



# The CenterPiece

## UC Berkeley Retirement Center

Volume 3, 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.

Second, we will initiate **Learning in Retirement** (LIR), a pilot program for the Berkeley campus. Developed by several Professors Emeriti, this program is patterned after other programs at universities nationwide and will feature short courses taught once a week for four weeks (p. 5).

### What's News

The Center's core programming continues to flourish as more of you are taking advantage of our offerings. The following are new benefits, events and pilot programs introduced in this edition of *The CenterPiece*.

This summer, the Center and the Health Care Facilitator Program have teamed up to present **Medicare and Your UC Health Benefits**, a workshop for those about to enroll in Medicare (p. 5). We have collaborated with Parking and Transportation to offer **daytime summer parking** at a discount (p. 3) and with the Cal Student Store to extend a 20% summer **discount on Cal clothing and gifts** (p. 2).

The Center is also assisting professors in the Economics Department by asking for your support in responding to their study, **The Retirement Perspectives Survey**. If you are "online", we hope you will take a half-hour this summer to make an important contribution to research in the field of aging (flyer insert).

In addition, this summer we are reopening our **Annual Giving** and **Endowment Campaigns**. A pledge coupon and return envelope are enclosed.

This fall, two programs highlight the calendar. First, the Center is sponsoring **Redesigning Retirement**, a conference where nationally recognized experts on aging and retirement present a new view of what retirement means today (p. 5).

### Keeping In Touch Online

Occasionally, the Center would like to contact you by email to tell you about programs occurring outside the time frame of our newsletter or to inform you about certain pertinent issues. Having your email address will allow us to contact you more quickly and also assist us in reducing our mailing costs.

If you are willing to be contacted by the Center electronically, please email us at [ucbrc@uclink.berkeley.edu](mailto:ucbrc@uclink.berkeley.edu). All addresses will be kept in a confidential and secured database.

### Assistance Needed in Researching and Writing Grants

Do you have experience in researching or writing grants? The Center is seeking help researching grant opportunities and assistance with grant writing. Please call the Center if you would be willing to participate in this short-term project.

#### UC Berkeley Retirement Center

2 Boalt Hall #7200 Berkeley, CA 94720-7200

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

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

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

#### 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 *Mandala: Architecture of Enlightenment* exhibit for retirees, their families and friends, p. 4).

## 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.



## Money Saving Coupon for the Cal Student Store

Bring this *CenterPiece* coupon to  
**GOLDEN BEARWEAR**  
for  
**20% Off**  
your next purchase  
of Cal Clothing & Gifts



• Not valid on catalog order or with any other discount  
• Expires 8/12/00

**Bancroft & Telegraph**

## 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.*

## International Travel Care

Personally tailored health and information packages for travelers are available from University Health Services. The custom packages are based on your itinerary, health history and planned activities. Immunizations are available, as well as a computerized traveler’s report. There is a fee for this program.

## Wellness Bargains

The *UC Berkeley Wellness Letter*, the most successful health promotion/disease prevention publication of its kind, is offering retired faculty and staff a discounted rate on the first year of a subscription. *For new subscribers, the first 12 monthly issues are available for only \$15 (regularly \$28).* You can also get a twenty-five percent discount on seven outstanding books and a free copy of the pamphlet, “Wellness Made Easy: 365 Tips for Better Health”.

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

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



## Summer Parking Special

Between June 1<sup>st</sup> and August 21<sup>st</sup>, you can park on campus anytime, day or night, for a reduced rate. There is a one-time hang-tag fee of \$14 for your vehicle. You can then purchase as many daily coupons as you would like for \$3 each. (Note: Parking in Faculty/Staff/Student lots only). If you are only interested in night and weekend parking, see below.

### 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 or special 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.*)

### 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.

## 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](mailto:dbllloyd@uclink.berkeley.edu).

## 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 10 am - 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.

# Center Sponsored Events

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

## ART MUSEUM TOUR

### **Mandala: The Architecture of Enlightenment**

Thursday July 27 12:30 pm

Mandalas (the word means “circle” in Sanskrit) are geometric designs intended to symbolize the universe. They are most often drawn or painted but they can be modeled or danced or made of sand as well. In whatever form they take, these spiritual and beautiful cosmologies are meant to hold and intensify the imagination of the viewer.



The image most people form in their mind when they hear the word “mandala” is a brightly colored, complex painting—which describes a typical Tibetan mandala. This usually contains a principal deity (or deities) in the inner circle around which is a multilevel square palace in a multitiered circle. Around this large circle are additional figures.

