A Message from the Retirees Association Co-Presidents

Greetings UCSB Retirees! We hope you are having fun this summer and taking a nice trip or visiting grandkids. Making memories is part of your legacy, so enjoy what you are doing.

We enjoyed our annual BBQ and Business Meeting held on June 21st at the Elks Lodge. We were served a delicious meal of chicken and tri-tip under a nice patio covering. Co-President Barbara Anderson gave a report on our past year, remembering the year’s speakers and events. Marilyn Benson read the list of 2016/2017 Board members and the 2017/2018 board was voted in. We also scooped up prizes at our raffle, while adding money to our scholarship fund. Many thanks to all the Retirees Association Board members for doing a fantastic job.

Your Program Committee is offering a summer day-trip to Vandenberg Air Force Base on Wednesday, August 30th. Please see page 3 for details.

We have several outstanding speakers coming in the Fall. Tom Kronen will speak to us about reverse mortgages on Sept. 20th; on Oct. 18th our new UCSB Health Care Facilitator, Rebecca Preza, will give us information about our Benefits; and on Nov. 15th, Ellen Ostler, will bring us information on how to put together a health care binder with information for our loved ones if we become incapacitated.

We are looking forward to our Annual Holiday Luncheon at the Elks Lodge on Wednesday, Continued on page 3

Disclosure of UC Retirees’ Information Under the California Public Records Act

The University of California often receives requests for information about former employees under the California Public Records Act. Because UC is a public institution, certain information about retirees is considered a public record under the California Public Records Act. In response to a request from a large California newspaper, UC recently released information that included a listing of UC retirees, their former positions and their UC retirement income. Please note that personal information, such as home address, phone number, marital status and email address is considered private, and will never be disclosed to the public.

UC’s policy on public disclosure of compensation information is available here. Questions about access to retiree data may be directed to the UC Office of Public Records: http://www.ucop.edu/general-counsel/legal-resources/information-practices/office-of-public-records-guidelines-for-access.html

The Emeriti/Retiree newsletter is distributed quarterly as follows: spring and fall via email, hardcopy to those without email; summer and winter a short newsletter is distributed to those for whom we have an email address on file.
The Central Coast Commission for Senior Citizens—Area Agency on Aging (AAA) is a non-profit organization responsible for allocating federal and state dollars to local agencies to insure that supportive, nutritional, and health promotion services are available to older adults in San Luis Obispo and Santa Barbara Counties.

Area Agencies on Aging are also known as the “Aging Network.” The network includes the Administration on Aging (AOA) at the Federal level, the California Department of Aging at the State level, Area Agencies at the local level, and public and private agencies serving senior citizens with social, nutrition and health services, working together to serve the nation’s elderly.

The AAA coordinates and monitors a system of services for seniors. In recent years over 2.3 million dollars has been allocated per year by the Area Agency on Aging to support home delivered meals, in-home supportive services and respite for caregivers to name only a few of the many services offered.

To see more, go to: http://centralcoastseniors.org/senior-connection/ or call 1-800-510-2020.

Your UCSB Health Care Facilitator

Rebecca Preza is here to assist you with your healthcare benefits needs.

To talk to Rebecca, you can contact her at via email at: rebecca.preza@hr.ucsb.edu or call 805-893-4201

Open Enrollment Presentations will take place in October when 2018 Medical Plans have been finalized. Until then, we will do our best to keep you informed on any updates.

MEDICINE IN THE NEWS

Greater emphasis on preventing, treating heart disease in women needed

By Ana Sandoiu, MNT Newsletter June 2017

Women and physicians do not put enough emphasis on cardiovascular disease in women, and a social stigma regarding body weight may be a primary barrier to these important discussions, according to research publishing in the Journal of the American College of Cardiology. Read more at:

Why does light keep us awake and darkness make us sleepy?

By Ana Sandoiu, MNT Newsletter June 2017

Many of us have heard that going to sleep when it is dark outside is healthy, as light and darkness influence our circadian rhythm. But how exactly does light affect our sleep-wakefulness cycle? Read more at:

Yellow Jacket Stings: What to Do?

By Ana Sandoiu, MNT Newsletter June 2017

Yellow jackets are the most common source of stings in the United States. Take a look at why yellow jackets sting people and what people should do if they do get stung. Read more at: http://www.medicalnewstoday.com/articles/318034.php?utm_source=newsletter&utm_medium=email&utm_campaign=weekly-us
TOUR OF VANDENBERG AIRFORCE BASE

We will be carpooling to Vandenberg Airforce Base to tour the facility, leaving promptly at 9A on Wednesday, August 30. The tour is free, however we are asking passengers to contribute $5 each to the drivers. Attendance is limited as there are only 10 parking spaces available for the carpool vehicles. We will leave from the Albertson’s parking lot near Costco in Goleta; please arrive at least 15 minutes early. Let Donna know if you would like to be a driver. A group will be meeting for lunch at Eddie’s in Lompoc following the tour (optional).

To sign up for the tour, please contact Donna Craig at: djcraig55@yahoo.com or 805-968-6320

Continued from page 1

Dec. 13th. We have great entertainment planned for you and a fun raffle to participate in.

It is now time to join or renew your 2017-2018 membership to the UCSB Retirees. The membership forms have been mailed out – annual dues are only $15. Please let us know if you did not receive your form in the mail.

We invite you to come to our monthly meetings held the 3rd Wed. of every month (Sept. – May) at Cody’s Café, Turnpike & Hollister, at 9:00 am. You are also invited to sit in on our board meetings, 1st Wed. of each month at Cody’s Café at 9:00 am.

