

CONNECTIONS NEWSLETTER

Interdisciplinary / Multicultural / Intergenerational

ART IN THE PARK @ UCI Homecoming

Enjoy and purchase art created by fellow retirees and alumni. Check out the UCI Homecoming website to see what else is happening: <https://homecoming.uci.edu/faculty-staff/>



UCI Center for Emeriti & Retirees

Phone Number: 949.824.7769

Email: retirees@uci.edu

UCI CER
 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:

- ▶ **UCI Graduate Division**
February 21st Research Update Event w/ Spencer Olin
- ▶ **Dinners With Anteaters**
February 23rd or May 18th - host a meal for students!
- ▶ **Retiree Highlight**
Cindy Fern, UCIRA Treasurer
- ▶ **Mindfulness-Based Stress Reduction - March 7**
Join the UCIRA for this FREE event!
- ▶ **Niguel Botanical Preserve**
Come see what's blooming March 26
- ▶ **Huntington Library Tour**
Save the date April 11!



Cost: \$7 festival entrance (\$11-\$26 game tickets)
Time: 2 p.m. - 6 p.m. (festival)
Location: Aldrich Park at UC Irvine
Parking: Complimentary (see website for details) <https://homecoming.uci.edu/parking/>

FEBRUARY 2019

HIKES WALKS BIKE RIDES

February 21 - 9:00 a.m. HIKE - "Top of the World"

"Top of the World" hike. Enjoy scenic ocean and canyon vistas on this 4.5 mile (out and back) hike along West Ridge Trail at the top of Aliso and Woods Canyon. This trail is dog friendly.

More Info and online RSVP <http://bit.ly/2AMnRf4>

GET CONNECTED on FACEBOOK:
<https://www.facebook.com/groups/UCIretirees/>

Graduate Division Research Update



Spencer Olin, Professor Emeritus



Dean Frances Leslie

Join us **February 21st, 4:30 p.m. - 7:30 p.m.** for an evening of reconnecting with colleagues about recent developments at the graduate level.

This will feature a few presentations of some of the frontline research taking place today at UCI by our finest graduate students. Hosted hors d'oeuvres and beverages will be served.

CLICK HERE to RSVP online:
<https://apply.grad.uci.edu/register/2019Emeritus>

Questions? Email gradalum@uci.edu



Dinners With Anteaters HOST a Meal for Young Students!

February 23rd or May 18th - Host students for a meal in your home or restaurant of choice and share your UCI experience.

Co-hosting with other retirees, emeriti, or alumni is welcomed as well! Don't miss out on this chance to engage with current students.

<http://engage.alumni.uci.edu/DWAHost022319>

UCI RETIREE HIGHLIGHT:



Cindy Fern retired from UCI in 2014. She is the former Director of Student Affairs for the School of Physical Sciences. Following her retirement, Cindy joined the UCI Retirees Association Board of Directors and currently serves as Treasurer.

Having additional free time in retirement has allowed Cindy more time to sew. She is a member of the UCI Stars, a group of quilters and crafters that started on campus in 2002 and continues to meet monthly at the home of another UCI retiree. This group creates quilts, pillows, and tote bags that they donate to the *UCI Chao Family Cancer Center*. Cindy's specialty is 'comfort' pillows for breast cancer patients. She makes around 100 pillows a year. In addition, Cindy is a member of the *Beach Cities Quilt Guild* and is an active participant in that group's philanthropy committee.

Cindy participated in the Physical Sciences Mentorship program following her retirement and continues to serve as a mentor for several UCI graduates. She has also been recalled to campus a couple of times to fill in for academic counselors on leaves of absence in the Schools of Business and Physical Sciences.

Since retiring, Cindy has taken up yoga and tries to walk or hike several times a week. She has also resumed playing the piano, something she hasn't done in a very long time. Retirement has allowed Cindy more time to read. She tries to complete one book a week and has a goal to read all of the books written by one of her favorite authors, Michael Connelly.

Like other retirees, Cindy has had more time to travel. She and her husband of 47 years, Ed, just returned from a trip to England and Scotland. They are planning a trip in the spring to either Greece or Alaska.

Check out upcoming events on the next page!

March 7 - Mindfulness-Based Stress Reduction (MBSR)



Cost: FREE EVENT
Time: 10:00 a.m. – 11:30 a.m.
Location: The Newkirk Alumni Center
Presented by: Jessica Drew de Paz, Psy.D.
 Mindfulness Coordinator, Susan Samuelli
 Integrative Health Institute

Please join us for a stimulating program that will include information about Mindfulness-Based Stress Reduction (MBSR) and an overview of the research results (including benefits for older people). Experiential exercises will be integrated into the program followed by a question and answer period.

MBSR was developed by Jon Kabat-Zinn, PhD, at the University of Massachusetts Medical School over 35 years ago. MBSR has been shown to help with chronic pain, anxiety, depression and sleep. It has also been shown to boost the immune system and improve structures of the brain associated with memory, learning and executive function.

Space is limited, so please register soon.

This is a FREE program. UCI Retirees + Emeriti Association members who have paid their dues will receive complimentary guest parking. All other emeriti and retirees still receive a 50% discount on a daily parking permit.

RSVP Online Here
<http://bit.ly/UCIRAMBSR>

You can also RSVP by phone or email:
 949.824.7769 / retirees@uci.edu

Tuesday, March 26

Niguel Botanical Preserve

10:00 a.m.

Join us for a 60-90 minute walking tour through the 18 acres of the Niguel Botanical Preserve on March 26 at 10:00 am. With our recent rain, the spring bloom promises to be spectacular. Tour is \$5 per person collected on site, or free with a Senior Membership (\$15/year).

Parking, directions and online RSVP here: <http://bit.ly/2Uunail>



Thursday, April 11

The Huntington Library & Gardens

8:30 a.m. – 4:30 p.m.

Bus transportation from UCI

Explore the gardens, art galleries and visitor center at a spectacular time of year – the gardens will be in full bloom. See **Project Blue Boy**, the first major technical examination and conservation treatment of this famous masterpiece in public view. Enjoy one of the most comprehensive collections in the U.S. of British and French art of the 18th and 19th centuries.

Cost: \$74 for UCI Retirees Association Members, \$84 for non-members. Lunch not included. Look for registration details in March.

