

Official Publication of the Retired Employees of the City and County of San Francisco

# NEWS & VIEWS

A MEMBERSHIP ORGANIZATION WORKING FOR ALL CITY RETIREES

## Social Security Benefit Rate Change Notification

By Catherine Dodd, PhD RN,  
Director, San Francisco  
Health Service System

Social Security sent out a Benefit Rate Change notice in November, 2014. Some retirees whose income exceeded \$85,000 for a single person, and \$170,000 for a couple, will receive a notice about an income-related Medicare for parts B & D adjustment. This has been in place since 2013.

Information about the additional fee can be found at [ssa.gov](http://ssa.gov). Social Security uses your income tax return to determine the amount you must pay. If your income has gone down, Social Security can adjust the amount you owe. For more information, visit [www.socialsecurity.gov/medinfo.htm](http://www.socialsecurity.gov/medinfo.htm), or call 1 (800) 722-1213.

To obtain a 2015 Medicare handbook, call 1 (800) MEDICARE or 1 (800) 633-4227, or download it from [www.medicare.gov](http://www.medicare.gov).

## HSS Health Plan One Time Premium Deduction Skip

If your HSS retiree health plan premium is paid as a pension check deduction, you will not see a health premium deduction taken in the last check of 2014. No deduction is needed because HSS is changing from a pay in advance to a pay as you go calendar. The first premium deduction for the 2015 plan year will be taken from the January 2015 pension checks.

## Retirement Committee Report

By Herb Meiberger, CFA,  
Claire Zvanski, and Herbert Weiner

### The Retirement System is settling in at new offices!

- The Retirement System has moved to the fifth, sixth and seventh floors of 1145 Market St. Monthly board meetings will now be televised at [www.sfgovtv.org](http://www.sfgovtv.org)! (Health Service System is on the fourth floor.)

### Fiscal Year 2015/14 Earnings:

- Five months into FY 2014/15, earnings were +.87%; Fund Value of \$20.1 Billion. For November, the Fund earned 1.22%, with small positive returns for all asset classes.

### The Continuing Saga—Asset Allocation and Hedge Fund Special meeting scheduled for Dec. 3 delayed until Feb. 11:

- The asset allocation decision determines policy on the percentages invested in various asset classes, such as bonds, stocks, and cash. This is the most important decision affecting an investment portfolio, and has a direct bearing on its risk and required contributions by the City and members.
- We are all members of a Defined Benefit Plan (DB Plan), where the City guarantees our benefits: The Board's decision will not affect your promised benefits; however, it may affect your supplemental COLA and contributions by active members.
- President Victor Makras presented two asset class mixes with higher expected returns and lower risk than current policy, or mixes recommended by staff with 15% hedge

*continued on page 2*

## January Calendar

### Regular Meeting

Wednesday, Jan. 14

*New permanent time!*

Refreshments & program: 10:15 a.m.

Business meeting: 11 a.m.

Irish Cultural Center

45th Ave. & Sloat Blvd.

### News & Views

### Editorial Committee Meeting

Tuesday, Jan. 20, 9 a.m.

Taraval Police Station

All interested parties welcome.

### Executive Board Meeting

Tuesday, Jan. 20, 10 a.m.

Taraval Police Station

All interested parties welcome.

### Public Meetings:

#### Retired Firemen &

#### Widows Association

Thursday, Jan. 15, 1 p.m.

Irish Cultural Center,

45th Ave. & Sloat Blvd.

#### Veteran Police Officers

Tuesday, Jan. 13, 11 a.m.

Pacific Rod & Gun Club,

520 John Muir Dr., at Lake Merced

#### Retirement System

Wednesday, Jan. 14, 1 p.m.

*New address!*

1145 Market St., 6th Floor

#### Health Service System

Thursday, Jan. 8, 1 p.m.

City Hall, Room 416

#### UESF Retired Division

For time/location, contact

Diane Doe at (415) 822-2099 or

[Ddoe@mac.com](mailto:Ddoe@mac.com).

#### SEIU 1021 West Bay

#### Retirees Chapter

Monday, Jan. 26, 12-2 p.m.

