

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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CENTER HOURS

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



Director's Notes

Happy New Year to all. It is our hope that 2013 will be a happy, healthy and productive year for you. We are often reminded that you, our retirees from UCB, LBNL and OP, live engaged and meaningful lives and we are continually impressed by the journeys that many of you have embarked upon. It is with this thought that we offer you support for pursuit of a meaningful life through 2013 and beyond. In Mary Oliver's poem, "A Summer Day", she asks us what we plan to do with our lives. In the concluding lines, she shares the following thoughts and asks her question:

I do know how to pay attention, how to fall down/into the grass, how to kneel down in the grass,/how to be idle and blessed, how to stroll through the fields,/ which is what I have been doing all day./Tell me, what else should I have done?/Doesn't everything die at last, and too soon?/Tell me, what is it you plan to do/with your one wild and precious life?

At the recent bi-annual conference of the Association of Retirement Organizations in Higher Education (AROE), the keynote speaker, Trudier Harris, Emerita Professor of English from the University of North Carolina, spoke of focusing on three areas of life after full time employment – our Outer Space, Inner Space and Creative Space. We hope you find many options in this newsletter to empower you in your exploration of those areas.

Spring Semester Highlights

Wellness incentives for a healthy 2013, p. 2; May Older Americans Month - Later Life Planning Workshops, Explore Your Future Workshops and volunteer opportunities, p. 3; three Learning in Retirement (LIR) series: Chinese Art and Technology, Berkeley Writing Project, and Freud in the 21st Century, p. 4 & 5;

Eldercare resources and support on p. 6; Retiree of Distinction, p. 7.

New Center Staff

We are pleased to announce an addition to our small but dedicated team. Karen Walters, a Bay Area native and recently employed at the Monterey County Health Department, has joined the Center in a 75% position as a Public Education Specialist. Karen has a Master's in Public Health from San Jose State University and a Master's in Public Policy from CSU Monterey Bay in conjunction with the Panetta Public Policy Institute. Karen will have responsibility for several Center programs including the Pre-Retirement Planning Program (PRP).

UC Economic Impact

According to an independent impact report, UC generates \$46.3 billion in annual economic activity and contributes \$32.8 billion toward California's gross state product. Over 9,600 Center retirees, or 85% of our retiree population, live in the state and presumably spend a majority of their pension and other income in California, providing additional positive economic impact by UC.

Longevity Project

Lastly, consider these findings from The Longevity Project. Those who continued working or stayed involved with something productive as they age were more likely to remain healthy. Resilience is not a trait you are born with, nor an inner insight, but a process of perseverance and steady effort. (<http://howardsfriedman.com/longevityproject/>)

We look forward to serving you in our shared journey of learning, service and connection. Be well.

Patrick Cullinane, Summer Scanlan, Karen Walters, and Work Study Students Alice, Allison, Annie, Bill, Eva and Yashu



Cal Connections

ID Cards

To take advantage of these special 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 free card, come by the Center between 1pm and 4pm daily or call 510-642-5461 to order by mail.

- 20/20 Vision Plan discount at the University Eye Center
- Free admission to the Berkeley Art Museum
- Faculty/staff rates at the Pacific Film Archive
- Discount on annual membership to the UC Berkeley 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
- Access to Care Service's Elder Care Programs
- Chronicle of the University of California discount
- Email Forwarding and CalMail accounts through the Cal Retirement Center Network (CRCN)
- Access to the campus Health Care Facilitator
- Free Health Insurance Counseling from HICAP
- Access to International Travel Care
- Free enrollment to the *Berkeleyan* e-newsletter
- Free UCB library card
- Music Department performance discounts
- Osher Lifelong Learning Institute (OLLI @ Berkeley) membership discount
- Faculty/staff discount at 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 to the Faculty Club
- 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.shtml>

Cal Performances Discounts

Retirees enjoy a \$5 discount on most performances in the 2012-2013 season (Special Events and Exclusive Engagements excluded). Season brochures are available at the Cal Performances Ticket Office in Zellerbach Hall or by calling 510-642-9988. For more information and performance locations visit <http://www.calperformances.org>.

