

# CONNECTIONS NEWSLETTER

## Interdisciplinary / Multicultural / Intergenerational



**WALKS** are normally on paved walkways or flat improved trails. The distances are typically between 3-5 miles and are considered easy to moderate. We walk in parks with streams, with views of the ocean and in interesting locations. Our walks are a great combination of exercising and socializing.

Road **BIKE RIDES** - we offer a variety of road rides ranging in distance from 10-25 miles. The majority of the rides are on separate bike trails with minimal time on roads with vehicle traffic. Most of the routes we ride are flat with some short inclines.

Mountain **BIKE RIDES** - we've added mountain bike rides to this year's schedule. The rides are 10-15 miles and are mainly on non-technical dirt trails with minimal climbing. Multi-gear mountain bikes are required for these rides.

### Get Social Outdoors! Retiree Wellness LIVE Events

**HIKES** are typically 3-6 miles on improved dirt trails. Difficulty can range from beginner to moderate. Most are in OC wilderness parks like Laguna Coast or Whiting Ranch.



Attend 3 events for a free cooling towel!

## AUGUST 2020 HIKES WALKS BIKE RIDES

August 18- 9:00 a.m. - HIKE - Buck Gully

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



August 27 - 9:00 a.m. - BIKE RIDE - Dana Point

More Info and RSVP: <https://bit.ly/2PmP3sk>



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

**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 Colleen McCune  
Katie Matsui Susan Schober

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

### Keep on Reading:

#### ► Guidance Resources

Reminder: UCI retirees qualify for this FREE Human Resources benefit

#### ► A Midsummer Night's Zoom

The New Swan production goes virtual with this FREE event!

#### ► Free Online Resources

Have access to UCI emeriti & retirees benefits from wherever you live

#### ► UC Medicare Choice Webinar

Informational webinar for UC Blue & Gold members aging into Medicare

#### ► Upcoming Celebrations

The UCI Center for Emeriti & Retirees turns 15!

GET CONNECTED on  
FACEBOOK:

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

# FREE VIRTUAL EVENTS & WEBINARS

## Guidance Resources Webinars



**Orientation for  
UCI Retirees**  
**Thursday, August 20**  
**12:00 p.m. - 1:00 p.m.**

[REGISTER NOW](#)

Learn about the resources available to assist you with accessing counseling services, finding answers to legal or financial questions, locating elder care, overcoming relationship and marital conflicts, finding moving companies, pet care and more. August will also feature Coronavirus support topics.

**Mindfulness: Being Present**  
**Thursday, August 13**  
**12:00 p.m. to 1:00 p.m.**

[REGISTER NOW](#)

**Learning to Relax**  
**Thursday, August 27**  
**12:00 p.m. to 1:00 p.m.**

[REGISTER NOW](#)



UCI Shakespeare online! View a two-part production of Shakespeare's ***A Midsummer Night's Dream*** featuring New Swan actors in a format re-envisioned for the medium of Zoom acting and live streaming.

**Part I: Wednesday, August 26 or  
Friday, August 28**  
**at 6:00 p.m.**

**Part II: Thursday, August 27  
or Saturday, August 29**  
**at 6:00 p.m.**

[REGISTER NOW](#)

<https://www.eventbrite.com/e/a-midsummer-nights-zoom-tickets-113264198266>

## No Matter Where You Reside

We have worked hard to make certain that you, our UCI Emeriti & Retirees, have access to many resources no matter where you are. Here are a few:

- **UCI Campus Recreation FREE classes online:**  
<https://www.campusrec.uci.edu/recreation-live.asp>.  
Ann DiPlacito, UCIRA Board Member states, "They are free! And the yoga classes I take are wonderful. Best I've ever had."
- **OIT Help for Retirees technical issues with UCI email access, VPN and Library resources and more:** <https://www.oit.uci.edu/help/retirees>

MANY more resources are organized for you on our **CER Staying Connected While Safer at Home Resources** page:  
<https://www.retirees.uci.edu/covid19/>

## UC Medicare Choice Webinar

(UC Blue & Gold Members aging into Medicare)

If you are a UC Blue & Gold health plan member aging into Medicare, this presentation will provide information about the UC Medicare Choice plan.

Details on the WebEx and the Teleconference will be posted here: <https://UHCRetiree.com/uc>

- August 26, 2020 at 1:00-3:00 p.m.
- September 23, 2020 at 1:00-3:00 p.m.

[REGISTER NOW](#)

# UPCOMING CELEBRATIONS

## *The UCI Center for Emeriti & Retirees turns 15 years old!*

15 years ago, CER was an idea with no budget, no office space, and, most importantly no staff to make it happen. However, the volunteer board members of the UCI Emeriti and UCI Retirees Associations successfully convinced UCI Administration to join forces and start the adventure by recruiting for a part-time administrator position to create CER.

Jeri I. Frederick, current director, accepted the position late in September of 2005. Working with both Associations, the Chancellor and EVCP Offices, as well as many departments on campus, she has acquired a permanent budget, office space, two full-time staff, and ~30 volunteers for the center. A full slate of services and programs is now coordinated to serve ~6,000 UCI campus and medical center emeriti and retirees that includes surviving spouses.

Jeri states, “We have come such a long way and I have many volunteers and colleagues to thank! We hope to celebrate this anniversary at our annual Reception Honoring all UCI Emeriti & Retirees that was slated for October 20, 2020, with Chancellor Gillman as our keynote speaker. Of course, given the world situation, we might have to postpone or convert the event to some sort of online event.”

**Tell us what you think:** Should we proceed with this event as an online streaming event, or would you prefer we wait for an in-person event? Please send your thoughts to [retirees@uci.edu](mailto:retirees@uci.edu)

## *Question & Answer Opportunities?*

### **Do you have questions for Jeri I. Frederick?**

Jeri has been at UCI for 21 years and is the founding director of CER. She has worked closely with campus and medical center resources as well as our UCI Health Care Facilitator and UC Office of the President for retirement administration to assist many emeriti and retirees. Send your question to [retirees@uci.edu](mailto:retirees@uci.edu). If we have enough interest, we will host a Zoom meeting to discuss.



### **Do you have questions for Chancellor Gillman?**

Chancellor Howard Gillman was appointed as the sixth chancellor of UCI on September 18, 2014. He is an award-winning scholar and teacher with an expertise in the American Constitution and the Supreme Court. Send your questions to [emeriti@uci.edu](mailto:emeriti@uci.edu)