Union Hall, 350 Rhode Island St.,

100 South Bldg.

Contact: Claire Zvanski at

(415) 341-3085 or

[czvanski@hotmail.com](mailto:czvanski@hotmail.com).

# Retirement Committee Report

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- funds. *Mix 1* has 0% in hedge funds, with 15% allocated to Infrastructure, Natural Resources, SF Bay Area Real Estate, and an increase in Private Equity. *Mix 2* has 3% in hedge funds, with lesser amounts going to these four asset classes. These two mixes will provide inflation protection and higher current income, and will protect the portfolio in a severe stock market decline. These are the only mixes that are expected to earn more than our long-term target of 7.58%.
- Another proposal was presented, with 5% hedge funds, and lesser amounts in the four categories. Randy Diamond from *Pensions & Investments* reported that it was “a compromise among Victor Makras, board president; Jay Huish, CEO; and Mr. Coaker.” “Mr. Huish, in a separate interview, said the 5% hedge fund allocation would be inadequate, adding that he and Mr. Coaker believe it will

be a good start. Mr. Huish said he hopes the allocation will double once San Francisco fund officials prove they can successfully run a hedge fund program. He said a 10% exposure is what is needed to make it meaningful.”

- Commissioners requested more time to study the new proposals, which will be calendared on Feb. 11.
- SFERS’ Investment Committee held an educational session on Natural Resources and Infrastructure on Nov. 19. The keynote speaker was Diloshini Seneviratne, who supervises the successful infrastructure program at the \$200 Billion California State Teachers Retirement System.

## Deferred Compensation (DC) Plan:

- Russell Investments, DC consultant, made a recommendation on changing the “glide path” for the Target Dated Funds. A change was made to broaden the mandate for DFA’s international funds.

Questions? Comments?

Contact Herb Meiberger at [herb.sf@gmail.com](mailto:herb.sf@gmail.com) or Herbert Weiner at [h.weiner@sbcglobal.net](mailto:h.weiner@sbcglobal.net).



## Useful Phone Numbers

### *S.F. Retirement System*

Web site: [www.sfgov.org/sfers](http://www.sfgov.org/sfers)

**Phone Numbers:**

(415) 487-7000 • (888) 849-0777

### *Health Service System*

Web site: [www.myhss.org](http://www.myhss.org)

**Phone Numbers:**

(415) 554-1750 • (800) 541-2266

**Phone Hours for both:**

8 a.m. to 5 p.m.

## New Member

Sandra Clayborn

JPD

## Winter Hours for RECCSF office

Effective immediately, Office Manager  
Reyna Kuuk will be staffing the office  
Monday through Friday,  
9 a.m. to 12 noon.

## Retirement System Has Moved!

*New address:*  
1145 Market St.,  
Member Services, Fifth Floor  
San Francisco, CA 94103.

*Telephone number remains the same:*  
(415) 487-7000.

*FYI: Board meetings will be held on the Sixth Floor.*

## Rest In Peace

The following members have recently passed away.

Alfred Eggen	DPT	Joe Mordinoia	WTR
Patricia J. Eng	BOS	Libert G. Myers	POL
Mary E. Ghiorso	POL	Angelina Prezel	DSS
Chong D. Koo	DPH	John B. Sullivan	FIR
Ralph Lopez	RNT	Ray Valdez	GEN
John M. Mackey	POL		

# Protect Our Benefits

By Sharon Johnson

*Protect Our Benefits is an independent political action committee which falls under the provisions of the San Francisco Ethics Commission. The opinions are those of the writer.*

“Nobody really does anything alone... it is only by advocating others to go along that changes are accomplished and work is done.”

— Eleanor Roosevelt

As 2015 begins, and POB's important work of safeguarding our earned benefits continues, we thank you for your generous contributions and participation in 2014. POB's new year's resolution is to continue to be “go-getters,” with determination and hard work as part of striding toward our goals. It is our honor to serve you, and we commence 2015 with best wishes for a prosperous new year.

## Writ of Mandate

The lawsuit continues in the court of appeals. Our attorney recently stated that a ruling would not happen anywhere from one to six months. Your patience and understanding are appreciated, and we will keep you posted. For updates, please visit [www.protectourbenefits.org](http://www.protectourbenefits.org), or our new Facebook page.

