

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

NEWS & VIEWS

A MEMBERSHIP ORGANIZATION WORKING FOR ALL CITY RETIREES

Health Service Committee Report

By Claire Zvanski

Health Service has a new website, **SFHSS.org**. Please make that sure you sign in soon! *The old Myhss.org will continue for a few months, and then disappear.* The new website contains significant information, and will also include the new telephone numbers as soon as the new system is installed. Also, check the website for enrollment in the **Smile Way** program.

The city seems to be working early on 2020 rates—its budget schedule requires rates to be approved by July.

The most challenging is the **City Plan—United Healthcare (UHC)** rates for **early retirees**. Early retirees are rated with active members. The board is aware that most members of this plan don't have other options. Early retirees are always surprised to discover that the active employee-negotiated premiums no longer apply! The board is requesting that this item not be delayed, so that it can consider various subsidy options. Curiously, more than half of all early retirees live outside of HMO network areas. The ongoing challenge remains keeping the plan affordable.

The **budget** process is moving forward, and CFO Pamela Levin worked diligently to keep the HSS administrative budget within the tighter guidelines that the mayor put forward. This has been challenging, given the new website, equipment for a new telephone system, and the request for several additional staff. The annual KPMG audit is finally complete, with glowing colors for HSS. (The new city finance system caused a four-month delay.)

The **Annual Report** has been completed. HSS now serves over 122,000

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Retirement Committee Report

By Claire Zvanski

The pension fund is stable at \$24.7 billion, which represents an **actuarial value of 90%** (rounded up from 89.8%). The board attributes this to its change in investment strategy. It is no longer highly dependent on stocks and the volatility of the stock market. Private equity, plus investments in real assets and private credit, has brought solid returns along with strong manager selection.

- CIO Bill Coaker reported that the senior investment staff formed an internal investment committee that meets twice a month, entitled **Portfolio Management Group**. It consists of five members: CIO Bill Coaker and four managing directors. It functions as a team responsible for the management of the investment activities of the SFERS trust, and makes recommendations to the board.
- The next Investment Committee meeting is scheduled for April 17, 2019. (This committee cancelled its last three scheduled meetings in 2018.)
- SFERS is expanding its ESG (environmental, social and governance) staff with the addition of Luke Angus as a security analyst. It is recruiting additional security analysts and a managing director of private markets.
- Executive Director Jay Huish reported that the Bay Area CPI (Consumer Price Index) reached 4.49%, which is rounded to 4%, and means that members retiring after 1983 will get the **annual 2% COLA on July 1**, and that the additional 2% has been added to the COLA bank to secure

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March Calendar

Regular Meeting

Wednesday, April 10

Business meeting & program:
10 a.m.

Scottish Rite Masonic Temple
2850-19th Ave. at Sloat Blvd.

News & Views

Editorial Committee Meeting

Tuesday, March 19, 9 a.m.

Taraval Police Station

All interested parties welcome.

Executive Board Meeting

Tuesday, March 19, 10 a.m.

Taraval Police Station

All interested parties welcome.

Public Meetings:

Retired Firefighters & Spouses Association

Thursday, March 21, 10 a.m.

Location to be determined.

Veteran Police Officers

Tuesday, March 12, 11 a.m.

San Francisco Scottish Rite
Masonic Center,

2850-19th Ave. & Sloat Blvd.

Retirement System

Wednesday, March 13, 1 p.m.

1145 Market St., 6th Floor

Health Service System

Thursday, March 14, 1 p.m.

City Hall, Room 416

UESF Retired Division

For time/location, contact:

Rudi Faltus 1 (415) 956-8373

uesfrd01@gmail.com

SEIU 1021 West Bay

Retirees Chapter

Monday, March 18, 12-2 p.m.

Union Hall, 350 Rhode Island St.,

100 South Bldg.

Contact: David Williams

1 (415) 939-5149 or

iamdhw@comcast.net

Health Service Committee Report continued from page 1

lives. Discover all that HSS provides—with fewer than 60 employees—by reading the Annual Report. The Wellness program alone has served over 11,000 employees, from 45 departments.

