Dear Colleagues,

At the May 7 Emeriti Association (EA) Board meeting, four standing committees were approved: Web Advisory, Oral History, Development and Engagement, and Emeriti Welfare. The Web Advisory committee will work with UCSB website designers to develop our new site, emeritiassociation.ucsb.edu.

The Oral History committee is investigating the most effective and cost-efficient methods for recording the oral histories of emeriti faculty who have made critical contributions to UCSB as well as to their respective academic fields.

The Development and Engagement Committee launched a successful fund-raising campaign in the Fall of 2023 to support current EA Promise Scholars: high-achieving, first-generation college students from low-income households. The committee will pilot a Mentorship program this fall—a partnership between Promise Scholars and emeriti. We will keep you informed about how to get involved.

From the Emeriti Association President - continued on page 3

Happy Summer! It’s starting to feel a lot like summer now that the days are longer and we’re finally getting some long overdue sunshine.

Our Association board has been quite busy planning events for you. In April we had an amazing tour of the historic Santa Barbara Cemetery. The tour was given by a local historian who has written a book about the cemetery and highlighted the cemetery’s art, architecture and famous residents. We had a 45-minute lecture followed by a 2-hour walking tour. There was so much to learn about its layout, the different types of headstones and some of the more interesting residents.

Also, in April, the Council of University of California Retirees Association (CUCRA) met to discuss issues of concern to all systemwide retirees. At this meeting it was reported that there was concern not only about the number of dentists leaving Delta Dental, but also dentists that list themselves as a provider but then tell you they don’t accept the insurance. CUCRA will be working with the Office of the President to address these concerns. It was also reported that the many issues that the UC Retirement Administration Service Center (RASC) had been dealing with have been successfully addressed. There are now more retirement counselors, significantly shorter wait times on the phone, faster responses via email, and a dedicated phone number for survivors: 888-825-6833.

In May we hosted a webinar about the UC Retirees Travel Program. The webinar was presented by Sue Barnes, the program coordinator, and featured all of the UC hosts, including our very own Sabina White. It covered upcoming trips including Croatia, Japan, Finland, and Canada at Christmas, to name just a few. The trips are geared towards retired staff and faculty from the entire UC system and have a dedicated UC escort on each trip. If you are interested in group travel but don’t necessarily want to travel with “strangers”, this is the program for you! For more information go to the UC Retirees Travel website.

From the Retirees Association President

From the Emeriti Association President - continued on page 3
New Retirees / Emeriti FAQ’s

How do I get free on-campus parking?
UCSB Retirees and Emeriti Faculty are eligible for a retiree/emeritus/a parking permit from Transportation and Parking Services. The emeriti/retirees parking policy is outlined on Transportation and Parking Services (TPS) website (retirees permits, or emeriti permits). In the event that you are recalled with pay, your retiree permit will not be valid and you will need to obtain an employee permit from TPS. To confirm your eligibility, TPS will request to see your UCSB Retiree or Emeritus/a ID card. Click on the applicable link above to apply for a permit. Please contact TPS, or call 805-893-2346, with specific questions.

How do I get a UCSB Retiree or Emeritus/a ID card?
To obtain a UCSB Retiree or Emeritus/a ID card, please contact Ellen Pasternack, Coordinator, UCSB Emeriti - Retirees Center, or call 805-893-2168. To qualify for the ID card, you must be a UCSB retiree or emeritus/a (not retired from another UC) and cannot be on recall. The ID card will be sent electronically. It can be printed at home or saved on your phone to present as needed. The emeriti/retiree parking permit does not expire.

I receive important emailed communications from the Emeriti-Retirees Center, such as open enrollment information, but my former colleague does not—why is that?
We try to reach all retired employees via email. It’s possible that we do not have a current email address in our emeriti / retirees database. Please have your former colleague reach out to Ellen Pasternack, or leave a message at 805-893-2168, to have their email address updated.

How do I change my direct deposit information?
The first point of contact for all emeriti and retirees is the UC Retirement Administration Service Center (RASC), 800-888-8267. The RASC counsels retirees and emeriti and provides support for questions concerning retiree health benefits, pension, direct deposit, change of address, beneficiaries, transition to Medicare. For survivor benefits, please call 888-825-6833. Emeriti and retirees use UC Retirement At Your Service (UCRAYS) to make changes to their retirement account, including: address changes, tax withholding, beneficiary designations, to report a death, and direct deposit instructions. The most efficient way for members to contact the RASC is by using secure messaging through their UC Retirement At Your Service (UCRAYS) account.

