

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

This meeting focused exclusively on the results of the requests for proposals (RFPs) for the medical plan offerings in **plan year 2022 (non-Medicare)**. The commission item read: “The addition of Health Net Canopy HMO (flex-funded) and Blue Shield of California (BSC) PPO with Accolade (self-funded); continue with BSC Access+ and Trio plans for plan year 2022; and discontinue the United Healthcare PPO plan.”

It is important to know that this was an RFP for plans for **active employees and early retirees (non-Medicare, below age 65) and their non-Medicare dependents**. While you might think that you don’t need to read further since it does not impact you, think again. There will be an RFP for the Medicare Advantage plans in the near future. It has been many years since the last RFP and the standard practice is for the city to recommend and issue RFPs for contracts at least every five years. It has now been more than ten years. Kaiser was included and participated; there was **no recommendation to eliminate Kaiser**.

A **panel of experts** was selected to review all of the proposals, rate them, and make a recommendation to the HSS board. The final rating scores were given to the HSS board with the recommendation as stated above. The identity of the review panel members remains anonymous. The “black-out period” that was imposed during the RFP process has been lifted and a number of materials are now posted on the HSS website.

The recommendation for Health Net

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## Retirement Committee Report

By Claire Zvanski

The first item of business was carried over from last month. It is the adoption of the “Economic Assumption.” The current rate is 7.40%. The proposed rate is 7.30%. Currently, SFERS is the only system in California at the 7.4% assumption rate. All the other public plans have reduced their rates, and most are below 7.3”—with many at 7.0%. There are “several sides to this coin”. Each **.1% reduction** means that the employer(s) will realize an **increase** in its contributions to the SFERS fund. During a budget shortfall, this could be disastrous. It is estimated that a .1% reduction would cost the city an approximately additional \$26 million. If the proposal goes below 7.3%, then the “**cost sharing**” with employees also “kicks in” and employees would see decreases in their pay based on the increases set by the charter formulas. At 7.0% the additional cost to the employer(s) alone would be approximately \$140 million. After much discussion, the item was carried forward to March.

The good news is that the fund is now at **\$30.7 billion**. Returns are at 17%—which is extraordinary! The market is strong, despite the pandemic. There is no guarantee that it will hold, but CFO Bill Coaker is hopeful. Technology, biotech and China managers have brought in the highest investment returns. Private equity is leading the way.

Brady Jewett, CFA, was hired as a security analyst to assist Anna Langs in asset allocation, risk management, and

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## All Regularly Calendared March Meetings

### RECCSF

(For the immediate future, RECCSF will be communicating with members through News & Views and regular “e-mail blasts.” Stay safe!)

### **Electronic Zoom meetings**

(Members welcome to attend: Contact: [sfskee1@gmail.com](mailto:sfskee1@gmail.com).)

### **Program Committee**

Monday, March 1, 1 p.m.

### **General Membership Meeting**

Wednesday, March 10, 10 a.m.

### **Editorial Committee**

Monday, March 15, 10 a.m.

### **Executive Board**

Tuesday, March 16, 10 a.m.

### **Membership Committee Meeting**

Wednesday, March 24, 11 a.m.

### Public

(The following listed entities are individually choosing communication methods with their members.)

### **Retired Fire Fighters and Spouses Association**

(Meetings postponed until Fall, 2021.)

### **Retirement System and Health Service System**

[sfgov.org](http://sfgov.org) and [SFGOVTV](http://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  
(Zoom meetings)  
[iamdhw@comcast.net](mailto:iamdhw@comcast.net)  
or 1 (415) 939-5149.

# Retirement Committee Report

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innovative solutions investing. He graduated with honors from U.C., Santa Barbara and holds an M.S. degree from the London School of Economics—again with honors.

The board reviewed its **annual proxy voting record**. There were over 17,000 issues, with the number of directors failing to receive majority shareholder support holding steady from 2019. The board's failure to address shareholder concerns with respect to gender diversity was the leading cause of majority opposition. The next highest issue was director compensation.

Commissioner Brian Stansbury requested Mr. Coaker to provide case studies of **other public pension plans**. The first one he presented was the **Canadian Model**. It is a plan of \$450 billion. For the ten years ended Sept. 30, 2020, it posted returns of 10.60% annualized, outperforming SFERS by 1.45% per year and outpacing the median U.S. public pension with assets of more than \$1 billion by 3.18 % annualized. It is considered one of the world's most admired and successful public pension plans.

The **Deferred Compensation Stable Value Fund** currently holds **over \$1 billion** in participant assets. Starting in February, SFERS will present a six-part "Ready to Retire" webinar series on a quarterly basis, designed to assist members with the decision-making process in preparation for retirement. The Coronavirus Aid, Relief and Economic Security (CARES) Act expired Dec. 30, 2020. There has been no update on whether or not existing CARES Act provisions will be extended into 2021.

