



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



BERKELEY
RETIREMENT
CENTER

Director's Notes

UC campuses have been battling to maintain quality education while experiencing serious and substantial budget reductions over the last three years. In response to the Governor's budget, President Yudof said on May 16, "Now is not the time to abandon what has been the key catalyst for making California such an exceptional place – commitment to providing as a common good, an affordable, world-class higher education for all who earn a spot at our public universities and colleges." If you want to stand up for UC, go to <http://www.ucforcalifornia.org/uc4ca/home/> to tell the state legislators that \$1.4 billion in cuts is enough.

The Great Recession particularly impacts critical programs for older adults like Medicare and Social Security. In 1965, the establishment of Medicare lifted millions of older adults out of poverty and into improved health care. Now, that program's financing and very existence are challenged. Americans have been paying into Social Security and collecting earned benefits upon retirement for 75 years. Without any changes, Social Security will be able to pay 100 percent of benefits for the next 25 years and 75 percent after that. Many older adults rely on Social Security for 90% or more of their income. Go to the National Council on Aging site and click on "Act Now" on their home page -- <http://ncoa.org/> - and the AARP site http://www.aarp.org/work/social-security/info-08-2009/keeping_Social_Security_strong.html to have your voice be heard.

Summer Highlights: On p. 6, we highlight distinguished retiree Allan Jensen. See p. 4 for information on summer walking tours of the campus, including the Map Library, tree tour, and the Berkeley Art Museum tour and tea. Page 5 highlights

volunteer opportunities with the campus landscape architect and Haas.

Summer BBQ: Come join us for a fun and free summer BBQ in Tilden Park. See p. 7 for details.

2010 Donors: Thank you to all who responded to the 2010 fund drive. Your contributions are very much appreciated and important to the Center's budget. See p. 3 for the 2010 Donor Honor Roll.

Retiree Survey: Thanks to the 1,242 (12%) retirees who responded to the retiree survey. This newsletter was the most highly rated Center service. Areas of greatest interest were health and wellness, legal considerations, financial planning and volunteering and service. 81% of respondents use the internet more than once per day. A significantly smaller percentage visit the Center's website. That visitation rate may be increased by responding to the 58% of you who said you would like to have links on the site to online educational programs. We will continue to review the survey's findings to develop programs and services that best benefit our constituents.

e-CenterPiece: Due to budget challenges and environmental sensitivity, we plan to deliver this newsletter by email to all retirees for whom we have email addresses starting this fall. If you wish to continue to receive a paper copy, you can do so by letting the Center know your preference. See p. 7.

Lab Retiree Survey: If you are a retiree from LBNL, your newsletter contains an announcement for a survey of Lab retirees. The intent of the survey is to learn about your activities, achievements and interests.

From Center staff, all our best wishes for an enjoyable and healthy summer season.

Patrick C. Cullinane, MS, Director



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 plan at the University Eye Center
- Free admission to the Berkeley Art Museum
- Faculty/staff rates at the Pacific Film Archive
- Cal Athletics season tickets discount
- Discounts on select Cal Performances events
- Use of Cal Rentals to find and list rentals
- Discounted membership at the Cal Rec Club
- Care Services Elder Care Program
- Chronicle of the University of California discount
- Email Forwarding and CalMail accounts through the Cal Retirement Center Network (CRCN)
- 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 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>

Summer Sessions Senior Audit Program

New for 2011: The Summer Sessions Senior Audit Program has become a benefit of membership in the UC Berkeley Osher Lifelong Learning Institute (OLLI@Berkeley). Our retirees receive a discounted rate of \$40 per term (\$10 off) for OLLI membership. You must present your Retiree ID card to OLLI to get the discount. This program allows members to audit almost any Summer Sessions course (conditions of auditing available on the OLLI website). Please see the website for details: http://olli.berkeley.edu/programs/2010_2011/Summer2011/audit.html.

Contact OLLI at berkeley_olli@berkeley.edu or 510-642-9934 with questions or to get information on OLLI courses and lectures.

International Travel Care Clinic

Are you planning to travel abroad this summer? Retirees are eligible to use the services at the Tang Center's International Travel Clinic. The clinic offers guidance to protecting your health while traveling throughout the world.

Personalized travel package includes: travel consultation with medical professionals, immunizations, advice on preventing illness while traveling and education. Travel visits are by appointment. There is a charge for this service. Contact 510-643-7177 six to eight weeks before travel to schedule an appointment.