## SFERS and Hedge Fund Investing

The question before the SFERS Board of investing money with hedge fund managers continues. The ERS Board postponed the item once again, and it is now scheduled to be considered in February. Although there has been a range of lively discussions with good points made by all positions, POB has no official position on this complicated matter. We encourage you to inform SFERS of your thoughts on hedge fund investing with a request that our ERS board members, while thinking of changing the approach of investment to include hedge funds, provide you with firm grounds as to their reasoning.

## Facebook Friends

POB, acknowledging the growing influence of social media on vital issues and the importance that technology accelerates the message, is now on Facebook. Please visit, and many thanks in advance for spreading the word with a “thumbs up.”

## Believe in Protect Our Benefits Association

Lastly, I sincerely hope that you will renew your commitment to our cause by sending your financial contribution to Protect Our Benefits, P.O. Box 320057, San Francisco, CA 94132.

*Happy New Year!*



## President's Message

By Claire Zvanski

2014 has been an eventful year; but now it is time to plan for a new year and new experiences. We hope that 2015 will bring good experiences to enrich our lives.

The SFERS issue of hedge fund investment remains at the top of the RECCSF list, since it is yet to be resolved. The other major issue is the outcome of the POB lawsuit challenging the Proposition C language that took away our supplemental COLA.

We are still planning meetings with retirees outside of San Francisco. We will start in Marin early in 2015, so watch for an RECCSF “e-mail blast,” for details.

Your RECCSF Board is working hard to make RECCSF relevant for *you*, but we need you to join us in our efforts. We are still in desperate need of a secretary. We need new retiree representatives to bring significant issues to our attention, since rumors have flown from Washington, D.C. on potential threats to diminish our benefits. *Are these issues important enough to stimulate your involvement?*

New resolutions and fresh starts in 2015 that enrich our quality of retirement life are my personal wishes for all of you, with peace, love, and sustaining friendships.

Questions? Comments? Contact [czvanski@hotmail.com](mailto:czvanski@hotmail.com) or (415) 341-3085.



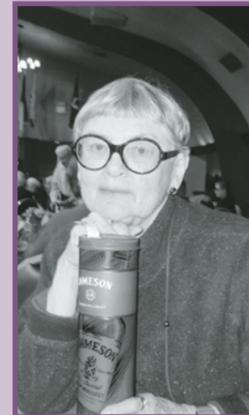
## Reminder to provide RECCSF with your e-mail address!

If you have an e-mail address, and are still receiving your copy of *News & Views* by postal mail, please e-mail [reccsf@att.net](mailto:reccsf@att.net) ASAP.

E-mailed copies tend to reach members up to a week before printed copies, which not only ensure timely updates on your current retirement issues, but also help to significantly defray RECCSF postage costs.

Many thanks!

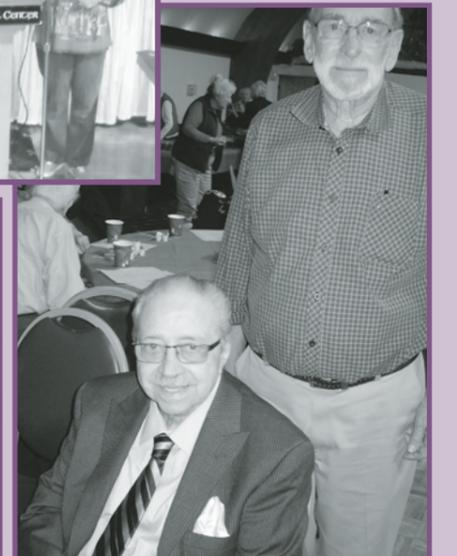
# Annual Holiday Party, December 10, 2014



*We need your e-mail address.*



*We need your e-mail address.*



## HSS Open Enrollment Confirmation Letters

During December 2014, the Health Service System (HSS) mailed confirmation letters to all members. These letters summarize member enrollment choices and retiree premium contributions for 2015. If information listed on your 2015 confirmation letter is correct you do not need to take any action. If the enrollment information in your letter is not correct, please call HSS at (415) 554-1750 or (800) 541-2266.

