

EMERITI- RETIREES NEWSLETTER

UC SANTA BARBARA



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From the Retirees Association President

Happy Summer! It's starting to feel a lot like summer now that the days are longer and we're finally getting some long overdue sunshine.

Our Association board has been quite busy planning events for you. In April we had an amazing tour of the historic Santa Barbara Cemetery. The tour was given by a local historian who has written a book about the cemetery and highlighted the cemetery's art, architecture and famous residents. We had a 45-minute lecture followed by a 2-hour walking tour. There was so much to learn about its layout, the different types of headstones and some of the more interesting residents.

Also, in April, the Council of University of California Retirees Association (CUCRA) met to discuss issues of concern to all systemwide retirees. At this meeting it was reported that there was concern not only about the number of dentists leaving Delta Dental, but also dentists that list themselves as a provider but then tell you they don't accept the insurance. CUCRA will be working with the Office of the President to address these concerns. It was also reported that the many issues that the UC Retirement Administration Service Center (RASC) had been dealing with have been successfully addressed. There are now more retirement counselors, significantly shorter wait times on the phone, faster responses via email, and a dedicated phone number for survivors: 888-825-6833.

In May we hosted a webinar about the UC Retirees Travel Program. The webinar was presented by Sue Barnes, the program coordinator, and featured all of the UC hosts, including our very own Sabina White. It covered upcoming trips including Croatia, Japan, Finland, and Canada at Christmas, to name just a few. The trips are geared towards retired staff and faculty from the entire UC system and have a dedicated UC escort on each trip. If you are interested in group travel but don't necessarily want to travel with "strangers", this is the program for you! For more information go to the [UC Retirees Travel website](#).

From the Emeriti Association President - continued on page 3

From the Emeriti Association President

Dear Colleagues,

At the May 7 Emeriti Association (EA) Board meeting, four standing committees were approved: Web Advisory, Oral History, Development and Engagement, and Emeriti Welfare. The Web Advisory committee will work with UCSB website designers to develop our new site, [*emeritiassociation.ucsb.edu*](http://emeritiassociation.ucsb.edu).

The Oral History committee is investigating the most effective and cost-efficient methods for recording the oral histories of emeriti faculty who have made critical contributions to UCSB as well as to their respective academic fields.

The Development and Engagement Committee launched a successful fund-raising campaign in the Fall of 2023 to support current EA Promise Scholars: high-achieving, first-generation college students from low-income households. The committee will pilot a Mentorship program this fall—a partnership between Promise Scholars and emeriti. We will keep you informed about how to get involved.

From the Emeriti Association President - continued on page 3



Meet with Andrew Fung, Fidelity Investments

**In-Person, 45-Minute Appointments Are Available
on: Thursday, July 18; Thursday, August
15; Thursday, September 19; Thursday, October 17**

The University of California is the administrator of the Retirement Savings Program, and Fidelity Retirement Services provides the record-keeping and account services for the UC Defined Contribution Plan (DCP), 403(b) tax-deferred plan, and 457(b) deferred compensation plan. For more information, contact Fidelity directly at (866) 682-7787. To ask questions about accounts remaining within the University of California Retirement Savings Program or review financial planning for your individual and specific situation, you may set up a meeting with Director, Retirement Planner, [Andrew Fung](#), CRPC®.

New Retirees / Emeriti FAQ's

How do I get free on-campus parking?

UCSB Retirees and Emeriti Faculty are eligible for a retiree/emeritus/a parking permit from Transportation and Parking Services. The emeriti/retirees parking policy is outlined on Transportation and Parking Services (TPS) website ([retirees permits](#), or [emeriti permits](#)) In the event that you are recalled with pay, your retiree permit will not be valid and you will need to obtain an employee permit from TPS. To confirm your eligibility, TPS will request to see your UCSB Retiree or Emeritus/a ID card. Click on the applicable link above to apply for a permit. Please contact [TPS](#), or call 805-893-2346, with specific questions.

How do I get a UCSB Retiree or Emeritus/a ID card?

To obtain a UCSB Retiree or Emeritus/a ID card, please contact [Ellen Pasternack](#), Coordinator, UCSB Emeriti - Retirees Center, or call 805-893-2168. To qualify for the ID card, you must be a UCSB retiree or emeritus/a (not retired from another UC) and cannot be on recall. The ID card will be sent electronically. It can be printed at home or saved on your phone to present as needed. The emeriti/retiree parking permit does not expire.

I receive important emailed communications from the Emeriti-Retirees Center, such as open enrollment information, but my former colleague does not—why is that?

We try to reach all retired employees via email. It's possible that we do not have a current email address in our emeriti / retirees database. Please have your former colleague reach out to [Ellen Pasternack](#), or leave a message at 805-893-2168, to have their email address updated.

How do I change my direct deposit information?

