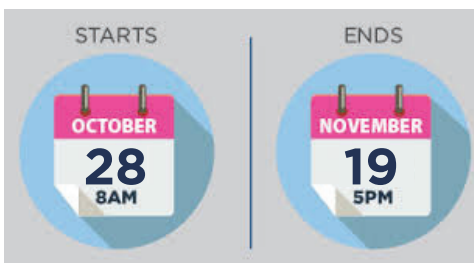


# CONNECTIONS NEWSLETTER

Interdisciplinary / Multicultural / Multigenerational

## OPEN ENROLLMENT 2022 + INFORMATION SESSIONS



**Open Enrollment** for 2022 has started and ends November 19 at 5pm. Below you will find links to official Open Enrollment websites and also UCI retirees **presentation** and **office hours** with Kwame White, **UCI Health Care Facilitator**.

**Open Enrollment Website:** <https://ucnet.universityofcalifornia.edu/oe>

**Login to UCRAYS:** <https://retirementatyourservice.ucop.edu/>

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 Kwame at [whitek@uci.edu](mailto: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/3olXVRP>

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

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

**UCI** Center for  
Emeriti & Retirees

Phone Number: 949.824.7769

Email: [retirees@uci.edu](mailto: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:

- ▶ **Concierge Care Navigators**  
*Learn about this program from the Council On Aging Southern California*
- ▶ **November HWBR**  
*Enjoy Fall outdoors with a hike and bike ride this November*
- ▶ **Gavin Herbert Eye Institute**  
*Learn about vision therapies for Keratoconus at this FREE online lecture*

GET CONNECTED on  
FACEBOOK:

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

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



**Council  
on Aging**  
Southern California

**Concierge Care Navigators  
FREE 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](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.

## NOVEMBER 2021 **HIKES** **WALKS** **BIKE RIDES**

### November 9 - 9:00 a.m. HIKE - Whiting Ranch

Whiting Ranch, Borrego Trailhead to Vista Point. On this 5.5 mile out and back hike, we'll get our sweat on as we climb Mustard Trail to Vista Point.

**More Info and RSVP:** <https://bit.ly/3mnf1gC>



### November 16 - 9:00 a.m. BIKE - Newport Beach to Sunset Beach

We'll take the Santa Ana River Trail under PCH and head north on the bike/pedestrian trail towards Huntington Beach for a 20 mile out and back ride.

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



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



**Tuesday, Nov. 16, 2021 - 7 p.m.**  
**Vision Therapies for Keratoconus**  
Presented via Zoom by  
Marjan Farid, MD &  
Thanh Mai, OD, FSLs

**Click here to register online:** <http://www.uci.edu/lectureRSVP.html>