



The Silver Slug

The Official Newsletter of UCSC Retirees Association

Volume 28, Issue #4, April 2018



UNIVERSITY OF CALIFORNIA
SANTA CRUZ

Wednesday May 2, 2018 11:30am – 2:00pm

Annual Scholarship Luncheon

UCSC Arboretum



Please join us as we honor the recipients of the UCSC Retirees Association Bruce Lane Memorial Scholarships for UCSC Students who are military veterans, and the Silver Slug Award Scholarship for UCSC Staff and their dependents who are attending UCSC.

Bring your favorite dish to share - appetizers, entrées, salads, side dishes or desserts.

Cold drinks and coffee will be provided. Please bring your own plate & utensils to reduce waste.

President's Message April 2018

In line with my New Year's resolution to be thankful and show gratitude for everyday blessings, I have several "thank you's" to pass along. First, I'm thankful we finally got some rain, even though we had to reschedule our Lime Kiln tour. I was most thankful when the clear morning sky clouded up and rained from 10am-12pm exactly when we would have been outside walking. Otherwise, cancelling the event would have been a mistake!

So much for nature; on to our retirees. I am taking this opportunity to thank Lee Duffus for his ongoing work and commitment to all retirees. He has served many years on our board and on the Board of CUCRA and continues to advocate on behalf of us all. This is most important during this critical time when UC is reexamining contributions to health benefits (see below for the latest info). I also thank those Board members who are transitioning from the Board, Dave Dodson, Mary Wells, and Martha Keeler. Dave served as past president and was instrumental in working to see that the new Retiree and Emeriti Center was funded and open to serve all of us. Mary has worked tirelessly on our fundraising efforts to support our Scholarships and was an advocate and driver for our Silver Slug Award (new this year) for dependents of staff attending UCSC. Finally, Martha, our treasurer, has straightened up our books making them easily understandable. (With these departures, I'm beginning to wonder if it was something I said). I wish all of them the best in their next adventure and plan on cloning them before they leave! On the bright side, these transitions leave ample opportunity for any of you to step forward and join in the fun!

Retiree Health Benefits Work Group Update

The 2019 Retiree Health Benefits Working Group, with representatives from key university-wide stakeholder groups, is making progress toward its charge — exploring potential strategies and developing options for UC leaders to consider in order to ensure the long-term financial viability of the retiree health benefits program. The group will evaluate the potential implications of available options to both UC and retirees, and present its analysis to UC leadership by June 1, 2018. For more information, go to:

<https://ucnet.universityofcalifornia.edu/news/2018/03/retiree-health-benefits-working-group-on-track-to-deliver-analysis-by-june-1,-2018.html>

In addition, The UC Office of the President has just released a compilation of background materials that are being reviewed by the Retiree Health Benefits Working Group. We urge you to take the time to read their "Interim Summary" which reveals the complexities of this issue. Your comments and questions should be directed to the retirees' representative on the Work Group, John Meyer, at cucrahealthbenefits@gmail.com. The "Interim Summary" can be downloaded from the UC Davis Retirees Association website at:

http://retireecenter.ucdavis.edu//shared_resources/retiree-health-benefits-2019.html

That's it for now. I look forward to seeing you all at our upcoming Scholarship Luncheon on May 2.

Ilse (Kolbus) Lopes

McIvor's Corner – News from the UCSC Benefits Office

Marianne McIvor, Health Care Facilitator

831-459-3573 memcivor@ucsc.edu

Office hours: 7:30 to 4:30 Mon-Friday (lunch Noon -1pm)

Office address: UCSC Staff Human Resources, 100 Enterprise Way, Scotts Valley, CA 95066

Wellness Visit vs. Physical Exam: How Does it Work with Medicare?

Physical exams: You know you're supposed to get one every year. But did you know that Medicare doesn't cover what you might think of as a traditional physical exam? However, Medicare does cover other types of preventive care to help you stay healthy and prevent illness. The following is a breakdown of the types of visits and services Medicare covers 100% and what Medicare does not cover. This is intended to help you make sure you know what you need to know, before you make your next appointment.

If You Are New to Medicare you can have a "Welcome to Medicare" Preventive Visit

This is also known as the Initial Preventive Physical Exam.
Although this is often referred to as a physical exam, the purpose is actual to create a personalized plan and checklist for you. It may not include some of the services you received before you enrolled in Medicare, but it does include:
<ul style="list-style-type: none">• A review of your medical history and your health-related social history• Counseling about and recommendations for preventive services, screenings and immunizations• Height, weight and blood pressure measurements• A calculation of your body mass index (BMI)• A simple vision test• A review of your potential risk for depression and your level of safety• Referrals to other care, if necessary
Does Medicare cover it?
Yes. However if you doctor recommends other tests or screenings you may have expenses.

