From the Retirees Association President

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. 2020 seems to be starting on a positive note with sunshine, some rain and crisp weather.

Our annual Holiday luncheon was held on Tuesday, December 10 at Mulligan’s Cafe. Chancellor Yang and Dilling attended the luncheon. Entertainment was provided by Moon Man and Clearwater Whitehead, an excellent duo, playing stringed instruments. The brothers are raising funds for a trip to play at Carnegie Hall. They 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 that were delivered to “Toys for Tots” for distribution to Santa Barbara area children.

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. Your participation in the raffles helps fund this donation.

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 am for a no-host breakfast. Upcoming speakers include Ginny Johns on January 15th. Ginny is an “around the world sailor” and UCSB retiree. February 19th brings us Claire Garvais from Santa Barbara Wildlife Care Network. A variety of speakers come to our meetings and we are continually looking for future speakers. Donna Craig and Claudia Alphin are working on a speaker schedule for the rest of the year, as well as day trip adventures.

We are looking for current and future retirees to think about joining our UCSB Retirees Association Board. We currently have two positions to fill. The Board meets at 9:00 am on the first Wednesday of each month at Cody’s Café. If you are interested, please contact me at mamascamp@msn.com.

Warmly and with best wishes,

Sandy Camp

President, UC Santa Barbara Retirees Association
Health Benefits ID Cards

Anthem, Health Net, and Kaiser will be mailing new cards to their members in late December for a January 1, 2020 effective date.

Some plans mail cards only to new members, see below information:

**Anthem Members**
UC Care, UC Core and UC Health Savings Plan
Only *new* plan members will receive new ID cards

**UnitedHealthcare Members**
UC Medicare Choice
*All* plan members will receive new ID cards

**Health Net Members**
UC Blue & Gold HMO
Only *new* plan members will receive new ID cards

**Kaiser Members**
Kaiser Permanente and Kaiser Senior Advantage
Only *new* plan members will receive new ID cards.

Have questions about your benefits? Contact the plan provider directly.
To find your provider and contact information, see below:

- **Anthem**
  844-437-0486

- **UnitedHealthcare**
  866-887-9533

- **Health Net**
  800-539-4072

- **Kaiser Permanente**
  800-464-4000 members
  800-324-9208 prospective members
  800-443-0815

"ARE THEY OPEN?"

Click here to see the holiday hours for Benefits Plans Providers

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**Campus Winter Closures**

- **UCSB Emeriti - Retiree Center** closed: Monday, Dec 23rd –re-opening on Thursday, Jan 2nd.
  The normal working hours for the UCSB Emeriti - Retiree Center Hours are:
  \*Monday - Thursday, 8:30 am to 1:30 pm\*

- **UCSB Library** closes at 5 p.m. on Saturday, Dec 21st—re-opening Thursday, Jan 2nd.
  Online access to research databases, electronic journals, and e-books is available on the [Library website](#).

- **Transportation & Parking Services** offices will be closed Monday, Dec 23rd—re-opening on Thursday, Jan 2nd.

- **Rec Cen** closed Dec 21st—re-opening Thursday, Jan 2nd.
How Gratitude can Help You Bounce Back From Setbacks
November, 2019 UCnet
Why are people often only fleetingly happy about positive events but persistently upset about negative events like setbacks? UC Davis has conducted extensive research to understand this. Read the article here.

Cancer Drug Shows Promise in Parkinson’s Disease Safety Trial
December, 2019 Medical News Today
Nilotinib, a drug that regulators have approved for the treatment of leukemia, has shown promise in a small clinical trial of people with Parkinson’s disease. Read the article here.

Lower Handgrip Strength Associated with Cognitive Impairment
November, 2019 National Institute on Aging
Handgrip strength may be a potential low cost easy way to help detect cognitive impairment and to identify people who may benefit from early interventions. Read the article here.

Scientists Find Surprising Age-Related Protein Waves in Blood
December, 2019 NPR
Scientists report that they’ve identified hundreds of proteins in human blood that wax and wane in surprising ways as we age. The findings could provide important clues about which substances in the blood can slow aging. Read the article here.

Don’t Miss Out!
The UCSB Emeriti Retiree Centers’ (ERC) primary outreach is via email. Our budget does not allow for frequent hard copy mail. (Only two newsletters are sent via US Post Service per year only to retirees who do not have email.)
To be added to our email distribution list, please send us an email at karen.rasmussen@hr.ucsb.edu. Thank you for allowing us to communicate with you in this manner.

The ERC emails a monthly newsletter, distributes pertinent benefits information, sends invitation to speaker presentations, outings and special events. Quarterly, the newsletter is posted on the Retirees tab of the Human Resources website.

Share Your Stories
What have you been up to?!
The UC Santa Barbara Emeriti—Retiree Center would like to highlight faculty and staff in retirement. What joys, discoveries and experiences have shaped your life in retirement? Let us know in pictures or words. Submissions will be shared with new retirees as part of a display at the Chancellor’s Reception for New Retirees in May. Send to at karen.rasmussen@hr.ucsb.edu.
Retiree Association

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 2020

January 15 – Adventures Sailing the Sea’s After Retirement with Ginny Johns, UCSB Retiree and world sailor.
Hear about the Johns’ adventures circumnavigating the globe!

February 19 – Santa Barbara Wildlife Care Network, with Claire Garvais (UCSB alum!)
Learn more about this organization that rescues, rehabs and returns to the wild sick, injured, orphaned, or oil-impaired wild birds and small mammals native to Santa Barbara county and to educate the public about living in harmony with wildlife.

