

new dimensions



Make the most of your moves

Your day may offer more opportunities for healthy movement than you realize. Carrying groceries, walking the dog, gardening, doing laundry, caregiving, playing, reaching, shifting, balancing — these everyday moments engage your body and mind in real ways. And when they happen often, they help support long-term health. No “workout” required.

Becoming aware of how you move during the day can help you make the most of it. Simple changes like picking up the pace on a walk, parking a little farther from your destination, or adding a bit more reach, lift or balance along the way can make a difference.

Research shows that simply moving more, even in small, everyday ways,

is linked to better long-term health, including lower risk of early death and heart-related events. And the benefits start without having to go to a gym or follow a structured workout plan, especially for people who aren’t into that. Bottom line: It’s never too late, and it’s never “too little” to count.

Movement matters even more as we age, when natural declines in bone density and muscle mass can make everyday movement harder and increase the risk of falls and fractures. Regular movement that builds strength and balance helps counter these changes by maintaining muscle, supporting bone health, and improving stability. Activities like walking, carrying groceries or laundry, and gardening

help us stay steady on our feet and confident in our movements.

Every movement counts. Studies involving wearable devices (e.g., an Apple or Fitbit watch) have found that brief bursts of movement — even for just a few minutes at a time — are associated with meaningful health benefits, particularly for people who don’t identify as exercisers.

Movement is not one-size-fits-all

Walking and stair climbing are often considered the gold standard for gentle movement, but they aren’t possible or accessible for everyone. And they aren’t required for you to benefit from the movements you can make.

‘Age-Friendly’ UC campuses

Two UC campuses are working to make sure their communities engage and serve people at every stage of life.

UCLA and UC Berkeley are the first and second UC campuses to join the Age-Friendly University Global Network (AFU-GN), a consortium of higher education institutions committed to enhancing the lives of older adults through education, research, and community engagement. UCLA earned the designation in 2018; Berkeley followed with its official recognition on February 4, 2026.

UCLA’s continuing commitment

As Ayesha Dixon, senior director of the UCLA Emeriti/Retirees Relations Center, put it, UCLA’s location gives it a distinct advantage: “UCLA is uniquely located at the center of one of the most diverse and influential global megacities, where we have the opportunity for active participation in the age-friendly movement.”

This year, UCLA expanded on its 2018 designation by launching a new website, agefriendly.ucla.edu, and convening a cross-disciplinary task force that brings together emeriti faculty, staff, retirees, and students.

UCLA’s new website connects visitors to the UCLA Aging Cluster, which unites researchers across disciplines who study aging; the UCLA Longevity Center, known for its work on healthy aging; UCLA Extension courses for lifelong learners; and a running showcase of research on longevity, caregiving, and social connection in later life.

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Confident Retiree Legacy Planning Webinar Series

UC held Part 3 of the Confident Retiree Legacy Planning Webinar Series, “Essential Steps for Survivors of UC Retirees: Accessing UC Benefits and More,” on June 11. The webinar drew almost 600 attendees, and together, close to 1,800 participants attended the three-part series overall.

Because of strong interest in this topic, UC plans to offer a second session of Part 3 in late summer. Please check the Webinars Overview page on myUCretirement.com for additional details: myucretirement.com/webinars/overview.

The Legacy Planning webinar series was designed to help UC retirees and their loved ones prepare for important life events and better understand the steps involved in estate planning, organizing personal affairs and accessing UC survivor benefits.

If you missed a webinar or wish to revisit the series, you can find the slide decks on the Webinars Overview page on myUCretirement.com. Recordings will also be posted there as they become available. For your convenience, links to the slide decks are included below:

Part 1: From Today to Tomorrow: Estate Planning Basics: tinyurl.com/UCestate

Part 2: Getting Your Affairs in Order: Essential Planning for Peace of Mind: tinyurl.com/UCaffairsorder

Part 3: Essential Steps for Survivors of UC Retirees: Accessing UC Benefits and More: tinyurl.com/UCsurvivor

In addition to the webinars, UC has also developed practical planning checklists for retirees and survivors:

- “Essential Steps to Access UC Benefits” Checklist for Survivors — Guides loved ones through essential steps for accessing UC benefits and important resources when the time comes: tinyurl.com/UCsurvivorchecklist
- “Organizing Your Affairs” Checklist for Retirees — Helps you gather, record and update key information for greater peace of mind: tinyurl.com/UCorglist

Keep an eye on the Webinars Overview page for other upcoming Confident Retiree webinars.