The University of California is the administrator of the Retirement Savings Program, and Fidelity Retirement Services provides the record-keeping and account services for the UC Defined Contribution Plan (DCP), 403(b) tax-deferred plan, and 457(b) deferred compensation plan. For more information, contact Fidelity directly at (866) 682-7787. To ask questions about accounts remaining within the University of California Retirement Savings Program or review financial planning for your individual and specific situation, you may set up a meeting with Director, Retirement Planner, Andrew Fung, CRPC®.
You can learn more about the Promise Scholars at [here](#) and donate to the scholarship fund here.

The Emeriti Welfare Committee is preparing a comprehensive handbook for all information regarding policies and procedures pertaining to retirement. At present, information pertaining to retirement, including the rights and privileges of emeriti, is scattered and not well communicated to emeriti and to departments.

Program activities in spring quarter included popular bike-to-breakfast rides; a walk at the Carpinteria Salt Marsh Reserve led by director Andrew Brooks, and a docent-led tour of the Hermitage Museum, a private, local treasure. Plans for a third celebration of emeriti research in collaboration with the UCSB Library are underway, as well as a collaborative event with the UCSB Center for Aging and Longevity Studies. You will continue to receive email notices of events and activities. You can also access all previous webinars.

A warm welcome to our new Board members: Brenda Major, Carol Stewart, and Sandra Thompson.

Best wishes for a good summer,
Muriel Zimmerman, President
UCSB Emeriti Association
mzimmer@writing.ucsb.edu

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**Free Summer Movies from UCSB!**

UCSB Arts and Lectures:
**Summer Cinema at the Courthouse**

*50 First Dates*
Free Wellness Webinars for Retirees
(Provided by UnitedHealthcare, open to anyone)

COVID 19 Related (Webinars)
- Coping with Traumatic Events 58:55
- Get the Best of Stress 47:20
- The Human Element: Managing Fear of COVID-19 38:19

Conquering Fear and Anxiety 31:59

Healthy Aging (Videos)
- Older Adults: Be Inspired to Get Active
- Older Adults: Overcoming Barriers to Fitness
- Pneumococcal Vaccine
- Seated Exercises for Older Adults
- Heart Health: Where will you be in 5 Years?

Taking Time for Hobbies (Article)
Choosing How to Spend Retirement (Article)

Weight Management (Videos)
- Five Ingredients for Healthy Living 1:24
- Five Tips for Healthy Eating 0:24
- Healthy Eating Pays Off 0:48

Healthy Eating: Resisting Temptation in Social Situations 2:41

Healthy Weight: Find Your Inspiration 3:16

Healthy Weight: Make Your Plan 2:22

Making Meals with Less Sodium 2:33

Positive Thoughts for Weight Control 0:33

Mental Well Being

Stop Negative Thoughts: Choosing a Healthier Way of Thinking (Videos)
- 7 Ways to Build Resilience
- Thinking Differently: Jess’s Story
- Your Thoughts Affect What You Think and Do

Headaches (Article)

Fitness (Videos)
- How Active Should You Be 0:43
- Increasing Your Core Stability 2:03
- Getting Active 2:03
- Getting Started With Flexibility and Stretching 1:08

Diabetes Videos
- Type 1 Diabetes (Article & Videos)
- Type 2 Diabetes (Article & Video)
- Food and Your Blood Sugar 0:43
- How Others Stay Motivated 2:50
- How to Build Your Plate 1:52
- Insulin’s Role 0:50
- Planning Your Next Steps 2:31
- How Others Manage Diabetes 1:48

Attention all UC travelers, adventurers, friends and family. It is time to think about places to go and places to see. UC Retirees Travel has two adventures left in 2024, and fifteen advertised for 2025. We look forward to packing our bags, getting our plane tickets, and venturing out!

Visit UC Retirees Travel Register for the August 2 Travel Preview
Centers for Medicare & Medicaid Services

The National Training Program (NTP) provides materials and educational opportunities such as virtual workshops, designed to help you better understand Medicare and Medicaid. The sessions are recorded and are available to view on their website. Click here for a link to a short video that explains how to access these resources and enroll in the live sessions.

