From the Retirees President

Dear UCSB Retirees,

Hope you had a wonderful summer here in beautiful Santa Barbara or enjoying a travel adventure. Also, I hope you are now looking forward to a delightful and busy holiday season.

Please mark your calendars for the Annual Holiday Luncheon on Tuesday, December 10. You are cordially invited to celebrate this Holiday Season with fellow UCSB retired faculty and staff. We are excited to have the party at Mulligans Café this year. We will enjoy musical entertainment and participate in the raffle. We will welcome your gift-suitable contribution to the raffle table. Proceeds from the raffle go to our student scholarships. We are also collecting new-unwrapped toys to deliver to the Fire Station and distributed to local families. You will receive your invitation by email. So be sure to respond and come to our event. This will be fun and festive!

We recently received a letter of gratitude from the student we are supporting this upcoming academic year. She is so grateful and excited to be one of the few chosen for

From the Emeriti President

Colleagues,

Another school year has begun, and our fall Kickoff social event will be held October 23rd at 3:30PM in Mosher Alumni House. Our speaker will be UCSB Executive Vice Chancellor David Marshall. EVC Marshall will provide updates and an overview of developments, challenges, and opportunities on campus. See page 2 for event details.

As you know, the Association has always supported undergrad research and in the past has awarded prizes for the UCSB Undergraduate Research Slam. In order to influence a greater number of undergrad researchers, we will be supporting such research with mini grants to undergrads so they can begin the work at the beginning of the new academic year. Two $1000 prizes were awarded. The Emeriti Award went to Hillary Ta and the People’s Choice award went to Aaron Nguyen. See page 4 to see more about the Slam competition. Your contributions to undergrad research is greatly appreciated.

Later in October, your Emeriti Association representative will attend the Council of University of California Emeriti Associations (CUCEA, http://cucea.ucsd.edu/) twice-annual conference hosted by UC Davis. This is an opportunity for exchange of ideas.
Please Join us for our next Meeting and Discussion Group Presentation.

**Explore Your Living Options**

*with Peggy Renker Senior Living Consultants*


**Wednesday, October 23**

**2:00 p.m. to 3:30 p.m.**

**UCSB Human Resources Learning Center**

Need guidance to find the best place for your future living? Senior Living Consultants provides free consultations to determine the type of living options that will best meet your needs, with the changes going on in your life. Steps to achieve this include exploring your finances to help fit you with the appropriate living situation that is suitable for your budget, selecting the geographical area you are most interested in, and help with medical paperwork and referrals to help facilitate your move, guidance to In-Home Care Agencies, Moving Companies, Elder Law Attorneys, Estate Planners, Veteran’s Assistance, and Skilled Nursing Homes.

*Please RSVP: karen.rasmussen@hr.ucsb.edu or 805-893-2168*

Following the Meeting and Discussion group, join us for the **Fall Kickoff** (details below)

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**UCSB EMERITI & RETIREES ASSOCIATIONS**

**2019 Fall Kickoff**

**UCSB Mosher Alumni House**

**Wednesday, October 23, 2019**

**3:30 PM – 5:30 PM**

Join fellow UCSB retired faculty and staff for this fun annual event with light hors d’oeuvres and wine.

Presentation by

**UCSB Executive Vice Chancellor David Marshall**

*Updates and overview of developments, challenges, and opportunities on campus*

David Marshall is Professor of English and Comparative Literature and Executive Vice Chancellor (Provost) at UCSB. He previously served for sixteen years as Dean of Humanities and Fine Arts and was the first Michael Douglas Dean of Humanities and Fine Arts. From 2005 to 2012 he also was Executive Dean of the College of Letters and Science.

A minimal charge of $6 per person ($5 if you are a current Association member) will help cover the cost of the venue food and wine. Are you a recent retiree or emeriti (after April 2019)? Please attend as our guest!

**Questions and RSVP’s—karen.rasmussen@hr.ucsb.edu 805-893-2168**

More details can be found at [https://www.hr.ucsb.edu/retirees/events](https://www.hr.ucsb.edu/retirees/events)
New Emeriti Association and Retirees Association Members!

The UCSB Retirees Association and Emeriti Association provide retirees and emeriti an opportunity to continue friendships with former colleagues and create new ones through a variety of activities. More important, the Retirees Association and Emeriti Association represent emeriti and retirees’ interests to University administrators and advocates for retention of retiree benefits.

