

The CenterPiece

UC Berkeley Retirement Center

Volume 3, Number 1

What's News

Following publication of the first issue of *The CenterPiece* in 1998, thousands of you have called or visited the Center and participated in Center programs.

In addition to becoming home base for campus retirees, the Center has collaborated with other campus units to develop new programs and services that help you maintain your connection to Cal. Here are some of those connections.

The 20/20 Vision Plan offers retirees and designated beneficiaries comprehensive visual exams and 20 percent discounts on any eyewear at the School of Optometry.

Internet access and email accounts are now available to all retirees through the Cal Retirement Center Network (CRCN).

Berkeley Art Museum offers free Thursday entrance and specially arranged docent-led tours.

Discounted Parking on night and weekends and for Center programs.

The 50+ Fitness Class, a collaboration between the Center and CalFIT and funded by UC Berkeley's Academic Geriatric Resource Program, is an innovative way for older adults to experience different kinds of exercise modalities specifically suited to their needs.

Computer classes, developed in conjunction with a committee of fellow retirees, CalPact and The Teaching Library, have attracted over 400 of you who've now tackled keyboards for the first time and "surfed the internet" after

just three sessions.

Long-term Care Insurance Counseling, a free service offered through the State's Health Insurance Counseling and Advocacy Program (HICAP).

The Health Care Facilitator Program, now being tested on the Berkeley and Irvine campuses, was organized with the Retirement Center's active participation to assist retired and active faculty and staff with health plan problems.

We've also been involved in other activities that support the campus and its mission. By helping to increase the number of emeriti instructors in The Freshman Seminar Program and by offering field experience for students interested in the study of gerontology, the Center has contributed to the campus's academic mission. During this past year, the Center developed a comprehensive 10-week pre-retirement planning program that it piloted with the staff of the Undergraduate Affairs Division. To increase both the number of retirees available for temporary part-time work on campus and the scope of jobs available to retirees, we are working with the campus's Office of Human Resources.

To support further activities, and augment our core budget, the Center has created annual giving and endowment campaigns to which many of you have generously contributed.

First and foremost, the Center's staff is available to you. Whether you contact us for assistance in locating community resources, accessing campus services, or merely help with a computer problem, be assured we will do our best to be of service.

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.

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

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

Center Hours

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

Walk-in hours: 1 - 4 pm Closed: Noon - 1 pm

Morning hours by appointment only, please.

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 identification showing that you are a retired staff or faculty member or the surviving partner of a retiree. Both of these cards are available Monday- Friday between 1 pm and 4 pm at the Center.

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 the Roma/Pacifica 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.

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.

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.

Health Care Facilitator

Retirees having problems with, or questions about, their health plan can receive confidential one-on-one assistance provided by Deborah Lloyd in the Human Resources Benefits Unit at UC Berkeley. Call (510) 643-7547 or email dbllloyd@uclink.berkeley.edu.

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:

Ballet d'Afrique Noire

Sunday	April 9	3 pm
Zellerbach Hall	\$18, \$24, \$30	

Performed by the 30-member Ballet d'Afrique Noire in its native Wolof language, *Mandinka Epic* is an inspiring spectacle of music, song, and dance from the heart of West Africa.

Alvin Ailey American Dance Theater

Tuesday	April 11	8 pm
Zellerbach Hall	\$18, \$30, \$42	

The dancers of Alvin Ailey's renowned company have created poetry in motion for over 40 years, speaking the universal language of dance with dynamic power and eloquence.

John Scofield Band

Saturday	April 29	8 pm
Zellerbach Hall	\$16, \$20, \$26	

Perennial poll winner, charismatic band leader, and master improviser, guitarist John Scofield has been one of the most influential and distinctive figures on the jazz scene for more than two decades.

Merce Cunningham Dance Company

Friday	May 5	8 pm
Zellerbach Hall	\$20, \$30, \$40	

Modern dance legend Merce Cunningham enters his ninth decade universally acknowledged as one of the most influential artists of the 20th century. Always willing to experiment with new ideas and the latest technology (he was the first to use computers to redefine the boundaries of dance), Cunningham continues to set the standard for all that is revolutionary in contemporary choreography.

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 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).

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.*)

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 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.*

Internet and Email Access through Cal Retirement Center Network

Subscribe to the Retirement Center's Email and Internet access service for just \$13.00 per month. Cost includes software, unlimited access to the Internet, and an email account.

To be eligible for this service, you must be either a retiree or surviving partner 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).

This program is a collaborative effort of the Center, Computing and Network Services (CNS), Workstation Support Services (WSS) and the Office of Resource Development.