March 18 - To be determined
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

You are a UCSB retiree + We are the UCSB Retirees association = It’s a perfect fit!
We invite you to join this active and vibrant organization created especially for folks like you. The UCSB Retirees Association (UCSB-RA) is a perfect way to stay engaged with your University and continue your friendships through a variety of activities and events. It also informs you of important issues relating to retirees and advocates for benefits and services. All retirees are welcome to join us!

The Emeriti and Retirees Annual Holiday Luncheon on Tuesday, December 10th was a lovely time! The new venue of Mulligan’s Café was a wonderful change and the food was delicious!
Happy Holidays to all UCSB Emeriti and Retirees. We hope to see you at a Breakfast Meeting, Board Meeting or a Retiree event in the New Year!
Have you moved recently?

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

⇒ Retirement At Your Service Online (UCRAYS) or UC Retirement Administration Service Center (RASC) customer service at 1-800-888-8267 Monday through Friday, 8:30 am to 4:30 pm (or 1-510-987-0200 from outside the U.S.) RASC then provides your updated address to your insurance carriers.

⇒ Social Security if you are on Medicare

⇒ The change of address form for retirees is found here –UBEN131. Once completed, the form should be sent to RASC (address on form)

⇒ 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.

IN MEMORIAM

Curtis Baker  
Facilities Management  
2009

Louise Harper  
Linguistics  
1995

Ian Ross  
Life Sciences  
2001

Rowand Chaffee  
Life Sciences  
1988

Lies Jaccarino  
Library  
1991

John Mohr  
Sociology

Napoleon Chagnon  
Anthropology  
1999

Sona MacMillan  
Marine Sciences Institute  
1993

Jonathan Ramsay  
Writing Program  
2014

Frank Goad  
Arts & Lectures  
2005

Roger Millikan  
Chemistry  
1993

Inès Talamantez  
Religious Studies

Losing a loved one is never easy, and it can be difficult to settle your loved one’s estate while you are still grieving. Please be assured that UC staff will work with you to explain any benefits available to you and to other survivors or beneficiaries. The Retirement Administration Service Center will be your primary point of contact. Service Center representatives can answer questions and guide you through the process of claiming both UCRP benefits and UC-sponsored health and welfare benefits, if you’re eligible. The best way to contact the Retirement Administration Service Center is by phone, at 1-800-888-8267 (or 1-510-987-0200 from outside the U.S.), 8:30 a.m.– 4:30 p.m. You can send mail to P.O. Box 24570, Oakland, CA 94623-1570. Detailed information can be found at Your Guide to Survivor and Beneficiary Benefits booklet.
One-on-One Consultations with Fidelity Financial Services

Have questions about your retirement income?

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 22
- Wednesday, February 26
- Wednesday, March 25

To make appointment, contact Andrew Fung directly at Andrew.Fung@fidelity.com

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Pre-registration is now open for a new Spain/Portugal tour to be held in March 2021. Don’t miss out… our 2020 trip sold out very quickly and incentives are available for those who pre-register by December 30, 2019. A very limited number of single rooms are available at no extra charge.

**Back Roads of Iberia: Spanish Paradores & Portuguese Pousadas**

**O.A.T. small group (16 max)**

This trip will be escorted by Sue Barnes, UC Retirees Travel program coordinator and former director of the UC Davis and UCLA retirement centers (with a minimum of 12 UC travelers).

Discover extraordinary beauty while staying in intimate Portuguese pousadas and Spanish paradores (historic inns). Details are pending, but itinerary will be similar to this 2020 trip.

**To Register**, call 877-220-2630; ask to pre-register for Back Roads of Iberia 2021 with UC Retirees Travel, Group #G1-28708. $350 p.p. deposit (refundable until details are finalized).

When you participate in UC Retirees Travel trips, you help to support CUCRA (Council of University of California Retirees Associations), a system wide consortium of volunteer representatives from all of the UC retiree associations. CUCRA represents retiree interests and advocates for retiree benefits through continued dialogue with UC leadership.

View more details about this trip and all upcoming trips at [http://cucra.ucsd.edu/travel/](http://cucra.ucsd.edu/travel/).
UCSB Emeriti - Retirees Center

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

PHONE: 805-893-2168
COORDINATOR:
Karen Rasmussen
E-MAIL:
karen.rasmussen@hr.ucsb.edu

UCSB Retiree Association
2019-2020

Officers
Sandy Camp, President
OPEN, Co-President
OPEN, Secretary
Ginny Turner-Scholl, Treasurer
Laurie Theobald, Membership
Donna Craig, Programs
Claudia Alphin, Programs
Barbara Anderson, Ex Officio
Robert Mann, CUCRA Rep

Members-at-Large
Marilyn Benson
Shirley Dunbar
Elizabeth Koch
Tippi Lawrence
Irene Pearce
Nancy Tanner

UCSB Emeriti Association
2019-2020

Officers
W. Douglas Morgan, President
OPEN, Vice-President
OPEN, Secretary
Open, Treasurer
William Ashby, CUCEA Rep

Board Members
David Chapman
Alice Condodina
Paul Hernadi
Bill Prothero
Tonia Shimin

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RETURN SERVICE REQUESTED
U.S. POSTAGE PAID
NON-PROFIT

Human Resources
EMERITI—RETIRES CENTER