



# 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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Web: <http://thecenter.berkeley.edu>

### CENTER HOURS

Monday–Friday:  
9am–Noon by appointment  
1pm–4pm Walk-in  
Closed: Noon–1pm



BERKELEY  
RETIREMENT  
CENTER

### Director's Notes

“Question the status quo, confidence without attitude, being students always, and thinking beyond you.” These are four principles set forth by Dean Richard Lyons to guide development at the Haas School of Business. These principles are also valuable to the Retirement Center as we enter a time of renewal and reflection.

Such principles and aspirations do not diminish with age. In his book, *Positive Aging*, Robert Hill lists some of the key ingredients of positive aging: taking control of our lives, being active in our communities, being engaged with others, building close relationships, and seeking meaning and purpose.

A recent article in the *Atlantic* on the germinal work of Dr. George Vaillant at Harvard—titled “What Makes Us Happy?”—reported a 72-year study of 268 men who entered Harvard College in 1937. This study reinforced many other researchers’ conclusions that (1) close, long-lasting, and meaningful relationships are key to positive aging, and (2) engagement in purposeful activities are essential to the sense of a life well lived.

The Center strives to be not only your connecting link to the University but also to offer you opportunities to embrace these ideals so that you may live well as you age. The following are summer programs and information worthy of your attention:

#### Summer Series for Caregivers 2010

Retirees are welcome to participate in this brown bag lunch series offered by CARE Services of University Health Services. See p. 4 for details and registration information.

#### The Golden Age of Astronomy

The latest Learning in Retirement (LIR) series explores major recent discoveries in astronomy made possible by advanced telescopes and dedicated researchers. This free, four part series starts on Aug. 31. See p. 3 for details and registration information.

#### The Floating White House

Join the UC Retirees’ Association at Berkeley (UCRAB) and the Lawrence Berkeley National Lab retirees (EX-Ls) aboard the USS Potomac. The two hour cruise includes a docent led tour on the San Francisco Bay. See p. 5 for more information. *Act soon, as registration closes July 9.*

#### UC Benefits Task Force

The final power point on the challenges and future possibilities for UC pensions and health benefits is available online. Pension benefits for current retirees will not be affected but health benefits could change. [http://www.universityofcalifornia.edu/news/ucrfuture/task\\_members.html](http://www.universityofcalifornia.edu/news/ucrfuture/task_members.html)

#### The UC Commission on the Future

As it develops a vision for the future of the state’s public research university, the Commission is addressing the question, “How can the University of California best serve the state in the years ahead and maintain access, quality and affordability in a time of diminishing resources?” You can review the Working Group’s second round of recommendations dated June 14, 2010 at [http://ucfuture.universityofcalifornia.edu/presentations/cotf\\_second\\_rec.pdf](http://ucfuture.universityofcalifornia.edu/presentations/cotf_second_rec.pdf).

Enjoy the Summer. Be well.

*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

- Discounts on eye exams and eye glasses at University Eye Center
- Discounted 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
- Cal Athletics season tickets
- Cal Performances
- 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)
- 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/connect.html>.

Effective immediately, the UCB Retirement Center is no longer able to accept cash payments. Payments may be made by check or money order, only. Credit card processing is not available at this time.

Payments made to the Center include payments to the UC Retiree's Association at Berkeley, the UC Berkeley Emeriti Association, and for Center programs. Payments include:

- Association dues payments (make check out to UCBEA or UCRAE as appropriate)
- Parking permit purchases (make check out to UC Regents)
- CRCN Calmail payments (make check out to UC Regents)
- Course fees (make check out to UC Regents)
- Trip expenses (make check out to UC Regents or UCRAE according to registration form instructions)
- Luncheon payments (make check out to UCRAE or the Faculty Club according to registration form instructions)
- Donations (make check out to UC Regents, Foundation or an association as appropriate)

All of these payments, including parking permit purchases, may be made by mail. Please note purpose of payment on check memo line. Please contact the Center for any additional information needed.

### 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 visit the Center and purchase permits in person with a check or money order.

## Center-Sponsored Programs

### 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 page two.

#### The Golden Age of Astronomy

*Organized by Alex Filippenko, Professor of Astronomy,  
Richard and Rhoda Goldman Distinguished Professor in the Physical Sciences*

Join us to explore major recent discoveries in astronomy made possible by advanced telescopes and dedicated researchers.

Tuesdays, August 31 - September 21, 2010, 1 - 3pm

August 31: "The Birth and Early Evolution of the Universe"  
Dr. Alex Filippenko, Professor of Astronomy

September 7: "The Dark Side of the Universe"  
Dr. Chung-Pei Ma, Professor of Astronomy

September 14: "Gamma-Ray Bursts: Birth Cries of Black Holes"  
Dr. Joshua Bloom, Associate Professor of Astronomy

September 21: "The Search for Habitable Planets and Life in the Universe"  
Dr. Gibor Basri, Professor of Astronomy, Vice Chancellor for Equity and Inclusion

## Co-Sponsored Program

### FINANCIAL EDUCATION FROM FIDELITY

#### Fidelity Financial Planning Classes

Fidelity Retirement Services has joined with UC this summer to offer two financial education workshops and help desk services tailored for UCBCRC constituents. Take advantage of these free sessions to learn more about your UC Retirement Savings Plans.