Cataract surgery is the latest hot topic that prompted Executive Director Abbie Yant to research the issue with a number of expert ophthalmologists, including Dr. Stephen McLeod—chair of the Department of Ophthalmology at UCSF—who specializes in cataracts, corneal disease, and refractive (vision corrective) surgery. Dr. McLeod asserts that the evidence is consistent in showing that there is no clinically significant benefit to laser-assisted cataract surgery over traditional cataract surgery, but that there is increased cost, and, in some cases, reduced efficiency. SFHSS recommends maintaining the traditional cataract surgery coverage provision in our medical plans, based on the following:

- Traditional cataract surgery and the most common type of artificial lens (monofocal) are considered the standard of care, medically necessary, and are covered under Medicare.
- Patients who have traditional surgery and implant a basic artificial lens will need glasses for reading, and possibly distance.
- Electing to use laser-assisted cataract surgery and investing in premium artificial lenses to eliminate dependence on glasses is based on cosmetic preference, usually not medically necessary, and is not routinely covered under Medicare.

- All types of artificial lenses (basic and premium) can be implanted using the traditional cataract surgery technique, with proper measurement by the treating physician to guide accurate incision and placement.
- There is no evidence of improved patient outcome in laser-assisted surgery, and it is associated with slightly higher complication rates.
- Laser assisted surgical time is longer, compared to traditional cataract surgery.
- Traditional cataract surgery supports “best practice” approaches, and the most cost-effective delivery and value of HSS benefit to members.

Patients with certain types of presbyopia or astigmatism may meet medically necessary criteria, and qualify for premium lenses that can be implanted during traditional cataract surgery. (Most patients’ conditions do not meet medically necessary criteria for premium lenses.)

UHC covers both traditional and laser-assisted surgical cataract removal methods and pays the same as Medicare, which covers the same amount regardless of the surgical method used. Blue Shield of California covers traditional cataract surgery, but not laser-assisted cataract surgery. Kaiser states that traditional cataract surgery is the “gold standard,” and does not offer laser-assisted cataract surgery.

(Abbie Yant’s full report is available on the website as part of the documentation for the Feb. 14 HSS board meeting.)

Questions? Comments? Contact Claire Zvanski at czvanski@hotmail.com.

HSS Demographics Report, as of March 2019

Reported by Claire Zvanski

Both Health Service and Retirement Systems are reporting that they have good news and bad news. The good news is that we are living longer. The bad news is that we are living longer!

These days, we could be retired for as long as we worked. Are we prepared for activities and finances for 20 to 40 years of retirement? Some of our colleagues are pursuing second careers. At our current ages, are we—or do we just “seem”—younger than our predecessors? The world has changed. Now, we can get new hips and knees.

The statistics I am quoting are from the 2019 HSS demographic report, and include all four employers: City and County of San Francisco, San Francisco Unified

School District, community college, and superior court.

There are about 50,000 of us retirees, and the average age of Medicare retirees is about 75. Our non-Medicare retiree colleagues are an average age of 56. 3,673 of us are 85 or older. 9,157 of us are 75-84. 18,240 of us are 65-74. 20,725 of us are early retirees at 55-64.

93% of us live in California, with 90% of us living in eight bay area counties. Only 139 retirees live out of the U.S.

38% (13,000) retirees live in San Francisco. If added to active employees, the number increases significantly to about 47,000. 24,363 live in San Mateo, with Contra Costa and Alameda each having about 13,850. Another 6,000 retirees are not counted because they waived medical coverage for 2019.

Useful Phone Numbers

RECCSF Office

Email: reccsf@att.net

Web site: sfretirees.org

Phone Number:

1 (415) 681-5949

Health Service System

Web site: myhss.org

Phone Numbers:

1 (415) 554-1750

1 (800) 541-2266

S.F. Retirement System

Web site: sfgov.org/sfers

Phone Numbers:

1 (415) 487-7000

1 (888) 849-0777

New Member

John R. Schnapp

SFFD

President's Message

By Claire Zvanski

When I retired, I initially thought that I would be spending all my time catching up on my reading, taking art and music classes, going to the dog park every day, attending concerts, and otherwise doing whatever I wanted.

Funds would be automatically deposited into my bank account each month, without fail. I knew that I would earn a 2% COLA every year, and perhaps more if the retirement fund earned over 7.5%. I had health coverage, and liked my doctors. It all seemed so simple! (I didn't realize that they could tell me they don't take Medicare, so that I would need to find new doctors.)

