

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

# NEWS & VIEWS

A MEMBERSHIP ORGANIZATION WORKING FOR ALL CITY RETIREES

## Retirement Committee Report

By Claire Zvanski

The good news is that the market is **recovering**, and our fund is at **\$28.3 billion** as of Aug. 31. The rate of return (ROR) is now at 6.54%, primarily due to both public and private equities. The finalized ROR as of June 30, 2020 was 2.41%, which topped the median peer return of 1.34%.

Investment advisor NEPC provided an investment performance report for the last quarter of the fiscal year ending July 30, 2020. Returns were just starting to recover from the previous quarter when COVID “pulled the rug out” of the market worldwide. Several categories finished at minus levels but were offset by solid returns from U.S. equity and global equities (public funds with over \$1 billion in assets) which helped SFERS rank above the median for its peers.

SFERS is most concerned about its **liquidity management**. Cash outflows are projected to increase from \$549 million in FY 2019-20 to \$914 million by 2025, and to \$1.314 billion in 2030. **Leverage** allows for great flexibility in liquidity management. With 45% of its strategic asset allocation invested in illiquid assets such as private equity, real assets, and private credit—that need 10 and six years, respectively, to mature—SFERS will face a liquidity challenge. Recently, NEPC provided an educational item on **Global Asset Allocation Strategies (GTAA)** to the retirement board. GTAA strategies increase liquidity and capital efficiency. The **October Investment Committee** meeting will hear asset allocation

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## Health Service Committee Report

By Claire Zvanski

President Follansbee, M.D., is an infectious disease specialist who stressed the need for all HSS members to get **flu vaccinations**. HSS has partnered with Kaiser to provide vaccinations at four “open” city facilities where any and all HSS members and their medical dependents can get flu vaccinations, **but only by appointment**. (Details listed in **RECCSF Watchbird on Page 6**). After Sept. 14, Kaiser will provide outdoor walk-up clinics for vaccinations at some of its facilities for Kaiser members; **appointments recommended but not required**.

This was the final meeting for CFO Pamela Levin, who is retiring on Oct. 31. A resolution from the board of supervisors thanking her for her years of service was presented and it is anticipated that the mayor will add her signature.

A request for proposal (RFP) for **medical benefits for active employees and non-Medicare retirees** will be issued on Sept. 14. It’s been more than seven years since the last RFP, and the health benefits world has been changing.

**HSS offices remain closed**. Member Services took in 4300 telephone calls in August. New hires and new retirees are being **processed electronically**. The employee assistance program (EAP) remains available on a 24/7 basis, especially for first responders.

October is **open enrollment** month. **Every HSS member** will receive a mailing outlining benefit details, and the instructions for processing any and

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## All Regularly calendared October Meetings Cancelled!

The current COVID-19 virus is affecting all of us. Both Governor Gavin Newsom and San Francisco Mayor London Breed have issued directives for everyone—*particularly seniors*—to “shelter in place” as much as possible for the foreseeable future. In that spirit, the following regularly scheduled meetings have been cancelled for the month of September. As the situation develops, regular meeting updates will be communicated to our members through “email blasts” and future editions of *News & Views*. Stay safe!

### RECCSF meetings:

#### General Membership Meeting Editorial and Executive Board meetings

Electronic Zoom meetings as scheduled.

#### Membership Committee Meeting

Electronic Zoom meetings as scheduled.

### Public Meetings:

#### Retired Fire Fighters and Spouses Association

#### Veteran Police Officers

#### Retirement System

#### Health Service System

Retirement and Health Service System meetings available at [sfgov.org](http://sfgov.org) and SFGOVTV

#### UESF Retired Division

Contact: Rudi Faltus 1 (415) 956-8373 or [uesfrd01@gmail.com](mailto:uesfrd01@gmail.com)

#### SEIU 1021 West Bay Retirees Chapter

Contact: David Williams to participate in Zoom meetings at: [iamdhw@comcast.net](mailto:iamdhw@comcast.net) or 1 (415) 939-5149.

