A Message from the UCSB Retiree’s Association Co-Presidents

Our annual Christmas luncheon was held on December 16 at the Elks Lodge and was a great success with 53 of us in attendance. We were entertained by the a cappella group “Extra Extra” with our own UCSB retiree, Debi Veder, as one of the singers. Everyone who attended had a fun filled time, good food, renewed friendships, and a chance to win one of the raffle items. Thank you all for bringing your raffle items and for bringing toys to this party as they were given to the Elks Lodge to distribute at Christmas time to local children in need.

The UCSB Retirees Association continues to support the Santa Barbara Scholarship Foundation with a $1,000 scholarship for local students attending college. Also supported by our organization is the Guardian Scholars Program assisting Foster Students who have aged out of the Foster Care Program, to have a support system at UCSB. Our winter and summer raffle monies go toward supplementing these scholarships.

Come join us for our monthly meetings the third Wednesday of the month at the Cody’s Café off Turnpike and Hollister Ave. We meet at 9:00 am in the Garden Room for breakfast and listen to an interesting speaker. You can check out our speaker schedule on page 4 of the Newsletter.

We are looking for retirees who would like to join our Board, and in particular, to fill the position of President and possibly Co-President - no experience needed. Training is available and our current board is very willing to help a new President. Betty and Barbara have been Co-Presidents and will be stepping down in June. Please email one of us to let us know of your interest. We would love to bring you on as a President-in-training.

Our annual Summer BBQ is scheduled for Wednesday, June 10, 2015 at the Elks Lodge. Additional information on this fun event will follow in the Spring Newsletter.

May we wish you all a Happy New Year filled with good health, exercise, and fun.

Betty Koch and Barbara Anderson
Co-Presidents, UCSB Retirees Association

Betty.Koch01@gmail.com / Barbara62239@gmail.com
Health Care Benefits Checklist

January is the beginning of the new insurance year. All plan changes you made during Open Enrollment will become effective January 1, 2015. Please review this checklist so that your insurance claims are processed without interruption.

Medical ID Cards for UC Sponsored Medical Plans

1. Medical ID cards to be mailed by the last week of December
All medical plans will be issuing new cards for ALL members, except Kaiser. Kaiser will issue cards to new members only. We expect all new ID cards to be mailed to you by January 1, 2015. If you don’t receive your ID card, please call your insurance plan.

   Blue Shield: 1-855-201-8375  Kaiser: 1-800-464-4000
   Health Net: 1-800-539-4072  UC Care: 1-855-201-2087

2. Health Net: Check Primary Care Physician (PCP) on new ID card
This is especially important if you changed plans this year. All Health Net Blue & Gold HMO and Seniority Plus members should check that the correct Primary Care Physician (PCP)/Medical Group is listed on their new ID card. If the wrong PCP is on the card, please call the member services number on the ID card to request a correction.

3. UC Care and Blue Shield: ID cards for family members
Blue Shield will be issuing ID cards for each enrolled family member, but only the UC retiree’s name (primary subscriber) will appear on the medical ID cards. The medical cards will not be personalized for each family member. There will be information on the card indicating “family” coverage.

   Individuals enrolled in Medicare will receive a separate prescription drug ID card with a Medicare Rx logo. These prescription drug cards will be personalized with the name of the enrolled family member, and will be mailed separately from the medical ID card.

4. Show your provider and pharmacy the new ID card – inform them if you have a new insurance carrier.
New Rx. ID cards will be sent to subscribers in the UC High Option and the UC Medicare PPO with Rx plans. Members will need to use their new ID card and membership number after January 1, 2015. A member attempting to use the 2014 ID card/member ID at a pharmacy may receive a denial from the pharmacy. If you changed medical plans during Open Enrollment, please inform your physicians and pharmacy. Your physicians and other medical providers will want to see your new ID card and some may ask to see your Medicare card as well.

5. Transfer prescriptions to your new Mail Order Pharmacy
If you use a mail order pharmacy, you may need to submit a new mail order form and prescriptions to your new medical plan’s pharmacy. Call the member services number to confirm which mail order pharmacy your new plan uses. Ask how you can transfer your prescription to the new mail order service.

If you have questions about your health plans or need assistance with a problem, please contact Laura Morgan or Kevin Wilson-Smith at the UCSB Health Care Facilitator Program after Sunday, 1/4/15. If you have questions about your health plans during the holiday closure, please contact your physician or insurance plan.

