

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

NEWS & VIEWS

A MEMBERSHIP ORGANIZATION WORKING FOR ALL CITY RETIREES

March 13 Zoom Electronic General Membership Meeting



Your Presenter Today

Carol Hafer

Member Education Specialist II
Corporate Wellbeing

- Former gym owner
- Health & Wellness facilitator
- Passionate about helping people live a happy, healthy life
- Loves hiking, traveling & cooking



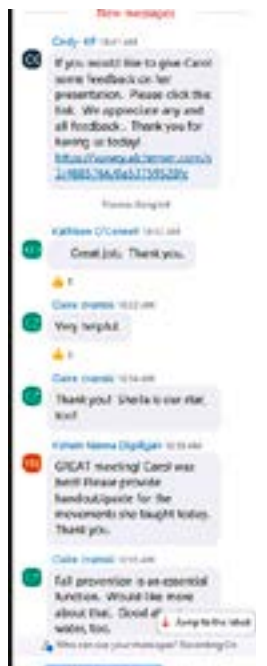
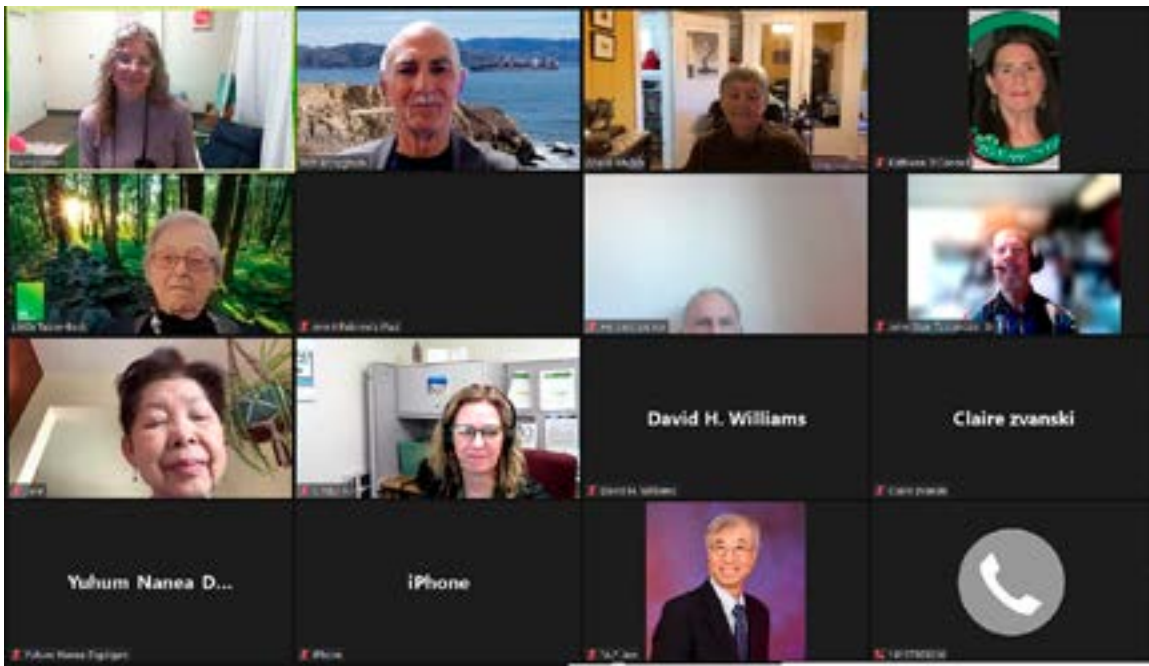
Carol Hafer, Member Education Specialist II, Corporate Wellbeing, Kaiser Permanente, gave an in-depth presentation on the benefits of chair exercises, an exercise program containing wellness benefits for persons of all ages and medical conditions.

Why Chair Exercises?

- Sedentary lifestyle
- Limited mobility
- Injury or illness recovery
- Spatial restrictions
- No expensive equipment necessary
- Can be performed anywhere



Below is a sampling of RECCSF members in attendance at the RECCSF March 13 Zoom Electronic General Membership meeting.