The first point of contact for all emeriti and retirees is the [UC Retirement Administration Service Center \(RASC\)](#), **800-888-8267**. The RASC counsels retirees and emeriti and provides support for questions concerning retiree health benefits, pension, direct deposit, change of address, beneficiaries, transition to Medicare. For **survivor benefits**, please call **888-825-6833**. Emeriti and retirees use **UC Retirement At Your Service (UCRAYs)** to make changes to their retirement account, including: address changes, tax withholding, beneficiary designations, to report a death, and direct deposit instructions. The most efficient way for members to contact the RASC is by using secure messaging through their [UC Retirement At Your Service \(UCRAYs\)](#) account.

From the Retirees Association President - continued from page 1

We will be having our Annual Picnic on Wednesday, July 17 at Stow Grove. Sign up information has been in several Retirees Center emails sent to you. It will be \$15 for dues paying members and \$20 for guests and members who have not paid their 2023-24 dues. If this is the first time you are hearing about the picnic, please contact [Ellen Pasternack](#) to make sure you received the last email from her. Our upcoming Lotusland tour in August is sold out! Although we are not taking any more names for the waitlist, we will be offering this tour again next year.

In more formal business, at our last association board meeting, we voted to approve charging more for non-dues-paying members than dues-paying members for any event that the Retirees Association is sponsoring and has a cost (as with the upcoming picnic). We felt that having lower fees for these events should be an added benefit for those who pay their annual dues. In the future you will see different costs for some of the events that we put on. If you are not currently a dues paying member, this is your incentive to join! Annual membership information will be going out soon to all retirees so please don't forget to renew your membership or join for the first time. The \$15 annual fee is quite a bargain and helps support all that the Association does.

Lastly, as I formally assume the role as association president, I want welcome Valerie Halverson as our new events coordinator, and George Hopwood as our new CUCRA representative, both welcome additions to our board. If you have a spare hour or so a month and would like to join our board as a member at large, we would love your input and support. You can contact [Ellen Pasternack](#) or 805-893-2168, or me, [Kim Summerfield](#), if you are interested or have any questions. Enjoy your summer and hope to meet you at an event soon!

Kim Summerfield, President
Retirees Association
ksummerfield@gmail.com

From the Emeriti Association President - continued from page 1

You can learn more about the Promise Scholars at [the bottom of this page](#) and [donate to the scholarship fund here](#).

The Emeriti Welfare Committee is preparing a comprehensive handbook for all information regarding policies and procedures pertaining to retirement. At present, information pertaining to retirement, including the rights and privileges of emeriti, is scattered and not well communicated to emeriti and to departments.

Program activities in spring quarter included popular bike-to-breakfast rides; a walk at the Carpinteria Salt Marsh Reserve led by director Andrew Brooks, and a docent-led tour of the Hermitage Museum, a private, local treasure. Plans for a third celebration of emeriti research in collaboration with the UCSB Library are underway, as well as a collaborative event with the UCSB Center for Aging and Longevity Studies. You will continue to receive email notices of events and activities. You can also [access all previous webinars](#).

A warm welcome to our new Board members: Brenda Major, Carol Stewart, and Sandra Thompson.

Best wishes for a good summer,
Muriel Zimmerman, President
UCSB Emeriti Association
mzimmer@writing.ucsb.edu



50 First Dates

Free Summer Movies from UCSB!

UCSB Arts and Lectures:
[Summer Cinema at the Courthouse](#)

Free Wellness Webinars for Retirees

(Provided by UnitedHealthcare, open to anyone)

COVID 19 Related (Webinars)

[Coping with Traumatic Events](#) 58:55

[Get the Best of Stress](#) 47:20

[The Human Element: Managing Fear of COVID-19](#) 38:19

[Conquering Fear and Anxiety](#) 31:59

[Healthy Aging](#) (Videos)

Older Adults: Be Inspired to Get Active

Older Adults: Overcoming Barriers to Fitness

Pneumococcal Vaccine

Seated Exercises for Older Adults

Heart Health: Where will you be in 5 Years?

[Taking Time for Hobbies](#) (Article)

[Choosing How to Spend Retirement](#) (Article)

[Weight Management](#) (Videos)

[Five Ingredients for Healthy Living](#) 1:24

[Five Tips for Healthy Eating](#) 0:24

[Healthy Eating Pays Off](#) 0:48

[Healthy Eating: Resisting Temptation in Social Situations](#) 2:41

[Healthy Weight: Find Your Inspiration](#) 3:16

[Healthy Weight: Make Your Plan](#) 2:22

[Making Meals with Less Sodium](#) 2:33

[Positive Thoughts for Weight Control](#) 0:33

Mental Well Being

[Stop Negative Thoughts: Choosing a Healthier Way of Thinking](#) (Videos)

7 Ways to Build Resilience

Thinking Differently: Jess's Story

Your Thoughts Affect What You Think and Do

[Headaches](#) (Article)

[Fitness](#) (Videos)

[How Active Should You Be](#) 0:43

[Increasing Your Core Stability](#) 2:03

[Getting Active](#) 2:03

[Getting Started With Flexibility and Stretching](#) 1:08

Diabetes Videos

[Type 1 Diabetes](#) (Article & Videos)

[Type 2 Diabetes](#) (Article & Video)

[Food and Your Blood Sugar](#) 0:43

[How Others Stay Motivated](#) 2:50

[How to Build Your Plate](#) 1:52

[Insulin's Role](#) 0:50

[Planning Your Next Steps](#) 2:31

[How Others Manage Diabetes](#) 1:48



Attention all UC travelers, adventurers, friends and family. It is time to think about places to go and places to see. UC Retirees Travel has two adventures left in 2024, and fifteen advertised for 2025. We look forward to packing our bags, getting our plane tickets, and venturing out!

