



# The CenterPiece

## UC Berkeley Retirement Center

Volume 2, Number 3

### 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, staff and their families.

### What's News

In addition to the on-going special programs and services you will find in the Cal Connections section, we are pleased to announce several special events for the fall.

The Center has partnered with other campus units to bring you two featured presentations. The first is a series entitled *Caring for a Loved One with Dementia*, which begins in mid-September. This program includes lectures by leading experts on the clinical aspects of the disease as well as its financial and communication challenges. The second program features Dr. Shirley Chater, former United States Commissioner of the Social Security Administration, speaking on the future of Social Security (p. 4).

Because of its success last Spring, we are again offering *Wise Choices for Midlife and Beyond*, a support group for women. Also, in response to your many requests, we have added a class on how to buy a computer (p. 5).

One of the Center's objectives has been to ensure that retired faculty and staff continue to be included as part of the Cal Community. This not only means maintaining special access to campus programs and services, but also having the opportunity for participation in the campus community. One such opportunity that benefits both you and the campus is the *First Aid: Triage for Emergencies* course being offered to faculty and staff retirees by UC Berkeley's Office of Emergency Preparedness (p. 7).

Finally, we would like to remind you that all contributions to the Center's annual or endowment campaigns are needed and greatly appreciated. We can put the full amount of any annual fund contributions to work immediately. Contributions to the endowment fund are invested and the income from such investments is available to support the Center's work.

### Center and Campus Partner to Offer Retirees Email and Internet Access

Retirees can now take advantage of an "on-line" affiliation with UC Berkeley through a program called the Cal Retirement Center Network (CRCN). This program is a collaborative effort of the Center, Computing and Network Services (CNS), Workstation Support Services (WSS), and the Office of Resource Development.

For just \$13 a month, this unique program offers:

- ◆ One email account with a "berkeley.edu" address
- ◆ Unlimited access to the Internet
- ◆ Access to web pages and services available only to those connecting through UC Berkeley
- ◆ Software included at no charge
- ◆ Free training sessions on Eudora (an email software program) and navigating the Internet

To be eligible for this service, you must be either a retiree or surviving spouse beneficiary from UC Berkeley or Office of the President. In order not to incur any toll charges on your phone bill, you must live within the local dialing area of campus (approximately a 12-mile radius).

For more information or to subscribe, call the Center.

### UC Berkeley Retirement Center

2 Boalt Hall #7200

Berkeley, CA 94720-7200

Tel: (510) 642-5461 Fax: (510) 643-1460

Email: [ucbrc@uclink.berkeley.edu](mailto:ucbrc@uclink.berkeley.edu)

Website: <http://thecenter.berkeley.edu>

### New Center Hours

Monday-Friday: 8:30 am - 4:30 pm

Walk-in hours 1 - 4 pm

*Morning hours by appointment only.*

Closed: Noon - 1 pm

# The Connection

*The Retirement Center has arranged to extend these discounts and services to you.*

## Attention!!!

To take advantage of these offers, you must have ID showing that you are a retired staff or faculty member or the surviving spouse beneficiary of a retiree. Both of these cards are available at the Center Monday- Friday between 1 pm and 4 pm.

## Free Hours at the Berkeley Art Museum

Enjoy the Berkeley Art Museum for free on Thursdays, Noon to 5 pm by showing your retiree ID. (Free docent-led tour and discussion of Indian Painting exhibit for retirees, their families and friends, p. 5).

## Cal Rec Club

Join the Cal Rec Club at a twenty-five percent discount. Membership includes free morning aerobics, discounts on other recreational programs, and a box-size locker. Call the Center for a brochure (See p. 6 for Cal Fit Classes).

## 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.

## 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 the first year of a subscription. For new subscribers, the first 12 monthly issues are available for only \$15 (regularly \$28). You can also get a twenty-five percent discount on seven outstanding books and a free copy of the pamphlet, "Wellness Made Easy: 365 Tips for Better Health".

