Hi all,

Here we are Summer 2019. I am sure that many of you are busy with your summer trips, visits from relatives, or lazy days at the beach with good books. We need to remember to continue our physical fitness activities, whatever they may be. Walking exercises and strengthening exercises 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 a fun activity and how I prefer to stay cool in the summer while I am having fun.

Unfortunately, we were forced to cancel the annual business meeting because of a low number of RSVP’s. We had hoped to meet at Mulligans for a delicious lunch buffet while taking care of the end of year business and 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 with us at our next Board meeting, Wednesday, August 7 at 9:00 am at Cody’s Café, Turnpike Shopping Center, and going forward for 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 15 meeting we welcomed Leah Tabas and Debbie Donahue from the Girls Inc. discussing history and community involvement. We also welcomed, earlier this year, Megan Birney, President of Unite to Light, and Lisa Przekop and one of her students from the Guardian Scholars program at UCSB. By the way, the Guardian Scholars program for children from the Foster system, is one of the programs we support with a yearly gift.

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

We have 371 members in the Association now and hope to continue increasing this number. Thank you for submitting your annual membership dues. It is important...
Emeriti/Retirees Newsletter Summer 2019

Retirees Association Field Trips

Wednesday, July 10
~ UCSB AlloSphere Research Facility ~

We have a unique last minute opportunity to tour the AlloSphere on

Wednesday, July 10th at 3:15 pm (that’s next week!)

Please join us as we visit the AlloSphere Research Facility: a three story large scale audio and visual immersive instrument and laboratory. “The AlloSphere is a one of a kind scientific instrument that bridges the world of engineering, science, and art.” Created by Professor Jo Ann Kuchera-Morin, the AlloSphere is essentially a giant digital microscope hooked up to a supercomputer...researchers can walk onto a bridge in the center of a virtual reality chamber and watch their scientific data come to life.”

Read more about the AlloSphere here. Watch Dr. Morin’s TED talk on the Allosphere here.

AlloSphere Research Facility
Wednesday, July 10 3:15 pm
at the 2621 California NanoSystems Institute ~ 1619 Elings Hall  Campus map

Parking Garage 10 is recommended for parking. Enter the Main Lobby, where the group will meet. The group will take the elevator (2nd fl). Walk towards the window, entrance is last door on left before you reach the window.

Space is limited, please RSVP today to Donna Craig @ djcraig55@yahoo.com or 805-968-6320

Wednesday, August 21

Direct Relief

Since 1948, Direct Relief has worked to help people who confront enormous hardship to recover from disasters and improve the quality of their lives. The tradition of direct and targeted assistance, provided in a manner that respects and involves the people served, has been a hallmark of the organization since its founding. Direct Relief is housed in a new 155,000-square-foot facility located near the Santa Barbara Airport. We will visit and tour the new Direct Relief facility and learn more about their important mission. Read more about Direct Relief here.

Wednesday, August 21   10:00 am—11:30 am
RSVP to Claudia.Alphin@yahoo.com
Space is limited to 30 people

Participants who have RSVP’d will meet at front door of new building at
6100 Wallace Becknell Road
UC Retirement Administration Service Center (RASC) Upgrading Technology, Experiencing Delays
Monday, June 10, 2019

The UC Retirement Administration Service Center (RASC) has transitioned to a new retirement record keeping system. As the organization works through the technology transition, the RASC has been experiencing high call volumes and longer wait and processing times than normal.

The RASC apologizes for any inconvenience caused by these delays, and teams are working diligently to restore service levels. Please note that benefit payments for current retirees are being processed on schedule, with no delays.

A key priority is to ensure that July 1 retirees receive their first payments on schedule. To meet that goal, many dedicated team members have been working nights and weekends and temporary staff have been hired to assist. Here’s what you need to know:

If you’re planning to retire soon or have a retirement in process
- Make sure to allow plenty of time for the retirement process. Plan to contact the UC Retirement Administration Center (RASC) to request to speak to a retirement counselor three months before the date you plan to retire. See What to do if you’re preparing for retirement for more information.
- Retirement is a multi-step process. Once you submit a signed retirement election form (with supporting documentation, if required), you should receive a confirmation letter within 45 days. If you are not contacted within that time period, you should reach out to the RASC using the contact information below.
- Please avoid sending duplicate documents or forms to the RASC. Additional, unnecessary paperwork can cause confusion and slow down the processing of retirement information.

