



the

CenterPiece

UC BERKELEY RETIREMENT CENTER NEWSLETTER

**Retirement Center
Mission Statement**

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

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CENTER HOURS

Monday–Friday:
8:30am–4:30pm
Walk-in hours: 1–4pm
Closed: Noon–1pm

**What's News**

With this issue of *The CenterPiece* we are pleased to present our new logo and newsletter format. Sather Gate has long welcomed all to the Berkeley campus, so we think its globe is a fitting symbol for the Center and its mission of ensuring continued connections with the Cal Community after retirement.

In keeping with this mission, the **Cal Connection** section highlights ways for you to maintain similar access to campus services and programs you had as active faculty and staff. In some cases, such as the 20/20 Vision Plan, the Center has established additional privileges (pp.2-3).

Center-Sponsored Events announces the eighth semester of our **Learning in Retirement (LIR)** series. These free lectures are arranged and taught by active and retired Berkeley faculty who volunteer their time. Offerings this fall include: *Legal Issues in the News*, *That Was the Molecular Biology That Was*, *The Biology of Memory*, and *A Century of Difference: Diversity and Social Change in America, 1900-2000* (pp.4-5).

We are also co-sponsoring two events: First, in collaboration with the UC Retirees' Association at Berkeley (UCRAB), the Center has planned a **day trip to High Hill Ranch** in the Sierra foothills, to which all are welcome (p.5); Second, we are co-hosting two **open enrollment informational workshops** with the Health Care Facilitator Program (p.6).

A special feature of this newsletter acknowledges those of you who have donated to our Endowment and Annual Fund (pp.8-9). With your help, the Center has been able to accomplish several goals

that would have otherwise been impossible, such as offering the Learning in Retirement courses free of charge and enhancing the **Retiree Return to Work** program that links departmental hiring managers to retirees who would like temporary part-time work assignments on campus. Further, we are able to provide stipends to graduate students working as interns at the Center, develop our computer classes, and ensure that staffing remains constant so we can maintain current levels of phone assistance and programming during these difficult budget times.

Finally, we wish the best to administrative assistant Christie Qualtrough, who leaves us to pursue her career in science. Christie's many contributions to the Center's development will long endure.

What Are You Doing In Retirement?

The Center has successfully launched a comprehensive eight-week pre-retirement planning program that has been enthusiastically embraced by active faculty and staff.

We are looking for retirees who are using this life-phase to pursue new and interesting endeavors. If you have begun a small business, are volunteering for an organization you have always wanted to work with, are pursuing artistic endeavors, or doing other interesting things—and would be willing to talk with current faculty and staff about your experiences or possibly be written up in *The Berkeleyan*—we would like to hear from you. Please phone or email Ronni Gravitz (projects@uclink.berkeley.edu) at the Center for more information.



Cal Rentals

Retirees and emeriti can use Cal's housing counseling and rental listing service. (Some services require a small fee.) For more information, call (510) 642-0706 or visit <http://calrentals.housing.berkeley.edu>.

Library Cards

You are eligible for a free campus library card good for use at all UC Berkeley libraries. Contact the Center for details on how to obtain a card.

ID Cards

To take advantage of the special Cal Connection offers, come by to receive your free identification card at the Center 1pm–4pm daily or request mail delivery. These cards identify you as retired staff, retired faculty or a surviving partner.

UC Botanical Garden

With your retiree ID card, you are eligible for free admission to the UC Botanical Garden. Established in 1890, the Garden's 34 acres contain over 12,000 different kinds of plants. It is a living museum of plants—many endangered or quite rare—from all around the world, arranged by region and planted in naturalistic settings of uncommon beauty. The Garden is open 9am–5pm year round. From Memorial Day to Labor Day hours are extended until 8pm, Wednesday through Sunday.

Chronicle of the University of California

The *Chronicle of the University of California* is devoted to the preservation of the University's past and the promotion of research in University history. The Chronicle offers you a 15% discount off the price of a single issue (normally \$20) or 15% off any two-issue subscription (normally \$36). Contact the Center to subscribe.