Note: Discounts will only be available for in-person or charge-by-phone sales. This discount is limited to one ticket per retiree per event; cannot be combined with other discounts; is not retroactive; and all sales are final. Retiree ID card required at the door.

To order tickets, call Cal Performances at 510-642-9988.

StayWell Wellness Incentive Program

The StayWell Program allows retirees enrolled in most UC-sponsored medical plans to earn a \$100 wellness incentive (spouses/domestic partners earn \$50). To earn the incentive:

1. Complete the StayWell Health Assessment (HA) for 50 points by **June 15, 2013**
2. Complete follow-up activities for a total of 50 points by **December 15, 2013**
3. Your HA results will provide instructions on the follow-up activity options.

You can complete the health assessment and activities in any order, however, you must complete both by the due date to qualify for the incentive. In 2013, StayWell is introducing Online Classrooms that will provide more options to earn points through follow-up activities on topics such as weight management, nutrition, stress management, back health and physical activity.

The StayWell program is available to those enrolled in UC medical plans except Kaiser, which provides similar wellness resources.

Get started online: <https://uclivingwell.online.staywell.com/includes/login/index.aspx>

You can also check out the Retirement Center's Wellness Program online at <http://thecenter.berkeley.edu/wellness.shtml>



Center-Sponsored Programs

EXPLORE YOUR FUTURE WITH COMING OF AGE: BAY AREA

Explore Your Future Workshops

Wednesdays March 6, 13, 20 & 27 10am-noon

This fun, thought-provoking, four-session workshop series helps you review and reconsider your next chapter. Whether you want to explore new interests, pursue an unfulfilled dream, or give back to your community through volunteering, Explore Your Future is for you!

This hands-on learning experience led by a trained facilitator focuses on helping you review your vision for making your retirement years more satisfying and rewarding. The workshops use a wide range of proven techniques and activities to promote self-discovery. Through interactive exercises and lively discussions you will be guided to explore strategies for making change, identify practical steps to pursue your passions and goals, and create ways to live an engaged life. See p. 8 for more information.

Explore Your Future workshops help you explore:

- What has influenced you?
- Who are you now?
- How can you realize your dreams?
- How do you maintain an engaged life?

At the conclusion of the series you will have developed an individual action plan based on realistic goals and identified resources to help you reach them.

In celebration of our collaboration, Coming of Age: Bay Area is offering this session at a greatly discounted price. Normally priced at \$49, retirees who join Coming of Age: Bay Area will receive this inaugural retiree workshop for \$20. Membership is free.

Space is limited to the first 26 registrants, so early registration is encouraged. To register for this workshop series or for more information on Coming of Age: Bay Area, please visit: <http://comingofage.org/bayarea>

MAY - OLDER AMERICANS MONTH WORKSHOP SERIES

Your Life, Your Future: Later Life Planning

May has been celebrated as Older Americans Month in the US since 1963, recognizing the contributions and achievements of older Americans. For Older Americans Month 2013, the Retirement Center is offering a free series on Later Life Planning over four consecutive Thursday afternoons in May: 2, 9, 16 & 23. The series addresses the heartfelt concerns of retirees to plan for themselves and others wisely and well. Experts from the fields of aging, legal and estate planning, living arrangements and caregiving will offer advice, instruction, information and resources in the weekly sessions. A resource pamphlet relative to workshop topics will be provided to all attendees. *Advance registration is required; contact the Center at 510-642-5461 to register. Location will be provided with registration confirmation.*

Caregiving 101:

Take Care of Yourself/Take Care of Others

Thursday May 2 2pm-4pm

Join Elder Care Counselor, Maureen Kelly, Ed.D., LCSW, for a panel discussion and interactive workshop on learning to care for or be cared for by another. The panel, including a retiree caregiver, and a representative from the Family Caregiver Alliance, will cover topics of caregiving and the personal journey, dealing with dementia, and available resources.

