

CONNECTIONS NEWSLETTER

Interdisciplinary / Multicultural / Intergenerational



Sponsored by the
Council on Aging
Southern California

"Medieval Beauty" by Pedro Oliveira

Come see the winning photographs from an international competition of both professional and amateur photographers.

Bowers Museum Sept. 1 – 16, 2021

Newport Beach Central Library Oct. 17 – Nov. 15, 2021

To enter the 2022 competition, visit the Council on Aging website:

<https://www.coasc.org/events/aging-as-art/>

SEPT 2021

HIKES WALKS BIKE RIDES



September 15 - 9:30 a.m. Walk - UCI Campus

Meet in front of the UCI Human Resources building for a 4-mile walk around the campus. We will walk to the main campus for the start of the tour. This walk is considered "easy". Please bring water and sun protection.

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



September 21 - 9:00 a.m. Bike Ride - San Juan Creek

We will head out traveling East along the relatively flat San Juan Creek trail towards Rancho Mission Viejo. Once we reach the intersection of Ortega Hwy & Antonio Pkwy, we will head back for a 16 mile round-trip ride. The majority of this ride is on separated bike lanes and is appropriate for all cycling levels, although multi-gear bikes are recommended.

More Info and RSVP: <https://bit.ly/3tORVy9>

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

Katie Matsui Susan Schober

Jill Halvaks - UCIRA President

George E. Miller - UCIEA President

Keep on Reading:

► Aging Eyes Webinar

The Gavin Herbert Eye Institute
monthly webinars are back for Fall

► Long-Term Care Webinar

Learn about long-term care resources
with the UCI Alumni Association

► Zoom Cooking Class

Have an Instant Pot or Crockpot or
just want to learn about them? Join
the UCIRA for this free cooking class!

► Save This Date - October 20

The first 400 RSVPs will receive a free
UCI Emeriti & Retirees luggage tag!

GET CONNECTED on
FACEBOOK:

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



Tuesday, Sept. 14, 2021 - 7 p.m.

Aging Eyes

Presented by
Kavita Rao, MD &
Sanjay Kedhar, MD

Click here to register online: <http://www.eye.uci.edu/lectureRSVP.html>

Wednesday, Sept. 15, 2021 - 12 noon

Long-Term Care Resources: Planning and Protecting Your Retirement



Join the UCI Alumni Association to learn about Long-Term Care resources in an educational webinar on planning for long-term care and protecting your retirement income.

Click here to register online:

https://mmc.zoom.us/webinar/register/WN_qA2eJf6STlm7p1oOVTkwaQ



FREE UCI RETIREES COOKING CLASS Instant Pot vs Crockpot

Sept. 28

11:30 a.m.

via Zoom

Cook along or simply watch as Chef Jessica VanRoo, UCI Director of Culinary Education, as she explores the differences between the Instant Pot and Crock Pot. Chef Jess will prepare Lentil and Root Vegetable Stew and Japanese Daikon Chicken Mushroom Stew. This event is FREE courtesy of the UCI Retirees Association!

Click here to register online: <https://bit.ly/38nDCKA>



Our FREE gift to you!

SAVE THIS DATE October 20, 2021 CER Annual Reception

In September CER will be mailing postcard invitations to October's
Annual Reception Honoring UCI Emeriti and Retirees!

RSVP instructions will be included.

UCI Emeriti & Retirees luggage tag will be
sent to the first 400 who register.



Council on Aging
Southern California
Helping Seniors Remain Healthy, Connected & Protected

**“A Taste of the Council on Aging –
Southern California” Webinar**
RECORDING AVAILABLE

If you missed it, you can still watch the recorded video of the excellent presentation on the services of the Council on Aging, Southern California. Learn about many FREE services that are designed to navigate aging issues and provide resources for you and your family members.

Click here to view: <https://bit.ly/TasteOfCOASCwebinar>

Have you missed a previous webinars? Did you attend but would like to re-watch?

Click here to view all: <https://retirees.uci.edu/events-and-activities/zoomindex.php>



COUNCIL OF UNIVERSITY OF CALIFORNIA
RETIREE ASSOCIATIONS

How does CUCRA address retiree benefits issues?

The JBC (Joint Benefits Committee) was established by an agreement between CUCEA (faculty) and CUCRA (staff) in 1994 to address benefit issues common to both groups. You can read about JBC activities by clicking on "records" at <https://cucra.ucsd.edu/>



Farmers Insurance ChoiceSM

Farmers GroupSelectSM auto, renter, and homeowners insurance

UC Irvine is proud to introduce retirees to an opportunity to access discounted auto and home insurance from Farmers GroupSelectSM. Farmers GroupSelect can help you compare savings on auto, home, and renter's insurance using Farmers Insurance ChoiceSM. Farmers Insurance Choice is a powerful tool that gives you access to multiple quotes from top carriers, so you can choose the auto, home, and renter's insurance for your individual needs.

If you're interested in taking advantage of this benefit, call Farmers GroupSelect at **1-866-700-3113**, or visit <https://farmersinsurancechoice.com/UCIemployees> to get your quotes today.