



CenterPiece

UC BERKELEY RETIREMENT CENTER ANNUAL NEWSLETTER

FALL 2018

From the desk of Cary Sweeney, Director

I am particularly excited to announce two new programs that the Retirement Center will pilot this fall. Through support from the Chancellor's Community Partnership Fund and Covia Life Plan Community we will pilot the *Berkeley Home Match: Bringing Students and Seniors Together Initiative*. This is an intergenerational collaboration with campus, Ashby Village, and several other not-for-profit organizations to pair retirees and students in the retiree's home, increasing affordable housing options for students and helping retirees stay in their homes. We are recruiting six retiree Berkeley homeowners and six graduate students for this initial pilot, which will allow us to learn and develop a replicable home match program in University settings (More details on page 4).

The second program we're piloting this fall is the *UC Retiree Learning Series* featuring Berkeley emeriti (and other faculty) held in Bay Area retirement communities, starting with: Belmont Village Albany, The Lake Merritt, and St. Paul's Towers. The aim of this program is to expand learning opportunities for retirees off campus, and to provide an opportunity for retirees to explore Bay Area retirement communities in a low pressure environment. These events will be free to retirees and guests with support provided by the

retirement communities (More details on page 5).

I'd also like to highlight several of our accomplishments this year: the *Biennial Living Well in Retirement Conference*, with over 250 attendees was a high energy day of learning and connecting; the second *Biennial "Conversations with Art" Student Art Gallery* was held at Belmont Village Albany, whereby Art Practice students — many for their first time — display and discuss their works with guests at a formal reception; the Student Group "Bears for Elder Welfare" established a

RETIREMENT CENTER HIGHLIGHTS FOR 2017-18
Over 16,000 retirees and beneficiaries served

**LEARNING**

- 250+ attended Living Well in Retirement conference
- 1450+ attended Workshops, Tours, & LIR programs

**RETIREMENT TRANSITIONS**

- 700+ participants in Pre-Retirement programs
- 70 participants in retirement transition workshops

**COMMUNITY & ADVOCACY**

- Secured Campus supported Home Match Pilot grant
- 7,000+ retiree members in Retiree Associations

**COMMUNICATIONS**

- 6,000 receive bi-weekly CenterExpress

**SERVICES**

- Campus-wide discounts and perks with your Retiree ID card
- Established UCB Student Art Gallery at Belmont Village

program with Belmont Village Albany to offer Reader's Theater, where students and residents read and discuss literature typically with a theme about aging; *The UCB Emeriti Association* began recording the first three of the *Emeriti Legacy Video Interviews*, partnering with Story Center — a local non-profit who helps

groups and individuals use technology and storytelling to share their experience. Read more information about these events in the following pages.

This work builds on our flagship *Learning in Retirement Series* (going on it's 20th year!), our *Long-Term Care and Estate Planning Workshop*

(Continued on page 6.)

Learning in Retirement

UC retirees and their guests may attend all programs at no cost. Advance registration is appreciated. For more information on each series and to register go to: <http://retirement.berkeley.edu/LIR/schedule> or call 510-642-5461.

More to Come

The LIR Committee has several programs in development for 2019. As we near the end of the fall semester, visit our website www.retirement.berkeley.edu/learning or call 510-642-5461 to learn about new LIR series.

New programs will also be announced in our bi-weekly eNewsletter the CenterExpress. Be sure to send us your email to ucbrc@berkeley.edu if you aren't receiving the CenterExpress.

Learning in Retirement Committee, Professors Emeriti

Carol D'Onofrio, Chair
Louise George Clubb
Marvin Cohen
Paul Licht
Donald Mastronarde
Donald A. Riley

We gratefully acknowledge and thank our retiring LIR Committee members Watson "Mac" Laetsch and Lawrence Waldron for their contributions and service.



ASPECTS OF ISLAM

Organized by Louise George Clubb, Professor Emeritus Italian Studies and Comparative Literature

Islam is a word inhabiting our vocabulary now as never before, but the cloud of political turbulence that it invokes today can obscure the far wider horizon of Islamic culture, its rich history and contemporary reality, its manifestations and influences not only in the Middle East but also elsewhere in the Arab world and in non-Arabic-speaking countries. The current research of Berkeley scholars demonstrates this complexity and the difficulty of establishing a comprehensive view of the religious, historical and artistic world in which Islam is a common element. Coming from diverse points of departure, these lectures illustrate significant aspects of a protean topic.

