

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 is the beginning of the challenging time of year when HSS begins the **rate setting process for 2022**. Of course, there isn't yet sufficient data from 2021. The budget process requires rates for 2022 to be approved in this budget cycle. Members live in many local counties. It is impossible for HSS to determine which members (active employees and retirees) have received the covid vaccine.

The good news is that our trust fund is in good shape and our departmental budget is stable.

It remains unknown how working from home has impacted the utilization of both health and dental care. Retiree utilization is also impacted. Is the threat of covid keeping members away from dentists? It is important to maintain **good dental health** for good physical health.

The **HSS Demographic report** is one of the most important documents that HSS produces. It tells us "who and where." Enterprise Systems and Analytics Manager Rin Coleridge is the genius behind this annual report. It is now available on the website.

The other exciting report is the **annual 10-county survey**. This survey determines how much our employer contributes toward our health care (charter). This year, the rate increased by 3.86% to \$757.31 (monthly). We, as members, pay the balance. Active employees have contracts that increase the employer contribution. **Early retirees** (under age 65—pre-Medicare) no longer have contracts, so they pay the

continued on page 3

Retirement Committee Report

By Claire Zvanski

As reported in March, the **Review of Economic Assumptions** was **continued** to the April 14 meeting. The proposal has now been revised to lower the discount rate even further to 7.2%. Over time, this will also include consideration of supplemental COLAs. The current rate remains at 7.4%.

As of Feb. 28, 2021, the fund is at **\$31.2 billion** with the fiscal year return to date of **19.59%**. Astounding! So, the discussion that ensued focused on the "remarkable **manager selection**" and subsequent **investment strategies** that brought the fund to this position. Most of the comments referred to the selection of internal managers (staff) who have followed a strategy of moving assets from public to private equity and keeping a diversified portfolio. While both public and private equity showed positive returns, it is private equity that is demonstrating the highest returns. Discussion continued that included comments about the budget strategy to hire more internal managers. It was pointed out that few pension plans demonstrated the consistently high rate of return over the same time period. As plans enter the multi-billion-dollar category, risk becomes less of a factor. The risk over return ratio changes because the plans are more stable and do not need to take as much risk.

While reviewing the investment categories more closely, it was pointed out that real assets have not done well, and the covid pandemic was given as a cause. The real assets category includes hotels where the hospitality industry is under-performing. This category will probably take the longest to recover

continued on page 2

All Regularly Calendared April 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.)

Program Committee

Monday, April 5, 1 p.m.

General Membership Meeting

Wednesday, April 14, 10 a.m.

Editorial Committee

Monday, April 19, 10 a.m.

Executive Board

Tuesday, April 20, 10 a.m.

Membership Committee Meeting

Wednesday, April 28, 1 p.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 and SFGOVTV.

UESF Retired Division

Contact: Rudi Faltus
1 (415) 956-8373 or
Uesfrd01@gmail.com.

SEIU 1021 West Bay Retirees Chapter

Contact: David Williams
(Zoom meetings)
iamdhw@comcast.net
or 1 (415) 939-5149.

Spring Cleaning To Keep You Fit During Lockdown

From Your Friends at San Francisco Federal Credit Union

Chore # 1: Vacuum your rugs; 190 calories burned per hour. It's time to break out the vacuum. Your abdominal muscles are waiting! The forward and backward motion of vacuuming is a fantastic workout for your abdominal muscles. To get even more benefit, flex your muscles one at a time as you vacuum, beginning at your pelvis and moving into your upper abs. Do leg lunges every few minutes as you push the vacuum back and forth across your floors.

Chore #2: Mop your floors; 190 Calories burned per hour. Make those floors sparkle—and give your abs and arms a great workout! Before you start, clear clutter and dirt from your floors so that you'll be able to clean as many surfaces as possible in succession and thus quicken your heart rate. For even more benefit if you need to get to a hard-to-reach space, flex your abs and squat instead of bending. Switch arms as you sweep or mop so that you're reaching and pulling back evenly with your right and left sides. When you hit a hard spot, get down on your hands and knees to scrub. This will help tone your shoulders and upper arms.