Cal Rec Club

Join the Cal Rec Club at a significant savings. Membership includes free morning aerobics and discounts on other programs. Contact the Center for a brochure.

Pacific Film Archive

The Pacific Film Archive (PFA) offers a reduced admission rate of \$5.00 to Cal, UCOP and LBNL retirees (the senior rate is \$4.50 for those age 65 and over).

Berkeley Art Museum

Enjoy free admission to the Berkeley Art Museum (BAM) with your retiree ID. The museum is open 11am–5pm, Wednesday–Sunday, 11am–7pm, Thursdays. A free docent-led tour and discussion of the exhibit ***Gene(sis): Contemporary Art Explores Human Genomics*** is available for retirees, their families and guests (p.4).

Night and Weekend Parking Coupons

Purchase a book of ten parking coupons for night and weekend parking for only \$40.00. Coupons are good in most campus lots.

To purchase by mail, please send a check for \$41.50 made payable to *UC Regents*, to the Retirement Center (the additional \$1.50 is for mailing costs). You may also buy them in person at the Center, Monday through Friday between 1pm and 4pm. *Note: Coupons are not valid in UC public lots for sporting or special events.*

Parking for Center Programs

When attending a Center-sponsored event, you are eligible for parking at the discounted rate of \$4.00 in any non-reserved parking space on campus. *You must contact the Center at least two business days prior to the day of the event to reserve your parking pass.*

Health Care Facilitator

Retirees with problems or questions about their health plans can receive confidential one-on-one assistance provided by the campus Health Care Facilitator (HCF). See update on HCF Program for contact information (p.7).

Wellness Bargains

The *UC Berkeley Wellness Letter* offers new subscribers a discounted rate of \$15.00 (regularly \$28.00) on the first year of a subscription. For a free pamphlet entitled "Wellness Made Easy: 365 Tips for Better Health," a free sample copy of the Wellness Letter, or to subscribe, contact the Center.



Cal Performances

Enjoy select Cal Performances events at fifteen percent off regular ticket prices. To order tickets, call the Cal Performances Ticket Office at (510) 642-9988. For more information on these and other Cal Performances events, visit their web site at <http://www.calperfs.berkeley.edu>. The Retirement Center discount is limited to two tickets per ID card and cannot be combined with other discounts. *Note: the Retirement Center discount is not available for on-line purchases or for performances not listed below.*

Enjoy the following events at a 15% discount off the prices listed below:

National Theatre of Greece, Medea	\$32(G), \$62(R)
Saturday	September 20 8pm
Sunday	September 21 7pm
U-Theatre, Drummers from Taiwan	\$22, \$30, \$42
Friday	September 26 8pm
Cloud Gate Dance Theatre of Taiwan	\$26, \$36, \$46
Friday	October 31 8pm
Saturday	November 1 8pm
Pascal Rioult Dance Theatre	\$26, \$36, \$46
Friday	November 7 8pm
Saturday	November 8 8pm
St. Petersburg Academic State Capella	\$24, \$32, \$46
Sunday	November 16 3pm

All events are at Zellerbach Hall, except Medea. The location for this event is the Greek Theatre. Seating is General (G) and Reserved (R).

20/20 Vision Plan at University Eye Center

Retirees and their designated beneficiary are eligible for this plan. Benefits include a comprehensive examination for a maximum out-of-pocket cost of \$49.00*, a discount on other vision services, a discount on ophthalmic materials (such as spectacles, contact lenses, or low vision devices), a complimentary "Cal" glasses case when spectacles are dispensed, free parking, and a free shuttle ride to the Eye Center.

For additional information about the plan or to make an appointment, call the UCB Eye Center at (510) 642-2020. Be sure to identify yourself as a 20/20 Vision Plan member.

