



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 by appointment
1pm–4pm Walk-in
Closed: Noon–1pm



BERKELEY
RETIREMENT
CENTER

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SUMMER 2009

CenterPiece

UC BERKELEY RETIREMENT CENTER NEWSLETTER

Director's Notes

Most healthy, educated and wealthy – these terms describe the current generation in the post-employment phase of their lives compared to any previous generation. In the United States, the number of persons age 65 and older is almost 38 million. California has the largest number of older adults of any state – over 4 million. The retirees of UCB, LBNL and UCOP are part of this growing reservoir of talent and experience.

This generation will face the same questions about post-employment life that previous generations have had to address. Namely, what do I now really care about, where do I belong, what is my legacy? Two recent texts have explored these questions and present visions for this later life phase focused on establishing relationships that honor skills, maturity, and experience. One is *The Third Chapter: Passion, Risk and Adventure in the 25 Years After 50* by Sarah Lawrence-Lightfoot, Professor of Education at Harvard University. The other is *Encore: Finding Work That Matters in the Second Half of Life* by Marc Freedman, Founder of Civic Ventures and Co-Founder, The Purpose Prize and Experience Corps.

Volunteer/Service – What Is Your Purpose? Tell the Retirement Center your interests and preferences for purposeful service activity. The enclosed survey will help the Center decide how best to support retiree interests. Note: You can complete the survey online to save time and expense.

New Spotlight: Retiree Value: Read on p. 4 about a distinguished retiree who continues to contribute to the research and teaching mission of the University. This

Spotlight introduces what will become a regular column in the newsletter.

What is HICAP?: The Center and the Health Insurance Counseling and Advocacy Program (HICAP) can help you answer health and long-term care insurance questions. In the article on p.3, you can learn how to make an appointment for a confidential, professional consultation in the Center office.

Can We Talk?: Twitter, Facebook, MySpace, Flickr – we have heard the words but what do they mean? Come learn how you can use these social networking sites to find information of value to you. See p.3.

Caregiving: Supportive Discussion: University Health Services' professional staff is offering a free brown bag luncheon series on Eldercare, addressing the challenges and rewards of caring for another. See p.2.

Retirement Center Staff Changes: Please welcome Summer Scanlan as our new Office Manager. She comes to us after several years' work at the UCB Library. We are very appreciative of Carolina Vasquez and Rafael Cornejo for helping with Center programs over the past year and wish them well in their future endeavors.

And Don't Forget! Help the Center save newsletter production and mailing costs and be more environmentally conscious with an electronic subscription. Go to the box on the address page of this newsletter to learn more about how to opt in for this service.

Patrick C. Cullinane, MS, Director



the *Cal* Connection

The Retirement Center has arranged these discounts and services



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
- Discounts on select Cal Performances events
- Use of Cal Rentals to find and list rentals
- Care Services Elder Care Program
- Discounted membership at the Cal Rec Club
- Lower membership rates at the Faculty Club
- Free UCB Library Card
- Resolve health plan problems through the Health Care Facilitator (HCF) program
- 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 @Berkeley)
- Discount on UC Press publications
- Wellness Letter discount for new subscribers
- Discounted membership at the Women's Faculty Club (WFC)
- Access to The Scholar's Workstation (TSW) @ Cal Student Store
- Email Forwarding and CalMail accounts through the Cal Retirement Center Network (CRCN)

For full descriptions and details on any of these programs, contact the Center or visit <http://thecenter.berkeley.edu>.

Audit Summer Sessions Courses at Cal

Bring your experience and viewpoints to a summer course. Berkeley Summer Sessions has created a greatly discounted means for you to audit class during summer. Those 55 years of age or older by May 26, 2009 may purchase a discounted Senior Audit Card for \$50, beginning March 31, 2009. You may audit any course with available seats with the exception of language courses, lab science courses, courses from the 2009 Linguistic Institute, and courses with limited enrollment, at the discretion of the instructor. For information visit summer.berkeley.edu/senioraudit or call 642.5611.

Berkeley Art Museum Tour & Tea

Friday August 7 2pm-4pm

Can art inspire conservation? Can conservation inspire art? *Human/Nature: Artists Respond to a Changing Planet* began six years ago in the form of these questions, triggering an unusual collaboration and an extraordinary and circuitous journey. BAM/PFA, in partnership with the Museum of Contemporary Art San Diego (MCASD) and the international conservation organization commissioned eight of the world's most thoughtful and innovative artists to travel to UNESCO-designated World Heritage sites and to create new works of art in response to their experiences there. Attendees are invited to enjoy a light tea after the tour. Contact us to register.

