

Tower Talk

U.C. Riverside Retirees and Emeriti/ae Associations

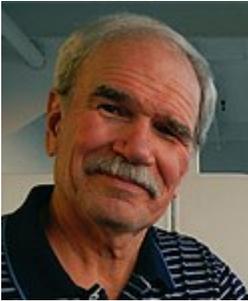
November 2015



Happy Holidays!
The UC Riverside Retiree &
Emeriti Associations
wish you and yours
the very best
this holiday season!

We hope you can join us for the
Holiday Luncheon on
December 11, 2015 at the
UCR Extension Conference Room





UCR Retiree Association President's Report

Bob Daly, UCRRA President

Parking, Parking, Parking!

It's official! All UCRRA and UCREA dues-paying members will be able to obtain permits for free parking near campus buildings starting December 1st. The final details are still being discussed with the parking office, but the program has been approved by Vice Chancellor Coley. With the retiree parking permit, you will be able to park in lots 6, 13, 24, and visitor parking in the Bannockburn lots.

I will be sending all members more information about obtaining your retiree parking permit in the coming weeks.

Lecture Series

The UCRRA was a co-sponsor with the UCR Wellness Program of a lecture, "The How of Happiness", by Professor Sonja Lyubomirsky on October 22, 2015. This was the first lecture in the UCRRA lecture series.

I had the pleasure of listening to an entertaining and informative presentation about the science of happiness. Based on her research and books, Professor Lyubomirsky explored what happiness is and how to achieve it. The lecture was very well attended, and judging from audience reaction, very well received. Tasty snacks concluded the talk as people shared their favorite moments from the speech. This was a really great opportunity for the audience to get a peek into research on this important--and fun--topic!

Winter Luncheon

The next UCRRA event is the winter luncheon on December 11th, and I hope to see you there. Keeping with our tradition, we will have the children from the Child Development Center singing holiday songs.

Please note the change in location of the luncheon to the UCR Extension Conference Room E.

I hope everyone is enjoying retirement.

Bob

Robert Daly
UCRRA President

Contact Information

Retirees' Association

OFFICERS

President:

Robert "Bob" Daly
(714) 496-5564
bobdaly@mac.com

Vice President:

Joan Dillon
(951)941-0231
timsgrandmajoan@aol.com

Treasurer:

Bill Schmechel
(951) 743-3729
bschmechel52@gmail.com

Secretary:

Mary Johnson
(951) 313-1385
maryjohnson1954@gmail.com

COMMITTEE CHAIRS

Social Secretary:

Betty Howe
(951) 686-7668
howe.bjs@gmail.com

Membership:

Cathy Carlson
(951)788-9979
justcathy@att.net

Hospitality:

VACANT

Emeriti Faculty Association

OFFICERS

President:

Anthony Norman
(951)827-4777
anthony.norman@ucr.edu

Treasurer:

Irving Hendrick
(951) 787-8274
irving.hendrick@ucr.edu

STAFF SUPPORT

Alyssa Cotter
Office of Alumni & Constituent Relations
(951) 827-2586
alyssa.cotter@ucr.edu

Emeriti Faculty

Make your donation now to the Emeriti
Association Scholarship Fund!

Donations are tax deductible!

**Make your check payable to
UCR Foundation
and mail to:**

Alyssa Cotter
2203 Alumni & Visitors Center
Riverside, CA 92521

Retirees

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2203 Alumni & Visitors Center
Riverside, CA 92521

By supporting the UCR Retirees and Emeriti Faculty scholarships, you are helping undergraduate students achieve their educational goals! Scholarship recipients will be announced at the 2015 Summer luncheon.

Happy Birthday!

Birthday	Name
Dec. 2	Chris Deviny
Dec. 8	Borden A. Bizzelle
Dec. 8	Teresa Mullens
Dec. 9	Catherine A. Casseday
Dec. 11	Juanita I. Kindinger
Dec. 13	Robert Daly
Dec. 15	Shirley A. Christiansen
Dec. 21	John dePillis
Dec. 27	Helen Zylman
Dec. 28	Bernd Magnus
Jan. 5	John Husmann
Jan. 11	Beverly J. Palmer

Birthday	Name
Jan. 23	Kathy Jones
Jan. 24	Alan R. Beals
Feb. 3	Jackie Adkins
Feb. 4	George E. Grotz
Feb. 11	Eloise P. Ryan
Feb. 12	Jayne Gales
Feb. 13	Wilma L. Printy
Feb. 18	Patricia Skotty
Feb. 19	Stephen T. Cockerham
Feb. 19	William H. Okamura
Feb. 19	Thelma L. Otto



In Memoriam:

John Hyneman
Edith Victor
Frederick Davis
Margaret Hinshaw
Patrick Malony
Henrietta Metcalf
Ann Montejano
Norma Nobles
Kay White

UCR OSHER
PRESENTS

an EDUCATIONAL PROGRAM FOR MATURE LEARNERS

JANUARY 11- MARCH 31, 2016

Retirement is a time of discovery.
Join our community of lifelong learners.

- » **University-Level Courses and Lectures**
- » **Study Groups**
- » **Special Events**
- » **Field Trips – Local and International**
- » **Experienced and Qualified Presenters**

**Free annual Osher Membership
for UC Riverside Retirees and
Emeriti Association Members
for 2015-2016**



UCR
EXTENSION

WWW.EXTENSION.UCR.EDU/OSHER

WINTER 2016

WWW.EXTENSION.UCR.EDU

Open Enrollment

Open Enrollment is the annual period to review your benefits and make changes. This year's open enrollment period is from October 29 – November 24, 2015, all changes are effective January 1, 2016.

