

new dimensions



Subscribe to President Janet Napolitano's newsletter

President Janet Napolitano has begun sharing monthly email messages with faculty, staff, students and retirees to help foster ongoing dialogue with the UC community.

The monthly newsletter, the first of which was distributed in late February, gives President Napolitano the opportunity to share her views on important issues facing the university. They also allow the UC community to hear directly from her and engage with her regularly.

The idea for the newsletter grew out of President Napolitano's tour of university locations, which she started the first week of her tenure. During those visits, she met and spoke with staff, faculty and students about issues of importance to the UC community.

Ongoing receipt of the monthly email is voluntary; and recipients can opt out at any time.

"I've been energized by my visits to campuses, medical centers and labs, where I saw some of the incredible and inspiring work that happens here — every day," President Napolitano said.

"I want to keep the dialogue going," she added. "In my role as chief advocate for UC, it's important you know what I'm doing and thinking, and I also want to know what's on your mind."

To sign up for the president's monthly newsletter visit: www.ucop.edu/president/subscribe.html.

UCSC opens latest on-campus retiree/emeriti center

It all started in 2011 when the UC Santa Cruz Retiree Association needed a cupboard to store supplies. One thing led to another and this spring, the Retiree Association and their Emeriti Association partner will celebrate the opening of their on-campus Retiree/Emeriti Center.

It was no small feat to get office space and funding for the center, but working together the two associations have secured two years of funding from Chancellor George Blumenthal to hire a part-time administrator and work-study students and to outfit their new office space.

"We really need someone to be a constant presence and source of information," said David Dodson,

president of the UCSC Retiree Association. "It will also be good to have someone help with logistics for our events."

Santa Cruz will be the seventh University of California campus to open an on-campus center serving retired faculty and staff. In fact, UC is a national leader in developing retiree centers on university campuses, said Sue Barnes, director of the UC Davis Retirement Center and current president of the Association of Retirement Organizations in Higher Education (AROHE).

"There is no other university system in the country that has seven centers," Barnes said. Nationwide, there are about 25 centers, each primarily funded by its campus, she said.

UCLA's Emeriti Retirees Relations Center was the first on-campus center in the nation when it was founded more than 40 years ago. Each of the UC centers has evolved differently and does things a little individually, depending on campus culture and what was already in place, according to Barnes.

"For example, UC Berkeley offers learning in retirement programs, but here at UC Davis we don't. Instead we work with the Osher Lifelong Learning Center here on campus," she said. "But all of us have the primary mission of keeping retirees connected to the campus."

All of the centers offer social and intellectual programs for emeriti and retirees. Many

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Spotlight

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Extend Health is now OneExchange

Extend Health, the Medicare exchange specialist UC engaged to help retirees living outside California choose individual Medicare plans, has changed its name to OneExchange.

UC provides retirees who live outside California and have all covered family members enrolled in Medicare a health reimbursement account and the services of OneExchange to help them purchase individual Medicare plans. This model offers more medical plan choices at varying costs to out-of-state retirees than UC can offer through its group medical plans.

OneExchange also provides support after enrollment, including help with coverage, claims and network questions. UC remains committed to providing your retiree health benefits and believes this arrangement with OneExchange provides out-of-state Medicare-eligible retirees with improved benefits and service.

2014 cost-of-living adjustments announced

University of California Retirement Plan (UCRP) and UC-PERS Plus 5 Plan benefit recipients will receive a cost-of-living adjustment (COLA) effective July 1, 2014. The increase will appear in checks paid at the end of July.

The 2014 COLA is based on the 1.5 percent average increase in the Consumer Price Index (CPI) measured February 2013 to February 2014 for the Los Angeles and San Francisco metropolitan areas.

The July 1, 2014 COLA rates for UCRP and UC-PERS Plus 5 benefit recipients, including those receiving survivor and UCRP disability income, will be as follows:

Retirement Date	COLA
On or before July 1, 2006	2.00%
July 2, 2006 – July 1, 2008	1.50%
July 2, 2008 – July 1, 2009	1.98%
July 2, 2009 – July 1, 2011	2.00%
July 2, 2011 – July 1, 2012	1.84%
July 2, 2012 – July 1, 2013	1.50%

UCRP benefit recipients are eligible to receive a COLA after receiving benefits for at least one year. Therefore, members whose retirement or disability date is after July 1, 2013, are not yet eligible to receive a COLA.