## Blue Shield Updating Membership Systems

Blue Shield of California is updating its membership systems for 2015. Medicare-eligible Blue Shield members will be receiving new ID cards before the start of the 2015 plan year. It is important that Blue Shield enrollees present the new medical ID card when receiving services. Remember to point out your new card, with your new Blue Shield membership number, to your doctor or pharmacist. If you have any questions about the new Blue Shield ID card or membership number, please call Blue Shield at (800) 776-4466, 7 a.m. to 8 p.m.

## DEA Opioid Painkiller Reclassification

To benefit public health, the federal Drug Enforcement Administration (DEA) has restricted prescriptions for Vicodin and other common opioid painkillers. Although effective against pain, opioids are highly addictive. As of Oct. 6, 2014:

1. No refills.
2. Prescriptions issued before Oct. 6, 2014 can be refilled until April 8, 2015, if the prescription has authorized refills.
3. Prescriptions cannot be called in or faxed by the doctor's office to the pharmacy.
4. Non-physician clinicians such as nurse practitioners may not be able to write prescriptions.

If you have questions about this new federal regulation, please consult with your doctor.

## Goals: Dreams with a Deadline

By Warren Alderson,  
Service Center Manager,  
San Francisco Federal Credit Union

If you are like most Americans, at least a few of your New Year's resolutions had to do with money. These five steps can help turn your financial resolutions into realities:

- Identify your goals. There are three basic goal types: short-term (under a year), mid-term (one to three years), and long-term (three-plus years).
- Look at the numbers. Understand your financial parameters and options by examining your income and expenses so that you can determine the amount you can save each month.

- Assign a time frame. Mark your calendar with the projected achievement date and allocate progress points; keep motivated by flipping to those dates often.
- Design a savings strategy. Have the allocated savings sum automatically deducted from your paycheck or checking account and deposited into a separate savings account.
- Be flexible. Be willing to adjust your achievement date slightly, if necessary.

There are few greater gifts you can give yourself than pursuing—and achieving—your financial goals. Call, or stop in, and let us help guide you toward your financial goals.

## Flu Shot Vaccine Not Exact Match

Flu is unpredictable, and every season is different, with different flu viruses spreading and causing illness. So far this season, influenza A (H3N2) viruses have been detected in almost all states. The H3N2 viruses produce a more severe flu. Unfortunately, about half of the H3N2s that we have analyzed since October, 2014 are different from the H3N2 virus that is included in this season's flu vaccine. The CDC is concerned that immunity to the H3N2 viruses may be reduced.

Flu vaccination is the best way to protect against the flu. Vaccination may provide partial protection against the mutated viruses and should better protect against other non-drifted flu viruses that may circulate this season, including influenza B viruses. Antiviral

medications are an important second line of defense against the flu. Treatment with antiviral drugs is especially important for people at high risk of serious flu complications or people who are very sick with flu. It's especially important to get antiviral medicines as soon as symptoms begin, as they work best when started within two days of the beginning of flu symptoms. Flu symptoms include: a 100oF or higher fever; feeling feverish (not everyone with the flu has a fever); a cough and/or sore throat; a runny or stuffy nose; headaches and/or body aches; chills, fatigue, nausea, vomiting, and/or diarrhea (most common in children).

Everyday actions like covering your cough, staying away from sick people, and *washing your hands often* are most important. If you get the flu, or a cold, stay home. If you are sick, do not go near other people, so that you don't make them sick too.

## LETTER TO THE EDITOR

Editor:

The disclosure statement for a hedge fund is: "You may lose money by investing in the fund, including the possibility that you may lose all of your investment."

John Stenson



## Travel Committee Report

By Beverly Pardini and Marylou Allen

### Wed.-Fri., Jan. 14-16

Two nights at the Nugget in Sparks in their East Tower rooms; relax and enjoy the indoor swimming pool and spa, dine at one of six restaurants, and try your luck in the casino.

### Sat., Jan. 17

Petaluma's charitable 7-11 Lions Club members stage their annual Crab Feed, featuring all-you-can-eat Dungeness Crab from Bodega Bay, along with pasta, salad & garlic bread; beer & wine available at additional cost.

