



UCRAB Newsletter

University of California Retirees' Association at Berkeley

UC BERKELEY RETIREES' ASSOCIATION INVITES YOU TO JOIN US FOR OUR

Summer Luncheon & General Meeting

Berkeley City Club, 2315 Durant Avenue, Berkeley
Social Hour at 11am, Luncheon at Noon

Thursday, June 19, 2014

Love Your Work; Now Let it Go

Patrick C. Cullinane, MS
Director, UCB Retirement Center

Reservations must be received no later than Friday, June 13.

See the enclosed insert for details.



Patrick Cullinane, Director of the UCB Retirement Center to Step Down

Patrick Cullinane, who has directed the UCB Retirement Center for the past six years is, himself, to become a Berkeley retiree at the end of June. The following interview is intended to inform our readers about Patrick and reveal how a person with a long professional history dealing with aging issues considers his own "retirement," or as Patrick would say, his next chapter in life.

Editor: Please tell us about your formal and informal training in the field of aging and retirement:

Patrick: Formally, I have a Bachelor's degree in Psychology and a Master's Degree in Community Development. Early on I decided to focus my professional life on developing community based systems of care. That decision eventually led me to the field of aging. In 1980 I developed a thirteen-county community-based care management program to assist frail elders in staying safely at home and with reasonable quality of life. In 1984, work with a health planning agency identified the growing older adult population and the inadequate care system to serve that population. Those efforts brought me to California where similar programs were developed in Marin and Alameda Counties and eventually led to my employment for 18 years as Director of Special Projects for the American

Society on Aging. In 2008, I was blessed with the opportunity to direct UCBRC.

Editor: Now comes the big question, how does one with so much experience in aging and retirement deal with his own aging and retirement?

Patrick: A gift of working with older adults is the experience and knowledge of long lives well lived, of knowing that there are late life chapters of 20 to 30 years or longer. One learns that thoughtful preparation ensures the next life chapter will be the chapter one wants. We all want a bridge to our desired future, not a plank off the campus ship. A major question to be addressed for most of us if you "loved" your work is how do you let go to a different life Monday through Friday, 8 to 5.

I understand that there is transition time to find your preferred rhythm in the next chapter. I look forward to the freedom and flexibility to continue those activities I want, to let go of some responsibilities and to explore new possibilities. As the incoming President of the Association of Retirement Organizations in Higher Education (AROHE), I will continue to engage my professional interests and leverage my experience. I will continue to serve on the Kaiser Hospital Oakland's older adult advisory committee and as trustee for Strawberry Creek Lodge in Berkeley.

President's Message

Dear Members,

Having served three terms (*six years*) as president of UCRAB it is with considerable emotion that I write the final message of my tenure. I leave having enjoyed the exceptional support that the magnificent Board of Directors has rendered over the years. Together we were able to fulfill our role as advocates for your benefits and to offer you programs and activities. I give many heartfelt thanks to:

- **Allen Jensen**, Vice President and Council of University of California Retirees Association (CUCRA) Representative
- **Marion Gade**, Secretary extraordinaire
- **August Manza**, Treasurer and financial guru
- **Patricia Hardy**, Luncheon Speaker Coordinator (especially for her superb job in obtaining speakers)
- **Lola Harris**, Legal Consultant (it's great to have a lawyer onboard)
- **Kurt Lauridsen**, current Newsletter Editor (doing a great job)
- **Isabelle Revoir**, Membership Chair (one of the best, ever)
- **Antonia Sweet**, continuous and superior representation as our UCRS Advisory Liaison and recent appointment as Volunteer Representative, and last but not least
- **Lynn Bailiff**, a new addition to the board providing significant input into our recent survey.



Patrick Cullinane, Director of the Retirement Center and liaison to UCRAB and his associate, Summer Scanlan, greatly facilitated me and the Board in our endeavors.

As Association President, I have represented you as a member of the UCB Retirement Center Advisory Policy Board, Association of Retirement Organizations in Higher Education (AROHE), as CUCRA representative, and at Chancellor's Receptions for new retirees, to name a few.

