



# UCRAB Newsletter

University of California Retirees' Association at Berkeley

## UCRAB SUMMER LUNCHEON & Annual Business Meeting

Thursday, June 20th, 2013

Berkeley City Club

No Host Social Hour at 11 a.m. Luncheon at Noon  
Registration insert in this newsletter

### Ruby Long



#### *IT TAKES A VILLAGE*

Have you ever asked yourself if you could or should move to a senior residence? Did you know there are alternatives to such a move? Come hear Ruby Long discuss the "Villages" format. These volunteers help seniors age in place...their place! *Patricia Hardy, Luncheon & Speaker Coordinator*

#### *Senior Villages*

Ruby Long retired as a Graduate Assistant at UC in 1993. She then received an Adult Ed credential and began teaching ESL to Korean senior citizens. Meanwhile, she organized and inaugurated a volunteer reading program at her neighborhood school. In 1998 she applied for the Peace Corps and in 1999 received an invitation to teach English in Tashkent, Uzbekistan (Central Asia). The assignment ended in 2001. When she returned to Oakland, she resumed work with Reading Partners and got involved with her local Senior Center, taking yoga classes and leading word game groups. After two or three more years with Reading Partners she stepped aside and someone else assumed leadership. That group is still going after almost 15 years.

Following her avid interest in local history, Ruby is one of the docents who lead tours at Mountain View Cemetery, an important site for learning about early Oakland and California. For some time, Ruby had been following the development of Villages across the country. In 2009, she heard that North Oakland Village was forming—she got involved and has been with them ever since. A member of the original board, she has continued to be active with the group, serving as vice president, secretary, and now member-at-large, as well as assuming several other roles.

#### *Editor's Introduction*

This issue of the UCRAB Newsletter continues our exploration of the rich variety of residential opportunities for enjoying life as a retiree and a senior in the Bay Area.

Below (right) Fran Costa continues our series on UCRAB members who live in Bay Area older adult residences. Fran writes about St. Paul Towers in Oakland, home to several retirees from UC Berkeley.

On the left, we introduce our summer luncheon speaker and UCRAB member Ruby Long, who will discuss an alternative to senior adult residences which keeps older people healthy, socially active and living in their homes for as long as possible. The Bay Area is one of the fastest growing regions in the country for these "senior villages". Join us at the luncheon and discover more about these organizations for those who just aren't ready to leave their long-time homes.

*Kurt Lauridsen, Editor*

#### *St. Paul Towers*

Hailing from New York, where her first job was at Sloan Kettering Institute doing cancer research, Fran Costa arrived in California in the early 1950's. After several years in Los Angeles at USC Medical School, Fran came to Berkeley and UCSF's Department of Bio-Chemistry. After a year's break for a trip to France, she began work as a Specialist in the Department of Nutritional Sciences in 1962 where she worked until retiring in 1989. Fran was in charge of the laboratory for a large project doing controlled studies on human subjects which were designed to determine the nutritional requirements in humans for protein and minerals.

*Kurt Lauridsen, Editor*

*Fran Costa...*As I approached my 80th birthday, I began to think seriously about my options for living my later years as fully and as securely as possible. I loved my house in the Berkeley hills but it was already getting harder to keep up with the garden and the repairs that houses constantly need. There seemed to be only two realistic solutions: stay in my house, increasing the help I needed as I aged, or moving to a retirement community. Staying in my house appealed to me but the thought of having to depend on strangers worried me. I realized that when I could no longer drive, it might be lonely to be so isolated. While I hated leaving my garden, the thought of living in a community began to make more and more sense to me.

The question now became, what community would come closest to meeting my needs. Because my friends were

*Continued on p. 2*

## *President's Message*

At a recent gathering of the executive board members, we said goodbye to Dorothy Snodgrass. Dorothy was honored with a Certificate of Appreciation for her over ten years of contributions and service on the UCRAB board. We welcome interim Board Member Lynn Bailiff, formerly an administrator with Undergraduate Affairs.

The Annual Luncheon and Business Meeting agenda and slate of board openings for 2013 to 2015 are inserted in this newsletter. Be sure to review these inserts and come ready to vote at the June 20th luncheon; make your vote count! I'm looking forward to seeing you at these June meetings.