Additional resources

For more support with survivor benefits, beneficiary updates, estate planning and related questions, the following resources may be helpful:

Retirement Administration Service Center (RASC): 1-800-888-8267, Monday–Friday, 7:00 a.m. to 4:30 p.m. (PT)

Survivor and Beneficiary Support: 1-888-825-6833 (includes after-hours voicemail option)

UC Legal Insurance (administered by ARAG): 1-800-828-1395, ARAGlegal.com/UCinfo

Guide to Survivor and Beneficiary Benefits — for Family Member and Beneficiaries of Active UC Employees: tinyurl.com/UCactives

Guide to Survivor and Beneficiary Benefits — For Family Members and Beneficiaries of UC Retirees and Disabled Members Receiving UCRP Income: tinyurl.com/UCretirees

Keep Your Beneficiary Information Up to Date: tinyurl.com/UCbeneficiary

Resources for Medicare eligible retirees

Medicare enrollment can be complex and time sensitive. To the side are resources to help you understand the process and your Medicare plan benefits. If you or your family are Medicare eligible and live outside of California, attend the RASC’s presentations and visit ucal.us/medicarecoordinator to understand how the program works. When you are ready, schedule an appointment with a Via Benefits licensed Benefit Advisor to review your Medicare plan options and enroll.

CONTACT	RESOURCES
UCnet	Visit ucal.us/aboutmedicare
UC Medicare PPO plans by Anthem Blue Cross	Visit ucal.us/medicaresupplement and click on “Transitioning to Medicare” in the main menu.
Kaiser Senior Advantage HMO	Visit ucal.us/ksa and click on “Attend a Kaiser webinar about how this plan works.”
UC Medicare Choice by UnitedHealthcare	Visit retiree.uhc.com/uc to review dates and times for the 2026 information sessions.
Medicare Coordinator Program by Via Benefits (for Medicare retirees and families living outside of California)	Visit to register — bit.ly/RASCWeeklyMedicare for informal forum for questions. Visit to register — bit.ly/RASCMedicareMonthly for in-depth education on Medicare enrollment and Medicare plans. Visit ucal.us/medicarecoordinator to learn about requirements and the steps to take for enrollment.

UCSF Retirees Association celebrates 40 years of connection, purpose, lifelong impact

When UCSF staff members retire, their commitment to service doesn't end — it simply evolves. For 40 years, the UCSF Retirees Association (UCSFRA) has provided a vibrant community where former staff stay connected, continue to give back, and find new meaning in the next chapter of life.

As the Association marks its 40th anniversary, its members reflect on how their involvement has filled their lives with friendships, adventures, and purpose.

Connection and purpose

"At UCSF, you can serve forever," quips new UCSFRA board member Wanda Ware, summing up the spirit that has defined her post-retirement years. After a 20-year career in facilities and development, Ware craved connection after stepping away from full-time work. A UCSFRA event opened the door.

"I was so used to being busy all my life, I had to adjust to not having things to do consistently," she recalls. "After attending the UCSFRA fair shortly after retiring, I realized they had volunteers, programs, classes, workshops, travel opportunities, and I

thought, 'Oh my gosh, this is what I need to do.'"

Ware now helps lead the 40th anniversary planning committee and spends 40% of her time on UCSFRA activities. "I've met so many incredible people — nurses, engineers, faculty — and I've found purpose and joy again."

That sense of purpose runs deep. For 40 years, UCSFRA has offered something rare: a formal space for retired staff to stay informed, engaged, and valued. Monthly events range from educational workshops and museum tours to health webinars. The holiday luncheons consistently draw the largest attendance. UCSFRA even represents retiree voices at the systemwide level through the Council of UC Retiree Associations (CUCRA), ensuring policy decisions around health care and benefits are shaped by those they impact most.

