



the CenterPiece

UC BERKELEY RETIREMENT CENTER NEWSLETTER

RETIREMENT CENTER MISSION STATEMENT

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

CONTACT US

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CENTER HOURS

Monday–Friday:
9am–Noon and 1pm–4pm
Closed: Noon–1pm



Director's Notes

Encore. Service. Excellence. These powerful words reflect the mission of the Retirement Center and the continuing contribution of retirees to the University and to the larger community. As your new Retirement Center Director, I am honored to serve you in promoting our mission of programs and services that contribute to your wellbeing and creativity and support your beloved University.

We live in exciting and challenging times. Especially with the aging of Baby Boomers, individuals born between 1946 and 1964, visions for longer lives are in flux. New definitions of the possibilities and meaning of longer lives and “retirement” are gaining traction. UC Berkeley Professor, Marian Diamond, captured this movement with her expressed dislike for the term “retirement” as suggesting a period of resignation and departure from life. She proposes the term “redirection”—a time to rediscover or move in a different direction, and continue to surround ourselves with stimuli to fulfill our later years. (Visit http://www.asaging.org/asav2/mindalert/pdfs/booklet_2001.pdf)

Gene D. Cohen, M.D., Ph.D. has expanded our concepts for later life with his writings on human development in the second half of life. Dr. Cohen is the first Director of the Center on Aging, Health & Humanities at George Washington University and past Acting Director of the National Institute on Aging. He has expanded Erik Erikson's brief description of aging in Identity in the Life Cycle to four overlapping late life development stages: 1) Midlife Reevaluation Phase—Where have I been? Where am I now? Where am

I going? 2) Liberation Phase—a period of time to experiment and to innovate, 3) Summing-Up Phase—a period for life review, conflict resolution and social contribution, and 4) Encore Phase—a period of reflection and desire for continuation and celebration. (Visit http://www.asaging.org/asav2/mindalert/pdfs/booklet_2004.pdf)

In this issue of *the CenterPiece*, you will find a wealth of educational, service, resource and research opportunities that reflect the Center's commitment to the visions of Diamond and Cohen. This issue highlights new information about the free Elder Care program available for retirees through the University Health Services, the volunteer ambassador opportunities through the University's new CALcierge program, a special lecture on long-term care insurance, opportunity for participation in an aging research study, and educational courses on Issues and Challenges in Our Food System and the Invasion of North America by Exotic Species.

In the near future, you will hear from the Center about our consideration of a retiree volunteer program. The Center is also reviewing how we can take advantage of electronic communications to more effectively share information and resources with you and facilitate retiree input to Center programs and dialog among retirees. As more retirees share their email addresses with the Center, our capacity in these arenas will be enhanced. (See options for *the CenterPiece*, p. 8).

The Center staff looks forward to serving you and enriching your life.

Patrick C. Cullinane, MS, Director

ID Cards

To take advantage of the special Cal Connection offers, you must use a retiree ID card that identifies you as retired staff, retired faculty or their surviving spouse or partner. To obtain your card, come by the Center between 1pm and 4pm daily or call the Center to order by mail.

Cal Connections

The Retirement Center has arranged these discounts and events for retirees:

- Discounts on eye exams and eye glasses at University Eye Center
- Free admission to the Berkeley Art Museum
- Faculty/staff rates at the Pacific Film Archive
- Discounted membership at the Cal Rec Club
- Lower membership rates at the Faculty Club
- Free UCB Library Cards
- Assistance by a Health Care Facilitator (HCF)
- Access to free Health Insurance Counseling from HICAP
- Reduced price on issues of the Chronicle of the University of California
- Discounted Admission to Music Department concerts.
- Special membership rate at Osher Lifelong Learning Institute (OLLI)
- Discount on UC Press Publications
- Wellness Letter Discount
- Discounted membership at the Women's Faculty Club (WFC)
- Access to the Scholars' Workstation (TSW)*
- Two Email Options through the Cal Retirement Center Network (CRCN)

For details on any of these programs, email or call the Center or visit <http://thecenter.berkeley.edu>.

*In January 2009, TSW changed it's operations and location. It is now part of the Lower Sproul retail area in partnership with the ASUC and Follett, operators of the Cal Student Store. Retiree ID required.