The **basic COLA**, effective July 1, 2021, was **approved**. It is the **2% annual COLA** based on the S.F.-Oakland-Hayward Consumer Price Index (CPI) for the preceding calendar year. (That CPI had a 2.000% increase from December 2019 to December 2020—which also means that nothing will be credited to the COLA bank.)

The plan's **credited interest rate will remain at 4.0%**, effective July 1, 2021. The policy provides that the credited

interest rate will be adjusted only in years when the change in the average yield from the previous calendar year is greater than 0.50% (50 basis points), or when a change is required to prevent the plan's credited interest rate from falling outside the minimum or maximum limits provided under the Administrative Code.

**Committee assignments** have been amended as follows: Deferred Compensation, Casciato chair; Governance, Driscoll chair; Investment, Heldfond chair; Operations Oversight, Bridges chair; Personnel, Stansbury chair.

The board approved its **departmental budget** for FY 2021-2022 and FY2022-2023. SFERS receives **no general fund support from the city**. The mayor's budget instructions provide that SFERS is not required to make the mandatory departmental reduction proposals but is required to balance its departmental budget with its revenue source—the SFERS trust assets. This budget proposal includes requests for a number of new positions, as well as for a few substituted positions. Part of this strategy involves creating career tracks for valued employees to provide for retention. Several high-performing, long-term employees recently left for career enhancements unavailable at SFERS.

The current fiduciary **governance consulting services** agreement with Nossaman LLP will expire on April 18, 2021. A **request for proposal (RFP) will be issued immediately** for these services.

Executive Director Jay Huish shared a copy of the **resignation** letter from **Carmen Chu**, who was appointed to the position of city administrator—which creates a conflict of interest. Ms. Chu lauded the system staff for their service and dedication.

RFPs are open and subject to the board's "blackout policy."

The last issue brought up under the **Good of the Order** involves the **MTA proposal to eliminate taxi cabs from Market Street**. Commissioner Driscoll pointed out this serious problem since it will prohibit **disability access to 1145 Market St**. Commissioner Casciato stated there is now a **specific secure mail box on the 6th floor** for members who need to submit confidential information to the System. This MTA proposal to eliminate taxi cabs and ride share vehicles from Market would make it impossible for many SFERS members to access the office. Offices are closed but that secured box is specifically available since electronic transfer as well as direct mail remains a security risk for the distribution of some confidential materials as pointed out by a number of members who requested a secure option.

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).

## 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	

## Feb. 16 Electronic Board Meeting Results

- Accepted Treasurer's Report.
- The board agreed to send a letter opposing the proposed restriction of vehicular traffic on Market Street to the Municipal Transportation Authority, with copies to the San Francisco Board of Supervisors and the mayor.

# President's Message

By John "Skee" Tostanoski

It seems that each day new headlines are established regarding the Covid-19 vaccine status, and I certainly hope that everyone who desires a vaccine is soon able to get an appointment.

I recently assisted a 67-year-old person to sign up for their vaccines at Moscone Center, San Francisco. One of the center's great features is that, after persons have received their first vaccination, they are automatically given the option to make an appointment to receive the second vaccination. (That's quite an improvement over my experience!).

**Whether or not you carry insurance, you are eligible to receive your vaccinations at Moscone Center.** If you're having problems scheduling your vaccine, I hope that you're reaching out for help from others. (This is another one of those situations that seem to "take a village.")

In February, RECCSF conducted another well-received general membership meeting. Dr. Windon from UCSF Weill Institute conducted a fascinating presentation on brain wellness and preventative methods that help us maintain our aging brains.

One of the issues on which he concentrated was how to avoid isolation in this time of social distancing. (I've heard it said that it should be titled "physical" instead of "social" distancing.) During his discussion he focused on how important it is to remain socially involved, and how meetings

such as ours help to keep us in touch with others. I hope that you can join us at our future Zoom meetings, wherein we will continue to strive to schedule future speakers as outstanding as Dr. Windon!



I'd again like to remind our members to actively invite former coworkers and other city retirees of their acquaintance to join RECCSF. Remember, we have introduced the **\$25 new member introductory discounted rate**. New members will soon realize that, among other bonuses, the RECCSF *News and Views* newsletter keeps them continuously informed as to the status of their critical financial and medical benefits.

To help to continue our work, we are also searching for members who would agree to be involved within RECCSF. We need new members on our executive board and various committees—and never ask anyone to volunteer more time than they're willing. (A great side benefit of my volunteering is that it continues to keep my mind learning and active, as well as providing the honor of serving such kind, gentle and caring members.)

You may have noticed that in each monthly newsletter I discuss "mental" as well as "physical" health. I am very concerned with mental health effects of this "new normal." (I discuss it because it scares me!)