OLLI @Berkeley Interest Groups

Join others interested in topics such as memoir writing, California politics, Shakespeare, and poetry interpretation this summer. Participant-directed interest circles will be meeting from June 2-September 10 in University Hall. Not an OLLI member? Get a summer membership for only \$25! See the complete schedule and topics by visiting <http://olli.berkeley.edu> or call 510.642.9934 for more information.

Eldercare Summer Series

The Elder Care Counselor for UCB and LBNL faculty and staff, will be offering a brown bag lunch series at the Tang Center, on issues related to caregiving. The classes will combine lecture and input from participants. For workshop descriptions and registration e-mail carerserv@uhs.berkeley.edu or call 643.7754.



Center Program Information and Updates

HEALTH INSURANCE COUNSELING

Health Insurance Questions: Help is Here

The Health Insurance Counseling and Advocacy Program (HICAP) provides free and quality assistance to people with questions and/or problems relating to Medicare. Retirement Center constituents are eligible to make an appointment



and meet with a HICAP Counselor for a personalized session at the Retirement Center. Just follow two easy steps: 1.) Call HICAP at 510.839.0393, and 2.) Identify yourself as a Retirement Center constituent and request an appointment at the Center.

HICAP is a non-profit, volunteer-based program that does not charge for its services. Through trained Volunteer Counselors, HICAP provides information, education and advocacy in the areas of Medicare, medical billing and claims, Medicare Supplemental Insurance, Medicare Advantage Plans, Part D plans, Long Term Care

Insurance and insurance fraud or abuse issues. They help Medicare beneficiaries of any age make informed choices and provide advocacy when health care benefits and rights are threatened or denied.

The following individuals are served by HICAP:

- Current Medicare beneficiaries
- Adult children and other representatives of Medicare beneficiaries
- People 65 years and over who are: eligible for Medicare; about to begin receiving Medicare benefits; contemplating the purchase of Medicare related health insurance; or planning for retirement
- People younger than 65 years who are eligible for Medicare due to disability
- People needing information on Long Term Care Insurance

HICAP is part of the Legal Assistance for Seniors program in Alameda County. HICAP is funded through the Alameda County Department on Aging and Adult Services. Additional information about HICAP is available on the web at:

<http://lashicap.org/services/health-insurance-counseling-and-advocacy-program>

Center Sponsored Programs and Events

Social Networking on the Internet

Monday & Tuesday July 27-28 9am–Noon
Course fee: \$20

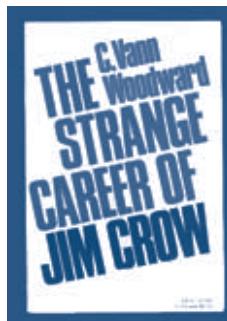
If you have not, yet, you will likely soon hear about social networking websites like Facebook and Twitter, MySpace, Flickr, LinkedIn and others. The most recent political season showed the importance of blog (web log) sites as new media news sources. Television networks like CNN have completely integrated this technology into some broadcasts. With the future status of print media unknown, one may find social networking a very good option for gathering and reading news.

This two-session course will define social networking, introduce you to some of the most popular and useful sites, and show you how to find the information important to you.

UCBRC Book Club

Thursday August 6 10:30am–Noon

The UCBRC Book Club selection this summer is C. Vann Woodward's *The Strange Career of Jim Crow*, Oxford University Press, paperback. C. Vann Woodward, who died in 1999 at the age of 91, was America's most eminent Southern historian, the winner of a Pulitzer Prize for *Mary Chestnut's Civil War* and a Bancroft Prize for *The Origins of the New South*. Professor Emeritus Robert Middlekauff, who launched this Center program, will lead the discussions. Registration required. Contact the Center.





Spotlight

EMERITI AND RETIREES OF DISTINCTION

Howard K. Schachman – Distinguished Emeritus



In retirement, many Berkeley emeriti continue to contribute to the intellectual life of the campus and add to the distinction of the University. An outstanding example of such is Professor in the Graduate School Howard K. Schachman, the recipient of the Berkeley Emeriti Association's Emeritus of the Year for 2008.

Professor Schachman is truly unusual among emeriti in that he has capped a very distinguished career as laboratory scientist, where he won many honors and awards, with dedication to issues of public policy affecting science where his maturity and experience count heavily. This started when he was appointed Special Advisor (1994) to the Director of the National Institute of Health who sent him as an NIH Ombudsman to visit American research institutions to insure the integrity of research. His findings were alarming and did not go unnoticed.