I joined RECCSF, and read the benefit board reports by Jean Thomas, Herb Meiberger, and the late Claire Dunn. The more I became involved, the more I realized that retirement wasn't so simple! Proposition C, passed in 2011, really proved that!

I learn something new at every meeting! I've met many retirees who have interesting life stories, as well as folks who were just names to me during my career. I've learned to appreciate RECCSF and all those who come to meetings, as well as those who serve on our board. I've learned the importance of becoming involved, and of regularly attending HSS and SFERS board meetings.

But it's not about me! It's about *all of us!* It's about succession planning and sharing. *Who is next?* It takes a bit of time to learn what goes on at those commission meetings, and which content to include in the reports—although learning the specific language is easier than one would think.

It's all about teamwork. Who is next to join the team? Will you step up? Do you want to be one of the first to be updated on city retiree issues? How much do you value your benefits? Do you want to assist your colleagues?



This is your chance to step up and join the RECCSF board. This is your opportunity to make sure that your benefits continue and possibly get enhanced, and to help protect and secure our retirement benefits for the future.

Join us now!

Questions? Comments? Please feel free to contact me at 1 (415) 341-3085 or czvanski@hotmail.com.

Retirement Committee Report continued from page 1

future annual COLAS in years when the CPI fails to reach the minimum percentage.

- The Plan's **credited interest rate** will remain at **4.0%**, effective July 1, 2019.
- The **employer contribution rates** for fiscal year 2019/2020 will be 25.19%. It was stated that this will **not impact** the current employee contribution rate as stipulated by the cost-sharing provisions of Proposition C, approved by the voters in November 2011.
- Commissioners Stansbury and Driscoll want the **deferred compensation** manager reports to be on next month's calendar for further discussion. Items of concern include the

Stable Value Credit rate of 2.42% for the first quarter, holistic retirement planning, and the contract negotiations with VOYA, the new DCP administrative services manager.

- Commissioner Driscoll brought up the issue of the extremely long closed sessions prior to the board meetings that result in very hurried public meetings where some issues are carried forward, some are quickly moved without discussion, and others are not fully heard. He says it's a time management issue

that needs fixing.

- Commission President Stansbury commented that recent retirees are voicing distress and concern about various **benefits** that they believed they had possessed, and he requests that—so there is no future confusion—written materials be amended to clarify benefits for employees, spouses, and other continuants.

Questions? Comments?

Contact Claire Zvanski at czvanski@hotmail.com or Herb Weiner at h.weiner@sbcglobal.net.

Feb. 19 Board Meeting Results

- Accepted Treasurer's Report
- Voted to conduct special July 16 board meeting to discuss RECCSF future financial strategies.

RECCSF Officers

Claire Zvanski, President
Mary Anne McGuire-Hickey,
First Vice President
John "Skee" Tostanoski,
Second Vice President

Bonnie Bompert, Secretary
George Lau, Treasurer
Leo Martinez, Sergeant at Arms

Board Members

Richard Bridygham
Carol Cochran
Thomas Dang
Adlai "AJ" Jew

Stephanie M. Lyons
Raymond Mason
Jerry Maxwell
Sheila Mullen

Linda Tabor-Beck
Tim O'Brien
David Williams

February 13 General Membership Meeting



Speaker Jay Huish, Executive Director, San Francisco Employees' Retirement System.



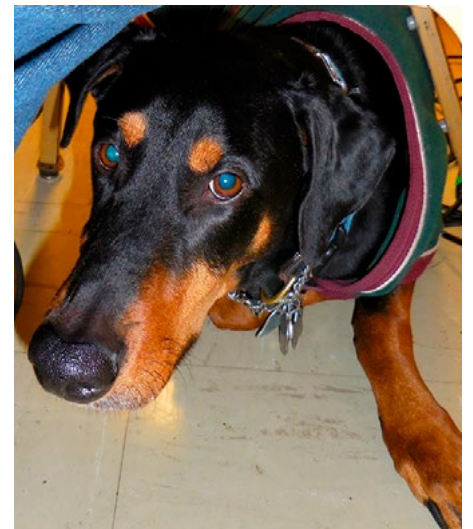
Mr. Huish gave an illuminating presentation on Retirement Board investment strategies, and proudly announced that the fund is currently 90% funded (an alltime high)!



