From the Retirees Association President—January 2019

Dear UCSB Retirees,

Happy New Year to all from your Retirees Association Board Members. I hope you all stay well and have a lovely new year. 2019 seems to have started on a positive note with sunshine and crisp weather.

Our annual Holiday luncheon was held on Wednesday, December 12 at the Elks Lodge. Chancellor Yang and Dilling attended the luncheon and announced the exciting news of the gift of a large parcel of land to the north of the current campus. Entertainment was provided by the Treble Clefs, an excellent group of women singers who presented a wonderful rendition of Holiday songs. All in attendance had a great time, good food, renewed friendships and a chance to win one of many raffle items available. Thank you all who donated to our raffle table and for bringing toys for local children that were delivered to the fire department “Toys for Tots” for distribution.

The Retirees Association again this year donated $1,000 to the Santa Barbara Foundation to be used for scholarships for local high school seniors who plan to attend college. We also gave a donation to the Guardian Scholars program at UCSB. This program supports students who have been brought up in the Foster Care system and need emotional as well as scholarship assistance to reach their future goals.

Please join us for our monthly meetings the third Wednesday of each month – excluding June, July and August -at Cody’s Café at Hollister and Turnpike. We meet at 9:00 a.m. for a no-host breakfast. Upcoming speakers include Sarah Case, from the Public Historian Office, who will speak about the early UCSB campus, and Barbara Tellefson from Unity Shoppe. A variety of speakers come to our meetings and we are continually looking for future speakers. Sue Barnes, from UCLA, met with retirees and others and presented very interesting information on “Transforming Retirement.” Please see schedule on page 4.

The Association has a day trip planned to the Nethercutt Museum in Sylmar on February 28. Transportation will be provided by the Santa Barbara Airbus.

This has been my first year with the Retirees Association and serving as President. I have met wonderful people and had fun participating in great activities. I encourage current and future retirees to think about joining our Retirees Board. We would love to have your input on activities and future endeavors. Serving as an Officer is not mandatory, but if you have the inclination, we do have two positions to fill. One is the Co-President and the other is the Secretary. If you are interested and want to do some good things in our retirement community, please let me know at mamascamp@msn.com.

Warmly and with best wishes,

Sandy Camp

President, UCSB Retirees Association
BENEFITS NEWS

You can access and review your medical plan documents online - including plan booklet summary, plan description, and prescription drug formularies.

**Anthem, Health Net, and Kaiser:** Will mail new cards to their members in late December for a January 1, 2019 effective date.

**Anthem Members:** All UC Care, Core & Health Savings Plan members will receive new Anthem ID cards. Only new UC Medicare PPO & High Option members will receive ID cards. Medicare members receive 2 cards: (1) Medical & (1) Part D. [https://www.ucppoplans.com/](https://www.ucppoplans.com/)

**Health Net Members:** All UC Blue & Gold HMO and Health Net Seniority Plus members will receive new ID cards. Effective Jan. 1, 2019, Managed Health Network (MHN) will replace Optum Behavioral health as the behavioral health provider for UC Blue & Gold. MHN will continue as the behavioral health provider for the Health Net Seniority Plus plan. [https://www.healthnet.com/portal/member/content/iwc/mysites/uc/home.action](https://www.healthnet.com/portal/member/content/iwc/mysites/uc/home.action)

**Kaiser Members:** Only new Kaiser Permanente HMO and Kaiser Senior Advantage members will receive an ID card. [https://my.kp.org/universityofcalifornia/plan-details/uc-santa-barbara/](https://my.kp.org/universityofcalifornia/plan-details/uc-santa-barbara/)

If you haven’t received your ID cards, contact your **plan administrator** for assistance.

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<th>UC Medicare Plans</th>
<th>UC Non-Medicare Plans</th>
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<tr>
<td>Health Net Seniority Plus</td>
<td>UC Blue and Gold HMO</td>
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<tr>
<td>Benefits Summary</td>
<td>(formerly HealthNet Blue &amp; Gold HMO)</td>
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<td>Frequently Asked Questions</td>
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<td>Kaiser Senior Advantage</td>
<td>Kaiser HMO</td>
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<td>Summary</td>
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<td>UC Medicare PPO</td>
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<td>Frequently Asked Questions</td>
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<td>UC High Option Supplement to Medicare</td>
<td>UC Health Savings Plan PPO</td>
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<tr>
<td>Frequently Asked Questions</td>
<td>Summary of Benefits</td>
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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  
805-893-4201  rebecca.preza@hr.ucsb.edu  
or  
UC Retirement Administration Service Center (RASC)  
1-800-888-8267
**Does problem-solving stave off mental decline?**

Is it true that by training your brain with problem-solving tasks, you can keep mental decline at bay later in life? A new study delves into the details. Read the article [here](#).

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**The uterus plays a role in memory, study finds**

New research conducted in an animal model has uncovered an intriguing fact about the uterus, namely that it seems to interact with the brain and affect memory. Read the article [here](#).

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**Statins: Risk of side effects is low, say experts**

For most people at risk of heart attack and stroke, using statins to lower cholesterol brings more benefits than risks, says the American Heart Association. Read the article [here](#).

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**Spray gel could reduce cancer spread after surgery**

A sprayable anticancer gel that rouses the immune system could help stop tumor recurrence and spread after surgery. Read the article [here](#).

