

Associations advocate for UC retirees, emeriti

Retirees and emeriti who want to stay connected to UC often seek out the retiree or emeriti association at the location where they worked. These organizations are valuable resources for information about benefits as well as important sources for educational opportunities, social activities and interaction with fellow retirees/emeriti. But when they have concerns about issues that reach beyond their local association or want to advocate for the University in Sacramento, two umbrella organizations provide the framework.

The Council of University of California Retirees Association (CUCRA) and the Council of University of California Emeriti Associations (CUCEA) comprise representatives from each of the local retiree/emeriti associations. Each works in collaboration with UC Human Resources and Benefits and the Administration on monitoring policy and legislative actions that may affect retirees. For example, they monitor UC health and welfare benefits and make recommendations to the Office of the President and the Academic Senate regarding the needs of retirees/emeriti.

They also monitor legislation proposed by the State to determine the impact on UC retirement system policies and help to voice retiree/emeriti concerns to their constituencies, the President's Office and the Academic Senate. Both associations have been instrumental in offering suggestions for policies on retirement benefits, in communicating the problems and concerns of retirees/emeriti, and in developing the Health Care Facilitator Program.

"Most people know about their campus retiree and/or emeriti organization," says Dick Jensen, CUCRA chair. "The local organizations do a great job with social activities and connecting people. But it's harder for them to work on policy issues. By bringing together representatives

from all the local associations, we can represent the concerns of retirees and emeriti."

"Communication is a critical element," says Jensen. Retirees/emeriti move to different states, the University changes health plan providers, and both State and Federal retirement laws change. These events and many others can affect retiree/emeriti benefits. CUCRA and CUCEA, the University and the local emeriti/retiree centers and associations all play important roles in keeping individuals informed. CUCRA and CUCEA also play an important communications role by representing retirees' and emeriti's viewpoints to the University and the State legislature.

"CUCEA is an important body for informing campus representatives on benefits, policies and actions affecting emeriti on the various campuses," says Louise Taylor, CUCEA chair. "For example, a recent exchange of information on emeriti parking privileges helped Berkeley emeriti fight a proposed parking fee increase."

Jensen and Taylor sit on a number of University boards, committees and task forces. They are often invited to participate in events such as UC Day in Sacramento.

"We try to fill a gap between retirees and UC," Jensen says. 🌟

Ageing-related research at UC

Beginning with this issue, *New Dimensions* will include news of interest to retirees from the various UC locations.



People may improve their cognitive function and brain efficiency by making simple lifestyle changes.

A UCLA research study, published in the June issue of the *American Journal of Geriatric Psychiatry*, revealed these findings. “We’ve known for several years that diet and exercise can help people maintain their physical health and live longer, but maintaining mental health is just as important,” said lead investigator, Dr. Gary Small, professor of psychiatry and biobehavioral sciences at the Semel Institute for Neuroscience and Human Behavior at UCLA. “The UCLA study is the first to show the impact of memory exercises and stress reduction used together with a healthy diet and physical exercise to improve brain and cognitive function.”

Researchers found that after just 14 days of following healthy lifestyle strategies, study participants’ brain metabolism decreased in working memory regions, suggesting an increased efficiency—so the brain didn’t have to work as hard to accomplish tasks.

For more details about the study, visit the UCLA News website (newsroom.ucla.edu).

UC Irvine study suggests body mass index standards for younger adults may not be appropriate for people in their 80s and 90s.

A UC Irvine and University of Southern California analysis of body mass index (BMI) and mortality rates from participants of a large-scale study based in a Southern California retirement community found that study participants in their 80s and 90s who were overweight by BMI standards (25 to 29.9 range) had lower mortality rates than those who were in the normal

range (18.5 to 24.9). This supports other research offering the same conclusion.

“We found that what’s recommended for everyone else with body mass index measurements isn’t necessarily the best for the elderly,” says Maria Corrada, an epidemiologist in the UCI School of Medicine who led the analysis effort. “It seems that if you’re in your 80s or 90s, you may live even longer if you are a bit overweight by BMI standards.”

The study appeared in the May 15 issue of the *American Journal of Epidemiology*. For more about this research, visit www.today.uci.edu.

Potential new treatment identified for Alzheimer’s disease and other brain and spinal cord damage.

Researchers at the San Francisco VA Medical Center (SFVAMC) and the University of North Carolina, Chapel Hill have identified several new compounds that could play a role in preventing or treating Alzheimer’s disease and other degenerative conditions of the nervous system.

Evidence suggests neurotrophins may play a role in Alzheimer’s disease and other brain diseases and conditions, says lead and co-corresponding author Stephen M. Massa, MD, PhD, a neurologist at SFVAMC. The research team is investigating a number of other promising compounds that they identified using the same method. “The range of diseases to which this group of compounds might have applicability is enormous,” said Massa.