### Mon.-Fri., Feb. 16-20

Visit Scotty's Castle, Ubehebe Crater, Zabriskie Point, Badwater and Furnace Creek at Death Valley National Park. Spend one night in Bakersfield with included dinner & breakfast, two nights in Furnace Creek with all meals & local guide, and one night in Minden, Nevada; roundtrip motor coach & baggage handling included.

Info: Marylou at (800) 334-3465 or [mrylallen@yahoo.com](mailto:mrylallen@yahoo.com).

Many years ago in England, pub frequenters had a whistle baked into the rim, or handle, of their ceramic cups. When they needed a refill, they used the whistle to get some service. "Wet your whistle" is the phrase inspired by this practice.

## "Thank You" to our RECCSF 2014 Annual Holiday Party Donors

Mollie Agahi

Carol Cochran

Geri Gill

Nancy Gin

George Lau

John Madden

Mary Anne McGuire-Hickey

Herb Meiberger

San Francisco Municipal Executives' Association

Beverly Nelson

Retired Firemen and Widows Association

Rose & Leona's Flower Shop

San Francisco Federal Credit Union

San Francisco Veteran Police Officers' Association

SEIU 1021 West Bay Retirees

Star Travelers

Jean Thomas

David Williams

Claire Zvanski

*The Firefighters are very grateful to the members of RECCSF who donated a great many toys to their holiday program.*

*Leo Martinez took several very large bags full of toys, and says "Thank You!"*

## Membership and Subscriptions

Retired City Employees: annual membership is \$36 per year or \$400 for a lifetime (may be payable over four months or over four years in increments of \$100 per year).

- Subscription is only \$36 per year.
- Please download membership application form from our Web site, [www.sfretirees.org](http://www.sfretirees.org).

*News & Views* is the publication of the Retired Employees of the City & County of San Francisco, Inc., a nonprofit organization. *News & Views* is published to express the policies, ideals and accomplishments of the organization. Nothing shall be published herein that is racist, sexist or ageist, or that is derogatory toward religious beliefs and other personal issues; nor shall be published anything in violation of Article VII, Section 1 of the RECCSF Constitution. Editorial contributions from individuals, organizations, and groups other than RECCSF and its members may be included in *News & Views* only upon the approval of the Editorial Committee. Subscriptions to *News & Views* are available for \$36 per year.

Submissions to *News & Views* are solicited and encouraged, and should be submitted to:

RECCSF Office, Attn: Sheila Mullen • 3915 Irving St., San Francisco, Ca. 94122-1294  
Telephone: (415) 681-5949 Fax: (415) 681-5398 • [sheilamullen@mac.com](mailto:sheilamullen@mac.com)

Sheila Mullen, Editor

## News & Views

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Sheila Mullen, Editor

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Fax: (415) 681-5398

Office e-mail: [reccsf@att.net](mailto:reccsf@att.net)



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The month posted on the label  
is the date your dues expire.



### RECCSF Officers:

Claire Zvanski, President

Linda Tabor-Beck,

First Vice President

John Madden,

Second Vice President

Secretary

George Lau, Treasurer

Leo Martinez, Sergeant-at-Arms

### Executive Board Meeting

Tuesday, Jan. 20, 10 a.m.

Taraval Police Station

2345-24th Ave.

All interested parties welcome.

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### Note to members

Please keep RECCSF updated with changes in address, phone number and e-mail.

Letters to the Editor of 50 words or less welcome at [sheilamullen@mac.com](mailto:sheilamullen@mac.com). All letters subject to further editing for space reasons.

### News & Views

February Deadline:

Friday, Jan. 16

5:30 p.m.

Please e-mail your submissions to:  
[sheilamullen@mac.com](mailto:sheilamullen@mac.com).

Visit our Web site:

[sfretirees.org](http://sfretirees.org)

RECCSF office

e-mail address:

[reccsf@att.net](mailto:reccsf@att.net)

## Welcome, New Retirees

### Upcoming General Membership Meetings

◆ Educational programs being planned for early 2015. ◆

◆ "E-mail blast" will be released when Jan. 14 program details are finalized. ◆

◆ Stay tuned! ◆