

new dimensions



Warren Roberts (right), superintendent emeritus of the UC Davis Arboretum, continues to support the arboretum as a volunteer.

Time, talent, treasure: retirees give back

Esperanza Nee, retired director of financial aid at UC Santa Cruz, is still helping students succeed at UCSC—as a leader of Dreamweavers, a university-community partnership that supports undocumented UC Santa Cruz students.

John Wheeler, professor emeritus of chemistry at UC San Diego, mentors first-generation freshmen and sophomores, helping them navigate through their first two years at UCSD.

Then there is Audree Fowler, a retired director of the UCLA Protein Micro-sequencing Facility. Today she's a volunteer for Design for Sharing, a program of UCLA's Center for Performing Arts that brings elementary students from Los Angeles public schools to performances. Fowler also annually provides three graduate students with \$5,000 fellowships.

These are just three of the hundreds—probably thousands—of UC retirees and emeriti that regularly give their time, talent and treasure back to the university.

Giving time

Retirees serve as docents at campus arboretums, ushers at theatrical and music performances, jurors at mock trials, members of academic senate and university committees and participants in research studies, to name a few of the many ways they give their time.

UC San Diego Retirement Center Director Suzan Cioffi calculated that retiree association members volunteered more than 1500 hours in fiscal year 2011-12. That includes the 25 retirees who staff the annual Sharecase where university staff are able to spend the day learning about new technology solutions to

help them work more effectively and efficiently.

Many retirees also help current faculty and staff plan for retirement. At UC Berkeley and UC Davis, the retirement centers offer pre-retirement planning workshops in conjunction with the campus benefits office. Emeriti and retirees participate in the program, sharing their experiences about the transition to retirement. "This has been extremely well received by faculty and staff thinking of retiring," said Patrick Cullinane, director of UC Berkeley's retirement center.

Using talents to serve

The Council of UC Emeriti Associations (CUCEA) has been documenting the teaching and research contributions of retired faculty for many years. The biennial Biobibliographic Survey for 2007-2009 found that more than 400

emeriti continue to teach and research at a UC campus. You can read a summary of the survey at <http://cucea.ucsd.edu/biblio/UCEmeritiSurveysummary2.htm>.

Roger Glassey, professor emeritus of engineering at UC Berkeley, is one of them. He regularly teaches an undergraduate robotics course. Some years, when the Berkeley budget was particularly tight, he taught pro bono. "Berkeley is a great institution and treated me very well," Glassey said. "I'd like to be part of it and contribute something to it."

More than 350 emeriti provided extramural funding to their UC campus through their research, supporting research associates, post-docs and administrative staff.

Contributing treasure

Retired faculty and staff also contribute to the university

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Quoteworthy

"Everyone who has responded [to the verification project] should be highly commended."

Dwaine B. Duckett
Vice President of Human Resources
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Calendar

- Oct 29** Open Enrollment begins
- Jan 1** New schedule for mailing paper benefit checks

Spotlight

Changes coming for paper checks



Current beneficiary information ensures benefits go to those you want

You might not want to think about your own death, but you probably do want to be sure your benefits are left to those you actually want to receive them.

Your UC pension plan, and other voluntary plans such as AD&D, 403(b), DC and 457(b) plans all provide payments to your beneficiaries when you die. To ensure your benefits are left to those you actually want to receive them, you must designate one or more beneficiary and provide current contact information.

It's easy to name or update your beneficiaries online.

For the UC Retirement Plan and AD&D:

- Sign in to your account on At Your Service (atyourserviceonline.ucop.edu/ayso)
- Select "My Beneficiaries" under "About [your name]"
- Follow the instructions in the left column
- Be sure to include current contact information for your beneficiaries
- If you have questions, contact UC Customer Service at 800-888-8267.

For your 403(b), 457(b) and/or DC Plan accounts:

- Go to <https://ucfocusonyourfuture.com>
- Under "My Accounts," select "Update Beneficiary"
- Sign in to your account and follow the instructions for naming or updating your beneficiaries
- If you have questions, contact Fidelity Retirement Services at 866-682-7787.

Dependent verification strengthens UC benefits

When UC's family member eligibility verification project launched last March, some employees and retirees asked why the project matters and if it was worth the inconvenience.

The answer, with the project nearing completion, is a resounding yes.