How the COLA is calculated

The UCRP COLA formula generally matches the cumulative increase in the CPI up to 2 percent annually. This year, some groups of benefit recipients will receive a larger COLA than the 1.5 percent CPI increase. The larger COLA helps those UCRP benefit recipients retain more of their purchasing power by partially making up for earlier years of inflation greater than 2 percent that were not matched by the UCRP COLA.

Use AYSO to make tax withholding changes

Did you realize while preparing your income tax return that you want or need to change the amount of taxes you have withheld from your benefit payment?

You can make those changes online by signing in to your At Your Service Online (AYSO) account. Visit ucnet.univeristyofcalifornia.edu and select "AYS Online." Then sign in to your account and select "Benefit Tax Withholding" under "Retirement and Savings" to make your changes.

Remember that you can also take the following actions when you sign in to your AYSO account:

- View your monthly benefit statement
- Sign up for Direct Deposit for your benefit payment or change your Direct Deposit information
- View your annual tax statements (1099-R, 1042-S, W-2)

If you have questions about these online services, call the UC Retirement Administration Service Center at 800-888-8267.

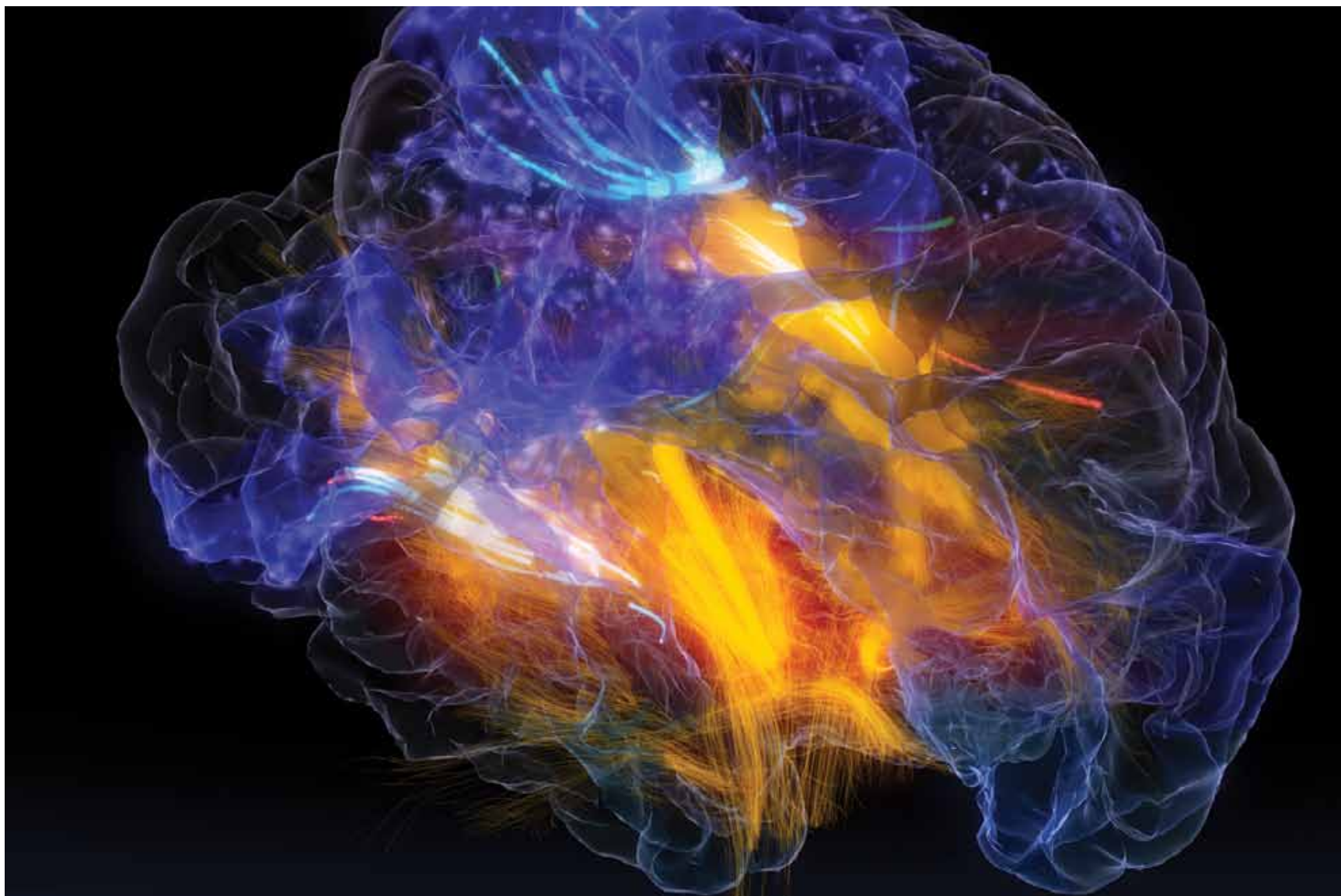
UC ICC Fund to merge with UC Savings Fund

