

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

UNIVERSITY OF CALIFORNIA

BERKELEY
RETIREMENT
CENTER

Director's Notes

“Ageism can be seen as a process of systematic stereotyping of and discrimination against people because they are old, just as racism and sexism accomplish this with skin color and gender. Old people are categorized as senile, rigid in thought and manner, old-fashioned in morality and skills....” So wrote Robert N. Butler, MD, creator of the term ageism, in his 1975 Pulitzer Prize winning book, *Why Survive? Being Old in America*. Sadly the field of gerontology and geriatrics lost this leading advocate for the dignified treatment of older adults on July 4, 2010.

Dr. Butler dedicated his professional career to challenging lawmakers, scientists, medical students and other healthcare providers to create systems of care and support in which older Americans can age gracefully. He was the first director of the National Institute on Aging and established one of the nation's first geriatrics departments associated with a medical school at Mount Sinai in New York City. At the time of his death, he was the president and chief executive of the International Longevity Center, USA, an organization focused on healthy aging, productive engagement and combating ageism and converting our life extension into more opportunity for a productive and equitable aging society. Their website -- <http://www.ilcusa.org/> -- is a rich resource of information on these concerns.

To see an example of how to support a productive and equitable aging society, check out the replication effort of the Coming of Age program developed in Philadelphia by Temple University. The San Francisco Bay Area counties of

Alameda and San Francisco, where the largest percentage of our retirees reside, just launched a version of this program. Go to www.ComingofAge.org/BayArea to learn more about their inspiring opportunities.

Post-Employment Benefits Task Force

The Task Force has released its recommendations to President Yudof. Go to <http://universityofcalifornia.edu/sites/ucprfuture/news-updates/task-force-issues-its-recommendations/> for more information. Also, read an informative interview at: <http://www.universityofcalifornia.edu/senate/news/source/andersonpebs.june2010.pdf> about the Task Force's work with Robert Anderson, UC Berkeley professor of economics, chair of the UCFW Task Force on Investment and Retirement. See p. 7 for information on the September 29 Online Town Hall Meeting.

Emeriti of Distinction

On p. 5, read about a retiree who is instrumental to the Center's Learning in Retirement (LIR) program.

Golden Age of Astronomy

Two sessions remain in this very popular LIR series. See p. 4 for more information and to register for the remaining sessions.

Election Preview Panel

In November, citizens across the nation will cast ballots that some pundits say could dramatically change the political narrative for the next several years. UCB, LA Times and SF Chronicle political reporters share their perspectives. See p. 4.

Welcome to our fall season. Be well.

Patrick C. Cullinane, MS, Director



Cal Connections

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.

- 20/20 Vision Plan discount plan at the University Eye Center
- Free admission to the Berkeley Art Museum
- Faculty/staff rates at the Pacific Film Archive
- Discounted admission to the UC Botanical Garden
- Cal Athletics season tickets discount
- Discounts on select Cal Performances events
- Use of Cal Rentals to find and list rentals
- Discounted membership at the Cal Rec Club
- Care Services Elder Care Program
- Chronicle of the University of California discount
- Email Forwarding and CalMail accounts through the Cal Retirement Center Network (CRCN)
- Lower membership rates at the Faculty Club
- Access to the campus Health Care Facilitator
- Free Health Insurance Counseling from HICAP
- Access to International Travel Care
- Free UCB Library Card
- Music Department performance discounts
- Osher Lifelong Learning Institute (OLLI @ Berkeley) membership discount
- Faculty/staff discount at the The Scholar's Workstation (TSW) campus computer store (does not apply to Apple or Adobe products)
- Discounts on online purchases at UC Press
- Wellness Letter discount for new subscribers
- Discounted membership at the Women's Faculty Club (WFC)

For full descriptions and details on any of these programs, contact the Center at 510.642.5461 or visit <http://thecenter.berkeley.edu/connect.html>

Special Offer from Cal Performances

Enjoy any Cal Performances 2010-2011 Season regular event at \$5 off. To order tickets, call Cal Performances at 510.642.9988 (2010-2011 Season discounts will only be available for in-person or charge-by-phone sales).

For more information and program locations visit <http://www.calperformances.org> or pick up a free season brochure at the Zellerbach Hall Ticket Office.

Note: This discount is limited to two tickets per retiree per event; is not available for Special Event performances; cannot be combined with other discounts, is not retroactive, and all sales are final. Retiree ID card required at the door.

OLLI@Berkeley Open House

Tuesday September 14 10am-12 noon

Join the Osher Lifelong Learning Institute at Berkeley for an Open House at Freight and Salvage to hear about OLLI@Berkeley's Fall 2010 program of workshops, courses, lectures, and travel adventures. Choose from 24 courses taught by distinguished Berkeley faculty and other expert instructors on art, politics, digital photography, new music, cutting-edge theater, modern dance, international travel, and brain science. Also, check out OLLI's information sessions about their weeklong programs at Mexico's Tahéima Wellness Resort and Spa. For more information, visit olli.berkeley.edu or call 510.642.9934. Don't forget to request your retiree membership discount!