RECCSF 2024 General Membership Meetings Wednesday at 10 a.m.

- April 10
- May 15
- June 19
- July 17
- August 21
- September 18
- October 16
- November 20
- December 18

All Regularly Scheduled March 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: ricksf1723@gmail.com.)

General Membership Meeting

Wednesday, April 10, 10 a.m.

Program Committee

Monday, April 1, 1 p.m.

Editorial Committee

Monday, April 15, 10 a.m.

Executive Board

Tuesday, April 16, 10 a.m.

Membership Committee

Wednesday, April 24, 11 a.m.

Frugal Few Committee

Future committee meetings postponed until further notice.

Retirement System

Health Service System

sfgov.org and SFGO TV.

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.

Commencing in May, 2024 New RECCSF Executive Board and General Membership Meeting Date Changes!

Per a February 20 RECCSF Executive Board decision, commencing in May the Zoom electronic General Membership Meetings will be moving from the second Wednesday of the month to the third Wednesday of the month, at 10 a.m.

The Zoom electronic Executive Board Meetings will be moving from the third Tuesday of the month to the second Tuesday of the month, at 10 am.

The reason for these moves is enable RECCSF to provide to our members more up-to-date reports on current city retirement and health board meeting results. The corresponding ZOOM links will be emailed out about three to five days before the meetings.

Please be sure to mark these important date changes on your calendars!

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 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
Assistant Treasurer
Jean S. Thomas
Herbert Weiner
Claire Zvanski

President's Message

By Adlai "A.J." Jew

Happy Springtime to all our members!

Also, for some of our board members and officers—including me—it will soon mark the end of our terms of service.

In accordance with our bylaws, I have selected three members to serve on the nominating committee, with the task of seeking nominees to run for the positions of president, first vice-president, second vice president, and five board members.

Members desiring to run for any of the 2024-2026 open positions, please inform any of the Nominating Committee members: John "Skee" Tostanoski at sfskee1@gmail.com, Sheila Mullen at sheilamullen@me.com, or Claire Zvanski at czvanski@gmail.com.

I encourage members who have not to date served on the executive board, to now run for a position. I also encourage existing board members to now consider serving in an officer role—particularly as president—since I will not be serving another term.



I believe in passing the baton to others so they will also have their chance to give back to the organization. I can remain as parliamentarian, if needed.

Please say "yes" when contacting—or being contacted by—the Nominating Committee. You will experience a great feeling of fulfillment that you have personally contributed to RECCSF, our great retiree organization that constantly works for *all* our members.

2024/26 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.

For newcomers, in particular, it's a great way to get to know your fellow members, and to have your ideas heard!

Nominations will be open for the following positions: president, first vice president, second vice president, and five board members at large. We encourage members to consider enriching their RECCSF experience by serving in one of these capacities.

For more information, contact John "Skee" Tostanoski at sfskee1@gmail.com, Sheila Mullen at sheilamullen@me.com and Claire Zvanski at czvanski@gmail.com.

RECCSF 2024-2026 Election Procedures

The president announces the names of the nominating committee members at the **March 13** General Membership Meeting.

The nominating committee will announce its nominees for each open office at the **April 10** General Membership meeting. To be eligible to run for

president, a member must have served on the executive board. Any RECCSF member may make further nominations from the floor, but no further nominations will be accepted after nominations are closed at the meeting's end.

Following the close of nominations, the president will appoint a committee to conduct the election. The names of all nominees shall be printed in the *May News & Views* newsletter.

Elections will be held at the **May 15** General Membership Meeting.

If more than one person is a candidate for any office, the executive board may decide to conduct a mail ballot election, with the requirement that balloting be completed by **May 31, 2024**. Names of all elected executive board members will be printed in the *June News & Views* newsletter.

