



# CenterPiece

UC BERKELEY RETIREMENT CENTER ANNUAL NEWSLETTER

FALL 2016

## MESSAGE FROM THE DIRECTOR

Welcome to the new format of our annual CenterPiece Newsletter! We've included highlights and accomplishments from this past year and an exciting line up for the upcoming fall and spring.

Our programs and activities would not be possible, of course, without the leadership and generosity of our retirees, beneficiaries and affiliated Retiree Associations leadership. Retirees show their support through active participation on committees, attending programs and donating over \$30,000 this past year. For this, I say "thank you." It is a pleasure to work together and serve our retirees.

As you read through the CenterPiece I encourage you to check out our 17th year of Learning in Retirement series, retirement planning workshops and our new "Getting Started with your Apple iPad" workshop series. Based on what we learned last year, we're limiting class size, focusing just on iPads and teaching the basic principles. This class will fill up quick - last year a similar class filled up within the first 30 minutes of opening registration! And the email sent out about the training was our most read email sent last year.

I hope you enjoy reading through our upcoming offerings and opportunities. The campus, Lab and Office of the President are strengthened by our connection with retirees. Whether you participate on a committee, attend a workshop, access an article on our "Center-Express" newsletter, mentor a student, maintain your @ Berkeley email address, attend a Retiree Association outing or make a move into the soon-to-be-complete Belmont Village Albany Senior Living Community, we want you to stay connected to Cal. I look forward to seeing or hearing from you soon.

Cary Sweeney, Director

## RETIREMENT CENTER HIGHLIGHTS FOR 2015-16

Over 14,000 retirees and beneficiaries served



### LEARNING

- 1,450 attended 20 LIR programs
- 300 attended workshops/ tours



### RETIREMENT TRANSITIONS

- 700 participants in Pre-Retirement programs
- \$1,500 Grant from American Council on Education on faculty retirement transition research



### COMMUNITY & ADVOCACY

- 300+ new retirees honored at reception
- 5,000+ retiree members in Retiree Associations



### COMMUNICATIONS

- 5,000+ receive Bi-weekly CenterExpress
- 2,500+ Retirees questions answered



### SERVICES

- 700+ retirees with bMail service
- 25+ campus-wide discounts and services available using UCB Retiree ID

## RETIREMENT CENTER

### MISSION STATEMENT

The UC Berkeley Retirement Center is dedicated to connecting retired faculty, staff, their families to UC Berkeley and helping active faculty and staff plan for retirement.

### CONTACT US

101 University Hall, Berkeley, CA 94720-1550  
Phone: 510-642-5461 • Fax: 510-643-1460  
Email: [ucbrc@berkeley.edu](mailto:ucbrc@berkeley.edu)  
Web: [retirement.berkeley.edu](http://retirement.berkeley.edu)

## LIR RECAP

In 2015-16 the Learning in Retirement program featured 20 lectures with over 1,450 attendees! The topics were broad ranging and the speakers outstanding.

Due to the financial support of many retirees the Center was able to film two of our most popular lectures by Professor Filippenko in 2016 on "Relativity and the Cosmos."



Video recording of Professor Filippenko's lecture can be requested by emailing [UCBRC@berkeley.edu](mailto:UCBRC@berkeley.edu)

**LIR Committee, Professors Emeritus**  
"Mac" Laetsch, Chair  
Louise George Clubb  
Carol D'Onofrio  
Vincent Resh  
Donald A. Riley  
Neil Smelser  
Lawrence Waldron

# Learning in Retirement



Our LIR committee has once again coordinated a stellar group of lecturers covering a broad range of topics for your continued learning and enjoyment. UC retirees and their guests may attend all programs at no cost. Advance registration is appreciated. For more information and to register go to: <http://retirement.berkeley.edu/LIR/schedule> or call the Retirement Center at 510-642-5461.

