A Message from the UCSB Retirees Association Co-Presidents

Co-President Nancy Tanner & I wish you a Happy New Year filled with good health and fun activities.

Our annual Christmas luncheon was held on Wednesday, December 7th at the Elks Lodge and was a great success. The Exalted Ruler of the Elks Lodge, gave a warm welcome and thanked us for bringing toys which the Elk’s Lodge will distribute to children in the Santa Barbara Community. Our fun entertainment was from the Silver Follies dance team made up of mature ladies who know how and can kick up their heels and dance. Everyone who attended the lunch had a great time, good food, renewed friendships, and a chance to win one of the many raffle items which were available. As is the custom, we raise funds from our raffles to help supplement our scholarship fund. I would like to thank all of you who donated your raffle items to the enjoyment of all the winners.

The Retirees Organization once again supported the Santa Barbara Foundation with a $1,000 scholarship for local high school seniors who plan to attend college. We also support the UCSB Guardian Scholars Program, for students who have aged out of the foster care system and are on their own. What a joy to help these young folks succeed in their education.

Please join us for our monthly meetings the third Wednesday of the month at Cody’s Cafe at Hollister and Turnpike. We meet at 9:00 am in the event room for breakfast. You will not want to miss our January 18th speaker, UCSB Professor Chandra Krintz, from the UCSB Computer Science Dept. speaking on technology. Later we plan to invite the new police chief, as well as an organization called Food from the Heart and Meals on Wheels. Patricia Bragg a health consultant is also on our list of speakers.

We are always looking for retirees who would like to serve on our UCSB Retirees Association Board. We meet at 9:00 am on the first Wednesday of the month at Cody’s to take care of business and plan events. If you are interested, please contact (email below).

Warmly,

Barbara Anderson & Nancy Tanner, Co-Presidents
UCSB Retirees Association

Barbara62239@gmail.com / ladytanner@aol.com
Health Benefits Updates — As of January 2017

We’ve received a lot of calls from retirees concerned about notices they’ve received about changes in the 2017 UC medical and drug plans. While UC tried to get the word out about the changes during Open Enrollment, not everyone fully understood this transition. Following is additional information that we hope will reassure you that there is nothing you need to do and that very little is changing in how your plan works or the physicians and pharmacies you may use.

Blue Shield Medicare Plans have new administrators

The Blue Shield Medicare PPO and High Option will have new administrators in 2017. The plan designs and coverage remain much the same.

Please see Fall 2017 Newsletter for current information on OptumRx/Anthem

Anthem Blue Cross will administer the medical benefits. Medicare remains your primary insurance so you may continue to see the Medicare physicians you currently use. Anthem will be the supplement to Medicare. You will received an Anthem ID card in late December.

OptumRx will administer the prescription drug (Part D) benefit. The OptumRx network includes most of the major pharmacies and as well as some of the independent pharmacies in our community. You will receive an ID card from OptumRx in late December. In mid-January, some members may receive a second ID card from OptumRx. If you receive a second ID card, it will replace your initial card.

De-enrollment Notice: If you were enrolled in a Blue Shield Medicare plan in 2016, you may have received a notice that Blue Shield plan is ending 1/1/17. You may also have received a notice that OptumRx will be providing your prescription drug (Part D) coverage in 2017. These are legally required notices that do not require any action on your part. These notices are for your information only.

You will find more information about the Medicare PPOs on UCnet

UC Medicare PPO – Plan Overview
http://ucnet.universityofcalifornia.edu/oe//medical/uc-medicare-ppo.html

High Option – Plan Overview
http://ucnet.universityofcalifornia.edu/oe//medical/uc-high-option.html

Member Services:

Anthem Blue Cross: (844) 437-0486
OptumRx: (855) 489-0651

Blue Shield Non-Medicare Plans have new administrators

UC Care, Health Savings Plan and Core will have new administrators in 2017. You will received a new ID card from Anthem Blue Cross in late December.

Anthem Blue Cross will administer the medical and behavioral health benefits. You will receive an Anthem ID card in late December. Please note: Optum Behavioral Health will no longer be covering mental health and substance abuse treatment for these plans.