The study appeared in the May 17, 2006 issue of the *Journal of Neuroscience*. To read a detailed article about the study, visit the UCSF News Office website at pub.ucsf.edu/newsservices. ↗

How is retirement different from what you expected?

Share your stories

Beginning with the fall issue, *New Dimensions* will include a column with contributions from fellow retirees. In each issue we will either pose a question and ask for retiree input, or ask readers to send their advice on a particular subject that has wide appeal.

Our next issue (October), for example, will feature an article summarizing the responses we receive regarding the question above: “How is retirement different from what you expected?” (If retirement has been what you expected it to be, by the way, don’t feel excluded: Please write us and explain.)

Please respond by email (NewDimensions-L@ucop.edu) or regular mail (UC HR/Benefits, *New Dimensions* Editor, 300 Lakeside Drive, 12th Floor, Oakland, CA 94612). We would appreciate hearing from you by August 15th.

Due to space constraints, keep your responses brief. If necessary, we may need to shorten or edit what you send us.

Thank you! 🍷

Regents continue plans for needed UCRP contributions

At their May meeting, the UC Regents continued their discussions about how to ensure the long-term financial health of the UC Retirement Plan (UCRP), including the eventual restart of contributions by both UC and UCRP members. UCRP is a defined benefit pension plan that pays lifetime monthly benefits to members when they retire.

For retirees, the planned changes will have no effect on the pension benefits that they are now receiving from UCRP. When contributions are reintroduced, they will be required only of active employees who are members of UCRP, and not retirees.

The Regents took no action on a specific schedule to reinstate contributions, but they did reiterate their intention to require restart of contributions in July 2007, subject to the availability of funding, the budget process and, for represented employees, collective bargaining. This timing will permit lower initial UC and UCRP member contributions with gradual increases over time. Delaying the restart would require much higher initial contributions from both UC and members.

During their meeting, the Regents reviewed new projections that continue to show that without contributions, the UCRP will become under-funded sometime within the next several years, meaning there will not be enough money in the plan to cover all its liabilities.

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Medicare Corner

Blue Cross retail pharmacy supply limits for Part D members

Due to the Centers for Medicare and Medicaid Services (CMS) regulations, Blue Cross members enrolled in Medicare Part D (prescription drugs benefit) can now obtain up to a 90-day supply from certain contracted retail pharmacies at up to three times the retail copayment. Retirees enrolled in UC-sponsored medical plan coverage are automatically enrolled in Medicare Part D.

If a pharmacy is not contracted to dispense this CMS-approved 90-day supply limit, the plan member will be charged one retail drug copayment for each 30-day supply, plus additional fees. The additional fees will depend upon what type of contract the pharmacy has with Blue Cross and the type and cost of the prescription being filled.

Plan members who want to confirm if their pharmacy is authorized to dispense a 90-day supply should call the Blue Cross Part D Waiver Unit (Senior Services) at 1-800-928-6201 (select option 2) before having their prescription filled.

Plan members also may continue to purchase 90-day supplies of prescription drugs for two copayments using mail order. 🍷

Accordingly, the Regents continued to discuss various contribution reinstatement options, focusing on a slow ramp-up over several years to ease the financial impact on plan members, who will have to start making new contributions. The cost of restarting contributions will be shared between UC and employees, though the Regents have not yet defined who will pay how much. It is anticipated that UC contributions will always be at least equal to

the contributions made by UCRP members.

While some things remain uncertain, like the precise date UCRP might become under-funded, it is clear that resuming contributions sooner rather than later will help ease the financial burden both on the University and employees.

UC is continuing active consultation and discussions regarding the restart of contributions to UCRP with faculty, staff, and unions. Starting contributions to UCRP for represented employees will be

subject to collective bargaining.

At future meetings, the Regents will hear specific recommendations as to when contributions will be restarted and how costs will be divided between the University and employees.

To stay informed about these issues, visit UC's special website, "The Future of the UC Retirement Plan," which is updated with the latest information. The site may be accessed via the At Your Service website: atyourservice.ucop.edu. 📖

Important health and welfare benefits news for LANL retirees

As reported in May, Los Alamos National Security, LLC announced its selection of Hewitt Associates, a global HR services company, to assume health and welfare benefits administration services from the University of California for Los Alamos National Laboratory (LANL) retirees. In June, Hewitt began providing these services, including mid-year status changes, tracking overall Medicare eligibility, providing utilization data for future health insurance negotiations on behalf of LANS, and annual enrollment in the fall. As a part of the transition, the University of California will continue to coordinate collecting retiree premiums and processing Medicare Part B reimbursements through retirees' pension checks through December 2006 with the University of California Retirement Plan and with the Public Employees' Retirement

System. Starting in the January, retiree premiums can be mailed or direct deposited to Hewitt. Medicare Part B reimbursement checks will be sent to retirees quarterly from LANL.