As a result of a recent review of the UC Retirement Savings Plans (403b, 457b and DC Plans), the university has decided to merge the Insurance Company Contract (ICC) Fund with the UC Savings Fund.

UC periodically reviews the Plans to make sure they continue to help members meet their retirement and financial goals. The review considers the range of investment options available through the Plans, performance and value, and whether the Plans provide access to services that complement members' accounts.

In the current market environment, the insurance company contracts in the ICC Fund are no longer offering attractive returns. Based on the current level of interest rates offered by insurance companies, the Fund no longer meets the objectives of the UC Retirement Savings Program.

Individuals invested in the ICC Fund will receive detailed information from Fidelity in late May or early June.



UC neuroscientist develops a way to display brain activity

In Adam Gazzaley's new lab, the brain is a kaleidoscope of colors, bursting and pulsing in real time to the rhythm of electronic music.

The mesmerizing visual on the screen is a digital masterpiece – but the UC San Francisco neuroscientist has a much bigger aspiration than just creating art. He wants this to lead to treatments for a variety of brain diseases, including Alzheimer's, autism and multiple sclerosis.

Gazzaley, MD, PhD, opened the Neuroscape lab in March, where he's developed a way to display a person's brain activity while it's thinking, sensing and processing information, allowing researchers to see what areas of the person's brain are being triggered – or, in the case of certain diseases, not triggered.

Read more at: www.ucsf.edu/news/2014/03/112606/beauty-and-brain

Titanium clubs can cause golf course fires

Titanium alloy golf clubs can cause dangerous wildfires, according to UC Irvine scientists. When a club coated with the lightweight metal is swung and strikes a rock, it creates sparks that can heat to more than 3,000 degrees Fahrenheit for long enough to ignite dry foliage, according to findings published recently in the peer-reviewed journal *Fire and Materials*.

Orange County, Calif., fire investigators asked UC Irvine to determine whether such clubs could have caused blazes at Shady Canyon Golf Course in Irvine and Arroyo Trabuco Golf Club in Mission Viejo a few years ago.

The researchers painstakingly re-created in the lab course conditions on the days of the fires. Using high-speed video cameras and powerful scanning electron microscope analysis, they found that when titanium clubs were abraded by striking or grazing hard surfaces, intensely hot sparks flew out of them. In contrast, when standard stainless steel clubs were used, there was no reaction.

Read more at: <http://news.uci.edu/press-releases/titanium-clubs-can-cause-golf-course-fires-uci-study-finds/>

Build muscle and you'll live longer

New UCLA research suggests that the more muscle mass older Americans have, the less likely they are to die prematurely. The findings add to the growing evidence that overall body composition — and not the widely used body mass index, or BMI — is a better predictor of all-cause mortality.

The study, published in the *American Journal of Medicine*, is the culmination of previous UCLA research led by Dr. Preethi Srikanthan, an assistant clinical professor in the endocrinology division at the David Geffen School of Medicine at UCLA, that found that building muscle mass is important in decreasing metabolic risk.