UPDATE - The Scholar's Workstation

Effective immediately, retirees are no longer eligible to purchase Apple or Adobe software products from The Scholar's Workstation. These discounts have been given to retirees in error in the past. Vendor agreements with UC Berkeley restrict the discounted products to students and active employees, only.

Retirees will continue to receive educational discounts on other products at TSW -- just show your retiree ID at checkout.

Health*Matters Walking Group

Every Monday, Wednesday, and Friday
12:10pm, Campanile (South Side)

Retirees are invited to join the Health*Matters Walking Group. Led by Walking Leaders, participants take different routes through campus that accommodate all levels of fitness walkers, from moderate to brisk. Enjoy the benefits of walking by taking a 30-35 minute walk through campus with your colleagues.

For information regarding the Walking Group, please contact Health*Matters at 510.643.4646. The Walking Group is offered year-round.

Health*Matters is the UCB wellness program for faculty and staff and strives to build a healthy campus community that supports the health and well-being of faculty, staff and their families. This program is open to retirees.

Health Insurance Counseling and Advocacy Program - HICAP

With the passage of the health care reform bill, many retirees are wondering if and how their Medicare benefits will change. HICAP provides free and quality assistance to people with questions and/or problems relating to Medicare. Retirement Center constituents are eligible for free, personal sessions with a HICAP counselor at the Retirement Center. Just call HICAP at 510.839.0393, identify yourself as a Retirement Center constituent and request an appointment. Appointments are held on the second Wednesday of each month.

HICAP is a non-profit, volunteer-based free program that provides information, education and advocacy in the areas of Medicare, medical billing and claims, Supplemental Insurance, Part D plans, Long Term Care Insurance, and insurance fraud or abuse issues.

CARE Services Elder Care Program

CARE Services Elder Care Program is offering the following free workshops, to be held at the Tang Center on the UC Berkeley campus. Call CARE Services at 510.643.7754 to register or for more information. Be sure to indicate that you are a retiree when you call.

Free confidential assistance for those caring for an elder or dependent adult is also available. Call 510.643.7754 for an appointment with the Eldercare Counselor, or for a telephone consultation.

Dementia: Know the 10 Signs

Tuesday September 28 12:10-1:30pm
Presented by Alzheimer's Association

This workshop will present the ten warning signs of Alzheimer's disease, what is involved with getting a diagnosis, the risks associated with the disease, and the benefits of early detection.

Beyond the Barriers: Communicating Effectively with an Elder

Thursday October 7 12:10-2pm
Presented by Jennifer Rosvally and Shura Saul

Communication challenges between a caregiver and an elder can be stressful for the individuals and for the relationship. This unique workshop will use role-play to demonstrate successful communication techniques, and to validate one's experiences. Space is limited; register early.

Residential Living Options for Seniors

Wednesday October 27 12:10-1:30pm
Presented by Mary K. Stegner, The Stegner Registry

Learn the facts about independent living, assisted living, board & care, residential care, and skilled nursing facilities. Levels of care, services provided, including rehabilitation and respite care, and how to pay for care will be explored.

Long-Distance Caregiving

Thursday December 9 12:10-1:30pm
Presented by Maureen Kelly, Ed.D., LCSW

Are you a long-distance caregiver? Are there others like you, trying to help an elder from a distance? Come to this interactive workshop to learn when and how to help, and to find resources that can assist your elder and provide you with support.

Center-Sponsored Events

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 6.

The Golden Age of Astronomy

Organized by Dr. Alex Filippenko, Professor of Astronomy, Richard and Rhoda Goldman Distinguished Professor in the Physical Sciences, UC Berkeley

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

Tuesdays, 1pm-3pm

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

September 21: "The Dark Side of the Universe," Dr. Chung-Pei Ma, Professor of Astronomy

Why so Many Creatures and Why Does it Matter?

Organized by Professor Vince Resh and Professor Rosemary Gillespie, Department of Environmental Science, Policy, and Management

We hope you can join us for a Learning in Retirement series on Natural History to be held in November or early December 2010. Exact dates and times are to be determined. Contact the Center with your email address or phone number to receive program updates as they develop or to register for the wait list.

CLASSES, LECTURES, WORKSHOPS

Building a Portfolio for Any Weather

Thursday October 5 3pm-4pm

Join a Fidelity Retirement Services representative at this educational session and learn how to:

- Understand the role of asset allocation and diversification in choosing investments
- Identify your appropriate target mix
- Learn how and when you should adjust your mix

To reserve a space and find out the location of the program, contact the Center.