Chore # 3: Wash your windows; 180 Calories burned per hour. Wipe that grime off your windows while you tone your upper and lower arm muscles. To get more exercise for your muscles, use your left and right hands equally. Wipe in a circular motion for a maximum workout. Reach up as high as you can to work your abs and lower back muscles.

Chore # 4: Wash your dishes; 120 calories burned per hour. All that scrubbing and rinsing under sudsy water provides a great workout for your arm muscles. For really tough stains, use vigorous scrubbing in place of soaking. This will boost your calorie-torching to 160 calories an hour. While waiting for your dishes to air-dry, do some squats on your kitchen floor.

This article is courtesy of San Francisco Federal Credit Union. For information about our products and services, visit www.sanfranciscofcu.com, call 1 (415) 775-5377, or stop by one of our branches.

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

continued from page 1

over time. It also includes commercial properties where people who will resume working (vs. remote working options) remains an uncertainty. As promised, there was discussion on the absolute return (**hedge funds at \$3.5 billion**), which has been calculated at zero rate of return since last July. This category was finally listed as returning 9.6% net of fees for the fiscal year, with a rapid upsurge returning 6.84% in the last quarter. Each report indicates that more information will be provided at the next meeting.

The **deferred compensation fund** was valued at **\$4.4 billion** as of Dec. 31, 2020. This is an exciting threshold! Yet, there was much discussion and concern about how many members have withdrawn their funds (50% tax penalty!) and how many understand that this is all about long-term investing. VOYA has video training available for members to understand the value of remaining in the fund over the **long term**, and also understand that it is impossible to reinvest once total funds are withdrawn. Commissioners Driscoll and Casciato were the most concerned. Deferred Compensation Plan Manager Diane Chui Justen stated that there have been some requests for withdrawals related to financial panic, but that careful counseling has prevailed, and few have actually withdrawn from the fund. The target date funds have regularly returned between 11% and 13%. **Assets increased by \$552 million** for the entire year. It appears that this deferred compensation fund is now ranked in the top 1% in the nation.

It isn't often that a department can hire someone who also served them as an intern. Ms. Jiada Tu is fluent in Mandarin and has experience working in both the U.S. and Hong Kong. She has an MBA from the U.C. Haas School of Business and a BS from Boston College, graduating Summa Cum Laude. Prior to her experience in finance, she amassed 12 years of experience in theatrical acting and voice dubbing, including five years with Walt Disney Greater China. She was an intern at SFERS in 2019 and has now joined the investment division as a security analyst.

The 2020 Annual Report is now available on the SFERS website.

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

Abbreviated Financial Statement for RECCSF For the Six Months ended Jan. 31, 2021

Revenue:

Membership Dues	\$4,404.00
Contributions	3,864.00
Others	285.04
	<hr/>
	\$8,553.04

Expenditures:

News & Views	\$2,000.00
Meeting & Office Expenses	10,139.84
Others	233.94
	<hr/>
	\$12,373.78
Deficit for the six months	<hr/>
	(\$3,820.74)

President's Message

By John "Skee" Tostanoski

As your president, part of my job is to listen to you and do what I can to help RECCSF stay relevant, informative, active and helpful. I am working to try to accomplish those goals. I spend time listening to and hearing concerns from retired members and our future retirees. There are many ways that we could be of service to each other, such as helping people to learn how to use a computer and to connect with Zoom, and calling people to connect with them and let them know what we're accomplishing as a group.

We are conducting monthly Zoom electronic general membership meetings with excellent speakers informing our members about issues that can actually affect them. Our March General Membership meeting was very informative. Public Administrator and Public Guardian Jill Neilsen from San Francisco's Department of Aging and Adult services presented an excellent program. Ms. Neilsen is the voice for people who are deemed not capable of taking care of themselves. It was very insightful and helpful for many of our participants. I would like to encourage all of our members to join us on our monthly Zoom meetings.