There are many other types of mandalas, however, which **Mandala: The Architecture of Enlightenment**, on view in Gallery 3, will illustrate. In addition to Tibetan mandalas, mandalas from China, Japan, Nepal, Bhutan, and Indonesia—approximately fifty examples in all—will be shown.

All mandalas are tied to the practice of Buddhism and are fundamentally representations of a specific divinity in the cosmos. They operate as diagrams of the cosmos but also as meditative guides to nurture a Buddhist’s development toward enlightenment. The exhibition explores the genesis of the mandala in early Buddhist art, its relationship to other sacred sites such as paradises, and its development and spread throughout Buddhist Asia.

#### *Other Programs related to this exhibit:*

Music from Tibet by Chaksampa, Sunday, July 23, 3 pm

Lecture by Dr. R. A. F. Thurman, Sunday, September 10



## MEDICARE TALK

### **Medicare and Your UC Health Benefits**

Tuesday August 8 10 am -11:30 am

This program is especially targeted to those who will soon become eligible for Medicare benefits (usually at age 65). The session will provide an overview of the Medicare program, explain how UC health benefits coordinate with Medicare, identify issues to consider when selecting a plan and detail what steps you will need to take with UC, Medicare and your health plan to successfully complete your enrollment in Medicare (Note: to be eligible for Medicare you must be coordinated with Social Security).

## 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 (*This is a 2-day class.*)

Space is limited to 18 participants

Monday July 10 1 - 4 pm

Wednesday July 12 1 - 4 pm

These sessions introduce you to the very basic elements of computer use. They offer an overview of computer applications and hands-on training. You will learn what makes a computer “tick”, how to use a keyboard and mouse, how to open, close and navigate through programs, and how to create and save files.

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

Space Limited to 18 participants

Friday July 14 1 - 4 pm

*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.

# Upcoming Center Sponsored Events

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

## REDESIGNING RETIREMENT: A One-Day Conference

Saturday, October 7, 2000



**Time:** 9 am - 4 pm

**Location:** Clark Kerr Campus, Berkeley

**Cost:** \$25

In the past two decades, retirement has achieved many new dimensions. This conference will explore changes in the world, our communities and people's attitudes that make the term retirement obsolete. Whether you've been retired a few months or many years, please join us to discover new opportunities for fulfillment, community, and fun, including:

- Workshops
- Ask the Expert Roundtable Discussions
- Community Resource Information
- Speakers including:

**Fernando Torres-Gil**, Professor and Associate Dean School of Public Policy and Social Research, UCLA, and Former U.S. Assistant Secretary of Aging;

**Marc Freedman**, adviser to the Administration on Aging and founder of Civic Ventures, a private foundation dedicated to exploring "the aging opportunity";

**Marian Diamond**, Professor of Integrative Biology, UC Berkeley, and expert on the aging brain;

**Cynthia Gorney**, Professor of Journalism, UC Berkeley and Radio Host, KQED Forum;

**Mary Furlong**, Founder and Chairman, ThirdAgeMedia.com.

Look for the full brochure in the Fall 2000 issue of *The CenterPiece*. Call the Center to make an advance reservation. Funded in part by UC Berkeley's Academic Geriatric Resource Program.



## LEARNING IN RETIREMENT

The UC Berkeley Retirement Center is pleased to announce a new series of mini-courses for retirees, to be taught by emeriti professors and current faculty. *Learning in Retirement* is to start during the fall semester, each course comprising four two-hour lectures and discussions, scheduled over the course of several weeks. The initial series will treat an array of topics and issues drawn from diverse parts of the campus community. They will include courses on the Biology of Aging, Great Debates in 20<sup>th</sup> Century Psychology; Future Developments in Transportation and Urban Development; Politics of Presidential Primaries and Elections; the Big Bang and the Origins of the Elements; and Highlights in American History.



There will be a modest fee for class enrollment. Look for more details in the next *CenterPiece*.

# OnCampus

## Summer Sessions Senior Audit Card

Retirees are invited to audit classes at Berkeley Summer Session for a greatly discounted fee. In this program, retirees may purchase a Senior Audit Card for \$25. (Auditing usually costs \$325, so this represents 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 select list of 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 19, July 3 and 24.

The Summer Sessions catalogue identifies the courses recommended for seniors with a special "S" code added to the course description. To obtain a card and a free copy of the catalog, call the Center.