In 2001, the American Association for the Advancement of Science (AAAS) awarded Schachman the Scientific Freedom and Responsibility Award, and in the same year the American Society for Biochemistry and Molecular Biology (ASBMB) established the Howard K. Schachman Public Service Award. By way of remediation,

the NIH Director mandated that all graduate students and post-doctoral fellows supported by NIH Training Grants or Fellowships take a course on the responsible conduct of research. The course at Berkeley, MCB293B, was created and is still taught by Professor Schachman.

Professor Schachman, in the above mentioned course, draws attention to the dramatic changes in the conduct of biomedical research in academia with the radically altered position of universities toward patenting, particularly since the passage of the Bayh-Dole Act of 1980 that permitted universities to make money from discoveries based on publicly financed research. Questions are discussed about whether the change from publishing to patenting stimulates or inhibits research, and how the rise of commercial financing of research raises issues of academic freedom. Last November, Professor Schachman generously contributed a lecture titled "Openness in Academia is Essential" to the Learning in Retirement course on new forms of research support.

This brief review cannot cover the many honors of Professor Schachman's earlier career, but focuses instead on his later career, in what would normally be regarded as post-retirement years. Professor Schachman is an outstanding example of how the experience and maturity of aging faculty enrich the University and the nation's academic community.

Larry Waldron

Post-Retirement Planning

ACCESSING YOUR FIDELITY® ACCOUNT ONLINE

Monday July 20 10am-11am

The Retirement Center is partnering with Fidelity® Retirement Services to bring investment education to retirees. Our first session will provide hands-on information as it relates to online accounts at <http://netbenefits.fidelity.com>. In this session the facilitator will work from examples projected on a screen, while retirees can work with their own accounts. To facilitate this effort, please come to the workshop with a valid P.I.N. to get into your account. Don't know your P.I.N? Contact HR and Benefits at <http://atyourservice.ucop.edu> or 800.888.8267.

The session will run approximately 60 minutes and will cover:

- Understand Fidelity® Retirement Services' online account access system, available virtually 24 hours a day
- See how you can log on any time to access your account and manage your portfolio
- Learn how to use the system to help maximize your retirement

To reserve a space and find out the location of the program, contact the Retirement Center at ucbcc@berkeley.edu or by phone at 510.642.5461.



the CenterPiece

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Related Off Campus Announcements

A Camping Vacation for Grown-ups? Yes!

The Lair of the Golden Bear, Cal's fantastic summer family camp in the Sierra Nevada, is offering wonderful vacations in tent/cabins for ADULTS who love the outdoors. And we're offering a 15% discount for CenterPiece readers!

Club Lair: August 30 - September 6, 2009: Our programs include hiking, professionally led tennis instruction, kayaking, art, karaoke, yoga, and so much more, including our famous campfire shows.

Sports & Recreation Week: September 6-13, 2009: For the more physically active, fitness classes, along with expert instruction in tennis, golf, and hiking.

Women's Wellness Weekend: September 3-6, 2009: A relaxing, restorative session in fresh mountain air, with professionally led yoga, meditation, guest speakers, hiking, kayaking and much, much more!

For information, call 510.642.0221, e-mail lair@alumni.berkeley.edu, or visit online at www.LairoftheBear.org.

Join the UC Team for Aids Walk - SF

On Sunday, July 19, join students, faculty and staff on UC Berkeley's team for the Annual AIDS Walk San Francisco, (Northern California's largest and most successful AIDS fundraising event). Register by going to the official AIDS Walk web site at <http://www.aidswalk.net/sanfran> or by calling 415.615.9255. Be sure to give the UC Berkeley team number (0087).

Association News

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

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

Luncheons - September 12 and December 5

Board meetings - September 8 and December 1

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

Luncheons - September 17

Board meetings - July 15, September 16

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

EX-L's (<http://www.lbl.gov/ex-l-express/> and <http://thecenter.berkeley.edu/ex-ls.html>). Luncheons - August 20 & November 19.

The Cal Student Store invites you to enjoy

20% OFF

**your purchase of clothing,
gifts, or general books!***

*Not to be combined with any other offer. Expires 08/31/2009

 The Store That Counts Back!
100% of every dollar spent goes directly to student scholarships.
Berkeley & Temescal Campuses

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the **CenterPiece**
SUMMER 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 be more environmentally appropriate and 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 ucbrc@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>



Retirement Center Volunteer/Service Program Development

YOU CAN HELP



As University and community needs expand and resources diminish, retiree experience, wisdom and talent are needed and valued. Retirees can make meaningful contributions and add value to their lives. This activity also has health benefits for the retiree. Recent research indicates that volunteers have greater longevity, higher functional ability, lower rates of depression and less incidence of heart disease.