The following healthcare providers are offering Medicare Age-In seminars and pre-recorded webinars:

Kaiser Permanente – Register for a webinar with a question and answer session at the end. Upcoming dates are Tuesday, July 2 from 10 to 11 am, PDT and Tuesday, August 6 from 10 to 11 am PDT.

United Healthcare - Visit this page for information on pre-recorded sessions as well as live presentations as well we additional information and frequently asked questions.

New Dimensions is published by University of California Human Resources to provide news and information to UC retirees. Read about the importance of emeriti & retiree associations and how the pension COLA is calculated:

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Volume 41 Number 2

The UCSB Current: UC Santa Barbara News & Events

UCSB’s official news site updated daily with breaking news, events, and research news from the University of California. Click here to see the latest edition.
Congratulations to UCSB’s 24-25 Dickson Emeriti Professors:
Patricia Cline Cohen - History
Fyl Pincus - Physics
Verta Taylor - Sociology

IN MEMORIAM

<table>
<thead>
<tr>
<th>Name</th>
<th>Position</th>
<th>Year</th>
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<tbody>
<tr>
<td>Mark Coony</td>
<td>Residence/Dining Halls</td>
<td>2008</td>
</tr>
<tr>
<td>Emma Lou Diemer</td>
<td>Music</td>
<td>1991</td>
</tr>
<tr>
<td>Alfred Dominguez</td>
<td>Facilities Mngmt</td>
<td>1992</td>
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<tr>
<td>Robert Kinkaid</td>
<td>Student Health</td>
<td>2004</td>
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Losing a loved one is never easy, and it can be difficult to settle your loved one’s estate while you are still grieving. Detailed information on the steps you need to take can be found at Your Guide to Survivor and Beneficiary Benefits booklet. UC staff will work with you to explain any benefits available to you and to other survivors or beneficiaries. The Retirement Administration Service Center will be your primary point of contact. RASC representatives can answer questions and guide you through the process of claiming both UCRP benefits and UC-sponsored health and welfare benefits, if you’re eligible. Report a death via Retirement At Your Service (UCRAYS) or contact the RASC Survivor Intake Unit at 1-888-825-6833 (or 1-510-987-0200 from outside the U.S.), 8:30 a.m.–4:30 p.m, Monday through Friday.

Have you moved recently?

If you have moved, please remember to contact the following with your new address:

⇒ UC Retirement Administration Service Center (RASC) 800-888-8267 will forward your updated address to your insurance carriers. You can update your contact information via Retirement At Your Service Online (UCRAYS).

⇒ To send to RASC via USPS, the change of address form for retirees is found here – UBEN131. Once completed, the form should be sent to RASC (address is on the UBEN 131 form).

⇒ Social Security if you are on Medicare

⇒ UCSB Emeriti/Retiree Center – send an email to Ellen Pasternack
UCSB Emeriti - Retirees Center

UCSB Human Resources
SAASB Third Floor, Room 3101
Santa Barbara, CA  93106-3160

Website  Map

CENTER COORDINATOR:
Ellen Pasternack
Email: epasternack@ucsb.edu
PHONE: 805-893-2168

UCSB Emeriti Association
2024-2025
Officers:
Kim Summerfield, President
OPEN, Co-President
OPEN, Secretary
Andrea Carr, Treasurer
Julie Luera, Membership
Donna Craig, Programs
Valerie Halverson, Programs
Robert Mann, CUCRA Rep
George Hopwood, CUCRA Rep

Ex Officio:
Barbara Anderson
Ginny Turner

Members at-Large:
OPEN

UCSB Retirees Association
2024-2025
Officers:
Muriel Zimmerman, President
Cynthia Brown, Vice-President
Patricia Cline Cohen, Secretary
Mary Nisbet, Treasurer
Denise Bielby, CUCEA Rep

Members-at-Large:
William Ashby
Stan Awramik
Ellen Broidy
Dorothy Chun
Scott Cooper
Tom Gerig
John Gilbert
Judy Gough
Loy Lytle
Brenda Major
Claudine Michel
William Prothero
Jon Spaventa
Carol Gemberling Stewart
Sandra Thompson
Robert Warner