I'd again like to encourage you to invite former coworkers and other city retirees of your 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.

I need your help in order to continue our work. We are also searching for members who would join our executive board and various committees. It's sort of like "joining the

team." When I joined RECCSF, I only knew one person. By profession I am a tradesman, and never strived to be in a leadership role in anything other than my family—my little team. By volunteering to help, I believe it has helped me as a person, and I have gained many people I consider my friends. A side benefit of my volunteering is that it continues to keep my mind learning and active.



Once again, I am going to bring up "mental" as well as "physical" health. We have excellent medical coverage that we've earned! We need to use it when we need it, especially now. Personally, I just had a procedure done that was postponed because of covid-19. I have an appointment this month to see another surgeon for another procedure that needed to be done last March. ***Covid disrupted our lives, and everyone knows how that situation went.*** If you have delayed dealing with any health issues, or have become ill or depressed, now is an excellent time to resolve to make the calls!

Finally, I want to say once again I need your help. Join our team! I do not know your particular talents. I just know that we need help getting things done. Would you consider volunteering to assist me in moving forward on critical RECCSF projects?

If you have any comments or questions, please feel free to contact me at sfskee1@gmail.com.

Now, take a walk, call a friend, read a joke, or sweep the sidewalk in front of the house and say, "Hi" to anyone who walks by!

Spread sunshine....

Health Service Committee Report

continued from page 1

full balance of the cost. (There is a charter subsidy for their first dependent). This is why health care premium costs are such a shock when we retire! **Medicare retirees** have a different formula.

Active employees and **early retirees (under age 65)** will have a change in the administration of the City Plan PPO, commencing January 2022. ***The plan and its benefits will remain the same.*** Instead of UHC, the plan will be administered by Blue Shield. There are approximately 800 early retirees currently enrolled. Almost 500 of these retirees live in areas we call "***choice not available,***" which includes Hetch Hetchy. Sadly, this population's claims reach the "catastrophic" level at over 56% of all claims. That keeps this plan very costly. The HSS board continues to work on options to help reduce costs but the options are very limited.

Please do not panic; and please do not call HSS or any board member. The RFP process is not yet done, and we remain in a blackout period where we can't discuss anything. **Only** the administrator of the plan will change. There will

be much more information coming out in a timely manner. We are also double-checking the **physician groups**, and, so far, we find there will be **no disruption**.

Lastly, the Delta Dental PPO plan for **active employees** was reviewed. Dental plan renewals and experience information for **retiree dental plans will be presented at the April 8, 2021 HSS Board meeting.**

Supervisor Dean Preston resigned his position on the HSS board. Another Supervisor will replace him soon.

The 2020 Annual Report is now available on the HSS website.

Questions? Comments? Please feel free to contact Claire Zvanski at czvanski@gmail.com.

March 16 Zoom Electronic Board Meeting Results

- Accepted Treasurer's Report.
- The Frugal Few Committee is resuming regular meetings and recruiting new members. If interested, please contact Linda Tabor-Beck at lindareccsf@gmail.com.

The RECCSF Watchbird



Transit First, Passengers Last!

By Herb Weiner

On Tuesday, Jan. 19, 2021, the Municipal Transportation Agency approved a proposal to reserve Market Street as an exclusive corridor for bicycles, paratransit and buses, placing the public—which includes seniors and the disabled—at a definite disadvantage.

This translates to seniors and the disabled being unable to get taxis on Market Street and forced to travel to Mission Street to secure taxi rides.

For citizens with physical impairments, this will create a hardship; and, as a result, they may not have the option of getting taxis at all.

This is “part and parcel” of MTA’s

favoring bicyclists, the Transit Riders Union and Walk San Francisco over our most vulnerable city residents—which includes many of us city retirees.

Have you noticed that it has become a longer walk to the nearest bus stop, that your bus line was removed, or that the buses still don’t arrive on time?