**Where applicable, insurance will be billed first.*

Computer Equipment at The Scholar's Workstation

Doors are open for retirees to the campus computer retail outlet—The Scholar's Workstation (TSW). Retirees and surviving partners with a retiree ID card can purchase hardware and software at low educational prices. You can also place orders on-line with a credit card, using your CalNet ID and passphrase. Visit their web site: <http://www.tsw.berkeley.edu>. Emeriti and CRCN members can call the Center for a CalNet ID. All other retirees can fax a copy of their retiree ID after placing their on-line order.



The Scholar's Workstation is located on the ground floor of University Hall in Room 41. It is open 9am–4pm, Monday–Thursday and 9am–Noon on Fridays.

Internet and Email Access through Cal Retirement Center Network (CRCN)

Subscribe to the Retirement Center's email and Internet access service for just \$13.00 per month, plus a one-time \$10.00 set-up fee. Cost includes software, unlimited Internet access, an email account (with additional access to your email through a web browser), and a free Eudora email class. *Note: Eudora training is on PCs, however the information is applicable for Mac users.*

Retirees or surviving partners from UC Berkeley, Office of the President, or LBNL are eligible. Also, in order **not to incur** toll charges, check with your local phone company to ensure that calling the UC Berkeley campus from your home is a local call.

This program is a collaborative effort of the Center, Computing and Network Services (CNS), Workstation Support Services (WSS), and the Office of Resource Development (ORD). Contact the Center for details.

Long-Term Care Insurance Counseling

Before purchasing a long-term care insurance policy, it is important to know all the issues 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 contact the Center.



Center Sponsored Programs and Events

LEARNING IN RETIREMENT

Legal Issues in the News

Organized by Professor Emeritus Sanford Kadish, School of Law

Legal issues have always been heavily implicated in American public affairs. In recent years the law's involvement has been as wide and deep as it has ever been. We've selected a sample of current legal issues of this kind for more systematic treatment than is usually available in the media. The lecturers are all Boalt Hall professors with specialties in the issues discussed.

Thursdays, 3pm–5pm

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| September 4 | Professor Jesse Fried: The Problem with Executive Compensation |
| September 11 | Professor David Caron: The US, the World, and Terror: Two Years After |
| September 18 | Professor Charles Weisselberg: The War on Terror and the Detention of Aliens |
| September 25 | Professor Jesse Choper: The Supreme Court Today |
| October 2 | Professor Elizabeth Semel: Capital Punishment in the United States: Past, Present, and Future |

That Was the Molecular Biology That Was

Presented by Professor Emeritus Gunther S. Stent, Department of Molecular and Cell Biology

Molecular Biology became an identifiable discipline fifty years ago, upon the discovery of the DNA double helix by James Watson and Francis Crick. It has been widely acclaimed as one of the most important scientific developments of the second half of the 20th century. These four lectures trace the peculiar ideological context under which Molecular Biology arose, its lesson for the general history of science, its central dogma and philosophical ramifications, and, killed by its own success, its eventual death as an identifiable discipline.

Fridays, 2pm–4pm

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|--------------|--|
| September 12 | Other Laws of Physics and the Rise of Molecular Biology |
| September 19 | Prematurity and Uniqueness in Scientific Discovery, as Exemplified by the Long-Delayed Acceptance of DNA as the Genetic Material |
| September 26 | The Central Dogma of Molecular Biology and the Genetic Code |
| October 10 | Beyond the Genome: Explicit and Implicit Meaning of Genetic Information |

The Biology of Memory

Organized by Professor Emeritus Mark R. Rosenzweig, Department of Psychology

Memory serves to define each of us, and it helps us to deal with the world. Psychologists and neuroscientists have developed many ways of investigating memory and its neural mechanisms. Sessions in this series explore different forms of memory, the individual and social roles of memory, how aging and neurological diseases affect different kinds of memory, and the detailed bases of memory at the molecular and genetic levels.