Retiree Health Care Trust Fund Board Commissioner Ed Walsh gave an update on the status of the fund.



SFFD retirees, from left: John Bettencourt and Jim McCoy (sporting his new RECCSF t-shirt).

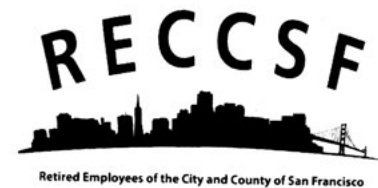


RECCSF mascot, Dexter, who faithfully attends all general membership and board meetings.

One unclaimed T-shirt still available for purchase!

<u>Amount</u>	<u>Size</u>	<u>Color</u>	<u>Price</u>
1	Medium	Black	\$20

If interested to purchase, please email Membership Chair "Skee" Tostanoski at sfskee@sbcglobal.net or call/text at 1 (415) 699-1050.



New Executive Board Member Election!

RECCSF is currently soliciting members to run for the RECCSF Executive Board, either as board members or officers.

Terms are for two-year periods.

We encourage members to consider enriching their RECCSF experience by serving in one of these capacities.

If interested, please contact John "Skee" Tostanoski at
1 (415) 699-1050 or sfskee@sbcglobal.net.

For newcomers, in particular, it's a great way to get to know your fellow members.

2019/20 New Board Member/Officer Installation Schedule

Nominations presented by the Nomination Committee, taken from the floor, and voted on at the April 10 General Membership Meeting.

Installation to be held at the June 12 RECCSF Annual Luncheon.

For Your Calendar:

Save the date!

2019 RECCSF Annual Luncheon &
New Board Member/Officer Installation Ceremony

Wednesday, June 12, 2019

Scottish Rite Masonic Temple

2850 19th Ave., at Sloat Blvd.
San Francisco

*(More information in
April issue of News & Views.)*

June						
Su	Mo	Tu	We	Th	Fr	Sa
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30						

Volunteers needed to help make our RECCSF Annual June 12 luncheon a continuing success!

For many years, RECCSF's core June Luncheon Committee has made our Annual June luncheon a stunning success.

This year, we need additional volunteers to join our existing committee.

(At this point, we are welcoming ideas for this year's event theme, as well as assigning various production tasks.)

If you can help, please contact Mary-Anne McGuire Hickey at
1 (415) 467-6862 or
mcguire-hickey@sbcglobal.net.

This is a fun project, and a great way for our newer members to get to know other RECCSF members.

We hope to hear from you soon!

RECCSF Board member profile: Stephanie Mischak Lyons

As told to John “Skee” Tostanoski

I was born in Oak Knoll Naval Hospital in Oakland, California and raised in Broadmoor Village, adjacent to Daly City. I attended Holy Angels Elementary School in Colma, Mercy High School in San Francisco, and the University of San Francisco, where I participated in anti-Vietnam War activities. After my junior year at USF, I transferred to San Francisco State, where I earned a BA in English literature, a teaching credential, and, later, a master’s degree in political science. I subbed in public high schools in San Francisco, and later taught at St. Rose Academy.

Changing course in the 1970s, I worked in what I would describe as the mayor’s complaint department. Now, it is known as the Mayor’s Office of Neighborhood Services. I also looked for permanent employment with the city, and, eventually, became a personnel analyst.

I retired as the Retirement System’s departmental personnel officer—happy to then be able to spend more time with my school-age son, and my husband, a writer.

I was hired under Proposition F as City College of San Francisco’s part-time Concert and Lecture Series

Coordinator.

I’ve taken up painting—a joyous learning experience.

I’ve also written a couple of unpublished murder mysteries—still in a state of revision—set in San Francisco’s cut-throat political world. I’ve always said: “You can’t write fiction in this town fast enough to keep up with what’s really going on.”

As a personnel officer, I heard about RECCSF, and took a subscription to the newsletter. At one of my first meetings following retirement, I realized that I would want to belong to the organization that represents all of the city’s retirees. I paid for a life membership on the spot.

I have served RECCSF as recording secretary, first vice president and president. I think it’s important to participate in a position of responsibility in order to understand how the organization functions.

I am glad to have served the people of San Francisco as a city employee, and I have been happy to be a part of RECCSF, whether it’s calling out raffle ticket numbers or setting up for the annual luncheon. I urge everyone to consider stepping up to the plate and taking a turn in a leadership role.