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**How do clinical trials work and who can participate?**

Clinical trials are research studies that aim to determine whether a medical strategy, treatment or device is safe for use or consumption by humans. Read the article [here](#).

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**Walking may prevent heart failure in senior women**

New research examines the effect of walking on two subtypes of heart failure in aging women. The findings were published in the *Journal of the American College of Cardiology: Heart Failure*. Read the article [here](#).

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**Using community choirs to boost well-being**

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](#).
Retiree Breakfast Meeting Schedule

Meets on the third Wednesday of months September thru May
9AM at Cody’s Café, Hollister & Turnpike.

Upcoming Speakers & Events in 2019

January 16 – *Evolution and History of UCSB* with Sarah Case, Lecturer, UCSB History Department
The Public Historian Journal Office
A library exhibition highlights the Anna S.C. Blake School, antecedent to the State Normal School that would become UCSB. Read about it [here](#).

February 20 – *History of the Unity Shoppe* with Barbara Tellefson, Unity Director of Operations
Learn how the Unity Shoppe and its programs help thousands of people throughout Santa Barbara County.

February 28 – *Nethercutt Museum & Collection Tour* in Sylmar
Please join us for a tour of The Nethercutt Museum and Collection in Sylmar with its amazing collection of classic cars, a train, self-playing, mechanical musical instruments, and more! Read trip details [here](#).

*(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](mailto:djcraig55@yahoo.com)

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One-on-One Consultations with Fidelity Financial Services

*Have questions about your retirement income and want to meet with a Fidelity representative?*

Andrew Fung, Fidelity Retirement Planner, is available for free one-on-one consultations for Emeriti and Retirees one day each month. Appointments are available between the hours of 8:00am to 12:00pm for the following dates:

- Thursday, January 31
- Wednesday, February 27
- Wednesday, March 27

To make appointment, contact Andrew Fung directly at [Andrew.Fung@fidelity.com](mailto:Andrew.Fung@fidelity.com)

Consultations will take place in the Emeriti/Retiree Center located in Human Resources.

UCSB Human Resources, Emeriti/Retiree Center Conference Room
SAASB Third Floor, Room 3101
Map: [http://www.aw.id.ucsb.edu/maps/](http://www.aw.id.ucsb.edu/maps/)
Interactive Map: [https://map.ucsb.edu/location?fid=6381&type=2](https://map.ucsb.edu/location?fid=6381&type=2)
Have you moved recently?

If you have moved, please remember to contact the following with your new address:

⇒ **At Your Service Online** (AYSO) or **UC Retiree Administration Service Center** (RASC) customer service at 1-800-888-8267 or by online form. Once completed, this form should be sent to RASC. RASC then provides your updated address to your insurance carriers.

⇒ **Social Security** if you are on Medicare

⇒ **UCSB Emeriti/Retiree Center** – send email to karen.rasmussen@hr.ucsb.edu

As a reminder, retirees may contact RASC (Retirement Administration Service Center) for help with UC pension and survivor benefits, retiree health insurance questions and transition to Medicare.

**UC Retiree Administration Service Center (RASC)**

Monday through Friday 8:30 am to 4:30 pm

1-800-888-8267

1-510-987-0200 (from outside the U.S.)

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**In Memoriam**

- **Robin Brous**
  Materials Research Lab
  Retired 2014

- **Daphne E. Bugental**
  Psychology Dept
  Retired 2011

- **Wei-Ling Dai**
  Library
  Retired 2007

- **Herbert Fingarette**
  Philosophy Dept
  Retired 1990

- **James J. Havlik**
  Budget & Planning
  Retired 1991

- **Ursula R. Mahlendorf**
  Germanic & Slavic Studies
  Retired 1993

- **Donald L. Miller**
  Retired 1991

- **Leonel B. Ospina**
  Financial Aid
  Retired

- **Linda Raney**
  Administrative Services
  Retired 2006

- **Shirley Robles**
  Business & Financial Services
  Retired 1995

- **Dan K. Smith**
  International Students
  Retired 2007

- **Geoffrey Wallace**
  Ombudsman
  Retired 2004

- **Carl B. Zytowski**
  Music Dept
  Retired 1995
Retirees Association Officers 2018-2019

President          Sandy Camp
Co-President        OPEN
Secretary           OPEN
Treasurer           Ginny Turner-Scholl
Membership          Laurie Theobald
Programs            Donna Craig
                     Claudia Alphin
Ex Officio
CUCRA Rep
Members-at-large

Emeriti Association Officers 2018-2019

President          Doug Morgan
Vice President     OPEN
Secretary           OPEN
Treasurer           OPEN
CUCEA Rep           Bill Ashby
CUCEA Alt.          Loy Lytle
Board Members       David Chapman
                     Alice Condodina
                     Paul Hernadi
                     Bill Prothero
                     Tonia Shimin

Stay informed of UCSB happenings and save a tree!

The Winter and Summer Emeriti/Retiree Newsletters are sent via email only. The Spring and Fall newsletters are also sent via email. However, if we do not have your email address, a hard copy of the Spring and Fall edition is sent to your physical address. If you have received this newsletter—Thank you—we have your current email address on file! If your UCSB Emeriti & Retiree friends and colleagues have NOT received it, then we do not have their email address on file. Please encourage them to send us an email at karen.rasmussen@hr.ucsb.edu