BAM/PFA

Did you know retirees enjoy free admission to the Berkeley Art Museum (BAM) by showing their Retiree ID? The Pacific Film Archive (PFA) also offers retirees a special admission rate, \$6.50, with Retiree ID. One of the largest university art museums in the United States, the BAM/PFA collections hold more than 16,000 objects and 14,000 films and videos. Find out more at <http://www.bampfa.berkeley.edu/>.

See page 4 for information on an upcoming Retirement Center Tour and Tea of the current BAM exhibit, *Create*.



Friends of the UC Berkeley Retirement Center

2010 FUND DRIVE DONORS

With many thanks to all of our donors, both those listed below and those who donated anonymously...

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Center-Sponsored Events

SUMMER WALKING TOURS

Join us to see three of Cal's most impressive libraries - the Doe Memorial Library, the C.V. Starr East Asian Library, and the Earth Sciences and Map Library. Advance registration required; contact the Center at ucbrc@berkeley.edu or 510-642-5461 to register. *Note: Due to space limitations, priority registration will be given to retirees and their spouse or partner; guests will be registered if space allows. Please consider your own physical abilities before you register, as tours will include brisk walking, standing, and climbing stairs.*

Doe Memorial Library Tour

Allan Urbanic and Steve Mendoza

Tuesday June 28 10:30am-noon

The Doe Memorial Library is Cal's primary library for humanities, social sciences, and international and area studies. Named after its benefactor, Charles Franklin Doe, it was designed by John Galen Howard in the Beaux Arts style and was completed in 1911. The Doe/Moffitt libraries house both the undergraduate and Gardner Main Stacks collections as well as the Morrison Library, Art History/Classics Library, and the South/Southeast Asia Library.

After the tour, retirees will be given the opportunity to get a UC Berkeley Library card if they do not already have one. You must bring your Retiree ID and photo ID with you to the Library if you plan to obtain a card. If you do not yet have a Retiree ID, please request one when you register for this program.

Information about all of Cal's Libraries can be found online at:
<http://library.berkeley.edu/>

C.V. Starr East Asian and Earth Sciences & Map Libraries Tour

Deborah Rudolph and John Ridener

Tuesday July 5 10:30am-noon

In our second summer tour, we will visit both the C. V. Starr East Asian Library and the Earth Sciences and Map Library. The Starr Library contains one of the most comprehensive collections of materials in East Asian languages in the United States. Its combined holdings, totaling over 1,020,000 volumes, is the third largest collection in the nation, behind Harvard and the US Library of Congress. The Starr Library was opened to the public in spring 2008.

The Earth Sciences & Map Library has the largest collection of maps in northern California and one of the largest university map collections in the United States. There are over 450,000 maps and aerial photographs in its collection, consisting of original maps from the 20th Century and later, and facsimile maps published pre-1900. Maps cover all countries of the world and include general maps as well as thematic maps showing a wide variety of cultural, economic, and physical subjects.

Trees of Campus Walking Tour

Jim Horner, UC Berkeley Landscape Architect

Tuesday July 12 10:30am-noon

On our third summer walking tour, we will identify and discuss a selection of the 300 species of trees, native and exotic, that flourish on campus. Registrants should wear comfortable shoes and be prepared to walk briskly.

Advance registration is required. Due to limited space, priority registration will be given to retirees and their spouse or partner; guests will be registered if space allows. Please contact the Center at ucbrc@berkeley.edu or 510-642-5461 to register.

You can find out more about campus trees online at: <http://berkeley.edu/news/multimedia/2004/01/trees.html>.

Berkeley Art Museum Tour & Tea

Wednesday July 20 2pm-4pm

Join us for a free, docent-led tour of *Create*, an exhibit that showcases twenty artists whose work has been made at three pioneering centers for artists with developmental disabilities: Creative Growth Art Center in Oakland; San Francisco's Creativity Explored; and NIAD Art Center in Richmond. A tea and open discussion among tour attendees follows the one hour tour. Advance registration is required to attend this program. Contact the Center at ucbrc@berkeley.edu or 510-642-5461 to register.

Find out more about *Create* at: <http://bampfa.berkeley.edu/exhibition/create>.



Campus Events and Programs

FINANCIAL PLANNING

Fidelity Investments: Drop-In Sessions

Tuesday June 21 9am-noon
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.

