

new dimensions



President Yudof tours state, highlights UC's contributions

University of California President Mark G. Yudof is reaching out to communities across the state to highlight how the university serves all of California—even places without a campus or medical center.

From Redding to Bakersfield and parts in between, Yudof is speaking to civic groups, business associations and community leaders about the difference UC makes—from providing vital health and agricultural services to generating roughly \$46.3 billion in economic activity within the state—even as public funding drops to unprecedented levels.

“The university has such an immense impact throughout California. Everyone has a stake in UC, even if you’ve never set foot on a campus,” Yudof said. “It’s critical

that we tell people why UC is the best investment we’ve made and why it’s the best investment we must continue to make.”

Yudof also dispels common misperceptions about the university, such as the myth that only the rich can afford to attend UC or that tuition is increasing because the cost of producing UC degrees has gone up.

The tour encompasses a broad cross-section of cities and organizations. Speaking engagements kicked off in Vacaville in late February, and continued to Oakland and Hayward. Additional stops will include Redding, Chico and Fresno, and Yudof will deliver a keynote address to the California State Parent Teachers Association Convention in Anaheim in May.

On March 13, Yudof spoke about the state of public higher education on the American Council on Education’s plenary panel discussion in Los Angeles.

Yudof, continuing to underscore how UC and other universities build economic opportunity and social mobility, stressed that higher education should be a national priority. The United States, which once led the world in the proportion of 20-29 year olds with a college education, is now not even among the top 10, he said.

“We’re going to succeed internationally with our smarts,” Yudof said. “That means we need to be well educated... more clever, more entrepreneurial, more creative and more ingenious. We need a long-

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Family member verification deadline May 17

If your spouse, domestic partner, child or other family member is enrolled in a UC-sponsored health plan (medical, dental or vision), you should have received a packet of materials asking you to provide documentation that verifies their eligibility for coverage.

All faculty, staff, retirees and survivors who have one or more family members enrolled for coverage must provide documentation. This project is the first step in a series of undertakings to ensure a more efficient administration of UC benefit plans.

UC selected Secova, Inc. to manage this aspect of the effort and is working with Secova to make the verification process as easy as possible.

- You must respond even if you have previously provided documentation to verify family members’ eligibility.
- May 17, 2012 is the deadline for submitting documentation.
- Secova has resources—both by phone (representatives are available 24/7) and online—to help you meet the requirements and answer your questions. Secova’s dedicated call center, staffed with knowledgeable professionals, offers you confidential support during the verification process.

If you have family members covered by UC health and welfare benefits be sure to respond by May 17, 2012. Otherwise, you run

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- 3 Get personal help planning for your financial future
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- 5 Share your stories

Quoteworthy

“The legislators up the road must be told that this state needs this University.”

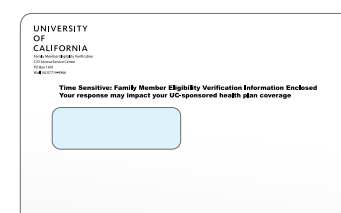
Mark G. Yudof
President, University of California
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Calendar

- May 17** Family member verification deadline
- July 1** Cost-of-living adjustments effective

Spotlight

Family verification forms are in the mail.



Anthem Medicare members get new Rx ID card and booklet

Effective April 1, 2012, the University of California added the Senior Rx Plus plan to Anthem Part D prescription drug coverage for Medicare enrollees in the Anthem PPO and PLUS plans. The same change becomes effective May 1, 2012 for Medicare enrollees in the UC CORE and High Option Supplement to Medicare plans.

You will continue to receive the same benefits you receive now. This program change does **not** change your prescription drug benefits; drug copayments, and the pharmacy network and formulary remain the same.

The change allows the university to achieve prescription cost savings. **Again, your benefits will remain the same.**

If you are enrolled in Medicare and an Anthem plan with prescription benefits, you should have received a new prescription identification card and booklet in March or April. The new prescription ID card and booklet replace those you previously had. **The old card will no longer work after April 1, 2012.**

Be sure to keep the medical (non-Rx) identification card you already have and use it for medical services. The medical ID card is not being replaced. Only the Rx card is being replaced.

The amount for any medications you have already purchased since January 1, 2012 will be carried over and accumulate toward your total out-of-pocket costs for 2012. All prescription information—including prior-authorizations and refills—also will be transferred automatically.

If you have questions regarding your prescription drug coverage, call Anthem Part D Pharmacy Member Services at 1-866-470-6265.

