

CITY OF SAN ANTONIO

Human Resources Department
Riverview Towers Building
111 Soledad, Ste. 100
San Antonio, TX 78205

2013 Retiree Wellness Program

Thank you to all those who attended the first Retiree Wellness Program event of 2013 on February 27.

The next Retiree Wellness event will be held on April 24. Check your mailboxes in the coming weeks for information about this upcoming event.

To suggest a topic for a future retiree wellness information session, contact the Employee Wellness Program at 210-207-9355.

Joining Your Ranks

Congratulations to the following people on their recent retirement. Thank you for your years of dedicated service to the City of San Antonio!

Diana Alameda, Code Enforcement, 27 yrs.

Walter R. Belz, Solid Waste Management, 37 yrs.

Cynthia A. Bernal, International & Economic Development, 20 yrs.

Howard Boone, Human Services, 23 yrs.

Marvin Byrd, Aviation, 20 yrs.

Ruby B. Cancino, Solid Waste Management, 20 yrs.

Michael W. Canion, Aviation, 21 yrs.

Robert A. Carr, Convention Facilities, Sports & Entertainment, 26 yrs.

Sarah Flores-Cazares, Finance, 23 yrs.

Richard G. Cedillo, Building & Equipment Services, 31 yrs.

Rose Mary Cenicerros, Library, 28 yrs.

Lisa P. Cisneros, Information Technology Services, 26 yrs.

Jesus Cortez, Information Technology Services, 33 yrs.

Brenda Garcia, Building & Equipment Services, 20 yrs.

Johnny Z. Garcia, Public Works, 25 yrs.

Debra A. Gonzales, Library, 25 yrs.

Sofia G. Gonzalez, Health, 24 yrs.

Ruben H. Govea, Public Works, 35 yrs.

Irma G. Lerma, Police, 20 yrs.

Charles L. Leschber, Downtown Operations, 35 yrs.

Rosemary Lozano, Library, 25 yrs.

Leonard J. Mechler, Health, 35 yrs.

Alfredo L. Morales, Public Works, 35 yrs.

Christopher L. O'Bar, Information Technology Services, 27 yrs.

Anthony B. Ortiz, Public Works, 28 yrs.

Juan Pacheco, Human Services, 34 yrs.

Blas M. Pizza, Public Works, 41 yrs.

Raul T. Ramos, Animal Care Services, 32 yrs.

Linda S. Rogier, Human Services, 23 yrs.

Joann C. Ruiz, Health, 25 yrs.

Roger Sanchez, Health, 26 yrs.

Manuel Vidal, Capital Improvement Management Services, 23 yrs.

Rosa Villa, Development Services, 20 yrs.

Stanley T. Whitener, Public Works, 27 yrs.

2013 Retiree Matters

QUARTERLY NEWSLETTER
for City of San Antonio Retirees

In this Issue

Your Health Care
Page 2

Words on RECoSA
Page 2

Healthy Spring Recipe
Page 3

Joining Your Ranks
Page 4

Message from Chief Human Resources Officer



Joe Angelo

Greetings, City of San Antonio Retirees. Welcome to the first issue of *Retiree Matters* in 2013. This year, we plan to bring you four quarterly issues of the newsletter.

We strive to provide you with valuable information about your benefits, City programs and events, volunteer opportunities, and other useful topics. However, if there are additional topics you would like featured in an upcoming issue, please let us know by emailing your ideas to cosaretiree@sanantonio.gov.

The Retiree Wellness Program will continue to be offered to those retirees and their spouses/domestic partners who are enrolled in the City's health plan. In 2013, the City's Employee Wellness Program, in partnership with RECoSA, will host health and wellness information sessions once a quarter.

Remember, Ann Solis, your City ombudsman, is always available to receive your comments and concerns. Feel free to contact her at 210-207-0073.

This issue of *Retiree Matters* includes an overview of survivor benefits, a great spring recipe, and an update from TMRS. We hope you enjoy it!

TMRS News

Have you received your 1099-R form? They were mailed in January. If you have not received your 1099-R form, contact TMRS at 1-800-924-8677 to verify that they have your correct mailing address.

You can also obtain a copy of your 1099-R form and review your account information through MyTMRS. To access your forms and information, visit www.tMrs.com and log into (or register if you have not already done so) MyTMRS.

Understanding Your Survivor Benefits



Dealing with the death of a loved one is not easy, but know that if you precede your

spouse/domestic partner in death, he or she will be eligible to continue coverage in the City's health care insurance program.

In fact, they even have the ability to switch between health plan options

during the annual benefits enrollment period, the same as other retirees.

Participation in the City's health care insurance program will be available for the remainder of his or her lifetime, unless he or she remarries.

Should you have any questions or would like to discuss this in detail, feel free to contact your City ombudsman, Ann Solis, at cosaretiree@sanantonio.gov or 210-207-0073.

Your Health Care



As winter turns to spring, it is important for retirees who are enrolled in the City's health plans to know where to access basic information related to your health care.