### **SLAVERY AND RACE RELATIONS IN AMERICA**

Organized by Professors Emeriti Donald A. Riley and Carol N. D'Onofrio in consultation with Professors Emeriti Leon Litwack and Neil Smelser.

#### **Tuesday, September 6, 2016**

1:30-3:30 pm  
"Slavery Prior to the Civil War"  
Dylan Penningroth, Professor of Law and History

#### **Thursday, September 15, 2016**

2:00-4:00 pm  
"Trouble in America: Reconstruction: The New South and Jim Crow"  
Leon Litwack, Professor of History

#### **Thursday, September 22, 2016**

1:00-3:00 pm  
"Black Culture and Political History"  
Waldo Martin, Professor of History

#### **Thursday, September 29, 2016**

2:00-4:00 pm  
"Race, Social Stratification and Educational Attainment"  
Na'ilah Nasir, Professor of Education and of African American Studies, Vice-Chancellor, Equity and Inclusion

#### **Thursday, October 6, 2016**

2:00-4:00 pm  
"Structural Racism and Demography"  
John Powell, Professor of Law and of African American Studies

*"I am so grateful to the LIR Committee in offering such interesting series... I've signed up for all, looking forward to stimulating future offerings."*

PAST ATTENDEE

# LAUNCHES 17TH YEAR OF PROGRAMS



## MEMORY AND AGING

Organized by Professor William Jagust with Professors Emeriti Donald A. Riley and Carol D'Onofrio

**Thursday, October 13, 2016**

2:00-4:00 pm

### ***"What We Know about Memory"***

William Jagust MD, Professor of Public Health and Neuroscience

**Thursday, October 20, 2016**

2:00-4:00 pm

### ***"Memory, Sleep, and Aging"***

Bryce Mander, PhD Associate Dean, Academic Affairs, School of Public Health

**Thursday, October 27, 2016**

2:00-4:00 pm

### ***"The Border between Alzheimer's Disease and Expressive Memory"***

William Jagust, MD, Professor of Public Health and Neuroscience, Associate Dean, Academic Affairs, School of Public Health

## ITALY BEYOND ITALY: TRAVELERS, COLONIES, AND THE ARTS, 19TH TO 21ST CENTURIES

Organized by Professor Emeritus Louise George Clubb

**February 28, 2017**

2:00-4:00 pm

### ***"Italy's Mediterranean and African Expansions: Colonialism from 1890 to World War I"***

Mia Fuller, Associate Professor of Italian Studies

**March 7, 2017**

2:00-4:00 pm

### ***"Italian Expansion Within: Fascist Land Reclamation and Social Engineering in the 1930's"***

Mia Fuller, Associate Professor of Italian Studies

**March 14, 2017**

2:00 - 4:00 pm

### ***"Accidental Orientalists: Modern Italian Travelers in Ottoman Lands"***

Barbara Spackman, Professor of Italian Studies and Comparative Literature

**March 21, 2017**

2:00 - 4:00 pm

### ***"Between Italy and Argentina: Literature, Melancholia, Terror"***

Francine Masiello, Professor of Spanish and Comparative Literature



## ATHLETICS AND THE UNIVERSITY

Organized by Professor Emeritus Vincent H. Resh

**April 4, 2017**

### ***History of Intercollegiate Athletics with attention to Cal Sports programs***

John Cummins, Associate Chancellor Emeritus, and Kirsten Hextrum, MA, Assistant Tutorial Coordinator at UCB Athletic Study Center

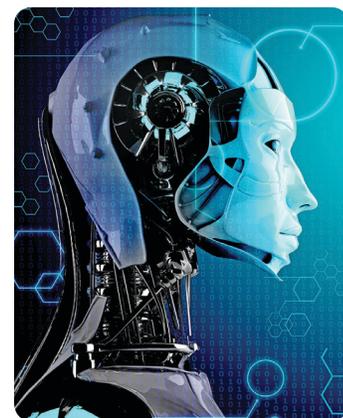
**April 11, 2017**

### ***Are we really doing the best we can for our student athletes?***

Brian Barsky, Professor of Computer Science & Affiliate Professor of Optometry and Vision, Sam Davis, Professor Emeritus of Architecture, and William "Mac" Laetsch, Professor Emeritus Plant and Microbial Biology.