(E)=Emeriti, (R)=Retiree

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<thead>
<tr>
<th>Don Amsden (R)</th>
<th>John Fowler (R)</th>
<th>Lee Nichols (R)</th>
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<tr>
<td>Joanne Ando (R)</td>
<td>Robert Garcia (R)</td>
<td>Cathy Oliverson (R)</td>
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<td>Doris Bleecher (R)</td>
<td>Jeremy Haladyna (E)</td>
<td>Eduardo Orias (E)</td>
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<td>Pamela Bohn (R)</td>
<td>Brenda Herron (R)</td>
<td>Bernice Pagliario (R)</td>
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<td>Ellen Broidy (E)</td>
<td>Diane Holly (E)</td>
<td>Lucia Pollock (R)</td>
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<td>Cynthia J. Brown (E)</td>
<td>Jack Huthsing (R)</td>
<td>Rajnish Mehra (E)</td>
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<td>James Casto (R)</td>
<td>Christine Iriart (R)</td>
<td>Eduardo Raposo (E)</td>
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<td>Carol Conley (R)</td>
<td>M. Kent Jennings (E)</td>
<td>Russell Remington (R)</td>
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<td>Josie Castagnola (R)</td>
<td>Mary Gay Karczak (R)</td>
<td>Anne Renaud (R)</td>
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<td>James Casto (R)</td>
<td>Madge Kelley (E-spouse)</td>
<td>John Ridland (E)</td>
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<td>Monica Curry (R)</td>
<td>Gary Johnson (R)</td>
<td>E. Bruce Robertson (E)</td>
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<td>Sarah Dennis (R)</td>
<td>Ilze Landfried (R)</td>
<td>Ian Ross (E)</td>
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<td>Pearl Ligon Slauderbeck (R)</td>
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<td>Jeffrey Dozier (E)</td>
<td>Elisabeth Linn (E-spouse)</td>
<td>Mary Staton (R)</td>
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<td>Thomas Dunne (E)</td>
<td>Brienne Litchfield (R)</td>
<td>Wanda Thomas (R)</td>
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<td>Alfred Ebeling (E)</td>
<td>Lehua Rook Marking (R)</td>
<td>Justine Togami (R)</td>
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<td>Robert Eisberg (E)</td>
<td>Beverly Marsh (R)</td>
<td>Janet Van Epps (R)</td>
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<td>Margaret Evans (R)</td>
<td>Debra Martin (R)</td>
<td>Alan Walker (R)</td>
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<td>Cathy Farley (R)</td>
<td>Leslie Mathers-Winn (R)</td>
<td>Olivia Walling (E)</td>
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<td>Mary Ferris (R)</td>
<td>David Messick (E)</td>
<td>Steve Wiener (R)</td>
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<td>Joan Florsheim (R)</td>
<td>Sandra Miller (R)</td>
<td>John Woolley (E)</td>
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Thanks to the generosity of our members, the UCSB Emeriti Association has long supported undergraduate research. Such support was again channeled through the UCSB Undergraduate Research Slam, held on May 9, 2019. The Slam offers students the chance to give dynamic, three-minute oral presentations of their research or creative activity to a panel of judges. After the preliminary round with 50 participants, 15 finalists were selected to present at the final round. The Emeriti Association funded two $1000 awards. The Emeriti Award went to Hillary Ta, a biology major in the College of Letters & Science. The People’s Choice Award went to Aaron Nguyen, a mechanical engineering major in the College of Engineering. Professor Emerita Merith Cosden was among the judges. http://www.duels.ucsb.edu/research/colloquium

Thank you to our Emeriti Association members for their generous contributions; without these kind donations it wouldn’t be possible for the Association to contribute to this competition.
Introducing UC Medicare Choice: A new option for UC retirees in California

Tuesday, September 3, 2019

UC retirees in California will have a new Medicare plan option next year: UC Medicare Choice — a Medicare Advantage Preferred Provider Organization (MA PPO) plan administered by UnitedHealthcare®.

UC Medicare Choice will replace the Health Net Seniority Plus Medicare Advantage HMO, with lower premium costs for retirees than Health Net Seniority Plus and the ability to see any provider (both in-network and out-of-network) for the same low copay, as long as the provider accepts Medicare and is willing to bill UnitedHealthcare.