Please note our 2017-2018 board members, listed on page 6 of this newsletter. Let us know if you have any questions or suggestions.

Co Presidents: Barbara Anderson Barbara62239@gmail.com and Nancy Tanner LadyTanner@aol.com

Backyard Bounty

For those who have fruit trees and gardens that produce more than you can use, the Food Bank of Santa Barbara County has a program called Backyard Bounty. In this program, excess produce is picked up by program volunteers and then distributed to people in need who can use it. To see more go to: http://www.foodbanksbc.org/programs/backyard-bounty/

Volunteers are the backbone of the Foodbank. In 2014 volunteers provided nearly 20,000 hours of volunteer service. This support saves thousands of dollars and allows the Foodbank to provide more resources to the community.

For more information, please call: 805-967-5741 or email info@foodbanksbc.org

Retiree Breakfast Meeting Schedule

Meets on the third Wednesday of months September thru May, 9AM at Cody’s Café, Hollister/Turnpike. Join us for an interesting meeting!

2017

July – no meeting
Aug – no meeting
Sept 20th – Tom Kronen: Reverse Mortgages
Oct 18th – Rebecca Preza: UC Health Benefits & 2018 Open Enrollment
Nov 15th – Ellen Ostler: Emergency Information Binder
Dec 13th – Annual Holiday Luncheon

(topics and guests are subject to change – we will do our best to keep you informed)

Suggestions? Contact Donna Craig at djcraig55@yahoo.com or 805-968-6320
UCSB Emeriti/Retirees Center
Monthly Presentation/Discussion Groups
UCSB Human Resources, Learning Center, 3P – 4:30P
2017

July 26  
**“Are There Skeletons In Your Closet?”**
Michel Nellis, from the Santa Barbara County Genealogical Society, will give her presentation, causing you to ponder the question: are there skeletons in your closet?

Aug 23  
**Your Brain Health**
UCSB Researcher, Bianca P. Acevedo, Ph.D., provides us with tools to keep our minds happy and healthy.

Sept 27  
**Advance Care Planning: Some of Your Most Important Conversations**
Susan Plummer, MSW, Ph.D., is the Executive Director of the Alliance for Living and Dying Well. She will discuss what advance care planning is, and why it is important. We will also move through a specific advance health care document, "The Five Wishes."

Oct 25  
**Getting the Most Out of Your Social Security**
Cesar Capp, Retire Financial Planner with Fidelity Investments

Nov 8  
**Santa Barbara Village**
Pat Jones is Project Leader for Santa Barbara Village, which is a program enabling seniors to remain in their own residences and have access to the support they need to remain there and "age in place."

Dec 13  
**What You Need to Know about Downsizing and Organizing**
Janet Fishman, a Professional Organizer, will talk about getting projects under control and developing an ongoing organization system that works for you.

*Space is limited; to reserve your space at a presentation, please contact Debra at: debra.martin@hr.ucsb.edu or 805-893-2168*
**PCPA Theaterfest**

If there is a show you would like to see, **PCPA Theaterfest** offers discounts for every 3rd Wednesday, and every Sunday!

To see the theater Schedule go to: [http://www.pcpa.org/](http://www.pcpa.org/). For more information about the discount, call or email Kelly Stegall at: kstegall@pcpa.org or 805-928-7731 x4150.

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**In Memoriam**

- **Sanford E. Gerber**
  - Speech & Hearing
  - Retired 1994

- **David Garcia**
  - Facilities Management
  - Retired 1991

- **Curtis B. Anderson**
  - Chemistry
  - Retired 2002

- **Faith D. Berry**
  - Black Studies
  - Retired 2002

- **Susan S. Bower**
  - Library
  - Retired 1999

- **Daneen Chapple**
  - UCen
  - Retired 1999

- **Jean De Muller**
  - Education
  - Retired 1991

- **Anthony Mulac**
  - Dept. of Communications
  - Retired 2005

- **Helen Nordhoff**
  - History
  - Retired 1991

- **Donna Saar**
  - Music Dept.
  - Retired 2001

- **Jody L. Kaufman**
  - Exec. Vice Chancellor’s Office
  - Retired 2012

- **John H. Wilson**
  - Facilities Management
  - Retired 2000

- **Clement E. Krause**
  - Admissions
  - Retired 1991
# Retirees Association Officers 2017-2018

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<tr>
<th>Role</th>
<th>Name</th>
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<tbody>
<tr>
<td>Co-President</td>
<td>Barbara Anderson</td>
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<tr>
<td>Co-President</td>
<td>Nancy Tanner</td>
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<td>Vice President</td>
<td>Shirley Dunbar</td>
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<td>Secretary</td>
<td>Ginny Turner-Scholl</td>
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<td>Treasurer</td>
<td>Irene Pearce</td>
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<td>Membership</td>
<td>Laurie Theobald</td>
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<td>Programs</td>
<td>Donna Craig</td>
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Programs Asst.    Claudia Alphin, Donn Miller
CUCRA Rep         Robert Mann
Ex-officio        Betty Koch
Members-at-large:  Marilyn Benson
                  Tippi Lawrence
UCSB Liaison      Debra Martin

# Emeriti Association Officers 2017-2018

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<thead>
<tr>
<th>Role</th>
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<tbody>
<tr>
<td>President</td>
<td>Doug Morgan</td>
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<td>Vice President</td>
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<td>Secretary</td>
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<td>Treasurer</td>
<td>OPEN</td>
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<tr>
<td>CUCEA Rep</td>
<td>Bill Ashby</td>
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Board Members
- David Chapman
- Alice Condodina
- Paul Hernadi
- William A. Prothero
- Tonia Shimin
- Barbara Voorhies