Gratefully, many of our doctors' offices are now reopened and we have the opportunity of resolving many medical issues that were postponed because of Covid-19. If you have delayed dealing with any health issues, or have become ill or depressed yourself, remember that our excellent medical plans are available to help restore your physical and emotional well-being. They also offer options for scheduling rides to medical appointments, so please feel free to take advantage of our excellent medical coverage.

Finally, if you would consider volunteering to assist me in moving forward on critical RECCSF projects, or have any comments or questions, please feel free to contact me at [sfskee1@gmail.com](mailto:sfskee1@gmail.com).

Thank you, and I wish all of our members a safe, healthy, and peaceful month ahead!

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## Health Service Committee Report

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Canopy expanded provider groups to include **MarinHealth** and **San Francisco General Hospital**. Health Net Canopy HMO has a **national network** as does the Blue Shield Accolade PPO. Members who are in the **City Plan** will be impacted by the change from UnitedHealthcare to the Blue Shield Accolade PPO. While a number of active and early retirees are members of the City Plan, the most impacted members are those who work/live in the Tuolumne area (Hetch Hetchy), as they don't have any other choices.

A **registered nurse** and/or health assistant is available to **all PPO members 24/7** in Blue Shield Accolade PPO, to assist with questions and navigating the system to provide the highest quality care. There is **no change in medical and hospital copays or pharmacy costs**, and the provider network—including hospitals—remains the same. Members are always concerned about the **drug formularies**. At this point, there is no significant change, but one must remember that formularies are periodically subject to change, including during the plan year and within health plans.

The HSS Board asked many questions and the final vote was 5:2 (Breslin & Zvanski, dissenting). All other items were deferred to the March meeting.

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

### New RECCSF Facebook Page!

Stay instantly current with city health, retirement, and other issues important to San Francisco city retirees. Other typical topics are covered, such as: covid-19 vaccine developments, lockdown strategies, and latest scam avoidance techniques. We also cover other areas of interest to our members and—hopefully—prospective new members; for example, informative observations on current events and the natural world.

Follow us. Leave comments. We post every day!

# The RECCSF Watchbird



## Will You Lend an Arm?

Submitted by Linda Tabor-Beck

Are you aged 75 or older?

Do you take either of the medications Eliquis or Xarelto?

Would you like to help UCSF determine if the amount of your medication is appropriate? (I know that I've certainly wondered about that. If you even look at me cross-eyed, I bruise!)

It doesn't matter about your gender, ethnicity, or if you have comorbidities. All it takes is one or two blood draws, done on the same day, *and* they will even come to your home if you don't care to visit a lab—although you can always visit any San Francisco UCSF location.

The geographical limits for a home visit range as far north as Novato, east as Livermore, and south as Gilroy. They'll even pay you for taking part.

UCSF needs around 300 volunteers to mount an effective science research

study. If you—or anyone you know—fit the criteria and would like to help advance some valuable scientific research, please feel free to contact me at [lindareccsf@gmail.com](mailto:lindareccsf@gmail.com). I can answer your questions myself or connect you to a friendly and knowledgeable UCSF representative.

Stay well and thank you in advance for your help!

## Save the date!

2021 RECCSF New  
Board Member/Officer  
Installation Ceremony  
at Electronic General  
Membership  
Meeting on

**Wednesday,  
June 9, 2021**

## 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.*

## RECCSF 2021 General Membership Meeting Dates at 10 a.m.

Wednesday, March 10

Wednesday, April 14

Wednesday, May 12

Wednesday, June 9  
(induction of officers  
and board members)

Wednesday, July 14

Wednesday, Aug. 11

Wednesday, Sept. 8

Wednesday, Oct. 13  
(health fair)

Wednesday, Nov. 10

Wednesday, Dec. 8  
(holiday party)

Until further notice, all RECCSF general membership meetings will be conducted electronically.

*Attendance by RSVP only to [reccsf@att.net](mailto:reccsf@att.net).*

*(Regular reminder notices will be emailed to members who RSVP prior to meeting dates.)*

Meetings can be logged on to at 9:50 a.m., will begin promptly at 10 a.m., and end by 12 p.m.

*Please calendar these important 2021 dates ASAP!*

Happy  
St. Patrick's  
Day



# 2021/22 RECCSF 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.

For newcomers, in particular, it's a great way to get to know your fellow members. If interested, please contact Jerry Maxwell at [madmaxtko@yahoo.com](mailto:madmaxtko@yahoo.com) or 1 (415) 351-8970.

## RECCSF Board Nominations

In February, nominations will be open for the following positions:

**Secretary • Treasurer  
Sergeant-at-arms  
and five board members at large.**

*Nominations will also be taken from members present at the March 10 General Membership meeting.*

## 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>

# 2021 RECCSF Raffle News

*Linda Tabor-Beck, chair  
The Frugal Few Committee*

Happy New Year to all of our RECCSF members! We hope that the new year finds you all safe and well.