New DeltaCare Dental HMO

If you signed up for the DeltaCare Dental HMO plan through Delta Dental during open enrollment, you should have already received your welcome kits from Delta Dental, which included your I.D. cards. Remember, the DeltaCare Dental HMO provides you with comprehensive dental care when services are

obtained through an in-network primary dentist. Although you selected a primary dentist during open enrollment, you have the option of transferring to a different in-network dentist upon request. Contact Delta Dental at 1-800-422-4234 to submit your request. To locate a new in-network dentist near you, visit www.deltadentalins.com/cityofsanantonio/retirees.html.

Non-Medicare and Medicare Health Plans

All non-Medicare retirees should have received new I.D. cards from UnitedHealthcare. If you did not receive your new cards or need assistance with matters such as understanding your health care claims, locating a new doctor, or finding an in-network pharmacy, contact UnitedHealthcare Customer Service at 1-800-996-2078. Medicare retirees received new I.D. cards from Humana if they switched from the Humana Medicare Advantage HMO to the Humana Medicare Advantage PPO or vice versa during open enrollment. For assistance with locating a physician, in-network pharmacy or for questions about your health plan, feel free to contact Humana Customer Care directly at 1-866-396-8810.

Vision Plan

Everyone who enrolled in the vision plan benefit administered by Davis Vision should have received their I.D. cards. The City's voluntary vision plan benefit provides you with access to a national network of doctors and retail providers to help you care for your eyes. To locate an in-network provider that carries the Davis Vision Collection or for assistance with understanding your vision health care claims, contact Davis Vision at 1-800-448-9372.

Words on RECoSA

Submitted by RECoSA

The RECoSA (Retired Employees of the City of San Antonio) annual membership meeting was held on December 11, 2012 at the Ron Darner Parks and Recreation Operations Headquarters Building. The meeting was a huge success with more than 55 members attending, even though it was a cold chilly day.

Board Chairman, Gene Camargo, gave a brief report on the accomplishments of the organization since the initial membership meeting in October 2011 and presented highlights of the organization's goals and objectives for the coming year. Treasurer, Rolando Bono, gave a report on the organization's corporate status and finances. Rebecca Waldman, chair of our most active committee, the Health Benefits Committee, reported on the activities of the organization regarding the ongoing discussions with the Human Resources Department of the City of San Antonio on both Pre-65 health coverage and Post-65 Medicare Humana coverage.

The Chair then asked for ideas and suggestions from the floor and also called on retired City Manager, Alex Briseno, to offer remarks. The meeting ended with a raffle for several door prizes that were donated to the organization.

If you are not a member of RECoSA, you can contact them at 210-485-5493 or info.recosa@gmail.com. For more information about RECoSA, visit www.recosa.org.

Healthy & Delicious Spring Recipe



Grilled Salmon with Mustard & Herbs
Salmon cooks over a bed of lemon and fresh herbs to infuse it with flavor and keep the fish tender and moist.

Serves: 4

Preparation Time: 40 minutes

Ingredients

2 lemons, thinly sliced, plus 1 lemon cut into wedges for garnish
20 to 30 sprigs mixed fresh herbs plus 2 tablespoons chopped, divided
1 clove garlic
1/4 teaspoon salt
1 tablespoon Dijon mustard
1 pound center-cut salmon, skinned

Preparation

- 1) Preheat grill to medium-high.
- 2) Lay two 9-inch pieces of heavy-duty foil on top of each other and place on a rimless baking sheet. Arrange lemon slices in two layers in the center of the foil. Spread herb sprigs over the lemons. With the side of a chef's knife, mash garlic with salt to form a paste. Transfer to a small dish and stir in mustard and the remaining 2 tablespoons chopped herbs. Spread the mixture over both sides of the salmon. Place the salmon on the herb sprigs.
- 3) Slide the foil and salmon off the baking sheet onto the grill without disturbing the salmon-lemon stack. Cover the grill; cook until the salmon is opaque in the center, 18-24 minutes. Wearing oven mitts, carefully transfer foil and salmon back onto the baking sheet. Cut the salmon into 4 portions and serve with lemon wedges (discard herb sprigs and lemon slices).

Nutrition Facts

Per serving:
212 calories
12 g fat (2 g sat, 4 g mono)
67 mg cholesterol
1 g carbohydrate
23 g protein
0 g fiber
261 mg sodium

This recipe and others like it can be found online at www.eatingwell.com.

Contacts

City of San Antonio Human Resources Customer Service

111 Soledad, Ste. 100
San Antonio, TX 78205
210-207-8705 (P)
210-207-6043 (F)

www.sanantonio.gov/hr
cosaretiree@sanantonio.gov
tmrsquestions@sanantonio.gov
hrcustomerservice@sanantonio.gov

Davis Vision

1-800-448-9372
www.davisvision.com

Delta Dental

1-800-422-4234
www.deltadentalins.com/cityofsanantonio/retirees.html

Humana Advantage

Customer Care
1-866-396-8810
www.humana.com

Medicare

1-800-633-4227
www.medicare.gov

Retiree Ombudsman

Ann Solis
210-207-0073

Texas Municipal Retirement System

1-800-924-8677
www.tmrs.com

UnitedHealthcare

Customer Care
1-800-996-2078
www.myuhc.com