

UCI EMERITAE/i Newsletter

University of California, Irvine

Fall 1999 Vol. 8, No. 1

CHAIR'S COLUMN

by Sam McCulloch

Another summer went by far too quickly. One of its accomplishments is a meeting that Bobbie Brown, representing the Retirees, and I had with Chancellor Ralph Cicerone. We discussed the possibility of UCI funding for a Retirement Center to be available for use by both the Retirees and Emeritae/i. We are now working on a plan of formal presentation. We would like to have a building, or part of one, which would provide additional services and programs. The campuses at Berkeley, Santa Barbara, San Diego and Los Angeles all have Retirement Centers which are available for meetings and other activities.

At our last meeting of the academic year, we heard Dean Thomas Cesario speak enthusiastically of plans for the Medical School. Expansion is on the horizon. Our Emeritae/i Executive Committee unanimously voted last spring to urge the Medical School to consider the Gottschalk Plaza on the campus for future expansion, rather than other locations. (See page 3)

UCI MEDICAL GROUP CANCELS CONTRACT WITH HEALTHNET MEDICARE HMO

by Julian Feldman

UC annuitants who use the UCI Medical Group as a provider under the Health Net Medicare HMO (Seniority Plus) have been notified that the UCI Medical Group has terminated its contract with the Health Net Medicare HMO. The effective termination date is 31 December 1999. UC annuitants affected by this decision have the following options:

(1) Remain in the Health Net plan and select another provider group by calling Health Net Customer Service--(800) 275-4737.

FALL LUNCHEON UCI Emeritae/i Association

DATE: Tuesday, November 9, 1999
TIME: 12:00 Noon
PLACE: University Club, UCI Campus
Julian Feldman and Joe Walsh, *UCI Health Care Facilitator*, will conduct a question and answer discussion on health related issues.

(Please see reservation form enclosed.)

(2) Retain the UCI Medical Group as a provider and switch health plans to UC Care during open enrollment in November.

(3) Retain the UCI Medical Group as a provider and switch health plans to Prudential High Option during open enrollment in November.

(4) Switching to PacifiCare's Secure Horizons and using the UCI Medical Group as a provider is not possible. UCI Medical Group is not accepting any new patients from Secure Horizons.

[How will this affect annuitants already enrolled in Secure Horizons? UCI Medical Group's agreement with Secure Horizons to act as a provider for their Medicare HMO will be terminated on 30 June 2000. Negotiations on a new agreement are ongoing, but continuation is problematic. If you are currently using UCI as a provider under Secure Horizons and you remain in Secure Horizons, you may have to change providers effective 1 July 2000.]

(5) If you want to stay in a Medicare-HMO, Kaiser is the only certain option for UC annuitants living in Orange County. For additional information and updates on the status of negotiations, contact Joe Walsh, UCI Health Care Facilitator, at 949-824-8921, HR Benefits unit, Berkeley Place on Monday, Wednesday, Thursday and Friday. On Tuesdays, he can be reached at (714) 456-7289 at the HR Benefits unit on the 8th floor of the

Medical Center. His email address is jwalsh@uci.edu. A benefits fair will be upcoming at the University Club on Nov. 5th, you will be hearing about that from the University.■

HICAP -- HEALTH INSURANCE COUNSELING AND ADVOCACY PROGRAM

by Julian Feldman

The *HICAP* provides information and assistance on

- (a) *Medicare benefits and rights,*
- (b) *HMO's,*
- (c) *supplemental Medicare insurance programs, and*
- (d) *long term care insurance.*

HICAP services are provided by trained volunteer counselors and a small professional staff. (See page 2)

MEMORY LOSS by Laura Mosqueda, M.D.

Many people come to me complaining of memory loss. Should they be worried? Is there anything we can do about memory loss, or do we just need to accept it as a normal part of aging? Significant memory loss is generally not a normal part of the aging process. While it is true that brain function (See page 2)

Memory Loss (Cont'd) slows somewhat as we age, we maintain our ability to remember important facts and learn new information. Many people forget minor unimportant things in their daily life. For example, one goes into the kitchen to get something out of the refrigerator, only to forget what it was they went to get! This happens to people at all ages, and this often occurs more frequently as we age, but this is generally not a sign of a dementing illness such as Alzheimer's Disease.

