

# UCI EMERITAE/I Newsletter

University of California, Irvine

Spring, 2000 Vol. 6, No. 3

## CHAIR'S COLUMN

by Sam McCulloch

On June 30, 2000, my two year term as chair of the Executive Committee will expire and I will return to a more normal life.

It has been a great experience, and I wish to thank the various chairs of our committees for their help. Julian Feldman has done yeoman work as vice-chair and will even increase this load as our new chair. Isabelle Hunt has labored under frustrations that would have felled most mortals. Lyman Porter has refused to be frustrated, hence has introduced some excellent issues of our Newsletter. And thanks to Sheen Kassouf for programming interesting luncheons. Finally, I thank the remaining chairs. The outstanding event this spring was the meeting of the Council of University of California of Emeriti Associations on our campus on April 27th. Marjorie Caserio, chair of CUCEA for this year, was in fine form and steered us through a productive agenda.

For about ten years, I have argued for us to prod the Regents to give cost of living increases to Emeritae/i just as often as the active fulltime faculty receive them. The matter was taken up by CUCEA when a report showed that the regular COLA (Cost of Living Adjustment) granted us each year has not been adequate and needs to be increased to keep up with inflation.

Following the meeting, Julian assembled an ad hoc group to hear Shelley Glazer, Director of the UCB Retirement Center. She brought a most illuminating video which explains her work. We all left much impressed.

I personally liked the way CUCEA proceeds. It represents the best from all nine campuses and its future becomes more and more important. Julian Feldman will represent us in CUCEA over the next two years.

On the UCI campus, the Emeritae/i will have more influence as they grow larger. One of the most important recommendations we have to UCI Medical School planners is to double the size of the Gottschalk Plaza, so that the present programs can expand their services, and new programs (which require more space) can be introduced.

## ANNUAL DINNER MEETING

Please plan to attend this important function at the Scampi Ristorante at 5:30 Thursday, May 25th.

For details and reservations, please phone  
Ann Stephens  
( 949 ) 646 - 4931

## CUCEA MEETING OBSERVATIONS

by Julian Feldman

1. Welcome: Sam McCulloch, Chair of the UCI Emeritae/i Association introduced Associate Executive Vice Chancellor William Parker. Parker's comments focused on: how to survive the enrollment crunch without lowering the quality of UC. Not easy to hire 100 faculty members a year. Look at it as an opportunity. Interesting how much UCI resembles the original physical and academic plan for the campus.

2. Lubbe Levin from the Office of the President (OP) introduced herself and described her various roles.... Deborah Larson from OP commented on prescription and dental issues. Lots of problems on converting to new mail order drug provider. Lubbe Levin is now the designated contact person for CUCEA, CUCRA (Council of University of California Retirees Association), She called attention to Senate Bill 393 which provides Medi-Cal pricing on drugs to Medicare beneficiaries. John Crain, of UCSF, commented negatively on the SB 393 information provided in the current issue of New Dimensions.... OP has a proposal on dental exams associated with a cleaning. [Some dentists want to do an exam with every cleaning. The Delta plan has not covered two exams]... OP not ready to move on a proposal for

mail order prescriptions for High Option because of problems with mail order vendor. LL promised to consult with us before making a decision on whether mail order drugs for High Option would be voluntary or mandatory... Judy Ackerholt, from the Office of the President, reported on pension issues. UCRS Board will recommend to the Regents a COLA adjustment and a purchasing level adjustment effective 1 Jan 2001. OP staff will recommend to the UCRS Board a change in the COLA rule to eliminate the 2% - 4% gap during which no COLA adjustment is made... John Crain provided a ten-year old report on the COLA issue and contributed to the discussion... Age factors will also be considered by UCRS Board.

3. Joe Walsh, the UCI Health Care Facilitator, described some of his experiences during the first year of his tenure. The HCF pilot program will be expanded to cover SB and SC during the coming fiscal year. Discussions about a solution to the issue of permanent funding for HCF programs on all campuses and labs are continuing. Current HCF funding source is staff development money.