Friends of RECCSF

By Linda Tabor Beck
Chair Frugal Few Committee

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

- Alan Dean*

March 19

Zoom Electronic Board Meeting Results

- A motion was made, seconded, and passed that: "We hold a special Executive board meeting with the candidates for the HSS Board if there are three candidates by or before March 26 2024."
- RECCSF will inform everyone if the second meeting happens and if we have recommendations for the two elected positions.



New RECCSF In-person Get-togethers continue!

Everyone is invited to join in a “coffee klatch” meeting—*yes, in person*—on Friday, April 26, at 10:30 a.m. at the Westlake Coffee Shop, 1901 Junipero Serra Blvd, Suite D, in Daly City—good parking and very close to the BART station. Hope to see you there!



Health Service System Board Meeting Monitor Needed Now!

**Volunteer needed to
fill vital area within
RECCSF that affects *all*
city retiree health care.**

RECCSF is in dire need of a volunteer to help monitor monthly Health Service System Board Meetings that, as part of our mission statement, we have monitored since our inception.

Claire Zvanski, our long-term “watch person” who attends HSS meetings and writes the subsequent reports, now needs to have a fellow member work in conjunction with her to ensure that monthly HSS written reports are completed in time to meet our monthly RECCSF *News & Views* newsletter deadlines.

The ability to produce these vital and interesting reports ensures that RECCSF can continue to keep our members updated in a timely manner on current city retiree health care status.

If you can offer to help to continue this critical function that affects *all* retired city employees, please contact John “Skee” Tostanoski at sfskee1@gmail.com.

Thank you in advance for your consideration!

Stretching Your Dollar: Smart Grocery Shopping in Inflationary Times

*From your friends at San Francisco
Federal Credit Union*

Recently, supermarket shoppers have experienced “sticker shock”, partly due to a 3.2% inflation rate that ranges from February 2023 to February 2024. Though this rate may seem modest, the broader context shows a 19.6% rise in consumer price inflation from January 2020 to January 2024, significantly affecting household budgets. With prices on the rise, economizing on groceries has become essential.

There are effective strategies to extend your grocery budget without sacrificing meals, and ensuring each dollar goes further, such as:

- **learning basic cooking skills:** Reducing grocery expenses starts with cooking at home. Utilize online videos or take a class;
- **focus on unprocessed foods:** Select fresher, unprocessed items found around the store’s perimeter, like produce, dairy, and meat, which are healthier and more budget-friendly;
- **shop at farmers’ markets:** Support local farmers and find bargains, to save on fresh produce, especially toward closing time;
- **embrace store brands and generics:** They’re often comparable with name brands, and offer significant savings;
- **stock up on sale items:** Take advantage of promotions to stock your pantry with essentials at lower prices;
- **use coupons:** Look online and at



grocery store websites for digital coupons that can offer substantial discounts;

- **shop at discount stores:** Exploring discount grocery stores can lead to savings on various products, even unfamiliar items;
- **never shop without a list:** To avoid impulse purchases, shop from and remain with a detailed list;
- **keep a price list:** Maintain a list on paper or your phone of regular items and their prices to ensure you’re getting real bargains; and
- **avoid food waste:** Be mindful of using all your purchases to avoid wasting money.

In an era of financial uncertainty, these strategies are vital for stretching your food dollars, particularly for those on a fixed income.

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)775-537, stop by one of our branches, or visit www.SanFranciscoFCU.com.

Health Service Committee Report

The HSS Office is still closed to walk-in visits; members must have appointments in order to gain access to the building. Contact HSS if you are experiencing any problems.

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

Retirement Committee Report

By Claire Zvanski

The office is still closed, but many issues can be handled remotely. The fund is doing well.

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

RECCSF Zoom Electronic General Membership Meeting

Wednesday, April 10, 10 a.m.

Alison Romano

CEO/CIO, San Francisco Employees' Retirement System,
will report on the current status of the system.

News & Views

April 2024

Volume 125, 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 16, at 10 a.m.

Note to members:

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

News & Views

May 2024 Deadline:

☛ Friday, April 12, 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.

- **Promotional introductory rate for new members only: one-year membership for \$25.**
- **\$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