You should have received the Open Enrollment booklet from UC Office of the President in the mail during the last week of October. If you do not want to make any changes to your current plans, you need to do nothing. However if you have questions about the medical, dental, vision or legal plans or are considering changing plans and need some assistance, visit the At Your Service website to make selections.

Even if your medical plan is continuing, Open Enrollment is a good time to re-view your plan and your other benefits to be sure your plans meet your needs.

Open Enrollment Workshop

November 17, 2015 / Noon – 1:00 p.m.

Human Resources Training Room, University Village, Suite 208

The Human Resources Benefits Office staff will present an overview of the UC Benefits open enrollment changes for faculty and staff. This workshop will provide information on the 2016 benefits plan changes along with ample time for questions.

Workshop enrollment is required through the [UC Learning Center \(LMS\)](#).

Open Enrollment Help Desk

November 19 & 24, 2015 / 8:00 a.m. – 5:00 p.m.

Human Resources Office, University Village, Suite 208

The Human Resources Benefits Office staff will be available for you to meet individually for questions and assistance in making open enrollment benefits changes.

The [UCOP Open Enrollment website](#) provides additional information about Open Enrollment.

WellnessNews



Nutrition Tips

Healthy Eating as You Age:

Poor nutrition and malnutrition occurs in over 50% of the elderly population. Malnutrition is a condition that results from eating a diet where the nutrients consumed are not sufficient or is too much and results in health problems from diet. Malnutrition can lead to a weakened immune system, which increases the risk of infections and sickness. So what can you do to prevent malnutrition? Here are some quick tips for keeping a well-balanced diet.

Make healthy choices. Your body needs certain vitamins and minerals which can be found in these foods:

Fruits and vegetables: Whole fruits and veggies contain necessary fiber; nutrients and antioxidants that can help reduce high blood pressure, lower risk of heart disease, stroke and certain cancers. Seniors should aim for at least 2 servings of fruit, and 2 servings of vegetables a day. This is equivalent to 2 whole apples and 2 cups of spinach a day.

High-quality protein in your diet can maintain ideal physical function and reduce muscle loss. Replace red and processed meat with fish, lean meats like chicken and turkey, plant based protein found in beans or low-fat dairy products.

Calcium helps with maintaining bone health to help prevent osteoporosis and bone fractures. Adults are recommended to consume at least 1,200 mg of calcium a day through milk, yogurt or cheese. Other non-dairy sources can be found in tofu, broccoli, almonds and kale.

Avoid skipping meals: Breakfast, lunch and dinner are still a must! Snacks are recommended also. When you skip meals, this causes a slow down on your metabolism, making you feel sluggish. A slow down in metabolism normally leads to weight gain because you're burning fewer calories.

References:

<http://www.helpguide.org/articles/healthy-eating/eating-well-as-you-age.htm>

<http://www.mayoclinic.org/healthy-lifestyle/caregivers/in-depth/senior-health/art-20044699?pg=2>

<http://www.everydayhealth.com/senior-health/health-benefits-of-fruits-and-vegetables.aspx>



UCR Emeriti Faculty Association Report by President, Professor *Emeritus* Tony Norman

Dear UC Emerita and Emeritus Colleagues:

The Council of UC Emeriti Associations (CUCEA) is conducting a survey of emeriti—this is the eighth study of this kind—and I am [we are] writing to ask for your participation.

As many of you know from first-hand experience, UC retirees are active people. Many continue to contribute through their volunteer work in their communities. Others remain involved in their academic fields, teaching classes, doing research, serving as mentors, and the like.

The time has come for us to update our inventory of these kinds of contributions and their value. The last survey was completed three years ago; it covered the time from 2009-2012. This survey aims to develop an inventory of emeriti activity during 2012-2015.

Take a moment to consider the entire UC emeriti population in the aggregate: it numbers more than 6000 people. When you reflect on the varied and numerous contributions that this cohort continues to make in retirement, the conclusions are impressive. It's certainly something to be proud of. We have good reasons to believe that the 2009-12 survey findings were helpful in our efforts to preserve and extend the retirement benefits that we receive. We expect that the 2012-15 inventory will be valuable in this way as well.

Here is the link to an online version of the CUCEA survey: https://www.surveymonkey.com/r/UC_Emeriti_Survey. It will take you less than 10 minutes to complete and, of course, there is no hassle with postage and mailing. You are serving your interests as emeriti when you do this.

Thanks and good wishes,

Tony Norman
President
UC Riverside Emeriti Association

Irv Hendrick
Treasurer
UC Riverside Emeriti Association

UCRRA and UCREA Calendar of Coming Events



December

4 Friday

Luncheon Reservations Due

11 Friday 11:30-1:00

Holiday Luncheon—UCR Extension Center



January (No Events)

February (No Events)



March

18 Friday

11:30– 1:00

Spring Luncheon—Save the Date

Tower Talk

UC Riverside Retirees' Association
 UC Riverside Emeriti/ae Association
 Office of Alumni & Constituent Relations
 2203 Alumni & Visitors Center
 900 University Avenue
 Riverside, CA 92521-0110