Faculty, staff and retirees voluntarily de-enrolled more than 3,000 family members as they came to better understand the eligibility rules. These voluntary de-enrollments alone will save the university more than \$10 million annually. UC Human Resources expects additional de-enrollments once the verification process is finalized.

UC embarked on this project with Secova Inc., an experienced outside firm, to ensure that it provides health insurance for only those who are eligible, as part of its commitment to manage benefits responsibly.

While Secova and UC continue to work with the small percentage of faculty, staff and retirees who have not yet submitted complete documentation, the results to date demonstrate the success of the project.

As of July 2, 92.6 percent of faculty, staff and retirees with family members enrolled in UC-sponsored health plans have submitted documents and had all of their family members verified to be eligible for coverage.

Another 4.3 percent have responded to the verification mailing but need to submit additional documents to complete the verification. Roughly 1500 individuals—about 1.7 percent—have not responded to the request for documents.

"Everyone who has responded so far should be highly commended for supporting UC," said Dwaine B. Duckett, vice president of Human Resources. "They have shown a high degree of responsibility, engagement and ownership by taking the time to help us meet our fiduciary responsibility and ensure the long-term strength and viability of our benefits plans."

Beginning July 12, UC faculty, staff and retirees who had not responded began receiving letters notifying them of the impending de-enrollment of themselves and their unverified family members. In addition, those who had responded but still have unverified family members enrolled received letters notifying them of the impending de-enrollment of those family members. The letter includes information about the appeal process.

"While there have been hiccups along the way, we've made adjustments and learned from them," said Sally Philbin, manager in HR Compliance and the project lead. "We've also adjusted by creating an improved verification process at the time of employment. This is the first time we've done this massive of an effort, and it has delivered a tremendous amount back to the system so far."

Meanwhile, a second catch-up process is underway to verify the family member eligibility of employees hired since February and any family members of employees and retirees who were added after the first verification project began.

To ensure only eligible family members are enrolled from now on, UC is requiring new hires and current employees to submit eligibility verification documents when they enroll family members in a health plan.

Both the catch-up project and the monthly verification are administered by Secova Inc.

LANL and LLNL Retirees:

The family member verification project does not apply to you because you do not receive your health benefits from UC. Our apologies for any confusion an article in the *May New Dimensions* may have caused.

Non-payment of extra Part D premium can lead to de-enrollment

Medicare members with higher incomes who do not pay Medicare an additional premium for Part D (prescription drugs) are now being de-enrolled from Medicare Part D by the Center for Medicare and Medicaid Services (CMS).

The Part D premium is included in UC retirees' medical plan premium, but effective Jan. 1, 2011, those with modified adjusted gross income over \$85,000 (\$170,000 for married couples) also pay a premium to Medicare.

Earlier this year, CMS began enforcing the increase—called the income-related monthly adjustment amount (IRMAA). The increase is in addition to the member's monthly plan cost for Medicare Part B.

If you are subject to IRMAA, make sure you pay all IRMAA premiums to prevent de-enrollment by CMS. Your de-enrollment from Medicare Part D affects your UC-sponsored medical coverage.

If you have already been de-enrolled, you have 60 days to send a letter of explanation to Medicare along with your payment of the Part D-IRMAA premium. Once paid, Medicare will advise your medical plan carrier to reinstate your Part D plan coverage.

For more information about how you can get your Part D coverage reinstated, call Medicare at 1-800-633-4227 (TTY: 1-877-486-2048) as soon as possible.

Retirees give back continued from page 1

financially. The Paul I. Terasaki Life Sciences Building at UCLA and the William R. Pritchard Veterinary Medical Teaching Hospital at UC Davis are two examples of very large financial contributions from retired UC faculty. But equally impressive are the vast numbers of retirees and emeriti who make donations of all sizes to UC.

At UC Irvine, 55 percent of retirees and emeriti donate to the university, according to a recent survey, said Jeri I. Fredericks, director of the UC Irvine Center for Retirees. By comparison, 19.1 percent of alumni give to UC Irvine.

Retirees at UC Santa Cruz and UC San Diego regularly provide scholarship funds for needy students. At Santa Cruz, students who are veterans are the scholarship recipients.

Whether time, talent or treasure, the contributions of UC retirees and emeriti to the University of California are significant, making a difference especially during the current budget crisis.

Looking for volunteer opportunities at UC?

