

RETIREE NEWSLETTER

2022 RETIREE MATTERS

News for City of San Antonio Retirees

Issue 53 - July



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BROWN BAG

Lunch
Series



Please mark your calendars and plan to attend the Retiree Brown Bag session on **Tuesday, August 16, at 11:30 a.m. at the Mission**

Library, 3134 Roosevelt Ave. This will be the first Brown Bag held in person since COVID, and we hope to see you there!

During this Brown Bag, there will be a presentation regarding the FY 2023 Proposed Budget, including retiree health care, and an overview of the TMRS cost-of-living-adjustment and how it is calculated. Additionally, it will be a great time to reconnect and visit with fellow retirees. Healthy snacks and water will be provided.

The **Retiree RSVP Line** is open and space is limited, so reserve your seat by leaving a message at **210-207-7000** or emailing **AskHR@sanantonio.gov** by August 12.

COVID-19 Testing And Treatment Site



In late April, the City introduced a NO-COST COVID-19 Testing and Treatment Site. This drive-thru site provides testing, examination and treatment services. No appointment is necessary. This site is open Monday through Friday from 8 a.m. to 5 p.m. at 7142 San Pedro and offers rapid testing to uninsured symptomatic patients.

Upon receiving a positive result, an onsite health care provider will determine the appropriate treatment plan. Then, depending on a patient's pertinent medical history, the medical provider has the option to prescribe an oral antiviral medicine, which will be filled at the HEB of the patient's choice at no cost.

Please call 311 and select option 8 for more information and resources related to COVID-19. For a full list of testing sites available, please visit <https://covid19.sanantonio.gov/What-YOU-Can-Do/Testing#TestingLocation>.

MESSAGE FROM THE HR DIRECTOR



Renee Frieda

Dear City of San Antonio Retirees,

Wow, what a summer we have had so far. My hope is that you have all been staying cool and healthy.

Our HR team has been very busy over these last few months, in particular, preparing next year's budget. As you might imagine, health care benefits are always a priority for us all year long and especially during budget season. This holds true not only for our active employees, but also for our retirees. We realize we will all be in your retiree shoes one day and know that having reliable and affordable health care options is extremely important to you, and it is to us as well. Know that this is always top of mind when we are working on the proposed budget.

And speaking of health care benefits, I hope you will be able to join us for

the August Brown Bag session as I will be sharing information with you about this topic. I look forward to seeing many of you there and meeting you in person.

You may recall that in our last issue of Retiree Matters, we announced a retiree text message program. Several of you have signed up, but if you haven't, I encourage you to. All you need to do is text COSARetiree to the number 877-872-4241. You will receive a response text message thanking you for registering and asking you to reply with your full name. Anytime we send a text message pertaining to retirees, you will receive it on your phone. This is just another way for the City to remain in contact with you. Please know that message rates will apply.

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 a future issue or for an upcoming Brown Bag session, please email us at cosaretiree@sanantonio.gov.

MESSAGE FROM THE CITY MANAGER



Erik Walsh

Dear City of San Antonio Retirees,

Well, quite a bit has changed since the last issue. We have seen a spike in COVID cases in recent weeks, the first cases of Monkeypox have been identified in Bexar County, and the summer temperatures are hotter than those of us in Texas are even used to. These are certainly health concerns that I am keeping my eye on and hope that you and your families are faring well and remaining healthy. Our Metro Health department continues to make COVID testing and vaccine information readily available, and the City has opened more than 50 cooling centers for residents who need relief from the heat. We are actively monitoring Monkeypox and although at the time this newsletter was published, the risk to the public was low, you are encouraged to be aware of the symptoms and consult with a health care provider as needed. For questions related to these topics, you can always call 311 for the latest information or to be routed to the appropriate department.

This time of year finds us in the middle of budget season and I will be presenting the FY 2023 Proposed Budget to City Council on August 11. I realize that with the state of the current economy, many are experiencing financial challenges. I want you to know that we are doing all we can to keep any changes to health care premiums to a minimum. If you are unable to watch the budget presentation, details will be provided to you in a special budget issue of this newsletter and will also be a topic of the upcoming Brown Bag event on August 16.

Until next time, please stay safe and healthy,

Erik Walsh, City Manager

WORDS ON RECOSA—A NOTE FROM THE CHAIR

Dear Friends, if you are a new retiree, we at RECOSA are former City of San Antonio employees who volunteer to help retired COSA employees stay involved in improving our health benefits. We welcome new and already retired employees to our ranks and hope that, if you haven't already signed up to join our group, you can easily do so online on our website, www.recosa.org.

