

CONNECTIONS NEWSLETTER

Interdisciplinary / Multicultural / Intergenerational

Maximizing Health Care Later in Life



Many retirees are facing the challenge of choosing appropriate health care for themselves or for parents. To provide guidance, CER, including the Emeriti/ae Association and Retirees Association, has put together a series of presentations centered on health care choices for seniors that includes the following topics:

- What types of healthcare are available and where do we find them?
- How can an Advance Health Care Directive be written to help one avoid pitfalls and maintain care that is in line with personal values?
- How does dementia impact health care and how we can prepare for that possibility?
- What are the financial aspects of health care and how can Medicare help?

The series will be presented through Zoom lectures on Wednesdays at 2 p.m. See dates below. You will receive a Zoom link once you register.

**Maximizing Your Health Care Late in Life:
Obstacles and Opportunities**
Hosted by William (Bill) Parker
Zoom Webinars (2:00 - 3:00 p.m.)

Sept. 16 - Overview and Planning

Register Online: <https://bit.ly/3gLxlj>

Oct. 14 - Effects of Dementia

Register Online: <https://bit.ly/3gFtuyw>

Sept. 30 - Advance Directive

Register Online: <https://bit.ly/2EQzsQ0>

Oct. 28 - Covering Costs

Register Online: <https://bit.ly/2EU3KRD>

UCI Center for
Emeriti & Retirees

Phone Number: 949.824.7769

Email: 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:

► September Outdoor Events!

Outdoor wellness events are a great way to meet others and stay active!

► Virtual Events

Stay informed and also support the Anti-Cancer Challenge - virtually!

► UCIRA Legacy Scholarship

Read about the two recipients of the 2020-2021 UCIRA Legacy Scholarship!

► 2020 Retirees Reception

Join us virtually to celebrate UCI retirees and CER's 15th Anniversary

► Fall 2020 CUCRA Survey

Recognize retiree accomplishments and take part in this survey

**GET CONNECTED on
FACEBOOK:**

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

SEPTEMBER

HIKES WALKS BIKE RIDES

September 9- 9:00 a.m. - BIKE - Bommer Cyn

More Info and RSVP: <https://bit.ly/31JsBkr>



September 16 - 9:30 a.m. - WALK - UCI Campus

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



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



UCIRA Legacy Scholarship Students Awarded!

We are pleased to announce the recipients of the Retirees Association Legacy Scholarship for the 2020-21 academic year. Due to the generosity of our members, we were able to award \$3,000 to one incoming freshman and \$3,000 to one incoming transfer student. Please consider making a donation in support of this scholarship:

https://retirees.uci.edu/pdf/2019/2019-UCIRA_Donation_Form.pdf



Vivian Liu

Vivian Liu is a freshman from El Monte, CA, majoring in Biological Sciences. Her brother is a UCI alumnus. Her career goal is to become a Physician Assistant. Her hobbies are photography and calligraphy. She plans to use the scholarship money to help with books and fees.

Melissa Montoya is a transfer student from Paramount, CA, majoring in Criminology, Law and Society. She's looking forward to attending UCI and continuing her journey to find her passion and channel that into a career. Her brother is a UCI alumnus. Receiving the scholarship will allow her to focus more on her studies.



Melissa Montoya

MORE UPCOMING VIRTUAL EVENTS

UC Medicare Choice Webinar Presentation

(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.

**September 23, 2020
(1:00-3:00 p.m.)**

[REGISTER NOW](#)

Anti-Cancer Challenge Webinar Series

You're invited to attend a free series of webinars featuring renowned UCI faculty. Topics include, lung cancer, skin health, digestive health, brain and nerve health, women's health, men's health, and sleep.

**Thursdays, until
October 1, 2020
(1:00-2:00 p.m.)**

[LEARN MORE](#)

JOIN US OCTOBER 3RD HELP DEFEAT CANCER!

Alone we are strong, together we are unstoppable.



2020 Team Jersey

Cancer has touched so many of our lives. Please consider making a donation, joining our team, and telling everyone you know to get involved with the Anti-Cancer Challenge. **ALL revenue** from this event will go directly to support cancer research at the UCI Chao Comprehensive Cancer Center.

The **Anti-Cancer Challenge** program, training, and October 3 event will all be held virtually.

CLICK BELOW TO JOIN THE TEAM OR DONATE

http://www.anti-cancerchallenge.org/site/TR/Anti-CancerChallenge/General?team_id=2284&pg=team&fr_id=1090



2020 UCI Retirees & Friends Team - Training Ride

Look for emailed opportunities to train and have fun at the Retirees Hikes, Walks, and Bike Rides (all with social distancing and required face masks).

Our UCI Retirees & Friends team has a collective passion for and commitment to this effort because many of us are cancer survivors or have family and friends who have been affected by this disease.

Help us represent UCI emeriti and retirees in the fight against cancer!

ANNUAL RECEPTION GOES VIRTUAL

The UCI Center for Emeriti & Retirees turns 15 years old - Celebrate via Zoom!



Save the date: Tuesday, October 20, 2020, afternoon (time to be confirmed).

Artist highlights, speakers, campus updates and much more!
Although we can't meet in person, this will be a fun way to reconnect with UCI friends and colleagues.



Jeri addressing attendees during a reception

Coming soon: Look for your invitation in the mail and emailed updates. The first 300 registrants will be mailed a specially designed UCI Emeriti and Retirees facemask with an anteater logo.

CUCRA SURVEY - RECOGNIZING UC RETIREES

In October you will receive a brief (15-minute) online survey of your activities and contributions since working at UCI or UCI Medical Center.

Why participate?

The survey seeks to capture the achievements that UC retirees make as volunteers, advocates, ambassadors, caregivers, artists and more. The survey will ask you to think about these activities prior-pandemic (2017 through 2019).



How will the data be used?

Your responses will be anonymous. The data will be used to create a report for key administrators in the President's Office and at each campus and laboratory. The 2016 report is an excellent example:
<http://cucra.ucsd.edu/survey/>