Gender differences in heart disease: what every retiree needs to know
Dr. Amparo Villablanca, UC Davis Medical Center

Open Enrollment highlights
Guerren Solbach, UC Davis Health Care Facilitator

Thursday, October 22, 2015
2 – 4 p.m. (program begins at 2:30 p.m.)
UC Davis Conference Center Ballroom, Davis, CA

Women are not small men and when it comes to heart disease, women are not immune and often face higher risks and mortality than men. This talk will use an interactive format to discuss gender differences in heart disease, provide an overview of symptoms and risk factors, dispel common myths and review effective evidence-based preventive interventions. While Dr. Villablanca’s research focuses on women, the information presented applies to men as well.

Dr. Amparo Villablanca is an academic cardiologist with expertise in heart disease in women. She is a professor of cardiovascular medicine in the Department of Internal Medicine and director of the Women’s Cardiovascular Medicine Program at UC Davis. She received her M.D. degree and completed her internal medicine residency and cardiovascular medicine fellowship training at UC Davis.

The fall meeting is generously sponsored by Paradise Valley Estates, a continuing care retirement community in Fairfield, CA.

Register by October 13 by visiting http://retireecenter.ucdavis.edu or by calling (530) 752-5182.
As the incoming UCDRA president, I look forward to enhancing the association’s value for its membership and for all UC Davis retirees. Past-president Janet Hamilton established genuinely meaningful priorities this past year, providing an excellent foundation upon which to build.

A significant accomplishment of 2014 was establishment of an endowment to support UCDRA staff scholarships. In another area, the Board, in close partnership with the UC Davis Emeriti Association, worked to stay better informed and provide meaningful input to system-wide discussions about retiree benefits, especially those involving health insurance. Yet a third focus was enhancing access to resources to help those caring for family members unable to care for themselves.

Communications will continue to be an overarching issue in terms of how and what to communicate to members. A special task force has been established to brainstorm better ways to keep our membership informed and involved. And, the UCDRA and UCDEA websites were updated with a new and consistent “look and feel” (http://ucdra.ucdavis.edu and http://emeritiassociation.ucdavis.edu).

Reflecting on last year’s accomplishments and looking forward to the coming year, I keep returning to the theme of “relevance.” How can the UCDRA efforts continue to result in programs, communications and opportunities that are truly meaningful to retirees? Relevance will be a central focus in the coming year and I welcome your thoughts and suggestions.

Dave Shelby
UCDRA President, 2015-2016

Join UCDEA or UCDRA

The UC Davis Emeriti Association (UCDEA) and the UC Davis Retirees’ Association (UCDRA) advocate on behalf of all UC Davis retirees. The associations rely on membership dues to support their efforts to foster the retention and improvement of retiree benefits and privileges at the local and state levels.

The UCDRA and UCDEA offer activities for their members, such as the Fall Fest barbecue, holiday luncheon, BrainFood Talks and tours of campus venues. Members receive discounts on Retiree Center trips and activities as well as free membership in the Osher Lifelong Learning Institute (OLLI).

Dues for the associations are very reasonable. UCDRA annual dues are $15 and lifetime dues are $125. UCDEA annual dues are $25 and lifetime dues are $200.

To Join

Visit one of the associations’ websites (http://emeritiassociation.ucdavis.edu and/or http://ucdra.ucdavis.edu). Look for the “Learn More” button on the right-hand side of the page. Once on the association’s membership page you may join online or print the membership form and mail it to the Retiree Center.

Stay Connected

The CenterNews newsletter is only printed once per year. To receive the most current retiree information, subscribe to the Center’s email updates which are sent each Tuesday and include news of interest to retirees, campus and community events and In Memoriam listings. To subscribe, email the Center at retireecenter@ucdavis.edu or call (530) 752-5182.
**President’s Message**

As I write this, it is still only early August. And yet we are already having a busy start to the new academic year. The UC Davis Emeriti Association (UCDEA) will continue to partner with the UC Davis Retirees’ Association (UCDRA) to represent all retired faculty and staff at the local and UC system-wide level.

