

# CONNECTIONS NEWSLETTER

Interdisciplinary / Multicultural / Intergenerational

## ANTI-CANCER CHALLENGE

**VIRTUAL PROGRAM** NOW THRU AUG. 11

**VIRTUAL CHALLENGE DAY** SAT., AUG. 14



UCI Retirees & Friends raised **\$7000** last year with 100% of the proceeds benefiting cancer research at the **Chao Family Comprehensive Cancer Center**. Alone we are strong; together we are unstoppable.

JOIN the UCI Retirees & Friends Team: <http://bit.ly/UCIRetireesAndFriendsACC>

### Check out the following FREE virtual events

Wednesday, August 4 (1 - 2 p.m.) : "Mindfulness" with the SSHI

Wednesday, August 11 (1 - 2 p.m.) : "Genetics and Cancer"

Use the link below for ANY and ALL  
of the events on their given date and time:

<https://ucihealth.zoom.us/j/92185799374?pwd=L25ybkk2THNLYjRqMlV2Y3lTOHY4dz09>

Saturday, August 14 UCI Retirees & Friends: Group Walk and Ride

Contact **Mike Puritz** [mike.puritz@uci.edu](mailto:mike.puritz@uci.edu) for details

## AUGUST 2021 HIKES WALKS BIKE RIDES



### August 11- 9:00 a.m. Hike - Nix Nature Center

The first half of this 5 mile hike will test our fitness as we climb from Nix Nature Center to the high point of Serrano Ridge Trail. We will gain 650 feet in elevation before a leisurely descent to Barbara's Lake and the return to our cars. The lake is one of only 3 natural lakes in the OC and is a great reward for our efforts.

**More Info and RSVP:** <https://bit.ly/3lcmjE2>



### August 17 - 9:00 a.m. Bike Ride - Dana Pt. Harbor

The out and back ride has three distances (3 sections - 9, 19 or 25 miles total) depending on ability. Helmets required on all rides. Riders are responsible for carrying their own water, snacks, and spare tubes. Meet in the Dana Point Harbor parking lot (corner of Golden Lantern and Dana Point Harbor Drive).

**More Info and RSVP:** <https://bit.ly/3f5Zn5t>

**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

Katie Matsui Susan Schober

Jill Halvaks - UCIRA President

George E. Miller - UCIEA President

## Keep on Reading:

- ▶ **Medicare 101 Webinar**  
Learn the basics of Medicare from Kaiser Permanente. All are welcome!
- ▶ **CUCRA Travel Group**  
2022 trips are now booking with retirees across the UC system
- ▶ **Council on Aging - SoCal**  
Learn what the Council on Aging can do to help seniors remain healthy, connected, and protected.

GET CONNECTED on  
FACEBOOK:

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

## Virtual Medicare 101 Webinar



Please join **Kwame White**, UCI's Health Care Facilitator, and **Kaiser** as they explain when to enroll in Medicare, how to enroll in Medicare, and how Medicare and UC's health plans work together. A Q&A session will be held at the conclusion. Open to all.

**When:** August 18 (10:00 a.m. - 11:30 a.m.)

**Location:** Online Webinar, register below

### More Info and online RSVP:

<https://webinars.on24.com/KPMedicare/UCI>

## 2021 Cost of Living Adjustment

University of California Retirement Plan (UCRP) and UC-PERS Plus 5 Plan benefit recipients, including those receiving survivor and UCRP disability income, will receive a cost-of-living adjustment (COLA) effective July 1, 2021. The increase appeared in checks paid on **July 30**.

### July 1, 2021, COLA rates by retirement date

Retirement Date	COLA
On or before July 1, 2019	2.00%
July 2, 2019, up to and including July 1, 2020	1.28%

Click [HERE](#) to read more on UCNET



## POSTCARD INVITATION COMING SOON! OCTOBER 20th CHANCELLORS RECEPTION

CER will be mailing postcard invitations to October's **VIRTUAL Annual Reception Honoring UCI Emeriti and Retirees** in September! RSVP instructions will be included. **FREE gift** will be sent to all who register and attend!

**Are you ready to travel?** UC Retirees Travel is offering a wide variety of 2022 adventures for retired faculty and staff as well as family and friends from all UC locations. Early registration deadlines are quickly approaching for tours to New Orleans (January 23-27, 2022) and Spain/Portugal (March 7-22, 2022). Register for these two trips by **August 23** to lock in the price and ensure that we will have enough participants to send a UC Retirees Travel escort. Space is still available on all of these adventures:

- **New Orleans:** 1/23-27/2022
- **Spain/Portugal:** 3/7-22/2022
- **Netherlands, Belgium, France:** 4/20-5/1/2022
- **Baltic Capitals/St. Petersburg:** 6/4-19/2022



- **Islands of New England:** 8/26-9/2/2022
- **Cuba:** 10/17-22/2022
- **Chile/Argentina:** 12/2-20/2022
- **Christmas on the Danube:** 12/2-10/2022

Visit the UC Retirees Travel website to subscribe to our "Travel Talk" e-newsletter and view the most up-to-date trip information: <http://cucra.ucsd.edu/travel/>



## Council on Aging Southern California

Helping Seniors Remain Healthy, Connected & Protected

### “A Taste of the Council on Aging – Southern California” Webinar

**August 25, 2021**

**2:00 – 3:00 p.m.**

**Speaker:** Jamie S. Cansler, Director of Development and Community Outreach

**Register:** [https://uci.zoom.us/webinar/register/WN\\_bnxAjR4kQnm6inaH2RN-1Q](https://uci.zoom.us/webinar/register/WN_bnxAjR4kQnm6inaH2RN-1Q)

Learn about the **FREE** services the Council on Aging (COASC) offers older adults and their families in your community. The Council's vision is that, through their efforts, our community will realize an optimal aging experience in which older adults are valued and provided with solutions when facing aging issues.

#### COASC's free programs and services work to:

- 1) promote the mental health and overall well-being of older adults via case management, social support, activities and resource linkages with our Friendly Visitor and ReConnect Programs
- 2) educate seniors on avoiding financial predators through our Senior Protection Program
- 3) advocate for elderly long-term care facility residents through our Ombudsman Program
- 4) provide unbiased Medicare counseling through our HICAP Program
- 5) navigate the aging process through Concierge Care Navigators, our skilled team of Registered Nurses, who are Certified Geriatric Care Managers & are specially trained to evaluate, plan and coordinate your loved one's care with you
- 6) help inform older adults about aging challenges with Answers, a free resource guide for seniors, and
- 7) recognize isolated, lonely seniors during the holidays through our SmileMakers Program

The Council on Aging – Southern California (COASC) has been a trusted nonprofit organization since 1973. They provide unbiased information, programs, and services to more than 140,000 seniors and disabled adults annually across Orange, Riverside, San Bernardino, Inyo and Mono Counties.

# CUCRA

COUNCIL OF UNIVERSITY OF CALIFORNIA  
RETIREE ASSOCIATIONS

### What is CUCRA?

CUCRA The Council of University of California Retiree Associations (CUCRA) is an organization of retiree associations on the UC Campuses, the National Labs and the Office of the President whose members include retired staff and faculty. (Specific services are provided for Emeriti via the UC Emeriti Associations, CUCEA). CUCRA is recognized by UC Systemwide as an official University Affiliated Organization.

CUCRA, the voice of UC Retirees, represents retired faculty and staff to the Office of the President, the Regents and the Legislature.

Future UCIRA newsletters will provide additional information about the activities of CUCRA.



Center for  
Emeriti & Retirees

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