To those retirees who know our group, thank you for your increasing participation in our online monthly board meetings (11:30 a.m., first Tuesday each month) and your great input on our online ON-GOING survey. The 2022 survey has been a major effort for the RECOSA Board this year and we look forward to sharing survey results with you in the coming months. We were glad to see so many of you online at the March Brown Bag session where we learned important information from Bexar Appraisal District representatives about property tax appraisal appeals. We know this is a topic of concern for us and were happy to bring our efforts together to present this to you. Similarly, we are pleased that the August Brown Bag session will be in person. This first in-person meeting since early 2020 won't require masks, but you may certainly wear one.

In the meantime, RECOSA continues to coordinate frequently with Human Resources and our health care providers to address issues of interest to our retirees, participate and provide input in the selection of new insurance providers, and in other ways that assist the City in improving retirees' lives through our benefits. Please visit www.recosa.org to share your input on our online survey and to make a tax-deductible donation to RECOSA, a 501(c)(3) non-profit organization – we collect no dues, so we rely on the generosity of our retirees! You can also take the survey by scanning the QR code below with your smart phone camera.

We are always looking for volunteers and new board members. Please email us at info.recosa@gmail.com if you are interested in volunteering and/or serving on the 2023 RECOSA Board. Elections will be held this fall and it is not too soon to consider joining our efforts!

Best regards,

Rebecca Waldman, RECOSA Chair

2022 RECOSA Survey



Join/Contact RECOSA:

Website: www.recosa.org

Email: info.recosa@gmail.com.

Mail: RECOSA, P.O. Box 12973,
San Antonio, Texas, 78212-0973

Phone: 210-504-9567 (please
leave a message and you will
receive a call back)

HEALTH & SAFETY



From Our Partners at Aetna:

Invite us over for a Healthy Home Visit

Every year, about **500,000** Aetna Medicare Advantage members take part in the **Healthy Home Visit program**. We work with nurse practitioners and doctors around the country to offer you this service. Once we schedule your appointment, a licensed and board-certified nurse practitioner or doctor will go to your home to provide an assessment. This Healthy Home Visit takes place at **no extra cost to you and is part of your Aetna® benefits**. During the visit, they will also check your home for potential issues that may increase your chances of falling.

But, you already have a doctor, so why take the time?

Sure, this doesn't take the place of a physical exam from your own doctor. But it can be a critical part of managing your health at home. After your visit, we share the information with your doctor. Partnering in this way helps us better manage your overall health care needs. It does not affect your coverage in any way. We are committed to supporting your best health. Meeting you in your home is for your convenience and comfort.

What does the Healthy Home Visit involve?

You can use this yearly visit to:

- Ask health care questions.
- Review your medicines.
- Update your medical history.
- Discuss issues you may have getting the health resources you need.
- Discuss concerns you may have about moving around safely in your home.

The visit lasts about an hour. It includes a limited, noninvasive physical exam. If need be, the nurse practitioner or doctor may recommend that you be further evaluated. Your doctor will get a report. **To schedule a Health Home Visit or if you have any questions about the program, call us at 1-800-338-4533.**



Individuals should be aware of the symptoms of Monkeypox and seek medical attention if they experience new, unexplained rashes or skin lesions. Recently identified cases have involved skin lesions in the genital, groin, and anal regions that might be confused with rashes caused by common diseases such as herpes and syphilis. Other early symptoms of monkeypox include fever, chills, and swollen lymph nodes.

To prevent the spread of monkeypox, individuals can:

- Avoid close, skin-to-skin contact in large crowds where people are wearing minimal clothing (such as nightclubs, festivals, raves, saunas, and bathhouses).
- Avoid close, skin-to-skin contact with someone with a new, unexplained rash.
- If you were exposed to Monkeypox or have symptoms such as fever, chills, swollen lymph nodes and a new, unexplained rash, contact your health care provider as soon as possible. Health care providers can provide testing and care for people with Monkeypox.
- If sick with Monkeypox, isolate at home until the rash has fully resolved, the scabs have fallen off, and a fresh layer of intact skin has formed. Monkeypox is usually a self-limiting infection that does not require hospitalization.

More information about Monkeypox can be found online at <https://www.cdc.gov/poxvirus/monkeypox/index.html>. Local information is also available on Metro Health's website at <https://www.sanantonio.gov/health>.

Contacts

City of San Antonio

Human Resources

Customer Service

210-207-8705 (P)

210-207-1455 (F)

sanantonio.gov/employeeinformation/retirees

cosaretiree@sanantonio.gov

AskHR@sanantonio.gov

Vision Service Plan (VSP)

1-800-400-4569

cosaretirees.vspforme.com

Delta Dental

1-888-216-8566

DeltaCare DHMO website:

<https://www.deltadentalins.com/cityofsanantonio/retirees-dcusa.html>

DeltaCare PPO website: <https://www.deltadentalins.com/cityofsanantonio/retirees-ppo.html>

www.deltadentalins.com/cityofsanantonio/retirees-ppo.html

Aetna

1-800-338-4533

www.aetna.com

Retiree Liaisons

Alan Janzen

Sara Mata

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



HUMAN RESOURCES DEPARTMENT

PO Box 839966
San Antonio, Texas
78283-3966

JOINING YOUR RANKS—CONGRATULATIONS TO OUR NEWEST RETIREES!