If You Have Been a Medicare Member for 12 months or longer:

You can have a Yearly "Wellness" visit at no cost, and your provider will:
<ul style="list-style-type: none">• Develop or update your personalized prevention plan/checklist• Conduct a health risk assessment• Create/update a list of your current health care providers and medications• Take height, weight, blood pressure and other routine measurements• Discuss your screening schedule (checklist) for appropriate preventive services
Does Medicare cover it?
Yes, annually (but if your doctor recommends other tests or screenings you may have expenses).

OR

Physical Exam, which often have additional costs:
<ul style="list-style-type: none">• A physical exam and/or tests that do not directly treat an illness are included in this visit. However, tests or screenings your doctor performs during physical exam might NOT be covered by Medicare as an annual preventive service.
Does Medicare cover it?
No. Medicare does not cover what is traditionally known as a "physical exam". But you can still get an exam and pay for the valuable service, according to your plan's coverage for doctor visits and tests.

Helpful Guidance to avoid unexpected bills:

Visit a doctor that accepts Medicare assignment. Experienced Medicare providers know how to bill for services to Medicare; follow Medicare guidelines; and know how to provide no-cost preventive services to you. For more information, Medicare.gov gives you access to a variety of preventive tests and screenings, most at no cost to you: <https://www.medicare.gov/>

In Memoriam

Word of the deaths of the following UCSC staff and faculty has been received. Condolences are extended to their families, friends and colleagues.

Sven Arndt
March 21, 2018

Marvin Greenberg
December 12, 2017

Stuart P. Stegner
December 14, 2017

William Friedland
February 20, 2018

David Rank
December 16, 2017

Carol Mullane
December 20, 2017

Hayden White
March 5, 2018

Kiyomi Shimizu
January 23, 2018



Scholarship Committee Report

UCSC Giving Day was held on February 28 and there was fierce competition this year with 160 groups and organizations registered to participate. The Retirees Association ran two campaigns and raised a total of \$25,765. The UCSC Retirees Association Bruce Lane Memorial Scholarship Endowment Fund placed #32 out of 160 in fundraising with \$4,790 received from 55 donors, a \$250 prize for going over 50 unique donors, and \$10,080 in matching funds for a total of \$15,120. The Silver Slug Award Endowment Fund placed #46 out of 160 in fundraising with \$3,145 from 31 donors and \$7,500 in matching funds for a total of \$10,645. Thank you to everyone who donated on Giving Day and helped to build these endowments which will support student scholarships in perpetuity.

As of January 2018, here is the total amount of contributions to date for each of our funds:

Silver Slug Award Endowment Fund	\$35,244.58
UCSC Retirees Association Bruce Lane Memorial Scholarship Endowment Fund	\$103,785.78
UCSC Retirees Association Bruce Lane Memorial Scholarship Current Year Fund	\$7,219

We are looking forward to the Scholarship Luncheon at the Arboretum on Wed. May 2nd. Eight \$1,000 scholarships for military veterans will be given, including three memorial scholarships, which are as follows:

- Awarded to **Cortlin Monticalvo** in memory of Benjamin Lopes, Jr., contributed by The Lopes Family
- Awarded to **Oleksandra Keehl**, in memory of Mary Joan Rodriguez, contributed by Nancy & Roland Pascal
- Awarded to **Ethan Slattery**, in memory of LTC Joseph E. DeDera, contributed by Maxine Lane.

The five other military veteran students to receive scholarships are: **Benjamin DeJarnatt, Julie Howell, Christopher Ivins, George Leece, and Spencer Smoot.**

In addition, the first Silver Slug Award scholarship of \$2,000 will be awarded to **Tony Soto**, a full-time employee in the Community Safety Program. He began his UCSC student career in fall 2017 as a community college transfer and is majoring in Legal Studies. Tony's goal is to complete his undergraduate degree program by June 2019. The UCSC Retirees Association is pleased to support a staff member who is pursuing a degree while working. Go Slugs!

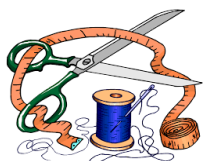
If you have any flowers blooming in your yard that you could donate for the May 2nd Scholarship Luncheon, please contact Chris Attias, cjattias@gmail.com.

Maxine Lane, Chair of Scholarship Committee



to New Members of the UCSC Retirees Association!