## Student Store Seeks Help

The Cal Student Store (formerly the ASUC Store) is looking for a responsible individual to fill a F/T position in the Cashier's Office. Duties include counting cash, reconciling accounts, accounts receivable, bank deposits, plus some data entry, etc. Attention to detail is critical. \$11/hr. plus excellent benefits. Please mail or fax resumé to: Store Director, 108 MLK Jr. Student Union #4504, Berkeley, CA 94720. Fax (510) 643-7836.

## Mandatory Distribution of Tax Deferred Funds

*Did you recently receive a packet of materials from the Office of the President concerning your required initial distribution of tax-deferred funds at age seventy-and-one-half? If so, this advice will be important to you.*

During a discussion of the implementing amendments to the Tax-Deferred 403 (b) Plan and Defined Contribution Plan at the most recent meeting of the UCRS Advisory Board, it became clear that the default option built into the procedures used by Office of the President staff is likely not the most advantageous to University annuitants. The University will be using a computation based on joint life expectancy and a fixed number of years to determine minimum distributions.

Because individuals may not thoroughly read materials from the University, we have asked the Office of the President to immediately modify the default option to reflect joint life expectancy and to recompute life expectancy each year. This results in the lowest minimum withdrawal spread over a maximum time period. Individuals can always draw more than this minimum, but they should never take less than the prescribed minimum. Once the withdrawal formula decision is first made, it is locked in for life.

In the meantime, the Office of the President was asked to notify immediately individuals who have already received their packet for this year about this situation and to suggest that they might want to discuss this matter with a professional before making this decision.

## 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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# Endowment and Annual Giving Campaign

## Help Us to Sustain Our Community

The Center's Gifts Committee notes with great satisfaction the Center's achievements during the past year and is confident that our progress will continue. Direct evidence of the Center's activities on your behalf can be found in this newsletter, as well as in previous editions of *The CenterPiece*.

What isn't evident in *The CenterPiece* is that staff retirees, emeriti and surviving spouses are making increasing use of the Center. For example, the number of times UC Berkeley and Office of the President retirees and their families have sought information or assistance from the Center increased from 2301 inquiries in 1998 to 3694 in 1999. Contacts in 2000 have already increased 232% over the same period last year. Less obvious, too, are the Center's activities in raising campus and systemwide awareness on issues of retirement, resulting in such programs as the Health Care Facilitator and the pre-retirement planning programs.

Although our budget is adequate for core activities, it does not support the funding necessary for new initiatives

that promise direct benefit to our retiree community. For instance, the Center is now engaged in a major effort to start a Learning in Retirement program, outlined on page five. The effectiveness of these new programs will depend on greater flexibility in staffing and funding not currently possible.

Thus, we are once again undertaking the annual giving and endowment campaigns to augment funding from the Chancellor's Office. The annual giving campaign allows the Center to enhance its on-going activities each year, whereas larger gifts to the endowment campaign provide a sustaining resource from which we can withdraw earned income for new Center programs in the future.

We hope you will contribute to either or both campaigns. Please use the enclosed envelope to return the pledge coupon which outlines means for helping the Center build a vigorous and lasting program of service.

*Remember, a gift to the Retirement Center is a gift you give yourself.*

### Pledge Coupon

To support the further development of a permanent Retirement Center at the University of California, Berkeley, I/We hereby agree to donate the following: \$\_\_\_\_\_ or assets as described: \_\_\_\_\_.

Please direct my gift to:  Endowment Fund (W5215)  Annual Fund (H0103)

My/Our gift is enclosed.

My/Our gift is to be charged to  VISA  MasterCard  Diners Club  Carte Blanche

Account number \_\_\_\_\_ Expiration Date \_\_\_\_\_ Signature \_\_\_\_\_

Please send information on charitable estate and gift planning.

I/We would like to make this gift in the name of \_\_\_\_\_.

My/My spouse's company has a matching gift program.  The appropriate form is enclosed.

I/We prefer that our gift remains anonymous.

Name \_\_\_\_\_

Address \_\_\_\_\_ City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Telephone \_\_\_\_\_

Please make your check payable to the **UC Berkeley Foundation—Retirement Center Fund**

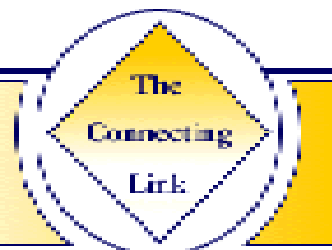
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University of California  
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Berkeley, CA 94720-7200

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.