

CONNECTIONS NEWSLETTER

Interdisciplinary / Multicultural / Intergenerational

EVENTS & OPPORTUNITIES

Retiree Health Benefits - UPDATE

CUCRA and **CUCEA** (the Councils of UC Retirees and Emeriti Associations) are the organizations that work on behalf of emeriti and retirees on important issues. They have been serving and continue to serve as conduits of information on possible changes to retiree health insurance. They know that this is very important to all of us and have endeavored to provide information to retirees/emeriti as it becomes available. The 2019 **UCOP Retiree Health Benefits Design Working Group** provided recommendations to **President Napolitano** in June. The CUCRA and CUCEA representatives in the working group expect to provide an update in July on the response to the recommendations and changes for 2019. The report will be sent around to each retiree and emeriti association to share with constituents.

JULY / AUGUST 2018

HIKES / WALKS / BIKE RIDES

July 11 - 9:00 a.m. - HIKE

Chapparosa Park to Salt Creek Beach



We are extending our annual hike to Salt Creek Beach by starting at Chapparosa Park. Total distance will be approximately 7.5 miles. Having paved and packed earth, this hike on an undulating trail climbs a total of about 525 feet. We'll enjoy some great scenery and, of course, cool breezes at the beach. The hike is fairly easy - limited only by your willingness to 'go the distance'. This is always one of our most popular hikes.

More Info and online RSVP <https://goo.gl/LLr7Wb>

August 7 - 9:00 a.m. - WALK

Creekside Trail in Dana Point



Meet at Creekside Park in Dana Point for a 2.75 mile out and back walk on the San Juan Creek trail to Doheny Beach State Park on paved trails. This walk is considered "easy". Please bring water and sun protection.

More Info and online RSVP <https://goo.gl/jwTb1W>

UCI Center for
Emeriti & Retirees

Jeri Frederick - Director
Emil Nguyen - Operations/Programs

CER Office Volunteers:

Siddiqua Hirst Katie Matsui
Glen Gilbert Susan Schober

Jill Halvaks - UCIRA President
Jim Danziger - UCIEA President

Keep on Reading:

▶ UC Irvine Night at Angel Stadium!

Watch the Angels play and receive a UCI/Angels baseball cap!

▶ Tickets Available!

For the New Swan Theatre -
A Midsummer Night's Dream

▶ Retiree Highlight

Featuring Myra Rahe and
50 Shades of Coloring

GET CONNECTED on
FACEBOOK:

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

ANTEATERS IN THE OUTFIELD



UC Irvine Night at Angel Stadium
Saturday - July 21

Join fellow students, alumni, staff, and supporters for UCI Night at Angel Stadium. All tickets include a custom UCI/Angels hat! A portion of proceeds go to UCI Foundation. Hat distribution will take place in the UCI Village by Gate 5 on game day.

For groups of 20 or more, please call Andrew Abarca at 714-940-2125.

More Info and to Purchase Tickets

<https://groupmatics.events/event/UCI>



New Swan Theatre Tickets -
UCI Retiree Group Rate

A Midsummer Night's Dream

Presented by the acclaimed UCI New Swan Shakespeare Festival in a beautiful, intimate outdoor theatre. LIMITED tickets remaining!

**Sunday, August 26
8:00 p.m.**

Register by check/mail:

<https://goo.gl/BxNGsY>

UCI RETIREE HIGHLIGHT:



Myra Rahe coordinated speaking engagements for over 300 physicians a year by the time of her retirement in 2014, growing the program from only 30 lecture events a year in 2003.

Once retired, she found a new niche while watching the evening news — a group of women in New York gathered at a restaurant in New York to color. She loved coloring as a kid. With a little research and planning, she created **50 Shades of Coloring** (www.50shadesofcoloring.com) in Orange County. She posted the first event on Meetup.com in September 2015, and more than 50 people joined in two days. Two years later, she hosted four events monthly. Almost 600 members have “found a place to relax, create, imagine and meet new friends.” In 2016 she brought coloring to **Kaiser Permanente's Infusion Centers** in Irvine and Anaheim as a diversion for cancer patients.

Myra never expected that coloring would be her next life's chapter. She explains that it doesn't matter whether or not people color inside the lines because no talent is required. She says coloring is not just for kids, and that she is now loving “a colorFULL retirement.”

Upcoming coloring workshop will be on November 14, 2018!



Center for
Emeriti & Retirees

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