Note: Anthem plan members who are turning 65 and enrolling in Medicare after April 1, 2012, will receive information requesting a copy of your Medicare card and the completion of two Part D forms, three months before your 65th birthday.

UCRP, UC-PERS Plus 5 Plan cost-of-living adjustments announced

Benefit recipients of the University of California Retirement Plan (UCRP) and the UC-PERS Plus 5 Plan will receive an annual cost-of-living adjustment (COLA) effective July 1, 2012. The increase will appear in checks paid at the end of July.

The July 1, 2012 COLA rates will be as follows:

Retirement Date*	COLA
On or before July 1, 2006	2.00%
July 2, 2006 – July 1, 2008	2.55%
July 2, 2008 – July 1, 2009	2.41%
July 2, 2009 – July 1, 2010	2.02%
July 2, 2010 – July 1, 2011	2.00%

* UCRP provides a COLA for recipients of UCRP Disability, Death While Eligible (DWE), Pre-Retirement Survivor and Survivor Income.

At its December 2010 meeting, the UC Board of Regents approved an annual COLA every July for all UC-PERS Plus 5 Plan members, provided there is a surplus in the UC-PERS Plus 5 Plan assets on the prior July 1. Since the UC-PERS Plus 5 Plan had a surplus as of July 1, 2011, UC-PERS Plus 5 Plan members will receive a 2 percent COLA effective July 1, 2012. The COLA formula for the UC-PERS Plus 5 Plan is the same as that used for UCRP.

How the COLA is calculated

The 2012 COLA is based on the 2.55 percent average increase in the Consumer Price Index (CPI) measured February 2011 to February 2012 for the Los Angeles and San Francisco metropolitan areas.

The COLA formula generally matches the cumulative increase in the CPI up to 2 percent annually. This year members who retired between July 2, 2006 and July 1, 2010 will receive slightly larger than 2 percent COLAs. The larger COLAs help those benefit recipients retain more of their purchasing power by partially making up for earlier years when the CPI increases were less than 2 percent.

UC retirees' information part of public record

The University of California often gets requests for information through Public Record Act (PRA) requests, including information about retirees' pension benefits and other information.

Because UC is a public institution, information about retiree and emeriti benefits is considered a public record under the California Public Records Act and is reflected in Personnel Policies for Staff Members (PPSM) 80(C) and in Academic personnel policy, Academic Personnel Manual (APM) 160-20(b)(4):

The information that may be publically disclosed includes name, position title, date of hire and date of separation, pension benefit, salary at time of retirement and UC location where the retiree worked.

Personal information, such as home address, phone number and email address cannot and will not be disclosed.

Questions about access to retiree data may be directed to local Information Practices/Public Records Offices. You can find a list of offices online at: www.ucop.edu/ogc/ipcoords.html

UC makes changes to UC ICC Fund

Due to the market conditions, beginning June 29, 2012 the Insurance Company Contract (ICC) Fund will no longer accept transfers or contributions.

If you are *currently contributing* to the Fund, you will need to select a different Fund for contributions scheduled on and after June 29. If you do not select a different Fund for your contributions, they will be directed into the UC Savings Fund. Please note that your accumulated assets may remain in the ICC Fund.

If you are no longer making contributions to the Fund, you do not need to take any action.

The ICC Fund invests in insurance company contracts of select, investment grade, financially sound insurance companies. In the current market environment, these contracts are no longer offering attractive returns. Based on the current level of interest rates offered by insurance companies and the expectation that those rates will remain at current levels for an extended period of time, the Fund is no longer purchasing new contracts.

The ICC Fund manager will continue to evaluate the investment opportunities of insurance company contracts and could choose to reopen the Fund to new contributions in the future if conditions warrant.

Investors are not permitted to make a direct exchange from the UC ICC Fund to money-market-type funds (considered "competing" funds) because of industry restrictions. Before exchanging from the UC ICC Fund to a competing fund, investors must first exchange to a "noncompeting" fund for 30 days.



Get help planning for your financial future

If you've found that your financial life is even more complex than it was when you were working, you're not alone. Chances are, you're balancing how and when to draw upon your retirement assets. Perhaps you're thinking more about your estate plan. Maybe you just want to learn about the types of investments that may help you manage your assets.

Now, UC has a new guidance service that can help with all these questions and more.

What can I talk to a Planning and Guidance Consultant about?

You can call a Fidelity Retirement Services Planning and Guidance Consultant at 1-800-558-9182

to get help with deciding on a withdrawal strategy for your retirement assets, planning your estate, and more.

You can reach a Planning and Guidance Consultant at 1-800-558-9182 on business days from 5:00 a.m. to 6:00 p.m., Pacific Time (excluding New York Stock Exchange holidays).

