



The CenterPiece

UC Berkeley Retirement Center

Volume 2, Number 2

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.

Why Join the Associations?

The Retiree and Emeriti Associations serve a critical function for their members. They are watchdogs and advocates, helping ensure that a level of benefits appropriate to our needs is maintained by campus and statewide University of California administrators. Strong and large associations guarantee that our voices and concerns will be noticed.

The UC Berkeley Retirement Center is a major example of the capacity of the Associations to successfully lobby for programs that benefit retired faculty, staff, and surviving spouse beneficiaries. Many of you have participated in its ever-growing activities. The appointment of a campus level Health Care Facilitator pilot program for Berkeley and Irvine is another, more recent example. This program is a direct result of Association lobbying efforts, and is designed to help subscribers resolve problems with their UC-sponsored medical plans (p. 6). Likewise, concern that a Medicare Supplement option might be dropped resulted in a reassurance that the option would be kept.

In these activities, the campus associations gain enormous leverage from being part of the Council of University of California Emeriti Associations (CUCEA) and the Council of University of California Retiree Associations (CUCRA), organizations like the Academic Senate and Staff Assembly that represent members throughout the University of California.

The \$10 annual dues for these organizations is well spent. To receive an application for the Emeriti or Retirees' Association, call the Center. For Office of the President Retirees, call Keith Sexton at (925) 376-5194.

What's News

Activity at the Center continues to grow. We appreciate your positive feedback, support and participation as we build our program. We also want to acknowledge the many campus units that have partnered with the Center to provide programs and services to retirees. Such collaborations are evident throughout the pages of *The CenterPiece*.

This spring, we conducted several innovative programs highlighted by the *50+ Fitness Class*, which the Center co-sponsored with Cal FIT. During this six-week course, over 75 attendees participated in ten exercise modalities with corresponding lectures. Another well-received program was the *Wise Choices Support Group* that provided an intimate forum for discussion about later life issues.

Upcoming Center Sponsored Events include a lecture and four-part class by gerontologist Betty Fielding entitled *Equipping Your Memory Tool Chest*. In addition, we are co-sponsoring a lecture on *Caring for an Ill or Dying Person* by Pulitzer Prize nominee Beth Witrogen McLeod (p. 4).

In the Cal Connection section of the newsletter we list new and continuing discounts and services. For example, Lawrence Hall of Science is offering retired faculty, staff and surviving spouse beneficiaries free admission during the month of July (p. 3).

Finally, OnCampus provides a snapshot of opportunities at Cal for retirees, as well as tidbits of campus events, news, and information.

UC Berkeley Retirement Center

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Berkeley, CA 94720-7200

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

Email: ucbr@uclink.berkeley.edu

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

Center Hours

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

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. Just show your retiree ID. (Free docent-led tour and discussion of Colescott's exhibit for retirees, their families and friends (see p. 5).

Cal Rec Club

Join the Cal Rec Club at a 25 % discount. Membership includes free morning aerobics, discounts on other recreational programs, and a box-size locker. Call the Center for a brochure.

Cal Athletics

Season tickets for Football are now available. Retirees receive the same discount as active faculty and staff for individual or family packages. Season tickets for basketball will soon be available. All basketball games will be held in the new Haas Pavilion! To receive more information about how to get football and basketball tickets, call the Center.

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.

Library Cards

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

Cal Performances Offers 15% Discount on Summer Programs

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

The Berliner Ensemble

Thursday - Friday July 1-2 8 pm
Zellerbach Hall \$24/\$38/\$45

Presented by Cal Performances with The Goethe-Institut

Bertolt Brecht's legendary theater troupe makes its long-awaited U.S. debut in one of its most successful productions: "The Resistible Rise of Arturo Ui" - Brecht's powerful, witty, and incisive political parable that depicts the rise of Hitler. Famed German actor Martin Wuttke stars as the title character in this story of a seedy, small-time Chicago gangster who takes over the city's green grocer trade in the 1930s. Written specifically for American audiences in 1941, Brecht's masterpiece is still relevant today in its thought-provoking examination of the building blocks of demagoguery. Performed in German with English subtitles.

The Asian Youth Orchestra

featuring Jon Nakamatsu, Piano.

Saturday August 21 8 pm
Zellerbach Hall \$20/\$30/\$42

The youthful stars of the AYO return to perform in concert with Cal Performances favorite Jon Nakamatsu, the Bay Area's own Van Cliburn gold medalist. "The spectacle of so many young people coming together to make beautiful music...[is] a thrilling experience," says the San Francisco Chronicle.

Program:

Bach/Stokowski Prelude and Fugue in D minor;
Beethoven/Piano Concerto No. 3 in C minor, Op. 37;
Tchaikovsky/Symphony No. 4 in F minor, Op 36.

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 to 2 pm. Be sure to identify yourself as a UC retiree.

For a free brochure describing these and other Cal Performances events in more detail, call the Center.