For a free pamphlet, a free sample copy of the *Wellness Letter*, or to subscribe, contact the Center.

## Cal Performances Offers 15% Discount

The Retirement Center discount is limited to two 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 am - 5 pm, or Saturday and Sunday from 10 am - 2 pm.

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

### Miami City Ballet

Thursday	September 23	8 pm
Zellerbach Hall	\$20/\$30/\$42	

Founded in 1986 by Edward Villella, this energetic young troupe travels the globe, winning praise for its precision, fervor, and world-class talent.

### Sasha Waltz

Friday & Saturday	October 1 & 2	8 pm
Zellerbach Hall	\$20/\$30	

Berlin-based choreographer Sasha Waltz is "a new force in German dance theater . . . definitely a major discovery," says the Los Angeles Times.

### Inti Illimani with Paco Peña

Wednesday	October 6	8 pm
Zellerbach Hall	\$18/\$24/\$30	

Showcasing songs from their latest release, *Lejania*, Inti-Illimani is joined by virtuoso guitarist Paco Peña (voted Best Flamenco Guitarist of the Year by Guitar Player).

### Les Ballets Africains

Friday	October 8	8 pm
Zellerbach Hall	\$14/\$20/\$28	

The Republic of Guinea's national dance company, Les Ballets Africains celebrates the magic, majesty, and rich diversity of West African culture.

### Laurie Anderson-Songs and Stories from Moby Dick

Tuesday	October 26	8 pm
Zellerbach Hall	\$18/\$30/\$42	

This gripping story of operatic scale, replete with wonderfully vivid language, a villainous enemy, and an unstoppable force of nature, has all the makings for an Andersonian spectacle of epic proportions.

### Klezmer Mania

Saturday	November 27	8 pm
Zellerbach Hall	\$14/\$20/\$28	

A magical celebration of Yiddish culture, featuring storytelling, theatrical performance, candle-lighting, nosherei, and the lively harmonies and melodies of klezmer.

# The Connection

*The Retirement Center has arranged to extend these discounts and services to you.*

## **Night and Weekend Parking Coupons Available**

Retirees can now purchase a book of ten (10) parking coupons for night and weekend parking for only \$20.00. That's \$2 per park! (Add an additional \$1.50 for mailing costs.) Coupons are good in any campus lot.

To purchase by mail, please send a check for \$21.50 made payable to UC Regents to the Retirement Center. Or you may buy them in person at the Center Monday through Friday between 1 pm and 4 pm. (Note: Coupons are not good for sporting events).

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## **Discounted Parking for Center Programs**

When attending a Center-sponsored event, you are eligible for parking at \$3 in any non-reserved parking space on campus. [*You must call the Center two days prior to the day of the event to reserve your parking pass.*]

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## **20/20 Vision Plan**

Retirees and a designated beneficiary are eligible for the 20/20 Vision Plan developed by the UC Berkeley School of Optometry in conjunction with the UC Berkeley Retirement Center. 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 twenty percent discount on any other vision service received from the University Eye Center; a twenty percent 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.*

## **Search No More For Affordable Computer Equipment**

The doors are now open for retirees to the campus computer retail outlet — The Scholar's Workstation (TSW). Retirees and surviving spouse beneficiaries who show their ID card can purchase hardware and software at low educational prices.

The Scholar's Workstation is located on the ground floor of University Hall in Room 41. It is open 10 am - 4 pm Monday-Thursday, and 10 am - Noon on Fridays. You can also find product information by going to the UCBRC web site (<http://thecenter.berkeley.edu>) and clicking on the link to The Scholar's Workstation.



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## **Cal Retirement Center Network**

Subscribe to the Retirement Center's Email and Internet access service for \$13.00 per month. Cost includes software, unlimited access to the internet, and an email account. For further details, see the article on page one.

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## **Library Cards**

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

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## **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.

## Center Sponsored Events

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

### REDEFINING RELATIONSHIPS:

#### CARING FOR A LOVED ONE WITH DEMENTIA

When an individual has dementia, family and friend caregivers face overwhelming emotional, spiritual, and intellectual challenges. They must learn to redefine their relationships with their loved ones. This series offers information and insight by leading experts. Call the Center for location.

