



The CenterPiece

UC Berkeley Retirement Center

Retirement Center Mission Statement

The UC Berkeley Retirement Center is dedicated to developing programs and services that will contribute to the continued well being and creativity of retired faculty and staff.

What's New

Through the Center's efforts, many programs and services are now available to Cal retirees. See inside for details on new and revised computer classes, informative lectures on technology, health, insurance and housing, and docent-led tours at the Berkeley Art Museum and Lawrence Hall of Science. (Pages 4 & 5)

The Center has also arranged more ways for you to maintain access to the campus and continue participation in its services and activities. (Pages 2 & 3) We are especially pleased about our new relationships with:

- the School of Optometry—
a vision plan highlighted by a full visual exam and discounts on frames and lenses
- the Wellness Letter—
reduced rates on its newsletter and books
- Cal Athletics—
discounted season and game tickets

If you have ideas about programs or services you would like to see the Center provide, or are interested in helping us create new ones, please call us.

Would You Like To Help?

If any of these opportunities interest you, call the Center:

- Computer Users to assist retirees in our computer basics classes. (Eight to ten hours total)
- Help in Retirement Center office: answering phones, assisting visitors, updating resource library. (Two hours/week)
- A few people who would be interested in being docents at the Campanile. (Two hours/week)

Keep Those Calls And Visits Coming

We have received more than 1,000 calls and hundreds of visitors since the first CenterPiece reported our enhanced hours and staffing. We are delighted that so many of you have stopped by to see the Center or called to ask for our assistance.

Emeriti Contribute To Success Of The Freshman Seminar Program

This fall, thanks in part to the participation of Emeriti, the Freshman Seminar Program has the highest number of classes (120) in its history. If the spring 1999 offerings are equally robust, UC Berkeley will be in a position to announce that in 1998-99 the Freshman Seminar Program course offerings were sufficient to seat every first-year student in a seminar. Needless to say, this is a significant claim, one that should make an impression on the legislature, the public, and on highly qualified high-school seniors who are deciding which university they would like to attend.

Center Awarded Grant From Academic Geriatric Resource Program

The Center and Cal FIT, a program of Intercollegiate Athletics and Recreational Sports, have received a grant to create a six-week class on fitness for retirees. This class will combine lecture with experiential training to explore fitness options for the older person. Look for it in 1999! Meanwhile, see page 6 for more information on fitness options.

UC Berkeley Retirement Center

2 Boalt Hall #7200

Berkeley, CA 94720-7200

Tel: (510) 642-5461

Fax: (510) 643-1460

Email: ucbrc@uclink4.berkeley.edu

Center hours:

Monday-Friday 8:30 a.m. - 4:30 p.m.

Closed: 12:00 p.m. - 1:00 p.m.

The Center has arranged to extend these campus services to you:

ATTENTION !!!

To take advantage of these offers, **you must have ID showing that you are a retired employee of the University or the spouse beneficiary of a retired employee.** Both of these cards are available at the Center Monday- Friday between 1:00 p.m. and 4:00 p.m. For more information about ID cards or any of these special offers, call the Retirement Center at (510) 642-5461.

NEW!

Cal Performances Offers 15% Discount

Attend the following events at a fifteen percent discount off the listed prices:

Budapest Festival Orchestra & Andras Schiff, piano

Ivan Fischer, *conductor*

October 22 8 p.m. Zellerbach Hall \$20/\$32/\$46

Trinity Irish Dance Company

November 6 8 p.m. Zellerbach Hall \$18/\$26/\$32

Mark O'Connor, violin

December 5 8 p.m. Zellerbach Hall \$18/\$24/\$30

Klezmer Mania

December 22 7 p.m. Zellerbach Hall \$14/\$20/\$26

December 23 7 p.m. Zellerbach Hall \$14/\$20/\$26

This offer is limited to two (2) tickets per ID card and is not to be combined with any other discount.

To order, call the Cal Performances Box Office at (510) 642-9988, Monday-Friday from 10 a.m. to 5 p.m., or Saturday and Sunday from 10 a.m. to 2 p.m. Make sure to identify yourself as a UC retiree. For a free brochure that describes these and other Cal Performances events, call the Center at (510) 642-5461.

Library Cards

You are eligible for a free campus library card good for use at all UC Berkeley libraries.

Free hours at the Berkeley Art Museum

Enjoy the Berkeley Art Museum for free on Thursdays, noon to 5:00 p.m. Just show your Retiree ID.