## ACCELERATING ADVANCES IN ROBOTICS

To be announced for Spring 2017  
Organized by Professors Emeriti Carol D'Onofrio and Vince Resh



## MORE TO COME...

The LIR committee has more in store for Spring 2017. Be sure to visit our website or call to learn about additional lectures.

<http://retirement.berkeley.edu/LIR/schedule>

## REGISTRATION

Registration is available three ways:

1. Online at <http://retirement.berkeley.edu/LIR/schedule>
2. By email to [UCBRC@berkeley.edu](mailto:UCBRC@berkeley.edu), or
3. Call the Retirement Center at 510-642-5461.

# WORKSHOPS

All sessions will be held in 150 University Hall from 2:30 - 4:00 pm unless otherwise indicated.\* Advance registration is required as seating is limited.

## GETTING STARTED WITH YOUR APPLE IPAD\*

**Oct. 31, Nov. 7 & 14, 2016**

Three-part series on how to make your iPad work for you designed for *beginning* iPad users. MUST attend all three sessions. October 31, November 7 & 14, 2016 10 am - Noon, University Hall 198

## RETIREMENT TRANSITIONS\*

**January 18, 2017**

**Workshop time to be announced**

We will share experiences and discuss issues and insights around the shift from a full-time job to being “retired.” Key questions include: What does it mean to find structure in retirement? What are the issues around finding (or redefining) purpose, identity and meaning? Retiring means you’re getting older: how can we effectively deal with body and health changes? Offered in collaboration with Ashby Village, this interactive and participatory workshop will provide time for each of us, individually and together, to explore these and other questions.



## THE ABC'S OF LONG TERM CARE: AN OVERVIEW OF LONG TERM CARE

**April 13, 2017**

This workshop describes the differences between Medicare coverage and long term care; Explains ways of getting long term care and options for financing it; focuses on the features as well as the pros and cons of long term care insurance; and offers guidelines for purchasing long term care insurance.

## ESTATE PLANNING CONSIDERATIONS

**April 6, 2017**

Understand who needs estate planning assistance, the documents included and their purpose, estate taxes, retirement accounts, and the attorney-client relationship. A review of the Advanced Health Care Directive, Power of Attorney, Trust, Revocable Living Trusts, Last Testament and Will, and Estate Administration will be covered.

## RETIREMENT DOESN'T MEAN YOU STOP PLANNING FOR YOUR FUTURE

**April 20, 2017**

We plan for vacations and dinners with friends, but when it comes to issues associated with aging, most of us prefer to just hope for the best. In this presentation, we will discuss how you can take control of your future. We will discuss resources available if you wish to age in place, resources available if you need or wish to be cared for outside your home, and the documents that give voice to your desires about who will make decisions for you if you can't, what decisions you would like made on your behalf, and the legacy you would like to leave.

## LONG TERM CARE & ESTATE PLANNING LEGAL CLINIC

**May 11, 2017**

Bring your questions about estate planning documents or planning for long-term care to a free 20-minute consultation with an attorney from Southworth Chavez & Day-Seiter LLP. Located in Orinda, the firm focuses on Estate Planning, Elder Law, Special Needs Planning, and Probate and Trust Administration.

