



President's and Regents' Retiree Association

NetworkNews

Fall 2017

Published for Retirees of the Office of the President and Office of The Regents, University of California

President's Message

Welcome to our September newsletter. In this edition you will find notice of the next PARRA luncheon on October 9, featuring Vice President Glenda Humiston as speaker, and some results from the PARRA survey.

Work is under way to address the most frequent survey response, streamlining luncheon registration. As to luncheon speakers, the results point to what many Executive Committee members expected, that there is some variation in PARRA members' preferences. My conclusion is to try to vary the topics from luncheon to luncheon. If any of you know a speaker you think would be of interest, and especially if you are able to contact the speaker, please contact me or another Executive Committee member.

The PARRA survey was one of two that many of us completed this year. The Council of University of California Associations (CUCRA) conducted a survey of staff retirees last October. The results have not been formally published, some highlights are available. The survey was conducted online with nearly 17,000 email invitations and surveys distributed and nearly 4,500 (27%) responding. Given the methodology one cannot generalize to all 75,000 UC retirees, but with that in mind, here are some results. The percentage of respondents doing volunteer work is quite high: one in 5 respondents is still volunteering 20-25 years after retirement; at some campuses volunteering for UC was quite high, with 42% reporting they volunteered at UCSD. Volunteering outside of UC was much higher, 72% for UCSC retirees, 70% for UCSD, and 65% for Berkeley. This level of volunteering is remarkable and suggests an area for PARRA to look into. I will share the entire, final CUCRA report when it is published.

The coming season brings the University's open enrollment process, which last year introduced some new health care insurance companies. One, Optum, a provider of prescription drug coverage for the University's PPO plans, has been a source of frustration for some retirees, as I've heard from some of you. Such concerns were apparently widespread enough that the University will be moving from Optum to Anthem, effective January 1, 2018, for pharmacy benefits for PPO plan enrollees. As described in the open enrollment packet you will all receive, no action by you is needed to execute this transition. For more information about this change, please see: <http://ucnet.universityofcalifornia.edu/news/2017/08/anthem-to-replace-optumrx-for-ppo-pharmacy-benefits-in-2018.html>.

Speaking of health insurance, I want to make sure that everyone knows that the place to ask for help with problems with insurance is the Retirement Administration Service Center (RASC), 800-888-8267 or online at <https://contactrasc.universityofcalifornia.edu/contacts/csform.html>. Feel free to call upon them as needed.

I hope to see many of you at the October luncheon. And, if any of you would like a ride to the luncheon or know someone who would attend if they were offered a ride, please let me know and we'll see if one of our Executive Committee members can assist.

Jim Dolgonas

PARRA Fall Luncheon Monday, October 9

Please join us at the PARRA Fall luncheon at Hs. Lordship's Restaurant in Berkeley. The speaker will be UC Vice President for Agriculture and Natural Resources Glenda Humiston.



Vice President Humiston will explore the emerging world food crisis and how UC is working to develop, demonstrate and export solutions for food security, health and sustainability.

Dr. Humiston is currently UC Vice President of Agriculture and Natural Resources. With more than 25 years of experience in public policy development and program implementation supporting sustainability, she has led efforts to bring rural issues to the forefront for policy-makers throughout California.

PARRA Donors March - August 2017

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*PARRA thanks you for
your generosity!*

PARRA Financial Report

BALANCE February 3, 2017			\$5,892.35
Spring Lunch – April 11, 2017			
Income:	Lunches	\$2,160.00	
	Donations	\$1,435.00	
	Total Income		\$3,595.00
Expenses:	HsLordships	\$2,047.92	
	Newsletter Printing	\$ 355.71	
	Total Expenses		\$2,403.63
INCOME -- Donations - February to August 2017			\$ 180.00
EXPENSES:			
	Fall 2016 Newsletter Mailing	\$ 155.64	
	CUCRA Meeting, April, 2017 UCI	\$ 823.46	
	Survey Monkey	\$ 26.00	
	Total Expenses		\$1,005.10
BALANCE August 31, 2017			\$6,258.62

Submitted by Linda Glasscock, Treasurer

PARRA Member Survey Results

A big thank-you to all the members who responded to the member survey during March and April. 173 of you completed the online survey, and five paper questionnaires were mailed back — an 18% response rate.

Several themes emerged from your answers. Many comments concerned the luncheon venue and fare. The Executive Committee is investigating other possible meeting sites, as it has been a few years since alternative venues were last researched. The tension between adequate parking and reasonable transportation to PARRA events is always an issue in the Bay Area. Such concerns will certainly be taken into consideration in evaluating other possible sites.