##### Creating a Plan for Lifetime Income in Retirement

Learn how to create a retirement income plan, assess financial risks in retirement and take advantage of UC Retirement Savings Program tools and resources.

Friday	August 6	9:30am-11am
Thursday	August 19	9:30am-11am

##### Accessing Your Account Online

Learn more about using online tools for managing UC Retirement Savings Program investments

Friday	August 6	11am-12 noon
Thursday	August 19	11am-12 noon

To register for these classes, call Fidelity at 800.642.7131.

#### Fidelity Help Desk Drop-In Sessions

Stop by and ask a Fidelity Retirement Services counselor general questions about the UC Retirement Savings Program and to gather educational materials.

No registration or appointment is necessary.

University Hall Rm. 150, Berkeley

Friday	August 6	12 noon- 1pm
Thursday	August 19	12 noon- 1pm

UC Berkeley Retirement Center  
1925 Walnut Street, Berkeley

Friday	August 6	2pm-4pm
Thursday	August 19	2pm-4pm

#### Fidelity Retirement Services

Contact Fidelity Retirement Services for questions regarding your retirement savings account.

Phone: 866.682.7787

Web: <http://netbenefits.com/>



## Campus and Community Resources

### HICAP - HEALTH INSURANCE COUNSELING

Health Insurance Reform has introduced new questions about coverage and benefits. 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 to meet with a HICAP Counselor for a personalized session at the Retirement Center. HICAP can help you answer questions about Medicare Extra Help wherein more Medicare beneficiaries can qualify for Extra Help with their prescription medicines and changes in Medicaid coverage for low income older adults.

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.

HICAP is part of a Legal Assistance program for Seniors in Alameda County that provides legal representation to clients when necessary. HICAP is funded through the Alameda County Department on Aging and Adult Services.

Please call HICAP at 510.839.0393 if you have questions and/or would like to make an appointment at the Center. Be sure to identify yourself as a Retirement Center constituent.

### ELDER CARE PROGRAM SUMMER SERIES

Join Maureen Kelly, Ed.D, LCSW, Elder Care Counselor for UCB faculty and staff, and for LBNL employees, for these brown bag lunch series at the University Health Services, Tang Center on issues related to caregiving. The classes will combine lecture and participation from attendees. You may come to one or all three of the classes. Contact CARE Services at 510.643.7754 to register; be sure to identify yourself as a retiree when registering.

#### Caregiving Challenges

Thursday, July 15, 2010, 12:10-1:30pm

#### Caregiver Stress

Thursday, July 29, 2010, 12:10-1:30pm

#### Caregiver Grief

Thursday, August 5, 2010, 12:10-1:30pm

### UC ANNUAL ACCOUNTABILITY REPORT

#### Second UC Annual Accountability Report: At a Glance

Two years ago, University of California President Mark G. Yudof called for an annual, comprehensive assessment of performance across the UC system in meeting core goals reflecting teaching, research and public service missions. Upon completion of the first accountability report in 2009, he said, "I believe that we should be held accountable by parents, by students, by taxpayers, by employees, by the Legislature. People deserve an honest answer to the question of how you're doing, and it needs to be backed up by data."

The second University of California Annual Accountability Report indicates that the long-term decline in state funding for higher education is putting UC educational quality, access, affordability and diversity at risk. While it's too soon to assess the full impact of the state funding cuts of the past two years, the report, presented to the Board of Regents on Wednesday, May 19, by UC Vice Provost Daniel Greenstein, highlights nine trends.

The full report is available as part of the accountability section of the UC website: <http://www.universityofcalifornia.edu/accountability/>



## 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.

UC BERKELEY RETIREMENT CENTER  
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## Association Events

### UCRAB/EX-Ls JOINT TOUR - USS POTOMAC

July 15, 2010, 9:30am -12:30pm

Cost: \$35 per person

The "Floating White House" has a long and varied history. Built in 1934 as the Coast Guard Cutter Electra, it was renamed and converted to the Presidential Yacht USS Potomac by Franklin D. Roosevelt in 1936. The USS Potomac is docked at Oakland's Jack London Square.



The two-hour bay cruise and docent-led tour will be a joint event between the UC Retiree's Association at Berkeley and the Lawrence Berkeley National Lab EX-Ls. Cost includes complimentary coffee, tea and bottled water. Contact the Center for a registration form at 510.642.5461. *Registrations must be received by Friday, July 9th.*

Iola James, President, UCRAB

## SCHEDULE OF EVENTS

Mark your calendars for the following retiree association events.

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

Luncheon - Saturday, September 25

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

Potomac Day Tour - Thursday, July 15

Luncheon - Thursday, September 23

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

Fall 2010 (check web page)

EX-Ls (<http://www.lbl.gov/EX-Ls>)

Luncheons - August 19, November 18

The Cal Student Store invites you to enjoy

# 20% OFF

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

\*Discount applies to one item only  
and is not to be combined with any  
other offers. Expires 8/31/2010



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the **CenterPiece**  
SPRING 2010

**Directions to the 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, 18, 49, 51B, 65, 67, 800, and 851 stop at the Berkeley Bart Station.

**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 budget crisis deepens, which continues to lead 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). Simply email [ucbr@berkeley.edu](mailto:ucbr@berkeley.edu) with "electronic delivery" in the subject line. You can also download previous issues of *the CenterPiece* from our website: <http://thecenter.berkeley.edu>