Consistent with the mission of the Retirement Center and Chancellor Birgeneau's vision, a Volunteer/Service Program can connect interested UCB retired staff, academics and emeriti, UCOP and LBNL retirees with volunteer and service opportunities initially on the UCB campus and later in the Bay Area community.

Your responses to this brief survey will help the Center develop a program that best fits your interests.

Note: You may complete this survey online at <http://tinyurl.com/qoqblo>. The online option immediately records your responses and saves you the time and expense of mailing the survey.

Please submit the survey by Monday, July 6, 2009.

Tell us about yourself

1. From where did you retire? UCB LBNL UCOP
2. How many years have you been retired? 0-5 6-10 11-15 16-20 21+
3. Are you retired staff faculty academic staff non-senate
4. Gender Female Male
5. Age 50-55 56-60 61-65 66-70 71-75
 76-80 81-85 85+

What volunteer activities interest you?

Services/Support Interest	Very High	High	Average	Low
Docent or usher at campus theaters and museums	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Supporting a fundraising initiative	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Environmental restoration projects	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Serving on advisory boards or committees	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Office support for a program that interests me	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Outreach efforts, e.g., advocacy, social, health	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Creative efforts, e.g., arts, crafts, music, writing	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
International volunteer projects	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>



Retirement Center Volunteer/Service Program Development

What volunteer activities interest you?

Development Interest

- Developing marketing and publicity materials for a program
- Developing a business plan for a program
- Project consulting

Very High	High	Average	Low
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Education Interest

- Tutoring and/or mentoring Cal students
- Tutoring and/or mentoring high school students
- Tutoring and/or mentoring elementary school students
- Tutoring and/or mentoring junior faculty

Very High	High	Average	Low
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Research Interest

- Research Assistant for a faculty member or program
- Research subject

Very High	High	Average	Low
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Other: (Please list any project that would interest you, even if you do not have the ability to volunteer at this time)

For each of your interest areas, please rate your talent and experience

Services/Support Talent and Experience

- Docent or usher at campus theaters and museums
- Supporting a fundraising initiative
- Environmental restoration projects
- Serving on advisory boards or committees
- Office support for a program that interests me
- Outreach efforts, e.g., advocacy, social, health
- Creative efforts, e.g., arts, crafts, music, writing
- International volunteer projects

Very High	High	Average	Low
-----------	------	---------	-----

Development Talent and Experience

- Developing marketing and publicity materials for a program
- Developing a business plan for a program
- Project consulting

Very High	High	Average	Low
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Retirement Center Volunteer/Service Program Development

For each of your interest areas, please rate your talent and experience

	Very High	High	Average	Low
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Education Talent and Experience

- Tutoring and/or mentoring Cal students
- Tutoring and/or mentoring high school students
- Tutoring and/or mentoring elementary school students
- Tutoring and/or mentoring junior faculty

	Very High	High	Average	Low
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Research Talent and Experience

- Research Assistant for a faculty member or program
- Research subject

Tell us what you think about volunteering

Compared to other things you do in your life, how important to you is volunteering?

- one of the most important
- very important
- somewhat important
- not very important

What inspires you to volunteer? (check all that apply)

- Help others/make a difference
- Be involved in my community
- Contribute to cause I care about
- Use my skills in a productive way
- Develop new skills/experience
- Meet people/make friends
- Free parking
- Free or reduced fees
- Direct contact with students
- Direct contact with faculty
- Free or reduced tickets to campus performance
- Other (please specify) _____



Retirement Center Volunteer/Service Program Development

Tell us about your past, current and future volunteer/service activity

Have you volunteered in the past 12 months?

Yes No

If yes, how much time do you estimate you spent on volunteering?

Per week (in hours): _____

Per month (in hours): _____

Are you currently volunteering?

Yes No

If yes, how much time volunteering?

Per week (in hours): _____

Per month (in hours): _____

Are you currently interested in volunteering?

Yes No

If yes, how much time would you like to spend volunteering?

Per week (in hours): _____

Per month (in hours): _____

Volunteer location preferences

Do you have any preferences for volunteering or service by location or campus department?

Yes No

If yes, what is your preference?

Let us know if you have other comments or suggestions below

Thank you for taking the time to complete this survey **by Monday, July 6, 2009**. If your addressed envelope is missing, please mail this document to:

UC Berkeley Retirement Center
1925 Walnut St. #1550
Berkeley, CA 94720