Emeriti/Retiree Notes

Our abbreviated version of the Emeriti/Retiree newsletter for winter quarter is being sent only to those for whom we have email addresses on file. Our regular newsletter will go out email AND U.S. Post (to those without email) for spring and fall quarters. A brief email “Note” in winter and summer will include announcements or information we would like to share.

Wishing Everyone a Happy and Healthy 2013!

Winter Closure ~ Human Resources & Benefits Office
UCSB Benefits Office and UC Customer Service will be closed from Monday, December 24, 2012 through Wednesday, January 2, 2013. 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

CHECK YOUR PARKING PERMIT EXPIRATION DATE
If you have and use a UCSB retired faculty or staff parking permit, you should check the expiration date on the sticker – your permit may expire on December 31, 2012.

Eligible retirees – that is, retired faculty and staff NOT on pay status – may renew their no-cost parking permit by bringing their Emeriti or Retiree ID card (email debra.martin@hr.ucsb.edu for a replacement card) to Transportation & Parking Services. For map and additional information, go to:

Retired Faculty: http://www.tps.ucsb.edu/permFacEmeriti.aspx
Retired Staff: http://www.tps.ucsb.edu/permStaffRetirees.aspx

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

See the Retiree Association President’s notes on page 3

To opt out on receiving the UCSB Emeriti/Retiree Newsletter (spring & fall) and/or Notes (winter & summer), please email: debra.martin@hr.ucsb.edu and enter “Opt Out” in the subject line.

Any suggestions for making the Newsletter or Notes more helpful or interesting? Email: debra.martin@hr.ucsb.edu. Thank
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, 2013. Please review this checklist so that your insurance claims are processed without interruption.

1) Replace old medical ID card with new card.
All of the medical insurance plans will be issuing new ID cards due to the change in copays in 2013. We expect all new ID cards to be mailed to you by January 1, 2013.

<table>
<thead>
<tr>
<th>Medical Plan</th>
<th>Who will get a new ID card?</th>
</tr>
</thead>
<tbody>
<tr>
<td>Anthem Blue Cross PPO, High Option, Core</td>
<td>• Non-Medicare members&lt;br&gt;• MEDICARE members will receive a new DRUG ID card</td>
</tr>
<tr>
<td>Anthem Blue Cross PLUS</td>
<td>• Non-Medicare members&lt;br&gt;• MEDICARE members will receive both medical and drug ID cards</td>
</tr>
<tr>
<td>Health Net Seniority Plus, Blue &amp; Gold, HMO</td>
<td>• ALL members</td>
</tr>
<tr>
<td>Kaiser</td>
<td>• ALL members</td>
</tr>
</tbody>
</table>

2) Tell your pharmacy that you have a new ID card for prescription drugs.
Since there are changes in the pharmacy copays in 2013, your pharmacy may need to update your information in their pharmacy system. If the pharmacy has difficulty processing a prescription drug order, please ask them to call the pharmacy number on the back of your ID card.

3) Check that you are assigned to the correct Primary Care Physician (PCP).
This is especially important if you changed plans this year. All Health Net, Kaiser and Blue Cross Plus members should check that the correct Primary Care Physician/Group is listed on their ID cards. If the wrong PCP is on the card, please call the member services number on the ID card.

4) Tell your providers if you’ve changed medical plans.
If you changed medical plans during Open Enrollment, please inform your physicians and pharmacy about your new plan. If you changed medical plans, 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 on your ID card 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 the UCSB Health Care Facilitator (after Jan 2nd): Laura Morgan at 805-893-4201 or email: laura.morgan@hr.ucsb.edu

You can find contact information for the insurance plans on the At Your Service website: http://atyourservice.ucop.edu
**Greetings Retirees,**

As the end of 2012 nears, I am reminded of the fun we have had this year, and the many wonderful retirees I have had the privilege to get to know and interact with. Our annual Christmas luncheon was held at the Elks Lodge on Tuesday, December 12. We were so happy that Chancellor Yang and his wife, Dilling, were able to join us and offer us their best wishes for the holidays. Everyone there had a great time and of course enjoyed the good food by Chef Carlos and his staff, and the entertainment by the Edelweiss Choir who have won many awards and traveled abroad to perform. 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 children of needy families in the area.

The board is in the process of finalizing speakers for the winter breakfast general meetings. In January we will have the Outreach Director from the Reagan Library give a presentation on the Library and Air Force One. We are in the process of finalizing plans for the February and March speakers. We tentatively have planned for a speaker to talk about Beekeeping and to have a representative from the Goleta City Hall speak on the growth patterns in Goleta. We will send out the details to you as soon as the plans are finalized.

If you are interested in serving on the UCSB Retirees Association Board, please contact me at Betty.koch01@gmail.com.