There are dozens of causes of memory loss, and many of them are treatable conditions such as thyroid disorders, vitamin B12 deficiency, and depression all are reversible causes of memory loss.

Thus a proper diagnosis is very important. If there is a reversible cause, it is best to catch it early. Even if the underlying cause cannot be altered (such as occurs with memory loss due to atherosclerosis), there are many things that may help a person improve his or her function. Some of these things include:

- *Changing medications (often reducing them)*
- *Treating depression*
- *Providing education to the family*
- *Finding and treating other illnesses which may be contributing to the problem*

What should you do if you are concerned about your own memory or that of a loved one? First, get an evaluation by a physician with expertise in this area. This evaluation should consist of a complete history and physical examination. The examination should include a formal memory test, done by the physician and/or a neuropsychologist. A careful review of all medicines (prescription and over-the-counter) is very important, as many medications affect cognitive function. It is best to actually bring all of your medications to the doctor's office. Further testing, such as blood tests and brain imaging studies are often also necessary. Once a proper diagnosis is made and explained to you in understandable terms, you and your physician should plan the

next steps together. **editor's note: Dr. Mosqueda is Director of Geriatrics and an Associate Clinical Professor of Family Medicine at UCI's College of Medicine. This is the first in a continuing series of articles on the subject of geriatrics.■**

HICAP (Cont'd) *HICAP* can be a valuable supplement to the services provided by the UCI Health Care Facilitator, the UCI Benefits Office, and the Office of the President. UC resources will be more knowledgeable about UC health plans.

HICAP will probably be more knowledgeable about Medicare and long term care.

The Orange County *HICAP* office is located at 1971 E. 4th Street, Suite 200, Santa Ana 92705-3917. The telephone number is 714-560-0424. *HICAP* counselors see clients at locations throughout Orange County. In the UCI area, *HICAP* counselors are available at the following locations:

Corona del Mar, OASIS, 800 Marguerite Ave, 949-644-3244

Corona del Mar, Sea View Lutheran Plaza, 2800 Pacific View Dr

Costa Mesa, CM Jewish Senior Center, 250 E. Baker, 714-513-5641

Costa Mesa, CM Senior Center, 695 W 19th St, 949-645-2356

Irvine, Irvine Senior Center, 20 Lake St, 949-724-6900

Irvine, Regents Point Retire Facility, 19191 Harvard, 949-509-2216

Irvine, Woodbridge Manor, 27 Lake Road, 949-552-6794.

Please call the number provided to make an appointment at the location you prefer. For the telephone numbers and addresses of other *HICAP* counseling locations, please call the *HICAP* office, 714-560-0424. *HICAP* services are provided free of charge. *HICAP* receives financial support from California Department of Aging, California Insurance Fund, the Federal government, and private

donations. OC *HICAP* is part of the OC Council on Aging. The Council has two other components which may be of interest to you. FAST is OC's Financial Abuse Specialist Team--a public/private partnership of multi-disciplinary professionals who volunteer their time to facilitate comprehensive services to victims of financial elder abuse. The Long Term Care Ombudsman visits OC's 650 board-and-care and nursing homes with the following objectives:

- provide information to assist in the selection of a LTC facility
- build a trusting relationship with the resident
- investigate and help resolve complaints of neglect and abuse
- assist residents who need help with financial and legal problems
- monitor the quality of food and general health care

To contact FAST or the LTC Ombudsman, call the Council on Aging at 714-479-0107.

HICAP at UCI?? The Health Care Facilitator Program is considering establishing a *HICAP* counseling site at UCI to supplement the services available from the UCI Health Care Facilitator and the UCI Benefits Office. If you might be interested in talking to a *HICAP* counselor at UCI, please call the UCI Health Care Facilitator, Joe Walsh, at 949-824-8921 or send him e-mail, Jwalsh@UCI.EDU ■

Q and A with Joe Walsh UCI Health Care Facilitator

The Human Resources department recently began a Health Care Facilitator pilot program to expand onsite medical plan-related services to faculty, staff, annuitants and their dependents. UCI and UC Berkeley were the two sites selected to implement the program. Heading the new service is Joe Walsh; he

comes from UCI Health System, where he was with the Physician/Specialty Referral Service and also was a member of their Customer Service Department.

