

UCI Center for Emeriti and Retirees

Interdisciplinary ∞ Multicultural ∞ Intergenerational

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Upcoming Events

Jan. 11th (Mon.), 12 to 1 p.m.: *Improving Memory*

Healthy to 100 & Beyond Lecture

Most people do NOT have bad memories but may not be using it 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. Held at the Newkirk Alumni Center (directions to the right*). Limited seating; RSVP to retirees@uci.edu or call (949) 824-7769.



Jan. 18th (Mon.): "Make it a day ON, not a day off" in honor of Dr. King's legacy of service. Join fellow Anteaters by volunteering at the Orange County Food Bank to assemble and pack food boxes for those in need. Transportation (if needed) will be provided by ASUCI Shuttles from the UCI flagpoles (adjacent to Aldrich Hall). This counts as part of UCI's 50 for 50 volunteer program to help make a difference in the community. Further details available soon. <http://50th.uci.edu/volunteer/>



Jan 19th (Tues.), 12 to 1 p.m.: *Sleep: An Essential Component of Health & Well-Being.* *Healthy to 100 & Beyond Lecture.*

Recent research has noted that Americans are notoriously sleep-deprived. Improving health via diet and exercise may not be enough if sleep is overlooked. Sleep medications, often with alarming side-effects, will surpass \$5 billion in annual sales within the next year. Join us to hear the latest research and suggestions. Held at the Newkirk Alumni Center (directions at right*); RSVP retirees@uci.edu or 949-824-7769.

Jan 26th (Tues.), 12 to 1 p.m. – *Caring from a Distance*

Caregiver Resources Workshop. Distance doesn't mean you can't provide comfort and care for your elderly relative. Join us to hear about care strategies, developing emergency plans and building a support system. Held at the Newkirk Alumni Center (directions at right*); RSVP retirees@uci.edu or 949-824-7769.

Jan. 27th, HIKE @Crystal Cove Red Route (9:00 am at UCI/9:30 at trailhead)

5.5 mile hike with 800' elevation change and spectacular views of the Pacific. Meet at the El Moro Visitor Center (enter El Moro Canyon Road off Pacific Coast Highway near El Moro School); proceed to the parking lot near the Visitors Center (\$15 parking @ the Visitors Center). Or, arrange to carpool. RSVP: retirees@uci.edu.

Jan. 30th (Sat.), 3 to 9 p.m.- Limited FREE Tickets Available for *UCI Homecoming!*

We have 30 free tickets for our non-alumni retirees** (limit 2 tickets per retiree until they are gone). See the day's events here: <http://tinyurl.com/UCIHomecoming2016>
Email retirees@uci.edu or emeriti@uci.edu to reserve NOW.

**If you are a Retiree AND Alum you should have already received an E-card from UCI Alumni offering you 2 free tickets.

January 2016

Center Info.:

Jeri I. Frederick, Director
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:

[www.facebook.com/](http://www.facebook.com/UCIrvineRetirees)

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*Lecture locations/map:

The Newkirk Alumni Center
corner of Mesa Rd. and
University Ave., Irvine.
Park in Lot 14.

Map found here:

[http://retirees.uci.edu/
contact-us/](http://retirees.uci.edu/contact-us/)

UCIrvine Health (Medical
Center in Orange, CA)
lectures are coming in
February!

Save These Dates!

Feb. 9th (Tues.): OPEN
House for The UCI Center for
Emeriti & Retirees in our new
space at the Newkirk Alumni
Center! 12– 3:30 p.m.

Feb. 22nd: We will join UCI
Town and Gown for "Issues
Before the 2015-16 Supreme
Court", 12-1 p.m.

June 1st: Annual Anne
Paden Golf Tournament @
Arroyo Trabuco Country Club.

Email: retirees@uci.edu

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:(949)824-0314).

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>