

# Retirement News Update

A Publication of the City of Austin Employees' Retirement System

Available online at [www.coaers.org](http://www.coaers.org)

4th Quarter 2016

## Please Join Us

2016 COAERS  
Annual Members' Meeting

Wednesday, October 19, 2016  
5:00 p.m. - 7:00 p.m.

418 East Highland Mall Blvd.  
Austin, Texas

## COAERS Comprehensive Annual Financial Report Available

The 2015 Comprehensive Annual Financial Report (CAFR) provides in-depth information about the financial, investment, and actuarial aspects of the COAERS retirement plan. To obtain a copy of the report, you are welcome to attend the Annual Members' Meeting on October 19th. You can also access an electronic version from our website at [www.coaers.org/Publications](http://www.coaers.org/Publications).

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## CORRECTION

November 1, 2016

## Upcoming Retired Member Election Place 10

Retirees should look for ballots in the mail soon for the upcoming COAERS Retired Member Election for Place 10.

Ballots for this election will be mailed to the home addresses of retired members in mid-October.

Complete your ballot and either mail or hand-deliver it to the Retirement Office. Please be aware that your ballot must be received at the Retirement Office no later than 5:00 p.m. December 1, 2016 for your vote to be counted. All retired members are eligible to vote in this election.



## Retiree Insurance Open Enrollment

Retiree Insurance Open Enrollment begins October 17th and runs through November 20th of this year. Your 2017 coverage information packets will be mailed to your home address the week of October 10th.

Please read your 2017 Medical Plan Information. HMO participants must select a Primary Care Provider and live in the Austin area.

Open Enrollment presentations will be held October 21st and October 28th at the Learning & Research Center at 2800 Spirit of Texas Drive. City staff and vendors will be available from 7:30 a.m. to 11:00 a.m. for enrollment assistance and to answer questions. Free seasonal flu shots are being offered both days between 7:30 a.m. and 10:00 a.m.

Remember these key dates:

- Open Enrollment packets mailed - October 10, 2016
- Open Enrollment begins - October 17, 2016
- Open Enrollment ends - November 20, 2016
- Benefit changes effective January 1, 2017

For more information about retiree insurance or Open Enrollment, call the Human Resources Department at 512-974-3284.

# Active Member News and Notes

## Service Purchase Costs to Go Up in 2017 Survivor Options Also Affected

Recent changes in COAERS' actuarial assumptions will affect the calculations for some service purchases and survivor annuities for new retirees. These changes go into effect January 1, 2017. The changes will most likely increase costs for supplementary, non-contributory, and military service purchases. The increases vary depending upon the individual's service, salary, eligibility, and other factors. Joint and survivor annuities may also be affected.

For a new estimate, COAERS members can go to the Forms link on the COAERS website to print a form to request a purchase calculation estimate or retirement benefit estimate. Please indicate on the form that you want both 2016 and 2017 estimates for a purchase or retirement. All paperwork and funds for service purchases intended to be made in 2016 must be received in the COAERS' offices no later than 5:00 p.m. CST, December 7, 2016.

These changes do not affect sick leave conversion calculations, nor do the changes affect anyone who has already retired or already made a purchase of service.

## Managing Change in Retirement

Some of us look forward to the day when there's no alarm clock reminding us to get up for work. But how do we plan for the big swing from work and career to doing something for ourselves in leisure, and preparing for the emotional changes that will occur? We all know that we will need to prepare financially, but what about preparing yourself psychologically?

There is often a mix of emotions when approaching retirement, usually a combination of excitement along with some fear and trepidation. Once retired, one will go through a honeymoon phase, feeling free to rest, go on trips, visit family, or plan something they've always wanted to do. Then comes the next phase when the excitement has worn off. Disenchantment can follow, and some will go through the sense of identity loss and absence of affirmation, isolation, and depression. The letdown doesn't last forever, but building a new identity as a retiree can take time and a conscious effort. It can take some self-examination to navigate the new normal and getting a routine and schedule that feels satisfying while spending time on pursuits that match one's interests.

You may not know what's next for you, but you can do the work to plan ahead for the retirement transition. Some things to think about:

- Imagine retirement not so much as an ending, but approach it as if you are planning a next step along a career path, checking out all your options, talking with advisors, and networking. You might take classes to develop new skills.

- Use your time wisely by trying lots of different activities and experiences. Don't wait to begin exploring new hobbies. This way you'll build confidence in your abilities, and along the way, discard those things that aren't a good fit.
- Volunteering or mentoring can be one of the best ways to give of yourself and contribute to the community. It can offer you new levels of satisfaction and purpose.
- Build your social support network. Staying connected with old friends, former coworkers, and cultivating new friends is important to your overall emotional health. Make sure to talk with your spouse, partner, or family members about the new adjustment and how you will balance time with them and time for yourself.