"Science in the Muslim World: The Myth of the Golden Age"

Asad Ahmed, Associate Professor of Arabic and Islamic Studies
Friday, September 14, 2018, 2-4 pm

"The Other Within: Muslims and Jews, Then and Now"

Emily Gottreich, Associate Adjunct Professor, History and Global Studies and Chair of Center for Middle Eastern Studies
Monday, September 24, 2018, 2-4 pm

"Representations of Arabs in the Palestinian Imaginary"

Ahmad Diab, Assistant Professor of Modern Arabic Literature
Tuesday, October 9, 2018, 2-4 pm

"Thanks so much to all who contribute to conceiving, organizing, presenting and supporting these lectures for the retiree community. It's a FABULOUS benefit!"

PAST ATTENDEE

*"I value these lectures enormously.
They both deepen my understanding of topics
and expand my areas of interest."*

PAST ATTENDEE

THE ORIGINS AND NATURE OF LANGUAGE

Organized by Donald A. Riley, Professor Emeritus, Department of Psychology

This series of lectures will consider the nature of language. The emphasis will be on its evolution, and as languages have changed, on their remarkable diversity, the factors that have influenced change, and how language interacts with other cognitive processes.

The Evolution of Language

Terry Deacon, Professor of Anthropology
Tuesday, October 16, 2018, 2-4 pm

How do languages differ from one another?

Dan Slobin, Professor Emeritus of Psychology and Linguistics
Tuesday, October 23, 2018, 2-4 pm

Why are Languages so different?

Eve Sweetser, Professor of Linguistics,
Director, Celtic Studies Program
Tuesday, October 30, 2018, 2-4 pm

What are the consequences of linguistic diversity for perception and thought?

Terry Regier, Professor of Linguistics and Cognitive Science,
and Director, Cognitive Science Program
Tuesday, November 6, 2018, 2-4 pm

Panel Discussion

Tuesday, November 13, 2018, 2-4 pm

WHAT'S NEW IN THE ANCIENT WORLD? OLD PROBLEMS AND MODERN TECHNOLOGIES

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

Some of the oldest humanities disciplines, which study materials thousands of years old, were among the early adopters of computing and continue to be very active in exploiting advances in scientific technologies. This series explores some examples of how digital and other new technologies are transforming what scholars of the ancient Mediterranean world



can do with fragile and fragmentary or spotty evidence and how these technologies are offering new approaches to old problems.

"Digital Technologies and the World's Oldest Writings"

Niek Veldhuis, Professor of Assyriology, Department of Near Eastern Studies Senior Fellow, Berkeley Institute of Data Science
Tuesday, January 22, 2019, 2-4 pm

"Modern Imaging and Better Access to Medieval Manuscripts and What is Written on Them"

Donald Mastronarde, Emeritus Melpomene Distinguished Professor of Classical Languages and Literature, Department of Classics
Tuesday, January 29, 2019, 2-4 pm

"The Illegible Crocodile and Other Tales from Papyrology's Scientific Frontier"

Todd Hickey, Associate Professor, Department of Classics
Director of the Center for the Tebtunis Papyri, Bancroft Library
Tuesday, February 5, 2019, 2-4 pm

"Urbanism in the Roman Empire: Insights from the Digital Revolution"

Carlos Noreña, Associate Professor, Department of History
Tuesday, February 12, 2019, 2-4 pm

ONLINE REGISTRATION FOR ALL PROGRAMS IS EASY

Registration is available three ways:

1. Online registration at <http://retirement.berkeley.edu/learning>
2. Email to 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>

BERKELEY HOME MATCH PILOT

Bringing Students and Seniors Together



Are you interested in...

- earning some extra cash from your spare bedroom?
- developing relationships with UC Berkeley Graduate students?
- being a part of the solution to the housing crisis in Berkeley by providing affordable housing?

If so, you are invited to join a group of Berkeley retirees who want to learn more about home sharing or renting spare rooms in their home to qualified individuals.

A new pilot program, established by UC Berkeley Retirement Center and Ashby Village, is supported by the UC Berkeley Chancellor's Community Partnership Fund.

We are seeking involvement from both those already renting space in their home to students as well those who are interested. Please e-mail us at homematch@berkeley.edu to find out more.

Ways you can get involved:

- Complete a brief online survey

- Participate in a focus group
- Become one of six home matches planned for Spring 2019

Contact information

<https://homematch.berkeley.edu>
homematch@berkeley.edu
 510-643-8720

What is the Berkeley Home Match Pilot?

The Home Match Pilot is designed to determine the success and scalability of sharing the space homeowners already have in your home with a UC Berkeley Graduate Student who is looking for affordable housing. In exchange for affordable rental rates (up to \$1,000 per month), the homeowner and student lodger may agree upon certain considerations around the home, such as helping with chores or walking a pet. This is a great way to be more connected with your community, participate in a valuable societal housing option and help alleviate the student housing crisis — and make some income in the process!

