



CenterPiece

UC BERKELEY RETIREMENT CENTER ANNUAL NEWSLETTER

FALL 2022

From the desk of Cary Sweeney, Director

I hope this Fall 2022 *CenterPiece* Newsletter finds you healthy and well. We have enjoyed the overwhelming participation in our virtual events and treasure our times when we meet in person. This academic year we have a number of stellar virtual programs offered by the Learning in Retirement



program. Topics include constitutional law, libraries and open-access, reflection on the elections, the Carol D'Onofrio special event on improving US healthcare and more. There will be a public discussion panel on "Navigating the Challenges of Aging," organized by members of the Emeriti

Academy with generous sponsorship from Belmont Village, as well as webinars about the upcoming Open Enrollment. Our partnership with Belmont Village, Albany continues to grow. New Executive Director, Tamra Tsanos, and Jackie Waldberger, Community Relations Director, are looking forward to hosting events in-person and providing opportunities for residents to re-connect with students. With ample outdoor meeting space and a large town hall we're looking forward to gathering together safely.

Over this past year I started writing Next Chapter Insights articles published monthly in our e-newsletter the CenterExpress. If you are not already receiving the CenterExpress, you can email ucbrc@berkeley.edu to be added. These articles are also online at retirement.

berkeley.edu/publications. The articles provide insights and guidance for life in retirement gained through working with retirees through the Retirement Center. The topics range in scope from tips on using technology, to pet ownership in retirement, and

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tips on getting your affairs in order. We hope you find these insights helpful, no matter what stage you are at in your "Next Chapter."

I hope to connect with you at an upcoming event or through an online connection. We regularly add events to our calendar. Our website, retirement.berkeley.edu, is the best place to go for updated information on Retirement Center news and events.

I'd like to thank the emeriti and retiree volunteers, committees, and our community partners for their support of Retirement Center programs. Without your organizing, creativity, and support, none of what we do would be possible!

Warm regards,

Cary Sweeney
DIRECTOR



Learning in Retirement Committee

Donald Mastronarde,
Chair, Professor Emeritus

Tom Laqueur,
Professor Emeritus

Mary Power,
Professor Emerita

Carlo Sequin,
Professor Emeritus

Bob Cahn, Senior Scientist
Emeritus, Lawrence
Berkeley National
Laboratory

We are so very grateful for the generosity of Carol Ann Neisess D'Onofrio, Professor Emerita, School of Public Health, whose bequest provides \$100,000 in support to the Learning in Retirement program. Carol passed away on April 14, 2020.

Carol was Chair of the UCB Retirement Center Board from 2009-2011 and served as a member-at-large from 2006-2008. She served on the Learning in Retirement Committee for many years, chairing the committee from 2017-2019.

In honor of Carol's generosity, service, and dedication to the well-being of retirees, we announced the Carol D'Onofrio Learning in Retirement Series on Public Health in Spring 2021. The second lecture in this series will take place in Spring 2022.

Learning in Retirement

UC retirees and their guests may attend all programs at no cost. Currently all LIR lectures will remain on Zoom. **Advance Zoom registration is required.** For more information on each series and to register, go to: retirement.berkeley.edu/LIR or call 510-642-5461. Additional spring lectures are forthcoming.

To watch past lectures, visit our YouTube channel at youtube.com/UCBerkeleyRetirementCenter. Lectures are recorded at the discretion of the speaker.



SUPREME COURT AND CONSTITUTIONAL ISSUES

Organized by Donald Mastronarde, Professor of the Graduate School, Emeritus Melpomene Distinguished Professor of Classical Languages and Literature

"Environment and Regulation"

Dan Farber, Sho Sato Professor of Law; Faculty Director, Center for Law, Energy, & the Environment

Monday, October 17, 2022, 2-3:30 pm

"Race in the Roberts Court: Dobbs v. Jackson Women's Health Organization"

Khiara M. Bridges, Professor of Law

Wednesday, November 2, 2022, 2-3:30 pm

"Originalism"

Erwin Chemerinsky, Dean of Berkeley Law and Jesse H. Choper Distinguished Professor of Law