Adventure and growth

For longtime member and former UCSFRA board president Vickie Leow, the Retirees Association brought community and adventure when she needed it most.

"I was freaking out before I retired — I didn't know what I'd do

with my time," she recalls. That changed quickly. Leow joined the board, chaired the programming committee, and became a travel ambassador for the UC Retirees Travel program. From Ireland to Egypt and Japan to the Canadian Rockies, she's helped retirees explore the world while forging deep friendships.

"Some are solo travelers who've lost a loved one or felt nervous about going alone. We ensure they feel included. I've seen people come alive again on these trips."

At the heart of UCSFRA is the belief that retirees still have so much to offer — and want to remain connected to UCSF's mission. MaryGayle Thomas, an active member of the UCSFRA Lunch Club and former academic assistant in Orthopaedic Surgery, says the group helped her become active again, moving from "vegetating" on the couch to leading a weekly memoir-writing class for other seniors.

"It's easy to feel isolated in retirement," she says. "This group gave me structure, connection, and new friends. It helped me realize I wasn't done growing, learning, or contributing."

Service and recognition

The impact of UCSFRA extends far beyond social programming. Through the Frances Larragueta Award for Volunteer Service, named after the Association's visionary founder, the group honors members who demonstrate exceptional community commitment. Past honoree Bob Herman, a retired health care administrator and global medical volunteer, says the award reflects the group's ethos.

"It's about inspiring others to serve. Retirement doesn't mean stepping back; it means stepping into new opportunities to lead."

Decades of impact

Founded in 1985 by a small group of visionary staff with the support of then Chancellor J.R. Krevans, UCSFRA was created to ensure retirees remained informed, supported, and socially connected. Today, the organization boasts more than 1,000 members who carry forward that legacy of service.

Above article by Paula Hermann for the UCSFRA.

travel opportunities

Avoid common travel scams

Travel provides endless opportunities for learning and discovery but also comes with the risk of fraud and scams. Protect yourself and your valuables by being aware of common tactics.

Pre-trip and booking scams

- **Too-good-to-be-true deals:** Scammers lure travelers in with unusually low prices, collect payments (usually via wire transfer or cryptocurrency), and disappear. Research the business, book through trusted providers, and pay via credit card for extra protection.
- **Fake booking sites:** Fraudsters create copycat websites to steal personal information. Check the web address for misspellings and paste the website URL into a free tool such as Google Safe Browsing to check for malware and spam reports.

- **Bogus entry/visa sites:** Fraudulent look-alike websites charge exorbitant "processing fees" for TSA PreCheck, Global Entry, passport renewal, or tourist visas. Official U.S. government sites always end in .gov. Double check the website address and beware of clicking on links that can take you to fraudulent sites.

En route & destination scams

- **USB port scams:** Fraudsters can install malware on public USB ports at airports. Charge devices via an electric outlet or portable power pack or purchase a USB data blocker.
- **ATM scams:** Thieves place false overlays or skims to capture your card's data, direct pinhole cameras to record your PIN number, or place a device in the card slot or cash dispenser to trap your money or card. Use ATMS inside banks whenever possible and never accept unsolicited help at an ATM.

- **Foreign currency scams:** Foreign currency scams include hidden exchange fees, sleight-of-hand currency conversions, and counterfeit notes. Always track the live exchange rate, use small bills whenever possible, and decline merchants' offers to charge in your home currency.
- **Taxi scams:** A driver "forgets" to turn on the meter or says it is broken and demands an inflated fee at the end of the ride. Use reputable rideshare apps like Uber or Lyft or ask your hotel to call a cab to help guarantee vetted drivers and transparent pricing. Ask the driver for an estimated cost before getting into the cab.
- **Diversion scams:** Accomplices distract you in a variety of ways while a partner steals your wallet or valuables. See related article on avoiding pickpockets on the UC Retirees Travel webpage, cucra.ucsd.edu/travel.

- **Emergency impersonator scams:** Scammers contact family/friends while you are away, claiming that you have been stranded or robbed and asking them to wire funds or send gift cards. Advise family/friends to call you directly using a known number or establish a "secret word" for emergencies.