I am proud to have initiated a change in the format of our newsletter from black and white to color glossy paper with a new masthead. The plan for a UCRAB lapel pin for Association members came to fruition. Our recent free-to-members October mixers provide members with the opportunity to enjoy art and craft displays, hors d'oeuvres, wine and entertainment.

I appreciate the response of those who participated in our recent UCRAB survey which was conducted to create new activities and programs in response to member requests.

For a number of years UCRAB members have purchased tickets to come out and enjoy our annual Day at the Races with the understanding that a portion of the ticket price would be set aside to fund scholarships. I am delighted to announce that plans are in the making for UCRAB to present its first scholarship for the upcoming fall semester 2014. Related announcements will appear in the next UCRAB newsletter.

It has also been my pleasure to coordinate trips for the association. Those participating have experienced numerous day excursions and overnight trips. I have been asked to include a list of past trips in the Fall Newsletter.

I leave knowing our Board of Directors will continue to flourish by building upon our current successes and initiating new programs of interest to our members and the campus community. Thank you for the opportunity to serve as your president for the past six years. I look forward to your attendance at our Annual Business meeting on June 19, 2014.

Isn't it great to be retired?

Lola James, President

UCRAB Members Speak Out

Our thanks to the 163 UCRAB members who responded to our recent survey about interest in UCRAB sponsored activities. While this number of responses (28% of the total UCRAB membership) doesn't meet rigorous research standards for drawing inferences, the UCRAB Board learned a great deal from your preferences and opinions. This information will help guide our planning for future UCRAB programs.

Here are some of the most interesting findings.

Day Trips. Over three-fourths (77%) of those who answered the survey expressed interest in UCRAB-sponsored day trips. Some of their favorite destinations are the De Young Museum, the Monterey Bay Aquarium, the California Academy of Sciences, Filoli Gardens, Alcatraz and Angel Islands, and the Sacramento Capitol and Old Town. Members added their own suggestions for outings to the Exploratorium, Daffodil Hill, Muir Woods, the ballet, the theater, and the Cantor Museum at Stanford. At the same time, a number of respondents commented that they are not interested in trips that are easy for them to arrange themselves.

Overnight Trips. Almost 40% of the survey respondents were interested in overnight trips organized by UCRAB. Their top choices were Yosemite, Hearst Castle, and the Grand Canyon. Members also "wrote in" suggestions for trips to the Oregon Shakespeare Festival, Big Sur, Lake Tahoe, and Catalina Island.

Luncheons. Forty-five per cent of the respondents expressed interest in the quarterly UCRAB luncheons. Among those who had attended at least one of our luncheons, more than 80% were happy with the starting time for both the no-host bar and the luncheon, and with the accessibility of the Berkeley City Club. Several UCRAB members commented that they appreciate the City Club's proximity to BART. Although one-half of the respondents who had attended a luncheon found that parking is convenient, an equal number said that parking is only "somewhat convenient" or "not convenient." When asked about alternatives to the City Club, a minority of survey respondents rated Skates (31%) or Hs. Lordships (25%) better than the City Club. However, a number of respondents

also commented that they would not like a venue that wasn't near a BART station.

Among all respondents, including those who have not attended a UCRAB luncheon, there was a strong preference for luncheon speakers who are "experts in various fields" (80%). More than half of the respondents were interested in hearing from Berkeley faculty members (58%).

Discussion Groups. Another popular suggestion for UCRAB activities (44% of respondents) was discussion groups focusing on books or current events. A number of members responded that they would like to participate in UCRAB activities, but either have limited mobility or live too far away. One member suggested the possibility of online discussion groups as a way of helping members who can't attend events stay connected with UCRAB and the University.

Motivation to Participate. Large majorities of those who answered the survey said they participate in UCRAB activities "to learn new things" (71%) or "to visit new places" (71%). Convenient public parking, convenient public transportation, and accessible facilities were all ranked as "very important" by at least 40% of the respondents.

UCRAB Newsletter. The UCRAB Newsletter is very popular, with 88% of respondents reporting that they read every issue. While many respondents commented that they like the Newsletter just as it is, others said that they would like to read more stories about retirees. One member reminded us of the importance of using large print in the Newsletter, and another suggested including faculty and staff obituaries. Forty one percent of respondents said they read the print version, while 37% read the online version, and 24% said they read both.