Cal Performances

Enjoy select Cal Performances events at 15% off regular prices (limit two; cannot be combined with

other discounts and all sales are final). To order tickets, call Cal Performances at 510.642.9988 or order online. For more information and program locations visit: www.calperformances.org. *Note: discount is not available for on-line purchases or for performances not listed below.* All performances are in Zellerbach Hall unless otherwise noted. Retiree ID required at the door.

Academy of St. Martin in the Fields
Julia Fischer, violin & leader

February 14 8pm \$38, \$56, \$80

Ladysmith Black Mambazo

March 12 8pm \$24, \$34, \$46

Ang Lee & James Schamus

March 16 8pm \$16, \$24, \$30

Celebrating the Golden Age of Arab Music
Aswat (Voices)

Simon Shaheen, artistic director, oud & violin
Featuring Ibrahim Azzam, Sonia M'barek, Khalil Abonula, Rima Khcheich, and The Aswat Orchestra
March 17 8pm \$30, \$40, \$50

Murray Perahia, piano

March 19 8pm \$34, \$48, \$62

Nā Lei Hulu I Ka Wēkiu

March 28 8pm \$20, \$26, \$32

Estonian National Symphony Orchestra
Eri Klas, conductor

with Joyce Yang, piano
March 29 3pm \$36, \$56, \$70

Habib Koité & Bamada

April 3 8pm \$22, \$28, \$36

David Rakoff

April 4 8pm \$20, \$26, \$32

Krystian Zimerman, piano

April 24 8pm \$34, \$48, \$62

Dianne Reeves

April 25 8pm \$30, \$40, \$50

Australian Chamber Orchestra
Richard Tognetti, artistic director & leader
with Andreas Scholl, countertenor

April 26 3pm \$36, \$56, \$70

Eifman Ballet of St. Petersburg Onegin

May 1 8pm \$36, \$48, \$62



Center Program Information and Updates

LEARNING IN RETIREMENT

There are no enrollment fees for Learning in Retirement (LIR) courses, but advance registration is required. Please call the Center to register; course location will be provided with your confirmation. Parking information for Center-sponsored events can be found at the bottom of this page.

Economic Challenges For the New Administration

Organized by Professor John M. Letiche of the Department of Economics

Due to the early scheduling, the first course of the semester was announced by email and post card.

Nobel laureate Lawrence R. Klein and Professors Barry Eichengreen, John Quigley and Maurice Obsterfeld presented four separate lectures on the two facets facing the Obama Administration: The necessary measures to stimulate American economy to prevent sluggish long-term economic growth rates and the challenges facing the American economy in the global recession.

Issues and Challenges in Our Food System

Organized by Dr. Jerry Siebert, Emeritus, Department of Agriculture and Resource Economics and Policy

Four presentations will focus on different issues in the food system supply chain. The first will provide an overview of the global food supply and demand situation and identify some of the critical issues in the global food system. This presentation will be followed by three others focusing on food health and safety, nutrition, and water.

Mondays, 1pm–3pm

- March 2 Dr. Jerry Siebert, Cooperative Extension Economist Emeritus, Department of Agriculture and Resource Economics and Policy, “Issues in the Global Food System”
- March 9 Rosemary Mucklow, Executive Director Emeritus, National Meat Association, “How Safe is Our Food Supply?”
- March 16 Professor Janet King, Senior Scientist, Center for Nutrition and Metabolism, Children’s Hospital of Oakland, “Nutrition in Our Food Supply”
- March 23 Professor David Sunding, Department of Agriculture and Resource Economics and Policy, “Water: The Crucial and Essential Element in Our Food Supply”

Invasion of North America By Exotic Species: Is There Hope For the Future?

Organized by David Wood, Professor Emeritus of Entomology and Professor of the Graduate School

This three session course considers the impact of human transport of exotic insects and pathogens that threaten human health and the productivity of agriculture and forests in North America and change forever our natural ecosystems.

Wednesdays, 3pm–5pm

- April 22 David Wood, Professor Emeritus of Entomology and Professor of the Graduate School, “Confronting the Flow of Deadly Tree Insects and Pathogens”
- April 29 Professor Robert Lane, Department of Environmental Science Policy & Management, “Lyme Disease and West Nile Virus: Emerging Vector-Borne Diseases of Public Health Concern in California.”
- May 6 Dr. Kent Daane, Cooperative Extension Specialist, Department of Environmental Science Policy & Management, “Invasive Species in California Vineyards... and the Price of Wine”

Parking for Center Sponsored Programs and Events

When attending a Center-sponsored event, you are eligible for parking at \$5, plus \$2 postage and handling, in any non-reserved parking space on campus. You must prepay by sending a check or money order **to be received by the Center at least one week prior to the day of the event.** The Center will then mail the permit to your home for use at that program. Alternatively, you may come into the Center and purchase the permits in person.