4. Adrian Harris gave a detailed presentation on the copayment issue for Medicare HMO plans. PERS people have no copayments because PERS pays a higher premium to the HMO's. UC people have the same copayments as non-Medicare people because UC pays less to HMO's for Medicare people. Not fair... [Medicare pays HMO's \$600 per month in Orange County and more

than that in LA County].... AH sent a letter to the editor of New Dimension addressing this issue after New Dimensions (in the next-to-the-last issue) published an

article stating that UC contributed the same amount to health plans for annuitants as it does to health plans for actives. The letter did not appear in the most recent issue of New Dimensions. Editor said she never received it.... MC and SM have asked UCFW to provide for emeriti representation on the Healthcare Subcommittee. No assurance yet that it will happen.... AH was warned that the invitation to CUCRA and CUCEA to allow somebody to attend UCRS Board meetings does not provide the annuitant representatives the privilege of the floor according to the Board handbook

5. Report of nominating committee. The recommendations of the nominating committee [ Julian Feldman for chair:elect and Charles Berst for secretary] were approved.

6. Archivist. Norah Jones distributed her report. New media are presenting problems for archival record. What should be done about archiving web site? What should be done about archiving e-mail correspondence? Nora recommends a paper trail until these issues can be resolved. She has also created an e-mail address for archives and would appreciate receiving copies of e-mail correspondence at that address.

7. Historian's report. Ralph Nair distributed his report.

8. Treasurer's report. Leon Schwartz was at his 50th college reunion. His report was distributed

9. Bio-Bib survey report. Mo Greenfield hopes to have rest of reports in by end of academic year.

10. Emeriti Housing. Brief reports from UCI and UCD. A committee will be formed.

11. Next meetings. Fall 2000 meeting at Berkeley. Spring 2001 meeting at San Diego.

JF's comments: I missed going around the table and finding out what was going on at the various campuses.... Should we consider the adversarial nature of the discussion vis-a-vis each other and vis-a-vis the Office of the President? As I get older, I find myself thinking that cooperation rather than conflict might be a better assumption. ( we assume that all involved have the best of intentions? They may not be right, but they are probably not evil.

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#### HEALTH CARE FACILITATOR by Julian Feldman

Joe Walsh, the UCI Health Care Facilitator, is available to help you with health care issues, e.g., billing problems, access problems, termination of provider agreements, understanding your health care benefits. You can contact Joe at 949-824-8921. He is at UCIMC in Orange on Tuesdays. His number there is 714-456-7289.

Health Care Facilitator Pilot Programs Funded for Second Year.

The Health Care Facilitator (HCF) pilot programs at Berkeley and Irvine have been funded for a second year. HCF pilot programs will be started at Santa Barbara and Santa Cruz in September 2000. Discussions are continuing about permanent funding for HCF programs for all campuses and laboratories.

Discounts on Prescription Drugs for Medicare Beneficiaries. **Important:** Effective February 2000, Medicare beneficiaries in California can obtain prescription drugs at MediCal prices under the terms of SB 393. Some pharmacies have signs posted reminding Medicare beneficiaries of their eligibility for the discounted price on drugs. Most pharmacies and pharmacists are aware of the program. If you are eligible, be sure to check the MediCal price on your prescription. If you have a pharmacy benefit under your health plan, the MediCal price may not be the best deal. For more information, see page 10 of the Spring 2000 New Dimensions.

Medicare problems. Health Care Facilitator Joe Walsh can help you with simple Medicare problems and coordination of

Medicare coverage with UC benefits. For more complicated Medicare problems, you can contact HICAP--Health Insurance Counseling Advocacy Program-- at 714-560-0424. HICAP counselors are available at local senior centers.

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4/15/2000 - Care Giver Presentation - Bldg 53, Room 121, Classroom D - Presented by Susan Scott.

## ELDER CARE SERIES

Plan to attend the Elder Care Series presented by UCI Benefits and Faculty Staff Assistance Program. This series designed to provide information on the care and treatment of elders, Medicare, long term care and financial planning, and community resources available for care givers. The program will be presented at both the campus and the medical center. All presentations are from 12:00 to 1:00, so bring your lunch.

### Campus Schedule:

5/23/2000 - Long Term Care/Financial Planning - Room 570 Main Library - Presented by Anne Fink - A financial look at long term care. Who should have it and does it make sense.

5/31/2000 - Care Giver Presentation - Student Center, Monarch Bay B - Presented by

Susan Scott - a view of the aging process from the care givers perspective.

### Medical Center Schedule:

5/25/2000 - Health Assessment Program for Seniors (HAPS) - Bldg 53, Room 121, Classroom D - Presented by Dr. Jorge Rivero.

