Greetings Retirees,

Heartfelt wishes to you all for a Happy and Healthy New Year.

Our annual Holiday luncheon was held on Wednesday, December 11 at the Elks Lodge. We were delightfully entertained by our own Board Member, Chuck Champlin, and performance group, the Revels. Everyone had a rollicking good time and of course enjoyed the good food by Chef Carlos and his staff. We held a raffle to raise funds to supplement our scholarship fund. I want to thank all of you who donated your beautiful raffle items and to all who donated toys. The toys were given to the Elks Lodge to distribute at Christmas time to area children in need.

We have been gearing up for the Winter Breakfast Meetings. Chuck Champlin, our newest board member and the Program Chair, has been working on scheduling speakers for the Winter Quarter. See page 3 of the Newsletter for details.

We continue our support for the UCSB Retirees Association Student Scholarship, which is administered through the Santa Barbara Scholarship Foundation of Santa Barbara. It is rewarding to know that many UCSB students benefit from this endeavor.

Congratulations to UCSB Retiree Doris Phinney. She was selected from all the UCs to be the retiree profiled in the UC Office of the President, Chief Investment Officer’s Annual Report for 2012-13. The article is on p. 33 of the report and can be accessed at: http://ucop.edu/investment-office/_files/report/UC_CIO_AnnualReport_2013.pdf

We look forward to seeing you at our next breakfast meeting, January 15 at 9am at Cody’s Restaurant. Join us and let us know if you have any questions or suggestions.

Please contact me if you would like to serve on the UCSB Retirees Association Board.

Betty Koch
President, UCSB Retirees Association
Betty.Koch01@gmail.com

Winter Closure ~ Human Resources & Benefits Office

UCSB HR, Benefits Office and UC Customer Service will be closed Monday, December 23, 2013 and will reopen on Thursday, January 2, 2014. 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
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, 2014. 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, 2014. 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.
If you changed medical plans during Open Enrollment, please inform your physicians and pharmacy about your new plan. All of 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 at the UCSB Health Care Facilitator Program after Wednesday, 1/1/14. 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

You can find contact information for insurance plans on the At Your Service website: [http://atyourservice.ucop.edu](http://atyourservice.ucop.edu)

Many thanks to UCSB Retiree Steve Pulliam for coming back to HR/Benefits during Open Enrollment, responding to nearly 400 emails and phone calls from retirees!
Retiree Breakfast Meeting Schedule

Meet on the third Wednesday of months September thru May, 9AM at Cody’s Café, Hollister/Turnpike. Join us for a no-host breakfast and an interesting meeting.

January 15 - Maria W. Long, Dir., Freedom Warming Centers
The Freedom Warming Centers at nine participating locations in Santa Barbara County (plus three more coming) relieve suffering and save lives on nights of inclement weather for our neighbors without homes. Centers are activated when temperatures drop to 35 degrees or below, or when there are two consecutive nights of rain, or both. Twenty collaborators support the efforts including Direct Relief International, Doctors Without Walls, local churches, the City and County, and others. In 2012-13, the centers activated for 48 nights, and hosted 4,164 beds usages.

February 19 - Lisa Przekop, Dir., UCSB Admissions
Lisa Przekop was recently appointed Director of the UCSB Office of Admissions. Lisa will discuss her special initiative called Guardian Scholars, which supports UCSB students who come from the foster care system. Without the support from home that helps most students during their college years, these guardian scholar students face daunting challenges including funding, living arrangements, and where to go during quarter breaks and over the summer. Lisa established the Guardian Scholars program in 2008 to provide a support system for those students, who have already achieved a remarkable feat in securing admission to a research university.

March 19 - Jeanne M. West, Enrollment Coordinator, DASH (Doctors Assisting Seniors at Home)
Jeanne teaches in the Personal Care Attendant Training Program through SBCC Adult Education and also serves as Coordinator of FAST (Financial Abuse Specialist Team) of Santa Barbara County. She has been an Adult Education instructor for over 20 years and has presented workshops on a variety of subjects related to senior care, elder abuse prevention, Alzheimer’s care, end-of-life care and a wide variety of other health-related subjects.

April 16 – Peter Howorth of the Marine Rescue Sanctuary
May 21 – Luke Swetland, president of Natural History Museum
June 11 – Annual Retiree Association BBQ, Elks Club
(topics and guests are subject to change – we will do our best to keep you informed)

Suggestions? Call Betty Koch at 805-968-5568

Retiree Association President Betty Koch & Emeriti Association President Doug Morgan wish all our UCSB Retired Faculty & Staff a Joyous Holiday Season!
Did You Know?

Musical Training in Childhood

Maybe as a child you cringed when you heard: “Practice your music lessons!,” but some studies have shown that older adults who learned to play an instrument early in life have a faster brain response to speech sound than individuals who didn’t; even if you haven’t played an instrument in decades. And apparently, the more years spent playing instruments as youth, the faster their brains responded to a speech sound.

As people grow older, they often experience changes in the brain that compromise hearing. For instance, the brains of older adults show a slower response to fast-changing sounds, which is important for interpreting speech.

Can Dementia be Delayed by Speaking a Second Language?

Have you been contemplating learning a second language? Or maybe you are already bilingual? The benefit may be more than you knew.

There have been some studies done looking at the relationship between dementia and being bilingual. Results suggest that people who speak two languages may not develop dementia until over 4 years later than those who were monolingual.

Why would this be? It is thought that speaking more than one language may lead to better development of the areas of the brain that handle executive functions and attention tasks, which may help protect from the onset of dementia.

It’s Never Too Late to Start Exercising

Research shows that even if you don’t become active until later in life, your health will still benefit.

Those who exercise regularly every week are around three times more likely to have good mental and physical health compared to those who do not exercise, so it’s well worth getting into the habit of keeping active. Every 10 minutes counts, so even parking your car a distance from your destination or taking a brisk walk will help.

Try to do some exercise every day and aim for a total of 150 minutes a week. The activity should be demanding enough to make you breathe harder and feel warmer.

In Memoriam

Frank C. Gonzales
Facilities Mangement
Retired 2003

Ronald D. Locke
Carrillo Food Service
Retired 1995

Eliane M. Lebeck
East Asian Language & Studies
Retired 2003

Eleanor Gonzales
Library
Retired 2005

Chauncey S. Goodrich
German & Russian
Retired 1987

Judith A. Lopez
Student Health Services
Retired 2001

Thelma N. Wilkes
Financial Aid
Retired 1991
Retiree Association Officers (2013-14)

President: Betty Koch
Vice President: Shirley Dunbar
Secretary: Ginny Turner
Treasurer: Irene Pearce
Membership Chair: Bob Price
Program Chairs: Judy Klinge, Chuck Chaplain

Emeriti Association Officers (2013-14)

President: Doug Morgan
Vice President: OPEN
Secretary: Janice Cloud
Treasurer: Doug Morgan
CUCEA Rep.: Bill Ashby
CUCEA Alt.: OPEN

Program Assistant: Donn Miller
CUCRA Rep: Robert Mann
Social Chair: OPEN
Ex Officio: Barbara Anderson
Members-at-large: Marilyn Benson, Tippi Lawrence, Donna Saar

Board Members:
David Chapman
Alice Condodina
Paul Hernadi
William A. Prothero
Tonia Shimin
Barbara Voorhies
Carl Zytowski