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 December 9 at the Elks Lodge and was a great success. The Exalted Ruler of the Elks Lodge, Brian Hayden, gave a warm welcome and thanked us for bringing toys, which the Elks distribute to underprivileged children in our community. Our special guests were Dilling and Chancellor Yang. The Chancellor gave a wonderful welcome and updated us on campus activities. The Dos Pueblos High School A Capella Choir entertained us with 30 minutes of wonderful holiday music. Everyone who attended the lunch had a great time, good food, renewed friendships, and a chance to win one of the many raffle items. As always, funds from our raffles help supplement our scholarship fund. We would like to thank all of you who donated your raffle items to the enjoyment of all the winners.

The Retirees Association once again supported the Scholarship Foundation of Santa Barbara with a $1,000 scholarship to a local student help with college. We also support the UCSB Guardian Scholars Program, aiding 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 Café at Hollister and Turnpike (schedule on page 4). We meet at 9:00 am in the event room for breakfast. You will not want to miss January 20 to hear motivational speaker Michele Jackman, who will present “Looking out for you so you can become Older, Wiser, and Laughing all the Way through life.”

Let us know if you would like to serve on our UCSB Retirees Association Board. We meet at 9:00 am the first Wednesday of the month at Cody’s Café to take care of business and plan events. If you are interested, please contact Barbara at barbara62239@gmail.com.

Barbara Anderson & Nancy Tanner, Co-Presidents
UCSB Retirees Association
Barbara62239@gmail.com / ladytanner@aol.com
January is the beginning of the new insurance year. All plan changes you made during Open Enrollment will become effective January 1, 2016. Please review this checklist so that your insurance claims are processed without interruption.

**Medical ID Cards for UC Sponsored Medical Plans**

1. **Medical ID cards to be mailed by the last week of December (*Blue Shield in January):**

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<tr>
<th>Plan</th>
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<tr>
<td>Blue Shield*</td>
<td>New members or members changing plans</td>
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<td>Health Net Blue &amp; Gold</td>
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<td>Kaiser</td>
<td>Only new members</td>
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<tr>
<td>Western Health Advantage</td>
<td>Only new members</td>
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2. **Health Net: Check Primary Care Physician (PCP) on new ID card**

This is especially important if you changed plans this year. All Health Net Blue & Gold HMO and Seniority Plus members should check that the correct Primary Care Physician (PCP)/Medical Group is listed on their new ID card. If the wrong PCP is on the card, please call the member services number on the ID card to request a correction.

3. **High Option and Blue Shield Medicare PPO with Rx**

In addition to the medical ID cards, individuals new to a Blue Shield Medicare plans will receive a separate prescription drug ID card with a Medicare Rx logo. These prescription drug cards will be personalized with the name of the enrolled family member, and will be mailed separately from the medical ID card.

4. **Show your provider and pharmacy the new ID card – inform them if you have a new insurance carrier.**

If you changed medical plans during Open Enrollment, please inform your physicians and pharmacy about your new plan. All of your physicians and other medical providers will want to see your new ID card and some may ask to see your Medicare card as well.

5. **Transfer prescriptions to your new Mail Order Pharmacy**

If you use a mail order pharmacy, you may need to submit a new mail order form and prescriptions to your new medical plan’s pharmacy. Call the member services number to confirm which mail order pharmacy your new plan uses. Ask how you can transfer your prescription to the new mail order service.

If you have questions about your health plans or need assistance with a problem, please contact Laura Morgan or Kevin Wilson-Smith at the UCSB Health Care Facilitator Program after Sunday, 1/3/16. If you have questions about your health plans during the holiday closure, please contact your physician or insurance plan.

Laura Morgan
805-893-4201
laura.morgan@hr.ucsb.edu

Kevin Wilson-Smith
805-893-4455
kevin.wilson-smith@hr.ucsb.edu

You can find contact information for insurance plans at the UC Net website:

Items of Interest...

To: Campus Community
Fr: Denise Stephens, University Librarian
Re: UCSB Library Winter Break

The UCSB Library will be closed for winter break from Thursday, December 24, through Sunday, January 3. We will eagerly welcome you to the new and expanded Library at 8:00 am Monday, January 4.

