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Believe it or not, elections for Mayor and City Councilmembers are not too far off. Here are a few important dates to keep in mind:

- April 1: Last day to register to vote with Bexar County
- April 19—27: Early voting by personal appearance
- May 1: Election Day from 7 a.m. to 7 p.m.

For more details, call the City Clerk's Office at 210-207-7253 or visit [www.sanantonio.gov/ElectionsCampaignFinance](http://www.sanantonio.gov/ElectionsCampaignFinance).

## MESSAGE FROM THE HR DIRECTOR



Lori Steward

Dear City of San Antonio Retirees,

Welcome to the first issue of *Retiree Matters* in 2021.

Needless to say, we have been living in unprecedented times, but I think we can agree that with the vaccine now available, there is light at the end of the tunnel.

Because it is still not safe for any of us to gather together, our Brown Bag sessions will be held virtually this year with the first one scheduled for March 19. Please see the information below for all the details about the meeting.

I'd like to thank the RECOSA leadership for their flexibility this past year to adjust to virtual meetings and for their continued partnership with the HR team and

the City. We appreciate the open lines of communication we have established and look forward to our ongoing meetings this year.

Be sure to let us know if there are any topics you would like to see in this newsletter. If you have any ideas for this issue or for an upcoming Brown Bag session, please email us at [cosaretirees@sanantonio.gov](mailto:cosaretirees@sanantonio.gov).

Until next time, please take care of yourselves and be safe.



## BROWN BAG

### Lunch Series



We are pleased to bring back our Brown Bag series this year! Due to COVID-19 restrictions, for now they will be held virtually. We do hope that our final Brown Bag of the year, scheduled for sometime in November can be in person, but that will be determined as that date draws closer.

For now, we invite you to save the date for the first Brown Bag of 2021 on Friday, March 19 from 11:30 a.m. to 12:30 p.m. Our speaker will be Assistant City Manager & Interim Health Director Dr. Colleen Bridger. Dr. Bridger has been essential in leading the City's response to the pandemic and will present information pertaining to COVID-19, including vaccines and testing.

Additionally, representatives from Blue Cross and Blue Shield of Texas, Aetna, and CVS will be available during the Brown Bag to answer any questions you may have about your medical and pharmacy benefits.

To participate in the Brown Bag, you can join online by visiting <https://bit.ly/3qysBxw> or scanning the image below with your smartphone camera. You don't need to take a picture of the image, but simply point your camera on it and will automatically take you to the website where you can join the meeting. If you choose to join this way, you may need to download the Webex app on your phone. If you would prefer to join the meeting by phone, just dial 1-415-655-0001. You will be asked to enter your meeting number or access code followed by the pound sign, which is 177 286 2837#, and then you will enter the meeting. Talk with you on March 19!

Scan here with your  
smartphone camera.



## MESSAGE FROM THE CITY MANAGER



Erik Walsh

Dear City of San Antonio Retirees,

My hope is that this newsletter finds each of you safe and healthy. I know that the winter weather impacted many in our community and I hope that you and your families made it through and are enjoying the milder temperatures. As a native San Antonian, I know the snow of 2021 is the most eventful one of my lifetime so far, and no doubt we'll be talking about it for years to come.

Between the vaccine clinics and the recent weather challenges, this year is proving to be just as eventful as 2020. As always, the City team continues to be flexible and pull together to ensure that basic services are provided to its residents, regardless of the situation; and for that I am proud and grateful.

I realize that COVID-19 is still a critical issue for our community and certainly the vaccine distribution is a priority for my team. I urge you to follow the safety guidelines that have been shared by Metro Health to keep you and your loved ones safe—wear your mask, wash your hands frequently, and practice social distancing.

I will continue to wish you all well from a distance.

Please remain safe,  
Erik Walsh

## WORDS ON RECOSA— A NOTE FROM THE CHAIR

As we begin the new year, we are thankful that City Council approved the City's FY2021 Budget with minimal changes to retirees' health care benefits and an increase in our monthly TMRS annuity check. A competitive process for post-65 healthcare insurance, in which the Retired Employees of the City of San (RECOSA) board members participated, resulted in a new contract with Aetna, several positive changes, and reduced costs for many of our retirees. Pre-65 retirees on Blue Cross Blue Shield saw no changes in their benefits and no increases in costs. As always, RECOSA board members worked closely throughout the year with City officials to protect and maintain COSA retiree health and retirement benefits.

We are excited to announce that we are working with Human Resources staff to resume the Brown Bag sessions this year. We strongly encourage you to join us for our first one on March 19 for some important COVID-19 updates. Brown Bag sessions are also being planned for August and November, with RECOSA's Annual Meeting held in conjunction with the November session. Stay tuned for more details.