Election Preview Panel

Wednesday October 27 4:30-6:30pm

Cost: \$10 (Retirees and Faculty Club members)
\$15 (public)

Moderator: Gerald Lubenow, UCB Institute of Governmental Studies

Panelists:

Eric Schickler, Professor, Political Science

Susan Rasky, Associate Professor, Journalism

Merv Field, Founder of the Field Poll

Carla Marinucci, SF Chronicle, Political Writer

Mark Baraback, Los Angeles Times, Political Writer

A wine and cheese reception will precede the panel at 4:30pm; the panel will start at 5pm. The Faculty Club will offer an Early Bird dinner after the panel for an additional cost.

Call Myra at the Faculty Club to reserve your seat. 510.540.5678 x 224.

Fidelity Retirement Services

Contact a Fidelity Retirement Services representative with questions regarding your retirement savings account at 866.682.7787; hours are Monday - Friday, 9 am - 5 pm. You can also find information on the web at <http://netbenefits.com/>



Donald A. (Al) Riley– Distinguished Emeritus



Photo: Carolyn Serrao

Professor Emeritus Donald A. Riley (Al) is one of the founding fathers of the UCB Retirement Center. Some years ago, he, in a group led by Professor Robert Connick,

with Professors Adrian Kragen and Sheldon Messinger, approached Chancellor Tien on the matter, emphasizing that such a center would benefit the whole university community as well retirees. In spite of the usual complaints of lack of money, the Retirement Center later materialized.

This 88-year-old energetic emeritus professor is better known as having been the guiding spirit and skillful administrator responsible for the great success of the Learning in Retirement program that he and the late Emeritus Professor Mel Webber launched in 2000. He and Professor Webber correctly judged that the Berkeley faculty was a great resource that could be tapped for the enlightenment of retirees if approached with the hypothesis that almost every professor is willing to give a single lecture on the subject of his specialty. An astute early decision that there would be no stipend paid to lecturers, and no fees required of the audience of retirees has attracted both listeners and speakers. Much of the program's success is due to Professor Riley's friendly, persuasive approach to his Berkeley colleagues, making them aware of the receptive audience of retirees on the Berkeley campus.

Professor Riley's distinguished research and teaching career in the Department of Psychology has focused on animal cognition. Although he formally retired from the University in 1991, his research, publication and

guidance of graduate students has continued as have honors from his peers. In 1992 he was awarded the Berkeley Citation; in 2004 he was the Alumnus of the year, Ohio State University Department of Psychology; and this year he received the Comparative Cognition Society Research Award, and gave its keynote lecture.

Not only a long-time faculty member and Department Chair, he served four years as Associate Vice-Chancellor for Academic Development, giving him an intimate knowledge of campus administration. Al has given tirelessly of his time and his expertise in the service of retirees and emeriti since his own retirement in 1991. He served two terms as president of the Berkeley Emeriti Association, and today continues to serve on the Policy Board of the Retirement Center.

Professor Riley is a bird watcher, a former folkboat sailor (that's a classy wooden sloop), and contributes his strong baritone voice to the Faculty Club Monks. An informed traveler, he and his wife Carolyn have recently returned from a trip to Turkey.

Professor Riley is almost certainly familiar to those retirees who have attended Learning in Retirement courses. He attends all lectures himself and makes many of the introductions in which, with good humor, he communicates to both speaker and audience his lively interest in the subject. During the discussion he can always be counted on to ask a penetrating question or two.

Staff retirees, emeriti and the campus community have benefited greatly from Professor Riley's engagement in their affairs, including having been at the creation of the Retirement Center itself, and for launching and managing Learning in Retirement, one of its most successful programs. We are all in your debt, Al. Thank you!

Larry Waldron

Parking for Center Sponsored Programs and Events

Retirees are eligible to purchase daily parking permits for \$5 each to attend Center events. Send a check or money order to the Center to be received at least a week in advance of the program; include \$2 for postage and handling costs. Permits are for Center programs only. You may purchase permits in person at the Center during drop-in hours, M-F, 1-4pm. Call 510.642.5461 before dropping in to be sure that staff is available to assist you.



Campus and Community Programs and Events

Volunteers Needed

Haas School of Business Research Study

Neural Basis of Individual and Social Decision-Making Across the Lifespan

Researchers at the Haas School of Business are interested in how economic decision-making changes over the lifespan. Interested individuals age 60 to 85 will undergo a telephone screening session consisting of a 10 minute Mini Mental Exam. Participants accepted for the research will undergo behavioral experiments at the Berkeley Xlab as well as the Neuroimaging Center.

Experiment sessions will take approximately 90 minutes to complete, and participants will be paid according to their choices, which will range from \$20 to \$50. The study at large will take a maximum of 12 months. All the protocols have been approved by the Protection of Human Subjects Committee.

