



President's and Regents' Retiree Association

# NetworkNews

Spring 2018

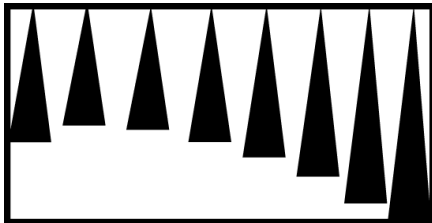
*Published for Retirees of the Office of the President and Office of The Regents, University of California*

## President's Message

There are a number of issues to share with you, some closer to home and some a bit more distant.

First, the February issue of the retiree newsletter, *New Dimensions*, reported on the formation of a Retiree Health Benefits Working Group to study options for benefits stability. From what I have been told, I believe that the group is to study options for limiting health insurance cost increases to no more than a certain percentage per year.

In preparation for addressing this issue, retired faculty member Roger Chandler, Chair of the Joint Benefits Committee of the Emeriti and Staff Retiree Associations, prepared a report on health care costs paid by the University and those paid by retirees. I found the report quite informative. You can review this report at the Council of Retiree Association (CUCRA) web site, <http://cucra.ucsd.edu/meetings/2017-10Meeting/OtherReports/JBC-2017-10.pdf>.



Next, you'll see from the registration form for the luncheon that you are now able to pay for luncheon registrations and voluntary dues online, by credit card. I hope you will find this to

be the convenience that I know I will. And, for those of you who told me that you never write out checks except for those for PARRA, you can now tear up your check books! A big thanks to Judy Coy and Connie Williams for seeing this online payment project through to completion.

Last, as you probably know from *New Dimensions* or via other means, the University is celebrating its birthday this year, in fact this month. It will be 150 years old. Information on events near the Berkeley campus, including Charter Day, can be found at <https://150.berkeley.edu>. For those of you interested in the history of the University, the following link provides a fascinating account of the organization we all worked for. <https://150.universityofcalifornia.edu/>

I hope you all have a great 2018 and look forward to seeing you at the PARRA events.

Jim Dolgonas

## PARRA Spring Luncheon Thursday, April 19

Please join us at the PARRA Spring luncheon at Hs. Lordship's Restaurant in Berkeley. The speaker will be Dr. Robert Ross, President and CEO of The California Endowment.



Dr. Ross will summarize the foundation's decade-long, \$1 billion investment in a Building Healthy Communities campaign for our state. Reviewing the progress,

lessons, and bumps of this journey to improve the health of younger Californians living in distressed communities, Dr. Ross will offer insights and reflections on how improved health coverage, prevention approaches, and community-engaged systems change can add up to a vision of improved health and reduced health disparities in low income, marginalized, and immigrant populations.

The California Endowment is a not-for-profit, statewide foundation created in 1996 whose mission is to expand access to affordable, quality health care for underserved individuals and communities and to promote fundamental improvements in the health status of all Californians. With more than \$3 billion in assets, The Endowment is the largest private health foundation in the state with a number of programs to improve health – from Building Healthy Communities at the neighborhood level to statewide awareness and engagement campaigns that impact millions of Californians.

## PARRA Donors

### September 2017 - March 2018

Marc Aarens  
Don Alter  
Mary Jane Alpaugh  
Larry Aull  
Eric Behrens  
Nina Blake  
William Chan  
Belle Cole  
Joan Costello  
Patricia Day  
Madeline Drake  
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Diana Gee  
Linda Glasscock  
Mary Ann Gohl

Jon Good  
Trish Hare  
Jim Holst  
Con Hopper  
Sharon Howard  
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Kate Jeffery  
Stan Kowalski  
Deborah Larson  
Eleanore Lee  
Cheryl Marshall  
Caroline Mini  
Nina Moore  
Nancy Nakayama  
Bill Newton

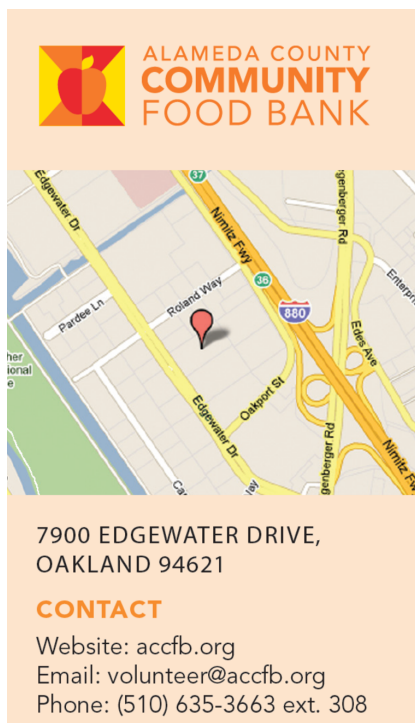
Debbie Obley  
Sally Philbin  
Rom Portwood  
Karl Pister  
Ina Potter  
Sandy Ritzo  
Grace Shih  
Ellen Switkes  
Robert Tacconi  
Wit Willer  
Barbara Yoder  
Elena Zekos