Date to be announced, please check website

REFLECTIONS ON THE ELECTION

Organized by Donald Mastronarde, Professor of the Graduate School, Emeritus Melpomene Distinguished Professor of Classical Languages and Literature

Town Hall Discussion

Paul Pierson, John Gross Endowed Chair, Professor Political Science, and **Robert Van Houweling**, Associate Professor of Political Science

Tuesday, November 22, 2022





LIBRARIES, PUBLISHERS, AND OPEN ACCESS

Organized by Donald Mastronarde, Professor of the Graduate School, Emeritus Melpomene Distinguished Professor of Classical Languages and Literature

“Changing Landscape of Library Acquisitions: Transformative Agreements and Other OA Publishing Models”

Jeffrey MacKie-Mason, University Librarian, Chief Digital Scholarship Officer, Professor, School of Information and Professor of Economics

Tuesday, January 31, 2023, 2-3:30 pm

“Rights Issues and How They Affect Reading, Teaching, and Publishing”

Rachael Samberg, Scholarly Communication Officer & Program Director Office of Scholarly Communication Services

Tuesday, February 7, 2023, 2-3:30 pm

“UC Open-Access Policy and Open-Access Initiatives”

Catherine Mitchell, Director of Publishing, Archives, and Digitization, California Digital Library (UCOP)

Tuesday, February 14, 2023, 2-3:30 pm

CAROL D'ONOFRIO LECTURE IN PUBLIC HEALTH

Organized by Donald Mastronarde, Professor of the Graduate School, Emeritus Melpomene Distinguished Professor of Classical Languages and Literature

“The Better Care Plan for Continuously Improving the US Healthcare System”

Stephen Shortell, Blue Cross of California Distinguished Professor Emeritus, Health Policy and Management, and Dean Emeritus of the School of Public Health

Tuesday, May 2, 2023, 2-3:30 pm

THANK YOU

This year, the Retirement Center raised more money than ever before, with 542 donors generously giving over \$78,000. Thank you! We depend upon your ongoing support to help fund our programs and graciously accept donations throughout the year. To donate now, visit our website at retirement.berkeley.edu/donate, or mail your donation by check made payable to the UC Berkeley Foundation and designated to Fund H0103 in the memo line:

UC Berkeley Gift Services
1995 University Ave, Ste 400
Berkeley, CA 94704-1070

Be on the lookout for our annual appeal later this year and join us for the Big Give on March 9, 2023.

Peace Corps: Serving as an Older Volunteer

Wednesday, November 30, 2022, 12:30 (via Zoom)

Whether you're mid-career, ready to retire, or well into your retirement years, Peace Corps service is the opportunity of a lifetime—for couples, too. Join us at this special information session to learn about volunteer experiences firsthand from a panel of local Peace Corps volunteers who served later in life. You can also ask questions about service and gain tips to guide you through the application process. A Peace Corps recruiter will be present to give an overview of the Peace Corps and be available to speak one-on-one.

For more information, please contact Kerry Carmichael at kcarmichael2@peacecorps.gov or 510-309-8398.





UC Retiree Learning Series

The Retirement Center is looking forward to another UC Retiree Learning Series for 2022-23. Partnering with Bay Area retirement communities Belmont Village and Front Porch (formerly Covia), the series expands learning opportunities to retirees while providing an opportunity for retirees to learn about Bay Area retirement communities. Through the generous support provided by our host communities, there is no cost for participants. For more information on the series and how to register, visit: retirement.berkeley.edu/ucrls or call: (510) 642-5461. The Spring series will be announced in the new year.

We are grateful to our sponsors:
Belmont Village, Albany, UC Berkeley
Affiliated Senior Living Community,
and Front Porch

October 20, 2022, 1:00 pm

Multiracial Roots of Latinx Culture

Dr. Carlos Muñoz, Jr., Professor Emeritus, Department of Ethnic Studies; Adjunct Faculty, Center for Latin American Studies; Founding chair of the first Chicano Studies department, UC Berkeley

Hosted by Front Porch, virtually

November 15, 2022, 11:00 am

A Love Song to Ohlone Culture

Cafe Ohlone co-founders--and Ohlone cultural leaders--Vincent Medina and Louis Trevino