My investment strategy is different now that I'm retired. Can a consultant help me develop the right asset allocation?

Yes. One of the most important considerations is how to balance growth potential with capital preservation. Our Planning and Guidance Consultants can help you determine an appropriate asset

allocation strategy, learn how to diversify your fixed income investments, and more.

My retirement assets are in a million places. I need an easier way to keep track.

Sometimes consolidating your accounts in one place—like the UC Retirement Savings Program—can make managing your assets simpler. Talk to a Planning and Guidance Consultant about the advantages of consolidating into the Retirement Savings Program and learn other ways to help you stay on top of your investments.

You can reach a Planning and Guidance Consultant at 1-800-558-9182 on business days from 5:00 a.m. to

6:00 p.m., Pacific Time (excluding New York Stock Exchange holidays).

Keep in mind that investing involves risk. The value of your investment will fluctuate over time and you may gain or lose money.

Guidance provided by Fidelity is educational in nature, is not individualized, and is not intended to serve as the primary or sole basis for your investment or tax-planning decisions.

Where to go for personal help

Have more complex planning needs? Call a Planning and Guidance Consultant at 1-800-558-9182.

Family member verification continued from page 1

the risk of having yourself and your family members de-enrolled from plan coverage.

If you do not have family members enrolled in UC benefits, you did not receive a packet in the mail and do not have to participate.

If you are out of the country or away from home, please call Secova (see contact information at right) to make arrangements to participate in this process.

Any family members found to be ineligible will be de-enrolled. As long as you respond to the information packet in good faith, there will be no penalty for having had ineligible members enrolled. The verification project aims to clear

the rolls of ineligible people, not to punish employees and retirees.

UC chose Secova because they employ state-of-the-art data security processes and procedures and meet the highest standards for keeping your family's personal information safe and confidential.

Secova has more than 20 years of experience administering family member eligibility verification projects. Secova will also administer the verification process for new employees and for current employees and retirees who add dependents to their health plans outside of open enrollment. Secova offers 24/7 support resources in multiple languages if you need help or have questions.

Key Dates and Contact Information

May 17, 2012 is the deadline for submitting your family member documentation.

If you have questions:

- Call Secova's Customer Service Center: 877-632-8126, 24 hours a day, seven days a week; services are available in multiple languages. If you are out of the country, call 424-253-7416.
- Visit Secova's UC Family Member Verification website: <https://verify.secova.com/uc>



Simple yoga can enhance quality of life for caregivers

For every individual who's a victim of Alzheimer's—some 5.4 million persons in the United States alone—there's a related victim: the caregiver. Whether it's a family member or friend, for the person providing the care the loneliness, exhaustion, fear and most of all stress and depression can take quite a toll.

While care for the caregivers is difficult to find, a new study out of UCLA suggests that using yoga to engage in very brief, simple daily meditation can lead to improved cognitive functioning and lower levels of depression for caregivers.

Dr. Helen Lavretsky, professor of psychiatry at the UCLA Semel Institute for Neuroscience and

Human Behavior, and colleagues report a further benefit as well: a reduction in stress-induced cellular aging.

As the U.S. population continues to age, the prevalence of dementia and the number of family caregivers who provide support to these loved ones will increase dramatically. Currently, at least 5 million Americans provide care for someone with dementia. The detrimental burden on them, in terms of their own lives, can be severe.

In the study, participants were randomized into two groups. The meditation group performed a 12-minute yogic practice that included an ancient chanting meditation, every day at the same time

for eight weeks. The other group was asked to relax in a quiet place with their eyes closed while listening to instrumental music on a relaxation CD, also for 12 minutes every day at the same time for eight weeks.

At the end of the eight weeks, the researchers found that the meditation group showed significantly lower levels of depressive symptoms and greater improvement in mental health and cognitive functioning, compared with the relaxation group.

Read more at: <http://newsroom.ucla.edu/portal/ucla/help-for-family-dementia-caregivers-230448.aspx>

Retirement prospects poor for Blacks, Latinos

A new University of California, Berkeley, research brief finds that Black and Latino seniors face even tougher times in retirement than American seniors as a whole.

"Recent household surveys show that retirees of color, especially Blacks and Latinos, rely more heavily on Social Security and have less access to other types of retirement income than their white counterparts," said Nari Rhee of UC Berkeley's Center for Labor Research and Education.

Rhee's research brief, "Black and Latino Retirement (In)Security," is based on data from the U.S. Bureau of Labor Statistics Current Population Survey and the U.S. Census Bureau American Community Survey.