First, we are monitoring possible future changes to UC health care plans. The UC Office of the President has discussed the potential of creating a new UC Care HMO program that could replace one or more of the current HMOs. Discussions are in the preliminary stages and the Office of the President has held meetings with Academic Senate committees on each campus. In an effort to stay informed about potential changes and to gauge the effects of any changes for retirees, the UCDEA and the UCDRA are creating a small, ad-hoc joint committee on benefits with two initial goals. We will first seek additional information on potential changes and monitor discussions as needed. Then, if it seems necessary and feasible, we will explore how best to structure “lobbying” efforts to advocate for retiree healthcare benefits. We’ll keep you informed as we proceed.

Second, we held a special executive committee meeting of the year in early September which was devoted exclusively to assessing our current activities and exploring additions to or subtractions from our current activities. If you have ideas about what we should be doing but aren’t, or are doing but shouldn’t be, please let me know at llofland@dcn.org.

Finally, we are making plans to host the October meeting of the UC system-wide councils of the emeriti associations and the retiree associations, which meet twice each year to give retiree representatives from each campus a chance to confer with administrators from the UC Office of the President...more later.

Lyn Lofland
UCDEA President, 2014-2016

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**Edward A. Dickson Professorship Award**

Edward A. Dickson served as a regent of the University of California from 1913 to 1946, the longest tenure of any regent. In 1953, Mr. Dickson presented the university with an endowment to support and maintain special annual professorships to be awarded to retired faculty members. In 2003, the Office of the President divided the fund principal into ten separate endowments, one dedicated to each campus, and delegated approval of the award to each individual campus. The award is administered by the UC Davis Emeriti Association on the Davis campus.

The following emeriti were selected for the 2015–2016 Dickson Professorships at UC Davis, working on the specified projects:

- Professor Emeritus Roy Bellhorn, Surgical and Radiological Sciences, School of Veterinary Medicine: “Vascular permeability of the snake’s spectacle during ecdysis”
- Professor Emerita Nicole Biggart, Graduate School of Management: “Energy: How energy organizes social life”
- Professor Emeritus John Meeks, Department of Microbiology and Molecular Genetics: “Microscopic documentation of protein localization and motility behavior in filaments of the symbiotic cyanobacterium N. punctiforme”
- Professor Emeritus Dennis Wilson, Pathology, Microbiology and Immunology, School of Veterinary Medicine: “Translational application of quantitative digital microscopy to patients in veterinary medicine”
Do you have questions? The Retiree Center has answers...

Questions about retiree ID cards, parking permits, library cards, emeriti or retirees’ associations, or other retirement issues?

**UC Davis Retiree Center**
- Telephone: (530) 752-5182
- Email: retireecenter@ucdavis.edu
- Website: http://retireecenter.ucdavis.edu

Questions about your medical and dental benefits or Medicare?

**Health Care Facilitator Program**
- Telephone: (530) 752-4264 (Davis) or (916) 734-8880 (Sacramento)
- Email: gpsolbach@ucdavis.edu
- Website: http://www.hr.ucdavis.edu/hcf

Questions about pension income, beneficiaries, change of address, or tax withholding?

**Retirement Administration Service Center (RASC) – UC Office of the President**
- Telephone: (800) 888-8267
- Website: http://ucnet.universityofcalifornia.edu

Questions about the UC defined contribution plan, 403(b) or 457(b) plans?

**Fidelity Retirement Services**
- Telephone: (866) 682-7787
- Website: http://netbenefits.com

UCDRA 25th Anniversary Campaign

To honor its 25th anniversary, the UC Davis Retirees’ Association (UCDRA) launched a campaign in fall 2014 to endow a scholarship fund for a UC Davis staff person who is pursuing his/her education while working. The campaign was named “25 for 25” to signify the 25th anniversary and the minimum of $25,000 needed to establish an endowment at UC Davis. When considering ideas to commemorate this significant anniversary, the Board decided endowing a scholarship would be the best way to establish a lasting legacy. The UCDRA has sponsored a scholarship since 1999, paid out of annual member dues. The endowment will create a secure funding source for future awards.

When the campaign was launched in 2014, a total of $12,000 had already been pledged from the UCDRA and UC Davis Emeriti Association (UCDEA) board members. Retirees have continued to contribute since that time and the fund is currently at $17,866.00. We are so very close. Your contribution would help to endow the fund and enable staff members achieve their academic goals.

You can help! We are all so very grateful for the careers that we enjoyed at UC Davis. Help us to help future generations.

Contributions may be made immediately or pledged over several years. To learn more, visit [http://ucdra.ucdavis.edu/scholarship.html](http://ucdra.ucdavis.edu/scholarship.html). Thank you in advance for your support.