Normally the Library is open the weekend before the quarter begins, but due to the final preparations that must take place before we open the doors to the Library’s expanded and renovated spaces on January 4, we won’t be able to do so for the winter quarter. We apologize for any inconvenience, and can’t wait for you to see your new Library.

Remember that online access to research databases, electronic journals, and e-books is available to UCSB students, faculty, and staff during the closure. From off-campus, use the “Login” link in the upper right corner of the Library website at http://www.library.ucsb.edu and enter your UCSB Net ID and password.

Similarly, the ability to request Interlibrary Loan materials online continues throughout the closure, though processing and shipment will not resume until the Library re-opens.

Have a safe, healthy and happy holiday season.

Stereotypes Around Aging Can Negatively Impact Memory and Hearing

A study led by researchers at the University of Toronto shows that when older adults feel negatively about aging, they may lack confidence in their abilities to hear and remember things, and perform poorly at both.

"People's feelings about getting older influence their sensory and cognitive functions," said Alison Chasteen, professor in U of T’s Department of Psychology and lead author of the study published in Psychology and Aging. "Those feelings are often rooted in stereotypes about getting older and comments made by those around them that their hearing and memory are failing. So, we need to take a deeper and broader approach to understanding the factors that influence their daily lives."

Read full article at: http://www.medicalnewstoday.com/releases/303821.php?tw

Just Because an Imaging Test is Typically Done Doesn't Mean It’s the Best Choice

Too many tests at the doctor’s office could cost you more than just dollars. In addition to the huge hit to your wallet, there’s also the potential harm of false positives, and just because a test has traditionally been done for a condition doesn’t mean it’s the best way to treat it.

U-M neurologist Brian Callaghan, M.D., M.S., is helping lead a national push to determine what neurologic tests or services are performed more than they should be.

It comes out of a campaign called Choosing Wisely (http://www.choosingwisely.org/) an initiative of the ABIM Foundation, which works with more than 70 medical specialty societies to encourage conversations between clinicians and patients about avoiding wasteful or unnecessary medical tests, treatments and procedures.

Read full article at: http://www.medicalnewstoday.com/releases/303985.php?tw
Retiree Breakfast Meeting Schedule

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

**2016**

**Jan 20** – Michele Jackman: “Older, Wiser, and Laughing” (OWL), watching out for you....mentally, physically, & spiritually with tips for living, working, retiring, & travel.

**Feb 17** – Tina Foss, Director and Cultural Resources Manager for the Santa Barbara Mission


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

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

*Also:* April 17, a one-hour guided walking tour of old town Santa Barbara, starting at de la Guerra Plaza. Look for an email coming soon with details.

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In Memoriam

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<th>Donald W. Beihl</th>
<th>Barbara R. Hagen</th>
<th>Rutila Maya Poppleton</th>
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<th>Paul D. Calderwood</th>
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<th>Brenda Stievel</th>
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<td>Writing Program</td>
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<td>Portola Dining</td>
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<th>Roy K. Fong</th>
<th>Marie E. Vierra</th>
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<td>Facilities Management</td>
<td>Arts Admin. Support Center</td>
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Winter Closures

UCSB Human Resources, UCSB Benefits Office and the UC Customer Service will be closed Thursday, December 24 through Sunday, January 3. We will reopen on Monday, January 4, 2016. If you have questions about your health plans during this closure, please contact your physician or health plan.

Retiree Association Officers 2015-2016

Co-President        Barbara Anderson  Members-at-large
Co-President        Nancy Tanner     Marilyn Benson
Vice President      Shirley Dunbar   Betty Koch
Secretary           Ginny Turner     Tippi Lawrence
Treasurer           Irene Pearce     Bob Price
Membership          Laurie Theobald  Donna Saar
Programs            Donna Craig
Assistants          Claudia Alphin &
                     Donn Miller

Emeriti Association Officers 2015-2016

President          Doug Morgan  Board Members
Vice President     OPEN         David Chapman
Secretary          OPEN         Alice Condodina
Treasurer          Doug Morgan  Paul Hernadi
CUCEA Rep          Bill Ashby   William A. Prothero
CUCEA Alt.         OPEN         Tonia Shimin
                      Barbara Voorhies
                      Carl Zytowski

We’re on the Web!  http://www.hr.ucsb.edu/retirees/welcome