There are many opportunities to volunteer at a UC campus or medical center. Most of the retirement centers and retiree and emeriti associations get requests for volunteers. “We list all of the campus opportunities on our website,” said Sue Barnes, manager of the UC Davis Retiree Center. “I also send out weekly emails about events and news and I include volunteer opportunities.”

See page 5 for contact information for the centers and associations.

There are also opportunities to volunteer through UC’s advocacy program UC for CA. See the program’s website (www.ucforcalifornia.org/uc4ca/)

Weaving dreams for UCSC undocumented students



Esperanza Nee spends her retirement traveling, visiting with her grandchildren and supporting undocumented

students at UC Santa Cruz through her service to Dreamweavers, a community of support for Dream Act students at UCSC.

The program, modeled after the campus program for students who have been in foster care, provides adult mentors to support students’ needs whether they be academic or personal. Until 2013 when the California Dream Act is effective, undocumented students are not eligible for Cal grants or UC grants. So Dreamweavers raises money for scholarships to help undocumented students pay tuition.

Victoria Dominguez, who graduated from UCSC in June, knows firsthand the difference Nee and others can make. “I truly believe I would not have graduated without my mentors.” They raised money to help pay her tuition and supported her when her stepfather was dying. “When I thought things were complicated, they helped me break it down so it didn’t seem so complicated.”

Nee serves as part of Dreamweaver’s core leadership group, leveraging her 20-plus years as director of financial aid at UCSC to work with the university and the Dreamweaver volunteers, many of whom are also retired UCSC faculty and staff.

“One of the luxuries of being a retiree is that you can pick and choose what you get involved in,” Nee said. “I chose Dreamweavers because I know what a difference education made in my own life.”

Supporting the arts and sciences at UCLA



Audree Fowler, a retired UCLA research scientist, started volunteering with Design for Sharing by

handing out programs to teachers.

Design for Sharing is a free K-12 arts education program at UCLA’s Center for the Art of Performance. It provides interactive and educational experiences for more than 15,000 students each year.

“It seemed like something I’d like to do,” Fowler said. “I like music and theater, and it’s fun to be with the kids and the friends I’ve made through the group.” Today she also sits on the Design for Sharing board of directors.

“UCLA retiree and alumni volunteers bring a special energy to our events, and it doesn’t go unnoticed,” said Theresa Peters Willis, Design for Sharing program coordinator. “Our participants are impressed by the friendly and helpful people that greet them. Audree is a shining example of this kind of enthusiasm.”

Fowler also annually gives three fellowships in protein science to graduate students in various departments. Each gets \$5,000 to spend as they choose.

“I was a little farm girl who came to UCLA for school 60 years ago, and it became the center of my life. It still is.”

Mentoring first generation students at UCSD



John Wheeler, professor emeritus of chemistry at UC San Diego, has been meeting with freshman

and sophomore students, helping them navigate the university, understand what they need to do to succeed and get into one of UCSD’s undergraduate research programs.

He’s a volunteer for the UCSD Emeriti Mentor Program that pairs retired faculty with first generation students who received UCSD’s prestigious Chancellor’s Scholarships.

“The one thing I missed after I retired was talking to students about the things I was thinking about and hearing what they’re thinking about. The Emeriti Mentor Program is a way for me to continue to be involved and contribute back to the campus.”

That mentor relationship has been helpful to Allen Gong, a rising sophomore.

“My relationship with John is very different from an average student-professor relationship,” Gong said. “I can talk to him about programs, get advice. I had to do a presentation for the Chancellor’s Scholar program and he gave me some really constructive criticism.”

While Wheeler currently mentors Gong and three other students, he has also chaired the program, recruiting faculty mentors and pairing students and faculty.

“Chairing the program took a lot more time, but I like being involved with the students,” he said. “It’s a lot of fun.”

