A Message from the Retirees Association Co-Presidents -
We hope your summer has been fun so far. Many of us enjoyed our annual members BBQ and business meeting held on June 15th at the Elks Lodge. A delicious BBQ was served under a nice patio covering keeping us shaded. Co-President, Barbara Anderson, gave a report on the past year, telling of all our speakers and events. The slate of board members was announced and voted in. Many thanks to all board members for doing a fantastic job.

We thank all of you who contributed raffle items at the BBQ and of course, thank those who purchased raffle tickets - proceeds go towards our scholarships. We will offer the raffle again at the annual Holiday Luncheon and encourage all to attend. This year’s holiday luncheon celebration will be at the Elks Lodge on Wednesday, December 7th. We have great entertainment scheduled for you as well.

The Board has put together three summer trips for you to enjoy. The first one on June 22nd took us to UCSB to tour the new Davidson Library. If you have not been there, it is a beautiful place to see. On Wed, July 20th, a trip was made to the Reagan Library’s special exhibit, Vatican Splendors, transporta-

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From “Medical News Today”

Alzheimer’s vaccine steps closer with new study
A vaccine for Alzheimer’s disease could be trialed in humans within the next 3-5 years, after researchers from the United States and Australia have uncovered a formulation that they say successfully targets brain proteins that play a role in development and progression of the disease. Article: http://www.medicalnewstoday.com/articles/311731.php

Middle-age memory decline a matter of changing focus
The inability to remember details, such as the location of objects, begins in early midlife (the 40s) and may be the result of a change in what information the brain focuses on during memory formation and retrieval, rather than a decline in brain function, according to a study by McGill University researchers. Article: http://www.medicalnewstoday.com/releases/311640.php

Dealing with Spider Bites: What You Need to Know
Spider bites are often annoying and sometimes dangerous. It can be tough for people to be certain that it was a spider that bit them, however. Though there

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The Emeriti/Retiree newsletter is distributed quarterly as follows: spring and fall, via email, and via hardcopy to those without email; summer and winter a short newsletter is distributed to those for whom we have an email address on file.
Medical Care Away From Home

All UC medical plans will cover emergency or urgent care services without prior authorization while you are traveling. If you are enrolled in Health Net or Kaiser and you need follow-up care, please contact your Primary Care Physician.

Get the Emergency Care You Need
Go to the nearest emergency room, or if you don’t have an emergency but need care – say for a sprained ankle or high fever – going to an urgent care center is your best bet.

Urgent Care Examples
• Severe sprained and/or broken bones
• Severe high fever
• Severe abdominal pain/nausea

Emergency Care Examples
• Shortness of breath
• Excessive bleeding
• Severe pain to body functions, parts or organs

Urgent care facilities may ask you to pay in full at the time of service. Keep a copy of all itemized billing statements you receive for your out-of-area care. You will need to submit these to your medical plan for reimbursement.

Please call the member services number on your ID card if you have questions or need a claim form.

Central Coast Commission for Senior Citizens

Senior Connection Program is a non-profit organization responsible for allocating federal and state dollars to local agencies to insure that supportive, nutrition and health promotion services to older adults in San Luis Obispo and Santa Barbara Counties are available. To see more, go to: http://centralcoastseniors.org/senior-connection/

Current Articles/Resources:
• 809 Phone Scam (June 17, 2015)
• $13 Million dollar Medicare fraud case (5/13/2015)
• Emergency Survival Guide (May 21, 2015)
• Find a Medicare Physician (April 29, 2015)

Your UCSB Health Care Facilitator

Laura Morgan is here to assist you with your healthcare benefits needs. To talk to Laura, you can contact her at via email at laura.morgan@hr.ucsb.edu or call 805-893-4201

Open Enrollment Presentations will take place in October when 2017 Medical Plans have been finalized.