NEW!

Cal Athletics

Two great bargains from Cal Athletics! Receive \$5 off general admission on the November 14th Cal-Arizona football game (limit one ticket per ID).

Buy basketball and football season tickets at the same price as active faculty and staff. Basketball season tickets, regularly \$370.00, are \$307.00. Call the Center for details.

Cal Rec Club

Join the Cal Rec Club at a 25% discount. Membership includes free morning aerobics, discounts on other recreational programs, and a box-size locker. Call the Center for a brochure.

International Travel Care

Personally tailored health and information packages for travelers are available from University Health Services. The custom packages are based on your itinerary, health history, and planned activities. Immunizations are available, as well as a computerized traveler's report. There is a fee for this program.

1999 Cal Calendar

The 1999 UC Berkeley calendar looks at Cal's past through historic photographs from the archives of the Bancroft Library. Entitled "Remembering Berkeley Through the Decades" and produced by the Office of Public Affairs, the calendar features a photograph from each decade from the 1890s to 1990s. Generally sold for \$12.50 plus shipping and handling, faculty and staff retirees can purchase it for \$10 plus shipping and handling. For more information, contact the Public Affairs Office at (510) 643-7843.

Campus Services Continued:



20/20 Vision Plan

In conjunction with the UC Berkeley Retirement Center, the UC Berkeley School of Optometry has developed a discount vision plan especially for retired campus faculty and staff. Located in modern facilities at Minor Hall and the Tang Center with state-of-the-art equipment, the School of Optometry provides access to the full range of vision care.

With the 20/20 Vision Plan a patient need only show a Retiree ID card, which can be obtained from the UC Berkeley Retirement Center. Cardholders may designate a co-beneficiary to the University Eye Center who is also eligible under this plan. For additional information about the School or the plan, or to make an appointment call (510) 642-2020. Be sure to identify yourself as a 20/20 Vision Plan member.

Benefits Include:

- A Comprehensive Vision Examination performed by a clinical faculty member for a maximum out-of-pocket cost of \$39.00.*
- A 20% discount on any other vision service received from the University Eye Center.
- A 20% discount on any ophthalmic materials (such as spectacles, contact lenses or low vision devices) received from the University Eye Center.
- A complimentary “Cal” eyeglass case when spectacles are dispensed.
- Free parking for patients at the Kleeberger parking lot (just next to Memorial Stadium) and a free shuttle ride to the eye center in Minor Hall from the lot.

*Where applicable, insurance will be billed first.



Wellness Bargains

The UC Berkeley Wellness Letter, the most successful health promotion/disease prevention publication of its kind, is offering retired faculty and staff a discounted rate on subscriptions. The first 12 monthly issues are available for \$15 (regularly \$28). You can also get a 25% discount on seven outstanding books and a free copy of the pamphlet, “Wellness Made Easy: 365 Tips for Better Health”.

Titles include: *Wellness Encyclopedia*, *The Encyclopedia of Food and Nutrition*, *The Wellness Guide to Lifelong Fitness*, *The Wellness Lowfat Cookbook*, *The Wellness Simply Healthy Lowfat Cookbook*, *The Wellness Nutrition Counter* and *The Wellness Self Care Handbook*. Copies of these books are on display at the Retirement Center, 2 Boalt Hall.

For a free pamphlet, a free sample copy of the Wellness Letter, or to subscribe, contact the Retirement Center at (510) 642-5461.



The CenterPiece

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Center Sponsored Events

All programs require reservations, except where noted. Call (510) 642-5461.

HEALTH AND LONG TERM CARE INSURANCE

Medicare, HMOs and Supplemental Insurance

Shelley Glazer, MSW, MPH

Director, UC Berkeley Retirement Center

Tuesday October 20 10:00 a.m.-11:30 a.m.

Thursday October 22 10:00 a.m.-11:30 a.m.

Whether you have just become Medicare eligible or have been on Medicare for some time, this program will enhance your understanding of Medicare basics and how Medicare fits in with HMOs and Supplemental Insurance.

Long Term Care Insurance: The Basics

Betty Soldz, BSW

Health Insurance Counseling and Advocacy Program

Friday November 20 1:00 p.m.-2:30 p.m.

The decision to purchase LTC Insurance requires a working knowledge of available products and how they differ. This basic session will address these issues as well as the questions you must ask yourself before you buy.