Hosted by Front Porch, virtually

December 7, 2022, 11:00 am

Nordic Winter Holiday Traditions

Karen Møller, Senior Lecturer Emerita, UC Berkeley, Department of Scandinavian

Hosted by Belmont Village, virtually



**ONLINE
REGISTRATION FOR ALL
PROGRAMS
IS EASY**

Registration is available
three ways:

1. Through the Events Calendar at retirement.berkeley.edu
2. Email UCBRC@berkeley.edu
3. Call the Retirement Center at 510-642-5461

OPEN ENROLLMENT

Coming soon: Thursday, Oct. 27 to Friday, Nov. 18, 2022



Open Enrollment Information Sessions

This year's Open Enrollment period will begin at 8:00 am on Thursday, October 27, 2022 and end at 5:00 pm on Friday, November 18, 2022, Pacific Time.

The Retirement Center will be hosting four online Open Enrollment Information Sessions in partnership with the UC Berkeley Health Care Facilitator and Benefits Manager to provide you with important updates and to answer your questions. **You can register for one or more of these information sessions by visiting the Events Calendar at retirement.berkeley.edu.**

Open Enrollment Information Sessions

Friday, November 4 from 10 am - 12 pm
 Friday, November 4 from 1pm - 3 pm
 Monday, November 7 from 10 am - 12 pm
 Monday, November 7 from 1 pm - 3 pm

The Open Enrollment website will go live on Monday, October 24:
ucnet.universityofcalifornia.edu/oe.

Berkeley Emeriti Academy

UNIVERSITY OF CALIFORNIA

Navigating the Challenges in Aging

Monday, November 14, 3pm (via Zoom)

Organized by the UC Berkeley Emeriti Academy, with generous sponsorship from Belmont Village.

Conceived and developed by a group of Emeriti Academy members from different academic disciplines, the public discussion panel features 4 experts to provide insights into navigating the challenges of aging. The panel features UCSF Geriatrician Dr. John Newman who will speak on "Being Your Own Geriatrician." He will be joined by Social Worker, Christina Irving from Family Caregiver Alliance, UCSF Physical Therapist, Wendy Katzman, and UCSF Pharmacist, Marilyn Stebbins. The panelists will address cognitive impairment, pain management, and caregiving.

Holistic Quality of Life: Inspiring Joyful Moments

Friday, December 9, 2022, 10:00 am (via Zoom)

Kari Rogenski, MA, LMFT, Director of the Hummingbird Project, Sage Eldercare Solutions

This presentation will inspire caregivers with creative thinking on engaging their loved ones, particularly with cognitive decline in joyful and meaningful experiences that enhance holistic quality of life. Utilizing a strengths-based approach, we will explore a variety of activities designed to support the physical, emotional, intellectual, environmental, creative, vocational, and spiritual domains of wellness. Participants will be introduced to resources that will support their efforts to successfully engage the older adults in their lives.



The Retirement

CENTER EXPRESS

Timely news and updates from the UCB Retirement Center

**SUBSCRIBE
FOR FREE**

The *CenterExpress* is our monthly eNewsletter providing timely information about upcoming events, Retirement Center news, and support for both our retired and soon-to-be-retired communities from UC Berkeley, Lawrence Berkeley National Lab, and UC Office of the President.

NETWORK WITH SOCIAL CONNECTIONS

Our Retiree Associations' events and activities provide opportunities to connect with colleagues and engage in lifelong learning. Associations are actively involved in advocacy at the campus and statewide levels to protect retiree rights.

UC BERKELEY EMERITI ASSOCIATION (UCBEA)



UCBEA serves as an advocate of Emeriti interests, acting through campus and systemwide organizations, giving emeriti a voice in many decisions made on Campus and at the Office of the President. UC Berkeley emeriti are automatically members with no dues required. The association typically meets several times a year for in-person luncheon lectures. Lectures will be held virtually or in person at the Women's Faculty Club, depending on what circumstances allow.