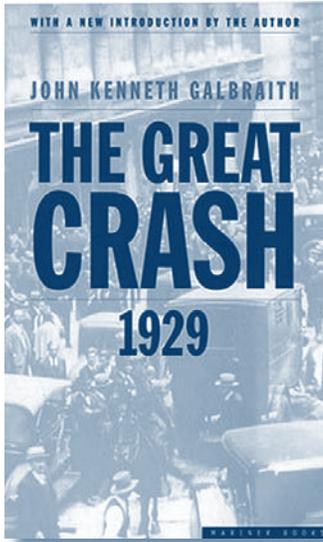


Center Sponsored Programs and Events

UCBRC Book Club

Tuesday February 17 10:30am–12:30pm

The UCBRC Book Club selection this spring is John Kenneth Galbraith, *The Great Crash: 1929*, a lively, short book on a relevant, if old, subject. It is available for around \$10 from Amazon, and probably from libraries and the big chain bookstores. Contact us if you would like to join the discussion. Professor Emeritus Robert Middlekauff, who launched this Center program, will lead the discussions. Registration required. Contact the Center.



Long-Term Care Insurance: Is It Right For You?

Wednesday April 15 2pm–4pm

The Health Insurance Counseling and Advocacy Program (HICAP) provides unbiased professional information and assistance about Medicare and related health insurance products and is state-funded.

Making a decision to buy long-term care insurance (LTCI) takes careful research. Should I buy LTCI? What is the best LTCI policy? What is the best company to buy from? What is the right age to buy LTCI?

These sessions explain long term care and options for its financing while focusing on the features and the pros and cons of long term care insurance. The sessions also include information about available products and how they differ and offer guidelines for deciding whether or not to purchase a LTC insurance policy. Contact the Center to register.

Systemwide and Campus Services for Retirees

Care Services Elder Care Program

This program offers confidential, free assistance for retirees who are caring for, or concerned about an elder. The Elder Care counselor can answer your questions, help you set priorities, and refer you to resources and caregiver support groups, both locally and long distance.

The Elder Care Program offers monthly workshops on topics related to legal, financial, medical and emotional aspects of caring for an elder. The free workshops are held on campus at the Tang Center, during the lunch hour.

The electronic Elder Care newsletter is available three times a year to e-mail subscribers and on the Elder Care webpage: <http://www.uhs.berkeley.edu/facstaff/care/eldercare/index.shtml>.

For assistance, please contact the Elder Care counselor at: University Health Services, Tang Center 2222 Bancroft Way, Berkeley, CA 94720-4300, call 510.643.7754 or email: maureenkelly@uhs.berkeley.edu.

Ask It!

Chances are there is something you have always wondered about, meant to look up or wished someone would explain. Now is your chance to satisfy your curiosity. E-mail donna.hemmila@ucop.edu your question, and we will find the UC brainiac who can answer it. Science, health, culture, language—whatever your question, don't be shy. Just Ask it!

Ask it! is looking to expand its network of UC-affiliated experts willing to answer reader questions. If you'd like to volunteer your expertise, please contact Donna Hemmila at donna.hemmila@ucop.edu. Include your area of expertise and department or program where you are affiliated.





On Campus and Around Campus

CALcierge Office

The campus recently started the CALcierge service to assist with faculty recruitment and retention under the auspices of the Vice Provost for Academic Affairs and Faculty Welfare. CALcierge was created to increase UC Berkeley's ability to recruit and retain faculty by offering assistance to new faculty during relocation and to support faculty during a retention process. This office offers both relocation and dual career services. The relocation services include referrals to housing, child care, elder care and information regarding local schools. Dual career services also are available to the spouse or partner of either a newly hired faculty member or a retention case. These services include assistance with resume writing and networking.

In addition to the academic appointment they are offered, faculty consider quality of life issues, such as the availability of high quality child care and employment opportunities for their spouse or partners, in deciding which university offer to accept. Many private universities, such as Stanford and Johns Hopkins, and public universities such as Michigan, offer formal relocation programs or dual career services. There are several UC partner opportunities programs at Santa Cruz, Davis, Irvine and San Diego.

