

# EMERITI—RETIREE NEWSLETTER

## UC SANTA BARBARA

Emeriti—Retirees Center



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### ***From the Retirees Association President***

Hi All:

Welcome to our new retirees and welcome back to our continuing members. I hope you and your families are doing well these days. It has certainly been a challenging time. Hang in there and remember all of the things we do have to be thankful for.

Unfortunately, due to the COVID virus, our get-togethers and activities have been curtailed. However, our Board Members have been doing some behind the scenes activities to get a fresh start as soon as possible.

Normally, your Retirees Association is pleased to offer our monthly breakfast meetings to you. We have had some fun breakfast meetings and wonderful speakers, including speakers from campus, the community and other Retirees with interesting stories to share. Another opportunity to get together are the monthly afternoon meetings on campus. Occasionally Chancellor Yang and Dilling will join us for one of our gatherings.

One of our great joys is being able to help worthy local students with monetary grants to assist with their education. This year we were able to assist two students with funding. These gifts mean so much to the students who receive them. In fact your membership dues of \$15 a year goes toward supporting our scholarship program. A small amount also goes to cover Association operating expenses and supports the Council of University of California Retirees Association (CUCRA) who provides representation to the UC President and The Regents.

Please consider becoming active in the Retirees Association. It is a very special organization.

Best wishes to you all and I hope to see you soon.

Sandy Camp, President, UCSB Retirees Association  
mamacamp@msn.com

### ***From the Emeriti Association President***

Dear friends and colleagues,

I hope this finds you well and enjoying a happy and productive retirement, despite these challenging times. As you know, longtime Emeriti Association President, Doug Morgan, has stepped down after many years of dedicated service, for which we are most grateful. Doug will remain an active member of the Board. I am honored to be writing to you, as your new President, and to be leading an outstanding team of col-

leagues who comprise our Board. Other elected officers include Loy Lytle (Vice President), Ellen Broidy (Secretary), and Bill Prothero (Treasurer). Continuing Board members are Alice Condodina, Doug Morgan, and Tonia Shimin. Newly elected members are Cynthia Brown, Dan Little, Louise Moser, Bob Warner, John Wiemann, and Simon Williams.

At the end of June, our Association included 185 emeriti members (approximately 43% of all UCSB emeriti). We will soon be inviting UCSB emeriti to consider renewing their membership or joining the Association. As you may recall, we have extended membership eligibility to new groups of academic retirees: Continuing Lecturers, Librarians, and Researchers. We will also be contacting these folks.

I believe that the \$15 annual membership dues are a very good value. In addition to sponsoring various social and cultural events throughout the academic year, sometimes in concert with the UCSB Retirees Association, we support worthy campus initiatives. We have long supported undergraduate research, most recently in the form of cash prizes awarded in the UCSB Undergraduate Research Slam. The UCSB Emeriti Association is affiliated with the Council of University of California Emeriti Associations (CUCEA), which acts systemwide on behalf of the welfare and status of UC emeriti. The Chair of CUCEA is an ex-officio member of the UC Committee on Faculty Welfare. CUCEA has played a key role in advocating for emeriti benefits, most notably health care.

We are all in the age group most vulnerable to Covid-19. Consequently, we may not be able to have in-person meetings at least through 2020. *Where do we go from here?* Fortunately, technology allows us to stay connected and active. While we have enjoyed our social gatherings, we now have an opportunity to reimagine the Emeriti Association. The Emeriti Association has the dual mission of serving both its members and the University. What are your thoughts? How can we make the Emeriti Association more helpful and meaningful to you? What can we do via Zoom? How can we support UCSB in these challenging times? What new initiatives would you like us to explore? I look forward to hearing from you.

Best wishes,

Bill Ashby, President, UCSB Emeriti Association

ashby@ucsb.edu

**LIVE EVENTS POSTPONED.....**We are all in the age group that is most vulnerable to Covid-19. All in-person group events are still postponed, at least through 2020. We are fortunate, however, that technology will allow us to remain active and connected...see below.

### **ZOOM available to anyone with a UCSB NetID**



Most virtual events you can join without a Zoom account. However, did you know that anyone with a UCSB NetID can establish a UCSB Zoom account? Most of you are probably familiar with Zoom. It is fairly easy and is well supported by UCSB. We are fortunate, however, that technology will allow us to remain active and connected. If you would like information or need help in setting up Zoom on your home computer, laptop or tablet, please refer to the following site: <https://ucsb.zoom.us/>.

## UC Medicare Choice - Educational Webinar

(for UC Blue & Gold Members aging into Medicare)

If you are a UC Blue & Gold health plan member aging into Medicare, this presentation will provide information about the UC Medicare Choice plan.

Details on the WebEx and the Teleconference will be posted here: <https://UHCRetiree.com/uc>

Schedule: (Fourth Wednesday of the month—the same presentation will be shown on each of these dates below)

- ◇ August 26, 2020, 1:00-3:00 p.m.
- ◇ September 23, 2020, 1:00-3:00 p.m.