##### ***Clinical Aspects and Current Management of the Disease***

Thursday September 16 12:10 - 1:30 pm  
Speaker: Jean Coleman, RN, MS UC Davis Alzheimer's Disease Center

##### ***Financial and Legal Planning for Long-term Care***

Thursday October 21 12:10 - 1:30 pm  
Speakers: Tim Millar, MBA, CFP; Millar Financial and Peter Stern, JD, Elder Law Attorney

##### ***Positive Communication Techniques in Dementia Care***

Thursday November 11 12:10-1:30 pm  
Speaker: Catherine Lee, Ph.D., Geropsychologist

Co-sponsored by the following UC Berkeley units: The Academic Geriatric Resource Program, CARE Services for Faculty and Staff, University Health Services; California Alumni Association, and The Retirement Center. Funded by The UC Berkeley Academic Geriatric Resource Program.

### SHIRLEY CHATER: THE FUTURE OF SOCIAL SECURITY

**Tuesday November 2 3-4:30 pm**

At the signing of the Social Security Act in 1935, President Franklin D. Roosevelt said: "We can never insure one hundred percent of the population against one hundred percent of the hazards and vicissitudes of life, but we have tried to frame a law which will give some measure of protection to the average citizen and to his family against the loss of a job and against poverty-ridden old age."

Social Security is now one of the largest and most successful federal social programs in the United States. American citizens believe that Social Security is one of the most important government programs, but at the same time many also feel Social Security may not be there for them because an increasing aging population may put tremendous strains on federal entitlement programs. Indeed, the United States is facing fiscal and demographic pressures that might usher in profound economic, social, and political changes in American society. Are these concerns as grave as they appear? Will Social Security continue to be there for us, for our children, for our children's children?

Shirley Chater, Ph.D., former Commissioner of the Social Security Administration from 1993-1997, will discuss these concerns as well as their possible solutions—privatization; raising the retirement age; means testing—to what some see as the "Crisis of the 21<sup>st</sup> Century."

Chater currently holds the position of Visiting Professor at the Institute for Health and Aging at the University of California, San Francisco. Her honors include being named as a University of California Regents' Professor from 1997-1998. She has also held faculty appointments at UCSF and here at Berkeley.

Co-sponsored by the following UC Berkeley units: The Resource Center on Aging/Academic Geriatric Resource Program, The Center on the Economics and Demography of Aging, The Center for the Advanced Study of Aging Services, The School of Social Welfare, The Retirement Center, and CARE Services.



# Center Sponsored Events

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

## COMPUTER CLASSES

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

### **How to Buy A Computer**

Friday October 22 1:30 pm-3:00 pm



Confused by all the different options available in today's computer market? This interactive session conducted by UC Berkeley's The Scholars' Workstation will introduce you to the major issues involved in buying a computer including: Personal Computer (PC) versus Macintosh (MAC); brand differences; new versus used; Y2K compliance; choosing peripherals (printers, scanners, storage devices); and what you need to get onto the Internet and use email. An optional tour of The Scholar's Workstation will follow.

### **Computer Basics**

The Most Basic Basics (2-session class)

Space is limited to 18 participants

Friday November 12 9 am-Noon  
Friday November 19 9 am-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, how to open, close and navigate through programs; and how to create and save files.

### **World Wide Web: The Internet Starter Course**

Space Limited to 18 participants

Friday December 3 9 am-Noon

*Prerequisite: Completion of Computer Basics 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.

## WOMEN'S SUPPORT GROUP

### **Wise Choices For Midlife and Beyond**

Six Tuesdays October 12-November 16

10 am-11:30 am Fee: \$40.00/\$30.00\*

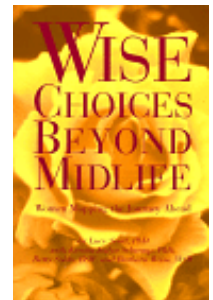
Cosponsored by PODS Medical Groups

Over age 50? Wondering what's next or where to go from here? You don't have to search for answers alone. The Center is sponsoring a Wise Choices support group for female retirees or retirees' spouses over age 50. Come join with others in sharing knowledge, fostering understanding, and exploring options.

