



CenterPiece

UC BERKELEY RETIREMENT CENTER ANNUAL NEWSLETTER

FALL 2023

From the desk of Cary Sweeney, Director

The Retirement Center team is happy to be settled into our new office space at 1995 University Ave, in Suite 401. It is the Golden Bear Building between Milvia Street and Bonita Avenue. The space is very modern and we have plenty of meeting rooms to welcome retirees, especially all of our Association boards and committees. You can drop by the Retirement Center during office hours on

Wednesdays between 10:30 and 12:30 and on Thursdays between 9:30 and 11:30. We'd love to see you!

This academic year we will host some events in person as well as on zoom. Topics include the Science of Gratitude, Artificial Intelligence, History of the USS

Potomac, Sleep and Aging, and more. These events are made possible through the organization of the Learning in Retirement Committee, UC Retirees' Association at Berkeley, and sponsorship through Belmont Village and Front Porch Retirement Communities. We'll also host a public panel discussion on "Making Health Care More Affordable," organized by the Emeriti Academy, offered to all retirees, and community members.

If you are not already receiving the CenterExpress, you can email ucbrc@berkeley.edu to be added. 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.

The Retirement Center recognizes that UC retirees are assets to society who are

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LEARNING OPPORTUNITIES

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The Retirement Center recognizes that UC retirees are assets to society who are skilled at problem solving and creating opportunities to positively impact their communities.

skilled at problem solving and creating opportunities to positively impact their communities. I am grateful to the Retirement Center volunteers, committees, and community partners for the programs they help create and support. Go Bears!



Learning in Retirement Committee

Donald Mastronarde
Chair, Professor Emeriti

Tom Laqueur
Professor Emeriti

Mary Power
Professor Emeriti

Carlo Sequin
Professor Emeriti

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 of the Retirement Center. 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 2006-08. She served on the Learning in Retirement Committee for many years, chairing the committee in 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 fourth lecture in this series will take place in Spring 2024.

Learning in Retirement

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

For lectures that have already passed, please check the Retirement Center website for a recording. Lectures are recorded at the discretion of the speaker.



ECOLOGY AND EVOLUTION OF PATHOGENS IN WILDLIFE

Organized by Mary E. Power, Professor of the Graduate School, Department of Integrative Biology

The Viruses Infecting Managed Honeybees and Native Wild Bees

Nina Ariadne Sokolov, Ph.D Candidate, Integrative Biology, UC Berkeley

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

The Broad-Reaching Impacts of Bacteriophage Viruses: From Bacterial Evolution to Microbiomes and Human Health

Britt Koskella, Associate Professor of Integrative Biology, UC Berkeley

Tuesday, October 10, 2023, 1:30-3:00 pm

HUMAN-COMPATIBLE ARTIFICIAL INTELLIGENCE

Organized by Carlo Sequin, Professor Emeritus of Electrical Engineering and Computer

Science; and Donald Mastronarde, Professor of the Graduate School, Emeritus Melpomene Distinguished Professor of Classical Languages and Literature

AI, Medicine, And The Limits Of The Human Mind

Ziad Obermeyer, Blue Cross of California Distinguished Associate Professor of Health Policy and Management

Tuesday, November 7th, 2023, 2-3:30 pm

Understanding Generative AI and Language: Humans, Animals, and Machines

Gašper Beguš, Assistant Professor of Linguistics, affiliate of Institute of Cognitive and Brain Science

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

Human-Compatible Artificial Intelligence

Stuart Russell, Professor of Computer Science, UC Berkeley

Tuesday, December 5, 2023, 2-3:30 pm



UC Retirees Travel Info Session

Friday, October 13, 2023, 1:00 pm on Zoom

UC Retirees Travel offers worldwide group tours for UC retired staff and faculty, as well as friends and family. Join the group's volunteers for a preview of their 2024 trips, including adventures to Sicily, Morocco, Turkey, Scotland, Tuscany, Montreal/Quebec's Christmas Markets, a European river cruise, and more. Two unique offerings are a small yacht cruise in Croatia and its Islands and a Memorials of WWII tour to England and France to recognize the 80th anniversary of D-Day. Visit the UC Retirees Travel website at cucra.ucsd.edu/travel to see trip details or subscribe to the monthly travel e-newsletter. Questions? Email UCRetireesTravel@gmail.com.



