From the Retirees President

Dear UCSB Retirees,

We hope you had a great summer enjoying the beautiful warm weather in our Santa Barbara area or taking a pleasant trip or two. There have been a few changes over the summer. My name is Sandy Camp and I was honored to be asked to serve as President for 2018-19. I retired from UCSB in June 2017 after serving for 38 years. At the time of my retirement, I was employed as Business Officer in the Educational Opportunity Program. I started as a typist clerk (don’t think they have that classification any more) in the Psychology Department. I was extremely fortunate to have the flexibility to raise my two terrific sons and later on I took advantage of the educational and leadership opportunities that are available on campus and I was able to fulfill my goal of becoming Business Officer (in charge of finance and operations) in a great department. I also had the opportunity to serve campus staff as Co-President of Professional Women’s Association, Staff Representative on the Chancellor’s Staff Advisory Committee and Co-President of Staff Assembly. All wonderful experiences!

We are also delighted to welcome Karen Rasmussen, recently hired in the Emeriti/Retiree Center. Unfortunately Barbara Anderson and Nancy Tanner have both stepped down as Co-Presidents and Irene Pearce has stepped down as Treasurer. Big thank you to these ladies for their great service and

Retirees President Continued on page 7

From the Emeriti President

Colleagues,

Another school year has begun, and our fall Kickoff social event will be held October 22nd at 3:30PM in Mosher Alumni House. Our speaker, Professor Joe Walther will talk about “All the News That’s Fit to Click: The CITS* Fake News Project.” This talk provides highlights of the process and findings that went into the Citizen’s Guide to Fake News website. We’ll examine how fake news online differs from misinformation in the past, and how the commercial motivations that led to the propagation of fake news paved the way for its appropriation for political aims, and other highlights from our graduate seminar’s recent publication from the Information Technology & Society emphasis program and the *Center for Information Technology and Society. See page 5 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 Sharon Tamir and the People’s Choice award went to Ryan Sadjadi. See page 6 to see more about the Slam competition. Your contributions to undergrad research is greatly appreciated.

Emeriti President Continued on page 7
Open Enrollment for 2019
October 25th to November 20th

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

<table>
<thead>
<tr>
<th>Topic</th>
<th>Time and Location</th>
<th>Description</th>
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</thead>
<tbody>
<tr>
<td><strong>Open Enrollment Highlights</strong></td>
<td></td>
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<tr>
<td>There are <strong>two</strong> opportunities to learn about the 2019 plan changes. The same information will be covered in each session.</td>
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<tr>
<td>Retiree Association Breakfast Meeting</td>
<td>Wednesday, October 17 9:00 am  Cody’s Café, Garden Room Turnpike &amp; Hollister</td>
<td>UCSB Human Resources Benefits staff will present an overview of plan changes and answer questions about the 2019 health plans.</td>
</tr>
<tr>
<td><strong>Space is very limited at Cody’s.</strong> <strong>Come to this event only if you are unable to attend the event on Wednesday, November 8 on campus.</strong></td>
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</tr>
<tr>
<td><strong>Retiree Workshop Part I</strong></td>
<td>Thursday, November 8 UCSB Mosher Alumni House 10:00 am – 10:45 am</td>
<td></td>
</tr>
<tr>
<td><strong>Retiree Workshop Part II</strong></td>
<td>Thursday, November 8 UCSB Mosher Alumni House 11:00 am - 12:00 noon</td>
<td>This workshop will help you get started with your UC Medicare plan. We’ll review: - Parts and cost of Medicare - Transitioning to the UC Medicare plan - How UC plans work with Medicare Representatives from Fidelity and HICAP will be available to answer questions.</td>
</tr>
<tr>
<td><strong>New to Medicare</strong></td>
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<tr>
<td><strong>Non-Medicare Medical Plans</strong></td>
<td></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:

Rebecca Preza, UCSB Health Care Facilitator or UC Retirement Administration Service Center (RASC)
rebecca.preza@hr.ucsb.edu 1-800-888-8267
805-893-4201
Open Enrollment Highlights

Open Enrollment is an opportunity to change plans and add family members to your UC sponsored insurance. Open Enrollment will be from Oct 25 to Nov 20. Any changes you make during this period will be effective starting January 1, 2019.