We look forward to seeing you at our next breakfast meeting, January 16 at 9am at Cody’s Café. Please join us and let us know if you have any questions or suggestions.

Happy Holidays to you all and a Healthy New Year.

Betty Koch
President, UCSB Retirees Association
Betty.koch01@gmail.com

---

**Medicare Premiums to Rise by $5 a Month**

November 16, 2012, By THE ASSOCIATED PRESS

Medicare premiums will rise by $5 a month next year, the government said Friday. That is less than expected, but enough to consume about a fourth of a typical retiree’s cost-of-living raise in Social Security payments next year. Marilyn Tavenner, the acting administrator of Medicare, said the new “Part B” premium for outpatient care would be $104.90 a month. In most cases, it is deducted from a beneficiary’s monthly Social Security payment. The government had projected a premium increase of as much as $9 a month for 2013, but health care inflation has remained modest. [http://www.nytimes.com/2012/11/17/us/medicare-premiums-to-rise-by-5-a-month.html](http://www.nytimes.com/2012/11/17/us/medicare-premiums-to-rise-by-5-a-month.html)

---

**On Heels of Proposition 30, Brown Joins Regents**

November 14, 2012, By Carolyn McMillan

Gov. Jerry Brown told the University of California Board of Regents Wednesday (Nov. 14) that he hoped to secure more funding for the university but that UC must look for more creative solutions to its budget challenges, given the number of demands on the state. "I like the university," Brown said. "But when I go back to Sacramento, there are a whole lot of claimants standing in line."

Brown serves on the Board of Regents by virtue of his office, but rarely attends meetings. His participation Wednesday follows passage of Proposition 30, the tax measure he championed that is expected to raise billions of dollars for education over the next seven years. Its passage was a major electoral victory for Brown — and spared UC from an automatic $250 million mid-year reduction, on the heels of four years of declining state support.

For full article go to: [http://www.universityofcalifornia.edu/news/article/28666](http://www.universityofcalifornia.edu/news/article/28666)
Exercise Reminder

Some of the essentials for performing the most ordinary daily and many recreational activities are good balance and mobility.

Older people have a reduced ability to keep in balance due to a combination of various factors, including stiff joints, reduced muscle strength, delayed reaction times and changes in the sensory system.

Researchers identified one or more of the following activities from the exercises programs to improve balance:

- three-dimensional exercises, including Tai Chi, dance and yoga
- exercise focusing on a person’s walking, balance and coordination
- general physical activity such as walking or cycling
- strengthening exercises
- exercise with vibrating platforms
- computerized balance training using visual feedback

Retiree Breakfast Meeting Schedule

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

2013

Jan 16 – Carol Cohea, Ronald Reagan Presidential Library & Museum
Feb 20 – SB Beeman Paul Cronshaw Explains Drones, Queens, Beekeeping, Botany & Liquid Gold
Mar 20 – Representative from Goleta City Hall - Growth Patterns in Goleta

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

Suggestions?
Call Betty Koch at 805-968-5568

Time to OLLI…
(Osher Lifelong Learning Institute)

OLLI provides University-quality classes for persons over 50 in Santa Barbara County, as well as teaching opportunities. For schedule and more information go to:

In Memoriam

Amelia Frank
Ombudsman’s Office
Retired 1999

Sharon L. Gildner
Faculty Housing
Retired 2011

Charles E. Hamilton
Public Events
Retired 1991

Robert W. Holmes
Marine Biology
Retired 1988

Lois M. Koepnick
Psychology
Retired 1988

Victor B. Schoon
Facilities Management
Retired 1982

Mark Stein
Geology Dept.
Retired 1988

William D. Walker
Auditing Services
Retired 2007

Donna L. Whitney
Counseling
Retired 1992

Nancy E. Ayling
Student Health
Retired 1979

Theony Condos
EAPC
2001

Jack P. Cook
Budget & Planning
Retired 1981

William F. Dolby
Facilities Management
Retired 1980

Charles J. Erasmus
Anthropology
Retired 1987
Retiree Association Officers (2012-13)

President            Betty Koch
Vice President       Shirley Dunbar
Secretary            Ginny Turner
Treasurer             Irene Pearce
Membership Chair      Bob Price
Program Chair         Judy Klinge

Emeriti Association Officers (2012-13)

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             Tippi Lawrence
Social Chair          OPEN
Ex Officio            Barbara Anderson
Members-at-large       Marilyn Benson
                      Donna Saar

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

Emeriti/Retirees Center

Human Resources
UCSB
Santa Barbara, CA
93106-3160

PHONE: 805-893-2168
FAX: 805-893-8645

COORDINATOR/EDITOR
Debra Martin

E-MAIL: debra.martin@hr.ucsb.edu

~

We’re on the Web!
http://hr.ucsb.edu/emeriti/