## ONLINE REGISTRATION FOR ALL PROGRAMS IS EASY

- Registration is available three ways:
1. Online registration at [http://retirement.berkeley.edu/workshops\\_details](http://retirement.berkeley.edu/workshops_details)
  2. Email to [UCBRC@berkeley.edu](mailto:UCBRC@berkeley.edu)
  3. Stop by or call the Retirement Center at 510-642-5461

For detailed online registration information  
<http://retirement.berkeley.edu/how-register-online-events-calendar>

# Pat Hom

Retired UC Berkeley Staff,  
“iPad Adventurer”

Pat Hom has been a part of the Retirement Center either as a volunteer or as a rehired retiree for more than ten years. An early adopter of our online event registration and bi-weekly eNewsletter, the *CenterExpress*, she regularly shares articles and resources, and will co-teach a three-part iPad training series with Center Director, Cary Sweeney, this fall.

Pat was skeptical of the change to electronic formats at first. “To tell you the truth, going electronic with newsletters and newspapers was not something I relished. I loved the tactile sense of holding something in my hands and being able to set it down and pick it up wherever I wanted to. But since everything is now converting to digital media, I have discovered that I prefer on-line access. There is no more paper clutter and any article is more easily recalled electronically. I look forward to reading the *CenterExpress* because it reminds me of my strong connection to Cal while keeping me current events and issues.”

Pat “blames” her Dad for her Apple product fixation. “When the little square Mac computer

was first introduced in 1984, Dad insisted on coming up to the campus ASUC to check it out. After, we sat down upstairs in the lounge area discussing the pros and cons of buying one. At that time, it was quite an expense as I recall. But, Dad enjoyed being first on the block with the latest gadget. We did buy the Mac and never looked back. So, as you can see, I’m a chip off the old block – I love my gadgets!”

As the iPad Adventurer she is, Pat has set-up a “news feed” process using multiple applications that search for interesting articles on the internet which she shares with family and friends. Mobile devices have become Pat’s “go to” technology. “I find it difficult to be without either an iPad or iPhone. Honestly, neither can my husband... it’s now ‘All in the Family!’” Her delight in using the iPad is certain to infuse the upcoming workshop with ways to interact with life itself through news, research, family, friends, and community.



SUBSCRIBE  
FOR FREE



The Retirement

**CENTEREXPRESS**

Timely news and updates from the UCB Retirement Center

New subscribers to the *CenterExpress* received between August 20th and September 30 will be entered to win one of three **\$100 Amazon Gift Cards**. The *CenterExpress* is our bi-weekly eNewsletter providing up to date information and registration details for learning, outings and adventures, CAL Connections and Retirement in the News. It’s easy to subscribe! Just email [UCBRC@berkeley.edu](mailto:UCBRC@berkeley.edu) with your name and email address. Past editions of the *CenterExpress* can be found in our News Archive at <http://retirement.berkeley.edu/news-archive>.



# MEET NEW FRIENDS!

Find a place to meet new friends, engage and connect with colleagues by joining our Retiree Associations' events and activities. Our associations advocate at the campus and statewide levels to protect retiree rights while cultivating retiree relationships with each other and the UC campuses. Find out more online: <http://retirement.berkeley.edu/join>.

## UC BERKELEY EMERITI ASSOCIATION (UCBEA)

UC Berkeley emeriti are automatically members with no dues requirement.

Fall luncheon - September 24th

<http://retirement.berkeley.edu/ucbea>  
[ucbea@berkeley.edu](mailto:ucbea@berkeley.edu)



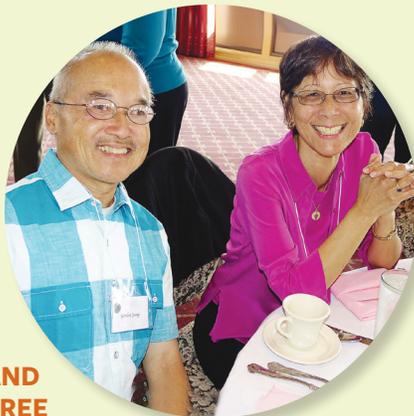
## UC RETIREES' ASSOCIATION AT BERKELEY (UCRAB)

Membership is open to all retirees and emeriti from any UC campus, and active faculty and staff eligible for retirement.

