

UCI Center for Emeriti and Retirees

Interdisciplinary ∞ Multicultural ∞ Intergenerational

In This Issue

- ◆ Upcoming Events
- ◆ Save These Dates!
- ◆ Travel Program
- ◆ Did You Know?
- ◆ Retiree AND Alum?
- ◆ Announcements
- ◆ Our Facebook Page!

Upcoming Events

Dec. 8th—*Plutocrats United: Campaign Money, the Supreme Court and the Decline of American Democracy*, 3:30 p.m. to 5:00 p.m.

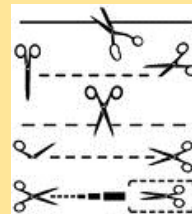
with Richard L. Hasen, Chancellor's Professor of Law and Political Science. Includes a Wine & Cheese Reception. University Club Samuel McCulloch Library Room at [801 E. Peltason](#). RSVP to emeriti@uci.edu or call (949) 824-7769. Free parking.



Dec. 12th—Balboa Lights Evening Walk, 6:45 p.m. Join us on this walking tour of the beautiful lights of Balboa Island with lots of holiday spirit and a stop for hot chocolate/ coffee/tea/etc...! **Meet** at the Bayside Shopping Center parking lot on Bayside Drive (Jamboree is the cross street), in front of the Union Bank Building.

Dec. 15th—Cutting Through the Clutter, *Healthy to 100 & Beyond* Lecture, Noon– 1 p.m., Newkirk Alumni Center*.

Clutter effects productivity, self-esteem, social life and even weight! Clutter is not the result of sloppiness, laziness, or incompetence but several surmountable obstacles and learn solutions related to technical, external and internal problems. The [Newkirk Alumni Center*](#) is at the corner of Mesa Road and University Avenue. Limited seating; RSVP to retirees@uci.edu or call (949) 824-7769.



Jan. 11th: Improving Memory, *Healthy to 100 & Beyond* Lecture, Noon– 1 p.m., Newkirk Alumni Center*. The truth is that most people don't have bad memories.

We just haven't learned how to use our memory efficiently. Memory is a skill, and like any skill, with practice it can be developed and improved. This workshop offers participants tips and tools for improving memory skills. Limited seating; RSVP to retirees@uci.edu or call (949) 824-7769.

Not Another Email

If you are receiving this newsletter via mail, please let us know if we may EMAIL you instead. We have ~4700 emeriti & retirees and the cost of postage can be staggering. In situations of sudden benefit changes or for a SCAM alert, it is far easier to email timely news than to wait for the next mailer. Please email us at retirees@uci.edu to include you on our list. We attempt to maintain a 1-2 email-per-month maximum.

December 2015

NEW Location:

Newkirk Alumni Center
450 Alumni Ct, 2nd Flr
Irvine, CA 92697

Phone: (949) 824-7769

Fax: (949) 824-7383

Website: retirees.uci.edu

Facebook Page:

<https://www.facebook.com/UCIrvineRetirees>

Save These Dates!

Jan 18th: Day of Service

Jan 19th: [Sleep—An Essential Component of Health and Well-Being](#), Noon– 1 p.m.

Jan 26th: [Caring From a Distance, Care Giver Resources Workshop](#)

Feb. 22nd: We will join UCI Town and Gown for “*Issues Before the 2015-16 Supreme Court*”

UC Retirees Travel Program

Collette Worldwide Travel Guide gives UC Retirees access to travel to ALL 7 continents in 2016 from their 13-day Italian Vistas tour to their 9-day Classic Christmas Markets tour.

Contact Rosemary Norling (Rnorling001@san.rr.com) or call (800) 437-0235 and mention promo code U001.AX1.918 and University of California Retirees Association.



Did You Know?

1. Your valid UCI email address entitles you to the same discounts that staff receive at The Hill. Discounts vary depending upon the item(s) available. The store maintains a current sheet with specific information.
2. The UCI Retirees Association contributes-- with the help of YOUR dues support -- to the UCI Staff Assembly Scholarship effort that awards funds to current staff members who seek to continue their education.

Retiree AND Alum?

We are proud of your accomplishments and would like to know what activities YOU would like to see take place at UCI.

Please email your suggestions and information to: retirees@uci.edu (include maiden name if applicable). The information you provide will remain absolutely CONFIDENTIAL!

Announcements

Emeriti and Retirees in the Next Phase of Life!

We do not “retire from life”. We GO ON to the NEXT PHASE of life! Help us to share your stories of what your lives have entailed since retiring from UCI. Many have found great adventures in helping UCI or in artistic or political volunteer experiences or second careers. Some have found renewed energy and are achieving new goals in fitness and health or helping others navigate the maze of dealing with critical illnesses.

UCI ZOTline is the new UCI newsletter seeking to feature highlights from campus news, messages from campus leadership, trivia questions about UCI, volunteer opportunities, updates on philanthropy and campus initiatives and exciting new articles featuring faculty and staff and NOW emeriti, retired faculty and staff.

SEND us (retirees@uci.edu) your stories for submission! Here is ZOTline's [new website](#) to learn more.

MRI Study Volunteers Needed!

The Memory, Aging, and Dementia Lab at UCI is recruiting volunteers for participation in an MRI study of Memory & Mood in Aging. We are looking for adults **ages 60 and up** who are experiencing depressive symptoms such as feelings of sadness, changes in mood, appetite or sleep, or having trouble concentrating or remembering things. The study will be ongoing over the next few months (dates and times are flexible). Participants come into the lab on the UCI campus and undergo neuropsychological testing (1.5 hours) as well as an MRI scan (1 hour). Participants will be compensated \$60 for their time in addition to receiving mileage reimbursement and a parking pass. In order to determine if you qualify for the study, please contact project lead, Stephanie Leal, at sleal@uci.edu or call: [\(949\) 824-0314](tel:9498240314).

Can Fragrances Affect Memory?

Participants are needed for a research study to determine whether smelling fragrances daily can improve attention and memory. If you are between 60-75 years of age, able to walk, not diagnosed with cognitive impairment, able to smell fragrances, and fluent in the English language, you may be eligible to participate. You will be compensated \$100 for your participation. For more information, please contact: Dr. Michael Leon, Professor, UCI Department of Neurobiology and Behavior: (949) 824-5343 or mleon@uci.edu.

Website: retirees.uci.edu

Facebook Page? YES we have one!

<https://www.facebook.com/UCIrvineRetirees>