As part of RECCSF's ongoing pandemic-related strategy of having monthly electronic general membership meetings, we will also be bringing back our raffle, commencing with our *Wednesday, Feb. 10* meeting. As a reminder, winners can choose their \$25 gift card from either Safeway, Lucky's, Trader Joe's, BevMo, or—*just added*—See's Candies. *Attendance is not necessary to win.*

Ticket costs remain the same: six numbers (in lieu of physical tickets) for \$5, 12 for \$10, etc., with a \$5

minimum. Your check—made out to RECCSF with “*raffle*” added on the memo line—needs to be received at the RECCSF office, 3915 Irving St., San Francisco, CA 94122 *by the Friday before the monthly Wednesday general membership meeting. Late entries will be entered at the next general membership meeting. At the same time that you “snail” mail your check, please email LindaRECCSF@gmail.com to let me know which card you prefer if you are a winner, your mailing address, and any instructions, if needed. (See next).*

If needing to submit a monthly check feels like a hassle, but that you would still like to assist RECCSF with much-needed support, please feel free to mail one larger check to be submitted incrementally in subsequent raffles.

(For example, if you usually buy \$10 worth of tickets, you could send in one check for \$100 with instructions to enter your name 12 times in each of the next 10 raffles). *FYI, all checks are deposited upon receipt*, so please be sure this option will fit into your budget.

Another option to writing checks is to pay me via Zelle—at *either LindaRECCSF@gmail.com*. or 1 (415) 622-8093

Thanks in advance for your ongoing support of RECCSF through our monthly raffle. Stay safe so we can see each other again soon, and not be limited to virtual hugs!

## How Much Money Should I Keep in My Checking Account?

*From Your Friends at San Francisco Federal Credit Union*

Most of us use our checking accounts on a daily basis. Each swipe of a debit card, every paid bill, and every written personal check removes funds from our personal checking account. How much money should we be keeping in this super-convenient account? Following are three reasons to keep your checking account well-funded.

1. **Avoid overdrafts.** It's easy to miscalculate your spending, but why risk being charged overdraft fees for transactions when they're easily avoidable? At San Francisco Federal Credit Union, you can sign up for complimentary overdraft protection.
2. **Provide a cushion for pre-authorization holds.** Some merchants place a pre-authorization hold on your debit card until the transaction completes. These holds can reduce your available checking account balance by up to \$100 per hold. Keeping your account well-funded allows you to comfortably accommodate

any holds without fearing a negative balance.

3. **Keep liquid funds available.** A robust checking account means access to cash is just an ATM transaction away. On the other hand, maintaining an overfunded checking account may mean that you're missing out on higher returns—unless you decide to deposit those excess funds into a money market account or share certificate.

Once that you've determined exactly how much money you should be keeping in your checking account, please feel free to call us or stop by a branch to learn about savings and other high-yield account options that would be right for you.

*This article is courtesy of San Francisco Federal Credit Union, where all checking accounts offer no monthly maintenance fee and no monthly minimum balance. For more information, visit [www.sanfranciscofcu.com](http://www.sanfranciscofcu.com), call 1(415) 775-5377, or stop by one of our branches.*

### Editor's note:

We urge more submissions from our members—opinion pieces, letters to the editor, and articles—that reflect the varying opinions of *all* of our members on issues of interest to city retirees. Submissions are printed on a space-available basis and subject to being edited for grammar, length, and appropriate language, but *never* for opinion.

*We are saving this space for you!*

### Board member

*David Williams wants to remind us that all RECCSF members are also automatically members of CARA!*

If you wish to receive CARA alerts you must sign up with CARA directly at <https://californiaalliance.org/>.

The CARA action team meets on the second Thursday of the month at 1 p.m. If you would like to attend a meeting, please sign up at <https://californiaalliance.org/cara-action-teams/>.

# Upcoming Electronic Zoom General Membership Meeting

Wednesday, March 10, 10 a.m.

*Presented by*

**Jill Neilsen, Deputy Director of Programs**

**Department of Disability and Aging Services**

Deputy Director Neilsen is also San Francisco's Public Guardian and will explain her responsibilities.

## *News & Views*

March 2021

Volume 122, Number 2

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.

The next Executive Board meeting will be held on Tuesday, March 16, at 10 a.m.

## *Note to members:*

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

## *News & Views*

*April Deadline:*

• Friday, March 12, 5:30 p.m.

Please email your submissions to:

[sheilamullen@me.com](mailto:sheilamullen@me.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@me.com](mailto:sheilamullen@me.com).



## I want to know!

Join

# RECCSF

Retired Employees of the City and County of San Francisco