Rita Aguilar, 34 yrs.
Human Resources

Dorene Barnett, 7 yrs.
Pre-K 4 SA

Oscar Barrera, 34 yrs.
Solid Waste Management

James Baum, 19 yrs.
Development Services

Martha Bernal, 6 yrs.
Development Services

Jeffrey Camp, 9 yrs.
Department of Human Services

Gilbert Castro, 20 yrs.
Building & Equipment Services

Armando Chapa, 26 yrs.
Solid Waste Management

Jo Ann Clark, 21 yrs.
Police

Roberto Contreras, 5 yrs.
Department of Human Services

Rosalinda Cortinas, 30 yrs.
Police

Annette Dewitt, 22 yrs.
Department of Human Services

Tony Duron, 18 yrs.
Public Works

Ann Flores, 31 yrs.
Municipal Court

Joe Flores, 34 yrs.
Solid Waste Management

Javier Fuentes, 20 yrs.
Fire & EMS

Mario Fuentes, 20 yrs.
Solid Waste Management

Cynthia Garcia, 29 yrs.
Metro Health

Francisco Garcia, 22 yrs.
Police

Cynthia Garza, 30 yrs.
Public Works

Sara Goff, 10 yrs.
Building & Equipment Services

Raul Gonzales, 34 yrs.
Center City Development & Operations

Rosendo Gonzales, 5 yrs.
Convention & Sports Facilities

Thelma Gonzales, 17 yrs.
Library

Christopher Hebner, 21 yrs.
City Attorney's Office

Jorge Hernandez, 11 yrs.
Solid Waste Management

Cynthia Hoffman, 16 yrs.
Department of Human Services

Joe Ibarra, 33 yrs.
Solid Waste Management

Gerlach Laven, 11 yrs.
Fire & EMS

Louisa Lee, 7 yrs.
Pre-K 4 SA

Johnnie Levine, 39 yrs.
Municipal Court

Linda Lewis, 14 yrs.
Municipal Court

Alfred Lira, 30 yrs.
Aviation

Diana Lira, 6 years
Department of Human Services

Mary Lopez, 20 yrs.
Public Works

Paul Martinez, 21 yrs.
Parks & Recreation

Robert Martinez, 14 yrs.
Aviation

Robert Martinez, 27 yrs.
Solid Waste Management

Arturo Mata, 17 yrs.
Office of Risk Management

Theresa Mata, 5 yrs.
Aviation

Barbara McCormick, 13 yrs.
Metro Health

Benito Medrano, 5 yrs.
Information Technology Services Dept.

Evodio Melchor, 31 yrs.
Solid Waste Management

Jesse Mendez, 24 yrs.
Aviation

Cynthia Mendoza, 28 yrs.
Metro Health

Edward Mery, 21 yrs.
Public Works

Jill Metcalfe, 20 yrs.
Economic Development

Harry Mills, 22 yrs.
Information Technology Services Dept.

Francisco Muniz, 29 yrs.
Solid Waste Management

Gregorio Nava, 22 yrs.
Parks & Recreation

Robert Orosco, 28 yrs.
Convention & Sports Facilities

Emerico Palos, 34 yrs.
Public Works

Gloria Perez, 21 yrs.
Development Services

Anthony Ramirez, 16 yrs.
Parks & Recreation

Rafael Reyes, 8 yrs.
Parks & Recreation

Ruben Reyes, 29 yrs.
Solid Waste Management

Agdel Rivera, 20 yrs.
Parks & Recreation

Rosa Roque, 20 yrs.
Building & Equipment Services

Noe Saenz, Jr., 37 yrs.
Solid Waste Management

Debora Sanchez, 20 yrs.
Convention & Sports Facilities

Juan Sandoval, 31 yrs.
Municipal Court

Tommy Stevens, 26 yrs.
Public Works

Edward Tapia, 22 yrs.
Management & Budget

Celia Tejeda, 27 yrs.
Metro Health

James Thomas, 5 yrs.
Human Resources

Desiree Torres, 19 yrs.
Parks & Recreation

Antonio Trejo, 24 yrs.
Center City Development & Operations

John Valadez, 15 yrs.
Police

Teresa Vasquez-Romero, 32 yrs.
Convention & Sports Facilities

Valerie Vela, 28 yrs.
City Attorney's Office

Elwerd Weiderhold, 25 yrs.
Development Services

Robert Wigton, 21 yrs.
Parks & Recreation

Christine Wu, 16 yrs.
Information Technology Services Dept.