"As there is no gold-standard measure of body composition, several studies have addressed this question using different measurement techniques and have obtained different results," Srikanthan said. "So many studies on the mortality impact of obesity focus on BMI. Our study indicates that clinicians need to be focusing on ways to improve body composition, rather than on BMI alone, when counseling older adults on preventative health behaviors."

Read more at: <http://www.uclahealth.org/body.cfm?id=561&action=detail&ref=2401>



Christmas in Strasbourg

Europe, Antarctica winter tour opportunities

Once again, the Council of UC Retiree Associations (CUCRA) is offering travel opportunities in partnership with Grand Circle Travel and Collette Vacations. The CUCRA travel program benefits the work of the council.

Classic Christmas Markets

10 days • Dec. 13, 2014

Get into the Holiday spirit by partaking in the Christmas markets in Austria, France and Germany. You'll travel through the Black Forest, Strasbourg, Franconia Region, Wurzburg, Nuremberg, Neuschwanstein Castle, Oberammergau, Munich and Innesbruck enjoying their Christmas markets.

Booking No. 620646.
Base price: \$3,299
Book now and save \$250 per person.

Antarctica

18 days • Dec. 31, 2014

Aboard the MS Fram, you'll visit Buenos Aires, Ushuaia, Tierra del Fuego National Park, the Drake Passage, Half Moon Island, Antarctic Sound and more.

Booking No. 563669
Pricing starts at \$11,699
Book now and save \$250 per person.

Reflections of Italy

10 days • March 25, 2015

Begin this tour in "The Eternal City" of Rome. Then enjoy the sites of Assisi, Perugia, Siena, Florence, Venice, Murno Island, Lugano, Switzerland and Como.

Booking No. 620653
Base price: \$3,999
Book now and save \$250 per person.

To book your tour

For more information/reservations contact Collette Vacations at 800-852-5655 and mention the Booking Number. All tour costs are per person, double occupancy and includes round trip airfare from LAX. Remember, you do not have to be a UC retiree to enjoy these tours; feel free to invite your family and friends. Also, if the start date for a tour is not convenient for you, Collette has other departure dates that you can consider.

Exploring founding of Los Alamos

Leandro Thomas Gonzales

Mathematician, nuclear physicist, engineer
Los Alamos National Laboratory



I retired from the Los Alamos National Laboratory in 2006. One of the items

on my retirement bucket list was to write a novel. I joined a local writers group, enrolled in writing courses, attended writing conferences and worked on my novel.

Follow the Spinning Sun (www.FollowTheSpinningSun.com) was published in the summer of 2012. It explores why the Anasazi abandoned their beautiful homeland in what is now the Bandelier National Monument, making way for the Los Alamos Scientific Laboratory and the founding of the town of Los Alamos. I attempted to portray the dynamics that must have occurred between the elders of the tribe as they made the decision for everyone to evacuate

— never to return — and the villagers who had to deal with such a mind-boggling decision. The Regional Library of Karviná in the Czech Republic nominated *Follow the Spinning Sun* for the International IMPAC Dublin Literary Award – an award presented to a novel which makes a lasting contribution to excellence in world literature. Main libraries from 39 countries nominate books, making them eligible for the award.

I am humbled being that the list of nominees includes persons who have won the Nobel Prize in Literature, the Pulitzer Prize for Fiction, the Man Booker Prize, the National Book Award and other awards.

The UC retirement program made it possible for me to devote the time, effort and perseverance required for the accomplishment of such an endeavor.

Soaring to new heights in retirement

Michael O'Connell

Retired professor of early modern literature
UC Santa Barbara



There's no connection between early modern literature and learning to fly — no

question about it: Shakespeare and Milton are no help.

As a boy I was always besotted with airplanes and thought I'd some day learn to fly, then forgot about it for half a century. But a prospective son-in-law, a recently minted pilot, took me up for my first flight in a light plane. It must have kindled a spark because as I was approaching retirement, the mad question of whether I could still, in my late 60s, learn to fly began to cross my mind. Serious people assured me it was possible.

It was, though only by dint of much study, stubbornness and more than twice the practice that a younger student would need. But along with that came the

sheer thrill of taxiing out onto the runway, pushing in the throttle, and lifting off into the sky.