Long-Term Care Insurance Counseling

Before purchasing a long-term care insurance policy, it is vitally important to know all the aspects you must consider. The Center has arranged for free, one-on-one sessions with a community expert from the Health Insurance Counseling and Advocacy Program (HICAP). This is a state-funded program that provides unbiased professional assistance to insurance consumers. To make a confidential appointment, please call the Center.

OPEN ENROLLMENT ACTIVITIES

Question & Answer Sessions

Thursday November 5 1:00 p.m.-2:30 p.m.

Friday November 6 10:00 a.m.-11:30 a.m.

To assist retirees in better understanding the array of offered health plans, the Retirement Center will host two Q & A sessions. Although representatives of the health plans will not be present, Center Director Shelley Glazer will conduct the sessions. Light refreshments served.

Open Enrollment Fair Reminder

This year, the Open Enrollment Fair for East Bay retirees will take place from 10:00 a.m. to 1:00 p.m. on Friday, November 13th at the Waterfront Plaza Hotel in Oakland. Representatives of the UC Office of the President and the health plans will be available to answer your questions.

HOUSING

Home Is Where the Heart Is

Barrie Robinson, MSW

School of Social Welfare, UC Berkeley

Tuesday December 1 10:00 a.m.-11:30 a.m.

Most people prefer the option of staying in their own home throughout their lifetime. Even so, it is good to know about the many types of housing available should the need or desire arise to move from one's home.

Barrie Robinson is a nationally recognized expert in Retirement Housing. In this informative talk, she will discuss what housing options are available and how they differ in set-up and financing.

HEALTH

De-stressing your "Golden Years"

Alta Bates Medical Center

2850 Telegraph Avenue, Berkeley (Ashby Auditorium)

Monday November 9 10:00 a.m.-Noon

Cosponsored with PODS Medical Groups (www.podsmg.com)

Who says retirement is stress-free? Stress is a fact of life for everyone, and older people are no exception. Fortunately, you can do something about it! This program will help you to identify stressors in your life and develop a personalized strategy for coping with them.

ARTS/LEISURE

Transformations: The Art of Joan Brown

Docent-led Tour at the UC Berkeley Art Museum

October 23 11:00 a.m. No charge

Joan Brown (1938-1990), a gifted teacher who served on the University of California, Berkeley faculty from 1974 to 1990, was one of the most individualistic and dynamic artists to emerge from the creative milieu of the Bay Area in the 1950s.

The UC Berkeley Art Museum exhibit focuses on Brown's reflections on and relationships with "The World"—paintings reflecting her relationship to the world-at-large. Included in this exhibition are pivotal paintings of friends, models and animals, as well as works containing her pithy and witty observations on romance, dancing, swimming, and toward the end of her life, metaphysics.

Center Sponsored Events

All programs require reservations, except where noted. Call (510) 642-5461.

Realm of the Reptiles

Docent-led Tour at the Lawrence Hall of Science

Monday November 2 10:00 a.m.
\$3 (includes admission)

Realm of the Reptiles is an in-depth examination of the evolution, diversity, adaptability, eating habits, and means of protection of these complex animals. Along with robotic creatures, Realm of the Reptiles features engaging activities, interesting specimens, and information stations such as Reptile Hall of Fame and Lifestyles of the Cold and Scaly, packed with fascinating facts.

COMPUTER CLASSES

Classes are tailor-made for the beginning computer user. Intermediate users see back cover. \$5 fee per class includes instruction and materials. For questions or reservations, call the Center.

Computer Basics 1 and 2

The Most Basic Basics (2-session class)

Space Limited to 18 participants

Mondays: October 19th and 26th 10:00 a.m.-Noon
Wednesdays: October 21 and 28th 10:00 a.m.-Noon

These sessions introduce you to the very basic elements of computer use. They offer an overview of computer applications and hands-on training. You will learn what makes a computer "tick", how to use a keyboard and mouse, open, close and navigate through programs, and create and save files.

Electronic Mail (E-mail)

Space Limited to 18 participants

Saturday October 31 9:30 a.m.-Noon
Prerequisite: Completion of Computer Basics 1 and 2 or a working knowledge of the keyboard and the mouse

Keep in touch with friends and family-instantly! Get the latest information on health, finances or gardening sent directly to you! Students will learn how to set up a free e-mail account, create mailboxes and send and receive mail.