Why is this pilot program being offered?

The pilot is being offered because of the complexity of today's health care systems and the growing frustration of working within those systems. The belief is that by having a knowledgeable health care counselor available for advice and assistance, plan members will be better served, will have fewer lingering health care problems and will become better health care consumers. The advice and assistance will come in the form of one-on-one counseling or through various educational sessions that will be offered as brown bag luncheons or direct departmental training throughout the year.

How long will the pilot operate?

The pilot program will run for one year; upon successful evaluation, it will be continued for a longer period of time.

What is your role?

In addition to medical benefits educator, I am a liaison between the health care provider and the employee. Once again, as the health care arena grows in complexity, communication between the member and the service provider can become challenging. I act as the employees' link to medical plans, medical groups, physicians and billing systems.

What kind of issues can you help me with?

We offer four levels of service: information, education, assistance and intervention, and referrals to issues involving benefits provided under the UCI medical plans. Specifically, we can help you with access to care, billing issues, denial of care or services, and further options available to you. If you are not satisfied with the results of your medical group or plan's decision on Medicare issues and options, we can help on that or direct you to someone who can. We can also aid you in understanding your health plan benefits, and provide referrals to

community and national organizations for support and information.

When should I contact you for help?

For general guidelines, take the following steps first: talk to your doctor; or, if you are in an HMO, contact your medical group. Most groups have patient assistance departments that can help you. You can also call your health plan customer service department. If your medical issue is still unresolved, or if you have questions that require immediate attention, contact our office.

Can you always solve a patient's problem?

I don't think it would be fair to say that we will always solve a patient's problem; there will be some issues that just cannot be resolved to the patient's satisfaction. I will say that we'll explore every avenue available to reach a resolution, and if the issue is still unresolved in the patient's estimation, then we'll sit down with the patient and explain what further options might be available.

Where can the HCF be reached?

Joe Walsh can be contacted at 824-8921, HR Benefits unit, Berkeley Place on Monday, Wednesday, Thursday and Friday. On Tuesdays, he can be reached at (714) 456-7289 at the HR Benefits unit on the 8th floor of the Medical Center. He can also be emailed at jwalsh@uci.edu. (reprinted with permission from the 15 Sep 99 issue of UCI News. JF is responsible for minor editing changes.)

In a paragraph from the minutes of the Health Care Facilitator Advisory Board meeting, Joe Walsh reported through September 24, he had 49 inquiries. Billing and access were the most frequently reported problems. About half of the problems were resolved with information and half required intervention. Of the half requiring intervention, three were serious. Caller status: 35 Staff, 14 Faculty, 41 Active, 8 Annuitant, Campus 47, Medical Center 2. Three letters of thanks were received.■

Chair's Column (Cont'd) Our first CUCEA (Council of the University of California Emeritae/i Associations) was held on the Davis campus on October 28th. I will give you a report on it in your next newsletter.■

ACADEMY FOR LIFELONG LEARNING

by Rayna Zeidenberg

The Academy for Lifelong Learning was established in January 1998, under the auspices of UCI Extension. It has quickly grown to over 300 members. Members of the Academy, who are retired or are close to retirement, plan, organize and often conduct educational courses for themselves. In addition, they frequently call on members of the academic community to give entire courses or individual lectures. At UCI, many faculty members, both active and retired, have made significant contributions to the curriculum. Among the emeriti faculty who have participated are Professors William Holmes, Judd Hubert, Renee Hubert, Howard Lenhoff, William Lillyman, Samuel McCulloch, James McGaugh, R.L. Montgomery, Jack Peltason, Ed Schell, Paul Silverman and Albert Wiecke. The Academy is eager to enlist the talents of any faculty member who is willing to share his/her expertise with a group of interested adults. *Please contact Sally Schwartz, chairperson of the curriculum committee, at (949) 854-3992, e-mail schlove@aol.com, if you would like to volunteer.*

In addition, the Academy welcomes new members. For further information, a catalog of Fall, 1999 courses and a membership application form, call the Academy office at (949) 824-7927.■

UCI HISTORICAL HIGHLIGHTS by Sam McCulloch

(The following is from my history of UCI: *Instant University* pp.221-222) Theodore Brunner was recruited by Dean McCulloch in 1966 from the Ohio State University to develop a Classics

Department. By 1968 he created a department. Brunner was timely and brought worldwide attention and fame to UCI by his founding and developing the *Thesaurus Linguae Graecae*, which was founded in the following unexpected way.