End of Life Issues

Thursday May 9 2pm-4pm

As people approach the end of their lives they and their families face a broad range of complicated tasks and decisions. Sara Diamond, Esq, an estate planning attorney who works with ARAG legal insurance, will lead a panel including Pathways Hospice Care and a retiree discussing Durable Powers of Attorney, Advance Health Care Directives, Hospice, funeral arrangements, and obituaries.

Estate Planning

Thursday May 16 2pm-4pm

Learn more than just the basics of estate planning for older adults in this workshop by Carolyn Collins, Esq. Carolyn and a Health Insurance Counseling and Advocacy (HICAP) representative will cover topics such as wills, trusts, fraud and abuse, MediCal, and long term care planning and insurance.

Living Arrangements

Thursday May 23 2pm-4pm

Join retirement community professional Barbara Cullinane, MSW, LCSW, and an informed panel for a discussion of older adult housing options and issues including living arrangements, making a transition, downsizing, and "cleaning up your mess." The panel will include experts from the aging-in-place organization, Ashby Village, Gentle Transitions, a professional downsizing service and a retiree with relevant experience.



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 at 510-642-5461 or email ucbrc@berkeley.edu to register; course location will be provided with your confirmation. Parking information for Center-sponsored events can be found below.

Three Perspectives on Chinese Art and Technology

Organized by Professor Emeritus Louise George Clubb

The Song period of brilliant realism in painting coincided with exceptional achievements in many areas of what we would call natural science, especially engineering and shipbuilding. The Qingming scroll, a seventeen-foot long cityscape, is an outstanding example of Song-style realism. The subsequent marginalization of realism in art paralleled a sharp decline in the interest of the literati in the investigation and exploitation of the physical world. This is directly related to the question posed by Joseph Needham: why Chinese science did not continue to move towards the inventions and discoveries that would produce modern technology in the Western world.

Tuesday, January 15, 2pm

James Cahill, Emeritus Professor, History of Art, UC Berkeley, "Beyond the Literati: Opening Up Chinese Painting to the Rest of the World"

Tuesday, January 22, 2pm

David Johnson, Emeritus Professor, History, UC Berkeley, "Portrait of a Thirteenth-century Chinese City: The Great Qingming Scroll"

Tuesday, January 29, 2pm

Eugene Wong, Emeritus Professor, Electrical Engineering and Computer Science, UC Berkeley, "The Tradition of Science and Technology of China: Needham's Question Revisited"

Reading and Writing and Berkeley Students

Organized by Senior Lecturer Steve Tollefson

In *Bye Bye Birdie*, Paul Lynde sang "What's the matter with kids today?" Well, what is the matter? Is it really true that students write less well today than they did in the past. Is the rise of the internet and social media the source? Do students spend all of their time on Facebook, playing games, or shopping online? In this series we will try to answer these and other questions, separating the reality from our perceptions.

Wednesday, April 3, 2pm

Steve Tollefson, Lecturer, College Writing Program, "Is Writing Dead? The history of the writing requirement at Berkeley and what's going on today with student writing."

Wednesday, April 10, 2pm

Jane Hammons, Lecturer, College Writing Program and Bobby White, Instructional Designer, Educational Technology Services, "Do Students Dream of Electric Sheep? Berkeley students in the Digital Age."

Wednesday, April 17, 2pm

In Their Own Words. Students talk about what it is like to be a student today. The discussion will begin with recent data on background and attitudes of Berkeley Students.

Parking for Center Sponsored Programs and Events

Retirees may purchase "C" daily parking permits from the Retirement Center for \$5 each in order to attend our events. 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. You may also send a check or money order to the Center at least two weeks before the program to order by mail. Include \$2 per mail order for postage and handling.



Center-Sponsored Events

LEARNING IN RETIREMENT

Freud in 21st Century America

Organized by Professor Emeritus Donald A. Riley

In the years following the Second World War, psychoanalysis in both its Freudian and neo-Freudian varieties exerted a powerful influence on American psychology, psychiatry and intellectual life more generally. By the beginning of the 21st century that influence had much declined though it has by no means vanished. Freudian concepts and vocabulary are embedded in contemporary thought and Freud himself remains a figure of great interest and controversy. In this series of lectures we will address the question of what has happened to psychoanalysis during the past sixty years and what its status is in America today.