## Health Service Committee Report

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all changes. This is the first year that changes will be done **electronically**. Mailed, faxed, and dropped-in changes will also be processed, and 33,000 packets will be mailed to retirees. Additional information will be provided for the **Oct. 7 Medical and Dental Plans Webinar, to be held from 12 to 1 p.m.** Logging in to the HSS website is encouraged for all, especially retirees. The city has a new high-tech security system specifically for the HSS and SFERS portals.

If you have a disabled adult dependent over the age of 26 who needs to remain covered by your health plan, they must remain in your plan **continuously (from at least age 25)** to receive benefits. (This is a reminder and not a rule change. Contact HSS if you have any questions.)

The **Delta Dental PPO SmileWay program** for retirees is enhanced in 2021. This special program is only for members with **specific chronic diseases** confirmed by their physician; diabetes, heart disease, HIV/AIDS, rheumatoid arthritis, and stroke. The costs of the additional procedures will not count toward the annual deductible after Jan. 1, 2021. Revised **lowered premium 2021 rates** were passed today for retiree Delta Dental PPO and DeltaCare USA DHMO.

There are no meetings scheduled in October.

Questions? Comments? Please feel free to contact Claire Zvanski at [czvanski@gmail.com](mailto:czvanski@gmail.com).

### Ignore Those Health Insurer Mailers!

At this time of year, a flood of health insurer flyers tend to hit our mailboxes, enticing us to change to various health plans, or to sign up for drug or Medicare-supplement plans. Ignore their pleas—whether by mail, telephone calls or TV ads—and chuck their materials into your recycle basket. **Respond only to the packet issued by the Health Service System during October.** Open Enrollment for coverage in calendar year 2021—that counts.

## RECCSF Officers

John “Skee” Tostanoski, President  
Jerry Maxwell, First Vice President  
David Williams, Second Vice President  
Bonnie Bompert, Secretary  
George Lau, Treasurer  
Leo Martinez, Sergeant at Arms

### Board Members

Sue Blomberg	Ray Mason
Richard Bridygham	Mary Anne McGuire-Hickey
Carol Cochran	Sheila Mullen
Thomas Dang	Tim O’Brien
Ed “Rusty” Jepson	Linda Tabor-Beck
A.J. Jew	Jean S. Thomas
David Leeds	Claire Zvanski
Stephanie M. Lyons	

## Retirement Committee Report

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mixes—with and without leverage—as part of SFERS’ strategic asset allocation decision to be made in November or December.

The board approved an investment of up to \$300 million in a European public equity portfolio to be managed by **Alatus Capital** in August, and now it approved the proposed guidelines for the European public equity portfolio to be managed by Alatus Capital. Commissioner Driscoll sought more detail of the **market cycle**. CIO Bill Coaker responded that it is a three to five-year cycle with short and long, and also, bull and bear markets.

The annual review of the securities lending program (BNY Mellon) for FY 2019-20 was presented. This program is designed to provide **liquidity** up to \$250 million when needed.

The board accepted Cheiron’s supplemental COLA analysis as of July 1, 2020 that determined that there were no excess earnings during the fiscal year ending June 30, 2020. (Therefore, **no supplemental COLA is payable effective July 1, 2020.**)

The **deferred compensation plan** is doing well, with total plan assets of nearly \$4 billion. Actives are able to borrow from the fund during the COVID epidemic under the CARES Act.

Executive Director Jay Huish advised commissioners to attend at least one session of the Nossaman’s 2020 Public Pensions and Investments Fiduciaries’ Forum. Notably, the session reviewing the California supreme court ruling in the *Alameda* case concerning the parameters of the “**California Rule.**” (The forum is by invitation only.)

New ESG Investment Analyst Adrienne von Schulthess has been hired to work with ESG Director Andrew Collins on an extensive analysis for the October meeting. A candidate for manager of operations accepted the offer of employment and will be introduced in October. (This is a new position.)

President Leona Bridges reminded CIO Bill Coaker that the board was still waiting for investment recommendations from staff. He responded that a draft will be available in a few months and asked for more feedback from the commissioners.

Questions? Comments?

Contact Claire Zvanski at [czvanski@gmail.com](mailto:czvanski@gmail.com), or Herb Weiner at [h.weiner@sbcglobal.net](mailto:h.weiner@sbcglobal.net).

## September 15 Electronic Board Meeting Results.

- Accepted Treasurer’s Report.
- Approved motion to transfer \$7000 from San Francisco Federal Credit Union to Bank of America checking account.