Retiree Ambassador Opportunity with the CALcierge Office

The CALcierge Office is staffed by Lisa Bagnatori, a former geriatric social worker and Cal alumna. Ms. Bagnatori and Vice Provost Sheldon Zedeck met with the Center's Policy Board at its November meeting to discuss the role constituents might play in supporting their work.



One proposed idea is using retirees as valuable network resources for spouses or partners looking for non-academic work. For example, newly hired faculty member's accompanying spouse might be paired with a retiree who could help connect the spouse with local contacts in their professional field.

There might be other ways that retirees can serve as ambassadors to newly hired faculty and their spouse/partners. Lisa welcomes your ideas or suggestions. Contact her via email: lbagnatori@berkeley.edu or by phone 510.642.6610.

EVENTS

Day at the Races

Thursday April 23 11am

The UC Retirees' Association at Berkeley (UCRAB) invites you to join them at Golden Gate Fields in Albany. UCRAB's Day at the Races serves as the fundraiser for the UCRAB Scholarship Fund, which supports the campus' General Scholarship Fund. The long-term goal is to raise enough funds to endow an annual scholarship for children of staff retirees. Reservations are required. The \$31 cost per person includes



preferred parking, complimentary racing program and buffet lunch in the elegant Turf Club. Contact the Center for registration information.

Cal Day and Charter Gala 2009

Retirees are invited to join the campus in celebrating its 141st charter birthday celebration on Saturday, April 4. Two weeks later the campus has its annual open house—Cal Day! on April 18. During the open house, students, faculty, and staff are pleased to be your host for a day of discovery, learning, and fun on the Berkeley campus. You are invited to stop by the Retirement Center's booth during your visit to campus.





On Campus

Wanted for Participation in Aging Research Study

Healthy people age 70 and older are invited to participate in a study to investigate how thinking abilities change over time.

These studies are not expected to result in any medical benefit or cause you any harm. Subjects who are presently not in good health, who have had any history of neurological or psychiatric problems, or who cannot speak English proficiently should not volunteer for the study. When you call to volunteer for this study a research associate will ask you a series of questions to determine your eligibility. If you are chosen for participation, a consent form and the Subjects Bill of Rights will be given to you to read and sign on the day of the study. You will be given a verbal explanation of the protocol procedure and possible discomforts.

You will be paid \$40 for participation in this study. The study will take approximately 3-4 hours to complete.

You will come to the University of California, Berkeley, where you will have a brief medical interview and a medical examination. Following this, you will take a series of tests designed to assess your thinking abilities. These tests use pencil and paper or computers and involve things such as solving puzzles and remembering lists of words.

We will place your name on a list and contact you every 1 or 2 years and invite you back for retesting. We will also call you periodically to see if you are interested in participating in other studies in laboratories at Berkeley that are studying brain aging.

If you are interested in participating in this study please contact The Berkeley Aging Cohort Study at 510.643.6609. Our address is: Helen Wills Neuroscience Institute, 132 Barker Hall, University of California, Berkeley 94720-3190.

Center Sponsored Programs

RETIREMENT INCOME PLANNING

Planning Today for Your Fiscal Tomorrow.

Sponsored by the UCB Retirement Center, UCB Emeriti Association, UC Retirees' Association at Berkeley, President and Regents Retirees Association, Lawrence Berkeley National Laboratory Ex-Ls and the Chancellor's Office.

Friday, March 20, 1pm–5pm

Guest Speaker: Adrian Harris, UCLA Vice Chancellor—Planning, Emeritus

Adrian Harris established a unified planning office at UCLA, which coordinated academic, fiscal, physical, manpower, organizational, and environmental planning. He planned his own retirement for over 25 years, which was achieved on schedule at age 59 1/2, and has maintained a thorough knowledge of University of California and Government policies and procedures.

Since his retirement he has been providing advice on estate planning and financial retirement matters to faculty and staff at UCLA, other UC campuses, and other organizations, both individually and in group sessions, as a volunteer through the UCLA Emeriti/Retirees Relations Center. He responds to generic questions in his “Ask Adrian” column run in a number of UC emeriti and retiree newsletters, concerning financial and retirement matters.