Isn't it great to be retired?

*Iola James, President*



*President Iola James presents Dorothy Snodgrass a Certificate of Appreciation for her many years of contributions and service as a UCRAB Board member.*

## *St. Paul's Towers, continued from p. 1*

mostly in the Berkeley area, I limited my search to the East Bay. To me an important consideration was to find a place which had predominately independent living units, but also contained assisted living and skilled nursing facilities within the same building. I was also interested in finding a retirement facility that offered "Life Care". Life Care basically means that if one must progress from independent living to assisted living or skilled nursing care, the monthly rate will stay the same. St. Paul's now also offers a "continuing care" option which is popular with new residents. With this option one pays less upon entering and for monthly charges. However, you are subject to payment for all subsequent medical services incurred such as nursing care.

I checked out several places in the area and St. Paul's Towers, near Lake Merritt, came closest to meeting my requirements. When I made some initial visits there, I came away with good feelings. The residents and staff I met were warm and welcoming. Food is an important consideration to me and the lunch I was treated to on one visit was probably the deciding factor that made me select St. Paul's. It was tasty, well prepared and nutritious.

I moved into St. Paul's six years ago. I have a spacious one bedroom apartment on the 14th floor with a great view of the hills. A full kitchen makes it possible for me to prepare dinners whenever I get a yen for some special food.

There are many activities offered here; classes, lectures and committees of all kinds. There is a lovely library and a well-equipped gym for starters. In the evening, there are concerts, guest speakers and movies. Van and limo trips take residents shopping, to medical appointments, concerts, theater, museums and the like. Since I still drive, I don't avail

myself of these perks often, but last week I went with the van to the De Young museum. It was great to be dropped off and picked up right at the entrance. Of course one may participate in as many or as few activities as one wishes.

For me the biggest plus has been getting to know many of the residents. They are a very diverse group, most of whom have lived interesting lives. It is usually possible to find congenial dinner companions and often lively conversations extend the dinner hour way past desert. The staff also is almost without exception helpful, patient and considerate of us. It's amazing how quickly they learn the names of the more than 200 plus residents.

Now for the minuses. Obviously, in a community there have to be some rules and these may not always be to the individuals liking. While we have a resident council, final decisions are made by the administration. I believe that to enjoy life here, one has to be fairly flexible and ready to adapt to new things. It also is very important to fully understand the contract that one is asked to sign before moving in. Some people feel it is a good idea to consult a lawyer before signing the document. Finances, too, can be a problem. Without a house to sell, I wouldn't have been able to afford living here. The monthly rates are adjusted yearly and the average increase has been about 3% per year.

Would I do it again? Absolutely. I live comfortably, have made many new friends and feel secure in the knowledge that I will be taken care of when the need arises. In the meantime, I feel totally free to do as much or as little as I please. I would be happy to answer any specific questions you might have, please email: [francosta1416@gmail.com](mailto:francosta1416@gmail.com)

*Fran Costa*

## UCRAB

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Patrick Cullinane, Director  
UCB Retirement Center  
Liaison to UCRAB

## CUCRA-CUCEA Meeting Report

The semi-annual meeting of the Council of University of California Retirees Associations (CUCRA) was held at UC Riverside on April 23 and 24, along with their emeriti counterpart, Council of University of California Emeriti Association (CUCEA). UCRAB was represented by CUCRA Representatives Vice President Allan Jensen, President Iola James, and Secretary Marian Gade, Past President of CUCRA. UCBRC Director Patrick Cullinane and a representative from the UCB Emeriti Association also attended.

Director Joe Lewis of UCOP's Retirement Administration Service Center (RASC) reported that the familiar *At Your Service* website is being updated. A beta test site will go online in June or July. When announced, UCOP will welcome feedback on the new format. Joe also reported negotiations will begin shortly on health plans to be offered during next fall's Open Enrollment period. For more information, see the current issue of *New Dimensions* which retirees received the end of April.

The CUCRA meeting followed the joint meeting with CUCEA and was chaired by recently elected Lee Duffus of UC Santa Cruz who stated his goals for CUCRA:

- foster more interaction among retirees and their campus/lab associations;
- ensure full inclusion for Los Alamos and Lawrence Livermore Lab retirees;
- continue support for Health Care Facilitators at each location; and
- develop liaisons with campus staff associations.

