

Retiree MATTERS

News for City of San Antonio Retirees



Issue 56 - March 2023

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COSAPERKS

The City's long-time partner, The YMCA, has intro-

duced new rates for City retirees: *Join Fee*: \$15 enrollment; *Adult*: \$25; and *Family* (2 adults and children up to age 26): \$60.

Membership benefits include group exercise classes; wellness orientation; child care while you workout (with Family membership); preferred pricing and priority registration for Youth Programs; family programming and special events; and access to participating YMCA locations across the country while traveling. Additionally, all members can also take advantage of YMCA360, the Y's virtual option, offering 1,500+ on-demand and live classes online.

For Medicare retirees, be sure to explore Aetna's Silver Sneakers program as it might be a better value for you to enroll in the YMCA through that program instead.

To register for membership, email the YMCA at YWellnessWorks@ymcasatx.org.

Message From the HR Director



Renee Frieda

Dear City of San Antonio Retirees,

Just like that, spring is upon us. I hope you have all been doing well, and I hope to see you at the upcoming Brown Bag session on

March 24.

Our contract with Blue Cross & Blue Shield of Texas expires at the end of this year, so we will be busy over the next several months to either renew the current contract or select a new vendor before open enrollment in October. Information regarding any changes to our non-Medicare vendor will be made available to you during the budget issue of this newsletter that you will receive in August, if not before. Aetna will remain our Medicare plans vendor in 2024.

I know I've mentioned this in previous issues of this newsletter, but we are still focused on our recruitment efforts. If you know anyone looking for career opportunities, please refer them to our website at sanantonio.gov/careers, and encour-

age them to apply with the City. And of course, if you are interested in returning to the City, you can continue to receive your TMRS retirement as long as you have been retired for at least one year. It's the best of both worlds! Please help us spread the word about our City careers!

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.

Wishing you a great spring!

Renee Frieda,
HR Director

**WE HAVE
A JOB
FOR YOU!**


APPLY TODAY!
sanantonio.gov/careers
#SAProud

BROWN BAG Lunch Series

The next Retiree Brown Bag session will be held on **Friday, March 24, 2023, at 11:30 a.m. at the Pre-K 4 SA East Education Center, 5230 Eisenhower Rd., 78218**. This session will feature presentations from Methodist Hospital System and the American Heart Association regarding heart disease prevention. The guest speakers will cover topics including the impact of unhealthy eating, recommended eating guidelines, how to be more active, how to get healthier sleep, and how to manage blood pressure. There will be a demonstration of hands-only CPR, and blood pressure checks will also be available from 11:30 a.m. until noon. The Retiree RSVP Line is open, so reserve your seat by leaving a message at 210-207-7000 or emailing AskHR@sanantonio.gov by March 22. This is sure to be a very informative session—RSVP today!

sanantonio.gov/EmployeeInformation/RetiredEmployees

Message From The City Manager



Erik Walsh

Dear City of San Antonio Retirees,

Let me begin by thanking you for your service to the City. Being a City employee myself for almost 29 years, I have always appreciated the hard work and dedication of our employees. Now having served as City Manager for four years, it is not lost on me just how critical each and every employee is in our organization. Whether it is someone who is front and center working with residents and businesses or someone behind the scenes reviewing data or crunching numbers, it takes the entire team doing their part to keep the City running each and every day. I want you to know how appreciative I am of the role you played during your City career. Whether you planted trees or immunized children, ran a department or repaired sidewalks, your contribution was meaningful and important, so thank you.

Believe it or not, we are already talking about the Fiscal Year 2024 Budget, which will continue from now until the budget is adopted in September. We will be sure to communicate any changes that would impact retiree pay or benefits. At any time, feel free to reach out to our Human Resources team if you have any questions. I hope that you each have a great spring and I look forward to connecting with you again in the next issue.