Protect yourself from scams by traveling with a trusted group such as UC Retirees Travel, which offers guided group tours for UC retirees and their guests. You will be accompanied by a trip leader who can advise on safe ATMs and trusted merchants and help you avoid fraudsters.

Visit cucra.ucsd.edu/travel to see details about upcoming adventures or join the mailing list to receive monthly travel updates. Questions? Email UCRetireesTravel@gmail.com.



Your moves continued from page 1

Pretty much anything that engages your body in ways that work for you can bolster long-term health. Depending on your abilities, comfort and energy, movement might look like:

- Stretching, shifting positions or gentle movements while seated or lying down
- Moving arms, legs or core muscles — with or without resistance
- Light balance, mobility or range-of-motion exercises
- Standing, weight shifting or supported movement
- Any activity that gets muscles involved, even briefly

Easy movements add up

Think of these as suggestions, not instructions. Choose what fits your body and your day.

- Change positions. Shift, stretch or reset your posture once an hour while seated or standing.
- Borrow two minutes. Take a brief movement break between tasks for gentle stretches, arm movements or to transfer from a wheelchair to a fixed seat.
- Move while you wait. While coffee brews or a page loads, try light movement that feels comfortable (e.g., marching in place or shoulder rolls). Even subtle motion counts.
- Make it social (if you want). A shared stretch or moving alongside someone else can make movement feel easier and more enjoyable.

- Repeat one thing. Pick a single, doable movement you don't mind doing again tomorrow. Consistency matters more than difficulty.

Movement doesn't have to be difficult to matter. Sometimes, it's already baked into what you're doing every day.

Other health benefits

The National Institute on Aging notes these ways movement supports chronic disease management.

- Heart health: Regular cardiovascular movement lowers the risk of heart disease, stroke, and high blood pressure.
- Blood sugar control: Exercise helps manage insulin sensitivity, which is a game-changer for those dealing with Type 2 diabetes.
- Eases joint pain: Contrary to the belief that resting arthritic joints is best, controlled movement strengthens the muscles around the joints, thereby lessening pain and stiffness.

Good for the brain

- Delays dementia: Studies suggest staying physically active can help delay the onset of dementia and Alzheimer's disease.
- Boosts mental health: Movement releases endorphins that reduce anxiety, ease symptoms of depression, and boost overall confidence.

UC resources

UC retirees and emeriti have even more opportunities to stay active! Here are a few ideas:

- Check out your location's retiree center for events and activities that will keep you moving and learning. See ucal.us/retireeconnect
- Visit your location's rec center and consider joining as a retiree or community member.
- Look into wellness resources through your UC health plan, including free gym memberships through UC Medicare Choice PPO and Kaiser Senior Advantage HMO. See ucnet.universityofcalifornia.edu/wellness

If you have health questions or concerns, talk with your healthcare provider about what's right for you.

More resources

Video: Move Your Way: Tips for Getting Motivated (www.youtube.com/watch?v=0i1ICNHaxhs)

Give strength-training a try with advice from a UC expert (ucal.us/strengthtraining)

Put your movement knowledge to a test (helpmechoosewisely.com/uc-movement-game)

Centers for Disease Control and Prevention (www.cdc.gov/physical-activity-basics/benefits/index.html)

National Institutes of Health (www.nih.gov/news-events/nih-research-matters/light-activity-may-lower-harmful-effects-sitting)

National Institutes of Health (magazine.medlineplus.gov/article/just-30-minutes-of-daily-exercise-can-help-correct-a-day-of-sitting)

World Health Organization (www.who.int/news-room/fact-sheets/detail/physical-activity)

World Health Organization Guidelines on physical activity and sedentary behaviour (www.who.int/publications/i/item/9789240015128)

The Centers for Disease Control and Prevention: As you get older, physical activity can help you maintain the strength and flexibility needed to continue living independently and prevent falls. (www.cdc.gov/physical-activity-basics/guidelines/older-adults.html)

The National Institute on Aging: Strength exercises build muscle and can help prevent bone loss, and balance exercises help prevent falls. (www.nia.nih.gov/health/exercise-and-physical-activity)

The National Institute on Aging: (www.nia.nih.gov/health/exercise-and-physical-activity/three-types-exercise-can-improve-your-health-and-physical)

The World Health Organization: Physical activity contributes to the prevention of functional decline and helps maintain independence in older age. (www.who.int/publications/i/item/9789240015128)

Surviving, growing and impacting the world around him



Nick Aguilar
Director, Student Policies and Judicial Affairs,
UC San Diego

I graduated from UC San Diego Revelle College in 1972 with a BA in History. As an undergraduate, I was the founding chair of MEChA and I established the first UCSD student-operated outreach program designed to recruit under-represented students to UC and UCSD.