### New Retiree / Emeriti FAQ's

#### ***How do I get free on-campus parking?***

UCSB Retirees and Emeritus Faculty are eligible for a retiree /emeritus parking permit from Transportation and Parking Services. The emeriti/retiree parking policy is outlined on the Transportation and Parking Services (TPS) website ([retiree permits](#), or [emeriti permits](#)) In the event you are rehired/recalled with pay, you must return the retiree permit and obtain an employee permit from TPS. The emeriti/retiree parking permit is renewed annually. To confirm your eligibility, TPS will request to see your UCSB Retiree or Emeritus ID card. Please contact [TPS](#) with specific questions and to directly to arrange for a permit.

#### ***How do I get a UCSB Retiree or Emeritus ID card?***

To obtain a UCSB Retiree or Emeritus ID card, please contact Karen Rasmussen, Coordinator, UCSB Emeriti -Retirees Center at [karen.rasmussen@hr.ucsb.edu](mailto:karen.rasmussen@hr.ucsb.edu). To qualify for the ID card, you must be a UCSB retiree or emeritus (not retired from another UC.) This summer, we have transitioned to an electronic version of the ID card which can be emailed. The ID card can be printed at home or saved on your phone to present when requested.

#### ***I receive important emailed communications from the Emeriti-Retirees Center, such as open enrollment information, but my former colleague does not—how come?***

We try to reach all retired employees via email. It's likely that we do not have a valid email address in the emeriti / retiree database. Please have your former colleague reach out to [karen.rasmussen@hr.ucsb.edu](mailto:karen.rasmussen@hr.ucsb.edu) to have their email address added.

#### ***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 with questions concerning retiree health benefits, pension, direct deposit, change of address, beneficiaries, transition to Medicare and survivor benefits. 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 [UC Retirement At Your Service \(UCRAYS\)](#)

## 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

[Financial Best Practices in Uncertain Times](#) 59:13

[The Human Element: Managing Fear of COVID-19](#) 38:19

[Conquering Fear and Anxiety](#) 31:59

### [Mindfulness Tools](#)

Breathe 2:37

Body Scan 27:49

Have a Laugh 3:29

Sounds 2:38

Watching Thoughts 6:46

Mindful Eating 4:51

### [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

[Weight and Your Mind](#) 0:58

### Mental Well Being

[Stop Negative Thoughts: Choosing a Healthier Way of Thinking](#) (Videos)

How to Stop Negative Thoughts

Positive Thinking: Susan's Story

Positive Thinking

Changing Negative Thoughts

### Articles

1. [Change a Habit by Setting Goals](#)
2. [Confusion, Memory Loss, and Altered Alertness](#)
3. [Headaches](#)
4. [Mental Health Care In Diverse Populations](#)

### [Psych Hub Informative Videos](#)

COVID 19- Taking care of yourself

Mental Health: Signs and Symptoms

Treatment and Therapy: There is Hope

Opioids: The dangers, the way out

### [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 & Video)

[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

The Emeriti –Retirees Center, the Emeriti Association and Retirees Association are brainstorming creative new ways to come together while apart. We hope to offer virtual/Zoom programs and events with topics of interest to retirees taking place this fall.

### The UCSB Current: UC Santa Barbara News and 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

The **Centers for Medicare & Medicaid Services** (CMS) 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 enrolling the live sessions.

CMS.gov



New Dimensions is published by University of California Human Resources to provide news and information to UC retirees.

**Current Issue**

[August 2020](#)

**Congratulations to Professor Emeritus Howie Giles!**

[Winner of the 2020 Edward A. Dickson Emeriti Professorship](#)



## IN MEMORIAM

Michael Arntz

Art Department

2003

Dorothy McLaren

Instructional Development

2010

John Kasser

Athletics

2000 (from UCB)

Mary Dzuro

Geography

1992

Daniel Higgins

Center for Ecological Analysis

2008

Glyn Pritchard

Chemistry

1991

Augustine Gray

Electrical and Computer  
Engineering

1980

Esperanza Jefferson

Spanish & Portuguese

2017

Albert Vandegrift

Computer Center

2010



**UCSB**

**Emeriti - Retirees Center**

**UCSB Human Resources**

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Santa Barbara, CA 93106-3160

[Website](#) [Map](#)

PHONE: 805-893-2168

COORDINATOR:

Karen Rasmussen

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karen.rasmussen@hr.ucsb.edu

**UCSB Retiree Association  
2020-2021**

**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

**UCSB Emeriti Association  
2020-2021**

**Officers**

**William Ashby**, President

**Loy Lytle**, Vice-President

**Ellen Broidy**, Secretary

**William Prothero**, Treasurer

**Open**, CUCEA Rep

**Members at Large**

Cynthia Brown

Alice Condodina

R. Dan Little

W. Douglas Morgan

Louise Moser

Tonia Shimin

Robert Warner

John Wiemann

Simon Williams

RETURN SERVICE REQUESTED

NON-PROFIT  
ORGANIZATION  
U.S. POSTAGE PAID  
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PERMIT NO. 104

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Human Resources  
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