Affordable Computer Equipment at The Scholar's Workstation

The doors are open for retirees to the campus computer retail outlet — The Scholar's Workstation (TSW). Retirees and surviving partners 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 Monday-Thursday 10am - 4 pm, and 10 am - Noon on Fridays. You can also find product information by going to the Retirement Center web site (<http://thecenter.berkeley.edu>) and clicking on the link to The Scholar's Workstation.

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.

Alternatives to Medical Long Term Care: Financial and Legal Considerations

Thursday April 6 12:00 - 1:30 pm
Tim Millar, MBA, CFP and Peter Stern, JD, Elder Law Attorney

Writing Dementia: Looking at Caregiving in Prose and Poetry

Thursday May 4 12:00 - 1:30 pm
Lynn Freed, novelist and essayist; Lynne Knight, poet

When It's Not Alzheimer's: Related Dementias

Thursday June 8 12:00-1:30 pm
Elizabeth Edgerly, PhD., Program Director
Alzheimer's Association/Greater SF Bay Area

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

Caregiver Discussion Group Forming

CARE Services/University Health Services and the UCB Retirement Center are forming a discussion and support group for emeriti and retirees who are caring for a loved one with Alzheimer's or other related dementia. This is an opportunity to share problem-solving techniques, experiences and emotional support with other dementia caregivers. For date and time information, please call the Center.

50+ Fitness Class

Fridays April 14 - May 5 9:30 am-Noon

The Center, along with the CalFIT Program of Intercollegiate Athletics and Recreational Sports, has developed a fitness class especially for those age 50 and older.

The 50+ Fitness Class introduces participants to an array of exercise options. Each class is designed to provide reliable information, exercise demonstrations and exercise practice in a friendly, supportive environment. Students will hear lectures on topics such as nutrition, and creating and maintaining an exercise program that is right for you. Fitness demonstration and practice includes strength training, Tai Chi, gentle aerobics and dance for fitness.

This on-campus program is being funded by a grant from the UC Berkeley Academic Geriatric Resource Program, so the cost to participants is only \$10. Call the Center for a more detailed brochure.

Talk With Your Health Plan

The Center and UC Berkeley Benefits Unit have arranged for your health plans to come to campus. In addition to answering any questions you might have, each plan will give a general plan overview including selecting, utilizing and changing your primary care physician; how referrals and specialists are handled; prescriptions and formularies; emergency care and out-of-area coverage and wellness and preventative program offerings.

<i>Kaiser Senior Advantage</i>	March 23
<i>PacifiCare Secure Horizons</i>	April 6
<i>UC Care</i>	TBA
<i>High Option</i>	TBA

HealthNet Seniority Plus held their talk on February 17th. An individual postcard was sent to their membership.

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

(There is no fee for this class.)

Friday March 24 1:00 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; 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 (*This is a 2-day class.*)

Space is limited to 18 participants

Monday March 27 9 am-Noon

Tuesday March 28 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

Wednesday March 29 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.

ART MUSEUM TOUR

Roma/Pacifica: The Phoebe Hearst International Architectural Competition 1898-1930

Thursday April 13 1 pm

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

A century ago, The Phoebe Hearst International Architectural Competition was held to determine a master plan for the buildings and setting of the University of California, Berkeley. The brainchild of acclaimed California architect Bernard Maybeck, the competition was sponsored by Phoebe Apperson Hearst, who, along with the university regents, envisioned Cal as a classical "city beautiful" on the Pacific Rim of the Western world. This remarkable exhibition takes us back to 1898 and the competition's final phase. It features rarely-seen preparatory sketches, and the stunning large-scale final drawings from the competition. Also on view is a selection of fascinating archival photographs and other related materials, providing a fitting celebration on the centennial of the University of California's coming of age.

Related Events

CONFERENCE

Sharing Ideas... Improving Associations: 7th International Conference On Retirement In Higher Education

Saturday May 27—Monday May 29, 2000
U.S. Grant Hotel, San Diego, CA

Join with others from the U.S. and Canada to discuss retirement in higher education. The goal of this year's conference is to improve existing higher education retirement associations and centers; to share ideas for the development of new higher education retirement associations and centers, and to foster excellence in retirement planning and retirement education in higher education institutions. Call the Center for a full brochure. Early bird registration by March 31st.

OnCampus

Paul R. Gray Named Executive Vice Chancellor and Provost

Paul R. Gray, dean of the College of Engineering at the University of California, Berkeley, has been named to succeed Carol T. Christ as the campus's Executive Vice Chancellor and Provost.

The appointment requires approval by the UC Board of Regents and is expected to become effective July 1, 2000, when Christ has announced she plans to return to teaching.