During Open Enrollment you can make changes online or by calling the Retiree Administration Service Center (RASC) at 1-800-888-8267 for assistance.

More information will be mailed to your home and there will be resources and enrollment instructions on the UCnet website http://ucnet.universityofcalifornia.edu/ in late October.

New Medicare cards have been mailed beginning in April 2018.

Your new card has a Medicare Number that’s unique to you, instead of your Social Security Number. This was done to protect your information and help prevent Medicare fraud.

When you get your new card:

- **Destroy your old Medicare card.** Make sure you destroy your old card so no one can get your personal information.
- **Start using your new Medicare card right away!** Your doctors, other health care providers, and facilities will ask for your new number, so carry your new card with you when you need care.
- **Keep your other plan cards.** If you’re in a Medicare Advantage Plan (like an HMO or PPO) or a Medicare drug plan, keep using that Plan ID card whenever you need care or prescriptions. However, you should carry your new Medicare card too—you may be asked to show it.
- **Protect your Medicare Number like you do your Social Security Number.** Only give your new Medicare Number to doctors, pharmacists, other health care providers, your insurer, or people you trust to work with Medicare on your behalf.

Still waiting for your new card?
Your new Medicare card should have arrived in the mail by now. If you didn’t get it, here’s what to do next:

- Look around the house for any old or unopened mail. Your new Medicare card will come in a plain white envelope from the Department of Health and Human Services.
- If you still can’t find it, call **1-800-MEDICARE (1-800-633-4227)**. TTY users can call 1-877-486-2048. The call center representatives can help you check your address and fix it if needed.
- In the meantime, use your current Medicare card to get health care services.

- For more information, please visit: https://www.medicare.gov/sites/default/files/2018-09/10050-medicare-and-you.pdf
Senior Expo Success Again!

If you didn’t make it this year, set a reminder for the 2019 Senior Expo! The Annual Santa Barbara Senior Expo at the Earl Warren Showgrounds is the largest active aging fair in our area. Every fall, the Expo is anticipated by many seniors in our area as an opportunity to meet with local businesses and organizations who serve seniors and caretakers in the Santa Barbara community. It’s also a great place to run into friends old and new! This year’s activities included flu shots, health screenings including hearing, vision and blood pressure and healthy eating consultations, raffle prizes and fun swag from vendors. Check it out next October!

Senior Expo of Santa Barbara
ACTIVE AGING FAIR FOR SENIORS & CAREGIVERS

Toastmasters@UCSB
All UCSB retirees are invited to join the Toastmasters@UCSB club. Toastmasters are a fun and supportive group of people who practice both prepared and spontaneous speaking in front of other club members. We welcome speakers of all abilities from the super shy to the public presentation expert! Meetings are the 2nd and 4th Thursdays in Phelps Hall. Interested? For more info: https://www.toastmastersucsb.com/ or email Holly McCord Duncan holly.mccordduncan@ucsb.edu

Senior Life in the News

When You’re Elderly and Ill and a Storm is Coming
NY Times, September 2018
In the face of a storm, many people who are older and chronically ill either cannot or will not leave. The best bet is to make an emergency kit, plan ahead and stay informed. When mandatory evacuation orders are issued for natural disasters like hurricanes, it poses a special challenge for those who are frail and in poor health. To read more: https://www.nytimes.com/2018/09/14/well/live/elderly-disabled-hurricane-safety-advice.html?rref=collection%2Ftimestopic%2Felderly-disabled%2Funited-states-weather%2Felderly-ill%2Felderly-disabled-hurricane-safety-advice.html&module=stream_simulcast&version=latest&pgtype=collection