Betty Soldz and Barbara Weiss (a UCB retiree), educational consultants on women and aging, and co-authors of the book *Wise Choices Beyond Midlife, Women Mapping the Journey Ahead*, will facilitate the six 1-1/2 hour sessions. All sessions will be held at an off-campus location convenient to parking and public transportation.

Reservations are required and space is limited. To reserve a place, send your check payable to UC Regents to: UCB Retirement Center, 2 Boalt Hall, Berkeley, CA 94720-7200. For questions or more information, call the Center.

\* PODS Medical Group members are eligible for a \$10 refund from PODS.



## ART MUSEUM TOUR

### **Dieties, Courtiers, and Lovers: Indian Painting from the Jean and Frances Marshall Collection**

Thursday October 7 1 pm

Docent-led tour and discussion especially for retirees, their friends, and families at the Berkeley Art Museum.

*Deities, Courtiers, and Lovers*, an exhibition of exquisite Indian miniature paintings, highlights a major collection recently given to the UC Berkeley Art Museum. The Jean and Francis Marshall Collection numbers over three hundred items; the exhibition will include roughly one third of these, featuring paintings and drawings that range in date from the fifteenth to the early twentieth centuries and that present the many appealing and disparate styles and trends found in Indian art.

# OnCampus

## Did you know...

Nine new ATMs have been installed in convenient locations across the campus, for your convenience. The credit union ATMs do not attach a surcharge for non-members.

### ATM Locations:

*Bank of America* : Haas School of Business, Terrace Cafe (Bechtel Engineering Building), Golden Bear Restaurant (Cesar Chavez Student Center) Pat Brown's Grille (Genetics & Plant Biology Building);

*Cal State 9 Credit Union*: MLK Student Union, Moffitt Library, Faculty Club, Clark Kerr Campus;

*USE Credit Union*: International House.

## Cals Project Seeks Basic Skills Tutors

UC Berkeley's Cals Project assists employees and visiting scholars with writing, reading, speaking and computation skills which allow for the full participation in their work, personal and community life. Cals Project tutors are active and retired volunteers who are matched with learners based on scheduling, compatibility and other criteria. Tutors and learners meet for one or two hours per week at convenient locations on- and off-campus.

To become a tutor, no teaching experience is required. Training is provided along with the ongoing availability of consultation and resource materials which are available at no charge. The next six-session training will take place between October 13th and October 29th. (If you have had equivalent training and/or experience tutoring with adults, an abbreviated orientation will be offered to you.) To find out more about the Cals Project, or to sign up for the up-coming training, call Jane Griswold at (510) 643-5280 or email her at: [jgris@uclink4.berkeley.edu](mailto:jgris@uclink4.berkeley.edu).

## Special Rates for Cal Fit Classes

Retirees do not have to be Cal Rec Club Members to receive the special rates for these exercise classes. Retirees 50-60 years old pay the affiliate fee, those over age 60 pay the student rate. Please call Suzanne McQuade, Cal Fit Director, at (510) 643-8032 for a full program brochure and enrollment information.

Class	Time	Student/Affiliate Rates
<b>Water Exercise</b> (Due to pool access, this class is for women only)		
Oct 19-Nov 30 (TuTh)	12:10 pm-1 pm	\$77/87
<b>Moving Mindfully</b>		
Oct 22-Nov 19 (Fri)	11 am-12 pm	\$36/41
<b>Regaining Mobility</b>		
Oct 22-Nov 19 (Fri)	10 am-10:55 am	\$36/41
<b>Strength Training</b>		
Oct 22-Dec 3 (Fri)	11:00 am-12:00 pm	\$31/35
Oct 22-Dec 3 (Fri)	1:05 pm-2:00 pm	\$31/35

## The CenterPiece

The CenterPiece is published by the UC Berkeley Retirement Center, which reports to the Office of the Vice Provost. The CenterPiece is distributed to annuitants of UC Berkeley and the Office of the President.