If you’re experiencing a delay
The RASC has put together focused teams to set up benefit payments as quickly as possible. Your confirmation letter will reflect your actual payment date.

If there is an issue causing a delay (such as paperwork still needed from you or from outside agencies such as CalPERS) a representative will contact you to request any information that is needed from you, and to provide an update on your retirement process. You may also reach out to the RASC for an update using the contact information below.

Please be assured that delays in processing your retirement will not affect the pension you receive or your retiree health benefits (if eligible). Pension benefits and retiree health benefits (if applicable) will be retroactive based on your retirement date.

Contacting the RASC
To contact the RASC, you can send an email to customerservice.reply@ucop.edu or call at 1-800-888-8267 (in U.S.), Monday to Friday, 8:30 a.m. – 4:30 p.m. (PT). Wait times are typically shortest on Thursday and Friday afternoons, from 2:30 p.m. to 4:30 p.m. (PT)
Enhancements to retirement websites coming

UC Retirement At Your Service (UCRAYS), will replace At Your Service Online (AYSO)

Tuesday, April 9, 2019

This summer, UC will introduce a new website where retirees will have greater access to their UC retirement information. The new site, called UC Retirement At Your Service (UCRAYS), will replace At Your Service Online (AYSO) self-service functionality for personalized retirement information. UCRAYS will offer more ways for you to view and manage your retirement information in a user-friendly format.

During the transition from AYSO to UCRAYS, UCRP contributions, interest, and transactions will continue to post to your account without interruption. However, the information available on AYSO will not reflect changes to your account after January 2019. Your updated information will be available online as soon as UCRAYS launches.

Also this summer, myUCretirement.com will debut a new design as it becomes the source for “all things retirement.” You will see expanded content that includes all components of UC’s retirement benefits (pension, supplemental savings plans, and retiree health and welfare). It will also have financial education resources and feature a new life-stage approach to finding information for “people like you,” including a special section for retirees.

With over 130,000 faculty and staff members and over 76,000 retirement benefit recipients, UC is making changes to better serve your retirement needs. Look out for more information announcing the changes and instructions for transitioning to UCRAYS in the summer on UCnet and in New Dimensions.
Senior Health News

What to know about bruising easily
MedicalNewsToday.com June 2019
Possible causes of easy bruising include certain medications, liver disease, and vitamin deficiencies. The treatment options will depend on the cause. Learn more about why some people may bruise more easily Read the article here

Colon cancer: Could yogurt prevent precancerous growths?
MedicalNewsToday.com June 2019
A new study has found that men who eat yogurt regularly have a lower risk of abnormal growths in the bowel, or adenomas, which can precede colon cancer. Read the article here

Using community choirs to boost well-being
MedicalNewsToday.com June 2019
Community music programs may help combat loneliness in older adults and heighten their interest in life, according to a recent study by researchers at the University of California, San Francisco. Read the article here.

Driving with Hearing Loss?
AARP.com April 2019
A study published in the Journal of the American Geriatrics Society reported that older adults with hearing loss were less proficient in driving tests when faced with distractions than their peers with no hearing impairment. Work with your audiologist and take these steps to stay safe behind the wheel. Read the article here

The Future of LGBTQ Life and Advocacy for Older Adults
AARP.com June 2019
The Stonewall generation faces a new set of challenges when it comes to aging with dignity including worry about having adequate family and social support systems to fall back on as they grow older. Read the article here
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.

This has been my first year serving as President of the Retirees Association. Let me give a big thank you to Barbara Anderson who served as President for several years. I am hoping for nominees for the Co-President position to work alongside me. I have enjoyed being your President and despite my 38 years of service, I am still learning a lot. Thanks to all our Board members who have been there for me with their strength, knowledge, support and service. Deep appreciation also to our HR Retirees Coordinator, Karen Rammussen, who was also new this year. She gives us wonderful support, guidance and connection with the UCSB community.

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

Best wishes,

Sandy Camp, President
UCSB Retirees Association
Emeriti/Retirees Association

UC Retirees travel offers opportunities to discover the world with like-minded travelers from all of the University of California locations.