*Silvia Castillo Hillyer, UCDRA Staff Scholarship Chair*
Presentations for UC Retirees

**Presentation: UC Retiree Medical Plans**

- Friday, October 30, 2015 @ 10:00 a.m. in the ARC Ballroom, Davis campus
- Friday, October 30, 2015 @ 1:00 p.m. in the ARC Ballroom, Davis campus
- Monday, Nov. 2, 2015 @ 10:00 a.m. in the MIND Institute Auditorium, Sacramento campus
- Monday, Nov. 2, 2015 @ 1:00 p.m. in the MIND Institute Auditorium, Sacramento campus

Health Care Facilitator Guerren Solbach will provide a general overview of the medical insurance plans that UC offers to retirees and their dependents. All of UC’s 2016 medical plans, both with and without Medicare, will be compared and contrasted. UC’s Medicare requirements will also be discussed.

Seating for HCF Program Presentations and Help Desks is first come, first seated. Reservations are not required. *(Approximately 2 hours.)*

**Help Desks @ UC Davis Retiree Center**

Guerren Solbach and Erika Castillo from the UC Davis HCF Program will offer Help Desks on **November 16 & 18 at the Retiree Center** (in the Alumni Center) to assist retirees with questions during Open Enrollment. Assistance is first come, first served; retirees are asked to arrive within the following time windows to reduce waiting times:

- **Last names A – E:** Monday, November 16, 8 a.m. – noon
- **Last names F – K:** Monday, November 16, 12:30 – 4 p.m.
- **Last names L – Rh:** Wednesday, November 18, 8 a.m. – noon
- **Last names Ri – Z:** Wednesday, November 18, 12:30 – 4 p.m.

If you cannot arrive during your suggested window of time, then come when you can within these time periods.

For Help Desks: If you have Internet access, it would be helpful if you could come prepared with your At Your Service Online user name/password. If you don’t know your password, you can use atyourserviceonline.ucop.edu to reset it. (If you are locked out of your account call 1-800-888-8267, Mon. – Fri., 8:30 a.m. – 4:30 p.m. for assistance.)
If you are eligible for less than 100% of the UC contribution toward medical/dental insurance:

To see your rates for next year, log on to http://atyourserviceonline.ucop.edu during Open Enrollment, October 29 @ 8 a.m.—November 24 @ 5 p.m.

No access to the Internet?

For rates, during Open Enrollment call the UC Retirement Administration Service Center at 1-800-888-UCOP (8267) to speak with an Open Enrollment Customer Service Representative.

Parking for HCF Program Presentations

Parking for the Activities & Recreation Center (ARC) and the Retiree Center:

Parking on the Davis campus requires a permit and will be first come, first served. If you do not already have a complimentary UC Retiree (RT) permit, daily permits can be purchased for $9.

The Retiree Center is located in the Walter A. Buehler Alumni Center, in Suite 110, on the Davis campus.

Parking for the MIND Institute Auditorium, 2825 50th Street: Parking on the Sacramento campus requires a permit and will be first come, first served. If employee parking adjacent to the MIND Institute is unavailable, please use the 3rd Floor (or higher) of Parking Structure #2 adjacent to the Ellison Ambulatory Care Bldg., 4860 Y Street. If you have a complimentary Retiree (RT) permit, please take your permit and entry ticket to the cashier’s office on the first floor of the garage for a free validation. If you do not already have a complimentary UC Retiree (RT) parking permit, tell the attendant located on the first floor that you were here for the Benefits presentation and pay no more than $6.00.

For information on how to obtain a free RT parking permit: http://retireecenter.ucdavis.edu (click on Retiree Benefits) or call (530) 752-8277.

Open Enrollment booklets should be sent by mail beginning 10/23/2015

Streaming video:

Can’t attend? For your convenience, presentation slides and streaming video of narrated slideshows will be available on the HCF Program website shortly after the scheduled presentations:

http://www.hr.ucdavis.edu/hcf

UC Davis
HEALTH CARE FACILITATOR PROGRAM
STAY CONNECTED: Mark your calendars for upcoming retiree events in 2015-2016
Please visit the UC Davis Retiree Center website for details and updates: http://retireecenter.ucdavis.edu

2015

Retiree Fall Fest
Date/Time: Saturday, September 19, 4 – 6 p.m. Location: Walter A. Buehler Alumni Center, Davis campus

BrainFood Talk
Date/Time: Thursday, October 1, 11:30 a.m. – 1 p.m. Location: Walter A. Buehler Alumni Center, Davis campus

UCDEA/UCDRA Fall Meeting
Date/Time: Thursday, October 22, 2 – 4 p.m. Location: UC Davis Conference Center, Davis campus

Open Enrollment
Dates: Thursday, October 29, 8 a.m. to Tuesday, November 24, 5 p.m.