The research brief's main findings include:

Elder poverty rates are twice as high among Blacks and Latinos compared to the U.S. population as a whole: 19.4 percent of Black seniors and

19 percent of Latino seniors have incomes below the federal poverty line, compared to 9.4 percent for the senior population overall.

Less than a third of employed Latinos and less than half of Black workers in full-time jobs are covered by an employer sponsored retirement plan, a critical resource in ensuring adequate retirement income. As a result, they are disproportionately reliant on the limited income provided by Social Security.

Among retirees age 60 and older, people of color are disproportionately likely to be low income: for 2007-2009, 31.6 percent of Blacks and 46.5 percent of Latinos were in the bottom 25 percent income group. The "other" race group, which includes Asian/Pacific Islander and Native American populations, is also more likely to be low-income (38 percent).

Putting life experience to good use

Charles Hill
UC Irvine



My 97-year-old aunt is fond of saying: “There is nothing good about getting old!” Since retiring

from UC Irvine in 2009, I’ve found at least one area where I beg to differ with her.

Prior to retiring as director of international alliances and business development for UC Irvine Extension, I completed the Conflict Management and Use of Alternative Dispute Resolution certificate program. Since then I have been certified as a Rule 31 listed mediator here in Nashville, Tenn.

My practice focuses on intellectual property disputes, an area I gained exposure to as UC Irvine began to make world-class educational experiences available via the Internet and the Open Courseware Movement. I also mediate civil and

family disputes referred by the Tennessee courts and serve as an ombudsman/mediator for the U.S. Department of Defense working with returning service members.

While age is often seen as an impediment in the workplace, I’m finding it to be a significant advantage in the conflict resolution arena. The training provided in the certificate program was essential to my entry to the mediation field and I am grateful to UC for providing that opportunity through complimentary enrollment.

Equally important, however, are the life experiences gained through dealing with the challenges of adulthood. My gray and diminishing hair more often than not is an advantage in establishing credibility and in encouraging the parties to explore alternative dispute resolution. I’m finding mediation an intrinsically rewarding and satisfying way of putting age and life’s experiences to good use.

Too busy to be retired

Stephen C. Jett
Professor emeritus
UC Davis



I transitioned from salaried status to pensioned status on July 1, 2000; personally, I do not term it

“retirement,” since my work life did not diminish after that date—only my pay level.

In anticipation of reaching emeritus status, I had founded and become editor of the very non-profit *Pre-Columbiana: A Journal of Long-Distance Contacts*—which continues to keep me off the streets and out of trouble. I have also continued to publish scholarly articles and reviews and to attend professional conferences—mainly, small, invitational ones.

My post-official-retirement town, Abingdon, Va., affords me the opportunity to teach for pleasure (no exams or grades—or pay) at the College for Older Adults, one of

the country’s path-breaking programs of this kind. There are also many public service opportunities in Abingdon; my particular interest has been the public library (where my wife Lisa is a reference specialist).

Many look forward to pursuing golf and/or fishing when their professional duties cease and their pensions commence. Although my particular region is notable for fabulous fly-fishing and world-class golf links, I’m afraid I just don’t have time; I’m “retired,” you know.

Share Your Stories

We’d like to hear from you. Whether you have a challenging issue related to retirement or a story about the joys of your life as a retiree, write to us and we may share your story in *New Dimensions*. Reach us by email (NewDimensions-L@ucop.edu) or regular mail (New Dimensions editor, 1111 Franklin Street, #7305, Oakland, CA 94607).

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For benefits questions:

UC Customer Service Center:
1-800-888-8267
(8:30 a.m. to 4:30 p.m. PT)

At Your Service:
atyourservice.ucop.edu/retirees

Are you moving?

To continue receiving *New Dimensions*, be sure to notify UC of your new address. You may change your address online: atyourserviceonline.ucop.edu/asyo or you may submit a *UC Benefits Address Change Notice*, available online at atyourservice.ucop.edu or by calling the UC Customer Service Center at 1-800-888-8267.

Emeriti/Retiree Association Contacts

Use the listings below if you want to join an association or to inform your association of an address change. If you have moved away from your home campus emeriti/retiree association, you are welcome to join the association where you live.

Note to associations: To update a listing, write to Anne Wolf at *New Dimensions* (email: anne.wolf@ucop.edu).