New Guidelines to Prevent Falls, Fractures in Older Adults
CBS News, April 2018
Each second of the day in the United States, an older adult falls, making it a leading cause of injury and death among people age 65 and older, according to the Centers for Disease Control and Prevention. One out of five falls causes a serious injury, such as broken bones or a head injury, and each year, 2.8 million older adults are treated in hospital emergency departments for injuries related to falls. Now a panel of experts is out with new recommendations to help reduce the risk. To read more: http://www.cbc.ca/news/canada/newfoundland-labrador/hearing-seniors-grenfell-
You are invited to attend the
UCSB EMERITI & RETIREE ASSOCIATIONS

2018 Fall Kickoff
Mosher Alumni House
Monday, October 22, 3:30 PM – 5:30 PM

Joe Walther, PhD
The Mark and Susan Bertelsen Presidential Chair in Technology and Society
and a Distinguished Professor of Communication, as well as
Director of the Center for Information Technology and Society

presentation

“All the News That’s Fit to Click:
The CITS* Fake News Project”

This talk provides highlights of the process and findings that went into the Citizen’s Guide to Fake News website. We’ll examine how fake news online differs from misinformation in the past, and how the commercial motivations that led to the propagation of fake news paved the way for its appropriation for political aims, and other highlights from our graduate seminar’s recent publication from the Information Technology & Society emphasis program and the *Center for Information Technology and Society.

We invite recently retired faculty and staff (retired April 2017 to present) to attend free as our guests!

Come reacquaint with old friends and colleagues and welcome new UCSB Retirees, while enjoying appetizers and wine.

A minimal charge of $6 per person. $5 if you’re up-to-date on your 2018/2019 Retirees or Emeriti Association membership dues will help us cover the venue, food and wine.

Attend as our guest if you retired after April 2018

We look forward to seeing you there! Invitations have been sent out via email or U.S. Post.

For more information email karen.rasmussen@hr.ucsb.edu or call 805-893-2168
UCSB EMERITI ASSOCIATION UNDERGRADUATE RESEARCH AWARDS

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 15, 2018. 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 Sharon Tamir, a biology major in the College of Creative Studies. The People’s Choice Award went to Ryan Sadjadi, a biology major in the College of Letters & Science. Professor Emerita Merith Cosden was among the judges. [http://www.duels.ucsb.edu/research/colloquium](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.

Survey of UC Emeriti this October

The Council of UC Emeriti Associations (CUCEA) will conduct its triennial survey of UC emeriti in early October. As before, the survey focuses on the ways in which UC retired faculty are continuing to serve the mission of the university by continuing to teach, do research and serve their communities.

The last time the survey was done in 2015, more than 1600 people completed it. CUCEA’s report of the findings, “A Virtual Eleventh Campus,” was very well-received, including a feature in The Chronicle of Higher Education, a national publication.

The report showed that, when you combine all of the teaching, service and research work that retired UC faculty are doing, the numbers are impressive—in fact, it amounts to the work of an entire university. The findings of the most recent survey have been very helpful in advocating for the interests and the continuing support of UC retirees.

It is expected that 90% of those who respond to the survey will take it online. Those who took the previous survey found it to be a “user-friendly” experience.
look forward to their continued contributions. I hope all retirees consider their availability and/or interest in filling one of the open positions. You are always welcome to attend Board meetings and contribute your ideas for trips, speakers and other activities. The board meets every 1st Wednesday at Cody’s Café. On the 3rd Wednesday of the months September through May, we meet at 9:00am at Cody’s Café for a no-host breakfast with interesting presentations. Please see page 9 for upcoming topics.

As for trips, we visited Casa de Herrera in August and had a great tour, followed by a luncheon in Montecito. Our next trip is to tour the Nethercutt Museum in Sylmar. We are considering chartering a bus for the trip south.

Our Emeriti/Retirees Fall Kickoff will be held on Monday, October 22 at the Mosher Alumni House from 3:30 to 5:30 pm. We hope you can join us—please see the details on page 5.

I would like to express my deep gratitude to Barbara Anderson, Ginny Turner-Scholl and Laurie Theobald for their wonderful support and guidance as I begin this term as President. Your support, guidance and assistance is more appreciated than you will know.