*PARRA thanks you for  
your generosity!*

## Food Bank Volunteers

A group of committed UCOP retirees volunteered at the Alameda County Community Food Bank in Oakland on Monday, March 12, 2018. They helped sort and pack food that is used to provide the 600,000 meals the Food Bank provides each week for residents of Alameda County. The Food Bank needs 150 volunteers every day, five days a week. More information about the Food Bank, including how to contact them to volunteer, can be found at <http://accfb.org> and in the graphic below.

This worthy volunteer activity was the result of members indicating in responses to our 2017 survey that they would like to engage in volunteer activity with other retirees. If you have other specific suggestions for volunteering that we can do as a group, please contact Jim Dolgonas at [jdolgonas@yahoo.com](mailto:jdolgonas@yahoo.com). Many individual volunteer activities, at the campus (including mentoring first generation college students), in the Bay Area, and nationally, are listed in the website for the UC Berkeley Retirement Center <https://retirement.berkeley.edu>. You can find other volunteer opportunities available in your community listed at <http://www.volunteermatch.org>.



## PARRA Dues Are Due

The Spring newsletter includes PARRA's request for contributions from members of voluntary dues of \$10 per year. Your contributions support this newsletter, our website, and PARRA participation on the systemwide Council of UC Retiree Associations.

Mail checks, made out to PARRA, to our Treasurer, Linda Glasscock, 20 Laurelwood Drive, Novato, CA 94949 or contribute at <https://parra.ticketspice.com/spring-luncheon> – even if you aren't attending.



## Get the PARRA Newsletter by E-mail!

If you're still getting the newsletter on paper, you can easily switch to electronic distribution. Just send an e-mail to [parra4uc@gmail.com](mailto:parra4uc@gmail.com) and ask to be added to the e-mail list. If you wish to opt out of all PARRA communications, you can let us know at the same e-mail address.

## You Asked For It ... Online Registration Is Here!

Last year, we heard from more than 40 percent of the respondents to the PARRA member survey that they wanted an easier, online way to reserve and pay for PARRA luncheons. Other small organizations – community theaters, political groups, etc. – seem to have such capabilities, so why not PARRA? The Executive Committee agreed.

We discovered a quite large and competitive market of Web-based event ticketing platforms. Clearly, professional assistance was needed. The Committee recruited Judy Coy, former Director of Information Management at UCOP, to help identify and implement a product that would meet PARRA's needs.

Judy began by evaluating ten companies' offerings and whittled those down to two, which she presented to the Committee last July. Based on reputation, security features, functionality, ease of use, and pricing, the ticketing platform from TicketSpice was selected. Over the following months, in coordination with PARRA Treasurer, Linda Glasscock, Judy set up the environment to allow PARRA members to register and pay for luncheons. Members may also pay voluntary dues and other monetary contributions on the site.

If you choose to use the new service to sign up and pay for the April 19 luncheon, please go to <https://parra.ticketspice.com/spring-luncheon>. Note that the system will automatically issue a "ticket" confirmation, but there is no need to bring it to the luncheon.

Reservations and payments by check/U.S. Mail will, of course, continue to be accepted. Just use the form at the bottom of the luncheon announcement.

Connie Williams  
williams.connie@gmail.com



## PARRA Financial Reports

At the September 2017 PARRA Executive Committee meeting, a motion was adopted to provide the financial report to PARRA members annually in the fall newsletter. Previously, financial reports were published in both the fall and spring newsletters. The Committee determined that a single annual report would provide a clearer picture of PARRA's financial activity and status.

## Executive Committee Election at April 19 Luncheon

The PARRA Executive Committee is comprised of up to fifteen members, four Officers and additional At-Large Members, who help to carry out the mission of PARRA. The Executive Committee's members and officers are elected by the PARRA membership for three year terms and the elections are held each year at the Spring Luncheon.