Luncheons: 12/3/22, 2/25/23 (tentative), 4/15/23 (tentative)

WEBSITE: retirement.berkeley.edu/ucbea (check website for most up-to-date event schedule)

EMAIL: ucbea@berkeley.edu

UC RETIREES' ASSOCIATION AT BERKELEY (UCRAB)



Membership is open to all retired staff and academic employees of UC Berkeley and other UC locations, including current UC Berkeley employees who are eligible for retirement. UCRAB provides advocacy, outreach, community engagement, and networking activities. UC Berkeley retirees are automatically members with no dues required. UCRAB holds quarterly luncheon lectures as well as a holiday party at the end of the year. Lectures will be held virtually or in-person, depending on what circumstances allow.

Luncheons: 11/16/22 on Zoom.

Trips: Check the website for updates.

WEBSITE: retirement.berkeley.edu/ucrab

EMAIL: ucrab@berkeley.edu

LAWRENCE BERKELEY LAB RETIREES ASSOCIATION (EX-LS)



The EX-Ls is an organization of Lawrence Berkeley National Laboratory retirees whose purpose is to provide social, cultural, and intellectual relationships among retired and/or ex-employees and their families. The EX-Ls Retiree Newsletter is published quarterly. Any retiree of LBNL and their spouse or domestic partner is an automatic member.

Luncheons: 11/17/22 on Zoom, 2/16/23, 5/18/23.

WEBSITE: retirement.berkeley.edu/ex-ls (check website for most up-to-date event schedule)

EMAIL: EX-LS@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. PARRA holds two luncheon lectures per year. PARRA also coordinates various volunteer activities where PARRA members assist various nonprofit organizations.

Luncheons: Check the website for upcoming luncheon lecture dates.

WEBSITE: retirement.berkeley.edu/parra

EMAIL: jdolgonas@yahoo.com



BIG GIVE 2023

The Retirement Center will participate in UC Berkeley's annual campus-wide fundraising event, the Big Give on March 9, 2023. We are so appreciative to the hundreds of retirees and community members who take this opportunity each year to support the Center and our programs. For more information on how you can participate, join our e-mail list by emailing UCBRC@berkeley.edu. You can also donate to the Center anytime by visiting retirement.berkeley.edu/donate.

CenterPiece

The UC Berkeley Retirement Center is dedicated to helping retirees and their families live well in retirement. The UCBRC Advisory Board advises UCBRC on projects and programs.

UCBRC Advisory Board

Stephen Andrews, Member-At-Large

Nilima Bhatia, Member-At-Large

Sam Castaneda, Member-At-Large

Jim Dolgonas, PARRA

Marian Gade, UCRA

Howard Hatayama, EX-Ls

David Hollinger, UCBEA

Sharon Inkelas, Ex Officio

Amy Block Joy, UCBEA

Lisa Kala, Member-At-Large

Caroline Kane, Chair

Bill Newton, PARRA

Patti Owen, Past Chair; UCRA

Michael Ray Trevino, Member-At-Large

Kim Williams, EX-Ls

Retirement Center Staff

Cary Sweeney, Director

Camille Koué, Associate Director

Sigrid Mueller, Emeriti Academy Program Manager

CenterPiece

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University of California, Berkeley
Retirement Center
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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, email UCBRC@berkeley.edu or call 510-642-5461.

SELECTED CAL CONNECTIONS

- 20/20 Vision Plan discount at University Eye Center
- Free admission at the Berkeley Art Museum & Pacific Film Archive (BAMPFA)
- Discount in Annual Membership at the UC Botanical Garden at Berkeley
- 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
- Membership discounts at The Faculty Club and the Women's Faculty Club
- Discounted Retiree parking permits

Visit retirement.berkeley.edu/retiree_id for details on the Cal Connections.



CONTACT US

101 University Hall, Berkeley, CA
94720-1550
Phone: 510-642-5461
Email: ucbrc@berkeley.edu
Web: retirement.berkeley.edu



RETIREE BMAIL

For an annual fee, retirees of Berkeley, UCOP, and LBNL can have an @berkeley.edu bMail account (or maintain the one they already have). Retiree bMail comes with campus tech support, storage space, anti-virus software downloads, and more! Application and payment information is available at retirement.berkeley.edu/bmail.



OFFICE HOURS

Retirement Center staff are working remotely, but you can make an in-person appointment by emailing or calling ahead of time. We check voicemails and emails daily and can usually respond within 24 hours. If you need to speak with a Center representative, please call us at 510-642-5461. You can also email us at UCBRC@berkeley.edu.