Until next time,
Erik Walsh, City Manager

Words on RECOSA—A Note From the Chair

Happy New Year to all and a special welcome to the 108 retirees who joined RECOSA in 2022! Last year was a busy one with RECOSA undertaking a survey of members and following up on topics of interest to retirees during our Brown Bag/Annual Meeting held On November 18, 2022. The City's Human Resources Department found an ideal venue for the combined Brown Bag/Annual Meeting at Pre-K 4 SA East. There was plenty of parking, easy access, and lots of room to spread out and visit. Members met in small groups to help prioritize suggestions for future Brown Bag topics and quality of life activities that were submitted through the 2022 RECOSA survey. The survey and small group feedback will provide direction for the RECOSA Board in 2023 and for years to come. We appreciate the individuals and businesses who contributed the 30 door prizes given away at the meeting. We also want to thank Generations Federal Credit Union for their continued generous financial contribution that provided box lunches for the event, as well as funds for technology support.

During the Annual Meeting, board elections were held. The Nominating Committee recommended a slate of candidates of three incumbents (Diana Alcocer, Martha Sepeda, & Michael Trainer) and three new candidates (Lewis Andrews, Nora Chavez, & Sal Garza). There were no nominations from the floor and the slate was unanimously approved by the members in attendance. Subsequently, Nora Chavez resigned from the board, so there is still a vacancy to fill on the board. We are looking for fellow retirees who want to help build our organization. If you have the time and interest to serve, please contact us.

A detailed 2022 Annual Report has been prepared and is available for review on recosa.org. The report includes: 1) results from the survey, as well as feedback from the November Brown Bag attendees, 2) RECOSA's coordination with Human Resources and the City Manager's Office regarding health insurance premiums and other benefit issues, 3) RECOSA's online communication enhancements, and 4) RECOSA's financial report for 2022.

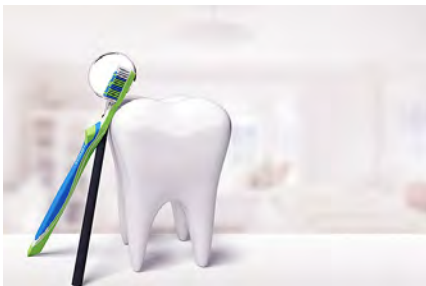
RECOSA is looking forward to a new year with opportunities to meet, greet, and talk about the topics prioritized in the survey and small group discussions. Our next Brown Bag session will be on March 24 and will include an important Healthy Heart presentation, as well as some "social time," so we can visit with fellow retirees and catch up on the latest news. There will also be a drawing for a \$100 gift card, so be sure to attend!

Please be sure to keep your contact information current with us so we can stay in touch with the latest information, and see the box to the right for our contact information.

Best regards,
Rebecca Waldman, RECOSA Chair

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



With the new plan year now in full swing, make sure you remember that as of January 1, 2023, we switched from Delta Dental to a new dental insurance provider—**Humana Dental**. If you enrolled in dental coverage and have not received your card or have questions, please reach out to Humana Dental at 1-855-330-8060.

Additionally, **Vision Service Plan (VSP)** is our current provider for vision coverage. We no longer have Davis Vision. If you have any questions regarding VSP, please contact them at 1-800-400-4569 or visit their website at cosaretirees.vspforme.com.

If you have questions about whether you are enrolled in either dental or vision coverage, please call Human Resources Customer Service at 210-207-8705 or email AskHR@sanantonio.gov.



There are numerous health observances recognized each year that help raise awareness for many health conditions. They also serve to remind people to be proactive with their own health. Knowing that it's Healthy Vision Month or Prostate Cancer Awareness Month might inspire you to schedule a screening, preventive exam, or an annual checkup with your doctor.

For a more complete list of monthly health awareness observances, you can visit healthgrades.com/right-care/health-awareness-days, but here are a few coming up over the next couple of months, so mark on your calendars!