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 order, call or visit the Center Monday - Friday between 1 pm and 4 pm.

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 no later than 10 am on the day before the event to reserve your parking pass.



Lawrence Hall of Science

Retirees receive free admission for the entire month of July! Just show your retiree ID and you will get free entry to LHS and all of its exhibits. Open daily 10 am - 5 pm. (Limit of one free admission per retiree ID).

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 subscriptions. The first 12 monthly issues are available for \$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 Retirement Center Network

In the last edition, we reported that retired staff and surviving spouse beneficiaries would soon be eligible to purchase email accounts and Internet access through UC Berkeley. In the past few months, ten retirees have been actively engaged in testing the program to ensure its success.

The Cal Retirement Center Network is almost ready for you. Those eligible for this program will receive information about joining in mid-July.

Search No More For Affordable Computer Equipment

The doors are now open for retirees to the campus computer resale 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.

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*

Center Sponsored Events

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

FEATURED PRESENTATIONS



Loving Journeys: Caring for an Ill or Dying Person **Beth Witrogen McLeod**

Lecture: Thursday June 24
12:10 to 1:40 pm Free

Sponsored by University Health Services Care Services, UC Berkeley Academic Geriatric Resource Program and the Center.

Prize-winning author, lecturer and consultant Beth Witrogen McLeod shares her practical wisdom and knowledge about caregiving with the voice of compassion and heartfelt experience. Her book, *Caregiving: The Spiritual Journey of Love, Loss and Renewal*, has received much acclaim. Her series in the San Francisco Examiner, "The Caregivers," was nominated for a Pulitzer Prize.

Equipping Your Memory Tool Chest **Betty Fielding, M.A.**

Lecture: Tuesday June 29
10:30 am - Noon Free

Class: Four Consecutive Tuesdays:
July 20, 27 and August 3, 10
10 am - Noon \$25.00
Space is limited.

Co-sponsored with PODS Medical Groups
(<http://podsmg.com>)

Do you forget appointments? People's names? Find yourself looking all over the house for your car keys? Do you wish you could remember more of what you read? People of all ages experience memory lapses from time to time, but as we grow older we tend to become more aware of them. Is this because we are actually forgetting things more often, or is it simply a misperception brought on by stereotypes of what happens as we age?

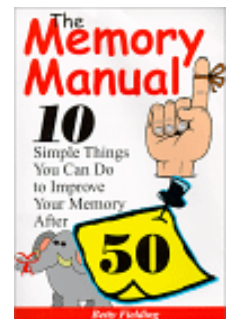
According to gerontologist Betty Fielding, it isn't always a misperception. "The sense that people experience more memory problems as they age is, to a degree, based in fact. But age alone is not the defining criteria on how well we remember," says

Fielding. "Many factors, such as health, medication, insufficient concentration, depression, loneliness and lack of organization play a part."

Fielding's lecture will demonstrate how our natural abilities can be used more often and more effectively to improve memory.

The class will provide students with an opportunity to set their own memory goals and guide them through a ten-step process enabling them to work toward their goals. Ms. Fielding designs the course to meet the stated goals of each participant. Her book, *The Memory Manual, 10 Simple Things You Can Do to Improve Your Memory After 50*, will be used as an optional text for the class (You can sign up for the class without attending the lecture).

Ms. Fielding has taught and lectured extensively at noted venues such as the University of California, Berkeley, John F. Kennedy University and Holy Names College. She has 25 years of study and teaching in the field of aging with a particular emphasis on memory for the last 10 years.



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.

Computer Basics

The Most Basic Basics (2-session class)

Space is limited to 18 participants

Wednesday July 14 9 am-Noon

Friday July 16 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.

Electronic Mail (Email)

Space Limited to 18 participants

Monday July 19 9 am-Noon

Prerequisite: Completion of Computer Basics or a working knowledge of the keyboard and the mouse

Keep in touch with friends and family-instantly! Get the latest information on health, finances or gardening sent directly to you! Students will learn how to set up a free email account, create mailboxes, and send and receive mail.

World Wide Web: The Internet Starter Course

Space Limited to 18 participants

Wednesday July 21 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.

INSURANCE

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.

ARTS/LEISURE

Robert Colescott: Recent Paintings

Berkeley Art Museum

Docent-led tour and discussion for UC retirees

Thursday August 5 1 pm

This docent-led tour and discussion will be conducted especially for retirees, their friends and families by Nashormeh Lindo. Ms. Lindo is herself a visual artist and has been an associate of Colescott for many years.

Robert Colescott is one of the most important American figurative painters of his generation, and the first African American artist honored with a solo exhibition at the Venice Biennale in 1997. Colescott's provocative work deals with issues of race, culture, and sexual desire, challenging stereotypes of appropriate behavior and expression. His juxtapositions of space and color, and his unique blend of narrative figuration define one of the most powerful bodies of work created in contemporary American art. The 72 year-old Colescott has close ties to the Bay Area, having grown up in Oakland, and received both his BFA and MFA at the University of California.