Fidelity Investments: Building a Portfolio for Any Weather

Thursday July 14 2pm-3:30pm
This class explains the role of asset allocation and diversification when you are choosing investments for your UC Retirement Savings Program accounts. Advance registration required; contact the Center at ucbrc@berkeley.edu or 510-642-5461 to register.

SUMMER SERIES FOR CAREGIVERS 2011

CARE Services Elder Care Program will be offering the following summer workshops. Registration is required: call CARE Services at 510-643-7754 to register. *Strategies for self-care will be discussed at each workshop.*

Caregiving Challenges

Thursday June 16 12:10-1:30pm
Explore challenges related to caring for an older adult; including memory loss, resisting help, roles and responsibilities of the caregiver/other family members, and feeling responsible but not having control.

Caregiver Stress

Thursday June 30 12:10-1:30pm
Learn about stressors associated with caregiving, including competing demands, work, the caregiver-care receiver relationship and expectations you and others have of you.

Caregiver Grief

Thursday July 21 12:10-1:30pm
Identify losses associated with aging, as experienced by both an elder and the caregiver, and the importance of grieving the changes.

VOLUNTEER OPPORTUNITIES

Haas School of Business Research Study

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

Researchers at the Haas School of Business are continuing to collect data on how economic decision-making changes over the lifespan. Interested individuals age 60 to 85 will undergo a telephone screening session consisting of a 10 minute Mini Mental Exam. Participants accepted for the research will undergo behavioral experiments at the Berkeley Xlab as well as the Neuroimaging Center. 28 retirees have participated in this study to date.

Experiment sessions will take approximately 90 minutes to complete, and participants will be paid according to their choices, which will range from \$15 to \$35. The study at large will take a maximum of 12 months. All the protocols have been approved by the Protection of Human Subjects Committee.

If you are interested in participating in this study, please contact Ming Hsu, at 510-642-1686 or mhsu@haas.berkeley.edu, <http://neuroecon.berkeley.edu/recruiting>.

Assistance to the Landscape Architect

The campus Landscape Architect has two volunteer opportunities. The perfect applicant has a strong knowledge of trees, is an effective researcher and writer and good photographer, can read maps, and is energetic and fit enough to walk the campus. Hours and work space are flexible.

1. Edit and update the very popular "Trees of the Berkeley Campus" last published in 1976 and now woefully out of date. Initially help edit the book and describe new additions, but opportunities may also exist to recreate it with photographs.

2. The UCB campus has trees from all over the world. A project was started a few years ago to develop a dozen or more thematic campus walks for each month of the year highlighting a particular geographic origin or quality (e.g., fall color, historical). This could be done as a calendar to raise money for the campus tree fund, or web based maps that could be followed by smart phones or downloaded and printed.

If interested please contact Jim Horner at jhorner@cp.berkeley.edu. Thanks for your interest!



Spotlight

EMERITI AND RETIREES OF DISTINCTION

Allan Jensen – Distinguished Staff Retiree



Photo: Jenny Le

Steady. Dependable. Helpful. Upbeat.

These adjectives aptly describe Allan Jensen, UC Berkeley Retirement Center (UCBRC) retiree volunteer extraordinaire. If you haven't met Allan, take a moment to become acquainted – it could renew your faith in human(e)kind.

Since he retired almost six years ago, Allan has been a willing volunteer at the Center, handling a myriad of important tasks. “Allan is one of those rare people,” says UCBRC Office Manager Summer Scanlan, “who works his tail off when he volunteers.” You've probably seen him around campus, hauling cartons and equipment to Pre-Retirement Planning (PRP), or watched him set up a lecture; perhaps you met him at a registration table, or observed him greeting guests at the Chancellor's New Retiree Reception. During Summerfest, Cal's annual Staff Appreciation Day event, Allan's carnival barker style allows him to lure even the most reluctant people over to the Center's booth. Perhaps a future career awaits him at the Santa Cruz boardwalk?

One of his more pleasant tasks is to share impressions of retirement with the soon-to-be-retirees during PRP. He stresses the importance of “moving away from your work life” physically, emotionally and psychologically upon retirement. Allan accomplished this separation by

taking a bicycle trip the week after he retired. A series of 60-mile treks through the Pacific Northwest helped clear his mind and defined a moment when he entered a new phase of life. Allan, an avid rider, still bikes 8-25 miles once or twice a month and walks 4-5 miles a day.

