

UCI Center for Emeriti and Retirees

Interdisciplinary ∞ Multicultural ∞ Intergenerational

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Upcoming Events

Nov. 4th—Open Enrollment Information Fair—9:30 a.m. to 1:00 p.m.

Free Flu Shots offered until supplies last at Newkirk Alumni Center. Information sessions specifically for RETIREE questions will be as follows:

Kaiser:	9:30 a.m.	Health Net:	10:00 a.m.
Blue Shield:	10:30 a.m.	UC CARE:	12:00 p.m. **not for Medicare-eligible retirees.**

RSVP at retirees@uci.edu or (949) 824-7769. **Free PARKING for those with no UCI permit in LOT 14 (an attendant will hand-out permits at the entrance).**

Nov. 9th —Tour of UCI SIM and Clinical Skills Centers—10 to 11:30 a.m.

View the Simulation Center, a dedicated, state-of-the-art facility which can simulate an emergency department trauma bay, full scale operating room, critical care unit or patient ward. The Clinical Skills Center program allows students to develop skills in physical exams, communication, taking patient histories, and other aspects of clinical practice. Located on the Irvine campus. **RSVP NOW** for free parking to retirees@uci.edu.

Nov. 12th—Laurel Canyon Hike—9:00 a.m. at UCI or 9:30 a.m. at trailhead.

Located in the Laguna Coast Wilderness Park, this hike consists of a 3.5 mile loop with a 700 feet elevation change. Great views of Orange County and the Santa Ana Mountains.

Directions: Exit El Toro on the 5 freeway towards Laguna until it dead ends at Laguna Canyon Road. Turn left onto Laguna Canyon Road. Trailhead will be on right. \$3 parking.

*Optional no-host lunch afterwards. RSVP to retirees@uci.edu or (949) 824-7769.

Dec. 1st—Healthy to 100 & Beyond Lecture “Developing Creativity”- 12:00 p.m to 1:00 p.m.—Newkirk Alumni Center (<http://tinyurl.com/UCINewkirk>)

For anyone wishing to enhance their creativity at home or work. As adults, we often limit our thinking and problem solving to fit known patterns and solutions by creating boundaries around our problems and circumstances. Enhancing our creativity can help us break through these boundaries.

RSVP to retirees@uci.edu or call (949) 824-7769.

Open Enrollment Now Open

Open enrollment for retirees is open from October 29th—November 24th. View your enrollment to-do list, coverage, rates, Medicare plans and more at : <http://ucnet.universityofcalifornia.edu/oe/files/pdf/oe2016-retiree.pdf>

November 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!

- ◆ **Dec. 8th—UCI EA Community Lecture “Sarcasm and the Supreme Court”**
- ◆ **Dec. 12th—Balboa Lights Evening Walk**
- ◆ **June 1st—Annual Golf Tournament @ Arroyo Trabuco Golf Course!**

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 after your initial work with 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 older 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:(949)824-0314).

Can Fragrances Affect Memory?

Seeking participants 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, Department of Neurobiology and Behavior at University of California, Irvine: (949) 824-5343 or mleon@uci.edu.

Website: retirees.uci.edu

Facebook Page? YES we have one!

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