UC retirees, family and friends can visit worldwide destinations featuring a mix of history, culture, arts and nature.

We have partnered Collette Travel, a third-generation family-owned business that has been coordinating group tours for more than 100 years. Let the expert trip planners coordinate all of the details so you can relax and enjoy the journey.

2019-20 trips include:
~ Christmas on the Danube ~ Backroads of Iberia ~ Japan’s Cultural Treasures ~ Croatia and Its Islands ~

Click here for a full listing of destinations.

If you have questions about specific tours, contact the tour companies directly. If you have general questions or suggestions for the travel program, contact Sue Barnes at UCRetireesTravel@gmail.com.

UC Retirees Travel is sponsored by CUCRA (Council of University of California Retirees Associations), a systemwide consortium of volunteer retiree representatives from 13 UC retiree associations. CUCRA represents the interests of UC retirees and supports UC’s teaching, research and public service missions.
The UCSB Retirees Association & UCSB Emeriti Association invite you to the

Spring 2020 CUCRA-CUCEA Conference at UCSB

Wednesday, April 29 and Thursday, April 30, 2020

Mosher Alumni House, University of California Santa Barbara

Dinner at Glen Annie Golf Course on Wednesday evening.

More details will be available as we get closer to the conference dates.

Volunteer opportunities are available! If interested, please contact karen.rasmussen@hr.ucsb.edu
In Memoriam

John W. Cotton
Education and Psychology
1993

Gerald Larson
Religious Studies
1995

Robert Renehan
Classics Department
2007

Wallace L. Chafe
Linguistics
1991

Patrick J. McCarthy
English Department
1991

Adolfo Volantin
Facilities Management
Retired 2016

Dolores Menstell Hsu
Music Department
2008

Joseph G. Mellen
Facilities Management
1993

Alan Konheim
Computer Science
2005

Alejandro E. Planchart
Music Department
2002
## Retirees Association Officers 2018-2019

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<thead>
<tr>
<th>Position</th>
<th>Name</th>
<th>Ex Officio</th>
<th>CUCRA Rep</th>
<th>Members-at-large</th>
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<tbody>
<tr>
<td>President</td>
<td>Sandy Camp</td>
<td>Barbara Anderson</td>
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<tr>
<td>Co-President</td>
<td>OPEN</td>
<td>Robert Mann</td>
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<tr>
<td>Secretary</td>
<td>OPEN</td>
<td>Marilyn Benson</td>
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<tr>
<td>Treasurer</td>
<td>Ginny Turner-Scholl</td>
<td>Shirley Dunbar</td>
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<td>Membership</td>
<td>Laurie Theobald</td>
<td>Elizabeth Koch</td>
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<td>Programs</td>
<td>Donna Craig</td>
<td>Tippi Lawrence</td>
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<td>Claudia Alphin</td>
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## Emeriti Association Officers 2018-2019

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<thead>
<tr>
<th>Position</th>
<th>Name</th>
<th>Board Members</th>
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<tbody>
<tr>
<td>President</td>
<td>Doug Morgan</td>
<td>David Chapman</td>
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<tr>
<td>Vice President</td>
<td>OPEN</td>
<td>Alice Condodina</td>
</tr>
<tr>
<td>Secretary</td>
<td>OPEN</td>
<td>Paul Hernadi</td>
</tr>
<tr>
<td>Treasurer</td>
<td>OPEN</td>
<td>Bill Prothero</td>
</tr>
<tr>
<td>CUCEA Rep</td>
<td>Bill Ashby</td>
<td>Tonia Shimin</td>
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<tr>
<td>CUCEA Alt.</td>
<td>OPEN</td>
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**Emeriti/Retirees Center**

UCSB Human Resources  
SAASB Third Floor, Room 3101  
Santa Barbara, CA 93106-3160  

Map: [http://www.aw.id.ucsb.edu/maps/](http://www.aw.id.ucsb.edu/maps/)  
PHONE: 805-893-2168  
COORDINATOR  
Karen Rasmussen  
E-MAIL:  
Karen.rasmussen@hr.ucsb.edu  
[http://www.hr.ucsb.edu/retirees/welcome](http://www.hr.ucsb.edu/retirees/welcome)