Tuesday, February 26, 2pm

Gerald Mendelsohn, Professor of Graduate Studies, "An Overview of Freud and Psychoanalysis."

Tuesday, March 5, 2pm

Charles Fisher, M.D., "Psychoanalysis in the 21st Century."

Tuesday, March 12, 2pm

Frederic Crews, Professor Emeritus, "The Freud Legend and Its Critics."

Tuesday, March 19, 2pm

John Kihlstrom, Professor of Psychology, "The Unconscious Mind: Kinder and Gentler than That."

Advance registration is required. Please call the Center at 510-642-5461 or email ucbrc@berkeley.edu to register.

FINANCIAL PLANNING WITH FIDELITY

New Fidelity Resource: Guidance Consultants

In addition to the workshops and help desks Fidelity regularly offers, we are pleased to announce a new resource: **Fidelity Workplace Planning and Guidance Consultants** to UC's Financial Education program. These consultants can help you make the most of your UC Retirement Savings Program. Consultants can meet with you at your convenience - either over the phone or in person.

To schedule a one-on-one consultation, call 1-800-558-9182 or go online to <http://ucfocusonyourfuture.com>

Shifting from Saving to Spending

Tuesday May 14 2:30pm-4:30pm

This class will help you understand the importance of asset allocation in retirement and identify the elements you need to build your investment strategy. You'll also learn about portfolio withdrawal rates and strategies for turning your retirement assets into income. Advance registration required; contact ucbrc@berkeley.edu or 510-642-5461 to register.

Fidelity Investments: Drop-In Sessions

Friday	January 11	1pm-4pm
Friday	February 8	10am-1pm
Thursday	April 25	1pm-4pm

Stop by the Retirement Center, 1925 Walnut Street, and ask a Fidelity Retirement Services counselor general questions about the UC Retirement Savings Program. No registration or appointment is necessary. *Note: drop-in sessions are not private or confidential.*

Quarterly Market Update

Friday March 8 2pm-4pm

Stay informed on current market conditions and what it means to you as an investor at Fidelity's Quarterly Market Update. The QMU will give you a comprehensive perspective on the market conditions and an in-depth review of where and why the market has moved in a particular direction. Seating is limited. Call (800) 642-7131 or visit <http://getguidance.fidelity.com/universityofcalifornia> to register for this special event.

RETIREMENT CENTER KNITTING GROUP

Join the Retirement Center's Summer Scanlan for an informal Thursday lunch-time knitting group in the conference room at 1925 Walnut Street. Work on your latest fabric arts project while enjoying the company of colleagues and friends. Space is limited, so please contact the Center at 510-642-5461 or ucbrc@berkeley.edu to be added to the RSVP list. The first meeting will be held on Thursday, January 10, from noon-1pm. Additional meetings to be held weekly or as interest allows. Feel free to bring your lunch!



On-Campus Programs and Events

BERKELEY ART MUSEUM TOUR AND TEA

A tea and open discussion follows this free, docent-led tour. Advance registration is required to attend. Contact ucbrc@berkeley.edu or 510-642-5461 to register.

Silence

Friday April 12 2pm-4pm

Inspired by John Cage's ground breaking musical composition "4'33" and the centenary of the composer's birth, *Silence* considers the absence of sound as both subject and medium in modern and contemporary art and film. Stretching over a century of innovation and experimentation, *Silence* presents an extraordinary range

of artistic practice including works by Marcel Duchamp, Nam June Paik, Theresa Hak Kyung Cha, and Doris Salcedo. As the works in the galleries and theater attest, silence has been a means for the avant-garde both to reach into new aesthetic territory and to discover fresh ways of giving form to the intangible.