Continued on page 3
OptumRx will administer the prescription drug benefits. Use the Anthem ID card for prescriptions drug coverage. Please see Fall 2017 Newsletter for current information on OptumRx/Anthem

You will find more information about the non-Medicare PPOs on UCnet

UC Care – Plan Overview
http://ucnet.universityofcalifornia.edu/oe/medical/uc-care.html

Health Savings Plan – Plan Overview
http://ucnet.universityofcalifornia.edu/oe/medical/uc-health-savings-plan.html

Core – Plan Overview
http://ucnet.universityofcalifornia.edu/oe/medical/core.html

Member Services

Anthem Blue Cross: (844) 437-0486
OptumRx: (855) 489-0651

Health Net Seniority Plus and Health Net Blue & Gold HMO.
There were few changes in the Health Net HMO medical plans. The plan designs and copays will remain much the same for both plans. The participating medical groups also remain the same in the Santa Barbara and Ventura area.

Health Net Blue & Gold members will receive new ID cards at the end of December. New Health Net Seniority Plus members will received new ID card.

Health Net Member Services
(800) 539-4072
http://www.healthnet.com/uc

OneExchange Program – Retirees living out of California
Retirees who enrolled with OneExchange for the first time during this Open Enrollment period may have received an enrollment notice from OptumRx. You should not be enrolled in this plan. Please contact OneExchange (1-855-359-7381) to confirm you are enrolled in the prescription drug plan you selected.

If you have questions, please contact:
Laura Morgan (out of the office from Dec 20 – Jan 2)
(805) 893-4201, laura.morgan@hr.ucsb.edu

Steve Pulliam (out of the office from Dec 23 – Jan 2)
(805) 893-4477, steve.pulliam@hr.ucsb.edu

RASC - Retirement Administration Service Center (Closed Dec 26 – Jan 2)
1 (800) 888-8267 (Enter SSN, then select “4”)
### Women Do Have Better Memories Than Men, says study
It is official. Women have better memories than men. In a study published in the journal Menopause, women aged 45-55 years performed better in all memory measures, despite experiencing a decline around the menopause. See article at: [http://www.medicalnewstoday.com/articles/313998.php](http://www.medicalnewstoday.com/articles/313998.php)

### How Marijuana Causes Memory Loss
Researchers have long suggested marijuana can cause memory loss. Now, a new study provides insight on this association, revealing how cannabinoids in the drug activate receptors in the mitochondria of the brain's memory center to cause amnesia. See article at: [http://www.medicalnewstoday.com/articles/314065.php](http://www.medicalnewstoday.com/articles/314065.php)

### How Can I Help Someone with Depression?
Depression is a mood disorder marked by constant feelings of sadness or a loss of interest in activities previously enjoyed. It is also known as major depressive disorder. See article at: [http://www.medicalnewstoday.com/articles/314083.php](http://www.medicalnewstoday.com/articles/314083.php)

### Is It Shingles? Pictures and Symptoms
In most cases, shingles is not a life-threatening condition. It can cause severe pain, however, which can sometimes last for months. See article at: [http://www.medicalnewstoday.com/articles/314047.php](http://www.medicalnewstoday.com/articles/314047.php)

### What's That? Exercise Is Also Good For Hearing?
Everybody has heard that exercise can help keep you slim and is good for heart health, but University of Florida researchers have also found that exercise may also help prevent age-related hearing loss - at least in mice. See article at: [http://www.medicalnewstoday.com/releases/313879.php](http://www.medicalnewstoday.com/releases/313879.php)

### Older Dogs Better At Learning New Tricks
Older adolescents and adults can learn certain thinking skills including non-verbal reasoning more effectively than younger people, finds new UCL (University College London) research. See article at: [http://www.medicalnewstoday.com/releases/313941.php](http://www.medicalnewstoday.com/releases/313941.php)

### How to Get Rid of a Stuffy Nose: Eight Possible Treatments
Nasal congestion can develop when the blood vessels inside the nose become inflamed and the nasal tissues swell. Excess mucus drainage may also occur with a stuffy nose. See article at: [http://www.medicalnewstoday.com/articles/313808.php](http://www.medicalnewstoday.com/articles/313808.php)