World Wide Web: The Internet Starter Course

Space Limited to 18 participants

Saturday November 7 9:30 a.m.-Noon
Prerequisite: Completion of Computer Basics 1 and 2 or a working knowledge of the keyboard and the mouse

Ever wanted to visit a far away land for dinner and be back the same night? Thought about long lost friends and

not known how to go about finding them? You can learn how to make both these events a reality by surfing the World Wide Web. This class will teach Internet basics, including how to use browsers and search engines.

TECHNOLOGY IN EVERYDAY LIFE

Technology is often invoked to describe things that make our world more robotic and less personal. There are, however, technological advances that enhance communication, especially when our own abilities or sensory systems are compromised.

This series explores these technological advances and how they can assist you on a daily basis. Four Tuesdays, 10:30 a.m. to Noon. Seating is Limited. Call for reservations and location.

October 27

Computer Use Made Easier

Mike Francisco

Computer Resource Specialist, UC Berkeley

This hands-on session demonstrates several adaptations that make computer use easier for those with vision, hearing or dexterity problems.

November 3

HearSay

Helen Lewis, Hearing Society-the Bay Area

Learn about advances in hearing aides and public FM listening systems. Find out what the Americans with Disabilities Act (ADA) requires regarding hearing impairment and what you need to know before you buy a hearing aide.

November 10

The Eyes Have It

Clinical Faculty, UC Berkeley School of Optometry

This session explains the latest in low and high tech devices that can enhance the quality of visual experience for those with vision impairment.

November 17

Doodads, Contraptions and Thingamagigs

Speaker TBA

There is a vast number of items that can make simple again those things which have become more difficult due to low vision, arthritis or other impairments. Discover what these implements are, how to find them and how to use them.

OnCampus

Retirement Associations Open for Membership

Are you a member of the UC Berkeley Emeriti Association (UCBEA) or the UC Retirees' Association at Berkeley (UCRAB)?

These organizations perform a critical advocacy function for retired faculty and staff. Each hosts luncheons featuring entertaining speakers and publishes an informative newsletter on a quarterly basis. UCRAB also organizes Bay Area trips and tours. For more information on how to become a member, call the Center at (510) 642-5461. For information about the Office of the President Retirees Association, call Keith Sexton (510) 376-5194.

Retirees Invited to Cals Project Anniversary Celebration

The CALS Project will host a five-year anniversary celebration with special guest Chancellor Berdahl. Retirees interested in learning about the CALS Project are encouraged to make a reservation and attend the December 8th event from 3:00 -5:00 p.m.

The CALS Project, a one-to-one and small group tutoring program, trains volunteer tutors to work with UCB staff and visiting faculty who want to improve their writing, speaking, reading or basic math skills. Most learners in the program come from other countries around the world and speak English as a second language. Retirees who serve as volunteer tutors are particularly valued for their campus and institutional experience. If you have further questions about the CalsProject, call Jane Griswold at (510) 643-5280.

Do You Volunteer at Cal?

Many of you still make a contribution to Cal by volunteering on campus. We would like to know how many of you there are and where you work. Please take a minute to call the Center and let us know. (510) 642-5461.

Exercise Is Good Medicine

*Susanne McQuade, M.A.
Coordinator, Cal FIT and Cal STAR*

“If exercise could be packed into a pill, it would be the single most widely prescribed, and beneficial, medicine in the Nation,” said Dr. Robert Butler

Researchers now generally agree that the physical declines noticed in many studies are not age-related, they are directly related to sedentary life style, bad habits, poor diet, and other factors not related to aging. Our body not only changes as we age, it changes as we become inactive—at any age!

Exercise is the key to a healthy and rewarding old age. Regular exercise can decrease the risk of cardiovascular diseases, certain cancers, high blood pressure, diabetes, osteoporosis, and depression. It can also improve body composition, enhance fitness, and increase strength. All of these variables contribute to the quality of life and may even prolong it. Regular exercise will improve energy, alertness, endurance, strength, agility, flexibility, performance, intelligence.

Remember, retired faculty and staff can take advantage of a special discounted membership at the Cal Rec Club. See the Special Offer section of this newsletter; read on for other discounts.

Cal FIT and Cal STAR

Joining a class is one of the easiest ways to ensure that you participate in a regular exercise program. **Cal FIT**, at the Recreational Sports Facility at UC Berkeley, has lots of instructional classes in sports, fitness, self-defense, and dance at a reduced fee for people 60 years and older. For more information or a schedule of classes, call Susanne McQuade at 643-8032.

