

# Retiree MATTERS

News for City of San Antonio Retirees



Issue 61 - June 2024

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## COSAPERKS

Here are the latest discounts that have been offered to City retirees. We hope you enjoy them!

### Broadway Shows

Tickets available for the Broadway show Clue, June 25-30. For more information or assistance, call 210-226-5967 and identify yourself as a City retiree.

Discount End Date: 07/03/2024

### Ringling Brothers Barnum & Bailey

Tickets available for the Greatest Show on Earth, July 12-14. For more information or assistance, call 210-226-5967 and identify yourself as a City retiree.

Discount End Date: 07/03/2024

### Voodoo Neon

Receive 10% off custom neon signs. Explore their website at voodooneon.com.

Discount End Date: 12/31/2024



## Message From the HR Director



Renee Frieda

Dear City of San Antonio Retirees,  
I know summer is not even officially here yet, but I might be ready for cooler temperatures already.

How about you? Do you love summer and the warm (sometimes really hot) weather it brings?

As for the Human Resources team, many of us will find ourselves working on the FY 2025 budget over the next couple of months. I always tell my team how important it is to gather feedback from our employees and that extends to our retirees as well. If you have any feedback regarding the budget or anything else for that matter, please reach out to us. You can call our HR Customer Service line at 210-207-8705 or email us at AskHR@sanantonio.gov. You can also get in touch with RECOSA (see contact information on page 2) and they can help deliver your messages to us. I look forward to communicating with

you in August through this newsletter and during the August Brown Bag event where the focus will be retiree health care benefits and the ad hoc Cost-of-Living Adjustment proposed for next year.

Until then, whatever your plans may be during this summer season, I hope you are able to enjoy them with family and friends. Be sure to take advantage of the City services and programs you’ll learn about during the upcoming Brown Bag session (see details below and on page 2).

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 of Retiree Matters or for an upcoming Brown Bag session, please let us know. You can email us at cosaretiree@sanantonio.gov. We look forward to hearing from you!

Renee Frieda,  
HR Director



Sign up to receive text messages from Human Resources regarding annual enrollment, benefits notices, Brown Bag events, and more! Simply text COSARetiree to the number 877-872-4241. Message rates will apply.



Be sure to mark your calendar for the next Brown Bag Session scheduled for **Friday, June 14 beginning at 11:30 a.m.** at the Pre-K 4 SA East Education Center, 5230 Eisenhower Rd. Free parking will be available. As mentioned on page 2 in Words on RECOSA, the Brown Bag is sure to provide a wealth of ideas to keep you busy this summer, so you don’t want to miss it!

Reserve your seat by leaving a message at 210-207-7000 or emailing AskHR@sanantonio.gov by Thursday, June 13. Hope to see you there!

## Message From The City Manager



*Erik Walsh*

Dear City of San Antonio Retirees,

So happy to connect with you once again through this newsletter. At City Hall, summer means we're in full swing on the budget for the upcoming fiscal year. Starting now, we will work with City Council, collect feedback from the community, and meet with City departments to help prioritize the City's needs and build the budget for Fiscal Year 2025. I will present the proposed budget to City Council on August 15 and the budget is scheduled to be adopted on September 19. As in the past, information regarding retiree benefits for the coming year will be shared with you during a Brown Bag session in August.

You are invited to provide your input as part of the budget process by attending upcoming community budget meetings in August. As dates for these meetings are finalized, they will be available on our website at [saspeakup.com/c5008](http://saspeakup.com/c5008) or you may call 311. You can also find information about the budget meetings by scanning this QR code.



Until next time,

Erik Walsh  
City Manager

## Words on RECOSA—A Note From the Chair

Summer is here and that means we will all be looking for things to do. Come to the June 14<sup>th</sup> Brown Bag. Our "Summer Fun Fest" meeting is to learn about opportunities, activities, and special discounts available to RECOSA members and their families. We will combine fun with fitness and health. Presentations and materials will be available from representatives with the: City of San Antonio's Senior Centers, Fitness in the Park, Get Fit SA, Hemisfair Park, the Majestic & Empire Theatre's group tickets, the Espee events venue, and other arts and cultural opportunities with fun family activities. One of the top recommendations from health officials is for seniors to stay active. Get ready to think about your summer stay-cation opportunities and join us for our next Brown Bag Session.

RECOSA is looking for retirees interested in supporting our communication efforts. We receive email and voice mail from members seeking help and information. Our RECOSA board consists of volunteers who work to perform the administrative tasks of our organization. There is a growing need to have a board member dedicated to corresponding with members through email and/or telephone. If you enjoy talking on the phone, texting, or responding to emails, we want to hear from you. Please send us an email at [info@recosa.org](mailto:info@recosa.org).

If you are not a member of RECOSA and want to receive our regular communications, it is very easy to register. Go to <http://eepurl.com/cPgxED> provide us with your contact information and you will be automatically entered into our member registration. Check out our website at [www.recosa.org](http://www.recosa.org).

Best regards,

Stephen W. Haney  
[Stephen.haney@recosa.org](mailto:Stephen.haney@recosa.org)  
RECOSA Chair

### Join/Contact RECOSA:

**Website:** [www.recosa.org](http://www.recosa.org)

**Email:** [info.recosa@gmail.com](mailto: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



# BEAT THE HEAT

Whether you're enjoying your retirement in San Antonio or somewhere across the country, the following information from

our friends at Metro Health and Animal Care Services will help anyone and any pet stay cool and safe during the heat of summer.