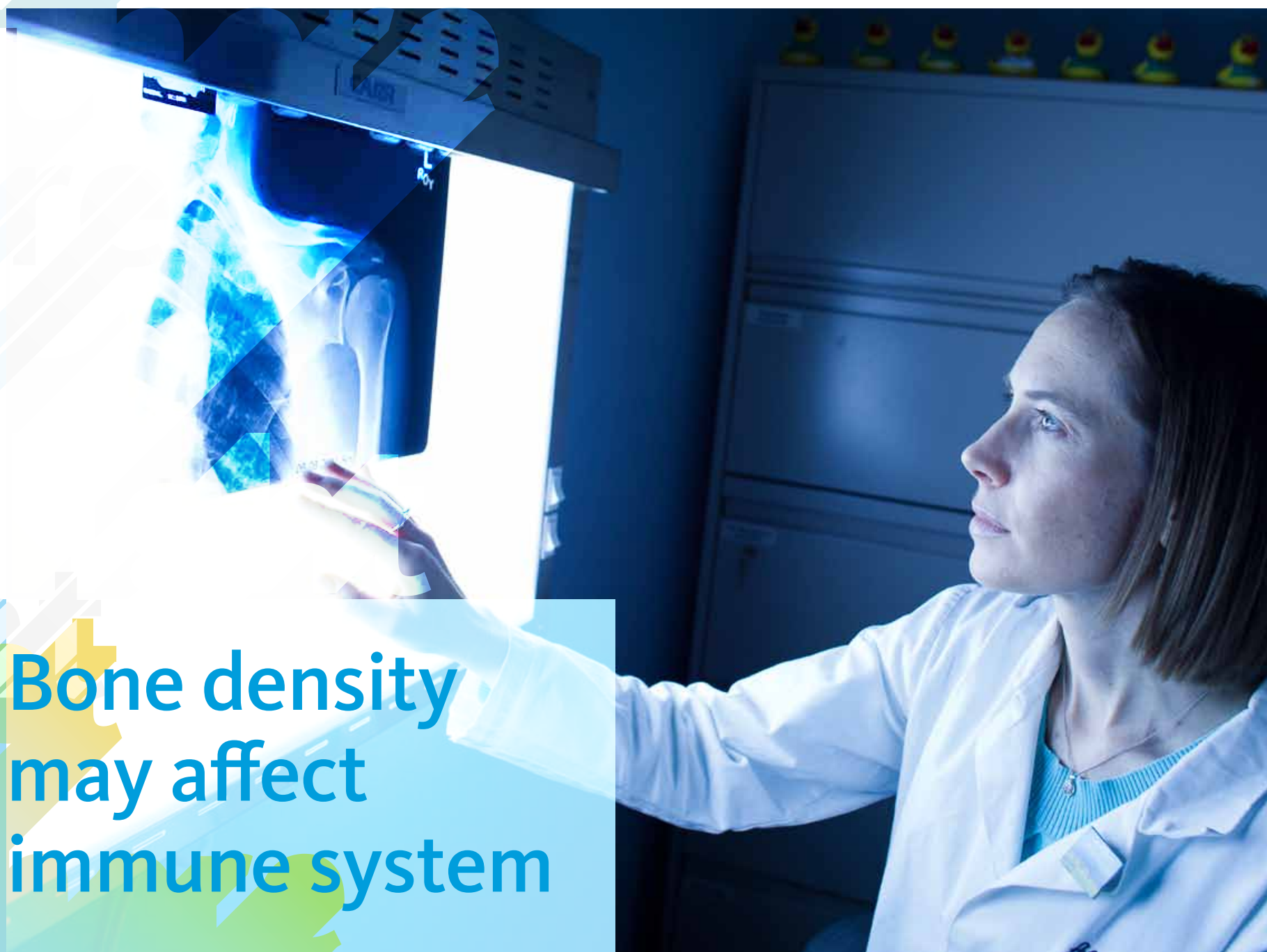
President formally recognizes retiree and emeriti associations

Despite a long and distinguished history of service to the University of California, until recently there had been no formal recognition of the relationship of UC to the campus retiree and emeriti associations, as well as the Council of UC Emeriti Associations (CUCEA)

and the Council of UC Retiree Associations (CUCRA).

In March, UC President Mark G. Yudof formally recognized the groups as “affiliate organizations” under existing policies and guidelines for support groups, foundations and alumni associations.

In addition to recognizing the service the groups provide the university, the President’s action allows the Office of the President’s Risk Services Office to provide insurance coverage for the retiree and emeriti associations.



Bone density may affect immune system

Researchers at UC Merced have discovered a new way in which bone health affects a person's immune system.

The discovery could affect how scientists try to combat bone-related disease, as drugs to improve bone quality could weaken a person's immune system.

"The bone does have an influence on the basic biology of blood development," immunology Professor Jennifer Manilay said. "This interdisciplinary research shows the need to look at the whole organ."