How will the Berkeley Home Match Pilot Work?

UC Berkeley Retirement Office in partnership with Ashby Village (a non-profit organization in Berkeley dedicated to assisting seniors remain in their homes as long as possible) will work with you to evaluate your needs and rental space to facilitate the process of matching you to a UC Berkeley Graduate Student. The Berkeley Home Match Pilot is supported by the UC Berkeley Chancellor's Community Partnership Fund.

Workshops

A series of workshops on Long Term Care, Housing and Estate Planning will be available Spring 2019. Check our website in the new year at www.retirement.berkeley.edu/workshops_details and watch for announcements and registration information in the *CenterExpress*.



UC Retiree Learning Series



The Retirement Center is excited about launching the UC Retiree Learning Series this fall! Partnering with bay area retirement communities, we are expanding the learning opportunities available to retirees off campus while providing an opportunity to explore bay area retirement communities in a low pressure environment. Lectures will run for approximately 1 hour, followed by a social hour and reception. Through the generous support provided by our host communities, there is no cost for the participants to

attend. For more information on the series and how to register, visit:

<https://retirement.berkeley.edu/ucrls> or call: (510) 642-5261.

Tuesday, September 25, 2018, 2:30 - 4:30 p.m.

Ronald D. Lee, PhD, Professor Emeritus of Economics and Demography; Associate Director, Center for the Economics and Demography of Aging (CEDA)

Population Aging and Support Systems for the Elderly Around the World

Hosted at Belmont Village Albany

1100 San Pablo Ave, Albany, CA 94706

Tuesday, October 2, 2018, 2:30 - 4:30 p.m.

Thomas Leonard, PhD, Professor Emeritus and University Librarian, School of Journalism

The Origin of Fake News

Hosted at The Lake Merritt

1800 Madison Street Oakland, CA 94612

Thursday, October 11, 2018, 2:30 - 4:30 p.m.

Alex Filippenko, PhD, Professor of Astronomy

Exploding Stars and New Planets: Frontier Research and Education at UC's Lick Observatory

Hosted at Belmont Village Albany

1100 San Pablo Ave, Albany, CA 94706

Wednesday, November 28, 2018, 2:30 - 4:30 p.m.

Meredith M. Whiteside, OD, FAAO, Professor Emeritus, School of Optometry

Insight About Your Eyesight After Age 60

Hosted at St. Paul's Towers

100 Bay Pl, Oakland, CA 94610

Friday, November 30, 2018, 2:30 - 4:30 p.m.

John Swartzberg, MD, FACP, Clinical Professor Emeritus, UC Berkeley School of Public Health

Health After 60

Hosted at St. Paul's Towers

100 Bay Pl, Oakland, CA 94610



Belmont Village Albany Senior Living Celebrates 1st Anniversary

We celebrate with Belmont Village Albany in honor of their 1st Anniversary. The collaborative and ongoing work of our retirees on the Belmont Village Retirement Center Coordinating Committee continues to make an impact on the community through multi-generational programming, staff education, connections to learning opportunities, and a focus on art and culture. The bi-annual UCB Student Art Exhibit, a collaboration with Belmont Village, the Retirement Center and the Berkeley Art Practice Department brought art students and residents together, creating a rotating student art gallery in the Belmont Village Town Hall. Details to come for the third art exhibit reception on November 15th.

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

THANK YOU!

It was a banner year for Retirement Center programs and Retiree Associations with nearly 400 donors generously giving nearly \$42,000. 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 www.retirement.berkeley.edu/ donate or, mail your donation by check made payable to UC Berkeley Retirement Center to 101 University Hall, Berkeley, CA 94720-1550. Be on the lookout for our annual appeal mailing which will be sent in November 2018.

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

Lynn Bailiff, UCRAB

Nancy Brown, EX-Ls

Jim Dolgonas, PARRA

Marian Gade, UCRAB

Tom Leonard, Member-At-Large

Bill Newton, PARRA

Lynn Nakada, Member-At-Large

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Henry Rutkowski, EX-Ls

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Sheldon Zedeck, UCBEA

Retirement Center Staff

Cary Sweeney, Director

Kris Thornton, Program Manager

CenterPiece

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Living Well in Retirement on a Day in May

By Tom Leonard, Member of the Conference Planning Committee

Photos by Mary DeShaw



A week before this conference, our host, Hs Lordships Restaurant, announced that it was closing after five decades on the San Francisco Bay. A few weeks after we had examined Living Well, more than thirty RVs took up residence, uninvited, in Hs Lordships parking lot. If the 250 of us at the conference needed a reminder about transitions, we got it.

