Greetings Retirees,

As we plan our summer activities by looking forward to trips, visits from relatives, or lazy days at the beach with a good book, we need to be reminded to continue with walking exercises and strengthening exercises; this will help immensely in preventing falls. It also gets harder and harder to get up from a chair if our legs are weak, so walking and doing exercises are great ways to stay fit. If you have limited mobility, working out in a pool is an option.

We are looking forward to our annual business meeting and June BBQ on Wednesday, June 20th at the Elks Lodge. We celebrate summer with a delicious BBQ of tri-tip and chicken with all the fixings. If you haven’t signed up yet and would like to attend, please contact Sandy Camp at mamascamp@msn.com. You can see the invitation with details at the link provided below. I hope to see you there visiting with friends from the past.

At the business annual meeting, we will vote in our Board members. We have three open positions to fill and now is the time to consider joining us and becoming active on the Board. We invite you to come and meet us at one of our Board meetings, held at 9:00 am at Cody’s Café, Turnpike Shopping Center, the first Wednesday of every month except July. We are a very friendly group of retirees and look forward to seeing you. We currently are looking for a Vice President, Co-President, and a Secretary – visit us and see if becoming a board member is something you would like to do.

Your Retirees Association is pleased to offer our monthly breakfast meetings to you, and has had some great breakfast meetings and wonderful speakers this past Spring. At our May 16th meeting we welcomed Cathy Farley, Assistant Chief, UCSB Police Department who spoke on “30 Years of UC Campus Policing - Then & Now.” I love to see how she welcomes student CSO’s to be eyes and ears on campus providing help where needed and keeping the campus safe.

Another opportunity to get together is at the monthly afternoon meetings on campus, on the 4th Wednesday of the month. Debra Martin has put together a great slate of speakers, so be sure and watch your email for the next meeting.

See PRESIDENT’S LETTER on page 7
NEW MEDICARE CARDS  By now you are probably aware that Medicare began issuing new Medicare cards in April, sent to the address you have on file with Social Security. If you need to update your mailing address, log in to your mySocialSecurity account (also let RASC know of any address changes: 1-800-888-8267). TIP: you can print out your card if you need to by going to: If you still have questions you can call Medicare at 1-800-MEDICARE (1-800-633-4227).
Learning New Skills & Staying Sharp

We are living longer, and there are many resources and product advertisements geared toward our physical beings. But how do we maintain a healthy mind to go with that longer-lasting physical body?

We’ve all heard the phrase, “use it or lose it.” Studies suggest that aging minds can benefit simply by challenging oneself to learn new skills that require active engagement and tap into both working and long-term memory, like as digital photography or quilting, or to engage in active social activities.

Getting out to do something that is unfamiliar and mentally challenging enriches your life, and can help with your overall well-being.

UCSB Emeriti/Retirees Center Presentation & Discussion Groups 2018

UCSB Human Resources - Learning Center, SAASB  3P – 4:30P

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

Jul 25  Retirement Funding Solutions & Reverse Mortgage
Tom Kronen, Retirement Funding Solutions  Retirement Funding Solutions was created to address and solve for one of the most significant challenges facing the Baby Boomer Generation today….being financially prepared for your retirement years.

Aug 22  Happy To 102
Marilyn Berman, Director of Client Services, Home Care Assistance  Optimizing the wellness of seniors and bring energy, independence and joy in this special phase of life - all the way to 102!

Sep 26  Healthy Eating for Seniors
Sansum Health Ed  Staying healthy with smart choices.

Oct 24  Preparing An Emergency Binder
Ellin Osler  How will your relatives or emergency responders know your wishes? Ellin Osler will help us create an emergency plan.

Nov 28  Strategies for Drawing Income in Retirement; Preserving Your Savings for Future Generations
Cesar Cap and Andrew Fung  Ways to help make your savings last, and retirement challenges you may face. How an estate plan can help you preserve your assets and control the distribution of your estate. Covers wills and probate, power of attorney, healthcare proxies, and gifting and insurance replacement strategies.

2:30P - Strategies for Drawing Income in Retirement
3:30P - Preserving Your Savings for Future Generations

Dec 19  Healthy Aging
Kenneth Kosik, UCSB Professor of Neuroscience  How does the study of genes, molecules and cells apply to healthy aging?

Campus Map: http://www.aw.id.ucsb.edu/maps/
2-1-1 is a free and confidential service that helps people across the U.S. and in many parts of Canada find the local resources they need. Dial 2-1-1 to connect to a specialist for free, confidential, 24/7 personalized assistance, available in multiple languages.

**2-1-1 can assist with:**

- Basic Human Needs Resources – including food and clothing, shelters, housing, utility assistance.
- Disaster Response and Recovery – works with the emergency management team during a disaster to offer support and place for dissemination of information.
- Mental Health and Health Resources – including counseling, support groups, drug and alcohol treatment, health insurance programs, Medicaid and Medicare, maternal health resources, health insurance programs for children, medical information lines, clinics, and hospitals.
- Employment Supports – including job training, employment services, transportation assistance and education programs.

