Winter 2020

Volume 36

Issue 1

EMERITI-RETIREE NEWSLETTER UC SANTA BARBARA

Emeriti—Retiree Center



From the Retirees Association President

Dear UCSB Retirees,



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Association Board Members Happy New Year to all from your Retirees Association Board Members. I hope you all stay well and have a lovely new year. 2020 seems to be starting on a positive note with sunshine, some rain and crisp weather.

Our annual Holiday luncheon was held on Tuesday, December 10 at Mulligan's Cafe. Chancellor Yang and Dilling attended the luncheon. Entertainment was provided by Moon Man and Clearwater Whitehead, an excellent duo, playing stringed instruments. The brothers are raising funds for a trip to play at Carnegie Hall. They presented a wonderful rendition of Holiday songs. All in attendance had a great time, good food, renewed friendships and a chance to win one of many raffle items available. Thank you all who donated to our raffle table and for bringing toys that were delivered to "Toys for Tots" for distribution to Santa Barbara area children.

The Retirees Association again this year donated \$1,000 to the Santa Barbara Foundation to be used for scholarships for local high school seniors who plan to attend college. Your participation in the raffles helps fund this donation.

We also gave a donation to the Guardian Scholars program at UCSB. This program supports students who have been brought up in the Foster Care system and need emotional as well as scholarship assistance to reach their future goals.

Please join us for our monthly meetings the third Wednesday of each month – excluding June, July and August—at Cody's Café at Hollister and Turnpike. We meet at 9:00 am for a no-host breakfast. Upcoming speakers include Ginny Johns on January 15th. Ginny is an "around the world sailor" and UCSB retiree. February 19th brings us Claire Garvais from Santa Barbara Wildlife Care Network. A variety of speakers come to our meetings and we are continually looking for future speakers. Donna Craig and Claudia Alphin are working on a speaker schedule for the rest of the year, as well as day trip adventures.

We are looking for current and future retirees to think about joining our UCSB Retirees Association Board. We currently have two positions to fill. The Board meets at 9:00 am on the first Wednesday of each month at Cody's Café If you are interested, please contact me at <u>mamascamp@msn.com</u>.

Warmly and with best wishes, Sandy Camp President, UC Santa Barbara Retirees Association





Health Benefits ID Cards Have questions about your benefits? Anthem, Health Net, and Kaiser will be mailing new cards to their members in late December for a Contact the plan provider directly. January 1, 2020 effective date. To find your provider and contact infor-Some plans mail cards only to new members, see mation, see below: below information: Anthem 💁 844-437-0486 Anthem Members UC Care, UC Core and UC Health Savings Plan Only new plan members will receive new ID cards UnitedHealthcare 866-887-9533 UnitedHealthcare Members UC Medicare Choice All plan members will receive new ID cards Health Net 800-539-4072 **Health Net Members** UC Blue & Gold HMO Only new plan members will receive new ID cards KAISER PERMANENTE. 800-464-4000 members **Kaiser Members** 800-324-9208 Kaiser Permanente and Kaiser Senior Advantage prospective members Only new plan members will receive new ID cards. 800-443-0815

"ARE THEY OPEN?"

Click here to see the holiday hours for Benefits Plans Providers





Campus Winter Closures

UCSB Emeriti - Retiree Center closed: Monday, Dec 23rd -re-opening on Thursday, Jan 2nd.

The normal working hours for the UCSB Emeriti - Retiree Center Hours are: Monday - Thursday, 8:30 am to 1:30 pm

UCSB Library closes at 5 p.m. on Saturday, Dec 21st—re-opening Thursday, Jan 2nd.

Online access to research databases, electronic journals, and e-books is available on the Library website.

Transportation & Parking Services offices will be closed Monday, Dec 23rd—re-opening on Thursday, Jan 2nd.

Rec Cen closed Dec 21st-re-opening Thursday, Jan 2nd.