In 1970, Marianne McDonald, an excellent classical scholar, entered UCI's doctoral program in Classics from the M.A. program in Classics at the University of Chicago. In talking with department chair Ted Brunner, McDonald mentioned her frequent use at Chicago of the "*Thesaurus Linguae Latinae*", adding: "There is no *Thesaurus Linguae Graecae*. It would be a wonderful thing to have, in addition to the Latin thesaurus, a Greek thesaurus also." Soon thereafter, she offered \$1,000,000 as seed money to create a Greek thesaurus and asked only that her identity as donor be kept private. (Her anonymity was preserved for more than ten years, after which Brunner was able to convince her not to continue to "hide her light under a bushel." It took several days for Brunner to recover from the shock of Ms. McDonald's generous offer, and when next he and she met he said that what he initially would need was \$25,000 and a year's time to investigate whether or not what she envisioned could be accomplished. She agreed and Brunner spent a year studying the history of Greek lexicography and the ways in which modern computers could be used to create what he envisioned. By way of comparison, the body of Greek literature is nine times that of Latin literature, and the non-computerized Latin project, centered at the Bavarian Academy of Sciences in Munich, had just reached the letter L, using only a card-file system.

Ms. McDonald agreed and Brunner began his work. He turned out to be something of a computer genius, and the American Philological Association created a special panel to advise and guide him throughout the creation of the thesaurus. Every month since 1972, 1,500,000 words from ancient Greek texts dating back to Homer's time and continuing to A.D. 1453 have been recorded via computer, with the most modern technology available. The number of words is

expected to reach 90,000,000 overall, and as of 1994, 70,000,000 have been compiled and are available on CD-ROM. In addition due to the Project's retrieval capabilities, scholars worldwide can also call up "word-in-context" concordances in minutes through computer access.

Throughout the project, Brunner has been assisted by Luci Berkowitz, Research Professor of Classics, and fifteen staff members and graduate students, all of whom are working diligently to complete the thesaurus. In addition to the support from Marianne McDonald, the project has raised about \$8,000,000 from private and federal sources, and it has brought Brunner and UCI international recognition as a major resource for research in the classics. ■

RETIREMENT DAYS

by Kivie Moldave

Professor Emeritus of Molecular
Biology and Biochemistry

When I was asked to write about my feelings and my experiences in retirement, I thought back to how I felt at the prospect - a lot of uncertainty and some trepidation, since my life for about 40 years had been science and administration. There were other interests, but during most of my professional life they were low in priority. So, I had to consider how to spend all the free time that I was now looking at, and not even a hobby to rely on. I was then at UC Santa Cruz, where I had gone eight years earlier as the Academic Vice Chancellor, and was in the process of phasing out my laboratory, which was too demanding in terms of funding and personnel to maintain. The only professional activity that I expected to continue was to co-edit a series of annual volumes titled "*Progress in Nucleic Acid Research and Molecular Biology*".

My first efforts were to enroll in courses in astronomy, ceramics, etc., which had always fascinated me. That winter, on a trip to Lake Tahoe, our daughter tricked us into taking skiing lessons (at my age!);

and of course, the obligatory retirement pastime - golf - required taking lessons. There were also two old interests that I expected to revive; one was my cello, which I had not played since the '70s and the other was oil painting which I had not done since the '50s. Needless to say, I was really turned on by all of these activities and felt a little reassured.

On retirement, we moved back to southern California. Having agreed to go to UCSC for only five years, we had always expected to return and had kept our house in Newport Beach. UC Irvine, the academic community and a number of close friends here were always home to us. UCI was kind enough to give me an emeritus appointment, an office and the departmental support in Molecular Biology and Biochemistry to allow me to continue my professional work.

