Belated greetings for a happy and healthy New Year and a fresh decade of new possibilities and opportunities!

While we look ahead to another successful year for the Association it is useful to highlight three of the most significant achievements during 2009.

First, continued strong and steady support for the Silver Slug and Bruce Lane Memorial scholarship funds enabled us to award six $500 book scholarships to student veterans, and we plan to make another group of awards in March.

Second, many Association members responded to the call to recruit new members, and a significant number of retirees were prompted by the letter from Chancellor Blumenthal to join or rejoin the Association. Together these efforts resulted in an extraordinary 30 [I need to double check this figure!] percent increase in membership!

There is strength and power in numbers. Our increasing membership bolsters our ability to provide a variety of interesting programs, deliver relevant and timely information, and advocate in your behalf.

Finally, a set of distinctive bookmarks were produced that promote the Association’s objectives. These are targeted for current staff and faculty and are being distributed routinely by the Benefits Office at pre-retirement workshops and individual conferences with staff members.

Elsewhere in this issue you will read about the programs that are underway for 2010, two of which will be co-sponsored with the Emeriti Group. These programs respond to the results of a survey that was taken last winter. Your suggestions are always welcome, as well as your participation in planning and organizing events and programs.

Keep well!

Lee Duffus

President
Did you know?
Your retiree Health Net benefits include membership in Silver and Fit, which gives you free visits to local fitness facilities, such as 24-Hour or Curves or the Weight Room, locally. At-home fitness kits for Yoga, Tai Chi, Stress Management, etc. are also available.

Seniordrivers.org is a website portal for senior drivers, their families, researchers, and alternative transportation providers. The portal is divided up into these main sections:

Specific Focus Areas
- Measuring Your Driving Skills (Assessment)
- Education and Training (Keep Driving Safely!)
- Planning for Continued Mobility (Post Driving)
- Other Useful Resources
- Researchers

Check it out.
http://www.seniordrivers.org/home

AND, you will need a Google email account, if you have not already established one. Private, restricted-access group, like this one, requires a Google account. It's simple and doesn't cost anything. The link is:
Dear Wellness Community,

The UC system offers a variety of health and wellness programs for its employees and retirees, including two related Web-based programs, UC Living Well and UC StayWell, both of which provide a wealth of health-related information. UC Living Well is a wellness initiative coordinated by the UC Office of the President. The goal of UC Living Well is to encourage all members of the UC community to lead and maintain a healthy lifestyle and to access the wellness activities and programs offered by UC locations. The UC Living Well Web site serves as a portal to many wellness resources. The StayWell program is available to help employees and retirees improve lifestyle behaviors and create a healthier lifestyle. As an incentive to get you started, UC in 2010 will provide a $100 gift certificate to each eligible employee and retiree and a $50 gift certificate to eligible spouses/domestic partners for taking an online health assessment. Kaiser members are not eligible for the incentive prizes, but members can take a similar health assessment on the Kaiser Web site. To qualify for the gift certificate, the health assessment must be completed between January 5 and April 15, 2010. The gift certificates may be redeemed through Hallmark Insights at more than 350 national and local vendors.

While the gift certificates offer a great incentive, the real benefit of completing the assessment will be a personalized report, based on your answers on the questionnaire. This report will give you a lifestyle score and will rank your risk level for such as tobacco use, weight, and well-being. Assessment participants who have high risk factors can then team up with a personal coach to receive additional support. The StayWell Web site also offers information on a wide range of health and wellness topics, including asthma, back care, blood pressure, cholesterol, diabetes, eating, heart health, physical activity, stress, tobacco use, and weight.

The Living Well Web site can be found at http://uclivingwell.ucop.edu and the StayWell site can be accessed from the Living Well home page.

IN MEMORIAM –UPDATE...

Yvonne Ames  Roger Judge  Patricia Nelson
Georgianna Zimm  Frances Duerr
Friend of Retirees Association, Michael Lorilla
FROM DAVE KIRK, MEMBERSHIP CHAIR

If you haven't already joined, dues are $12 for single or $18 for dual membership. Mail your check in the enclosed envelope and pop it into the mail. That way you will continue to receive our great newsletter with all the latest news about the Association, our social events, special guest speakers, and up-to-date information from system-wide concerning retiree benefits and needed advocacy. Do it today! When you send in your renewal check this month please take a few moments to fill in ALL the information on the flap of the membership envelope including: (1) your email address. Note if you would like your newsletter sent electronically. (2) the year you retired, (3) what campus unit you worked in, (4) AND the year you became a member of the Association.