Manilay collaborated with Lawrence Livermore National Laboratory researcher and adjunct UC Merced Professor Gabriela G. Loots, who disabled in mice the gene sclerostin, which maintains bone density. When it's disabled, bone density increases, a condition known as sclerosteosis.

Manilay's lab saw a decrease in the B-cells, a sign that the immune system may be compromised when sclerostin is disabled.

The findings are particularly important because drug maker Amgen is testing a drug to combat osteoporosis that disables sclerostin. Manilay said

she was unsure whether the company has studied the drug's effect on the immune system.

Read more at: <http://www.ucmerced.edu/news/study-bone-density-may-affect-immune-system>

Study strongly links diabetes to cognitive decline

Preventing diabetes or delaying its onset has been thought to stave off cognitive decline — a connection strongly supported by the results of a nine-year study led by researchers at the University of California San Francisco (UCSF) and the San Francisco VA Medical Center.

Earlier studies have looked at cognitive decline in people who already had diabetes. The new study is the first to demonstrate that the greater risk of cognitive decline is also present among

people who develop diabetes later in life. It is also the first study to link the risk of cognitive decline to the severity of diabetes.

The result is the latest finding to emerge from the Health, Aging, and Body Composition (Health ABC) Study, which enrolled 3,069 adults over 70 at two community clinics in Memphis and Pittsburgh beginning in 1997. When the study began, hundreds of those patients already had diabetes. A decade later, many more of them had developed

diabetes, and many also suffered cognitive decline.

People who had diabetes at the beginning of the study showed a faster cognitive decline than people who developed it during the course of the study, and these people, in turn, tended to be worse off than people who never developed diabetes at all. The study also showed that patients with more severe diabetes who did not control their blood sugar levels as well suffered faster cognitive declines.

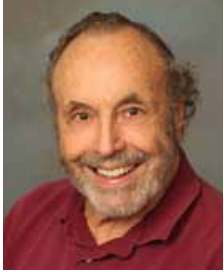
"Both the duration and the severity of diabetes are very important factors," said Kristine Yaffe, MD, the lead author of the study. "It's another piece of the puzzle in terms of linking diabetes to accelerated cognitive aging."

Read more at <http://www.universityofcalifornia.edu/news/article/27903>

Driving 40,000 miles across Europe

David Allen

Director in Educational Opportunity Program
UC Davis



On Jan. 1, 1986—three years after I retired from UC Davis—my wife and I took delivery of a 1981

VW Transporter van in Utrecht, Holland. We dealt with a company that fitted it with a tall fiberglass roof, a stove and refrigerator.

We took off for southern Spain where we spent two months at a seaside camp in Málaga. I drove every one of those 40,000 miles, Spain to Norway, Ireland to Turkey.

We made four trips ranging from six to 11 months each—every other year, from 1986 to 1993. We stored the vehicle with a farmer in the Loire Valley south of Paris. Our favorite camping trip was beside the Seine at Maisons-Laffitte, 15 minutes northwest of Paris.

We figure we slept in the vehicle 600 nights. When camps were closed we rented apartments in Lahinch, Ireland; Beckenham, England; San Gimignano, Castiglione del Lago, and Cefalu, Italy; Akrotiri, Santorini, Greece; and, St. Jean-de-Luz, France.

These were the best years of our lives.

Do those things you most enjoy

Robert M. Norris

Professor Emeritus of Geology
UC Santa Barbara



Although my formal retirement date was 1986, my department was willing to let me

teach just one course each year until 1991. This allowed me to participate in undergraduate geology field trips and to skip department faculty meetings. It also gave me time to deal with nearly 40 years worth of “stuff” that had accumulated in my office.

Once I finished up a research paper I was working on, I started writing

about interesting or amusing experiences I had ranging from my undergraduate days at UCLA, to life aboard a small amphibious Naval vessel in the Pacific during World War II, to my days as a geology faculty member at UCSB. These have been fun to write, but very few of them would impress an academic review committee.

One of the real benefits of retirement is the opportunity to do those things you most enjoy, whether it be research, teaching or something else. Whatever you do, keep busy and make the most of those “golden years.”

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).