How Gratitude can Help You Bounce Back From Setbacks

November, 2019 UCnet

Why are people often only fleetingly happy about positive events but persistently upset about negative evens like setbacks? UC Davis has conducted extensive research to understand this. Read the article <u>here</u>

Cancer Drug Shows Promise in Parkinson's Disease Safety Trial

December, 2019 Medical News Today

Nilotinib, a drug that regulators have approved for the treatment of leukemia, has shown promise in a small clinical trial of people with Parkinson's disease. Read the article <u>here</u>

Lower Handgrip Strength Associated with Cognitive Impairment

November, 2019 National Institute on Aging

Handgrip strength may be a potential low cost easy way to help detect cognitive impairment and to identify people who may benefit from early interventions. Read the article <u>here</u>

Scientists Find Surprising Age-Related Protein Waves in Blood

December, 2019 NPR

Scientists report that they've identified hundreds of proteins in human blood that wax and wane in surprising ways as we age. The findings could provide important clues about which substances in the blood can slow aging. Read the article <u>here</u>

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Don't Miss Out!

The UCSB Emeriti Retiree Centers' (ERC) primary outreach is via *email*. Our budget does not allow for frequent hard copy mail. (Only two newsletters are sent via US Post Service per year only to retirees who do not have email.)



To be added to our email distribution list, please send us an email at karen.rasmussen@hr.ucsb.edu. Thank you for allowing us to communicate with you in this manner.

The ERC emails a monthly newsletter, distributes pertinent benefits information, sends invitation to speaker presentations, outings and special events. Quarterly, the newsletter is posted on the <u>Retirees</u> tab of the Human Resources website.

Share Your Stories

What have you been up to?!

The UC Santa Barbara Emeriti—Retiree Center would like to highlight faculty and staff in retirement. What joys, discoveries and experiences have shaped your life in retirement? Let us know in pictures or words. Submissions will be shared with new retirees as part of a display at the Chancellor's Reception for New Retirees in May. Send to at karen.rasmussen@hr.ucsb.edu



Emeriti/Retirees Newsletter Winter 2020



Retiree Association

Retiree Breakfast Meeting Schedule

Meets on the third Wednesday of months September thru May **9AM** at **Cody's Café**, Hollister & Turnpike.

UPCOMING SPEAKERS & EVENTS IN 2020

<u>January 15</u> – Adventures Sailing the Sea's After Retirement with Ginny Johns, , UCSB Retiree and world sailor. Hear about the Johns' adventures circumnavigating the globe!

February 19 - Santa Barbara Wildlife Care Network, with Claire Garvais (UCSB alum!)

Learn more about this organization that rescues, rehabs and returns to the wild sick, injured, orphaned, or oil-impaired wild birds and small mammals native to Santa Barbara county and to educate the public about living in harmony with wildlife.

March 18 - To be determined

Topics and guests are subject to change – we will do our best to keep you informed Suggestions? **Donna Craig** at **805-968-6320** or <u>djcraig55@yahoo.com</u>

You are a UCSB retiree + We are the UCSB Retirees association = It's a perfect fit!

We invite you to join this active and vibrant organization created especially for folks like you. The UCSB Retirees Association (UCSB-RA) is a perfect way to stay engaged with your University and continue your friendships through a variety of activities and events. It also informs you of important issues relating to retirees and advocates for benefits and services. All retirees are welcome to join us!







The Emeriti and Retirees Annual Holiday Luncheon on Tuesday, December 10th was a lovely time! The new venue of Mulligan's Café was a wonderful change and the food was delicious!

Happy Holidays to all UCSB Emeriti and Retirees. We hope to see you at a Breakfast Meeting, Board Meeting or a Retiree event in the New Year!







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Have you moved recently?

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

⇒ <u>Retirement</u> <u>At Your Service Online</u> (UCRAYS) or <u>UC Retirement Administration Service</u>

<u>Center</u> (RASC) customer service at 1-800-888-8267 Monday through Friday, 8:30 am to 4:30 pm (or 1-510-987-0200 from outside the U.S.) RASC then provides your updated address to your insurance carriers.

- ⇒ <u>Social Security</u> if you are on Medicare
- ⇒ The change of address form for retirees is found here –<u>UBEN131</u>. Once completed, the form should be sent to RASC (address on form)
- ⇒ UCSB Emeriti/Retiree Center send email to karen.rasmussen@hr.ucsb.edu

As a reminder, retirees may contact RASC (Retirement Administration Service Center) for help with UC pension and survivor benefits, retiree health insurance questions and transition to Medicare.

