

CONNECTIONS NEWSLETTER

Interdisciplinary / Multicultural / Multigenerational

CELEBRATE WITH US!

HONORING UCI EMERITI AND RETIREES

You contributed to UCI's phenomenal development of the campus and medical center. You are invited to join our online Annual Reception honoring UCI Emeriti and Retirees.



Chancellor Gillman will speak and answer a LIVE Q&A. View a special performance by the UCI Opera Guild, and learn how retirees and emeriti directly impact incoming students and UCI's future.

WHEN

OCTOBER 20, 2021

TIME

3:00 - 4:30 P.M.

RSVP

[HTTP://BIT.LY/CERRECEPTION2021](http://bit.ly/cerreception2021)

Zoom Webinar link will be provided after registration

In celebration of a hopeful return to travel, the first 400 RSVPs will each be mailed a specially branded UCI Emeriti & Retirees luggage tag!



UCI Center for Emeriti & Retirees

Phone Number: 949.824.7769

Email: retirees@uci.edu

Jeri I. Frederick - Director
Emil Nguyen - Operations/Programs

CER Volunteers:

Glen Gilbert

Katie Matsui Susan Schober

Jill Halvaks - UCIRA President
George E. Miller - UCIEA President

Keep on Reading:

▶ **October HWBR**

Enjoy Fall outdoors with the hike and walk this October

▶ **UCI FitSquad**

If you're looking to be more active, check out the UCI FitSquad

▶ **Concierge Care Navigators**

Learn about this program from the Council On Aging Southern California

▶ **Fall UCI Arts Programs**

See what the Claire Trevor School of the Arts has lined up for Fall

▶ **2022 Open Enrollment**

Online webinars and Health Care Facilitator office hours in November

GET CONNECTED on FACEBOOK:

<https://www.facebook.com/groups/UCIretirees/>

OCTOBER 2021

HIKES WALKS BIKE RIDES

October 7 - 8:00 a.m. HIKE - Aliso Woods Canyon

This is a delightful loop route along the Woods Creek and Woods Canyon trails for approximately 5 miles.

More Info and RSVP: <https://bit.ly/3urMPf2>



October 20 - 9:30 a.m. WALK - Back Bay to Shellmaker Island

This 6 mile out and back walk is considered “easy.” Please bring water and sun protection.

More Info and RSVP: <https://bit.ly/3ojTrLp>



**These outdoor activities are led by UCI Retirees Association members.*

Looking for Fitness Classes?

Check out UCI FitSquad

Hosted by UCI's HR Wellness Program, UCI retirees have the opportunity to take fitness classes at a low cost through the FitSquad program. The virtual and in-person classes include the following: yoga, Zumba, full-body fitness, stretch and tone, and “breathe easy.” The cost is only \$5 per class. A UCI email address is required for registration.

Click here for more information and to register:

<https://www.campusrec.uci.edu/fitsquad/index.asp>



Need Help Managing Health Care Challenges for You or a Loved One?



Council on Aging

Southern California

Helping Seniors Remain Healthy, Connected & Protected

Concierge Care Navigators

Online Workshop

Wednesday, November 3

2:00 – 3:00 p.m.

Speaker: Susan Papiri, Community Liaison - Council On Aging Southern California

Register on Zoom: https://uci.zoom.us/webinar/register/WN_gReHsqfkQBGk9pV8IFy0IQ

The Concierge Navigators Program at the Council On Aging Southern California (COASC) provides resources and knowledgeable support to help seniors and their caregivers navigate the complexities of health challenges. Their skilled team of Registered Nurses are Certified Geriatric Care Managers and are specially trained to evaluate, plan and coordinate care, no matter the circumstance. Services include medication management, referrals to trusted resources, and personalized care plans.

Susan will also briefly discuss other services provided by COASC.

HAVE YOU MISSED THE ARTS?

UCI Claire Trevor School of the Arts Fall Events

Human Error October 1 - 31, 2021
Virtual presentation - streaming on demand
\$10 access

<https://www.arts.uci.edu/event/human-error>

“A comedy about two couples – one liberal, one conservative – thrown together because of a mix-up at a fertility clinic.”