Tuesdays, 2pm–4pm

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|--------------|---|
| September 30 | Professor Arthur P. Shimamura: Your Memory: A User's Guide |
| October 7 | Professor Robert T. Knight: Memory and Neurological Disease |
| October 14 | Professor John F. Kihlstrom: Personal and Social Memories |
| October 21 | Professor Mark T. D'Esposito: Aging and Memory: Insights from Brain Imaging |
| October 28 | Professor Frederic E. Theunissen: Molecules and Genes for Memory |



Center Sponsored Programs and Events

LEARNING IN RETIREMENT

A Century of Difference: Diversity and Social Change in America, 1900-2000

Presented by Professors Claude Fischer and Michael Hout, Department of Sociology

These lectures will present an overview of social and cultural change during the twentieth century, focusing on how Americans became increasingly different or similar to one another over about three generations. Professors Fischer and Hout will draw on their detailed analysis of a century's worth of census and survey data that will form the core of a book commissioned by the Russell Sage Foundation.

Tuesdays, 2pm-4pm

- | | |
|-------------|---|
| November 4 | How American Households and Families Changed—and Didn't |
| November 18 | Rising Living Standards and Inequalities |
| November 25 | How the Work Experience Changed |
| December 2 | Religious Diversity and Commitment |

Note: Although these LIR courses are free, pre-registration is required due to limited class size. Partners and spouses of emeriti and retirees are welcome.

TRIPS, TOURS AND WORKSHOPS

Berkeley Art Museum Tour

Friday September 26 11am

Join us for a free docent-led tour of the exhibit *Gene(sis): Contemporary Art Explores Human Genomics*. From glowing bacteria to transgenic mice and "manimals," **Gene(sis)** presents artists' visions of a post-genomic future. Featuring nearly one hundred works by renowned and emerging contemporary artists, this exhibition was co-produced by the Henry Art Gallery at the University of Washington and BAM/PFA.

Computer Classes

These classes are tailor-made for you. A \$10.00 per session fee includes instruction and materials. Parking can be arranged for \$4.00 per day. Call the Center for reservations or if you have any questions. Class space is limited to 18 participants.

Computer Basics (This is a two-session class.)

Thursday	October 30	9am-Noon
Friday	October 31	9am-Noon

Advanced Basics (This is a two-session class.)

Monday	November 3	9am-Noon
Tuesday	November 4	9am-Noon

Prerequisite: Completion of Computer Basics or equivalent experience.

World Wide Web: The Internet Starter Course

Wednesday November 5 9am-Noon

Prerequisite: Working knowledge of the keyboard and the mouse.

Apple Hill Tour

Thursday October 9 7:30am-5:30pm

Join us for a guided autumn tour in the Sierra foothills and wind down a country road filled with beautiful scenery and fruit-filled orchards. Our tour bus will depart from Berkeley and travel to the Placerville area to High Hill Ranch. The tour includes visits to at least two apple ranches and lunch in the pie house at High Hill Ranch consisting of BBQ chicken, macaroni salad, dinner roll with butter and honey, apple juice, coffee or tea, and a slice of apple pie. During the tour you will be able to purchase fresh fruit, apple and farm produce, crafts and homemade apple candy and fudge. Co-Sponsored with the UC Retirees' Association at Berkeley.

Please call the Center by August 28 for more details and registration information.

Medicare and Your UC Health Benefits

Tuesday September 30 10:30am-Noon

This program is for those who will soon become eligible for Medicare benefits (usually at age 65). The session will provide an overview of the Medicare program, explain how UC health benefits coordinate with Medicare, and identify issues to consider when selecting a plan. It will also detail what steps you will need to take with UC, Medicare, and your health plan to complete your enrollment successfully.



Center Sponsored Programs and Events

TRIPS, TOURS AND WORKSHOPS

Open Enrollment Workshops

Open Enrollment (OE), which is held in the month of November, offers UC annuitants a chance to change medical plans for 2004. Although no major plan changes are expected for 2004, we can expect costs to rise. Details about the 2004 medical plans will be available to members in time to make informed choices. To get the information that you need to make your OE decisions:

- Carefully review the OE materials which will be mailed to your home in late October or early November.
- Visit the UC Human Resources website at <http://atyourservice.ucop.edu> for frequent updates.
- Attend one of the OE Information sessions co-sponsored by the Retirement Center and the Health Care Facilitator program. Please note that separate sessions have been scheduled based on Medicare status.