New to the meeting was an interactive session where representatives split into two groups, one discussing surveys as a tool for program planning, and the other discussing association scholarship programs. Our representatives found both of these especially helpful as your Board has been considering criteria and protocols for awarding one or more scholarships, as well as considering a survey of our membership. Other campus associations reported awarding scholarships in a variety of formats: teaming with other campus and developing their own programs.

One of the values of CUCRA is learning from others how best to serve retirees. Campus reports on activities and events are available on the CUCRA website: [cucra.ucsd.edu](http://cucra.ucsd.edu). Click on "Meetings," then "Meeting Materials" to read reports.

*Iola James, Allan Jensen, and Marian Gade*

## UCBRC Summer Activities

The summer issue of the *CenterPiece* newsletter provides more information on our summer activities. It can also be found at <http://thecenter.berkeley.edu/centerpiece.shtml>. A quick summary of activity for a full and fun summer for retirees:

- **Annual Picnic and BBQ:** The third annual picnic and BBQ will be held in June in Tilden Park. Always a fun time with good food, company, and prizes, this free event will be held on Tuesday, June 25.
- **Retiree Golf Outing:** Hello fellow duffers! A new initiative this summer is the Retiree Golf Outing at the Tilden Park Golf course. Scheduled for July 23, registration is due by June 24. This will also be a fun volunteer opportunity!
- **Summer Tours:** There will be four tours this summer – Berkley Art Museum, a library tour and research class, two tours of the now completed Memorial Stadium, and a tour of the Botanical Garden.
- **Volunteer Opportunities** (Contact Coming of Age: [www.comingofage.org/bayarea/opportunities](http://www.comingofage.org/bayarea/opportunities) or (888) 308-1767):
  1. Women Entrepreneurs in the Bay Area: Women's Initiative for Self Employment (WISE) provides high-potential, low-income women with the training, funding and support to start their own businesses;
  2. Don't Let Homelessness Stop a Child's Education. Community Education Partnerships provide free assistance to homeless children through weekly tutoring, often at shelters and transitional homes throughout Oakland and Berkeley.

We look forward to a busy summer of activity that we hope will be fun and of value to retirees. You are always welcome in our offices. We are conveniently located at 1925 Walnut St. in Berkeley. Be Well!

*Patrick Cullinane, Director*

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## Membership

UCRAB invites you to observe our executive board meetings held at 10:30 am on the third Wednesday of the month at the UC Berkeley Retirement Center, 1925 Walnut Street.

June 19  
July 17  
September 18  
October 16

Please note that no meetings are held in August or December.

Upcoming UCRAB Luncheons:

June 20  
September 19  
December 5

**Editors Note:** Please direct your comments and contributions regarding this Newsletter to the editor, Kurt Lauridsen: [kurtvl@sbcglobal.net](mailto:kurtvl@sbcglobal.net) or or call 925/376-1613.

### ***Welcome to new and welcome back to returning UCRAB members!***

We hope to see you, Barbara Baird, Agneta Bendsjoe-Schipper, Michael Buehler, Barbara Chan, Kristina Combs, Benito Contreras, David Farrell, Kathleen Gage, Gloria Garaventa, Patricia Harwood, Irene Kan, Keiko Kubo, Christine Leefeldt, Kenneth Lindahl, Eugenia Loken, Claire Lomax, Marietta McCain, Madelyn Misite, Hilary Naylor, Alexander Nichols, Elaine Ove, Barbara Plog, Martha Rabkin, Susan Reneau, Kenna Richards, Jerry Sanders, Linda L. Schmidt, Mary Sharman, Josiane Siegfried, Elisabeth Spohrer, Carol Lynn Stewart, William Uhler, Diane Walker, Thomas Webster, Barbara Yoder, and Sharon Zarkin.

Please let me know how UCRAB can serve you better. Happy to have all of you as members of UCRAB. Please introduce yourselves to UCRAB Board members at the luncheons, trips and other events and let us know if there is something we can do for you. *We are here to serve you!*

*Isabelle Revoir, Membership Coordinator*



**Over 30 UCRAB members enjoyed the 11th Annual UCRAB Day at the Races on April 18, 2013.**