Perhaps you may want to observe MTA meetings on the city government channel at SFGOVTV or contact MTA at: 1 (415) 701-2311 or tellmuni@sfmta.com.

Seniors and the disabled have been “thrown under the bus” too long, and it is high time that we stand up to advocate for ourselves!

RECCSF Raffle Reminder

By Linda Tabor-Beck

First of all, RECCSF extends many thanks to those members who have been supporting our raffle—but “the more the merrier!” We have been able to give out three gift cards at each of our last general membership meetings. Wouldn’t it be great to be able to give out four? (FYI, the number of “tickets” purchased determines the number of cards given.)

As a reminder, following are listed the basics:

- Mail check (\$5 minimum for six numbers) to the RECCSF office at 3915 Irving St., 94122, or contact me directly via Zelle at either lindareccsf@gmail.com or 1 (415) 622 8093; or
- Email me your mailing address, choice of card (Safeway, Lucky’s, Trader Joe’s, BevMo, or See’s. If you have mailed more than \$5, advise how you want it used. (For example, many members have mailed \$100 and requested 12 numbers for 10 meetings.)

Please do remember the second step; otherwise, I can’t get your card to you if you’re a winner.

I love ending our meetings by giving away prizes, so “thank you” for your support of RECCSF.

New Members

Anne Killibrew

City College

Paul Martini

PUC/Water

Maxine Anderson

City Attorney’s Office

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

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)

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@me.com.

Items suitable for publication will be printed as space allows.

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

Attendance by RSVP only to reccsf@att.net.

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

Our Zoom electronic 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!

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 or 1 (415) 351-8970.

RECCSF Board Nominations

In April, 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 April 14 General Membership meeting.

Useful Contact Information

RECCSF Office

Email: reccsf@att.net
Website: sfretirees.org
Phone Number:
1 (415) 681-5949

S.F. Retirement System

Website: sfgov.org/sfers
Phone Numbers:
1 (415) 487-7000
1 (888) 849-0777

Health Service System

Website: 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

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>



March 10 Zoom Electronic General Membership Meeting

The speaker at the March 10 General Membership Meeting was Jill Neilsen, Deputy Director of Programs, Department of Disability and Aging Services, who gave a riveting and detailed presentation on the duties of the Public Administrator and Public Guardian of the City and County of San Francisco.

Below is listed a sampling of RECCSF members in attendance at our March 10 Zoom General Membership meeting.



From left, Top row: John “Skee” Tostanoski, Richard Bridygham, Rusty Jepson, Joe Collins, and Linda Tabor-Beck. Second row: Thomas Dang, David Williams, Gerald Maxwell, Al Casciato, and George K. Lau. Third row: Julie Fong, Madeline Licavoli, Tim O’Brien, Genia Pauplis, and Jean Thomas. Fourth row: Suo Fong and Maria Vermiglio, Leo Martinez, Herbert Weiner, Claire Zvanski, and Herb Meiberger. Bottom row: Sheila Mullen, Bonnie Bompert, Lois Scott, James Reilly, and Yuhum Digidigan.

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!

Save the date!

2021 RECCSF New Board Member/Officer Installation Ceremony at Zoom Electronic General Membership Meeting on
Wednesday, June 9, 2021

Upcoming Zoom Electronic General Membership Meeting

Wednesday, April 14, 10 a.m.

Presented by

Nathan Sinclair, Cybersecurity Defense Manager

Department of Technology, City and County of San Francisco

Mr. Sinclair's presentation will cover strategies on how to remain safe from scams, hacks, and other security breaches.

News & Views

April 2021

Volume 122, Number 3

Sheila Mullen, Editor

Office: 1 (415) 681-5949

Office email: reccsf@att.net

Zoom Electronic 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, April 20, at 10 a.m.

Note to members:

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

News & Views

May Deadline:

Friday, April 14, 5:30 p.m.

Please email your submissions to:

sheilamullen@me.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.

- \$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.



I want to know!

Join

RECCSF

Retired Employees of the City and County of San Francisco