### Deaf Awareness: Communication Made Simple
People who experience hearing loss can feel isolated and alone. It is important that the hearing public understand how to interact with deaf people and those who are hard of hearing. It is not difficult to adapt communication, but for those on the receiving end, it can be a breath of fresh air. See article at: [http://www.medicalnewstoday.com/articles/313688.php](http://www.medicalnewstoday.com/articles/313688.php)

### Raising 'Good Cholesterol' Not As Effective As Lowering 'Bad Cholesterol'
Findings from the first of its kind study suggest that a low level of good cholesterol may not be a heart disease risk factor on its own and that raising HDL does not likely reduce a person's risk of heart disease. See article at: [http://www.medicalnewstoday.com/releases/313833.php](http://www.medicalnewstoday.com/releases/313833.php)

### Stroke vs. Aneurysm: What is the Difference?
Stroke is a life-threatening medical emergency that affects the brain. Aneurysm may be confused with stroke because an aneurysm in the brain can lead to a stroke. See article at: [http://www.medicalnewstoday.com/articles/313691.php](http://www.medicalnewstoday.com/articles/313691.php)

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**Also...**

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Retiree Breakfast Meeting Schedule
Meets on the third Wednesday of each month, Sept. thru May, **9AM at Cody’s Café**, Hollister/Turnpike.

**2017**

**Jan 18** – UCSB Professor Chandra Krintz, from the UCSB Computer Science Dept.

**Feb 15** – TBA

**Mar 15** – Santa Barbara Food From the Heart, delivering healthy meals since 1994

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

- Suggestions? Call Donna Craig at 805-968-6320

**Also:** January 2, 2017: Rose Parade Tour
Call or email Donna Craig at 805-968-6320 or djcraig55@yahoo.com

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**Winter Closures**

UCSB Human Resources, UCSB Benefits Office and the UC Retiree Administration Service Center will be closed Monday, December 26 through Monday, January 2. We will reopen on Tuesday, January 3, 2017. If you have questions about your health plans during this closure, please contact your physician or health plan.

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**In Memoriam**

**Thomas F. Dietrich**
Learning Resources
Retired 1981

**Evelyn Erickson**
Financial Aid

**Antonia Garcia**
Facilities
Retired 1992

**Dolores J. Genardini**
Retired 1991

**Ernest Sturm**
French/Italian
Retired 2011

**Betty L. Harris**
UNEX
Retired 1990

**Joan Magruder**
Communications
Retired 2006

**Walter J. Mead**
Economics
Retired 1991

**Lois M. Sellers**
Retired 1989

**R. Murray Thomas**
Education
Retired 1991

**Jacqueline “Jackie” Turner**
Chemistry Department
Retired 1991

**Vincent L. Stumpo**
Facilities
Retired 1999
Changes at the UCSB Emeriti/Retirees Center

There’s been an upgrade to the UCSB Emeriti/Retirees Center – Debra Martin, Emeriti/Retiree Coordinator – will be providing additional time to the Emeriti/Retirees coordinator position. What this means now:

- Developing a monthly speaker/discussion program, scheduling a new topic each month
- Upgrading email notices. There will be one email coming to you early each month highlighting events, health benefits updates, campus news and other information

The location of the Emeriti/Retirees Center has moved, too. We are in the front lobby area of Human Resources for easy access.

We look forward to further enhancing the Center, and being a continued, renewed, or new part of your UCSB retirement!

UCSB Emeriti/Retirees Center
Hours: Mon – Th, 8A – 1P
Phone: 805-893-2168
Email: debra.martin@hr.ucsb.edu

Retiree Association Officers 2016-2017

Co-President Barbara Anderson
Co-President Nancy Tanner
Vice President Shirley Dunbar
Secretary Ginny Turner
Treasurer Irene Pearce
Membership Laurie Theobald
Programs Donna Craig
Programs Claudia Alphin &
Assistants Donn Miller

Members-at-large
Marilyn Benson
Betty Koch
Tippi Lawrence
Bob Price
Donna Saar
CUCRA Rep Robert Mann

Emeriti Association Officers 2016-2017

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

Board Members
David Chapman
Alice Condodina
Paul Hernadi
William A. Prothero
Tonia Shimin
Barbara Voorhies