UC Berkeley Retirement Center Report, submitted by Cary Sweeney, October 2017

Retirement Planning Seminar “Resilient Aging Lab”
On Friday, October 6, 2017, the Retirement Center, partnering with UCB Work/Life and The Resilient Aging Lab hosted an all-day workshop, step one of a three-step pilot program that provides practical tools and support for successfully transitioning into a new phase of life in retirement. Forty-nine participants—nearly half currently working and the other half retired—joined together to explore their past and present to uncover a plan for their lives ahead. At the end of the session participants were asked to write down a vision of their future lives and share it with the others at their tables. Read one participant's perspective here: https://retirement.berkeley.edu/news/gaining-more-resilience-aging.

“Couples” Survey
Work is being done with UCB Emeriti Professors of Psychology Phil and Carolyn Cowan, and Shelly Zedeck to design a survey to gather data to identify programs/services to support Emeriti and their spouse/partner in retirement transitions. A first draft of a “couples” survey is nearly complete. The draft survey will be sent out in November to the Emeriti Association Executive Committee to test and give feedback on the survey design.

Belmont Village Albany Senior Living Coordinating Committee
Over 1000 people attended the grand opening of Belmont Village, August 3-6th, 2017, and set a new record for attendance. Accomplishments of the Planning Committee include:
- Student Art Gallery and artist reception, “Conversations with Art,” held on September 19, 2017, included juried works from 6 Art Practice Department Students. An invitation can be seen here: http://www.belmontvillage.com/promo/AB_ArtConversations_9_17.html
- Photo timeline of the 150 years of Cal history on wall outside library
- Quilt of UC t-shirts made and donated by Patti Owen on display in the library.
- Training of ~40 new staff of Belmont Village on the UCB affiliation and history

The Retirement Center retiree leadership will meet this fall with Belmont Village Albany to continue developing programs and creating opportunities, with a focus on art and culture, lifelong learning and student/elder intergenerational learning.

Newly Retired Faculty & Staff Reception
The reception was held at University House on October 10th, jointly hosted with Chancellor Carol Christ, and with wonderful support from all the Association representatives. 45 retirees and their guests attended along with representatives from all four associations. Chancellor Christ stayed for the entire reception, provided remarks and chatted with guests. Angelica Stacy and Patti Owen also gave remarks. Door prizes from Botanical Gardens, Rec Sports Facilities, OLLI, Cal Performances, and Berkeley Art Museum were given.
UC Retirees: Advocates, Ambassadors, Assets
The UC Retiree Activities Report of the Council of UC Retiree Associations is now available here: http://cucra.ucsd.edu/survey/RetireeSurveyReport.pdf. The report highlights the accomplishments and activities of UC retirees who responded (4478) in fall 2016. The most striking survey finding is the extent to which respondents remained committed to UC’s mission of public service, volunteering in their communities and for UC, providing services, publishing written works and more. For many of these retirees, retirement did not signal a break from the University, but rather a shift in the relationship. Six UC retirees and two UC retirement center directors made up the CUCRA Survey Committee, including Lynn Bailiff, President, UC Retirees’ Association at Berkeley and Cary Sweeney, UCBRC Director.