Until then, we will do our best to keep you informed on any updates.
Retiree Breakfast Meeting Schedule

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

2016

July – no meeting  
Aug – no meeting  
Sept 21st – UCSB Retiree Ginny Johns: Sailing Around the World  
Oct 19th – Laura Morgan: UC Health Benefits & 2017 Open Enrollment  
Nov 18th – TBD  
Dec 7th – 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

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
This fascinating 10-day tour, which commences October 7, 2017, is one of the treasures of South America. The enduring cultures and breathtaking beauty of the Andes await. Travel through this intriguing land visiting some of the world's most legendary sites, including Machu Picchu, the "Lost City of the Incas." Highlights of this tour include Lima, Sacred Valley of the Incas, local Andean cultures. Ollantaytambo ruins, Machu Picchu, Cuzco, Lake Titicaca, Uros floating islands, Larco Museum and much more. If you book now, you will save $200 and pay only $4,649 per person, double occupancy. You can extend your vacation by adding 4 days 3-night Peruvian Amazon tour. You would fly from Lima to the Puerto Maldonado airport where you meet your naturalist guide, board a canoe and transfer up the Madre de Dios River to the Inkaterra Hacienda Concepcion Lodge. You will spend time exploring the Peruvian Amazon Basin, Lake Sandoval, Tambopata National Reserve and the hidden rainforest. The added cost for this extension is $1,049 per person, double occupancy. The tour rates include round trip air from Los Angeles Intl. Airport, air taxes, fees/surcharges and hotel transfers. Additional gateways are available; please contact Collette for details. For bookings made after April 7, 2017 call for rates.

For more information, contact Collette at 1-800-581-8942 and refer to booking #738502. Be sure to discuss how you can upgrade your in-flight experience with Elite Airfare. For important reservation information, visit https://gateway.gocollette.com/link/738502

Remember, this tour is not just for UC Retirees - friends and family are also welcome to enjoy the adventure.
PCPA Theaterfest offers a 25% off Educator Discount to UCSB retirees! Present your UCSB ID card or Retiree/Emeriti ID card.

To see the theater Schedule go to: [http://www.pcpa.org/](http://www.pcpa.org/). For more information about the discount, contact Kelly Stegall at 805-928-773, ext. 4150 or email kstegall@pcpa.org

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are thousands of species of spiders in the world, there are very few which can harm humans. Article: [http://www.medicalnewstoday.com/articles/311615.php](http://www.medicalnewstoday.com/articles/311615.php)

‘Bad’ cholesterol linked to poorer cognitive performance

Low-density lipoproteins, also known as "bad" cholesterol, have already been implicated in a number of negative health outcomes. A recent study investigates the role of cholesterol fluctuation in cognitive decline. Article: [http://www.medicalnewstoday.com/articles/311726.php](http://www.medicalnewstoday.com/articles/311726.php)

In Memoriam

Betty H. Brown
Financial Aid
Retired 1989

Abbie L. Beauchamp
Dining Halls

Alexander DeConde
History
Retired 1991

Joseph M. Gani
Statistics
Retired 1994

Betty J. Inman
Accounting
Retired 1989

Walter Kohn
Physics
Retired

Elizabeth Mosher
Music
Retired 2004

Ronald R. Ondrejka
Music

Cedric J. Robinson
Black Studies
Retired 2009

Howard Sherman
Retired 1981

George Taborsky
Molecular Biology
Retiree Association Officers 2016-2017

Co-President             Barbara Anderson
Co-President             Nancy Tanner
Vice President           Shirley Dunbar
Secretary               Ginny Turner-Scholl
Treasurer                Irene Pearce
Membership               Laurie Theobald
Programs                 Donna Craig

Programs Asst.            Donn Miller
CUCRA Rep                Robert Mann
Ex-officio               Betty Koch
Members-at-large:
Bob Price                 Marilyn Benson
Tippi Lawrence            Donna Saar
UCSB Liaison              Debra Martin

Emeriti Association Officers 2016-2017

President                Doug Morgan
Vice President           OPEN
Secretary                OPEN
Treasurer                OPEN
CUCEA Rep                Bill Ashby

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

We’re on the Web!
http://www.hr.ucsb.edu/
retirees/welcome