Find out more online at: <http://bampfa.berkeley.edu/exhibition/upcoming.php>

CAREGIVER SUPPORT GROUP & ELDERCARE WORKSHOPS

Are you caring for a spouse or adult partner? Do you sometimes feel alone, isolated, frustrated, or fearful of what the future holds? Would you like to talk with other caregivers whose experiences may be similar to yours, and learn about resources that may help your situation? Consider joining the Retiree Caregiver Support Group, offered once a month at the Retirement Center. For more information, contact the Retirement Center at 510-642-5461 or ucbrc@berkeley.edu. Remember, caring for yourself is the best gift you can give to your spouse/partner.

The Elder Care Program is offering the following free classes at the Tang Center on the UC Berkeley campus. To register for any of these programs, contact Care Services at 510-643-7754 and identify yourself as a retiree.

Medi-Cal Planning

Wednesday January 30 12:10 -1:30pm

What is Medi-Cal, how does it differ from Medicare, and when should you or a family member apply? In this workshop, learn about Medi-Cal and long-term nursing home care, how to plan for Medi-Cal eligibility, what can be done to preserve assets, about Medi-Cal claims for reimbursement and how to protect estate assets from recovery by Medi-Cal. This workshop is highly recommended for anyone who is considering Medi-Cal as an option to pay for long-term nursing home care.

age-related changes that affect driving, how to preserve safe driving abilities, and how to discuss and take action around an elder's capacity to continue driving safely.

Easing Caregiver Stress: Mindfulness-Based Dementia Care

Friday March 22 12:10 -1:30pm

Mindfulness is a powerful stress reduction tool for caregivers and can be used effectively to engage persons with dementia. This interactive workshop will teach how mindfulness can help you cope with the challenges and stresses of dementia care, as well as improve the experience of the person in your care.

Heart To Heart Conversations: Communication Strategies for Caregivers and Elders

Wednesday February 13 12:10 -1:30pm

Are you facing challenging conversations or difficult decisions with your elder? Do these conversations bring up strong, uncomfortable emotions? Are you finding it difficult to communicate and reach agreement? When you talk with your elder about aging related concerns, do you feel heard or misunderstood? In this workshop, learn two distinct strategies for effective communication and empathetic listening.

The Sandwich Generation: Navigating Eldercare Resources

Wednesday April 24 12:10 -1:30pm

There is an overwhelming amount of information online for adult children and their parents searching for solutions to help manage aging issues. How do you sift through it all? How do you know what is credible and find the best course of action for your circumstance? In this workshop, a panel of experts in law, long-term care, care management and home care, housing, financial planning and mediation explore real-life elder care situations. There will be an opportunity to meet with the presenters one-on-one.

Older Driver Safety

Wednesday February 27 12:10 -1:30pm

This workshop will help family members understand



Spotlight

EMERITI AND RETIREES OF DISTINCTION

Suzanne Stroh – Distinguished Retiree



Suzanne Stroh might be a rare person within the UC retirement community given that she is a California native who was born and raised in Berkeley. She has a lifelong association with the University beginning with undergraduate studies followed by a professional career that spanned almost four decades. During that period, she served in several offices within the system. Suzanne started at the UC Berkeley Career Planning and Placement Center in 1968 where she worked in the area of career development before moving to Lawrence Berkeley Laboratory in 1978. Over the next twenty years she performed a variety of tasks with increasing administrative and management responsibilities at LBNL. These included Laboratory Conflict of Interest Coordinator, Division Administrator and Assistant Division Director for Internal Operations and Planning. She joined the UC Office of the President in 1998 where she completed her UC career working in the Laboratory Administration Office as Manager of Evaluation & Assessment for, what were then, the three UC-managed national Labs: Los Alamos, Lawrence Livermore, and Lawrence Berkeley. She retired from UCOP in 2005.

Her retirement afforded her the opportunity to redirect her energies and talents to other tasks. Over the years she has volunteered for leadership roles in a number of associations. She serves as a board member and an Elder in the Elder Wisdom Circle. This is an on-line, free, anonymous advice service in which members share their wisdom in response to on-line queries. (See elderwisdomcircle.org). She served eight terms on a local

church Council and one as President of the church. She is also a member of the Cal Poly University International Education Program External Advisory Council and has recently been approached to serve on the Board of Directors of “Path of the Heart,” a non-profit organization that funds projects to benefit children and families in mountain villages of Peru. A unifying theme is that all of these are volunteer efforts that provide resources for people in need.