[Visit UC Retirees Travel](#)

[Register for the August 2 Travel Preview](#)

Centers for Medicare & Medicaid Services

The National Training Program (NTP) provides materials and educational opportunities such as virtual workshops, designed to help you better understand Medicare and Medicaid. The sessions are recorded and are available to view on their [website](#). Click here for a [link](#) to a short video that explains how to access these resources and enroll in the live sessions.

CMS.gov



The following healthcare providers are offering Medicare Age-In seminars and pre-recorded webinars:

Kaiser Permanente – Register for [a webinar](#) with a question and answer session at the end. Upcoming dates are Tuesday, July 2 from 10 to 11 am, PDT and Tuesday, August 6 from 10 to 11 am PDT.



United Healthcare - Visit [this page](#) for information on pre-recorded sessions as well as live presentations as well we additional information and frequently asked questions.



New Dimensions is published by University of California Human Resources to provide news and information to UC retirees. Read about the importance of emeriti & retiree associations and how the pension COLA is calculated:

[May 2024](#)

Volume 41 Number 2

The UCSB Current: UC Santa Barbara News & Events

UCSB's official news site updated daily with breaking news, events, and research news from the University of California. Click [here](#) to see the latest edition.



Congratulations to UCSB's 24-25 Dickson Emeriti Professors:

Patricia Cline Cohen - History

Fyl Pincus - Physics

Verta Taylor - Sociology



IN MEMORIAM



Mark Coony Residence/Dining Halls 2008	Emma Lou Diemer Music 1991	Alfred Dominguez Facilities Mngmt 1992	Robert Kinkaid Student Health 2004
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Losing a loved one is never easy, and it can be difficult to settle your loved one's estate while you are still grieving. Detailed information on the steps you need to take can be found at [Your Guide to Survivor and Beneficiary Benefits](#) booklet. UC staff will work with you to explain any benefits available to you and to other survivors or beneficiaries. The [Retirement Administration Service Center](#) will be your primary point of contact. RASC representatives can answer questions and guide you through the process of claiming both UCRP benefits and UC-sponsored health and welfare benefits, if you're eligible. Report a death via [Retirement At Your Service \(UCRAYS\)](#) or contact the RASC Survivor Intake Unit at **1-888-825-6833** (or 1-510-987-0200 from outside the U.S.), 8:30 a.m.– 4:30 p.m, Monday through Friday.

Have you moved recently?

If you have moved, please remember to contact the following with your new address:

- ⇒ [UC Retirement Administration Service Center \(RASC\)](#) 800-888-8267 will forward your updated address to your insurance carriers. You can update your contact information via [Retirement At Your Service Online](#) (UCRAYS).
- ⇒ To send to RASC via USPS, the change of address form for retirees is found here – [UBEN131](#). Once completed, the form should be sent to RASC (address is on the UBEN 131 form).
- ⇒ [Social Security](#) if you are on Medicare
- ⇒ UCSB Emeriti/Retiree Center – send an email to [Ellen Pasternack](#)



UCSB
Emeriti - Retirees Center

UCSB Human Resources
SAASB Third Floor, Room 3101
Santa Barbara, CA 93106-3160

[Website](#) [Map](#)

CENTER COORDINATOR:

Ellen Pasternack

Email:
epasternack@ucsb.edu

PHONE:
805-893-2168



UCSB Retirees Association
2024-2025

Officers:

- Kim Summerfield**, President
- OPEN**, Co-President
- OPEN**, Secretary
- Andrea Carr**, Treasurer
- Julie Luera**, Membership
- Donna Craig**, Programs
- Valerie Halverson**, Programs
- Robert Mann**, CUCRA Rep
- George Hopwood**, CUCRA Rep

Ex Officio:

- Barbara Anderson
- Ginny Turner

Members at-Large:

OPEN

UCSB Emeriti Association
2024-2025

Officers:

- Muriel Zimmerman**, President
- Cynthia Brown**, Vice-President
- Patricia Cline Cohen**, Secretary
- Mary Nisbet**, Treasurer
- Denise Bielby**, CUCEA Rep

Members-at-Large:

- William Ashby
- Stan Awramik
- Ellen Broidy
- Dorothy Chun
- Scott Cooper
- Tom Gerig
- John Gilbert
- Judy Gough
- Loy Lytle
- Brenda Major
- Claudine Michel
- William Prothero
- Jon Spaventa
- Carol Gemberling Stewart
- Sandra Thompson
- Robert Warner