This year, the terms of two officers and six at-large members of the Executive Committee are ending. As specified by the PARRA Bylaws, President Jim Dolgonas appointed a Nominating Committee to find willing candidates to fill those seats.

The positions of Vice President and Treasurer are both open and Bill Newton has been nominated to serve in both capacities. Five At-Large Members agreed to serve another three years and have also been nominated: Judy Craig, Linda Glasscock, Booker McClain, Susan von Seeburg, and Connie Williams. Connie Miller was nominated to fill the remaining seat.

We are fortunate to have dedicated individuals running for office, and we hope you will join us at the April 19 luncheon to participate in the election.

Mary MacDonald



## We Remember

*Marcia Canning*

*Doris J. Gray*

*Maren Greer*

*Carmen L. Lutz*

*Viola F. Malde*

*Peggy Sanui*

*David Schlegel*

*Neil Smelser*

*Carolyn Walen*



## UC Berkeley Retirement Center

101 University Hall, Berkeley, CA 94720-1550

[ucbrc@berkeley.edu](mailto:ucbrc@berkeley.edu), 510-642-5461

Drop in hours, Monday – Friday, 1 pm to 4 pm

*The Retirement Center is dedicated to helping you and your family live well in retirement. We serve UCOP retirees, as well as retirees of the Berkeley Campus and Lawrence Berkeley National Lab.*

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](mailto:ucbrc@berkeley.edu).



## Workshops

A full description of each workshop and registration information can be found on our website at [http://retirement.berkeley.edu/workshops\\_details](http://retirement.berkeley.edu/workshops_details).



### The Great Debate “Should I Move to a Senior Housing Community or Stay in My Home?”

March 22, 2018 2:30 - 4:00 pm, University Hall 150

### Options for Growing Older at Home

March 29, 2018 2:30 - 4:00 pm, University Hall 150

### Senior Housing Options

April 12, 2018 2:30 - 4:00 pm, University Hall 150

### Estate Planning Considerations

April 17, 2018 1:30 - 3:00 pm, University Hall 150

### Estate Planning & Legal Clinic

April 26, 2018 2:30 - 5:00 pm, University Hall 150

For an appointment contact the Retirement Center at [ucbrc@berkeley.edu](mailto:ucbrc@berkeley.edu) or 510-642-5461.

### The ABC's of Long Term Care

May 10, 2018 2:30 - 4:00 pm, University Hall 150

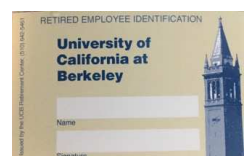
## Living Well in Retirement ~ All Day Conference ~ May 22, 2018

Hs. Lordships, Berkeley Marina ~ Registration is now open ~ Your registration includes a full day of workshops with presenters and keynote speaker who are nationally or internationally renowned, lunch, snacks, free parking, resources and exhibits from local organizations available throughout the day, and time to engage with fellow retirees and colleagues.

<http://retirement.berkeley.edu/conference2018>

## Retiree ID Card

UCOP retirees are eligible to use the special offers, discounts and perks available with the Retiree ID. 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](http://retirement.berkeley.edu/id_card)





***President's and Regents' Retiree Association***

***Spring Luncheon***

**Thursday, April 19, 2018**

**Hs Lordships, 199 Seawall Dr., Berkeley**

**Dr. Robert Ross *on*  
Building Healthy Communities: A California Story**



***The California Endowment  
President and CEO  
Dr. Robert Ross***

Dr. Robert Ross, President & CEO of the California Endowment, will summarize the foundation's decade-long, \$1 billion investment in a Building Healthy Communities campaign for our state.

Reviewing the progress, lessons, and bumps of this journey to improve the health of younger Californians living in distressed communities, Dr. Ross will offer insights and reflections on how improved health coverage, prevention approaches, and community-engaged systems change can add up to a vision of improved health and reduced health disparities in low income, marginalized, and immigrant populations.

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. 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. Make sure your car is locked and that no valuables are visible.

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

**NEW!** Reserve and pay online at <https://parra.ticketspice.com/spring-luncheon>. You will receive a "ticket" confirmation, but there is no need to bring it to the luncheon.



- ☐ 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 **Monday, April 9, 2018**.  
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<sup>s</sup> 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<sup>s</sup> Lordships Restaurant, 199 Seawall Drive, Berkeley, CA 94710, 510-843-2733.