She has also made her administrative and organizational talents available to the Ex-Ls, the LBNL retiree association, where she has served for almost six years in the combined role of treasurer and membership coordinator.

A unique, very personal program to which she has devoted much energy, time, and money over the past 15 years is the creation and oversight of three scholarships at Cal Poly University established in memory of her son who died on his final day as a graduating senior, B.S. Business Administration, Summa Cum Laude. There have been some 40 recipients of these scholarships to date. Many have come to regard her as their “Fairy God Mother.” The recipients now range in age from 21 to mid-thirties. She maintains close contact with many of them and considers them to be a very central focus of her life.

While maintaining this very active life, Suzanne has also found time for recreational distractions. She is widely traveled having been to Europe numerous times, also New Zealand, Fiji, Japan, Mexico, Peru, the Galapagos, Canada, the Caribbean, and the Hawaiian Islands. Her artistic talents find expression through the design of fine jewelry and most recently through work with ceramics. An interest in things automotive - first exhibited as a four-year-old toddler playing with Dinky toys - has followed her through the years. She has been particularly enthusiastic with respect to Porches having owned several, has engaged in competition driving as a Porsche-owner and was a member of the Porsche Club of America for 30+ years. She is currently a docent at the Blackhawk Automotive Museum in Danville.

As with many dynamic and talented individuals, it is difficult to sort out where Suzanne’s career ended and her retirement began. That seems to suit her just fine.

Interview by Joseph Jaklevic



Center-Sponsored Programs

VOLUNTEER OPPORTUNITIES AND UPDATES

UC Berkeley Clinical Research Center

The UC Berkeley Optometry Clinical Research Center offers many opportunities to participate in paid research studies. Participants must be free of eye disease, injury, or surgery and be in good general health. If you're interested in participating, please call 510-643-9252 to complete a brief questionnaire to determine your eligibility. Be sure to have your contact lens and/or glasses prescription ready when you call. To find out more, visit us at <http://optometry.berkeley.edu/crc>.

UC Botanical Garden at Berkeley

Retiree volunteer spotlight: Kathryn Maack

If you've visited the UC Botanical Garden lately, you might have been greeted by volunteer Kathryn Maack at the Garden Ambassador's table. Or you might have spotted her accompanying a tour of Cal freshman biology students, or possibly on her way to propagate carnivorous plants. Since retiring from UCOP's Division of Business and Finance in 2001, Kathryn has devoted many hours to the Garden, earning her ten-year pin this past summer. Volunteering at the Botanical Garden brought her into a fascinating new world of plants and people. Her knowledge and understanding of plants has grown significantly through her roles as docent and propagator, and new learning opportunities are always available. Not only has volunteering at the Garden allowed her to meet plant enthusiasts from all over the world, it has also helped her find a community of like-minded people and remain connected to the University. Her favorite part about volunteering? Just being there, around the plants and people at the Garden.

Volunteering at UC Botanical Garden at Berkeley

Over 200 volunteers support the Garden through educational and fund raising activities, giving 2,000 hours of service each month. The Garden Shop needs volunteers to deliver friendly customer service to visitors, provide information, and transact sales. Volunteers should be able to work a minimum of two, three-hour shifts per month and commit to one year of volunteering.

Interested in working with people of all ages and sharing your love and knowledge of plants and nature? Garden docents create memorable and exciting learning experiences for school children, university students and the general public. Docent training begins in September and lasts for 6 months. Upon graduation, docents commit to leading a minimum of two tours per month for two

years.

For more information or to apply for these opportunities, please contact Volunteer & Tour Coordinator, Grace Pegan Weltner, 510-643-1924 or gracew@berkeley.edu.