# President's Message

By John "Skee" Tostanoski

Your executive board is dedicated to informing you as soon possible as to our goal of organizing *electronic* general membership meetings, and we are making strides toward making that happen. This is a "new world" that we are exploring, so we appreciate your patience.

Unfortunately, the virulent Coronavirus is still affecting some of our families and friends, but, thankfully, the media has kept us consistently updated about modifications in current rules for our various geographical areas.

As seniors, and as most vulnerable to its deadly effects, we are particularly invested in controlling the spread of the virus. Personally, I'm being very careful by continuing to wear my masks and keeping a safe distance from others.

Medical experts have recently been warning everyone—particularly seniors—about the upcoming "twindemic"; a predicted deadly combination of Coronavirus and flu activity as we head into the fall and winter.

*I strongly encourage all of our members to get the senior flu vaccination. (October San Francisco city retiree vaccination locations are listed in the News & Views "Watchbird Section" on Page 6.)*

Currently, the world can be a very tough, strenuous, and depressing place. As city retirees, we are especially fortunate to have first rate medical insurance that permits us to use the services of medical professionals to help us navigate through

these physically and emotionally trying times. Listen to yourself and your loved ones: If you think that you need assistance, also reach out to friends who may be at risk. It helps to share!

Also, I would like to encourage all our members to remember to invite their recently retired past co-workers and friends to join RECCSF. We trust that you have gained value from your membership as we continue to work toward the goal of providing you with as much information as possible that could affect your current city retirement benefits.

And, you and yours stay safe!



## We need member photos!

Since our in-person general membership meetings are now temporarily postponed due to the coronavirus pandemic, our editor will welcome personal photos of our members—at work or play—to be published in *News & Views* to help keep us in touch with each other.

Please include captions with member name and activity description, and email to [sheilamullen@mac.com](mailto:sheilamullen@mac.com).

*Items suitable for publication will be printed as space allows.*

## Useful Contact Information

### RECCSF Office

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

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

Phone Number:

1 (415) 681-5949

### S.F. Retirement System

Website: [sfgov.org/sfers](http://sfgov.org/sfers)

Phone Numbers:

1 (415) 487-7000

1 (888) 849-0777

### Health Service System

Website: [sfhss.org](http://sfhss.org)

Phone Numbers:

Member services:

1 (628) 652-4700

Employee Assistance:

1 (628) 652-4600 (24/7)

Toll-free: 1 (800) 541-2266

Fax: 1 (628) 652-4701

Benefits: [sfhss.org/benefits/retirees](http://sfhss.org/benefits/retirees)

### Health Service Quick Links

Blue Shield HMO Plans

<https://sfhss.org/access-hmo-blue-shield-california>

Kaiser Permanente HMO

<https://sfhss.org/kaiser-permanente-hmo>

City Plan & City Plan 20 PPO

<https://sfhss.org/unitedhealthcare-ppo-city-plan>

UHC Medicare Advantage PPO

<https://sfhss.org/uhc-medicare-advantage-ppo>

### Dental and Vision:

Delta Dental

<https://sfhss.org/delta-dental-ppo>

UnitedHealthcare Dental

<https://sfhss.org/unitedhealthcare-dental-dhmo>

DeltaCare USA

<https://sfhss.org/deltacare-usa-dhmo>

VSP Vision

<https://sfhss.org/vsp-vision-plans>



# RECCSF Board Member Profile: David Leeds

As told to Stephanie Lyons and John “Skee” Tostanoski

I was born in San Francisco in 1947. I grew up listening to the stories of my father and uncle, whom—like so many other men of their generation—had served overseas during WWII. My father’s ship had taken him from Marseille to Yokohama via Guadalcanal and Okinawa, and my uncle had been in England, France, and Germany.

I, too, wanted to see the world. In 1969, I joined the Sailors Union of the Pacific—and, later, the Steelworkers Union, the National Maritime Union, and, finally, the Marine Firemen’s Union. I shipped out of the west, great lakes, east, and gulf coasts. I saw a lot of water!

In 1997, at age 50, I secured my “retirement job” at San Francisco General Hospital (Local 39 Stationary Engineers), from where I retired at age 68.