### PLACES TO STAY COOL

When temperatures rise to potentially dangerous levels, it is important to stay inside an air-conditioned space whenever possible. There are currently over 30 San Antonio locations for the public to use to stay cool. These include:

- City Libraries
- Senior Centers
- Community Centers

### STAY COOL

- Stay in an air-conditioned place as much as possible—even a few hours spent in air conditioning can help your body stay cooler when you go outside.
- Take cool showers or use a spray bottle to mist yourself with cool water.
- Wear lightweight and loose-fitting clothing.
- Limit the use of your oven to maintain a cooler temperature in your home.

### STAY HYDRATED

- Drink plenty of water, don't wait until you are thirsty.
- Remember to avoid alcohol or liquids containing large amounts of sugar or caffeine.

### STAY INFORMED

- Check local news for weather forecasts, extreme heat alerts, and preparedness tips to safely plan outdoor activities.
- Never leave children, senior citizens, or pets unattended in a vehicle, even for a short period of time!
- Be aware of signs that could indicate a heat-related illness such as heat cramps, heat exhaustion, heat stroke, or heat rash.

It's also important to take care of our pets during these hot summer days. The heat can put pets at risk for overheating because dogs cool their bodies by panting, which is much less effective than sweating. Here are a few tips for pet summer safety:



- Fresh water and shelter should always be available to an animal who is outdoors. Along with access to shade, these things are mandated by law for our pets.
- Pets most at risk from overheating include young, elderly, or overweight pets, those with a short snout, or those with thick or dark colored coats.
- Shade offers little to no protection on a sunny day and cracking the window "a little bit" does very little to reduce the temperature inside a parked car. It takes only ten minutes for the interior of a car to reach 102 degrees on an average 85-degree day and in thirty minutes, that temperature can reach 120 degrees.
- Symptoms of heat stress include excessive thirst, heavy panting, glazed eyes, vomiting, restlessness, excessive thirst, lethargy, fever, dizziness, a rapid heartbeat, profuse drooling or salivating and unconsciousness.

Additional information can be found at [saoempprep.com](http://saoempprep.com) or by calling 311.

### Contacts

#### Aetna

1-800-338-4533  
[www.aetna.com](http://www.aetna.com)

#### Blue Cross and Blue Shield of Texas

1-800-521-2227  
[www.bcbstx.com](http://www.bcbstx.com)

#### City of San Antonio Human Resources

**Customer Service**  
210-207-8705 (P)  
210-207-1455 (F)

[sanantonio.gov/  
employeeinformation/  
retireedevelopes](http://sanantonio.gov/employeeinformation/retireedevelopes)

[cosaretiree@sanantonio.gov](mailto:cosaretiree@sanantonio.gov)

[AskHR@sanantonio.gov](mailto:AskHR@sanantonio.gov)

#### City of San Antonio

#### Retiree Liaison

Maricela Toral  
210-207-0073

#### 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)

#### Humana Dental

1-855-330-8060

#### Texas Municipal Retirement System

1-800-924-8677  
[www.tmr.com](http://www.tmr.com)

#### Vision Service Plan (VSP)

1-800-400-4569  
[cosaretirees.vspforme.com](http://cosaretirees.vspforme.com)



**HUMAN  
RESOURCES**



PO Box 839966  
San Antonio, Texas  
78283-3966

## Joining Your Ranks—Congratulations to Our Newest Retirees!

<b>Jo Ann Alvarado, 12 yrs.</b> Police	<b>Cynthia Gomez, 6 yrs.</b> Department of Human Services	<b>Sandra Reyes, 10 yrs.</b> Human Resources
<b>Mary Atkinson, 22 yrs.</b> Police	<b>Veronica Heimer, 28 yrs.</b> Metro Health	<b>Patricia Rosas, 16 yrs.</b> Development Services
<b>Mary Campa, 30 yrs.</b> Human Resources	<b>Noel Horan, 10 yrs.</b> Fire	<b>Ramiro Salazar, 19 yrs.</b> Library
<b>Jose Antonio Centeno, 20 yrs.</b> Parks & Recreation	<b>Blanca Hull, 16 yrs.</b> Police	<b>Khai San, 35 yrs.</b> Information Technology Services
<b>Antonio Cruz, 5 yrs.</b> Public Works	<b>Walter Lee, 13 yrs.</b> Development Services	<b>Andrew Sanchez, Sr., 20 yrs.</b> Police
<b>Joseph Cruz, 35 yrs.</b> Center City Development & Operations	<b>Ling Yin Liu, 31 yrs.</b> Development Services	<b>Joseph Slezak, 7 yrs.</b> Parks & Recreation
<b>Alice De Leon, 21 yrs.</b> Public Works	<b>Johnny Martinez, 30 yrs.</b> Public Works	<b>Johnny Tejeda, 25 yrs.</b> Public Works
<b>Steven Dennis, 18 yrs.</b> Development Services	<b>Ezequiel Mendoza, 20 yrs.</b> Public Works	<b>Jose Unate, 35 yrs.</b> Solid Waste Management
<b>Vicky Dominguez, 31 yrs.</b> Police	<b>Francisco Molina, 21 yrs.</b> Office of the City Clerk	<b>Esteban Valdez, 25 yrs.</b> Solid Waste Management
<b>Monica Garcia, 26 yrs.</b> Police	<b>Francisco Orta, 25 yrs.</b> Public Works	<b>Jose Villasenor, 29 yrs.</b> Public Works
<b>Robert Garcia, Jr., 24 yrs.</b> Solid Waste Management Department	<b>Jesse Quesada, 35 yrs.</b> Public Works	
<b>Edward Garza, 23 yrs.</b> Municipal Courts	<b>Kerzell Ramos, 32 yrs.</b> Metro Health	