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.

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.

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

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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

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

Fran Costa
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 – Berkeley 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 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
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 Uhlir, 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.