Thank You!

This year, the Retirement Center received more than 400 donations, and raised over \$74,000. Thank you! We depend upon your ongoing support to continue providing services for our retired community.

To donate now, visit our website at retirement.berkeley.edu/donate, or mail your donation by check made payable to the UC Berkeley Foundation to UC Berkeley Gift Services, 1995 University Ave, Suite 400, Berkeley, CA 94704-1070; Memo line on the check: Fund H0103.

Would you consider making a gift to the UC Berkeley Retirement Center in your will or living trust? Contact the Office of Gift Planning at 510-642-6300 or email ogp@berkeley.edu to learn how to speak with an expert. Visit the Office of Gift Planning website at planyourlegacy.berkeley.edu for more information.

Be on the lookout for our annual appeal later this year and join us for the Big Give on March 14, 2024.



UC Retiree Learning Series

The Retirement Center is looking forward to another UC Retiree Learning Series for 2023-24. 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 St. Paul's Towers and San Francisco Towers, Front Porch Senior Living Communities

October 18th, 2023, 1:00 pm, virtual event on Zoom

Oppenheimer Film Discussion, hosted by St. Paul's Towers, a Front Porch Community

Jon Else, Professor Emeritus, UC Berkeley School of Journalism and director of the Academy Award nominated war documentary "The Day After Trinity" in conversation with David Hollinger, Preston Hotchkis Professor Emeritus, UC Berkeley Department of History and co-author of "Reappraising Oppenheimer: Centennial Studies and Reflections."

November 8, 2023, 1:00 pm, virtual event on Zoom

The Science of Gratitude, hosted by Belmont Village

Emiliana Simon-Thomas, PhD, Science Director, Greater Good Science Center, UC Berkeley.

November 15, 2023, 1:00 pm, in-person event at San Francisco Towers

Unraveling Sleep in Aging, hosted by San Francisco Towers, a Front Porch Community

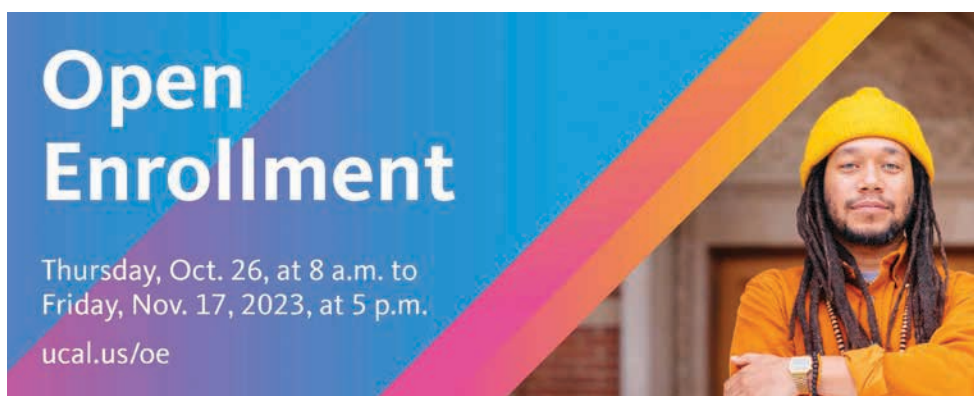
Christine M Walsh, PhD, Associate Professor, Sleep in Aging and Neurodegenerative Disease Program, Memory & Aging Center, UCSF Department of Neurology, Weill Institute for Neurosciences.



