technology Services Dept.	<b>Valentina Serna, 18 yrs.</b> Library
<b>Ruben Contreras, 23 yrs.</b> Parks & Recreation	<b>Mary Lemus, 34 yrs.</b> Police	<b>Cynthia Torres, 26 yrs.</b> Metro Health
<b>Ronald Cottrell, 19 yrs.</b> Parks & Recreation	<b>Teresa Lozano, 21 yrs.</b> Finance	<b>Leticia Vacek, 15 yrs.</b> Office of the City Clerk
<b>Rhonda Davila, 20 yrs.</b> Library	<b>Rolando Mata, 28 yrs.</b> Transportation & Capital Improvements	<b>Mary Valdez, 5 yrs.</b> Pre-K 4 SA
<b>David Dowsland, 25 yrs.</b> Building & Equipment Services	<b>Yvonne Medrano, 38 yrs.</b> Library	<b>Valarie Williams, 12 yrs.</b> Aviation
<b>Dino R. Duncan, 23 yrs.</b> Solid Waste Management	<b>Mona Montgomery, 17 yrs.</b> Parks & Recreation	<b>Deborah Yeager, 21 yrs.</b> Human Services
<b>Margaret Encino, 13 yrs.</b> Building & Equipment Services	<b>Patrick Patton, 9 yrs.</b> Aviation	<b>Juanita Zamudio, 25 yrs.</b> Police
<b>Marcial Espinoza, 23 yrs.</b> Police	<b>Maria Perez, 31 yrs.</b> Police	<b>Andrew Zapata, 24 yrs.</b> Aviation
<b>Frank Falcon, 19 yrs.</b> Convention Sports Facilities	<b>George Ponce, 10 yrs.</b> 311	