By going to sea, I had learned the critical importance of organized labor

for working people; that the ideas and customs of your town are not the ideas and customs of the world; and that you have to know with whom you are doing business.

While working for the city, I discovered that *The Emperor’s New Clothes* was not just a folktale, but actual city policy.

Both work environments confirmed my belief in the statement, “If you want nothing out of life, your boss is your best friend.”

One of my passions is volunteering in San Francisco on the SS Jeremiah O’Brien, one of two remaining fully functional liberty ships of the 2,710 built and launched during World War II. I enjoy the deep history, association, and brotherhood of the people preserving this maritime national treasure.

As RECCSF Hospitality Chair, I strive to serve you on the executive board. When our RECCSF in-person general membership meetings are eventually resumed, you may observe



me organizing its setup. Please be assured that I would welcome a hand!

## Four Ways to Manage Medical Debt

From Your Friends at San Francisco Federal Credit Union

### Check the invoices.

Since medical invoices are sometimes inflated, reviewing them carefully could save you money. Perhaps you were billed for a four-day stay in the hospital when you just stayed two or were charged twice for the same medication. If so, contact your medical provider. Also, make sure that your insurance company pays for all charges covered in your plan. If an insurance company denies a claim, you can appeal the decision and submit evidence to support why the treatment should be covered—such as, a letter from your doctor.

### Ask for a repayment plan.

Even after errors are corrected, there is no need to feel distressed if you cannot pay an invoice in full. Most medical providers will allow you to make smaller payments until the invoice is paid; and, in many cases, won’t even charge interest. If the medical provider does not accept your proposal, look into our debt consolidation or personal loan options for repayment.

### Look for assistance.

Many hospitals receive government funds and donations to cover the invoices for patients who cannot pay. Check on the application procedure and qualifications by talking to your hospital’s billing department. Often, assistance programs are restricted to people who owe a certain amount, have income below a certain limit, and/or have no insurance. To find out which programs are available in your area, contact the United Way or dial 211. You may also be able to get information from relevant disease support groups.

### Create a plan for the future.

Becoming ill is just a part of life. However, if you start saving today, it will be easier to pay any invoices that could accrue tomorrow. While you can put your savings into a savings account, you may also want to make use of one of the tax-advantaged accounts available for medical expenses. Please feel free to talk to one of our member service representatives about your options.

*This article is courtesy of the San Francisco Federal Credit Union, with branches in San Francisco and San Mateo counties. For more information, visit [SanFranciscoFCU.com](http://SanFranciscoFCU.com), call 1 (415) 775-5377, or stop by one of our branches.*

### Abbreviated Financial Statement for RECCSF For the Fiscal Year ended July 31, 2020

<b>Revenue:</b>		<b>Expenditures:</b>	
Membership Dues	\$14,049.48	News and Views	\$4,150.00
Contributions	6,622.00	Meeting & Office Expenses	18,444.99
Others	<u>1,674.39</u>	Others	<u>1,747.30</u>
	\$22,345.87		\$24,342.29
		Deficit for the year	<u>(\$1,996.42)</u>



*Our RECCSF  
members  
Our community*



*Stay  
home!  
Stay  
safe!*



# The RECCSF Watchbird



## To the RECCSF Membership

By President John “Skee” Tostanoski

Due to the ongoing Covid-19 pandemic, 2020 will be the first year that RECCSF is unable to conduct its annual October General Membership Meeting featuring a senior health fair that includes *free over-65 senior flu vaccinations* for our members.

In this regard, and to ensure the orderly continuation of this vital resource for our members, I have been exploring alternative options, such as:

- researching a list of Health Service System locations offering the senior flu vaccinations for United Healthcare members—*which I will share with the membership as soon as it becomes available*—at CVS, Walgreens, Rite Aid, primary care doctors and in-network independent pharmacies. The process will be to contact one of these locations to verify senior flu vaccination availability and make an appointment. There should be no co-pay; however, these entities may charge an “administrative

fee.” that is the case, United Health Care will reimburse members up to \$20, upon presentation of a receipt. Call the phone number on the reverse of your card for exact reimbursement information; and

- Kaiser members need to contact their local Kaiser location to establish the non-copay process for receiving their senior flu vaccinations.