**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 Information Sessions

This year's Open Enrollment period will begin at 8:00 am on Thursday, October 26, 2023 and end at 5:00 pm on Friday, November 17, 2023, 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

Monday, October 30th from 1 pm - 3 pm

Wednesday, November 1st from 10 am - 12 pm

Wednesday, November 1st from 1 pm - 3 pm

Wednesday, November 8th from 10 am - 12 pm

More information can be found on the Open Enrollment website, which will go live on Monday, October 23rd, 2023: ucal.us/oe

SPECIAL EVENTS

Making Healthcare More Affordable: A Proposed Public Option for California

Tuesday, November 14, 2023, 4:00 pm on Zoom

Learn about a Public Option plan for the state called "Golden Choice" that will help address the affordability and equity of care.

Peace Corps: Serving Later in Life

Friday, November 17, 2023, 12:30 pm on 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



BIG GIVE 2024

The Retirement Center will participate in UC Berkeley's annual campus-wide fundraising event, the Big Give on March 14, 2024. 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-mailing list by emailing UCBRC@berkeley.edu. You can also donate to the Center anytime by visiting retirement.berkeley.edu/donate.



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 at the Women's Faculty Club. Please check the website for the most up-to-date event schedule.

WEBSITE: retirement.berkeley.edu/ucbea

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. Please check the website for the most up-to-date event schedule.

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. Please check the website for the most up-to-date event schedule.

WEBSITE: retirement.berkeley.edu/ex-ls

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. Please check the website for the most up-to-date event schedule.

WEBSITE: retirement.berkeley.edu/parra

EMAIL: jdolgonas@yahoo.com



How Emeriti Help Students with Demystifying Office Hours

Many students find it daunting to sign up for office hours with their professors. What they don't realize is that faculty like to meet their students and get to know them. In the Fall 2021 semester the Emeriti Academy partnered with Berkeley Connect and Fall Program for First Semester Students to offer a panel discussion and workshop with active and retired faculty on "demystifying office hours."

The event is designed to lower student fear and hesitancy in signing up for office hours with faculty. Panelists consisting of active and retired faculty talk about the importance of office hours from their perspective and then meet with students in small groups to continue the conversation. After the event, students have the option to sign up for a one-time one-on-one coaching session with an emeritus/a in the student's field of interest.

During the 2022-23 academic year, the Academy served 202 students with nine panel events, triple the number of student participants compared to the previous year. We matched 55 students with an emeritus/a coach (38 emeriti participated as coaches), an increase of 50% from the previous 2021-22 year. Current partners include the Disabled Students Program, the Transfer Student Center, the Division for Undergraduate Education, in addition to Berkeley Connect and the Fall Program for First Semester Students.

"The workshop really humanized professors and gave me confidence that I don't have to worry about making the perfect impression during office hours."

"The meeting with my emeritus coach helped me build more connections with one of my current professors and it allowed me an opportunity to do research with them this summer!"

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, Chair
Sam Castaneda, Member-At-Large
Jim Dolgonas, PARRA
Ben Feinberg, EX-Ls
Keith Gilles, Faculty Welfare Committee
Howard Hatayama, EX-Ls
David Hollinger, UCBEA
Sharon Inkelas, Ex Officio
Lisa Kala, Member-At-Large
Caroline Kane, Past Chair
G Steve Martin, UCBEA
Bill Newton, PARRA
Patti Owen, UCRA
Michael Ray Trevino, Member-At-Large
Valerie Ventre-Hutton, UCRA

Retirement Center Staff

Cary Sweeney, Director
Camille Koué, Associate Director
Sigrid Mueller, Program Manager

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Alexander Atkins Design, Inc.

University of California, Berkeley
Retirement Center
1995 University Ave., Suite 401
Berkeley, CA 94704-1550

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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

1995 University Ave., Suite 401
Berkeley, CA 94704-1550
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 a @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

The Retirement Center holds drop-in office hours on Wednesdays from 10:30-12:30 and Thursdays from 9:30-11:30, at our new location: 1995 University Avenue, Suite 401. Staff are also monitoring voicemails and emails and will respond as quickly as possible. If you need to speak with us, please call 510-642-5461. You can also email us at UCBRC@berkeley.edu. Check our website for the most up-to-date information on Center news and events.