As your new board chair, I look forward to keeping you informed and receiving your input. While our in-person meetings with the City have been curtailed due to the pandemic, we have remained in close communication with our contacts in the Human Resources Department throughout the year via email and online meetings. We want to continue to communicate your concerns and interests to City officials so decisions can be made that are beneficial to retirees. In an effort to stay in closer touch with RECOSA members, we invite anyone interested in participating in our monthly board meetings via Zoom to email us at [info.recosa@gmail.com](mailto:info.recosa@gmail.com). We will then send you a link to join the meetings which are held at 11:30 a.m. on the first Tuesday of each month.

In addition to myself as the new Chair, another new board officer is Liz Garcia, Vice-Chair, and the following 2020 officers are returning: John German, Treasurer; Pat Peak, Recording Secretary; and Stephen Haney, Corresponding Secretary. Because we did not have an Annual Meeting nor an election of new board members in 2020, the following individuals remain as board members: Rose Rangel, Martha Sepeda, Michael Trainer, Frank Villani, and ex-officio board members, Gene Camargo and David Lopez. We have retained a consultant to help improve our website and Generations Federal Credit Union has generously donated \$1500 to assist us in this effort. Please be sure to check our [www.recosa.org](http://www.recosa.org) website to view our 2020 Annual Report.

As always, we invite all non-uniform retirees to join RECOSA, which is a 501(c)3 non-profit organization. Membership is free. Please be sure we have your current email so we may let you know when our board meetings, Brown Bag, and Annual meetings will be held. Our email is [info.recosa@gmail.com](mailto: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).

Thank you and stay safe,

Rebecca Waldman  
RECOSA Board Chair

# HEALTH AND SAFETY



While it's always important to discuss your dietary needs with your doctor, here's some information from Great Senior Living that could be helpful for those seeking to eat more nutritiously.

What makes seniors' nutrition such an important topic? Isn't food just...food? Well, you might be surprised. Your food choices can have big impacts on your well-being. For instance, healthy

eating habits can improve your energy levels, boost your immune system, and make you feel great inside and out. For some older adults, they can even help restore feelings of youthfulness.

Simply put, good nutrition is essential for your physical health. Making good food choices may help you prevent or manage diseases and other physical conditions. Certain foods—such as those that contain omega-3 fatty acids—can also help your mind stay sharp. So adopting healthier eating habits is in your best interest if you intend to enjoy your senior years to the fullest.

As you learn more about incorporating good nutrition into your life, keep in mind that it's different than dieting. Implementing a nutrition plan is simply about making healthy food choices on a regular basis and being aware of how much you eat from certain food groups. You still get to enjoy a variety of delicious foods, and you shouldn't be left feeling hungry after a meal. When you combine good nutrition with being active, you'll have an excellent wellness plan in place.

## Healthy Snack Ideas

Developing a snack plan for your day or week can help you consume nutritious foods on a regular basis. Be creative. There are countless possible combinations of grains, nuts and seeds, cheeses, and fruits and vegetables, so don't be afraid to try new things. Many grocery stores even sell already-prepared healthy snacks. Just be sure to check the labels on prepared items. Pay particular attention to their sodium and sugar content.

Healthy and nutritious snack ideas to consider include:

- Baked apples or pears topped with cinnamon, nuts, and/or raisins
- Baked kale chips (made by you or already prepared at the grocery store)
- Baked sweet potato fries
- Celery, apples, or bananas with nut butter
- Cheese and tomatoes on whole-grain toast
- Cucumbers topped with feta cheese and walnuts
- Fresh fruit and granola with low-fat yogurt
- Fresh fruit with low-fat cottage cheese
- Half a whole-grain bagel topped with ricotta cheese and berries
- Nuts and dried fruit (in modest portion sizes)
- Popcorn (plain air-popped or microwaved) seasoned with dark chocolate shavings, parmesan cheese, cinnamon, or any favorite seasoning (or using small amounts of extra virgin olive or coconut oil instead of butter)
- Rice cakes topped with nut butter and fresh or dried fruit
- Roasted chickpeas
- Smoothies made with fruit, leafy greens (like kale or spinach) and yogurt or non-dairy milk
- Whole-grain crackers with salsa and guacamole
- Veggie sticks and hummus (which you can make or buy already prepared at most grocery stores)

## Contacts

### **City of San Antonio Human Resources Customer Service**

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](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.tmrts.com](http://www.tmrts.com)