Due to current concerns about a “twindemic” of influenza and Covid-19, following is a link outlining suggested early action in this regard: <https://www.nytimes.com/2020/08/25/health/flu-vaccine-coronavirus.html>.

Also attached is a link providing further information on protecting yourselves and your families at: <https://www.cdc.gov/flu/prevent/vaccinations.htm>.

To help ensure the safety of myself and my family throughout the oncoming deadly combined Covid-19 and flu season, I scheduled my flu vaccination for as early as possible in September, and urge all my fellow RECCSF members to consider getting vaccinated ASAP.

## Flu Vaccination Sites for City Retirees

(Only one flu vaccination per year required)

### PRIOR to Clinic:

- ◆ Complete health check at <https://sf.gov/check-your-health-city-staff> and take picture of self with smartphone.
- ◆ Complete and print out the Kaiser consent form
- ◆ Schedule an appointment online
- ◆ Collect and prepare to bring to the clinic:
  - consent form
  - Medical ID card
  - face mask
  - health screening clearance and image on smart phone

### AT Clinic:

- ◆ Upon entry SFHSS staff will confirm
  - appointment time
  - health screening was completed
  - confirm face mask is properly worn
  - check Medical Plan ID
- ◆ Move to admin table; paperwork to be reviewed by Kaiser staff
- ◆ Move to available nurses’ station for flu shot (if first time, then to observation area)
- ◆ EXIT the facility

### CITY FACILITIES:

- |       |  |
|-------|--|
| 10/8  | 8:00AM – 3:00PM  |
|       | County Fair Bldg (Hall of Flowers),<br>9th Ave at Lincoln in Golden Gate Park. |
| 10/20 | 10:00AM – 3:00PM   |
|       | SF War Memorial (401 Van Ness Ave)   |
| 10/22 | 9:00AM – 4:00PM  |
|       | 1 South Van Ness Ave (at Market)<br>[2nd floor atrium]                         |

UHC and Blue Shield members consult your health plan and primary care physician for other options.

KAISER MEMBERS call Kaiser for locations of outdoor, walk-up flu shot clinics.

Walgreen’s, CVS and other pharmacies (including Safeway) are providing flu shots. Shots should be FREE with your medical plan ID but some charge a fee. Consult your health plan for reimbursement options. SENIORS need special SENIOR SHOTS! Ask the clinics when making appointments.

ONLY ONE FLU SHOT PER YEAR NEEDED.



# Upcoming General Membership Meetings

Due to the current COVID-19 (corona) virus emergency, all upcoming RECCSF meetings have been cancelled for the foreseeable future. Please be assured that your RECCSF Board will keep members updated on future developments through our RECCSF *News & Views* newsletter, periodic "email blasts," and RECCSF website at [sfretirees.org](http://sfretirees.org). Our age group is particularly vulnerable for contracting this infection, and we urge all of our members to stay safe by self-quarantining at home as much as possible.

## News & Views

October 2020  
Volume 121, Number 9  
Sheila Mullen, Editor  
Office: 1 (415) 681-5949  
Office email: [reccsf@att.net](mailto:reccsf@att.net)

## Executive Board Meeting

All in-person board meetings cancelled until further notice. Your RECCSF Executive Board is meeting by Zoom for the foreseeable future.

### Note to members:

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

### News & Views

#### November Deadline:

☛ Friday, Oct. 16, 5:30 p.m.  
Please email your submissions to:  
[sheilamullen@mac.com](mailto:sheilamullen@mac.com).

Letters to the editor and opinion pieces are welcome.  
All submissions subject to further editing.

### Visit our website:

[sfretirees.org](http://sfretirees.org)  
RECCSF office  
email:  
[reccsf@att.net](mailto:reccsf@att.net)  
3915 Irving St.,  
San Francisco, CA 94122

## Membership and Subscriptions

for retired city employees

Membership application: [www.sfretirees.org](http://www.sfretirees.org); email: [reccsf@att.net](mailto:reccsf@att.net).  
Active city employees within five years of retirement are eligible to join RECCSF.

- \$68, 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](mailto:sheilamullen@mac.com).



## I want to know!

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Retired Employees of the City and County of San Francisco