If you live out of the Santa Barbara County area or unable to connect to 2-1-1, call 1-800-400-1572. You can find additional information at: [http://www.211.org/](http://www.211.org/)
Senior Life

Changing a Few Habits May Extend Your Life
CBSNews, May 7, 2018
It's not advances in medicine or science, but rather how you spend your time in retirement that may have a significant impact on quality and length of life. Read more at: https://www.cbsnews.com/news/a-sure-way-for-retirees-to-extend-their-life/

What Happens if We All Run Out of Money for Retirement?
U.S.News, May 2018
Wondering what could happen if the so-called retirement crisis, in which people no longer have the financial capacity to support themselves, comes to fruition? How will the country address Americans outliving their retirement savings? Read more at: https://money.usnews.com/money/retirement/articles/2018-05-30/what-happens-if-we-all-run-out-of-money-for-retirement

6 Lessons From the First Year of Retirement
U.S.News, May 2018
Circumstances will change throughout retirement, and your finances will need to adapt. Consider making these updates for year two of retirement. Read more at: https://money.usnews.com/money/retirement/articles/2018-03-30/6-lessons-from-the-first-year-of-retirement

Senior Health

High-Salt Diet May Kill Off 'Good' Gut Bacteria
MedicalNewsToday, June 2018
New data suggests that high salt consumption may prove fatal to certain gut bacteria, which could contribute to high blood pressure and other diseases. Read more at: https://www.medicalnewstoday.com/articles/322076.php?utm_source=newsletter&utm_medium=email&utm_campaign=weekly-us

Research Confirms That Social Interaction Protects Memory
MedicalNewsToday, May 2018
Being socially active, especially later in life, brings many mental and physical health benefits. Social interaction in a group can protect against cognitive decline. Read more at: https://www.medicalnewstoday.com/articles/321976.php?utm_source=newsletter&utm_medium=email&utm_campaign=weekly-us

Can We 'Switch Off' the Pleasure of Sweet Tastes?
MedicalNewsToday, May 2018
A new study, published in Nature, suggests that our craving for sweet tastes can be undone by manipulating neurons. The results may eventually help design new strategies for treating eating disorders. Read more at: https://www.medicalnewstoday.com/articles/321998.php?utm_source=newsletter&utm_medium=email&utm_campaign=weekly-us

How Much Should Seniors Exercise To Improve Brain Function?
MedicalNewsToday, May 2018
To boost reasoning skills and the brain's processing speed, seniors may need to exercise for 52 hours over a period of 6 months. The good news is that low-intensity exercise such as walking has the same benefits when carried out for this length of time. Read more at: https://www.medicalnewstoday.com/articles/321981.php?utm_source=newsletter&utm_medium=email&utm_campaign=weekly-us
We have 328 members in the Association now and hope to continue increasing this number. Thank you for submitting your annual membership dues. It is important that you are a member of the Association as your dues of only $15.00 a year goes toward supporting our scholarship program, help cover Association operating expenses, and supports the Council of University of California Retiree Associations (CUCRA), who provides retiree representation to the UC President and The Regents.

After many fulfilling years, I will be stepping down as Co-President as will Nancy Tanner. We welcome Sandy Camp as she becomes the new Retirees Association President, and look for nominees for the Co-President position to work alongside Sandy. I have so enjoyed being your President and Co-President over the years. Working with our wonderful Board has made it something I looked forward to do every month. I’ll continue on with the Board as the Ex Officio and look forward every month to seeing you join us at our monthly speaker meetings beginning mid-September.

We will also miss our UCSB HR Retirees Director, Debra Martin, who is retiring on July 1. We wish her all the best and a wonderful retirement. She has been the advisor to keep us connected to the UC system and UCSB. The Retirees Board so appreciate her guidance on the Board over these years and wish her well. We will welcome a new Coordinator joining UCSB in June and look forward to introducing her to you in the near future.

I would also like to thank Irene Pearce our Treasurer, Shirley Dunbar our Vice President, and Co-President Nancy Tanner, who have done outstanding jobs in their positions and have given the board such valuable input. We welcome Ginny Turner-Scholl as our new Treasurer. She has worked with Irene and is very capable of keeping our Association records.

Have a wonderful summer – remember to use sunscreen and stay hydrated.

With our best wishes,
Co-Presidents
Barbara Anderson and Nancy Tanner

BBQ Invitation: https://www.hr.ucsb.edu/sites/www.hr.ucsb.edu/files/docs/2018%20BBQ%20invitation_0.pdf

Retirees Breakfast Meeting Schedule

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

For more information and to see the invitation, go to: https://www.hr.ucsb.edu/sites/www.hr.ucsb.edu/files/docs/2018%20BBQ%20invitation_0.pdf

Fall 2018 Breakfast Meeting schedule coming soon!

Suggestions? Donna Craig at 805-968-6320 or djcraig55@yahoo.com
In Memoriam

John A. Ernest  
Math Department  
Retired 1994

Michael Gordon  
Political Science  
Retired 2004

Carl V. Harris  
History Department  
Retired 2011

Bobbie Lee Kelly  
Development  
Retired 1987

Ernestine Martinez  
Accounting  
Retired 1991

Janice L. Pegram  
Development  
Retired 2005

Caroline Rakkhita  
Library  
Retired 1992

John W. Simms  
Accounting  
Retired 1992

Geoffrey M. Wallace  
Ombudsman Office  
Retired 2004

Adil Yaqub  
Math Department  
Retired 2016
Retirees Association Officers 2018-2019

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

Programs Asst: Donn Miller
CUCRA Rep: Claudia Alphin
Ex Officio: Robert Mann
Members-at-large: Barbara Anderson

Emeriti Association Officers 2018-2019

President: Doug Morgan
Vice President: OPEN
Secretary: OPEN
Treasurer: OPEN
CUCEA Rep: Bill Ashby

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

CENTER COORDINATOR: Karen Rasmussen
E-MAIL: karen.rasmussen@hr.ucsb.edu

http://www.hr.ucsb.edu/retirees/welcome