Our Thanks. The survey committee—Patricia Hardy (chair), Lynn Bailiff, Iola James, Kurt Lauridsen, and Isabelle Revoir—thanks everyone who participated in the survey and gratefully acknowledges the support of the UCB Retirement Center staff that programmed the survey and tallied the responses. Finally, congratulations to the two lucky winners of the \$50 Amazon gift certificate, Camille Holser and Marion Gillen.

Lynn Bailiff, Survey Committee

So You Want to Volunteer!

Here is a list of places on campus that need volunteers plus their contact information:

Botanical Garden: http://botanicalgarden.berkeley.edu/get_involved/volunteer.shtml

Cal Alumni Association: <http://alumni.berkeley.edu/volunteer>

Cal Performances: <http://www.calperfs.berkeley.edu/support/volunteer/>

Greater Good Science Center: http://greatergood.berkeley.edu/get_involved/volunteer

Jepson Herbaris: <http://ucjeps.berkeley.edu/main/volunteer.html>, (510) 642-2465

Lawrence Hall of Science: www.lawrencehallofscience.org/volunteer, hallvolunteers@berkeley.edu

Phoebe A. Hearst Museum of Anthropology:

<http://hearstmuseum.berkeley.edu/about/volunteering-and-internships>

Psychology Research Subject Volunteer Pool:

<http://psychology.berkeley.edu/participant-recruitment/rsvp-research-subject-volunteer-pool>

UC Berkeley Library: <http://www.lib.berkeley.edu/LHRD/volunteer.html>

Toni Sweet, UCRAB Volunteer Coordinator

UCRA Report

The University of California Retirement System Advisory Board met on February 28th. It was announced that there are approximately 62,000 retirees from the University of California. In-State Tuition will remain flat for the school year 2014/15. Be sure to follow the May State budget revisions at uchet.universityofcalifornia.edu.

The July 1, 2014 COLA is 2%. It is based on the 1.5% average increase in the CPI (Consumer Price Index). For those who retired after July 1, 2006 please refer to the May edition of "New Dimensions" to find the increase in your checks that will be paid at the end of July.

Don't forget to check the CUCRA website at <http://cucra@ucsd.edu> for information regarding the latest meeting held in April at UCSB. Remember that representatives from each retirees association attend the meetings that are held in the spring and the fall of each year. This fall the meeting will be held at the Berkeley Campus. The CUCRA-CUCEA meeting will take place on the morning of October 23 at Alumni House.

Toni Sweet, UCRS Liaison

Snow Train Recap



UCRAB members and guests pose with a Johnny Cash-impersonating Elvis aboard the February Snow Train and Trip to Reno, Nevada.

Over 50 members and guests attended this special trip.

Photo by Mary Clary

UCRAB Board of Directors

Officers

Iola James, President & Trip Coordinator
iolaj@comcast.net
510/632-7264

Marian Gade, Secretary
mgade@berkeley.edu

August Manza, Treasurer
510/526-1651

Directors

Lynn Bailiff
lynnbailiff@comcast.net

Patricia Hardy, Luncheons
hardypatricia@gmail.com

Lola Harris
lharris@berkeley.edu

Kurt Lauridsen, Newsletter
kurtvl@sbcglobal.net
925/376-1613

Isabelle Revoir, Membership
isabelle.revoir@gmail.com

Antonia Sweet, UCRS Liaison and Chair of the Volunteer Committee
510/652-9795

Patrick C. Cullinane, Retirement Center Liaison
510/642-5461

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

UC Retirees' Association at Berkeley 2014 Slate of Officers and Directors

The following slate of Officers and Directors is proposed by Carroll Brentano, Nominating Committee Chair, for the 2014-1016 terms. All members of UCRAB are invited to make additional nominations at will, from the floor at the June 19, 2014 annual meeting

Nominated For Election at This Meeting

Officers

President: Kurt Lauridsen
Vice President: Lola Harris

Directors

Lynn Baranco
Patricia Hardy
Isabelle Revoir

Patrick Cullinane, continued...