Most retirees experienced minimal changes as their 2006 benefits administration transitioned to Hewitt's system and its website, *Your Benefits Resources™*. In June, all retirees should have received both:

- **A confirmation statement of coverage from *Your Benefits Resources*** with details on 2006 benefits coverage; **no action is needed** unless retirees have questions. (Note: Group Legal Insurance is not reflected, but coverage will remain unchanged for the remainder of 2006.)

- **A mailing from LANL** further explaining the transition, where to go for more information if there are additional questions about 2006 coverage, and what retirees can expect for the 2007 health care open enrollment process (November 6 through 17, 2006), when they will have an opportunity to make changes to coverage.

For open enrollment in November, retirees will be provided with more information and will continue to access health and welfare benefits information currently available through:

- **The *Your Benefits Resources* website at www.ybr.com/benefits/lanl**—The website will be the primary resource for personalized benefits information. It provides information and online tools to help retirees make informed decisions during open enrollment and throughout the year. The site is available at any time and from anywhere with Internet access. Prior to open enrollment, it is recommended that retirees visit the website to set up their user ID and password and begin familiarizing themselves with the site features.

- **Customer Care Specialists at 1-866-934-1200**—Customer Care Specialists are also available to provide assistance between 8:00 a.m. and 9:00 p.m. Eastern time, Monday through Friday. 📞

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Trends emerge from Open Enrollment questionnaire

Thanks to those who responded to the “Open Enrollment Communications & Online Access” questionnaire that appeared in the May *New Dimensions*. At press time, nearly 2,000 of you have responded.



Response trends

We are still tabulating and analyzing the responses, but two general trends have emerged.

- Almost all retirees who have computer and internet access prefer to go online for all Open Enrollment purposes.
- Most retirees who do not have computer and internet access want to continue receiving information in the mail. Many expressed concern that they will be greatly disadvantaged if the mailings are discontinued.

Mailings will continue

While UC is definitely transitioning retiree Open Enrollment to the internet in phases, we will continue to send mailings about Open Enrollment. This year, all retirees will receive a mailing that is significantly smaller than the lengthy booklet sent in previous years. All specific plan change and other essential details will be included so that retirees who do not have internet access will have the information they need to decide about any

actions they may want to take.

Certain general information and required notices that are not specific to Open Enrollment will be eliminated. Much of this information will be sent to you instead in the fall and winter *New Dimensions* newsletters.

Benefits statements, change actions

As in past years, the Open Enrollment mailing will include your printed personal benefits statement showing this year’s and next year’s plan rates. In the future, when these statements are exclusively online, retirees who do not have internet access will be able to request hard copy statements from us.

The retiree Open Enrollment change action application will be online again this year, and retirees without internet access will be able to request paper change action forms.

Watch for the next *New Dimensions* in early October, and your Open Enrollment mailing in late October. 🐟

Open Enrollment period to be shorter this fall

Open Enrollment will begin as usual on November 1, but will end on November 21, about a week earlier than in past years. Information about Open Enrollment will be online (atyourservice.ucop.edu) around October 20; printed materials should arrive in retirees’ mailboxes about November 1. 🐟

UC group offers retirees travel opportunities

The UC Travel Interest Group is offering four tours with a wide variety of interests, destinations, duration and cost to entice retirees and their family and friends to join in the fun on one of these fabulous journeys.



“Mozart’s Christmas,” December, 2006 (Tour #178423): an eight-day tour featuring the Christmas markets of Salzburg, Linz, Vienna and Prague; historic sites such as Mozart’s house in Linz; classical music concert featuring compositions from the Masters; and Prague’s 1,000-year-old Hradcany Castle, colorful Golden Lane, the 14th century Charles Bridge and much more.

“Discover South America,” late February 2007 (Tour #178406): Santiago, Puerto Varas, The Lake District, the Crossing of the Andes, Bariloche, Buenos Aires, Iguassu Falls and Rio de Janeiro in 15 days. This tour showcases the most spectacular cities and natural wonders in all of South America, a region celebrated for its balmy climates and rich cultures. An optional four-night pre-Machu Picchu and three-night post Amazon extension is available.

“The Best of Eastern Canada,” June, 2007 (Tour #186086): Montreal, St. Joseph’s Oratory, Quebec City, St. Anne de Beaupre, Ottawa, Steam Train, Kingston, 1,000 Islands, Niagara Falls and Toronto in nine

days. Explore these unique cities and observe abundant natural beauty on this leisure tour of Eastern Canada beginning in Montreal, the largest French-speaking city in the world after Paris, and ending with the beautiful view of Niagara Falls.