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# OnCampus

## The Health Care Facilitator is Here!

We are pleased to announce that the Health Care Facilitator (HCF) is now here to help you make full use of your UC-sponsored medical benefits. Deborah Lloyd, long-time UCB employee, is the new HCF for the Berkeley campus. She will be available to provide confidential one-on-one assistance to all active and retired faculty and staff, their dependents, and surviving spouse beneficiaries.

Deborah can help you understand your UC medical plan coverage and rights, as well as how Medicare benefits coordinate with the UC-sponsored medical plans. She can also help you navigate the health care system. If necessary she will work with health plans, doctors and other health care providers, hospitals, and government agencies such as Medicare to help you resolve your medical care, service or billing issues.

Deborah is located in the Human Resources Benefits Unit at UC Berkeley and can be reached by telephone at (510) 643-7547 or by electronic mail at [dblloyd@uclink4.berkeley.edu](mailto:dblloyd@uclink4.berkeley.edu).

## Retirees Sought for Research Study

Surprisingly, there has been relatively little scientific research on how our emotional lives change with age. Professor Robert Levenson, Ph.D., of the Institute of Personality and Social Research on the Berkeley campus, is currently conducting a study about emotions across the life span.

Retirees who are 60 years or older are being sought to assist Professor Levenson and his research team to gain more insight into this issue. Participation will involve a one-time, two-hour session at the UC Berkeley Psychophysiology Lab in Tolman Hall. During this session, participants will be asked to fill out a questionnaire about events and experiences that are important in their everyday life. Participants will also watch a few short films, during which some physical reactions (e.g., blood pressure, breathing) will be recorded. All information gathered will be anonymous and confidential.

All participants will be entered into a drawing for two \$100 prizes. If you would like to learn more about this study, call (510) 643-9119, ext. 5.

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## Theater Class

### ***Creative Performance, Creative Survival: Theater for the 21st Century***

Tuesdays September 14-November 2 2-4 pm

Rhodesa Jones, course instructor, is seeking members of the greater community with a diversity of interests, backgrounds, and ages. Call the Center for more information.

## First Aid Class

### ***Triage for Emergencies***

Tuesday

October 19

8 am-Noon



Taught by professional emergency responders, this 4-hour training will cover the basics of emergency medical care with an emphasis on practical information that will be relevant when most other resources are unavailable. Special techniques will be demonstrated that have been used on real-life large-scale disasters to make the emergency manageable. This is one of three courses being offered to UC Berkeley employees and affiliates by the Office of Emergency Preparedness on campus. They are extending this course to retirees because so many of you frequent the campus or live in close proximity. By taking this course, you'll be able to help no matter where you are.

To prepare for a major disaster, the campus has developed the HOME Team (Helping Our campus Manage Emergencies), a campus-wide network of trained disaster volunteers, who will work with emergency responders to increase response capabilities during a disaster. Team members are not people who have chosen emergency response as a profession, they are students, faculty, and staff across campus, who understand the reality of disasters: we will need to help each other until outside help arrives. The HOME Team, activated during a campus-wide emergency, will help save lives in our community. Call the Center for more information.

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

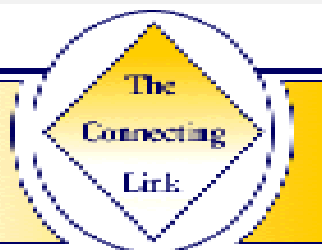
NON-PROFIT ORGANIZATION  
U.S. POSTAGE PAID  
UNIVERSITY OF CALIFORNIA

TIME SENSITIVE  
MATERIAL

See the Center on the Internet!

<http://thecenter.berkeley.edu>

UC Berkeley  
Retirement Center



**How to Reach 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 the Center for directions.