From the Retirees Association Co-Presidents

Dear UCSB Retirees,

A Message from the Retirees Association Co-Presidents – January 2018

Co–President Nancy Tanner and I wish you all a Happy New Year and hope all of you will stay well, and avoid the flu that has hit our country. We are also thinking of the fire and storm that ravaged Montecito and Santa Barbara County, and our thoughts go out to everyone who was affected by this tragedy.

Our annual Holiday luncheon was held on Wednesday, December 13th 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 our Retirees Association Vice President, Shirley Dunbar, delivered to the fire department for “Toys for Tots” distribution. Our entertainment was from two musicians, Erik Fauss and Tim Beccue, Westmont College students. They played beautiful holiday music on their stringed instruments. Everyone who attended the lunch had a great time, good food, renewed friendships, and a chance to win one of the many raffle items available. Nancy and I thank all of you for donating to our raffle table and for bringing toys for our Santa Barbara area children.

The Retirees Association once again supported the Santa Barbara Foundation with a $1,000 scholarship for local high school seniors who plan to attend college. Your participation in the raffles helps fund this donation.

Please join us for our monthly meetings the third Wednesday of each month – excluding June, July and August – at Cody’s Café, Hollister and Turnpike. We meet at 9:00 am in the Garden Room for a no-host breakfast. Our January 17th meeting was a treat as John C. Holman, retired Programmer/Analyst at UCSB, shared about his book telling of his adventures as a British teenage immigrating to Australia. The book title is Pom’s Odyssey and can be purchased at Amazon.com. Our February speaker will come and share about the VISTAS Adult Education Program where UCSB retiree Pat Shepard is the Vice President.

The Association has a day trip planned to Oceano to see the Great American Melodrama & Vaudeville on January 20th. Donna Craig and Claudia Alphin are working on a speaker schedule for the rest of the year as well as an interesting day trip.

We are looking for retirees who would like to serve on our UCSB Retirees Association Board. Currently we have two positions to fill by June. The Board meets at 9:00 am on the first Wednesday of the month at Cody’s Café. If you are interested, please contact me at barbar62239@gmail.com.

Warmly,
Barbara Anderson and Nancy Tanner, UCSB Retirees Association Co-Presidents

barbara62239@gmail.com LadyTanner@aol.com
BENEFITS NEWS

A section named “Answers to Your Questions About Rx Refills” has been added to the UC PPO Plans website:

https://www.ucppoplans.com/

The above tile is found in the home page of the plans with a pharmacy benefit. As a reference, below you will find the web address for each of these plans and the specific links to the “Answers to Your Questions About Rx Refills” section.

UC High Option Supplement to Medicare
Home Page: https://www.ucppoplans.com/content/uc-high-option-supplement-medicare
FAQ Section: https://www.ucppoplans.com/high/answers-to-your-questions-about-rx-refills

UC Medicare PPO
Home Page: https://www.ucppoplans.com/content/uc-medicare-ppo
FAQ Section: https://www.ucppoplans.com/medrx/answers-to-your-questions-about-rx-refills

Core
Home Page: https://www.ucppoplans.com/content/core
FAQ Section: https://www.ucppoplans.com/co/answers-to-your-questions-about-rx-refills

UC Care
Home Page: https://www.ucppoplans.com/content/uc-care
FAQ Section: https://www.ucppoplans.com/ucc/answers-to-your-questions-about-rx-refills

The “UC Medicare PPO without Prescription Drug” plan does not have this because, as the name implies, it offers no pharmacy benefits.

If you have questions, please use the phone number on the back of your card to contact your insurance provider, or:
Rebecca Preza, UCSB Health Care Facilitator or UC Retirement Administration Service Center (RASC)
805-893-4201 rebecca.preza@hr.ucsb.edu 1-800-888-8267

OneExchange Insurance Plan Outside Of California

On March 1, 2018 OneExchange, the service used for health service coverage and/or manage reimbursements, will be renamed Via Benefits.

The name change will not alter interactions, online features, or service; it is only meant to better reflect the insurance service. No action is required of participants. Emails and US Post notices will be sent out mid-January through the end of February.
How Does Stress Make Us Ill? Study Sheds Light

We all experience stress, and we've probably ended up with stress-induced sickness at one point or another. In fact, according to the 2015 Stress in America Survey, around 31 percent of adults in the United States report that stress has a strong or very strong influence on their physical health. Read more at: https://www.medicalnewstoday.com/articles/320594.php?utm_source=newsletter&utm_medium=email&utm_campaign=weekly-us

Five Tips For Healthy Sight

Many of us are resigned to the fact that as we age, our eyesight will deteriorate. But could we improve our vision, protect our sight, and prevent many of the diseases that compromise the health of our eyes? Read more at: https://www.medicalnewstoday.com/articles/320626.php?utm_source=newsletter&utm_medium=email&utm_campaign=weekly-us

What is Parkinsonism?