Monday, November 17 **or** Wednesday, November 19

9:00am-10am non-Medicare plans

10:30am-11:30am Medicare plans

Please contact the Retirement Center at (510) 642-5461 to pre-register and for help with parking or transportation.

- Attend the Annuitant OE Fair on the morning of November 21. Look for details regarding the location and exact time of the fair in your Open Enrollment mailing. (Location and time are not available as we go to press.) Representatives from the medical plans as well as the Health Care Facilitator will be available to answer your questions.

On Campus and UC Systemwide

2003-2004 Lunch Poem Series

Lunch Poems, UC Berkeley's lively noontime poetry series, continues on the first Thursday of the month during the academic year, with a renowned poet reading each month. Admission is free. Readers this year will include Robert Hass, Maxine Hong Kingston, Lyn Hejinian, and Robert Thomas.

The series begins its fall events with its annual kickoff on Thursday, September 4 at 12:10pm in the Morrison Library in Doe Library. The kickoff features English professor and former U.S. Poet Laureate Robert Hass introducing campus figures from a wide variety of departments, reading their favorite poems. This year's dynamic group of readers: Nezar Al-Sayyad (Middle Eastern Studies), John Berry (Native American Studies), Frederick Dolan (Rhetoric), Elizabeth Dupuis (Doe Library), Jocelyne Guilbault (Music), Martha Olney (Economics), Christos Papadimitriou (Computer Science), Pablo Spiller (Haas School of Business), and Steve Tollefson (College Writing).

For more information visit: <http://www.berkeley.edu/calendar/events/poems> or call the Center to request a schedule or to be added to the *Lunch Poems* mailing list.



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Fitness Classes Tailored to Those 50+

The CalFIT program is all set for the fall. There will be two 7-week sessions including: Tai Chi, Keep Moving (light, yet challenging exercises to improve your mobility, balance, strength, coordination, and flexibility), Yoga, and Strength Training, all geared for those 50+.

Session 1 September 8–October 29

Session 2 October 27–December 17

All classes except for Keep Moving will be held at Strawberry Canyon Recreation Area (free parking available). Keep Moving will be held at the Recreational Sports Facility at 2301 Bancroft Way. For more information or to request a fall brochure, call CalFIT at (510) 643-5151.

Successful Health Care Facilitator Program Growing

The highly acclaimed Health Care Facilitator Program (HCF) has recently been expanded to include all campus and laboratory locations. The most recent addition to the HCF team is Andrew Clark, UC Office of the President (UCOP), who will serve their active and retired employees. Andrew has worked at Office of the President as a Customer Service Representative since March 2002; his excellent customer service and problem-solving skills will be a great asset to the UCOP and systemwide HCF programs.

Started in 1999 as a pilot program on the Berkeley and Irvine campuses, the HCF program offers confidential one-on-one assistance in resolving health care issues, as well as providing answers to coverage, statement, and billing questions. When asked what this program does for UC employees and annuitants, Deborah Lloyd, UC Berkeley facilitator, commented: "The Health Care Facilitator offers confidential assistance and support to navigate today's complicated health care system. When there are problems, we're there to help."

For your convenience, the HCFs on the Berkeley campus, at Lawrence Berkeley Lab, and at the UC Office of the President are listed below.

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*The UC Berkeley
Retirement Center*

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FALL 2003

How to reach the Retirement Center:

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

By BART:

Take BART to the Berkeley Station. After exiting the station, proceed to the bus stop in front of Scandinavian Designs. Catch a UCB Perimeter Shuttle to the intersection of Bancroft Way and College Ave. The shuttle costs 50 cents.

By AC Transit:

AC Transit bus lines 51, 52L, 604, and 605 stop at Bancroft Way and College Ave. Line 7 stops at Bancroft Way and Piedmont Ave. Bus lines 40, 40L, and 64 stop 3 blocks away at Telegraph Ave. and Bancroft Way. (Check with AC Transit for changes.)

By car:

Please call the Center for directions.