If you are interested in participating in this study, please contact Ming Hsu, Assistant Professor, Haas School of Business, University of California, Berkeley, Office: 510.642.1686, mhsu@haas.berkeley.edu, <http://neuroecon.berkeley.edu/recruiting>

Lunch Poems

First Thursday of the month 12:10pm - 12:50pm

Lunch Poems, a noon-time Poetry Reading Series under the direction of UC Berkeley professor and Pulitzer Prize-winning Poet, Robert Hass, is held Thursdays at lunch in the Morrison Library in the Doe Library on the UC Berkeley campus.

This event features distinguished faculty and staff from a wide range of disciplines introducing and reading a favorite poem.

This year's participants:

Juliana Spahr, October 7, 2010
 Indigo Moor, November 4, 2010
 Kay Ryan, December 2, 2010
 Camille T. Dungy, February 3, 2011
 Truong Trang, March 3, 2011
 Geoffrey G. O'Brien, April 7, 2011
 Student Reading, May 5, 2011

Admission is free. For more information, visit <http://lunchpoems.berkeley.edu/>

Section Club Fall Reception

Tuesday September 14 11:30am-2pm

UC Retirees are invited to join the University Section Club at its Fall Reception, which will be held on Tuesday, September 14, 2010 at University House from 11:30am to 2pm.

The Section Club is a non-profit support group founded in 1927 with two main goals: to bring together members from faculty, administration and staff in a variety of interest/social groups or "sections," and to offer practical and financial help to students on campus.

For more information, contact Mary-Ellis Adams at 510.528.4311 or visit: universitysectionclub.berkeley.edu.

Berkeley Historical Society Exhibit: Golden Bear Pioneers: UC Sports & Athletic Traditions from Their Beginnings to 1945

Sunday September 19 3pm-5pm
 Thursdays, Fridays, Saturdays 1pm-4pm

This exhibit opens September 19 at the Berkeley History Center, Veterans Memorial Building, 1931 Center Street.

Offering a glimpse into the early history of Cal sports and athletic traditions, the exhibit is a retrospective of the golden era of athletic endeavor in many sports. Photographs, tickets, programs, images and other artifacts will be on display. *Golden Bear Pioneers* was curated by Bart White and Keith Tower.

This free exhibit is wheelchair accessible and closes on March 26, 2011.

Call 510.848.0181 for more information.

Payment Policy Reminder

Effective May 2010, the Retirement Center no longer accepts cash payments.

Payments include: course fees, parking permits, and CRCN CalMail service, Emeriti or Retiree Association dues, and luncheon and event fees.

Payments may be made by check or money order, only. Contact the Center for more information.

the CenterPiece

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POST-EMPLOYMENT BENEFITS UPDATE

Task Force Releases Recommendations

As the month of August came to a close, major announcements were made regarding Post-Employment Benefits. After more than a year of deliberation, the Task Force presented its recommendations to President Yudof.

In summary, the Task Force recommends that UC:

- Increase employer and employee contributions to the UC Retirement Plan (UCRP) to 10 and 5 percent, respectively, by July 2012.
- Add a new UCRP pension tier for employees who join UC after July 2013. Several options are proposed, but all raise the minimum retirement age and require longer length of service to receive the maximum pension benefit.
- Change eligibility rules for retiree health benefits.
- Reduce UC contributions to retiree health insurance premiums.

Current retirees' monthly retirement benefit will not be reduced, and they will not be asked to contribute to UCRP.

You can find detailed information about current UC Retirement Pension benefits and the proposed changes at <http://universityofcalifornia.edu/sites/ucrfuture/news-updates/task-force-issues-its-recommendations/>

Online Town Hall Meeting: On September 29, 2010, 2pm, UC leaders will host an online town hall meeting to talk with the UC community. The systemwide town hall meeting will provide an opportunity to ask questions and share concerns about these complex issues and to hear directly from, and engage with, senior university leaders.

Panelists will include Nathan Brostrom, executive vice president for business operations; Dwaine Duckett, vice president for human resources; and provost Lawrence Pitts, executive vice president for academic affairs.

The meeting will be webcast at: <http://www.ustream.tv/ucevents>. No log-in is necessary to view the event.

Letter from President Yudof: On August 25, 2010, President Yudof addressed the recommendations via an open letter to the UC Community. You can see the letter online at http://atyourservice.ucop.edu/news/general/1008_yudof-taskforce-letter.html

Association News

Mark your calendars for the following retiree association events.

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

Board Meetings - September 21, November 2, January 11

Luncheons - September 25, November 6, January 15

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

Board Meetings - September 15, October 20, November 17, January 19

Luncheons - September 23, Holiday Party December 9

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

Luncheon - October 14

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

Board Meeting - October 14

Luncheon - November 18

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FALL 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 ucbrc@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>