This workshop has been designed to assist individuals of all ages in personal estate and retirement planning, understanding investment opportunities and strategies, and dealing with a wide-range of fiscal and related matters. Topics to be covered include key topics for those interested in retiring soon, including leaving survivors well informed, retirement needs, how to achieve planned goals, and converting assets into life-income. Adrian does not comment on specific investments, such as stocks, mutual funds, money-market funds, etc.

Email the Center at ucbrc@berkeley.edu or call 510.642.5461 to register. Space is limited, and course location will be provided with your confirmation.





the CenterPiece

The CenterPiece is published by the UC Berkeley Retirement Center, which reports to the Office of the Vice Provost for Academic Affairs and Faculty Welfare. The CenterPiece is distributed to annuitants of UC Berkeley, the UC Office of the President, and Lawrence Berkeley National Laboratory.

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On and Around Campus

The University Section Club - Annual Beehive Luncheon

Tuesday February 24 11:30am-2:30pm

UC Retirees are invited to join the University Section Club for its annual Beehive Luncheon and Silent Auction at the Unitarian Universalist Church of Berkeley, 1 Lawson Road, Kensington.

Enjoy poached salmon, salads, baguettes, cheeses and home baked cookies. Bid on unique Auction Treasures, buy jewelry and crafts, win a raffle basket full of goodies! Proceeds will fund UC student emergency grants.

Pay \$30 at the door or pre-reserve for \$25. Send your check payable to University Section Club, Inc. to Melinda Buchanan, 19 Tamalpais Rd., Berkeley, CA 94708. Please mail by Tuesday, February 18.

The International Film Festival on Aging

February 20-22

The UC Berkeley Center on Aging is pleased to sponsor this film festival celebrating the unique joys, challenges and opportunities of our later years, when our experience and wisdom are finally equal to our passion for life. The festival showcases the singular experience of becoming a true Elder.

Presented by the Pacific Institute and the AgeSong Senior Communities, this series illustrates the value of our Elders while challenging society's archaic preconceptions about growing older.

Films include international, independent and studio productions, from captivating animated shorts to touching and memorable feature length films and documentaries, all of which explore the complex issues of aging. See <http://www.filmfestonaging.org> for schedules and theater locations.

Association News

Mark your calendars for the following emeriti and retiree associations events coming up this spring.

UCBEA (<http://thecenter.berkeley.edu/ucbea.html>)

Luncheons - March 14 and May 9

Board meetings - March 10 and May 5

UCRAB (<http://thecenter.berkeley.edu/ucrab.html>)

Annual Day at the Races - April 23

Spring luncheon - March 12

Board meetings - March 18 and April 15

PARRA (<http://thecenter.berkeley.edu/parra.html> - coming soon)

Spring luncheon - April 16 - UC President Mark G. Yudof speaks at Hs. Lordship

EX-Ls (<http://www.lbl.gov/ex-l-express/> and <http://thecenter.berkeley.edu/lbnl.html> - coming soon)

Luncheons - February 19, May 21 and August 20

See websites for details and updates

UC BERKELEY RETIREMENT CENTER
University of California
1925 Walnut Street #1550
Berkeley, CA 94720-1550

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*The
Connecting
Link*

the CenterPiece
SPRING 2009

Directions to the Retirement Center

By BART: Take BART to the Berkeley Station. Exit the station. Walk two blocks north on Shattuck. Turn right on University. Walk one-half block east. Turn left on Walnut. Walk one-half block north. Building is on your right.

By AC Transit: AC Transit bus lines 1, 7, 9, 16, 18, 19, 51, 52L, 65, 67, 79, 800, 851, and F stop at the Berkeley Bart Station.

By car: Please call the Center for directions and parking information.

Campus Accessibility Information

Check out the online FASDI Access Guide, which includes building accessibility information, as well as other useful accessibility tools. <http://fasdi.berkeley.edu/index.cfm>

Options for *The CenterPiece*

As you may know the State is in the midst of a financial crisis, which has led to cuts in the Retirement Center's budget. In an effort to reduce our publication, printing, and mailing costs yet maintain our high level of programming, we would like to encourage you to subscribe to *The CenterPiece* by electronic delivery (email).

To "opt in" to the electronic delivery option, simply email the Center at ucbr@berkeley.edu. If ever you have a problem with your email version, you can always download previous copies of *The CenterPiece* from our website: <http://thecenter.berkeley.edu>