In many comments throughout the survey, the strong desire for opportunities to socialize with other retirees came through. Distance, transportation, health issues and the calendar, among other things, can get in the way. To provide a forum for ongoing connection and communication with one another, we've set up a UC PARRA group on Facebook. It's a no-cost experiment; let's see if it gets off the ground.

Perhaps the most enthusiastic feedback concerned streamlining the luncheon registration process. 74 respondents would welcome the ability to register and pay online. To that end, we have already developed requirements for an online registration system. PARRA member Judy Coy, former Director of Information Management at UCOP, is working with the PARRA Executive Committee to identify viable products and customize a system, with the goal of having one in place for the Spring luncheon.

The entire survey - questions and responses - may be viewed at <http://retirement.berkeley.edu/sites/default/files/parrasurveyforweb.pdf>

PARRA on Facebook

UC PARRA is a Closed group, meaning that membership is by approval, and only group members can see posts or post to group. If you're already a Facebook user, you can search for "UC PARRA" or navigate to <https://www.facebook.com/groups/1960834227520562/> and ask to be added. Or send me an e-mail and I will add you.

Connie Williams
williams.connie@gmail.com

Belmont Village Opens

The Belmont Village Senior living facility in Albany, on UC Berkeley property adjacent to the married student (family) housing, has opened.

The facility gives priority to UC retirees and families (such as parents of UC employees or retirees) but also accepts other residents. It is focused on providing independent living, assisted living and memory care, but is not a skilled nursing facility.



Anyone who wants to learn more can contact Belmont at 510-525-4554 or <http://www.belmontvillage.com/>



Join the PARRA E-mail List!

If you are reading a paper copy of this issue of PARRA Network News that you received in the mail, you are now in the minority; more members get the newsletter by e-mail than via the U.S. Postal Service.

To switch from paper to electronic distribution, send an e-mail to parra4uc@gmail.com and ask to be added to the e-mail list. We hope you won't, but if you wish to opt out of all PARRA communications, you can let us know at the same e-mail address.

We Remember

Geoffrey Heller

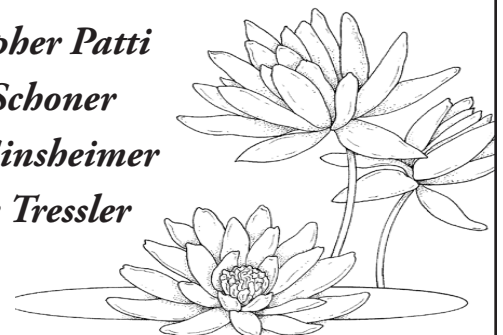
David Mears

Christopher Patti

Carl Schoner

Robert Sinsheimer

Arthur Tressler



UC Berkeley Retirement Center

The best way to receive information on our upcoming lectures, luncheons, resources and discounts for retirees, is by subscribing to the CenterExpress, our bi-weekly eNewsletter. Just send your email request to ucbrc@berkeley.edu



LEARNING

The Resilient Aging Lab - A one-day Workshop on October 6, 2017, 8:30 a.m.- 4:30 p.m. at the Tang Center, UC Berkeley, focuses on appreciating where you are and deciding where you want to go. The Resilient Aging Lab is a three-step program that follows the phases of a transformational journey. It provides practical tools and support for successfully transitioning into a new phase of life. To read more about this innovative approach to navigating life transitions, and for registration details, visit: http://retirement.berkeley.edu/workshops_details

Learning in Retirement

Learning in Retirement is offering two, three-part series this fall *The Supreme Court Today*, and *Creating Educational Opportunity in an Unequal World: The CalPrep Story*. All sessions are held from 2 - 4 pm in Sibley Auditorium, in the Bechtel Engineering Center. For the dates and session details, and the registration links, visit <http://retirement.berkeley.edu/LIR/schedule>. You may register online or call the Retirement Center at 510-642-5461.

ASSOCIATION LUNCHEONS – open to all retirees of UCOP!

September 21 – Professor Emeritus Russ Ellis, “*Retirement: Then and Now*” UCRAB sponsored. To register: http://retirement.berkeley.edu/ucrab_events

October 7 – Alex Filippenko, Professor of Astronomy, UCB, “*Frontier Research & Education at UC’s Lick Observatory*” UCBEA sponsored. To register: <http://retirement.berkeley.edu/ucbea/events>

November 16 – Ernie Majer, former Senior Advisor to Div. Director of the former Earth Science Division and Program Area Lead for the former Fundamental Earth Sciences. EX-Ls sponsored. More details soon at: <http://retirement.berkeley.edu/ex-ls/events>

RETIREE ID

UCOP retirees are eligible to use the special offers, discounts and perks available with the Retiree ID. To obtain your card, come by the Retirement Center between 1- 4pm Monday-Friday, or call, or email your request. Selected offers included: Free admission at the Berkeley Art Museum and Pacific Film Archive (BAMPFA) ~ Discounts on select Cal Performance events and Cal Athletic Season tickets ~ Osher Lifelong Learning Institute (OLLI) membership discount ~ Discounted parking passes ~ Free library card ~ To see a complete list of the current offers visit: http://retirement.berkeley.edu/id_card

Save the Date!