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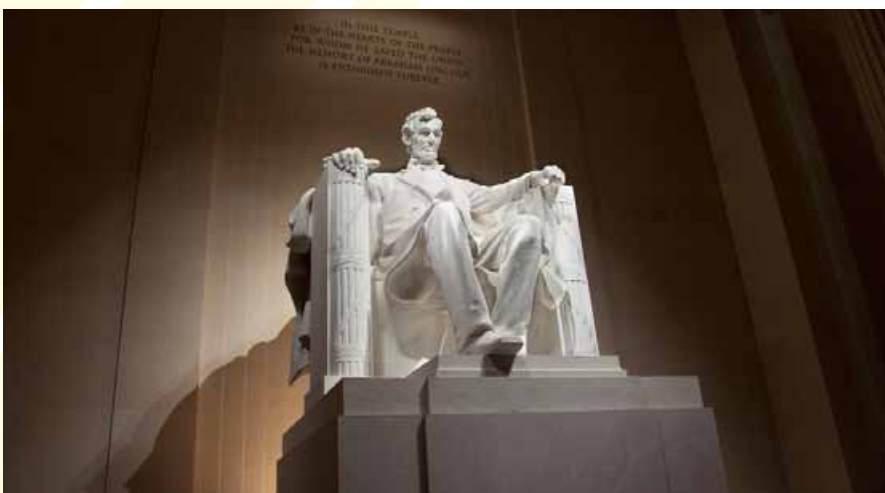
Want to go green?

Consider signing up for the electronic version of *New Dimensions*. Simply sign in to your personal account on At Your Service. Under the "Stay Connected" tab, choose "Newsletter."



8/12 60.7M

CUCRA offers new travel experiences for 2013



Take advantage of one of the many trips offered by the Council of UC Retiree Associations (CUCRA) and help fund CUCRA's work on behalf of UC retirees while you enjoy your travels.

The 2013 tours include:

The 10-day **"Heritage of America"** tour takes you to New York City, Philadelphia, Amish Country, Gettysburg, Shenandoah Valley, Monticello, Colonial Williamsburg, Mount Vernon, Washington, D.C. and the Smithsonian Institution. The tour commences April 19, 2013 for \$2,864. Book now and save \$100 per person. (Tour No. 501372)

The 16-day **"Patagonia: The Marvels of Argentina & Chile"** features a four-day fjord cruise. Other highlights include touring Buenos Aires and visiting the Perito Moreno Glacier, Torres del Paine National Park, Puerto Varas and Chilean Lake District, Chiloe Island and Santiago. The tour commences on March 7, 2013 for \$8,029. Book now and save \$250 per person. (Tour No. 501886)

Prices quoted are per person, double occupancy and round trip airfare from LAX. For more information, to order a brochure, or to see if either of these tours are available at a more convenient date for you, contact Collette Vacations, Group Sales, at 877-872-4331. Mention the tour number and that you are a University of California retiree.

Changes coming for paper checks

Two changes are coming for retirees who receive their benefits via paper check: a new, later mail date and a new look.

Retirees who get their benefits payments via paper check will be waiting a day or two longer to receive them beginning with benefit payments dated Jan. 1, 2013.

UC is changing the payment mail date to ensure retirees are not cashing checks before the check date. Currently, UC mails paper checks so that they arrive by the first of each month. In some cases, because of the vagaries of the calendar, checks are arriving and being cashed prior to the first of the month.

"We must align our systems with best business practices," said Joe Lewis, director of the Retirement Administration Service Center, "and this change will ensure we do so."

In fact, UC encourages those receiving paper checks to change to direct deposit. Paper checks are less secure than direct deposit, and problems with lost or stolen checks, checks sent to the wrong address because people have not notified UC of an address change and other issues require UC to stop payments on checks, reissue checks, and spend hours searching for retirees' addresses.

All of these processes cost the university thousands of dollars

annually at a time when budgets are tight.

Direct deposit statements are posted online to your secure At Your Service Online account (<https://atyourserviceonline.ucop.edu/ayso>) prior to the first of the month so you can see your benefit payment amount sooner than you do if you receive a paper check.

It's easy to sign up for direct deposit online.

- Sign in to your personal account on At Your Service (<https://atyourserviceonline.ucop.edu/ayso>)
- Select "Benefits Income" from the menu and then "Manage Direct Deposit."

- Follow the steps to enter your bank account information. You can also securely change your bank account information at any time.

If you have questions about changing to direct deposit, call UC Customer Service at 800-888-8267.

New look

Beginning with the July benefit check arriving Aug. 1, UC's benefit checks will have a new look.

UC has hired Wells Fargo to print and mail the paper checks and direct deposit statements for those who are not viewing the statements online.