Cal STAR is open to anyone with physical disabilities and offers a discounted membership to the fitness center, 50% off of most Cal FIT classes and access to many programs, including a free volunteer to assist the member during the chosen workout. Cal STAR members and volunteers also receive free 20-minute massages on designated days. For more information, call the Cal STAR office at 643-8031.

OnCampus

Questions and Answers on Proposition 1A

(Class Size Reduction Kindergarten-University Public Education Facilities Bond Act of 1998)

What is Proposition 1A?

Called the Class Size Reduction Kindergarten-University Public Education Facilities Bond Act of 1998, Prop 1A authorizes the state to sell a total of \$9.2 billion in general obligation bonds over four years to improve facilities throughout the state's public education system. Funds would be divided among public K-12 schools, the University of California, California State University and California Community Colleges. About 95 percent of UC's state funded capital budget for this fiscal year depends upon approval of this bond.

Proposition 1A, if approved by California voters on Nov. 3, 1998, would provide UC Berkeley with more than \$75 million to strengthen and repair buildings vulnerable to serious damage in a major earthquake.

How are bonds such as these financed?

General obligation bonds are a form of long-term financing for major construction projects such as schools and parks. They do not affect property taxes. Such bonds enable the state to borrow money and pay it back from the general fund, much like a person borrows money from a bank to buy a home and pays off the loan over a period of years.

How does UC Berkeley benefit from this bond measure?

According to a recent study, if a major earthquake occurred on the Hayward Fault, which runs through the heart of UC Berkeley, nearly one in three buildings on campus could present a threat to life safety. An even higher percentage of buildings would, in all likelihood, be rendered inoperable.

This bond will help make the campus a safer place even if a major earthquake strikes.

Which facilities at UC Berkeley would benefit from the bond measure?

LeConte Hall would receive one of the larger portions of the bond pie. Built in 1923, it houses a large lecture hall and many teaching and research labs for the Department of Physics. The historic site of the world's first atom smasher, built in 1929, and former home to six Nobel physicists, LeConte has been rated seismically poor.

Other critical projects that would benefit from the bond include Wurster Hall, which houses the College of Environmental Design; Barker Hall, with its numerous cell and molecular biology labs; and the two-story Archaeological Research Facility.

Berkeley has more older buildings than any of the other UC campuses, and 57 would threaten life safety in a quake. Passage of the bond would allow the most urgent projects to be completed and others to rise to the top of the list.

What effect might Prop 1A have on the state economy?

Supporters of Prop 1A say it would create more jobs and strengthen California's economy. The State Treasurer projects that the state can issue \$34 billion worth of bonds during the next 10 years while maintaining a debt ratio of six percent and in no way jeopardize California's credit rating.

Prop 1A has broad-based support from organizations and associations including the UC Board of Regents, California Taxpayers' Association, California Chamber of Commerce, California Professional Firefighters and Congress of California Seniors. Its opponents include People's Advocate, Inc., the National Tax Limitation Committee and Assemblyman Tom McClintock who maintain that the measure is too large and will obligate too much of the state budget for debt service.

For more information, call UC Berkeley Government Affairs (510) 642-7016

UC BERKELEY RETIREMENT CENTER
University of California
2 Boalt Hall, # 7200
Berkeley, CA 94720-7200

NON-PROFIT ORGANIZATION
U.S. POSTAGE PAID
UNIVERSITY OF CALIFORNIA

TIME SENSITIVE
MATERIAL

How to get to the Retirement Center

The Retirement Center is located in 2 Boalt Hall. Boalt Hall is located on Bancroft Ave., between Piedmont and College Avenues. Room 2 is on the ground floor, just off the fountain plaza.

By BART:

Take BART to the Berkeley Station. Exit the station. Proceed to the bus stop in front of Bank of America. Catch a *UCB Perimeter Shuttle*, which travels clockwise around the campus. Get off at College/Bancroft. The shuttle costs \$0.25.

By AC Transit:

AC Transit bus lines 7, 51, 52L, 604, and 605 stop at Bancroft and College. Bus lines 40, 40L, and 64 stop 3 blocks away at Telegraph and Bancroft.

By car:

Please call for directions (510) 642-5461.



Computer Users Survey: Please Respond

The Computer Committee of the Retirement Center is building a structure to support the needs of retiree computer users. To do so, we need to know about your interests and needs. We want your input on future classes beyond our current offerings for beginners. To participate, e-mail the Center at ucbrc@uclink4.berkeley.edu or call (510) 642-5461 before October 31st.