

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

NEWS & VIEWS

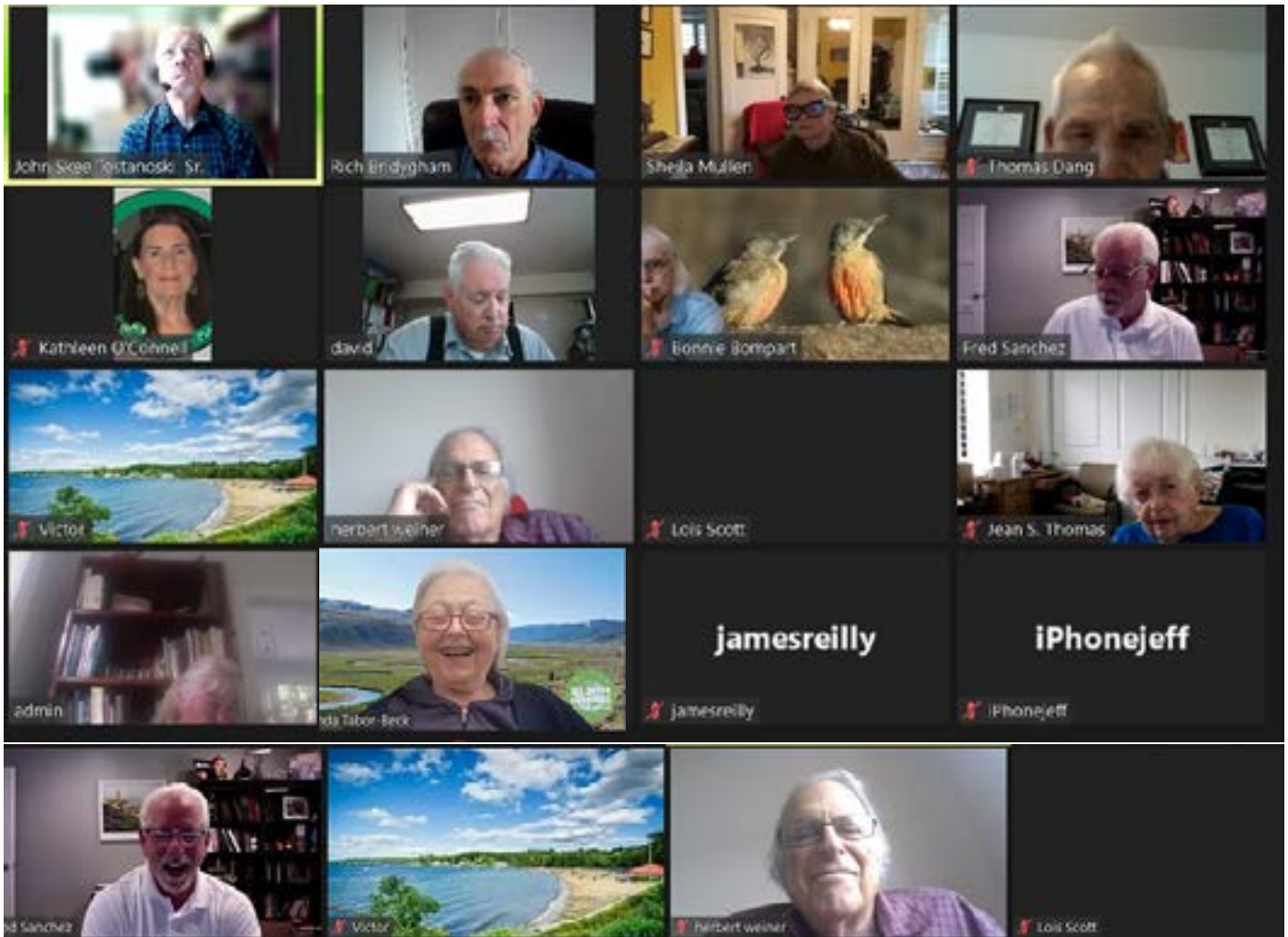
A MEMBERSHIP ORGANIZATION WORKING FOR ALL CITY RETIREES

June 14 Zoom Electronic General Membership Meeting

San Francisco Board of Supervisors member Joel Engardio, District 4, presented remarks and conducted the installation of 2023/2025 RECCSF Officers and board members.



Below is a sampling of RECCSF members in attendance at the RECCSF June 14 Zoom Electronic General Membership meeting.



Members Connect

...over the years



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>

RECCSF 2023 General Membership Meeting Dates Wednesdays at 10 a.m.