Laura Morgan
805-893-4201
laura.morgan@hr.ucsb.edu

Kevin Wilson-Smith
805-893-4455
kevin.wilson-smith@hr.ucsb.edu

You can find contact information for insurance plans at the UC Net website:

Nature or Nurture? With Intelligence It's All About the Message
Were Albert Einstein and Leonardo da Vinci born brilliant or did they acquire their intelligence through effort?
It’s not known for sure, but telling people the latter - that hard work trumps genes - causes instant changes in the brain and may make them more willing to strive for success, indicates a new study from Michigan State University. The findings suggest the human brain is more receptive to the message that intelligence comes from the environment, regardless of whether it's true. And this simple message, may ultimately prompt people to work harder. More at: http://www.medicalnewstoday.com/releases/282046.php?tw

Hourly 5-Minute Walks Can Help Reverse Arterial Damage Caused by Sitting
The harm to leg arteries caused by sitting for hours can be easily reversed with hourly 5-minute walks, according to new research published in Medicine & Science in Sports & Exercise, the official journal of the American College of Sports Medicine.
Because muscles are slackened when sitting, they do not contribute to pumping blood to the heart. This causes blood to pool in the legs, damaging the endothelial function of arteries and impairing blood vessels' ability to expand.

Visual Learning May Improve With Age
It may seem counterintuitive, but older people can actually take in and learn from visual information more readily than younger people do, according to new evidence reported in the Cell Press journal Current Biology. The downside, however, is that this surprising discovery is explained by an apparent decline with age in the ability to filter out certain information.

Some Seniors With Mild Osteoarthritis Do Not Benefit From Knee Surgery
A new study indicates no apparent benefit to arthroscopic knee surgery for age-related tears of the meniscus in comparison with nonsurgical or sham treatments. The study, published in CMAJ (Canadian Medical Association Journal), provides evidence that middle-aged or older patients with mild or no osteoarthritis of the knee may not benefit from the procedure. However, as each situation is unique, physicians need to carefully weigh the costs and benefits when deciding which middle aged patients should undergo surgery.
Retiree Breakfast Meeting Schedule
Meets on the third Wednesday of each month, Sept. thru May, 9AM at Cody’s Café, Hollister/Turnpike.

Jan 21 – Gary Linker, Center for Successful Aging
Feb 18 – Vicky Johnson, “Scams Targeting Seniors”
Mar 18 – George Foulsham, News Director for UCSB Public Affairs

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

- Suggestions? Call Betty Koch at 805-968-5568

More about our breakfast meetings for spring 2015:

- Licensed MFT, Gary Linker, has been the director of the Center for Successful Aging for the past 3 ½ years. Before that he was the founder and director of New Beginnings Counseling Center and the co-founder of Pacifica Graduate Institute.
- “Scams Targeting Seniors” will be the topic covered by Vicki Johnson, senior deputy district attorney with Santa Barbara County District Attorney’s Office. She has been a prosecutor for over 20 years, and is currently working with the elder abuse unit, doing community outreach to educate citizens about financial scams operating in Santa Barbara County, many of which target seniors.
- From Nobel Prize winner Shuji Nakamura, to the Halloween 2014 “Keep it Safe, Keep it Local” campaign, George Foulsham, UCSB News Director for Public Affairs has the latest on what’s going on at UCSB.

In Memoriam

Larry M. Ayres
Art History
Retired 2004

Robert L. Backus
East Asian Languages
Retired 1993

Jerry Booker
UCen
Retired 1988

Gerald S. Blum
Psychology
Retired 1988

La-Vera Garcia
Upward Bound
Retired 1984

Christine Noreen Greening
UCen
Retired 1988

Rudolph “Rudy” P. Romero
Facilities Management
Retired 1992

Robert L. Stevenson
Electrical & Computer Engineering
Retired 2009

Richard K. Teraoka
EOA
Retired 2014

Jon D. Vasche
Economics
Retired 1975

Edelgard U. Wilber-Brown
Student Health
Retired 2006
Winter Closure ~ Human Resources & Benefits

UCSB HR and Benefits Office will be closed Wednesday, 12/24/2014 and will reopen on Monday, 1/5/2015.

UC Customer Service will be closed Monday, 12/24/2014 and will reopen on Friday, 1/2/2015.

If you have questions about your health plans during this closure, please contact your physician or insurance plan. You can find contact information for the insurance plans on the At Your Service website: http://atyourservice.ucop.edu

Retiree Association Officers 2014-2015

- Co-President: Betty Koch
- Co-President: Barbara Anderson
- Vice President: Shirley Dunbar
- Secretary: Ginny Turner
- Treasurer: Irene Pearce
- Membership: Bob Price
- Programs: Chuck Champlain
- Programs Assistant: Donna Craig
- Donn Miller
- Members-at-large: Marilyn Benson
- Tippi Lawrence
- Donna Saar
- CUCRA Rep: Robert Mann

Emeriti Association Officers 2014-2015

- President: Doug Morgan
- Vice President: OPEN
- Secretary: OPEN
- Treasurer: Doug Morgan
- CUCEA Rep: Bill Ashby
- CUCEA Alt.: OPEN
- Board Members: David Chapman
- Alice Condodina
- Paul Hernadi
- William A. Prothero
- Tonia Shimin
- Barbara Voorhies
- Carl Zytowski