Dues: \$20 annually; \$35 for 2 years; \$50 for 3 years

Fall luncheon - September 14th

<http://retirement.berkeley.edu/ucrab>  
[ucrab@berkeley.edu](mailto:ucrab@berkeley.edu)



## PRESIDENT'S AND REGENTS' RETIREE ASSOCIATION (PARRA)

All retirees of UCOP are automatically members of PARRA but are encouraged to pay \$10 voluntary dues annually.

Fall luncheon - Date in October TBA soon

<http://retirement.berkeley.edu/parra>  
[jdolgonas@yahoo.com](mailto:jdolgonas@yahoo.com)



## LAWRENCE BERKELEY LAB RETIREES ASSOCIATION (EX-LS)

Any retiree of LBNL, and their spouse or domestic partner is an automatic member.

Fall luncheon - November 17th

<http://retirement.berkeley.edu/ex-ls>  
[exls@berkeley.edu](mailto:exls@berkeley.edu)



"A Renegade Retiree takes charge of their retirement, surprising those around them with their vitality."

The UC Berkeley Retirement Center is dedicated to connecting retired faculty, staff, their families to UC Berkeley and helping active faculty and staff plan for retirement. The UCBRC Advisory Board advises UCBRC on projects and programs.

## UCBRC Advisory Board

Lynn Bailiff, UCRAB  
Jim Dolgonas, PARRA  
Cheryl Fragiadakis, EX-Ls  
Marian Gade, UCRAB  
Connie Grondona, EX-Ls  
Caroline Kane, UCBEA  
Tom Leonard, Member-At-Large  
Booker McClain, PARRA  
Patti Owen, Chair  
Patricia Pelfrey, Member-At-Large  
Ken Polse, Academic Senate Committee on Faculty Welfare  
Richard Sextro, Past Chair  
Angelica Stacy, Ex Officio  
Sheldon Zedeck, UCBEA

## Retirement Center Staff

Cary Sweeney, Director  
Kris Thornton, Program Manager

## SAVE THE DATE!

# Celebration Honoring New Retirees

**October 18, 2:00 - 4:00 pm**

Krutch Theatre, Clark Kerr Campus, UC Berkeley  
Retirees since October 2015 will receive an invitation by mail.

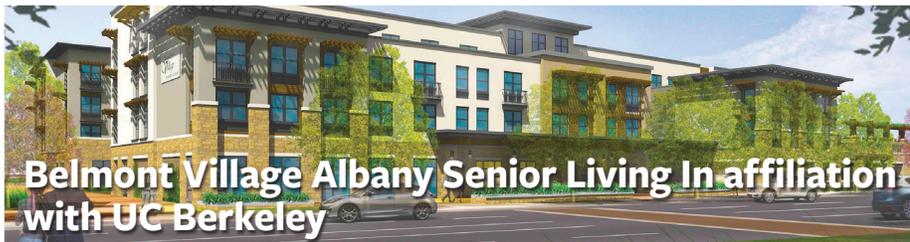
## Steps for staying connected as a new retiree

- Get your Retiree ID and enjoy the many Cal Connections benefits
- Subscribe to the CenterExpress eNewsletter
- Attend the New Retiree Reception October 18th
- Stop by the office to meet the team and learn about services like retiree bMail, parking and affiliated Retiree Association events and advocacy.
- Attend a "Learning in Retirement" lecture series
- Visit the website: <http://retirement.berkeley.edu>
- Save the Date for the Retirement Center Open House, November 17th

## SURVEY OF UC RETIREE ACTIVITY AND SERVICE

**H**eads Up! Retired staff and non-Senate academics should watch for an email inviting them to participate in an online survey to be conducted this fall that seeks to learn more about their retirement activities. This is the first time such a survey has been undertaken. It is sponsored by the Council of UC Retiree Associations (CUCRA).

The primary purpose of the short survey is to provide information that can be used by the individual campus and lab retiree associations and retiree centers to better serve and advance the interests of UC's 50,000+ retirees.