6/1/2000 - Health Insurance Counseling and Advocacy Program (HICAP) - Bldg 53, Auditorium - Presented by Julie Schoen.

6/8/2000 - Long Term Care/Financial Planning - Bldg 53, Room 121, Classroom D - Presented by Anne Fink.

## UCI HISTORICAL HIGHLIGHTS

by Sam McCulloch

Over the past two years, I have referred in my Instant University & History of UCI, 1957 to 93 to many faculty projects. I have singled out two particularly innovative faculty projects in our early history. The two are the programs in Social Ecology and Thesaurus Linguae Graecae (pp 219-222). A third project on page 222 is described below:

*"Like Chancellor Aldrich, Professor Gordon J. "Pete" Fielding, a specialist in urban transportation, strongly believed that a university appointment has a public service component. Both his professional activities and his publications reflect that philosophy as well as his interest in helping people understand human behavior through the application of theories rooted in the social sciences.*

*From December 1971 to January 1975, Fielding put his theories into practice by serving as General Manager of the Orange County Transportation District (OCTD). Under his direction, the district developed and funded a totally integrated transit system consisting of conventional buses, dial-a-ride service modules, and a plan for a rapid transit system using rail and express buses. 7 At the end of his term with OCTD, Fielding returned to teaching and research at UCI, and in 1976 he became Director of the UC-wide Institute of Transportation Studies.*

IN MEMORIAM:ARTHUR S. BOUGHEY

by Grover Stephens  
Professor Emeritus of Marine  
Biology and Ecology

The UCI Emeritae/i Association is saddened by the recent death of Professor Emeritus Arthur S. Boughey. Arthur came to our campus in 1964 as the founding Chair of the Department of Population and Environmental Biology (now the Department of Ecology and Evolutionary Biology). His influence is still evident in the specimen trees which ornament Aldrich Park. He selected species for their ability to thrive in the southern California chaparral climate.

The following incident illustrates Arthur's concern with preservation on environmental quality. In the late 60's there was a proposal to develop Upper Newport Bay extensively to provide bay front housing. Recognizing the importance of the bay as a hatchery for fish and a feeding ground on the flyway for a great diversity of birds, Arthur and I testified at a public hearing opposing this development. We had the support of several conservation organizations and public opinion. The issues raised led to the founding of the "Friends of the Bay", a group which is still active and effective.

At the time, the official UCI position supported bay development and Chancellor Aldrich was under pressure to curb our activities. In a statesmanlike way, he explained the nature of academic freedom and we testified unimpeded. In fact, the

issue was probably decided by the development of commercial jet aviation at the Orange County Airport and the fact that the bay is directly under the flight path.

Later, Arthur's interest in the areas of the environment and biological ecology led him to transfer his appointment to the School of Social Ecology. He was Director of the School during the 1975-76 academic year. His ideas were influential in arriving at the current organization and aims of The Department of Environmental Analysis and Design in Social Ecology.

E-Mail Address Request

Please send your e-mail address to [emeriti@uci.edu](mailto:emeriti@uci.edu) for our electronic mailing list. With a complete electronic mailing list we can provide you with important information between our issues of the Emeritae/i Newsletter.

ELECTION OF OFFICERS

An election of officers will take place at the annual meeting on May 25th. Information of this meeting appears elsewhere in this publication. The slate of officers nominated is:

Past Chair: Sam McCulloch  
Chair: Julian Feldman  
Chair: elect: Roland Schinzinger  
Treasurer: Isabelle Hunt  
Secretary: Eldon Foltz

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PRESS RELEASE

The following press release was received by our office from Pentland Press, Inc.

"In a time where real life mayhem is saturated with detail, a good old fashioned mystery can come as a relief. In their new novel, Hal and Mary Toliver transport their reader into the mind frame so often tangled by news and information, allowing us behind the scenes to determine the motive, crime and culprit for ourselves. *Bitterroot* (Pentland Press, \$16.95) is a gripping tale that wakens the Nancy Drew in each of us, a persona long before put to rest by the ever-present forms of telling. A sensational read, *Bitterroot* is a blaze of action, drama and suspense."

