

# CONNECTIONS NEWSLETTER

Interdisciplinary / Multicultural / Intergenerational

UCI Retirees Q&A:  
*What is this Acronym  
Soup: CER, UCIEA,  
UCIRA, UGRAYS?*

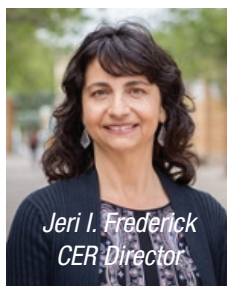
**Thursday, February 4, 2021**  
**(10:00 - 11:00 a.m.)**

Click here to register online: <http://bit.ly/3boSfQL>

Jill Halvaks, UCI Retirees Association President and Jeri I. Frederick, Director of the UCI Center for Emeriti & Retirees will be available to answer your questions (to the best of their ability) in a presentation and open forum format. Join them to learn what they do, how to get involved and to ask any questions you may have.



Jill Halvaks  
UCIRA President



Jeri I. Frederick  
CER Director

**UCI** Center for  
Emeriti & Retirees

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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:

- ▶ **UC Retirees Travel Group**  
*Travel Tours are expected to return, join two webinars to find out more!*
- ▶ **Fidelity Webinar**  
*Establishing and Maintaining Your Estate Plan + Strategies for Drawing Income in Retirement*
- ▶ **Gavin Herbert Eye Institute**  
*The 2021 Community Lecture series starts with a lecture on Diabetes*
- ▶ **February Outdoor Event**  
*HWBR's are back with a February Walk on the Jeffrey Open Space Trail*
- ▶ **More Events**  
*UCIRA Sponsored Yoga Workshop and UCI Grad Slam!*

 **UCI BioSci**

## Dean's Distinguished Lecture

**Thursday, February 4, 2021**  
**4:00 PM - 5:30 PM (Pacific Time)**

**COVID 19 – Moving Beyond the Pandemic**  
**A Discussion on Research, New Strains, Testing, Neurological Challenges and Vaccines**

A panel of esteemed biologists, researchers and scholars will be led by moderator, Dean Frank LaFerla. Q&A with panelists and audience will follow presentations.

**Thursday, February 4, 2021 - 4 p.m. - 5:30 pm**

Click here to register online: [https://www.bio.uci.edu/event/ddl\\_2-4-21/](https://www.bio.uci.edu/event/ddl_2-4-21/)

**GET CONNECTED on  
FACEBOOK:**

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

## UPCOMING VIRTUAL / ZOOM EVENTS

### UC Retirees Travel 2022 Tour Webinar – Tuesday, February 9, 11 a.m.

UC Retirees Travel is looking forward to exploring the world again when it is safe to do so. Learn more about the first two exciting 2022 trips to the Baltic capitals/St. Petersburg and Chili/Argentina in this webinar. Overseas Adventure Travel's regional travel manager will provide an overview and answer your questions.

[https://oatkickboston.zoom.us/webinar/register/WN\\_WSjldsBfRTSr6QOg0iLd0w](https://oatkickboston.zoom.us/webinar/register/WN_WSjldsBfRTSr6QOg0iLd0w)



Additionally, the UCLA Travel Group invites all UC retirees and their guests to participate in their offerings:

### UCLA Travel Group: Canadian Rockies & 2022 Options - Tuesday, February 9, 1 p.m.

Jay Fehan from Collette Travel will answer questions about the "Canadian Rockies by Train" trip and discuss other options for 2022.

<https://ucla.zoom.us/meeting/register/tJwod0mqpjgqH9Shu1g7vXFTBrHcA04ehRla>



Presented by  
Rand Erickson, CRPC  
Director, Retirement Planner

### Establishing and Maintaining Your Estate Plan

Wednesday, February 10, 2021 - 2 p.m.

Registration and more info: <http://bit.ly/2YuHnch>

### Strategies for Drawing Income in Retirement

Wednesday, February 24, 2021 - 2 p.m.

Registration and more info: <http://bit.ly/2YFfdLT>

### Gavin Herbert Eye Institute 2021 Community Lecture Series



Tuesday, February 16, 2021 - 7 p.m.

**Diabetes - The Effect of Diabetes on the Eyes**

Presented by Mitul Mehta, MD

**Improve Diabetes Care with Technology -**

Presented by Qin Yang, MD, PhD

Click here to register online:

<http://www.eye.uci.edu/lectureRSVP.html>

## FEBRUARY 2021

HIKES WALKS BIKE RIDES



Feb 17 - 9:30 a.m. - Walk - Jeffrey Open Space Trail

More Info and RSVP: <http://bit.ly/3op6JUb>

## LIVE EVENT

# FREE UCI CAMPUS RECREATION ZOOM YOGA WORKSHOP SERIES

Join Yoga Therapist, **Ashley McKeachie**, from UCI Campus Recreation as she leads you through this series. You can register for one or all of the workshops entirely **FREE** courtesy of the UCI Retirees Association!



## Feb 25 (12:00 noon) Workshop #1 Breathing is My Balance

This workshop teaches you a variety of breathing techniques that will increase your overall health and well-being.

**More Info and RSVP:**  
<http://bit.ly/3t7dpsQ>

## Mar 4 (12:00 noon) Workshop #2 Meditation 101

Learn the benefits of meditation and how to begin a simple, yet profound meditation practice that focuses on compassion for oneself and others.

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

## Mar 11 (12:00 noon) Workshop #3: Power of Daily Routine

Learn how to create simple and short daily routines that reinforce your health and happiness

**More Info and RSVP:**  
<http://bit.ly/2YrjT7Q>



## GRAD SLAM CAMPUS FINALS

Thursday, March 4, 2021  
5:00 PM – 7:00 PM PST  
(GMT-8)

**Register Online:**

[https://campusgroups.uci.edu/graddiv/rsvp\\_boot?id=899185](https://campusgroups.uci.edu/graddiv/rsvp_boot?id=899185)

Join us for a unique virtual opportunity to see some of UCI's top graduate scholars show off their impressive research in a competition setting. Even though the competition will look a little different this year in a virtual format, we want YOU to be there!

Grad Slam is a systemwide competition that showcases and awards the best three-minute research presentations by graduate scholars. This competition not only highlights the excellence, importance and relevance of UCI graduate scholars and their research, but it also helps them improve their communication skills and ability to effectively present their work with poise and confidence. It is an opportunity to share their accomplishments with the campus, friends of UCI, the local community, and the general public.



Center for  
Emeriti & Retirees

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