I graduated in 1975 with a Juris Doctorate from UC Davis School of Law. I was hired at UCSD as the first Student Affairs Director of the Off Campus Services Office and, except for a two-year hiatus to serve as a staff attorney for the San Diego Legal Aid Society, I worked at UCSD until my retirement as the Director of Student Policies and Judicial Affairs in 2006. While employed at UCSD, I founded the UCSD Chicano Alumni Association, the Chicano Staff Association and the UCSD Veterans Association. I also successfully lobbied for the establishment of Veterans Day as an official UC Holiday.

I'm a Vietnam War combat veteran — served in the Army as a paratrooper with the 173rd Airborne Brigade. While in Vietnam, I was awarded the Purple Heart, Air Medal, Combat Infantry Badge, and other medals and citations.

As a final project for the Chula Vista Veterans Center creative writing class, I published *Vietnam War Combat Veteran: A Memoir of a U.S. Paratrooper* in November 2025. It's not only about my combat experience. It contains chronological stories of the defining moments of my life — the routines of rural farm work in my native Mexico, the challenges of migration, overcoming racial and socio-economic discrimination, and advancing education for the poor and disadvantaged in Southern California. It's a story of the enduring importance of service, family and community.

Explaining the influence of French on English



Carol Williams Kisch
English Language Instructor,
UC Riverside, International Education Program

I taught the English language to foreign students at UCR for 38 wonderful years before retiring in 2016. And so, in 2020, I was heartbroken when, due to the pandemic, my academic writing workshop for foreign graduate students was cancelled. Seeking to fill this sudden void, I decided to revisit my earlier work on the influence of French on English.

I realized that my schooling in the U.S., New Zealand (British textbooks), and France, my degree in French literature, my experience as a French-English translator, along with my continuing interest in language acquisition, as well as French and British history and literature, had combined to give me a unique perspective on the “French blindness” which permeates so many retellings of English history.

The result is my 2025 book entitled *ENTANGLED TONGUES: A Short History of the English Language or The Influence of French on English*. Topics include 1) the destruction and mutilation of the Old English language after the Norman/French Conquest of 1066, 2) the continuing dominance of French throughout English society until The Hundred Years War and The Black Death, 3) Geoffrey (“presque un français”) Chaucer’s “Frenglish,” with its analytical sentences structures and French replacement vocabulary, 4) Shakespeare’s “thinking in French,” and 5) the continuing role of French in 19th century England.

Now I'm working on a YouTube video in response to the frequently heard French assertion: “La langue anglaise n'existe pas: c'est du français mal prononcé” (“The English language doesn't exist: it is badly pronounced French”). This new phase of my retirement is an unforeseen gift for which I am grateful every day!

Share Your Stories

Doing something interesting in your retirement or at your UC Retirement Center? Tell your story in New Dimensions. Email us at NewDimensions-L@ucop.edu.

New Dimensions

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Vice President, Systemwide Human Resources and Chief Human Resources Officer: Dianna E. Henderson

Senior Director, Internal Communications: Paul Schwartz

Editors: Andy Evangelista, Wendy Welsh

Design: José Pantoja

Comments/Questions/ Share Your Story

Email:
NewDimensions-L@ucop.edu

Make the most of UCRAYS

Go to retirementatyour.service.ucop.edu to:

- Manage your benefits — Check your pension, enroll in direct deposit and more.
- Stay connected — Share your email with your local retiree center (go to “Edit profile,” then “Communication preferences”).
- Go green — Sign up for *New Dimensions* by email (go to “Edit profile,” then “Communication preferences”).