Revolution Everywhere: Thresholds of Resistance

Curated by Juli Carson

October 9 – December 11

Tuesday – Saturday, noon – 6:00 p.m.

Contemporary Arts Center Gallery

Tickets: Free admission

“Revolution Everywhere features three large-scale film & photographic installations by Panos Arahamian, Heather M. O’Brien, and Simon Liu, whose works have been shaped by the recent revolutions in Lebanon and Hong Kong. Since all regional revolutions are global, the

artwork’s political and poetic approaches are further triangulated by the Southern California cultural landscape in which they are viewed. It is the stance of the artists that within the catastrophic devastation of failed nation states and forced Diaspora, a poetic approach to political art ‘makes life worth living.’ ” <https://www.arts.uci.edu/event/revolution-everywhere-thresholds-resistance>

Audio Theater

Friday, November 12, 8:00 p.m.

Saturday, November 13, 2:00 and 8:00 p.m.

Claire Trevor Theatre

Live performances

Tickets: \$19 general admission, \$16 seniors

<https://www.arts.uci.edu/event/audio-theater>



“Experience the magic of audio performances with six short plays written by UCI students and alums, and directed by UCI undergraduate and graduate students.” Audio theater has been known by many names and has been around for a long time (some say since the late 1800s). A quick definition is plays that are conveyed purely through sound—voice, music, sound effects, etc.

CUCRA

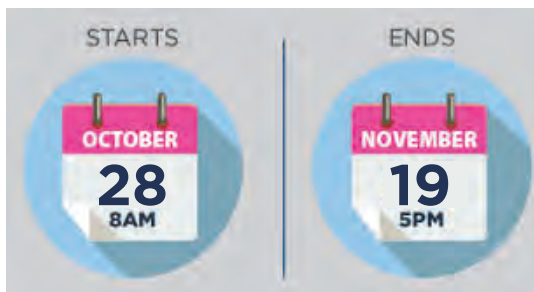
COUNCIL OF UNIVERSITY OF CALIFORNIA
RETIREE ASSOCIATIONS

How does CUCRA ensure that the voice of UC Retirees is heard?

CUCRA, comprised of retiree volunteers from each campus, maintains regular contact with several divisions within the UC Office of the President (UCOP) including the Vice President of Human Resources and the Retirement Administration Service Center (RASC) which administer the continuing Retiree Benefits Programs (health, dental, vision, ARAG legal insurances, etc.). CUCRA also works with the Joint Benefits Committee which has UC retiree and emeriti representatives who analyze the various benefits and retirement options being offered and submit reports with recommendations to UCOP. Major issues are re-visited and discussed at length with UCOP representatives at the twice annual CUCRA and Council of UC Emeriti Associations (CUCEA) system-wide meetings. Representatives from CUCRA and CUCEA are also appointed to UCOP Committees such as the recent UC Health Benefits Advisory Committee.

More information about the activities of CUCRA can found at <https://cucra.ucsd.edu/>

OPEN ENROLLMENT 2022



This online workshop will provide retirees with up-to-date information regarding any enhancements or changes to the UC health and welfare plans for 2022 as well as transactions that can or should occur during Open Enrollment.

RETIREE PLANS PRESENTATION

Nov 2, 2021 10:00 AM Pacific Time (US and Canada)

More Info and RSVP: <https://bit.ly/3zW0vhQ>

Do you have questions about Open Enrollment and changes to the medical, dental or vision plans offered by the University for 2022? Meet with **Kwame White, UCI Health Care Facilitator (HCF)** to discuss your questions over Zoom. If you have additional questions, please feel free to contact the Kwame at whitek@uci.edu

HCF - RETIREE OFFICE HOURS

Nov 4, 2021 10:00 AM Pacific Time (US and Canada)

More Info and RSVP: <https://bit.ly/3oIXVRP>

Nov 9, 2021 1:00 PM Pacific Time (US and Canada)

More Info and RSVP: <https://bit.ly/3D6iXYZ>



Kwame White, UCI HCF