Volunteer Program Launch

On Nov. 13, the Retirement Center and Coming of Age: Bay Area launched a pilot effort to expand the opportunities for retirees to more efficiently and effectively connect with community-based volunteer opportunities. Over a dozen community organizations and some 70 retirees enjoyed an event that highlighted exciting community volunteer opportunities. The event was honored by a presentation by Ann Shulman, Executive Director of the UCB Greater Good Science Center. Ms. Shulman shared the findings from research about volunteering and happiness, altruism, compassion, mindfulness, and inter-personal relationships -- as well as the tremendous and surprising effects on psychological and physical health that these positive emotions foster.

Coming of Age: Bay Area is part of a national initiative that seeks to harness the talents, skills and energy of one of society's most valuable resources: people age 50+. They accomplish this in two ways: helping organizations strengthen their capabilities, and encouraging 50+ to explore their passions, pursue lifelong learning, become community volunteers, and engage in meaningful service to the community. Through their signature Explore Your Future workshops, monthly newsletter, personalized coaching, and their partnership with Bay Area non-profits, Coming of Age: Bay Area will help UCB retirees find opportunities that allow them to contribute and connect, find meaningful ways to give back to their communities, follow their passions, and live an engaged life. For more information visit <http://comingofage.org/bayarea/>

The **Greater Good Science Center** is part of the UCB Psychology department. It has some great volunteer opportunities, including helping at their Bay Area events, reviewing research and literature in the psychology field, writing book reviews, and sending notes to their members and donors. This non-profit's public-oriented mission is to bring the "science of a meaningful life" to as many people as possible. Your help in whatever form is needed and gratefully appreciated! For more information about all the good this one-of-a-kind resource can bring to your life, contact the Center at 510-642-2490 and visit their website at greatergood.berkeley.edu, to sign up for emails and to consider joining as a member.



the CenterPiece

The *CenterPiece* is published by the UC Berkeley Retirement Center, which reports to the Office of the Vice Provost for the Faculty. The *CenterPiece* is distributed to annuitants of UC Berkeley, the UC Office of the President, and Lawrence Berkeley National Laboratory.

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Retirement Center Announcements

BERKELEY PROJECT DAY

On November 3rd, an estimated 1,800 volunteers were scattered around Berkeley, Oakland, and El Cerrito at 80 sites as part of Berkeley Project Day, an annual service event that strives to connect campus and community through volunteering. Among the many students were two retirees, Laurie Rolfe and Pamela Milin, who did painting work at the First Presbyterian Church of Berkeley. This marks the second year in which retirees took part on Berkeley Project Day. CalCorps encourages the participation of retirees and alumni to help maintain their connection to the university and build inter-generational bonds through service.



From left: Cindy Leung, Chief Program Officer, Cal Alumni Association (CAA); Olivia Leung; Patrick Cullinane, Director, UCB Retirement Center; Kelly Cai, Berkeley Project Co-President; Jefferson Coombs, Executive Director, CAA; Robert Birgeneau, UCB Chancellor; Christine Foo, Berkeley Project Co-President; and Tom Bates, Mayor of Berkeley

Association News

Mark your calendars for the following retiree association events.

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

Board Meetings - January 22, March 12, April 30

Luncheons - January 26, March 16, May 4

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

Board Meetings - January 16, February 20, March 20, April 17, May 15

Luncheons - March 21

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

Luncheon - April 2013, TBD

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

Board Meetings - January 10, April 11, July 11

Luncheons - February 21, May 16

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the CenterPiece

Spring 2013

Directions to the Center

By BART: Take BART to the Downtown Berkeley station. Exit and walk two blocks north on Shattuck Ave. Turn right on University Ave. Walk one-half block east. Turn left on Walnut St. 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

In an effort to reduce costs and to help Cal be as environmentally conscious as possible, the Retirement Center no longer sends paper copies of the CenterPiece newsletter to retirees with email addresses on file.

To continue receiving a paper copy of the CenterPiece, send an email to ucbrc@berkeley.edu or call 510-642-5461 with your name and email address indicating your preference. If you currently receive the CenterPiece by email only, no action is needed.

You can view the CenterPiece online at <http://retirement.berkeley.edu/>.