My family, garden and house projects await and my wife and I anticipate some traveling and joining a chorus. Weekday golf outings look attractive. And I will continue to be the news delivery boy for the Rockridge Community Council newsletter. I look forward to alone time to reflect, smell the roses and enjoy my coffee on the glider under the pine tree.

Editor: I recall that in my transition period I decided to re-organize the kitchen “for” my wife!

Patrick: Ah yes, my wife and I agree that we had married for better or worse — but not for lunch! It is important to keep in mind that this transitional period will be important for you AND your partner... if you have one. My next chapter happily requires the involvement and preferences of Barbara.

Editor: Your six years at Berkeley have been very active and creative. What is it that you would most like to be remembered for as the Retirement Center Director?

Patrick: Well, I am grateful for Summer Scanlan, our Project Manager, our work study students, Angy Stacy and Carolyn Capps. I am pleased that we have affirmed the value and continuing contribution of retirees to the University. I am also thankful that we could navigate a period of cut-backs in state support for the University while enhancing services, and even doubling the number of participants in our pre-retirement planning program. We are pleased to have restored the retiree conference to the Center’s portfolio. It is now a biennial event for May Older Americans Month. The 2012 conference with Robert Reich and the recent 2014 conference with Gov. Jennifer Granholm were well attended and appreciated. Our Memorandum with Coming of Age: Bay Area and the annual volunteer fair have facilitated new opportunities for retirees to use their talents. Developing programs that address the social needs and interests of retirees has also been satisfying, e.g., the summer picnic, caregiving support group and a golf event. Hopefully we will soon see the implementation of our affiliation agreement with Belmont Village Senior Living for the development of older adult housing on university property in Albany. Retirees’ generous donations enabled us to replace our old ACCESS database system with Salesforce, a system that is far more robust. Our next step is to link our website to Salesforce so retirees can handle program activity and payments online. Lastly, the Center’s Transforming Retirement initiative with the office of the Vice Provost for the Faculty and our four retiree associations has the potential to write a new respectful, empowering and efficient transition for the retirement experience on campus.

Editor: Finally, Patrick, What are your immediate plans after retirement?

Patrick: To pause, take a deep breath, reflect on my 46 years of professional engagement, and cherish the new life opportunities that await me and Barbara.

Membership Update

Please welcome our brand new members: B. Denise Ali, Linda Ellwood and Janet Kodish. I’d also like to thank all of our members who have recently renewed. We hope to see you at our quarterly luncheons or at the next UCRAB event or adventure.

Isabelle Revoir, Membership Chair

University of California
Retirees' Association at Berkeley
1925 Walnut Street #1550
Berkeley, CA 94720-1550
Telephone: 510/642-5461
Fax: 510/643-1460

UCB Retirement Center Update

As I write my last column, I am moving closer to my “retirement” date of June 27. Although my time at Cal has been brief compared to most of our retiree population, it has been a rich experience of a great institution served very well by talented, committed and interesting people. I have enjoyed working with UCRAB in ensuring access for retirees to campus and other resources to help them stay connected, nurture their curiosity and creativity and get answers to questions regarding pension, benefits and other later life concerns in a timely and responsible manner.

New Center Director

As I transition to my next chapter in life, the Office for the Faculty and a search committee of representatives from the four retiree associations have begun to review Center director applications. If all goes well, we hope to have the new director on board by the beginning of the fiscal year on July 1.

Database and Website Improvements

The Center continues to move forward with a database modernization project. A new customer relations management system by Salesforce is up and running. With expert help and additional software, we will next build a web interface to allow retirees to conduct program activity online. This means you will be able to register for programs, purchase parking permits and pay any program fees, as well as update contact information and renew your UCRAB membership — all online.

Center Summer Programs

Due to the transition in Center leadership this summer and the remaining significant work on the database and website, the Center’s programming will not be as robust as usual. We will need to put our annual picnic and golf outing on hold. If database and Director engagement proceed well, then we will schedule those events later in the summer and alert retirees by email. The use of email for such updates and other breaking news is a good reason to be sure the Center has your email address.

Patrick C. Cullinane, Director, UCB Retirement Center