The meeting included a keynote address, nine concurrent workshops, and more than twenty exhibitor tables. The Conference Committee selected topics from retiree responses in a survey conducted by the Retirement Center.

Financial security and investments in retirement are staples of such meetings. This program, however, reflected different basic concerns, with housing and health decisions leading the way.

Keynote speaker Laura L. Carstensen, PhD, Founding Director, Stanford Center on Longevity and Stanford professor, noted that all of us over 65 are near “a watershed moment in human history.” People our age have never before been such a significant part of society. With this, she said, comes the power to shape families, education, politics, and markets. “Resilient aging,” the theme of one workshop, fit the message of them all. The survey of attendees found them happiest about



From the desk of Cary Sweeney, Director *Continued from page 1.*

Series for retirees and active faculty and staff to consider services and options as they age and our *Pre-Retirement Planning Series* for active staff and faculty, including noontime and evening sessions for campus and LBNL facilities staff.

The best way to keep up-to-date is to read our bi-weekly electronic Newsletter the *CenterExpress*, available to you by sending us

your email or by visiting our website where the most recent edition is always available on the homepage at www.retirement.berkeley.edu.

I'd like to thank our retiree and emeriti committees. Without their contributions, none of what we do would be possible!

This is your Center. We are dedicated to helping you and your family live well in retirement. Support and involvement of our retirees

and strong partnerships are key to this. To participate in any of our programs or to partner with the Retirement Center, please call (510) 642-5461 or email ucbrc@berkeley.edu.

I look forward to hearing from you!

Cary Sweeney
DIRECTOR



the “opportunity to draw on the ideas and creativity of others and imagine what’s possible in retirement.”

To access the Conference Online Resource Guide visit: <https://retirement.berkeley.edu/conference2018>.

Our heartfelt thanks to the 2018 Conference Committee members Patrick Cullinane, Marian Gade, Jeanene Greer, Pat Hom, Caroline Kane, Tom Leonard, Guy Micco, and Patti Owen.

OPEN HOUSE

The Retirement Center will host an Open House, from 9:00 am to 4:00 pm on March 14th, in conjunction with the fourth annual one-day online fundraising event, the Big Give. There is no need to register or donate, just stop by the Center anytime during the day for refreshments and conversation.

Stay Informed — Be Connected



**SUBSCRIBE
FOR FREE**

The CenterExpress is our bi-weekly eNewsletter providing timely information about our Learning in Retirement series and wellness seminars, a curated list of activities on campus we think you may find enjoyable, Cal Connections perks and discounts, as well as interesting articles on trends in retirement. It’s easy to subscribe! Just email 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>.

<http://retirement.berkeley.edu/news-archive>.

NETWORK WITH SOCIAL CONNECTIONS

Our Retiree Associations’ events and activities provide opportunities to connect with colleagues and engage in lifelong learning. They are actively involved in advocacy at the campus and statewide levels to protect retiree rights. Find out more online: <http://retirement.berkeley.edu/join>.



UC BERKELEY EMERITI ASSOCIATION (UCBEA)

UC Berkeley emeriti are automatically members with no dues requirement. Luncheons: 9/8/18, 11/3/18, 1/26/19, 3/16/19, & 5/18/19
<http://retirement.berkeley.edu/ucbea>
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 events. Dues are \$20 annually; \$35 or 2 years; \$50 for 3 years. Luncheons are scheduled for: 9/20/18, 12/6/18, 3/21/19, 6/20/19, 9/19/19, and 12/5/19.
<http://retirement.berkeley.edu/ucrab>
ucrab@berkeley.edu



LAWRENCE BERKELEY LAB RETIREES ASSOCIATION (EX-LS)

Any retiree of LBNL, and their spouse or domestic partner is an automatic member. Luncheons: 11/15/18, 2/21/19, & 5/16/19.
<http://retirement.berkeley.edu/ex-ls> exls@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 & Spring luncheons - Date in October TBA soon
<http://retirement.berkeley.edu/parra> jdolgonas@yahoo.com

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

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.

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
- Membership discounts at The Faculty Club and the Women's Faculty Club
- Discounted Retiree parking permits

Visit http://retirement.berkeley.edu/id_card for details on any of these Cal Connections.



CONTACT US

101 University Hall, Berkeley, CA
94720-1550
Phone: 510-642-5461 • Fax: 510-643-1460
Email: ucbrc@berkeley.edu
Web: retirement.berkeley.edu



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.