During this year’s Open Enrollment (Oct. 31- Nov. 26, 2019), retirees eligible for Medicare and UC retiree health coverage will have the option to enroll in UC Medicare Choice or in any of UC’s other Medicare plans — UC Medicare PPO or UC High Option Supplement to Medicare plans (administered by Anthem) or Kaiser Permanente Senior Advantage.

If you are enrolled in Health Net Seniority Plus, you may select any of the above Medicare plans during the upcoming Open Enrollment period. If you do not take action during Open Enrollment, you will be automatically enrolled into UC Medicare Choice for 2020. If you currently cover family members who are not Medicare eligible, they can remain in UC Blue & Gold HMO, which will be the “partner plan” for UC Medicare Choice in 2020.

The decision to offer an MA PPO plan option for UC retirees was guided by the findings of an evaluation team that included representatives from the Academic Senate, the Council of UC Emeriti Associations, the Council of UC Retiree Associations, and others. That group’s analysis determined that an MA PPO would offer a number of advantages for UC retirees while helping to keep UC’s retiree health coverage affordable and sustainable.

UC retirees: Is UC Medicare Choice right for you?

Systemwide Human Resources is working closely with UnitedHealthcare to help UC retirees make informed decisions about your benefits for next year, and to prepare those enrolling in the new plan for the transition. Here’s what retirees can expect:

- Watch your mailbox in the next week or so for a letter from UC introducing you to the features of UC Medicare Choice, with answers to frequently asked questions.
- Plan to attend an educational town hall meeting, scheduled from late September through October at locations across California and available online or via teleconference. You’ll receive an invitation for events near you around the middle of this month.
- If you’re a current member of Health Net Seniority Plus, you’ll receive a detailed plan guide with a summary of benefits, drug list and guide to what you can expect as a new member.

For plan details, provider search, a schedule of education town halls, and more, visit United Healthcare’s website just for UC retirees; [UHCRetiree.com/uc](http://UHCRetiree.com/uc)

If you’d like to speak to a UnitedHealthcare customer service representative dedicated to UC retirees call

1-866-887-9533

Monday—Friday

8 a.m.-8 p.m. PT
Open Enrollment for 2019
October 31 to November 26

Open Enrollment information will be posted on the UCnet website when it becomes available http://ucnet.universityofcalifornia.edu/

<table>
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<tr>
<th>Dates</th>
<th>Description</th>
<th>Time and Location</th>
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</thead>
<tbody>
<tr>
<td>Wednesday, November 6</td>
<td>Open Enrollment Highlights</td>
<td>10:00 am to 11:00 am Mosher Alumni Hall</td>
</tr>
<tr>
<td>Wednesday, November 6</td>
<td>Open Enrollment Highlights</td>
<td>11:00 am to 12:00 pm Mosher Alumni Hall</td>
</tr>
<tr>
<td>Wednesday, November 20</td>
<td>Open Enrollment Highlights</td>
<td>9:00 am to 10:00 am at Cody’s Café</td>
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The Retiree Open Enrollment Highlights is a high-level overview of all upcoming retiree health insurance changes effective Jan. 1, 2020. The highlights will include a brief overview of the UC Medicare Choice plan. For more details about the new UC Medicare Choice plan, please attend an Educational Town Hall hosted by UnitedHealthcare on Oct. 17, at the Corwin Pavilion. RSVP to this event [here](http://www.hr.ucsb.edu/).

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<tr>
<th>Dates</th>
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<tr>
<td>Friday, November 15</td>
<td>New to Medicare</td>
<td>9:00 am to 10:00 am Mosher Alumni Hall</td>
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This workshop will help you get started with your UC Medicare plan. We’ll review:
- Parts and cost of Medicare
- Transitioning to UC Medicare
- How UC plans work with Medicare

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<th>Dates</th>
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<th>Time and Location</th>
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</thead>
<tbody>
<tr>
<td>Late October</td>
<td>Non-Medicare Medical Plans</td>
<td>Retirees and family members who are NOT enrolled in Medicare can learn about the non-Medicare medical plans by attending employee Open Enrollment events.</td>
</tr>
</tbody>
</table>

If you have questions, please contact:

UC Retirement Administration Service Center (RASC) 1-800-888-8267 or Rebecca Preza, UCSB Health Care Facilitator rebecca.preza@hr.ucsb.edu 805-893-4201
From UC Net...UC’s new retirement website has launched

https://ucnet.universityofcalifornia.edu/index.html

UC’s new retirement website has launched

Friday, September 27, 2019

UC has launched UC Retirement At Your Service (UCRAYS) — a new retirement website that will give UC faculty, staff and retirees greater access and more ways to view and manage their retirement information. This new website will eventually replace At Your Service Online (AYSO) after all UC locations have transitioned to UCPath for our 130,000 active faculty and staff members and more than 77,000 retirement benefit recipients.

UCRAYS will offer access to:

- account balance, contributions and service credit
- beneficiary designations and updates
- retiree benefit and tax statements
- retiree tax withholdings
- contact information

What you need to know about UCRAYS

Because UCRAYS includes new, advanced security features, you will need to register and create a new password to get started. During this transition, faculty, staff and retirees will continue to have access to At Your Service Online (AYSO) for features not yet available in UCRAYS. If you need help signing into UCRAYS for the first time, check out these FAQs or log in to AYSO for a step-by-step video for tips.

In the coming months, additional functionality and tools will be added to UCRAYS, including retirement estimates (which continue to be available on AYSO). We are committed to ensuring that UCRAYS provides the improved access to information, security and user-friendly features our faculty, staff and retirees need and deserve.

RELATED LINKS

Frequently Asked Questions about UCRAYS
Poor Sleep in Middle Age Linked to Late-Life Alzheimer’s Related Brain Changes
_National Institute on Aging, September 12, 2019_

Cognitively healthy adults whose sleep quality declined in middle age were more likely in late life to accumulate Alzheimer’s disease-related proteins in the brain than those whose sleep quality improved or did not change, an NIA-supported study found.

Here’s the Reality About What We’ll Spend in Retirement
_Next Avenue.org July 30, 2019_

A survey shows retirement expenses vary greatly from what people expect.
Read the article here: [https://www.nextavenue.org/spend-in-retirement/](https://www.nextavenue.org/spend-in-retirement/)

Untreated Hearing Loss Linked To Loneliness And Isolation For Seniors
_NPR September 19, 2019_

Hearing loss often happens gradually and earlier than expected. Getting hearing aids can help stave off side effects like depression and even early death.

The Surprising Way Older Adults Describe Their Health
_Next Avenue.org June 26, 2019_

Resilience, gratitude and realistic expectations all play roles.
Read the article here: [https://www.nextavenue.org/older-adults-health/](https://www.nextavenue.org/older-adults-health/)

Just A Handful Of Nuts May Help Keep Us From Packing On The Pounds As We Age
_NPR September 30, 2019_

U.S. Adults put on about a pound a year on average. But people who had a regular nut-snacking habit put on less weight and had a lower risk of becoming obese over time, a new study finds.
Emeriti President con’t from page 1

among all emeriti associations on every campus, and to insure that UC retired faculty and staff voices are heard by UCOP officials attending the conference. Our own Bill Ashby is the Secretary to CUCEA and the UCSB representative.

Hope to see you at the Fall Kick-off event on October 23; it’s a perfect opportunity to catch up with friends and colleagues.

Sincerely,

W. Douglas Morgan, President
UCSB Emeriti Association
wdmorgan40@yahoo.com

Retirees President con’t from page 1

this scholarship. Her educational goals would not be possible without the help of sponsors like ours.

The group enjoyed some great side trips this summer. In July a trip to UCSB’s AlloSphere at the Nano Systems Institute was well attended and everyone enjoyed this “remarkable, exciting tour. Another inspiring and educational tour was of the Direct Relief facilities. They deliver medicine and supplies to address the most difficult challenges.

On the 3rd Wednesday of the month at Cody’s Café we hold a no-host breakfast at 9:00 am with interesting presentations. Upcoming presentations include James Caesar, UCSB Emergency Manager, Emergency Management & Mission Continuity (October 16); Rebecca Preza, UCSB Health Care Facilitator, Retiree Benefits Open Enrollment (November 20); and Ginny Johns, Retiree about Retirement Sailing (January 15). Love to see you there!