On campus 27 years, Allan's last stint was as Director of Work Study where he brought the Financial Aid Office into the 21st Century. Faced with a paper and pencil environment, Allan had the foresight to hire programmers to institute a fully automated work-study system with hiring, referral and verification of eligibility components. In addition to managing daily operations, with the support of a dedicated and talented staff, Allan provided leadership for passing major work-study legislation at the state and federal levels.

Busy as he is, Allan still finds time to volunteer with the Faculty Club Monks Chorus (more than 30 years), UC Berkeley Retirees' Association (UCRAB), and the Campus Bicycle Committee. Every so often, he grabs his tool belt to spend time building sets for the Point Richmond Masquers Playhouse and has even taken up acting with the “Fringe of Marin” Theater competitions. At home, Allan enjoys the complexities of making his own wine and cooking with his wife, Carolina (also a UC Berkeley retiree).

When asked what gives him the most enjoyment and satisfaction in retirement, Allan quickly answers that “I can offer my expertise to those who need it” and then unabashedly confesses “I can decide when and where I want to take a nap, every day.” That sounds like a perfect retirement!

UCBRC staff agree that Allan is to be commended for his dedication and commitment to the Center. He is always willing to do the heavy lifting when needed and for that reason he is this issue's “Staff Retiree of Distinction.”

Patricia Hom

Parking for Center Sponsored Programs and Events

Retirees are eligible to purchase daily parking permits for \$5 each to attend Center events. Send a check or money order to the Center to be received at least a week in advance of the program; include \$2 for postage and handling costs. Permits are for Center programs only. You may purchase permits in person at the Center during drop-in hours, M-F, 1-4pm. Call 510-642-5461 before dropping in to be sure that staff is available to assist you.



the CenterPiece

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

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Special Retirement Center Event

SUMMER BARBEQUE

Wednesday, July 27, 11:30am - 3pm

We hope you can join us this July for a free summer barbeque at Tilden Park in Berkeley. Celebrate the beauty of summer days in the Bay Area while reconnecting with friends and colleagues at the first of this sure-to-be-annual event.

Volunteers will serve up hamburgers, chicken sausages and veggie burgers complemented with side dishes, beverages, and desserts. Emeriti and Retiree association board members and Center staff will be present to answer any questions you may have about programs, events, and services.

In addition to great food and wonderful company, we'll have door prizes, lawn games, and a musical sing-along. Feel free to bring your favorite games and musical instruments.

Due to limited space, advance registration is required. To register, contact the Center at 510-642-5461 or ucbrc@berkeley.edu. Additional information will be provided upon registration.

e-CenterPiece is "Going Green" - Action May be Required

Like many other purveyors of information, the Retirement Center is doing our part to be environmentally conscious and reduce the costs of producing this newsletter. Beginning with the fall 2011 issue, we will no longer send paper copies to retirees with email addresses on file. Electronic distribution is fast becoming the norm as it is a more efficient way to ensure that you receive your newsletter in a timely manner.

Retirees who are affected will be notified of this change via email. If you currently receive *the CenterPiece* by email only, no action is required. However, if you are on our email list and wish to continue receiving a paper copy by mail, you will need to "opt in" by either sending an email to ucbrc@berkeley.edu or calling 510-642-5461 with your name, email address and indication of your preference.

Remember that you can always view *the CenterPiece* on our website, <http://thecenter.berkeley.edu>. Thank you for helping the Center do its part to conserve University resources!

Association News

Mark your calendars for the following retiree association events.

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

Board Meetings - September 20, November 29

Luncheons - September 24, December 3

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

Board Meetings - June 16, July 20, September 21

Luncheons - June 15, September 22

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

Luncheon - To be announced

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

Board Meeting - July 14, October 13

Luncheon - August 18, November 17

UC BERKELEY RETIREMENT CENTER

University of California
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TIME SENSITIVE
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Visit us online!

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the **CenterPiece**
SUMMER 2011

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 do our part to help Cal be as environmentally conscious as possible, the Retirement Center will no longer send paper copies of the *CenterPiece* newsletter to retirees with email addresses on file, effective fall 2011.

We will notify retirees who receive a paper *the CenterPiece* and have email addresses on file of this change via email. To continue receiving a paper copy of *the CenterPiece*, send an email to ucbr@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.

We appreciate your assistance helping us to manage our available resources as effectively as possible.