OnCampus

Did you know...

...that Emeriti can purchase Central Campus parking permits for \$220.00 per year?
Call Permit Services at (510) 643-7701 for further information.

Health Care Facilitator Update

As announced in the last issue, Berkeley is one of two UC campuses that will host a Health Care Facilitator (HCF) pilot project. The HCF will assist annuitants and active faculty and staff with problems related to their health plans. The project is funded by the UC Office of the President.

Candidates for the position are currently being interviewed; the HCF is expected to begin work in September. In the meantime, call the Center with any questions or problems related to your health plans.

Summer Sessions Now Offers a Senior Audit Card

Retirees are invited to audit classes at Berkeley Summer Session for a greatly discounted fee. In this program, offered for the first time, retirees may purchase a Senior Audit Card for \$25. (Auditing usually costs \$325, so this represents a savings of \$300.) UC Retirees may purchase this card regardless of age; others must be at least 55 years old.

The Senior Audit Card allows you to sit in on an unlimited number of courses from a list of 160 out of a total of 500 classes offered in the summer. The list includes classes in philosophy, history, psychology, literature, the social sciences, and ethnic studies, among others. The next sessions begin June 21, July 6, and July 26.

The Summer Sessions catalogue identifies the courses recommended for seniors with a special "S" code added to the course description. To obtain a free copy of the catalog, call the Center. You can also access the information by going to the UCBRC web site (<http://thecenter.berkeley.edu>) and clicking on the link to Summer Sessions.

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 Chronicle of the University of California

The Chronicle is a new publication devoted to the preservation of the University's past and the promotion of research in University history. So far, two issues have been published. The first issue, "Alarms and Diversions: Disasters at Cal" was inspired by the discovery of an unpublished eyewitness account of the devastating 1923 northside fire by physicist Raymond Birge.

The second issue, now available, is about the first women students—eight in number—who entered the university in its second class, 1870. This issue of the



Chronicle, 184 pages and illustrated with 140 photographs and drawings many never before published, presents stories of their successors and of the female faculty and staff, the great women philanthropists, and the faculty wives. There are articles on the YWCA, the Prytanean honor society, the now vanished annual

pageant of the Parthenia, the history of women's sports and athletics, memoirs of the band, Treble Clef, and "The Boardinghouse with a Heart." Two very early suffragettes, May Cheney and Fannie McLean, and poet Josephine Miles, join Julia Morgan and Helen Wills, along with coeds and scientists, dancers and thinkers, the celebrated and the unknown who are the "Ladies Blue and Gold."

Upcoming issues will include: "What These Trees Have Seen" focusing on the UC Campus environments; and "The End of the Century: Then & Now, 1900-2000." This issue compares various facets of University life such as curriculum, governance, and student activities at the beginning of the century and at the end.

Published semiannually, the cost for The Chronicle is \$24 per year, or \$12 for a single issue. For further information on how to subscribe, call the Center.

Temporary Assistance Program Seeks the Skills of Retirees

Looking for a bit of extra income, but you don't want to make a long commitment? Do you have knowledge and skills that you could provide to a Cal department in need of assistance? Then, Cal's Temporary Assistance Program (TAP) is looking for you.

TAP provides skilled, short-term employees to campus departments, research units, and campus-related organizations. Positions they need to furnish to these entities include Administrative Analysts, Administrative Assistants, Accountants, Payroll Assistants, Budget Assistants, and even an occasional Management Services Officer.

Available positions are both full-time and part-time (less than 8 hours a day) and vary in length from one day to five months. Call the Center for further information.

Lawrence Hall of Science July Programs

Remember: Retirees receive free admission for the entire month of July!

K'NEXploration (June 19–September 5) is an exhibit that features life-size dioramas filled with furniture, structures, and real working machines made entirely of K'NEX building materials, and sixteen interactive workstations with unlimited K'NEX building materials and optional instructions. K'NEXploration offers challenging projects for kids and adults alike.

The Hall's Family Science Center offers special events every Wednesday afternoon. July programs include: Hermie the Hermit Crab: A sand and sea learning adventure (July 7, Noon and 1 pm); Build It: Build three-dimensional structures (July 14, Noon-2 pm); Ice Cream Day: Learn about how ice cream is made and make your own (July 21, Noon-2 pm); It's a Small World: Microworld Festival: Discover the very small and hidden wonders around us (July 28, Noon-2 pm).

Call the Center for a more detailed program.

UC BERKELEY RETIREMENT CENTER
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NON-PROFIT ORGANIZATION
U.S. POSTAGE PAID
UNIVERSITY OF CALIFORNIA

TIME SENSITIVE
MATERIAL

How to Get to 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.

UC Berkeley
Retirement Center



You can now find the Center
on the Internet!

Our web site is at:

<http://thecenter.berkeley.edu>