Parkinsonism is a disease that occurs when a person has symptoms and brain dysfunction commonly associated with Parkinson's disease but also has other symptoms related to an additional condition or cause. Read more at: https://www.medicalnewstoday.com/articles/320601.php?utm_source=newsletter&utm_medium=email&utm_campaign=weekly-us

Can't Sleep? Time To Write Your To-Do List, Study Says

A new study brings good news for those of us who can't make it through a day without making lists, especially if we also happen to have trouble falling asleep at night. It turns out that to-do lists may be the answer to some of our troubles, at least. Read more at: https://www.medicalnewstoday.com/articles/320611.php?utm_source=newsletter&utm_medium=email&utm_campaign=weekly-us

How To Boost Your Brain

The American Heart Association/American Stroke Association have recently developed seven steps that aim to help individuals keep their brains healthy, from childhood into old age. Read more at: https://www.medicalnewstoday.com/articles/320576.php?utm_source=newsletter&utm_medium=email&utm_campaign=weekly-us
Seniors Can Get Special Discounts Just For the Asking

We laugh at the idea of becoming a “senior” when we’re 50. We wonder if it might be true at 60. And by 70, we’re usually pretty well convinced.

Senior citizen status is an honor. You’ve contributed to the economy for decades. Senior discounts are a way of thanking you for your long-term patronage. When you ask about the availability of a senior discount, you’re letting businesses know seniors appreciate programs that bring value to them. By doing that, you’re helping insure senior specials keep going and growing. You’re paying it forward to the new crop of seniors coming up behind you.

Places Where You May be Able to Get Senior Citizen Discounts

RESTAURANTS – a large number of restaurant’s senior discounts begin at the age of 50 or 55

CLOTHING – some stores require you to register for their special senior discounts card, others may offer discounts on certain days of the week

GROCERY STORES – check to see if there is a particular day of the month for senior discounts


OTHERS
Golf courses
Barber shops
Hardware stores
Local businesses
Movie theaters
Pizza orders
The Zoo
Jiffy Lube
LensCrafters
Midas Mufflers
Regal Cinemas
Rite Aid Pharmacy
Super Cuts
Teleflora

The Bottom Line

Even if you think they don’t have a senior discount it never hurts to ask! Once you get in the habit of asking, you may be surprised at the number of places you can save money. Never assume a store doesn’t offer senior discounts.

Tip: you may want to check in advance for senior discounts.

RESOURCES:
http://savvysenior.org/seniорresources.htm

COUPONS:
http://seniordiscounts.com/coupons.aspx
Retiree Breakfast Meeting Schedule

Meets on the third Wednesday of months September thru May

9AM at Cody’s Café, Hollister/Turnpike.

2018

Jan 17 – John Holman, author, “Pom’s Odyssey”

Feb 21 – VISTAS, Ted Anagnoson & Pat Sheppard

Mar 21 – TBA

Apr 21 – TBA

May 21 – TBA

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

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

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In Memoriam

Ruby M. Alcorn
Retired 1990

Christian Brun
Library
Retired 1990

Isabelle L. Burleigh
Residence/Dining Halls

Albert R. Coghlan
Facilities Management
Retired 2014

Robert J. Gauthier
Police Department
Retired 1975

Otis L. Graham
History Department
Retired 1994

Eugene Graziano
Library
Retired 1991

Janice B. Hope
ROTC
Retired 1984

Angeline Kloppenberg
Student Health
Retired 1988

Anita S. Loredo
Biological Sciences
Retired 1992

John E. Moore
Political Science
Retired 1994

Raymond Ogilvie
Residence/Dining Halls
Retired 1991

Alma A. Paulson
Chemistry Department
Retired 2005

John A. Sonquist
Sociology Department
Retired 1991
### Retirees Association Officers 2017-2018

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<tr>
<th>Position</th>
<th>Name</th>
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<tr>
<td>Co-Presidents</td>
<td>Barbara Anderson</td>
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<td></td>
<td>Nancy Tanner</td>
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<tr>
<td>Vice President</td>
<td>Shirley Dunbar</td>
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<td>Secretary</td>
<td>Ginny Turner-Scholl</td>
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<td>Treasurer</td>
<td>Irene Pearce</td>
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<td>Membership</td>
<td>Laurie Theobald</td>
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<td>Programs</td>
<td>Donna Craig</td>
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<tr>
<td>Programs Asst</td>
<td>Donn Miller</td>
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<td>CUCRA Rep</td>
<td>Claudia Alphin</td>
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<tr>
<td>Ex Officio</td>
<td>Robert Mann</td>
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<tr>
<td>Members-at-large</td>
<td>Marilyn Benson</td>
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<td>Tippi Lawrence</td>
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<tr>
<td>President</td>
<td>Doug Morgan</td>
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<td>Vice President</td>
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<td>Secretary</td>
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<td>Treasurer</td>
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<td>CUCEA Rep</td>
<td>Bill Ashby</td>
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<td>CUCEA Alt.</td>
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<td>Board Members</td>
<td>David Chapman</td>
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<td>Alice Condodina</td>
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<td>Paul Hernadi</td>
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<td>Bill Prothero</td>
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<td>Tonia Shimin</td>
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<td>Barbara Voorhies</td>
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