Since retirement promised so much free time, I decided to increase the number of volumes of "*Progress in Nucleic Acid Research and Molecular Biology*" from one a year to two or more. At that time, my co-editor felt that he had had enough and retired from the series. The contributions to the volumes are by invitation only, which requires four to six weeks in the science library for each volume, identifying new, exciting, rapidly-moving areas in molecular biology, from the chemistry of nucleic acids to genetic engineering and gene therapy. It also requires identification of the two or three investigators who are the leaders in their particular area and, after a thorough background check through the scientific literature, one is chosen to write the chapter for the volume. A year later, when the ten or so manuscripts come in, it takes about a week in the library to carry out the scientific editing for each chapter. All this is now done two or three times a year and my 36th volume is now in progress.

Within a short time after my return to UCI, I was involved in a number of campus activities: The Emeriti Association; member of the Executive Board for a number of years now, and recording secretary for several years.

Academic Senate Committees: three years on the University Welfare Committee, then on the Council on Rights, Responsibilities and Welfare, and an alternate to the Systemwide Academic Assembly. And several effort-intensive and time-demanding Administration or Senate-Administration advisory committees. I also continued to participate in the work of two or three national scientific advisory panels (study sessions) for several years, but have now decided that it is time for younger, more active researchers to take over, and no longer accept such assignments.

It is clear to me now, that between the PROGRESS series and participation in campus activities, there is little or no time to do many of the things previously thought would be necessary to keep myself busy. Especially when we have season subscriptions to both stages at South Coast Repertory, both stages at the UCI Theatre Guild, Performing Arts Opera and Ballet series, etc. I do try to play golf at least once a week, and have even broken 90 twice this year. Frequently, a group of us emeriti (Jerry Tobis, Sam McCulloch, Barney O'Laughlin, and on occasion Louis Gottschalk, Hal Moore and Ev Fleischer) meet to play on Fridays. In the winter, local mountains allow me to go skiing about eight or ten times a year, and we try to spend a week in Squaw Valley every year. I have worked myself up to intermediate slopes and have not had a spill for several years now, except when out of control teen-age snowboarders crash into me. However, I have yet to throw a clay pot, purchase my telescope, restring my cello or stretch a canvas and open a tube of paint. But there is still hope. On the other hand, Rose and I are having a wonderful time here, and enjoy being back with our friends at UCI; wouldn't trade it for the world. ■

UCI EMERITAE/I ASSOCIATION

The Executive Board of your association for the academic year 1999-2000 consists of:

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Paul & Linda Sypherd	Mara & Rein Taagapera
William Thompson	Harold Toliver
Beverly Toy	Gerald Van Hoven
Stanley van den Noort	Marcel Verzeano
Juan Villegas	Akio Wakabayashi
Richard Wallis	Robert Warner
Paul Wehrle	Christian Werner
Robert West	Clifford Woolfolk

Andrew Yeiser

If your annual \$25 dues have not yet been paid, they may be sent to: UCI Emeritae/i Association, 2000 Mesa Court, Irvine, CA. 92697-9014. Your check should be made payable to: UCI Emeritae/i Association. ■

HI-TIME

WINE VINTAGE ALERT*

by Ann Stephens

Class of '70 "Spousa Emerita" Lovers of fine red wines from California might want to stock up on the 1997s now coming on the market. The 1998s will not be nearly as good. 1997 was a good vintage in terms of both quality and quantity. As long as wineries thinned their grape crop, or purchased grapes from growers who did, they should have made balanced, flavorful wines.

Many of the top Napa and Sonoma wineries released their 1997 Zinfandels over the summer and are just now releasing their 1997 Merlots and Cabernet Sauvignons. Some wines are ready to drink now but others will benefit from another six months to a year in the bottle. This places the burden on the consumer to store the wines. If you wait until they are ready to drink to look for them at the store, they will be sold out.

Get to know a member of the wine staff at a good wine shop such as Hi-Time Wine Cellars in Costa Mesa (949/650-8463), the Wine Club in Santa Ana (714/835-6485) or the Wine Exchange in Orange (714/974-1454). Once the clerk learns your taste, he or she will be able to make recommendations that suit you. It is worth getting on the mailing list for these stores also. There is no charge and the newsletters are informative. ■

**Full Disclosure: I work for a small wine brokerage which represents such wineries as Frog's Leap, Ravenswood and Whitehall Lane among other Cellars in my account.*

UCI Emeritae/i Association
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