Most importantly, I urge you to



reach out to your fellow city retirees and encourage them to join RECCSF. Together, we can make our voices heard!

**Are you receiving
your copies of
News & Views regularly?**

If not, please check
your spam or junk folders.

If not there, please contact the
RECCSF Office at
1 (415) 681-5949 or
reccsf@att.net.

**RECCSF wants to keep you
informed!**

Setting Your Financial Goals

*From Your Friends at San Francisco
Federal Credit Union*

If you had to choose between sitting down and setting financial goals, or hitting the beach in the Caribbean, you’d probably choose the beach. But how would you ensure having the future amounts needed to pay for the airfare, as well as for hotel, food, and souvenirs?

Goal setting may not be fun, but it is critical to help you save for exciting and fun adventures like vacations, as well as more important things like retirement savings, college education, or unexpected medical expenses.

Even if you are regularly putting money into savings, how do you know if it will be enough to get your wants or needs met in the future?

Right now, just think about the goals themselves and your projected timeline for achieving them. The first step is—not surprisingly—clearly identifying your goals. Do you want to buy a new computer in a year, get a new RV or boat, or be debt free in five years? Make the effort to determine their projected costs, the timeline needed to achieve them, and your ongoing financial obligations.

The result of careful planning will

be to have successfully determined the precise amount needed to save each month to continue to both meet your obligations and reach your goals.

This article is courtesy of San Francisco Federal Credit Union’s financial partner, BALANCE, which provides members free access to personal financial counseling. SFFedCU offers tiered savings accounts, which pay higher dividends based on the level of deposit, as well as high-yield CDs at a variety of rates and terms. For more information, go to SanFranciscoFCU.com, call 1 (415) 775-5377, or stop by one of our branches.

Second North Bay RECCSF Meeting Scheduled!

Who: North Bay members, and other retired city employees
who are potential members.

When: Wednesday, March 27, 10 a.m. to 12 noon

Where: IHOP, Vintage Shopping Center,
144 Vintage Way, Novato CA 94945

A separate room has been reserved for our meeting.

No-host breakfast.

Coffee and Tea provided by RECCSF.

Why: RECCSF plans to conduct meetings that are easier to attend
in members' own communities.

For more information, or to reserve your place, please contact
John "Skee" Tostanoski at 1 (415) 699-1050, or sfskee@sbcglobal.net.

*We are required to submit a head count,
so please RSVP by March 25.*

Upcoming General Membership Meeting

Wednesday, April 10, 10 a.m.

Election of RECCSF Officers and Board Members for Fiscal Years 2019/2020

Meeting begins promptly at 10 a.m.

Scottish Rite Masonic Temple, 2850-19th Ave., at Sloat Blvd.

(Parking available in lower level garage.)

News & Views

March 2019

Volume 209, Number 3

Sheila Mullen, Editor

Office: 1 (415) 681-5949

Office email: reccsf@att.net

Executive Board Meeting

Tuesday, March 19, 10 a.m.

Taraval Police Station, 2345-24th Ave.

All interested parties welcome.

Note to members:

Please keep RECCSF updated with changes in address, phone number and email.

News & Views

April Deadline:

☛ Friday, March 15, 5:30 p.m.

Please email your submissions to:

sheilamullen@mac.com.

Letters to the editor and opinion pieces are welcome.

All submissions subject to further editing.

Visit our website:

sfretirees.org

RECCSF office email:

reccsf@att.net

3915 Irving St.,
San Francisco, CA 94122

Membership and Subscriptions

for retired city employees

Membership application: www.sfretirees.org; email: reccsf@att.net.

Active city employees within five years of retirement are eligible to join RECCSF.

- \$48, *annual*
- \$600, *lifetime* (payable over four months in four payments of \$150 per month, or annually over four years in increments of \$150 per year)
- Members without computer access should contact the RECCSF office at 1 (415) 681-5949.

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.

Submissions to *News & Views* are solicited and encouraged.

Submit in Word document to: sheilamullen@mac.com, or

Sheila Mullen, editor, RECCSF office, 3915 Irving St., San Francisco, CA 94122-1294

Telephone: 1 (415) 681-5949



I want to know!

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RECCSF

Retired Employees of the City and County of San Francisco