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

Emeriti President con’t from page 1

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 Berkeley. This is an opportunity for exchange of ideas 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 Kickoff event on October 22; it’s a perfect opportunity to catch up with friends and colleagues.

Sincerely,

W. Douglas Morgan, President
UCSB Emeriti Association
wdmorgan40@yahoo.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 Karen Rasmussen 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/

What are the early signs of type 2 diabetes?

Type 2 diabetes causes a person's blood sugar levels to become too high. Recognizing the early signs and symptoms of this chronic condition can result in a person getting treatment sooner, which reduces the risk of severe complications.

Early Signs and Symptoms

The early signs and symptoms of type 2 diabetes can include:

Frequent urination ~ When blood sugar levels are high, the kidneys try to remove the excess sugar by filtering it out of the blood. This can lead to a person needing to urinate more frequently, particularly at night.

Slow healing of cuts and wounds ~ High levels of sugar in the blood can damage the body's nerves and blood vessels, which can impair blood circulation. As a result, even small cuts and wounds may take weeks or months to heal. Slow wound healing also increases the risk of infection.

Patches of dark skin ~ Patches of dark skin forming on the creases of the neck, armpit, or groin can also signify a higher risk of diabetes. These patches may feel very soft and velvety.

Feeling very tired ~ Type 2 diabetes can impact on a person's energy levels and cause them to feel very tired or fatigued. This tiredness occurs as a result of insufficient sugar moving from the bloodstream into the body's cells.

Blurry vision ~ An excess of sugar in the blood can damage the tiny blood vessels in the eyes, which can cause blurry vision. This blurry vision can occur in one or both of the eyes and may come and go. If a person with diabetes goes without treatment, the damage to these blood vessels can become more severe, and permanent vision loss may eventually occur.
Retiree Breakfast Meeting Schedule
Meets on the third Wednesday of months September thru May
9AM at Cody’s Café, Hollister/Turnpike.
2018
**Oct 17** – Rebecca Preza, Open Enrollment & Health Benefits

**Nov 14** – Lisa Przekop, Guardian Scholars

**Dec 12** – Retiree Association *Annual Holiday Luncheon & Raffle* - look for your invitation in November

*(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**

Malcolm D. Webb-Brown  
Student Health Services  
Retired 2001

Margaret George-Cramer  
Institute of Social Behavior  
Retired 2007

John A. Ernest  
Mathematics  
Retired 1994

Lieselotte Fajardo  
Library  
Retired 1991

David J. Fishman  
Graduate Division  
Retired 2004

Beverly J. Ford  
Academic Personnel  
Retired 1993

Michael Gordon  
Political Science  
Retired 2004

Mark L. Hansen  
Student Health Services  
Retired 2013

Carl. V. Harris  
History  
Retired 2011

Jacob Israelachvili  
Chemical Engineering  
Retired 2016

Jaan C. Karsh  
Athletics  
Retired 2010

Bobbi Lee Kelly  
Development  
Retired 1987

Harold C. Kirker  
History  
Retired 1991

Ernestine T. Martinez  
Accounting  
Retired 1991

Janice Pegram  
Development  
Retired 2005

Giorgio Perissinotto  
Spanish & Portuguese  
Retired 2010

Caroline K. Rakkhita  
Library  
Retired 1992

William H. Schlotter  
News and Communications  
Retired 2005

Joan Sherman  
Residence & Dining Halls  
Retired 2006

Hallam C. Shorrock  
Education Abroad Program  
Retired 1987

John W. Simms  
Accounting  
Retired 1992

Robert Sinsheimer  
Molecular Biology  
Retired 1998

Geoffrey M. Wallace  
Ombudsman Office  
Retired 2004

Adil Yaqub  
Mathematics  
Retired 2001
Retirees Association Officers 2017-2018

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

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

Marilyn Benson    Tippi Lawrence
Nancy Tanner

Emeriti Association Officers 2017-2018

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

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

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

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