BrainFood Talk
Date/Time: Thursday, November 12, 11:30 a.m. – 1 p.m. Location: Walter A. Buehler Alumni Center, Davis campus

Campus Tour: UC Davis Comprehensive Cancer Center (UCDEA/UCDRA members only)
Date/Time: Wednesday, November 18, 10 a.m. Location: Sacramento campus

Holiday Luncheon
Date/Time: Thursday, December 10, 11 a.m. – 1 p.m. Location: Walter A. Buehler Alumni Center, Davis campus

2016

BrainFood Talk
Date/Time: Thursday, January 14, 11:30 a.m. – 1 p.m. Location: Walter A. Buehler Alumni Center, Davis campus

UCDRA Winter Meeting
Date/Time: Thursday, February 11, 11:30 a.m. – 1 p.m. Location: MIND Institute, Sacramento campus

BrainFood Talk
Date/Time: Thursday, March 10, 11:30 a.m. – 1 p.m. Location: Walter A. Buehler Alumni Center, Davis campus

Campus Tour: Confucius Institute (UCDEA/UCDRA members only)
Date/Time: Wednesday, March 16, 2 – 3 p.m. Location: Robert Mondavi Institute for Food and Wine, Davis campus

Day trip: Mare Island
Date/Time: Thursday, March 31 Location: departs from Parking Lot 2, Davis campus

BrainFood Talk
Date/Time: Thursday, April 14, 11:30 a.m. – 1 p.m. Location: Walter A. Buehler Alumni Center, Davis campus

Campus Tour: TBA (UCDEA/UCDRA members only)
Date/Time: Tuesday, April 26 Location: TBA

Day trip: Bay Model and Sausalito
Date/Time: Thursday, May 26 Location: bus departs from Parking Lot 2, Davis campus

UCDEA Spring Meeting
Date/Time: Thursday, May 12, 2 – 4 p.m. Location: Walter A. Buehler Alumni Center, Davis campus

UCDRA Spring Meeting
Date/Time: Thursday, May 19, 2 – 4 p.m. Location: Walter A. Buehler Alumni Center, Davis campus
Calls for Distinguished Emeritus/a and Panunzio Awards

Fall brings the call for nominations for two prestigious emeriti awards, both of which are administered by the UC Davis Emeriti Association (UCDEA).

UC Davis Distinguished Emeritus/a Award

The Distinguished Emeritus/a Award honors outstanding scholarly work or service (e.g., service in professional, university, Academic Senate, emeriti/ae, or departmental editorial posts or committees) performed since retirement by a UC Davis emeritus/a in any discipline. The recipient will be recognized at the Emeriti and Academic Retirees luncheon on January 25, 2016, and will receive a plaque and a cash award of $1,000. The deadline to apply for this award is October 30, 2015.

Constantine Panunzio Distinguished Emeriti Award

The Constantine Panunzio Emeriti Award is a UC system-wide award that honors outstanding scholarly work or educational service (e.g., service in professional, university, Academic Senate or departmental editorial posts or committees) performed since retirement by a University of California emeritus or emerita in the humanities or social sciences. Typically, a total of one or two awards are granted annually from the nominees from all ten UC campuses. The award is announced in April of each year and the recipient(s) will receive a $5,000 prize. The deadline to apply for this award is November 16, 2015.

Nomination Process

Nominations for both awards should be submitted to the UCDEA Awards and Recognition Committee. Emeriti/ae may nominate themselves or colleagues. Nomination packets must include:

- a cover letter outlining the nominee’s distinctive scholarly work or service since retirement
- a curriculum vitae listing accomplishments since retirement
- the names of three to five references who could write supporting letters (Panunzio Award only)

Nominations should be submitted electronically to retireecenter@ucdavis.edu. For additional information, please visit http://emeritiassociation.ucdavis.edu/awards.