Taking the time to understand and prepare for the emotional challenges of your retirement will be worth the effort and will help transition you to your new life as a retiree.

### *With Deepest Sympathy*

We extend our condolences to the family and friends of those members of COAERS who were active City of Austin employees who have passed away.\*

**Cesar Garcia**  
Parks & Recreation

**Jose Hernandez**  
Austin Water Utility

**Quincy Wray**  
Public Works

*\* Please note, this list only includes those deaths of which COAERS has been notified.*

# Retired Member News and Notes

## Spotlight on Retiree Ginette Bétournay

Retiree Ginette Bétournay has a secret to the spring in her step — Ginette has found the rewards of living in a 55+ active seniors community. For those of you looking at ways to enhance your retirement, Ginette feels that the active senior community living might be the answer you're looking for.



After working as a researcher for the City Clerk's office, supporting the work of the Mayor and City Council, Ginette retired in 2011. Before retirement, she built her own home in Lago Vista. After years of working on her home and yard, the demands of keeping up with house and lawn maintenance resulted in stress and lower back pain. "The best decision I've made is selling my house and getting back into a social community where I can be active and get to know others that share my interests," she said. Seniors can live an independent active lifestyle without the worry of home maintenance and utility bills. Her apartment home has electricity, cable, maintenance, and Wi-Fi — all inclusive in her rent. Other amenities she has come to love include the reading library, theater, arts and crafts studio, billiards and game room, fitness center, and saltwater pool and spa. The saltwater pool has had an added benefit to Ginette as she no longer experiences back pain due to her three-times-a-week soak and swim. There are ample opportunities to socialize, including crafting groups, a men's woodworking and building workshop, gaming groups, nearby nature trail walks, and even an onsite Irish pub and happy hour. There are also book clubs, people organizing tours or group cruises, a community garden, and spaces to entertain or hold outdoor barbecues. With all these options, moving to an over-55 active senior community has proven to be a rewarding lifestyle change for Ginette.

## Retiree Honored by the City

Did you know that COAERS has almost 80 members who are 90 years of age or older?

One such gentleman, Mr. Jafus P. Cavil, was honored recently by Mayor Steve Adler who proclaimed September 23rd, 2016 as "Jafus P. Cavil Day" on the occasion of his 90th birthday. Jafus worked as Assistant Director of the Office of Environmental Resource Management, and also served as an Environmental Officer for the City's Parks and Recreation Department.

**Congratulations Mr. Cavil!**

## With Deepest Sympathy

We extend our condolences to the family and friends of those retirees of COAERS who have passed away since our last publication.

### Aviation

Robert Martinez

### Austin Energy

Lonnie Andrews

Georgia Atwood

Joe Bloomer

Carol Brinkkoeter

Robert Howard

Nephtali Luna

Thomas McCraine

John Samford

### Austin Water Utility

Conrado Perez

Wanda Primrose

### Brackenridge Hospital

Sandra Hallmark

Novella Turman

Bernice Perkins

### Financial Services

Jean Cruz

### Fleet Services

William Dixon

### Health & Human Services

Charles Schlegel, Jr.

### Neighborhood Housing

Sharen Armstrong-Maitland

### Police

Susan Negron

### Public Works

Telesforo Casarez

Francis Davidson

George McCullough

William Schramm

Richard Woodrum

**Correction:** In our 3Q16 Newsletter, Mr. Frank Klepac was incorrectly listed as retired from Austin Energy. Mr. Klepac actually retired from Austin Water Utility. Our apologies.

## COAERS Board of Trustees

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## Upcoming Events

### OCTOBER

**19** Annual Members' Meeting (5:00 p.m.)  
**20** Pre-Retirement Seminar  
**31** Retiree Pay Day

### NOVEMBER

**17** Pre-Retirement Seminar  
**22** Board Meeting  
**24-25** Thanksgiving Holiday (Office closed)  
**30** Retiree Pay Day

### DECEMBER

**16** Board Meeting  
**23 & 26** Christmas Holiday (Office closed)  
**30** Retiree Pay Day



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**Retirement News Update** is a publication of the City of Austin Employees' Retirement System and is distributed for the information of COAERS Active, Vested, and Retired Members, and their beneficiaries.

While COAERS has made every attempt to provide correct information, it does not guarantee the accuracy of the information contained or referenced herein.

### 2016 Retiree Pay Dates

October 31st  
November 30th  
December 30th

*Note: Expect monthly benefit payments to be available on the last business day of each month*