

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

NEWS & VIEWS

A MEMBERSHIP ORGANIZATION WORKING FOR ALL CITY RETIREES

May 15 Zoom Electronic General Membership Meeting



Angie Pandher, MPH, RD, Kaiser Permanente, conducted a comprehensive presentation on “Living Heart Healthy” that focused on healthy diet, physical activity, and Kaiser Permanente support resources.



Tips to Get Moving

- Be physically active on most days.
- Get your heart rate up!
- Do a variety of activities that you enjoy.
- Every minute counts. Start gradually and work your way up.

- Kaiser Permanente - www.kp.org/healthwellness
- Heart Health Resource - <https://mydoctor.kaiserpermanente.org/ncal/health-guide/heart-health>
- Calm, Headspace Care mobile apps - www.kp.org/selfcareapps
- Choose My Plate - <https://www.myplate.gov/>
- American Heart Association - www.heart.org
- American Stroke Association - www.strokeassociation.org

Below is a sampling of RECCSF members in attendance at the RECCSF May 15 Zoom Electronic General Membership meeting.



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

- June 19
- July 17
- August 21
- September 18
- October 16
- November 20
- December 18

All Regularly Scheduled May 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, June 19, 10 a.m.

Program Committee
Monday, June 3, 1 p.m.

Editorial Committee
Monday, June 17, 10 a.m.

Executive Board
Tuesday, June 11, 10 a.m.

Membership Committee
Wednesday, June 26, 11 a.m.

Frugal Few Committee
Future committee meetings postponed until further notice.

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.

RECCSF Executive Board and General Membership Meeting Date Changes

The Zoom electronic General Membership Meetings have moved from the second Wednesday of the month to the third Wednesday of the month, at 10 a.m. The Zoom electronic Executive Board Meetings have moved from the third Tuesday of the month to the second Tuesday of the month, at 10 a.m.

The reason for these moves was to 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

Summer will be starting soon. It will also mark the completion of my term as RECCSF President, as well as those of some officers and board members. I welcome the opportunity to step back a bit but will continue as an active member in the organization.

I appreciate all members who have helped me throughout my term, especially Treasurer John "Skee" Tostanoski, Assistant Treasurer and Raffle Chair Linda Tabor-Beck, Secretary Bonnie Bompert, News & Views Editor Sheila Mullen, Program Committee Chair Rich Bridygham, and Second Vice-President David Williams.

Since new members are the life

blood of our organization, we need to continue to reach out to city workers nearing or already in retirement about our important mission to keep members informed on the current status of our hard-earned financial and health benefits.

Also, during my term RECCSF initiated various activities and procedures that I believe will increase new members and retain our existing members, such as initiating an incentive program of receiving raffle tickets for recruiting new members and introducing improved meeting procedures.

Another important part of our organization is providing a means for city retirees to continue to connect with each other. Due to the recent covid-19 pandemic, and the continuing financial expense of renting a facility, our board and general membership meetings have, of necessity, been conducted through Zoom electronic meetings. Although this has worked well for conducting RECCSF business, it lacks the physical connection that we experienced in the past. Therefore, the new in-person "coffee klatches" held on the fourth Friday of each month, starting at 10 a.m., at the Westlake Coffee Shop, 1901 Junipero Serra Blvd., Suite D, Daly City, provide opportunities for social connection. They have worked out well, and I look forward to their increased



future growth. (Location is near available parking and Daly City BART.)

In the past, I felt that RECCSF meetings tended to run overtime, so I assigned a timekeeper to ensure the timely presentation of reports and responses. Also, many items are now discussed in greater detail in smaller groups, such as our standing and ad-hoc committees. I hope that RECCSF will continue to enforce these procedures and find more methods to improve our great organization in the coming years.

It has been both a pleasurable and rewarding experience for me to serve my term as your president, and I continue to wish all our RECCSF members a happy retirement!

May 14 Zoom Electronic Board Meeting Results

- A motion presented by RECCSF Treasurer John "Skee" Tostanoski that the Board authorize payment to Neon to set up and secure the RECCSF website was passed by hand vote.

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 Linda Tabor-Beck at lindareccsf@gmail.com.

New RECCSF In-person Get-togethers continue!

Everyone is invited to join in a "coffee klatch" meeting—*yes, in person*—on Friday, June 28, 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!



Three Essential Steps to Correcting Errors on Your Credit Report

From your friends at San Francisco
Federal Credit Union

Removing errors from your credit report is essential for maintaining your financial health and can be accomplished in three systematic steps, as outlined by the Fair Credit Reporting Act. Following is information as to how to correct inaccuracies on your credit report.

Step One: Obtain Your credit reports. Secure a copy of your credit reports from the three major credit bureaus: TransUnion, Equifax, and Experian. Each bureau may contain different information, as not all creditors report to every bureau. You can get a free annual report from each via the Annual Credit Report Request Service, or directly from the bureaus for a fee.

Step Two: Identify removable errors. Understand which types of errors can be removed. These include incorrect personal details, duplicated entries, and outdated negative information that should no longer be reported (like certain bankruptcies, judgments, and debts older than seven or ten years, depending on the case).

Step Three: Dispute inaccuracies. If you find errors, dispute them directly



with the credit bureau. Disputes can be filed online, by phone, or via mail, and you must provide personal identification and evidence supporting your claim, such as payment records or court documents proving a judgment was not yours. The bureau has 30 days to investigate your claim. If the creditor cannot verify the accuracy of the disputed item, it will be removed.

If the bureau's investigation doesn't resolve the issue, you can contact the creditor directly. Provide documentation proving the error, and request that they correct the information. If the error persists, you might consider

adding a 100-word statement to your report with your explanation, which can help future creditors understand the context behind any negative marks.

Regularly reviewing and correcting your credit report is key to ensuring your financial integrity and can prevent potential issues with lending decisions in the future.

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.

Members Connect ...over the years



RECCSF Zoom Electronic General Membership Meeting

Wednesday, June 19, 10 a.m.

Installation of 2024/2026 RECCSF Officers and Board Members

News & Views

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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, June 11, at 10 a.m.

Note to members:

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

News & Views

July/August 2024 Deadline:

☛ Friday, June 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.

- **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