- July 12
- August 9
- September 13
- October 11
- November 8
- December 13

June 20 Zoom Electronic Board Meeting Results.

- There were no motions or actions because there was not a quorum.

All Regularly Scheduled July/August Meetings

RECCSF

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

Zoom Electronic meetings
(Members welcome to attend:
Contact: sfskee1@gmail.com.)

General Membership Meeting
Wednesday, July 12, 10 a.m.
Wednesday, August 9, 10 a.m.

Program Committee
Monday, July 3, 1 p.m.
Monday, August 7, 1 p.m.

Editorial Committee
Monday, August 21, 10 a.m.

Executive Board
Tuesday, August 15, 10 a.m.

Membership Committee
Wednesday, August 23, 11 a.m.

Frugal Few Committee
Friday, August 18, 11 a.m.

Retirement System
Health Service System
sfgov.org and SFGOVTV.

Public

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

Retired Fire Fighters and Spouses Association
To be announced.

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.

Supervisor Joel Engardio Seeking San Francisco Sunset District Stories!

San Francisco Board of Supervisors member Joel Engardio represents west-side Sunset District neighborhoods, and his supervisor newsletter seeks city retirees living in District 4 to share their stories. (District 4 represents the area located west of 19th Avenue, between Golden Gate Park and Lake Merced.)

Supervisor Engardio is interested in

relating the stories of city retirees who are also longtime Sunset District residents. The stories can reminisce about your city careers, your contributions to San Francisco, what you love about the Sunset District, and your hopes for the next generation.

If you would like to share your story, contact engardio.com/contact. Attached is a retired city schoolteacher profile at

engardio.com/blog/dorothy-lathan.

Also, we'd like to hear from you if you possess writing and interviewing skills, since we are also seeking volunteers to interview and write stories about Sunset District residents.

Thank you for your attention, and we hope to hear from you soon!

Making the Most of Reduced Income

*From your friends at
San Francisco Federal Credit Union*

Retirement may be a time of living on reduced income. However, with the right tools and attitude you can thrive on a reduced paycheck.

Analyze your expenses: When cash is copious, it is easy to spend arbitrarily. However, when the salary that sustained such a lifestyle is reduced, it's time to take a good look at how you need to review how you spend your money.

Develop a spending plan: A credit plan will help you to discern between

which expenses you can or cannot live without. If expensive dinners are now a thing of the past, relish in the delights of a more modest meal.

Credit is not supplementary income: A credit card or line of credit is *not* an emergency savings account. If you use credit to maintain your previously accustomed lifestyle, it may not be long before you reach your credit limit; and, perhaps, your ability to repay.

Develop a plan: Write down the goals you wish to achieve. Be specific. Include the names of people you need to contact, and proposed accomplish-

ment dates for each task. Update and refer to it regularly.

Move forward: Get professional assistance, consult friends, and reach out to others in similar circumstances. Do not think you are alone in this—support is key. Vent to those who can empathize; ask for help from those who can assist.

This article is courtesy of San Francisco Federal Credit Union, with branches in San Francisco and San Mateo counties. For more information on our products and services, call 1 (415)775-5377, stop by one of our branches, or visit www.SanFranciscoFCU.com.

Friends of RECCSF

*By Linda Tabor-Beck
Chair, Frugal Few Committee*

We thank the following RECCSF members who so generously donated this past month. Please note that the asterisk denotes a life member.

- Fred Sanchez*
- Frederick Fisk*
- Mary Anne McGuire-Hickey*

RECCSF Officers

Adlai "A.J." Jew
President
First Vice President
Vacant

David Williams,
Second Vice President
Bonnie Bompert,
Secretary

John "Skee" Tostanoski,
Treasurer
Leo Martinez,
Sergeant-at-arms

Board Members

Sue Blomberg
Richard Bridygham
Carol Cochran
Thomas Dang
Ed "Rusty" Jepson
Ann Killebrew

David Leeds
Stephanie M. Lyons
Ray Mason
Mary Anne McGuire-Hickey
Sheila Mullen
Tim O'Brien

Linda Tabor-Beck
Jean S. Thomas
John "Skee" Tostanoski
Herbert Weiner
Claire Zvanski

RECCSF Zoom Electronic General Membership Meetings

July 12

To be announced

August 9

Julie Brady, PMP

Executive Retiree Solutions Manager, Kaiser Permanente
will conduct presentation on Brain Fitness.

News & Views

July/August 2023

Volume 124, Number 6

Sheila Mullen, Editor

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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, August 15, at 10 a.m.

Note to members:

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

News & Views

September 2023 Deadline:

☛ Friday, August 11, 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