Upcoming Workshops

The Retirement Center is offering a number of free workshops December 2017 through May 2018 on retirement transition, technology, housing, estate and legal planning, and long-term care. A full description of each workshop and registration information can be found on our website at http://retirement.berkeley.edu/workshops_details.



Living Well in Retirement

Retirement Center Conference

May 22, 2018

Hs. Lordships, Berkeley Marina ~ Registration available in early 2018

Workshops by industry experts on fitness and health, housing, caregiving, technology, and more! For conference updates visit <http://retirement.berkeley.edu/conference2018>

President's and Regents' Retiree Association

Fall Luncheon

Monday, October 9, 2017

Hs Lordships, 199 Seawall Dr., Berkeley

**Vice President Glenda Humiston *on*
Opportunities in the Food System**



***UC Vice President
Glenda Humiston***

UC Vice President Glenda Humiston will explore the emerging world food crisis and how the University of California is working to develop, demonstrate and export solutions — throughout California, the U.S. and the world — for food security, health and sustainability.

Dr. Humiston is currently UC Vice President of Agriculture and Natural Resources. With more than 25 years of experience in public policy development and program implementation supporting sustainability, she has led efforts to bring rural issues to the forefront for policymakers throughout California.

No-host bar opens at 11:15 a.m.; buffet lunch, which includes vegetarian selections, begins at noon.

A map and directions to Hs Lordships are included on the reverse, but you probably won't need them. Just go to the end of University Avenue (toward the Bay) and at the Bay, turn left and proceed to the end. Plenty of free parking. Please be sure your car is locked and that no valuables are visible. We haven't had any reports of problems from our members, but it's a good idea to take this simple precaution.

Questions? Contact Nancy Nakayama at 510-524-2358.

- ☐ Yes, I will attend the luncheon. Enclosed is my check in the amount of \$ _____ (\$30 per person)
- ☐ In addition, enclosed is my voluntary contribution of \$ _____ (\$10 per year suggested)
- ☐ I cannot attend the luncheon, but enclosed is my voluntary contribution of \$ _____ (\$10 per year suggested)



Name _____

Name of Guest(s) _____

Email Address _____

Reservations must be received no later than **Friday, September 29, 2017**. Mail this form and your check, made out to "PARRA," to:

PARRA c/o Nancy Nakayama
8724 Don Carol Drive, El Cerrito, CA 94530-2735

Directions to H^s Lordships

From the East Bay Oakland, Hayward using 580 West towards San Francisco. Proceed to I-80 East towards Sacramento. Take the Emeryville Powell St. exit. Turn left and go under the freeway overpass. Make an immediate right onto Frontage Rd., following the road until you get to University Ave., and turn left onto University. Stay in the left lane. At Marina Blvd. stop sign, stay left and go to the end. (Berkeley Pier will be in front of you.) Turn left on Seawall Dr. and go to the end of the road.

From the East Bay Oakland Using Highway 880 North take Highway 880 North to I-80 towards Sacramento. Exit at University Ave. and proceed on University. At the third light, make a U turn and head back toward the water. Stay on your left until you get to Marina Blvd. and go to the end (Berkeley Pier will be in front of you). Turn left on Seawall Dr. and go to the end of the road.

From the North Bay (Richmond, Hercules, Vallejo) Take I-80 West to Berkeley. Exit at University Ave. Follow Loop West to University Ave. Turn left onto University Ave. Stay in left lane. At Marina Blvd. stop sign, stay left and go to the end. (Berkeley Pier will be in front of you.) Turn left on Seawall Dr. and go to the end of the road.

From San Francisco Take Highway 101 North to I-80 across the Bay Bridge. Take the Emeryville Powell St. exit. Turn left and go under the freeway overpass. Make an immediate right onto Frontage Rd. Proceed on Frontage Rd. until you get to University Ave. and turn left onto University. Stay in left lane. At Marina Blvd. stop sign, stay left and go to the end. (Berkeley Pier will be in front of you.) Turn left on Seawall Dr. and go to the end of the road.

Free and Ample Parking H^s Lordships Restaurant, 199 Seawall Drive, Berkeley, CA 94710, 510-843-2733.