March:

Bleeding Disorders Awareness Month
Multiple Sclerosis Education and Awareness Month
National Colorectal Cancer Awareness Month
National Kidney Month
Save Your Vision Month

April:

Alcohol Awareness Month
Irritable Bowel Syndrome Awareness Month
National Cancer Control Month
Parkinson's Awareness Month
Testicular Cancer Awareness Month

May:

Arthritis Awareness Month
Better Hearing and Speech Month
Lupus Awareness Month
Mental Health Month
National Stroke Awareness Month

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)

cosaretiree@sanantonio.gov

AskHR@sanantonio.gov

Vision Service Plan (VSP)

1-800-400-4569
cosaretirees.vspforme.com

Humana Dental

1-855-330-8060

Aetna

1-800-338-4533
www.aetna.com

Retiree Liaisons

Sara Mata
Ann Solis
Maricela Toral
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**

PO Box 839966
San Antonio, Texas
78283-3966

Joining Your Ranks—Congratulations to Our Newest Retirees!

Darrell Allen, 17 yrs.
Police

Jon Billings, 11 yrs.
Department of Human Services

Bernard Brown, 6 yrs.
Convention & Sports Facilities

Erin Burnett, 9 yrs.
Pre-K 4 SA

Betty Cano, 23 yrs.
Parks & Recreation

Michelle Casarez, 18 yrs.
Municipal Court

Cynthia Castillo, 21 yrs.
Parks & Recreation

Jesse Cisneros, 8 yrs.
Public Works

Ruben Davila, 30 yrs.
Economic Development

Marisa Debow, 11 yrs.
Library

Mona Erdrich, 9 yrs.
Animal Care Services

Joseph Espinoza, 38 yrs.
Parks & Recreation

Martha Estrada, 16 yrs.
Information Technology Services
Department

Anita Fraga, 22 yrs.
Public Works

Shelly Garza, 13 yrs.
Public Works

Santoyo Gerard, 26 yrs.
Solid Waste Management

Jose Gonzales, 5 yrs.
Aviation

Laura Gonzales, 20 yrs.
Police

Raul Gutierrez, 27 yrs.
Public Works

Debra Hansen, 5 yrs.
Department of Human Services

Stephen Harrison, 23 yrs.
Diversity, Equity, Inclusion &
Accessibility

Samuel Hutchins, 22 yrs.
Public Works

Maria Ibanez, 20 yrs.
Convention & Sports Facilities

Elida Ibarra, 22 yrs.
Convention & Sports Facilities

Robert Jones, 10 yrs.
Parks & Recreation

Denise Luckey, 40 yrs.
Office of the City Clerk

Marc Machado, 25 yrs.
Police

Maria Maldonado, 21 yrs.
Library

Frank Mance, 19 yrs.
Development Services

Antonio Martinez, 31 yrs.
Solid Waste Management

Eugenia Martinez, 31 yrs.
Fire & EMS

Linda Martinez, 25 yrs.
Aviation

Phillip Martinez, 23 yrs.
Parks & Recreation

David S. McDaniel, 38 yrs.
Solid Waste Management

John Monsalvo, 22 yrs.
Parks & Recreation

Robert Munson, 23 yrs.
Convention & Sports Facilities

Agustin Orta, 20 yrs.
Convention & Sports Facilities

Herman Ortiz, 20 yrs.
Convention & Sports Facilities

Raymond Parrish, 13 yrs.
Aviation

Seberiano R. Perez, 16 yrs.
Solid Waste Management

Anthony Ramirez, 5 yrs.
Public Works

Oscar Reyna, 19 yrs.
Solid Waste Management

Robert E. Reyna, 22 yrs.
Parks & Recreation

Guadalupe Saldana, 18 yrs.
Solid Waste Management

Jesus Saucedo, 21 yrs.
Public Works

Valerie Shelley, 5 yrs.
Library

Eva Stevenson, 29 yrs.
Police

Paul Tenner, 24 yrs.
Public Works

Alicia Villanueva, 21 yrs.
Parks & Recreation

Sherrell Goddard, 7 yrs.
Police

Dolores Zamora, 22 yrs.
Department of Human Services