UC Berkeley

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831-423-2422

Retirement Center Contacts

UC Berkeley Retirement Center

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510-642-5461

UC Davis Retiree Center

Sue Barnes, Program Manager
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530-752-5182

UC Irvine Center for Emeriti and Retirees

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retirees@uci.edu
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UCLA Emeriti/Retirees Relations Center

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UCSD Retirement Resource Center

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Want to go green?

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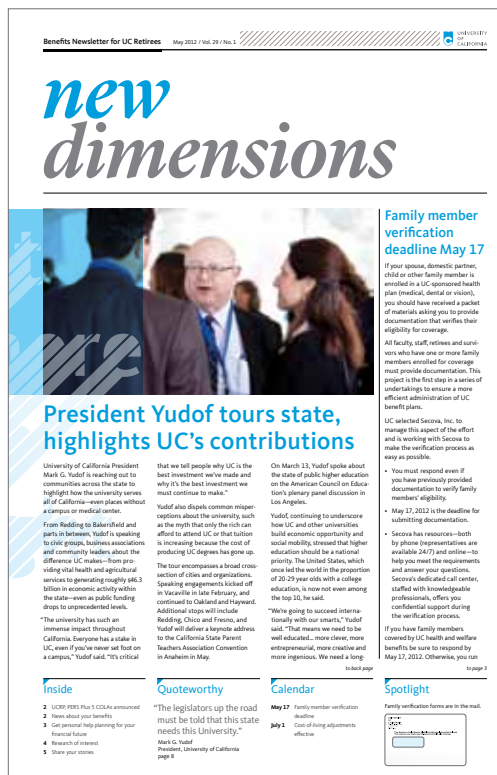


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Welcome to the redesigned *New Dimensions*!

Your eyes are not deceiving you; *New Dimensions* is different. It's been nearly 10 years since UC's newsletter for retirees has had a facelift, so it is due for a new look. We've changed the overall look of *New Dimensions* to bring it in line with the university's new branding, which you're beginning to see on other university publications and websites. Throughout the redesign process, we've attempted to make the newsletter as readable as possible: bigger, easy-to-read type faces, more white space for easy reading, high-contrast colors, and more. Even the larger page size is an attempt to make *New Dimensions* easier to read. Plus, the larger size

means we're able to provide more content and add larger photos. Decisions about the content have been informed by results from the reader survey we conducted about a year ago. Responders to the survey told us that information about important university issues is almost as important to you as information about your UC benefits. So you can expect to see more stories about UC's budget and other issues that will help you know what's happening here at the University of California. Other well-regarded regular features, such as UC research of interest and Share your stories, remain. So, we hope you'll agree that this is a change for the better.



President Yudof tours state continued from page 1

term national strategy.” He added President Obama has assembled a “great team,” but that making progress toward coherent federal policies on higher education will be very difficult because of politics in an election year. In California, the university is the state’s third largest employer, with more than 190,000 on its payroll, and its work supports 1 in 46 jobs in the state, according to UC’s latest economic impact report. The university leverages state funding to bring in \$8.5 billion in federal and private dollars every year. And every \$1 the California taxpayer invests in UC and its students results in \$9.80 in gross state product and \$13.80 in overall economic output.

UC remains one of the most well-regarded and coveted public education systems in the world, educating some 235,000 students every year. Its five medical schools train about half of California’s medical residents and students, and its medical centers provide unparalleled healthcare to people at all economic levels. Many of today’s products and scientific advancements are the result of UC research, from sustainable farming techniques that yield rich crops to the flu vaccine and ongoing stem cell research aimed at finding cures to some of the deadliest human diseases. Speaking in more than 120 business owners, civic leaders and educators at the Hayward Chamber of Com-

merce March 8 luncheon, Yudof outlined some of the direct ways that UC touches that community. “Just look around Hayward: UC Berkeley’s Center for Educational Partnerships works directly with CSU East Bay as partners in Hayward Unified,” Yudof said. “UC’s Cooperative Extension runs 4-H programs—yes, even here—and community and school gardens throughout Alameda County. UC-trained doctors and residents staff Kaiser and St. Rose (hospitals).” “That’s why it’s up to all of us to recognize that this goes beyond higher education,” Yudof continued. “Everyone in this room has a stake in the game. And that’s why I need your help. The legislators 90 miles up the road must be told

that this state, and this city, need this university.” The March 8 talk was the first time a leader of a major education system came to speak to the Hayward Chamber of Commerce, said Kim Huggett, Chamber president. Yudof took questions from the audience after his speech. “Although technically without a bricks-and-mortar campus in our city limits, the University of California does play a role in our community, from the many alumni that are here today to the research originating from UC facilities that helps Hayward’s technology, manufacturing and other sectors,” Huggett said.