UCI Center for Emeriti and Retirees

Interdisciplinary ∞ Multicultural ∞ Intergenerational

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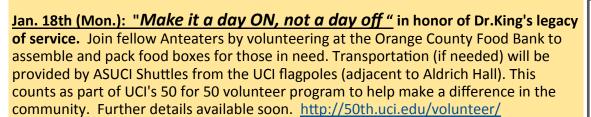
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Upcoming Events

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

Healthy to 100 & Beyond Lecture

MEMORY LANE 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 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 sleepdeprived. 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: reitrees@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/ **UCIrvineRetirees**

*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/

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!

<u>Announcements</u>

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 <u>ages 60 and up</u> 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 <u>sleal@uci.edu</u> or call: (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: <u>retirees.uci.edu</u>

Facebook Page? YES we have one! https://www.facebook.com/UCIrvineRetirees