“Exploring Greece and its Islands,” September 2007 (Tour #186407): This 15-day journey balances expeditions to Greece’s most important Classical age monuments with ample time to bask in the sun amidst the whitewashed houses, narrow streets, vineyards, elegant shops, marketplaces, workshops and beautiful beaches on the islands of Mykonos and Santorini. Other highlights include Athens, The Acropolis, Meteora, Kalambaka, Thermopylae, Delphi, Arachova, Olympia, Mycenae, Epidauros and Nauplion.

To obtain more information about these tours, contact either your UC Retirement Office representative and request a brochure or Collette Vacations, Special Accounts Desk, 877-584-7302. Mention the tour number and that you are a University of California retiree. 🐟

Your Online Resources

For the latest UC news about Human Resources and Benefits:
At Your Service (atyourservice.ucop.edu)

For information about retiree benefits:
At Your Service (atyourservice.ucop.edu/annuitants/index.html)

For information about your Retirement Savings Program benefits (DC, 403(b) and 457(b) Plans): netbenefits.fidelity.com 🐟



New Dimensions

Volume 23 Number 3, July 2006

New Dimensions is published by University of California Human Resources and Benefits to provide news and information to UC retirees.

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In conformance with applicable law and University policy, the University is an affirmative action/equal opportunity employer. Please send inquiries regarding the University's affirmative action and equal opportunity policies for staff to Director of Diversity and Employee Programs, University of California Office of the President, 300 Lakeside Drive, Oakland, CA 94612 and for faculty to Director of Academic Affirmative Action, University of California Office of the President, 1111 Franklin Street, Oakland, CA 94607.

Retiree Association Contacts

Use this listing if you're interested in joining an association, or to inform your association of an address change. If you have questions about your UCRS retirement benefits, call the UC Customer Service Center at 1-800-888-8267.

Berkeley

Emeriti and Retirees:
UCB Retirement Center
510-642-5461

Davis

Emeriti and Retirees:
Doreen Barcellona Strnad, Coordinator
UC Davis Retiree Center
530-752-5182, dastrnad@ucdavis.edu

Irvine

Emeriti: Kivie Moldave
949-824-6204, emeriti@uci.edu

LANL

Retirees: Mary Mariner
505-672-1950
Chuck Mansfield
505-662-2115

LBNL

Retirees: Bud Larsh
510-724-1202, almonlarsh2@juno.com

LLNL

Retirees: Lawrence Livermore Employee
Services Association
925-422-9402

Los Angeles

Emeriti and Retirees:
Emeriti/Retirees Relations Center
310-825-7456, emeriti@errc.ucla.edu

Note to associations: To update a listing, write to Steven Ong at *New Dimensions* (email: steven.ong@ucop.edu).

OP & Regents

Retirees: Karl Droese
925-376-0468, kdroese@comcast.com

Riverside

Emeriti: Dericksen Brinkerhoff
951-682-329
dericksen.brinkerhoff@ucr.edu
Retirees: Sal Martino
714-854-0220, sal.m@adelphia.net

San Diego

Retirees: Suzan Cioffi
858-534-4724, RetireeLink@ucsd.edu
retirement.ucsd.edu

San Francisco

Emeriti: Dr. Dorothy Rice
415-476-2771
Retirees: Frances Larragueta
415-731-3109

Santa Barbara

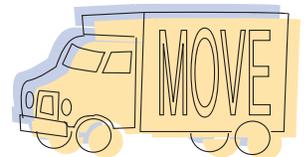
Emeriti and Retirees: Roxanne Estrada
Emeriti/Retiree Relations Center
805-893-2168
roxanne.estrada@hr.ucsb.edu

Santa Cruz

Emeriti: Stanley D. Stevens
831-475-9172, sstevens@library.ucsc.edu
Retirees: Maxine Lane
831-426-8353

Are you moving?

If you want to continue to receive *New Dimensions*, be sure to notify UC of your change of address by submitting a *UC Benefits Address Change Notice* (UBEN 131). The form is available online (atyourservice.ucop.edu) or by calling the UC Customer Service Center (1-800-888-8267). 📞





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Comments or questions?

Write *New Dimensions* at:

University of California, Human Resources and Benefits
P.O. Box 24570, Oakland, CA 94623-1570

Email: NewDimensions-L@ucop.edu

For benefits questions:

UC Customer Service Center: 1-800-888-8267

Website address: atyourservice.ucop.edu

Retiree Newsletter on Audio Cassette

This newsletter is available on audio cassette tape for visually impaired and disabled retirees. If you are interested, call *New Dimensions* at 1-800-239-4002, extension 79836, and leave your name, address, and phone number. Please indicate that you want to receive *New Dimensions* on tape and future *New Dimensions* recordings will be sent to you. Please note that audio cassette tapes are generally mailed four weeks after each *New Dimensions* mailing.