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

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

**HSA Bank**  
1-855-731-5220  
[www.hsabank.com](http://www.hsabank.com)





PO Box 839966  
San Antonio, Texas  
78283-3966

## JOINING YOUR RANKS

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

<b>Mike Alvarez, 20 yrs.</b> Parks & Recreation	<b>Lenny Irwin, 19 yrs.</b> Aviation	<b>Ralph Rivera, 28 yrs.</b> Parks & Recreation
<b>Josephina Arredondo, 36 yrs.</b> Police	<b>Eric Kaalund, 14 yrs.</b> Aviation	<b>Antonio Robles, 9 yrs.</b> Transportation & Capital Improvements
<b>Pablo Barrera, 20 yrs.</b> Aviation	<b>Connie Laredo-Zepeda, 45 yrs.</b> Government & Public Affairs	<b>David Rodriguez, 13 yrs.</b> Public Works
<b>Robert Blackman, 11 yrs.</b> Convention & Sports Facilities	<b>Virginia Limon, 19 yrs.</b> Public Works	<b>Jose Saucedo, 13 yrs.</b> Center City Development
<b>Michael Burns 5yrs.</b> Parks & Recreation	<b>Mary Macias, 24 yrs.</b> Metro Health	<b>Santos Serrano, 20 yrs.</b> Parks & Recreation
<b>Luis Campos, 23 yrs.</b> Transportation & Capital Improvements	<b>Amanda Mares-Villalta, 21 yrs.</b> Police	<b>Eddie Shear, 20 yrs.</b> Aviation
<b>Sandra Carney, 32 yrs.</b> Department of Human Services	<b>Gregorio Martinez, 17 yrs.</b> Parks & Recreation	<b>Rudy Sloss, 3 yrs.</b> Aviation
<b>Ruben Cortez 23 yrs.</b> Transportation & Capital Improvements	<b>Lino Martinez, 26 yrs.</b> Transportation & Capital Improvements	<b>Richard Solis, 12 yrs.</b> Metro Health
<b>Eduardo Cuellar, 19 yrs.</b> Convention & Sports Facilities	<b>Minnie McDaniel, 26 yrs.</b> Metro Health	<b>Herlyn Stout, 16 yrs.</b> Police
<b>Stephen De Leon, 10 yrs.</b> Parks & Recreation	<b>Marco Mendoza, 28 yrs.</b> Center City Development	<b>Javier Tamez, 16 yrs.</b> Convention & Visitors Bureau
<b>Benjamin Dominguez, 10 yrs.</b> Department of Human Services	<b>Cecil Miller, 16 yrs.</b> Development Services	<b>Alberto Trevino, III, 13 yrs.</b> Parks & Recreation
<b>Nancy Durham, 13 yrs.</b> Parks & Recreation	<b>Michael Mitchell, 24 yrs.</b> Information Technology Services	<b>Roland Trevino, 33 yrs.</b> Solid Waste Management
<b>Sandra Garcia, 31 yrs.</b> Department of Human Services	<b>Oscar Soriano Moreno, 19 yrs.</b> Solid Waste Management	<b>Tomas Hernandez Vazquez, 14 yrs.</b> Public Works
<b>Virgil Garza, 31 yrs.</b> Solid Waste Management	<b>Mary Ortiz, 30 yrs.</b> Metro Health	<b>Hugo Villarreal, 26 yrs.</b> Economic Development
<b>Karl Geyer, 22 yrs.</b> Aviation	<b>Frank Paredes, 29 yrs.</b> Public Works	<b>Juan Votion, 19 yrs.</b> Development Services
<b>Raymond Gomez, 32 yrs.</b> Public Works	<b>Hal Parker, 20 yrs.</b> Transportation & Capital Improvements	<b>Leticia Wawrzyniak, 35 yrs.</b> Finance
<b>Concepcion Gonzales, 38 yrs.</b> Police	<b>Michael Pollog, 12 yrs.</b> Office of the City Clerk	<b>Marie West, 16 yrs.</b> 311 Customer Service
<b>Luis Gonzales 15 yrs.</b> Parks & Recreation	<b>Mario Ponce, 38 yrs.</b> Public Works	<b>Mary Williams, 5 yrs.</b> Metro Health
<b>Juanita Gutierrez, 16 yrs.</b> Police	<b>Gracie Rendon, 20 yrs.</b> Library	
<b>Rebecca Hernandez, 26 yrs.</b> Parks & Recreation	<b>Sandra Reyes, 22 yrs.</b> Aviation	
<b>Regina Herrera, 22 yrs.</b> Police	<b>William Richter, 13 yrs.</b> Development Services	