Chancellor Robert M. Berdahl praised Gray as a strong academic leader with a reputation across campus as a dean of notable competence and vision. "Paul Gray has shown a deep commitment to the mission of this great public university and brings to this crucial position the skills and enthusiasm necessary to maximize the possibilities and opportunities before us. I am absolutely delighted to have Paul as a partner as we move forward," said Berdahl.

"I am honored to have this opportunity to work with the chancellor, senior administrators and the campus community to help make the tremendous progress we envision for Berkeley in this new century," said Gray. "Berkeley's excellence spans the domains of knowledge - the humanities, arts, sciences, social sciences, engineering and the professions. Our goal is to support and enhance that excellence for students, scholars and the people of California."

Gray said he saw the major challenges facing the Berkeley campus as responding to growing student demand for enrollment; ensuring access for outstanding students; renewing facilities; attracting top professors; and making the best use of new technology for teaching and distance learning.

As dean of UC Berkeley's highly ranked College of Engineering, the 57-year old Gray oversaw a planned 10 percent increase in enrollment over the past three years. He worked closely with faculty members to establish a new Department of Bioengineering, the college's first new department in 40 years.

An authority in integrated circuit design, Gray joined the UC Berkeley faculty in 1972 as an assistant professor in the Department of Electrical Engineering & Computer Sciences. Two years later, he was promoted to associate professor and became a full professor in 1978. He holds the Roy W. Carlson Chair in Engineering and is a member of the National Academy of Engineering, the highest professional honor for a U.S. engineer.



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

Retirees Invited to Charter Day 2000

Mark your calendars and plan to come back to campus for the 132nd Charter Anniversary. This year's celebration will take place on Thursday, March 23 at 10:30 am in Zellerbach Auditorium and feature the traditional procession of faculty and staff. If you are interested in joining the procession, please contact Claire Davis at (510) 643-7003 and identify yourself as a retired faculty or staff member.

New Medicare Medication Legislation

Recent California legislation makes it possible for annuitants covered by Medicare to buy prescription drugs for a lower price than that charged the general public. All that's needed is to shop at a pharmacy that offers the discount program (most do, including Longs and Walgreens), show your Medicare card to the pharmacist at the time you buy drugs, and ask for the special price available to persons covered by Medicare. The savings range from 10-40%, depending on the drug, and average 20-25%, under the prices generally charged.

This news will mainly prove of most interest to those of you covered by the High Option and Core medical plans, since you pay cash for drugs and send in receipts for a partial refund. Buying discounted drugs under these plans, you will spend less up front and both the plans' 80% share and your 20% share will cost fewer dollars. Hopefully the reduced costs to these plans might be reflected in lower premiums in the future and/or increased benefits.

Those of you in UC Care, Kaiser, PacifiCare and Health Net may find this program of less interest, since you get drugs for a fixed fee that may be less than 20% of the discounted cost. Still, there may be occasions when you would profit from buying your drugs for cash (check to see if the discounted price is less than the fixed fee), including those times when you want a drug not in these plan's "formularies," for which the plans won't pay.

More information can be found at this UC site: <http://www.ucop.edu/bencom/news/discountprescript.html>

Help Wanted at the Temporary Assistance Program (TAP)

Various hiring departments request employees with UC Berkeley experience.

We invite you to apply if you have:

- **Administrative skills
- **Computer skills (Word, Excel, payroll)
- **Personnel experience
- **Knowledge of UC policies and procedures

If interested:

Call TAP Intake Analyst Birdie Hodges at (510) 642-7251 and identify yourself as a retiree.

CAL DAY—Volunteers Needed

Cal Day, the campus-wide open house at Berkeley, will be held Saturday, April 15, 2000 from 9 am to 4 pm. It is a great day to bring the family and see what's new and what's happening on this beautiful, dynamic campus. There will be activities and programs for all ages. Volunteers are needed for the information centers located all over campus. If you could spend a couple of hours helping out, call the Retirement Center. Shifts start early (7am!) and last until 4:30 pm.



If you do come, be sure to visit the Retirement Center Booth!!!

Tai Chi Class

Thursdays 10-11am, February through May, at University House (on the Berkeley Campus). Free parking available.

For dates and fees, contact Susanne McQuade at the Cal Rec Club at (510) 643-8032.

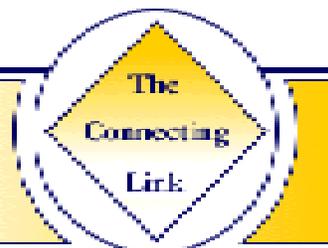
UC BERKELEY RETIREMENT CENTER
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NON-PROFIT ORGANIZATION
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TIME SENSITIVE
MATERIAL

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.