You might be interested in the planning of our system-wide spring meeting which will be held here at UCSB (a different campus each year). Please call me, Barbara Anderson or Karen Rasmussen for more information.

Retirees, your dues are only $15 per year to be a part of this wonderful group. Also you will have the opportunity to learn and experience new things, not to mention the fellowship with other UCSB Retirees.

Best to you all,

Sandy Camp
President, UCSB Retirees Association
Mamascamp@msn.com
Parking Permit Renewals

Retirees who visit campus need to renew their parking permit every year. To renew your parking permit, please bring your blue emeriti or retirees ID card to Parking Services. If you cannot locate your card, contact the Emeriti—Retirees Center at karen.rasmussen@hr.ucsb.edu or 805-893-2168 to request a replacement ID card (cards do not expire). Eligible retired faculty/staff will be sent their card via US Post. Have additional parking questions? Contact Parking Services at 805-893-2346 or http://www.tps.ucsb.edu/

UC Retirees Travel:
Christmas on the Danube and More…

The World is our Lecture Hall

There is still time to register for a scenic European river cruise to celebrate the 2019 holidays. Stop at traditional Christmas markets in Vienna, Regensburg, Passau, Rothenburg and Nuremberg. Pass castles and small villages, enjoy a German holiday party and discover Wurzburg, an ancient Franconian wine town. In Vienna, join a local expert to explore the historic sites. Visit the 900-year-old Benedictine Melk Abbey. For information or to register, call Collette Travel, (800) 581-8942; refer to booking #951640. For more details, click here: https://gateway.gocollette.com/link/951640

UC Retirees Travel offers extraordinary opportunities to connect with travelers from all of the UC locations. 2020 trips include excursions to New Zealand, Spain and Portugal, the Rhine and Mosel Rivers, Vietnam, Japan, Croatia, Greece and more. Click here to view all upcoming trips and sign up for the UC Retirees e-newsletter: http://cucra.ucsd.edu/travel/
2019 Retiree Breakfast Meeting Schedule

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

**Weds, October 16** — Emergency Management and Mission Continuity with James Caesar, Emergency Manager

**Weds, November 20** — Open Enrollment Highlights, with Rebecca Preza UCSB Healthcare Facilitator *(Because space is limited at Cody’s we encourage you to attend the on-campus session on Weds., Nov 6 - see page (6)*

**Tues, December 10** — Retiree Association *Annual Holiday Luncheon & Raffle* - see page (4) of this newsletter for information.

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

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**In Memoriam**

Paul Barrett  
Physics  
1986

Vincent Jaccarino  
Physics  
1991

Robert Schrieffer  
Physics  
1991

Edward Branigan  
Film and Media Studies  
2012

Levada Matthews  
Letters and Science  
2000

Perry Shapiro  
Economics  
2009

Reta Benhardt  
Business and Financial Services  
1989

June McIntosh  
Human Resources  
1994

Ronald Smejkal  
University Bookstore  
2000

Michael Buck  
Facilities Management  
2015

Ian Rhodes  
Electrical and Computer Engineering  
2005

Marshall Tulin  
Mechanical Engineering  
1994

Dale Clark  
Electrical & Computer Engineering  
2006

Wade Clark Roof  
Religious Studies  
2016

Meryl Wieder  
Geography  
2004

Thomas Dixon  
Student Health  
2014

Geoffrey Rutkowski  
Music  
2012

Larry Zangwill  
Earth Science  
2006
Retirees Association Officers 2019-2020

Presidents           Sandy Camp
Co-President         OPEN
Vice President       OPEN
Secretary            OPEN
Treasurer            Ginny Turner-Scholl
Membership           Laurie Theobald
Programs             Donna Craig
                        Claudia Alphin

Ex Officio           Barbara Anderson
CUCRA Rep            Robert Mann
Members-at-large     Marilyn Benson
                        Shirley Dunbar
                        Elizabeth Koch
                        Tippi Lawrence
                        Nancy Tanner

Emeriti Association Officers 2019-2020

President            Doug Morgan
Vice President       OPEN
Secretary            OPEN
Treasurer            OPEN
CUCEA Rep            Bill Ashby
CUCEA Alt.           Loy Lytle

Board Members
David Chapman
Alice Condodina
Paul Hernadi
Bill Prothero
Tonia Shimin