**T**he Belmont Village Albany community, opening in Fall 2017 at 1100 San Pablo Avenue, Albany, CA, will house 175 private apartments providing independent living, assisted living, and a range of programs for memory care. UC Berkeley, LBNL and UCOP retirees and other designated UC affiliates, along with Albany residents, enjoy priority leasing status.

Additionally, the UC Berkeley Retirement Center and Belmont Village have formed an affiliation agreement which provides a unique opportunity to develop programs and activities that create an active connection with the UC Berkeley campus and Lawrence Berkeley National Lab. Part of the affiliation agreement includes the engagement of a planning committee of retirees and UCB campus leaders designing and planning educational and social programming for the first residents local community. It will emphasize cultural and academic enrichment along with local community involvement.

To schedule an appointment to learn more about the community, call 510-525-4554 or email [infoalbany@belmontvillage.com](mailto:infoalbany@belmontvillage.com). For more details visit: <http://retirement.berkeley.edu/services/retiree-housing>.

*UC Berkeley is not financially or legally involved with Belmont Village Albany and has no responsibility or liability for its operation.*

## Retirement Center Open House, November 17th, 9 am to 4 pm

**T**he impact UC Retirees have on their world is visible everyday. In honor of this service and involvement the Retirement Center will host an Open House in conjunction with the 2017 BIGGIVE campaign. No need to register or donate, just stop by the Center anytime during the day for conversation and refreshments.

THE BERKELEY EFFECT 11.17.16

# BIGGIVE

UNIVERSITY OF CALIFORNIA, BERKELEY

## The Berkeley Effect: Give today and change the world.

**T**he third annual BIGGIVE is happening on November 17th. Watch for details on how to be part of this annual, one-day philanthropic event supporting UC Berkeley programs. Donations can be designated to the Retirement Center Annual, Endowment and Gravitz funds.

University of California, Berkeley  
Retirement Center  
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Berkeley, CA 94720-1550

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California, Berkeley

# Cal CONNECTIONS

To take advantage of special offers you must use a Retiree ID card that identifies you as retired from UCB, LBNL or UCOP, or their surviving spouse or partner. To obtain your free card, come by the Center between 1:00 – 4:00 pm daily, or call 510-642-5461, or email [UCBRC@berkeley.edu](mailto:UCBRC@berkeley.edu).

## SELECTED CAL CONNECTIONS

- 20/20 Vision Plan discount at University Eye Center
- Free admission and discounts at the Berkeley Art Museum & Pacific Film Archive (BAMPFA)
- Discount in Annual Membership at the UC Berkeley Botanical Garden
- Cal Athletics season tickets discount
- Discounts on select Cal Performance events
- Access to Cal Rentals housing services
- Cal Rec Center annual membership discount
- Retiree bMail service
- Access to campus Health Care Facilitator
- Free enrollment to The Berkeleyan eNewsletter
- Free UCB library card
- Music Department performance discounts
- Osher Lifelong Learning Institute membership discount
- 10% Cal Student Store discount
- UC Press online purchase discounts (use code 15W2181)
- Membership discounts at The Faculty Club and the Women's Faculty Club
- Wellness Letter discount for new members
- Discounted Retiree parking permits

Visit [http://retirement.berkeley.edu/id\\_card](http://retirement.berkeley.edu/id_card) for details on any of these Cal Connections.



### RETIREE BMAIL

For a low annual fee retirees of Berkeley, UCOP and LBNL can have a @berkeley.edu bMail account. Retiree bMail comes with campus tech support, storage space, anti-virus software downloads and more! Application and payment information is available at <http://retirement.berkeley.edu/bmail>.



### OFFICE HOURS

Office hours run Monday through Friday, 1:00 - 4:00 pm excluding holidays and campus closures. As a small office, occasionally we must close during this time. Please call ahead to 510-642-5461 to confirm staff will be available to assist you.