Make sure to enable enhanced security features to protect your account! Go to ucal.us/ucraysfaq for details.

Get involved

- Share your email with your local retiree center on UCRAYS or go to ucal.us/retireeconnect to find a center or retiree or emeriti association near you.

Follow UC news

Go to ucal.us/retiree for the latest news and benefits updates.



We're fighting for a better future

The UC Advocacy Network is a grassroots community of 70,000 advocates fighting for the issues that matter most to our UC community. Will you join us?



Visit ucal.us/ucanjoin or scan the QR code

Age-friendly continued from page 1

UCLA's task force works to expand intergenerational programs that simultaneously broaden the experiences of young people and reduce social isolation and ensure equity for older members of the UCLA community — building on the volunteer, advocacy and mentorship programs already in place through UCLA's Emeriti/Retirees Relations Center.

Dixon sees value in these programs for everyone involved. “The age-friendly mission is to be an educational resource and guide for individuals to grow older with meaning and purpose,” she said, “but it's also about helping the community recognize the value of every age group.”

Berkeley: Years of groundwork for a milestone achievement

UC Berkeley's recognition on February 4, 2026,

was the product of sustained work and long-term commitment. The designation was co-led by Cary Sweeney, director of the UC Berkeley Retirement Center, and Susan Hoffman, assistant dean of Lifelong Learning and director of the Osher Lifelong Learning Institute (OLLI) at Berkeley. Sweeney celebrated their achievement: “I'm thrilled to celebrate UC Berkeley's Age-Friendly University endorsement. It embraces aging and retirement as a time of continued purpose, connection, and contribution.”

Chancellor Rich Lyons and Executive Vice Chancellor and Provost Ben Hermalin tied the designation directly to Berkeley's Principles of Community, which call for an environment where people at every stage of life can stay engaged and contribute meaningfully.

The success of UC Berkeley's application reflects years of initiatives grounded in age-

friendly principles, from the Emeriti Academy to the multi-year “Age Equity for All” effort with UC Berkeley retirees, staff, students and community members.

A shared commitment to lifelong learning

UCLA and UC Berkeley — along with UC retiree centers across the system — are living proof that a university's responsibility and value to the community extend well past graduation. As UCLA's initiative puts it, the goal is a campus that is “vibrant, inclusive, and full of lifelong learning” — at every age.

For the full stories about these accomplishments, go to the UCLA Fielding School of Public Health website (ph.ucla.edu) and the UC Berkeley Retirement Center website (retirement.berkeley.edu). Go to ucal.us/retirees to learn more about the lifelong learning opportunities at your local UC campus.



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Are you moving?

To continue receiving *New Dimensions*, be sure to notify UC of your new address online: retirementatyour.service.ucop.edu 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.



Keep beneficiary information current

Designating and maintaining up-to-date beneficiary information is one of the most important steps UC members can take to ensure their retirement and survivor benefits are distributed according to their intentions. When beneficiary designations are missing or outdated, it can create delays in processing benefits and may require additional steps to determine the appropriate recipients. Keeping this information current helps ensure a smoother process for loved ones during what is often a difficult time. Members are encouraged to periodically review their beneficiary designations, especially after major life events such as marriage, divorce, the birth of a child, or the death of a previously named beneficiary. Beneficiary information can be reviewed and updated through UCRAYS at retirementatyour.service.ucop.edu.

Taking a few minutes to review and confirm your beneficiary designations today can help avoid complications in the future and ensure your benefits are distributed according to your wishes. Members may also update their beneficiary information by submitting the Designation of Beneficiary (UBEN 117) form. UBEN 117 can be used to:

- Add a beneficiary
- Change an existing beneficiary
- Update beneficiary percentage allocations
- Remove a beneficiary
- Update beneficiaries following life events (such as marriage, divorce, or the death of a beneficiary)

Go to ucal.us/forms to find and download the UBEN 117 form, and submit your completed form to RASC.

RASC: WE'RE
HERE FOR YOU

rasc.universityofcalifornia.edu

1-800-888-8267
Weekdays, 7 a.m. - 4:30 p.m., PT
UCRAYS help: Option 1

Survivors and beneficiaries
1-888-825-6833