Flying is a vast subject, incorporating aerodynamics, engine systems, flight instruments, airport operations, charts, airspace, ATC operations, communication procedures, weather (a huge field in itself), weight and balance, navigation, all of which have to be mastered for an FAA exam. Colleagues who knew what I was up to began looking apprehensively skyward whenever a Cessna flew over the campus.

Eventually I settled on an instructor, a tough ex-Marine, at the venerable Santa Paula airport and soloed there. Another year went by before I was able to do my "checkride," the dissertation defense of aviation, in which everything must come together for an FAA examiner. All the time I felt a bit like the dumb student who has to work twice as hard to learn the material.

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New Dimensions

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Retirement Administration Service Center:
1-800-888-8267 (8:30 a.m. – 4:30 p.m. PT)

UCnet:
ucnet.universityofcalifornia.edu/retirees

Are you moving?

To continue receiving *New Dimensions*, be sure to notify UC of your new address online: atyourserviceonline.ucop.edu/ayso or by submitting a *UC Benefits Address Change Notice*, available online at ucnet.universityofcalifornia.edu or from the Retirement Administration Service Center at 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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UC Davis Retiree Center

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UC Irvine Center for Emeriti and Retirees

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UCLA Emeriti/Retirees Relations Center

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UCSD Retirement Resource Center

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UC Santa Barbara Emeriti/Retiree Relations Center

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Retiree/emeriti center continued from page 1

connect retirees to volunteer opportunities on campus from mentoring students and faculty to serving as museum and arboretum docents to sitting on university committees.

It was the many ways UC Santa Cruz retirees and emeriti are already serving the UCSC community and the possibility of additional service that helped persuade Chancellor Blumenthal and Executive Vice Chancellor/Campus Provost Alison Galloway to fund the center, according to Dodson and others who worked to create the retirement center.

“Our goal is to use the center to do things that would benefit the campus and to identify

emeriti and retirees who might be interested in those types of programs,” said Michael Cowan, president of the UCSC Emeriti Association. “Having staff and a presence on campus will help us extend the range of activities and more deeply engage retirees and emeriti in the campus.”

Like most of UC’s retirement centers, the UC Santa Cruz center will also support the work of the retiree and emeriti associations, membership organizations whose leaders are all volunteers. But, said Jennifer Anderson, vice president of the UCSC retiree association and chair of the retirement center committee, the center will serve all UCSC retirees

and emeriti, whether or not they are association members.

If you’d like more information about the retirement center or the retiree and emeriti associations for your campus, see page 5 for contact information or visit ucnet.universityofcalifornia.edu/retirees.



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Share your stories continued from page 5

(Michael O’Connell)

But now I have a shiny green card with Wilbur and Orville’s pictures on it that gives, within limits, the freedom of the sky. I can fly a single-engine light plane, a Cessna 172 for example. And now I hope to explore another California from the air.

Share Your Stories

Whether you have a challenging issue related to retirement or a story about the joys of your life, we want to share your story in *New Dimensions*. Reach us by email (NewDimensions-L@ucop.edu) or regular mail (Editor, 1111 Franklin Street, #7305, Oakland, CA 94607).

An Alzheimer’s disease activist

Lynda Everman
Principal personnel analyst
UC Irvine

Both my late husband and I retired from UCI in 1999, and today I’m a founding member of three national networks under the umbrella of our parent organization, **USAgainstAlzheimer’s** (www.usagainstalzheimer.org): **ActivistsAgainstAlzheimer’s**, **WomenAgainstAlzheimer’s**, & **ClergyAgainstAlzheimer’s**. This is my life, my passion, and my



mission: to help raise awareness for this devastating – and always fatal – disease.

All five of our medical center campuses have designated National Institutes of Health-funded Alzheimer’s Disease Research Centers and our researchers are among our nation’s leaders in searching for a cure. And, yes, we also have a

ResearchersAgainstAlzheimer’s network!

I’m also promoting legislation for a semipostal stamp, like the Breast Cancer Research stamp on my advocacy page, Help Stamp OUT Alzheimer’s, www.facebook.com/HelpStampOutAlzheimers?

With more than 480,000 Californians suffering from Alzheimer’s and related disorders, and a new case every seven seconds, we have the undesired distinction of being No. 1 in the nation. Please join me and help #ENDAlz!