[Hal Toliver is Professor Emeritus of the English Department]

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DEPRESSION AND AGING

by Bonnie Olson, PH D  
Psychologist,  
Health Assessment Program for  
Seniors, UCIMC

Many older people suffer from depression without being aware of it. Depression brings to mind images of someone who is so sad and unhappy that they can't function. While this can be a primary symptom of depression, it is not necessarily the case. As people age, both the causes and symptoms of depression tend to shift.

Depression is not just feeling sad. Depression can also be experienced as feeling terribly anxious, irritable, indecisive, overwhelmed or guilty.

Older people especially complain of memory loss and difficulty concentrating. Some don't sleep well and others sleep too much. Often there is a change in appetite or sexual interest. Some depressed individuals have no energy and lack initiative while others have an increase in "nervous energy". Others lack interest or pleasure in their usual activities. The range of symptoms is wide and does not always include sadness.

Can a person become depressed when there is nothing particularly "depressing" happening in their life? Depression can occur when all is going well. Sudden changes, whether good or bad, can be very stressful. Moving your home or adjusting to retirement can be sufficiently stressful that depression develops.

Loss is a common precipitant to depression. Many physical disorders such as stroke or heart disease can result in physical limitations that may be perceived of as loss. If you can't walk as far as you used to or can no longer play golf or tennis, the loss can be devastating. Hearing and vision problems can have a huge impact on quality of life and the types of activities that you can participate in.

It is important to consider loss not only from a physical perspective but also in terms of social relationships. A person who can no longer play bridge due to poor eyesight loses the pleasure of playing the game as well as the friends and relationships that go with the activity.

Certain brain diseases can have depression as the primary symptom.

Depression is also a common side effect of many medications. It is most important to discuss symptoms of depression with your physician so that an accurate diagnosis can be made and appropriate treatment initiated.

When should a person seek treatment for depression? Depression is not a normal part of the aging process nor is there reason to accept depression as part of life. Medical treatment is advised when symptoms of depression interfere with day to day life and persist over time. When an individual doesn't have the will, desire or energy to engage in their usual activities and relationships, or when a person can't cope with problems that could normally be managed, then it's time to seek help.

Depression changes the way one sees the world so that it is difficult if not impossible to be hopeful. This lack of hope often makes treatment seem pointless until some relief is experienced. The encouragement and support of family and friends can help an individual seek treatment with a trusted health care provider and stick with it until some relief is achieved.

Treatment for depression usually involves a two-fold approach. Antidepressant medications are designed to restore balance to chemicals that naturally occur in the brain. Psychotherapy helps the individual to perceive solutions to problems and develop coping skills to deal with the symptoms of depression. Research confirms that when both approaches are used in combination, depression is more quickly and thoroughly resolved than when either is used alone.

## UCI EMERITAE/I ASSOCIATION

Annual dues for the academic year 2000-2001 are now due. Included in this newsletter is a form to be returned with your check in the amount of \$25.

### Editor's Note by Editor Lyman Porter

This issue of the Newsletter represents the final issue in my two-year term as Editor. It has been a distinct privilege to have had the opportunity to contribute to our Emeritae/i Association in this way, and I want to thank Chairman Sam McCulloch and all of the members of the Executive Committee for their support and suggestions for items to include in each issue. Also, I especially want to extend my appreciation to the Association's able administrative assistant, Audrey Wicks, for her excellent assistance in converting drafts of articles into final, typed form ready to print, and to Joyce Keath for help with the design and production of each issue. Thanks also to all of the authors of various articles included in the Newsletter these past two academic years.

It is my great pleasure to welcome the incoming editor for the 2000--02 term. John Swett, Professor Emeritus in the Department of Anatomy and Neurobiology. Please send John (c/o the Association office) any news items about yourself or others that you would like included in a future issue. John's first issue (Volume VII, #1) will be next fall.

*UCI Emeritae/i Association*  
*1998-2000 EXECUTIVE OFFICERS*

Sam McCulloch

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Julian Feldman

*Chair-Elect*

Isabelle F. Hunt

*Treasurer*

Eldon Foltz

*Recording Secretary*

Ann Heiney

*Corresponding Secretary*

Jerome Tobis

*Past Chair 1997-1998*

Sheen Kassouf

*Chair of Program Committee*

Myron Simon

*Chair of the Editorial Board*

Lyman Porter

*Editor*

Audrey Wicks, *Administrative Staff*

Joyce E. Keath, *Design of Newsletter*



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