Maria Acosta-Smith – Crown College
Mary & Richard Harrington – ITS (Mary)
John Hajdu Heyer - Music Dept
Michael McCawley – Admissions



Crafty Fundraisers

A group of us have been making handmade crafts to raise funds for the Silver Slug Award Scholarship Fund. All proceeds go to the Current Year Fund for scholarships for UCSC Staff and their dependents. So far, we have raised over \$800 in sales, which has been great! Thanks to everyone who has purchased items at our various retiree social events. In addition, many people have been so generous and supportive in their time and energy to create and sell these items. Our thanks go out to:

Maurene Catto, Christy Dawley, Lynne Wolcott, Marie Smith, Pam Hunt-Carter, Karalee Richter, Patt Takeuchi, Robin Ove, and the Gracious Ladies (*bula group*) for helping with the sewing.

If you have extra cotton cloth or do creative handcrafts and want to contribute, please contact Patt, patt@ucsc.edu or Karalee, karaleerichter@gmail.com

Council of University of California Retiree Associations

An important benefit of membership in the Retirees Association is our participation with 12 sister associations throughout the UC system in the Council of UC Retiree Associations (CUCRA). One of the main purposes of the Council is advocacy on behalf of retirees with the Office of the President. It's easy to keep abreast of what's happening within the UC retiree community by visiting the CUCRA website: <http://cucra.ucsd.edu/>

The Spring 2018 Meeting of CUCRA is scheduled for April 25 and 26, 2018 at the historic Mission Inn in downtown Riverside. The meeting is being hosted by the UC Riverside Emeriti and Retirees Association. Richard Vasquez, UCSC Retirees Association Board Members, and Christy Dawley, UCSC Retiree Emeriti Center Coordinator, will be attending from UC Santa Cruz.



Slugs on the Go!



There is lots to do this Spring! Two outings that were previously cancelled due to weather have been rescheduled. It's not too late to sign up, hope to see you there!

The Lime Kiln Tour is rescheduled for Sat. May 19th 10:00am – 12 noon



Admission is FREE, but you must register. A \$5.00 donation to Friends of the Cowell Lime Works Historic District is suggested and much appreciated. (payable in cash at check-in). Limited to 30 people.

This is a walking tour of the historic Lime Kilns on the UCSC campus. It will be led by Frank Perry, a UCSC graduate who has worked in the museum field for some 40 years. In 2007 he co-authored the book, "Lime Kiln Legacies: The History of the Lime Industry in Santa Cruz County." For the past ten years he has served as president of the Friends of the Cowell Lime Works Historic District. He helped organize the first ever Conference on Lime and Lime Kilns in California History and two Santa Cruz County History Fairs. He presently serves as curator of the Capitola Historical Museum. Frank will lead us on a leisurely loop through the Historic District, exploring the pre-UCSC history of the site. We'll learn about the historic buildings and kilns, how lime was made, and why it was important. Even people very familiar with the campus are sure to learn something new.

Meet at the Barn Theater parking lot. There are no restrooms. If you would like to sign up or have questions, Contact Lynne Wolcott at [831-334-6289](tel:831-334-6289)

The Castro Adobe Tour will be rescheduled sometime in early June, keep an eye out for an e-mail announcement when it is confirmed. Located in Larkin Valley near Watsonville, the two-story Castro Adobe is one of the finest examples of a rancho hacienda in the Monterey Bay area. Local non-profit organization "Friends of Santa Cruz State Parks" is leading a multi-year restoration effort to preserve and interpret the Castro and is partnering with California State Parks to open the adobe as a State Historic Park. The Castro Adobe will be the first State Historic Park in South County.



Shop online at the Zazzle Silver Slug Store

Proceeds from the sale of these items will raise funds for scholarships for UCSC students through the Bruce Lane Memorial Scholarship for Military Veterans and the Silver Slug Scholarship for staff and their dependents who have financial need. With your purchase, you will be contributing to the scholarships for our many deserving students.

<https://www.zazzle.com/silverslugs?rf=238135498215017315>



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UCSC Retirees Association
University Relations
1156 High Street
Santa Cruz, CA 95064

UCSC Retirees Association – *aging gracefully like fine wine!*

DATES TO REMEMBER!

Wed. May 2, 2018 11:30am – 2:00pm
Annual Scholarship Luncheon at the UCSC Arboretum

Sat. May 19, 2018 10:00am – 12:00pm
Lime Kiln Tour

Castro Adobe Tour - TBA

Thur. June 21, 2018 4:00 – 5:30pm
Welcome to Retirement Reception at the Cowell College Provost House