IN MEMORIAM		
Curtis Baker	Louise Harper	Ian Ross
Facilities Management	Linguistics	Life Sciences
2009	1995	2001
Rowand Chaffee	Lies Jaccarino	John Mohr
Life Sciences	Library	Sociology
1988	1991	
Napoleon Chagnon	Sona MacMillan	Jonathan Ramsay
Anthropology	Marine Sciences Institute	Writing Program
1999	1993	2014
Frank Goad	Roger Millikan	Inès Talamantez
Arts & Lectures	Chemistry	Religious Studies
2005	1993	

Losing a loved one is never easy, and it can be difficult to settle your loved one's estate while you are still grieving. Please be assured that UC staff will work with you to explain any benefits available to you and to other survivors or beneficiaries. The <u>Retirement Administration Service Center</u> will be your primary point of contact. Service Center 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. The best way to contact the Retirement Administration Service Center is by phone, at **1-800-888-8267** (or 1-510-987-0200 from outside the U.S.), 8:30 a.m.– 4:30 p.m. You can send mail to P.O. Box 24570, Oakland, CA 94623-1570. Detailed information can be found at <u>Your Guide to Survivor and Beneficiary Benefits</u> booklet.



One-on-One Consultations with Fidelity Financial Services

Have questions about your retirement income?

Andrew Fung, Fidelity Retirement Planner, is available for free one-on-one consultations for Emeriti and Retirees one day each month. Appointments are available between the hours of 8:00am to 12:00pm for the following dates:

- Thursday, January 22
- Wednesday, February 26
- Wednesday, March 25

To make appointment, contact Andrew Fung directly at Andrew.Fung@fidelity.com



Pre-registration is now open for a new Spain/Portugal tour to be held in March 2021. Don't miss out... our 2020 trip sold out very quickly and incentives are available for those who pre-register by December 30, 2019. A very limited number of single rooms are available at no extra charge.



Back Roads of Iberia: Spanish Paradores & Portuguese Pousadas O.A.T. small group (16 max)

This trip will be escorted by Sue Barnes, UC Retirees Travel program coordinator and former director of the UC Davis and UCLA retirement centers (with a minimum of 12 UC travelers).

Discover extraordinary beauty while staying in intimate Portuguese pousadas and Spanish paradores (historic inns). Details are pending, but itinerary will be similar to this <u>2020 trip</u>.

To Register, call 877-220-2630; ask to pre-register for **Back Roads of Iberia 2021** with UC Retirees Travel, Group #G1-28708. \$350 p.p. deposit (refundable until details are finalized).

When you participate in UC Retirees Travel trips, you help to support CUCRA (Council of University of California Retirees Associations), a system wide consortium of volunteer representatives from all of the UC retiree associations. CUCRA represents retiree interests and advocates for retiree benefits through continued dialogue with UC leadership.

View more details about this trip and all upcoming trips at http://cucra.ucsd.edu/travel/.

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UCSB

Emeriti - Retirees Center

UCSB Human Resources SAASB Third Floor, Room 3101 Santa Barbara, CA 93106-3160 <u>Website</u> <u>Map</u>

PHONE: 805-893-2168 COORDINATOR: Karen Rasmussen E-MAIL: karen.rasmussen@hr.ucsb.edu

UCSB Retiree Association 2019-2020

Officers

Sandy Camp, President OPEN, Co-President OPEN, Secretary Ginny Turner-Scholl, Treasurer Laurie Theobald, Membership Donna Craig, Programs Claudia Alphin, Programs Barbara Anderson, Ex Officio Robert Mann, CUCRA Rep

Members-at-Large

Marilyn Benson Shirley Dunbar Elizabeth Koch Tippi Lawrence Irene Pearce Nancy Tanner

UCSB Emeriti Association 2019-2020

Officers

W. Douglas Morgan, President
OPEN, Vice-President
OPEN, Secretary
Open, Treasurer
William Ashby, CUCEA Rep

Board Members

David Chapman Alice Condodina Paul Hernadi Bill Prothero Tonia Shimin

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