

TOWER TALK



WHAT'S NEW

We would like to start off 2021 by thanking all of you for your involvement in our virtual programs this past year. There were many firsts that we encountered in 2020. It was the Retirement Center's first year in existence, first time providing virtual services and events and for many of us, the first time transitioning to life in quarantine during a global pandemic. We remain in this together and know that our thoughts and well wishes are with you and your families. Looking ahead, the UCR Retirement Center, Retirees' and Emeriti Associations will continue to provide programs, services and events virtually through Zoom. If you wish to share new program ideas, please share them via email to: retirees@ucr.edu.

Wishing you all a very happy new year!

Cristina Otegui, UCR Retirement Center Director

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UCR Retirees' Association

Message from the President

Mary Johnson, UCRRA President



Greetings fellow UCR Retiree Association members,

On behalf of the UCR Retirees' Association officers, I want to wish you a happy and healthy new year! I know we can all benefit from knowing that things will get better. I don't know exactly what 2021 will bring, but I am counting on it being a good year.

This Past Year

We got through the year with Zoom meetings, phone calls and snail-mail. It was not a normal year to say the least! Everyone worked hard to keep things going. I am so thankful for all of you that participated in all of the wonderful activities that the UCR Retirement Center Director, Cristina Otegui created. I'd also like to thank Doug Mitchell, UCR Emeriti President, and the UCREA Executive Board members for their insight and kindness. Thanks to Bob Daly, UCRRA past president, and the UCRRA Executive Board for their dedication and outstanding efforts. I feel so fortunate to work with these people.

The Year Ahead

There will be programs, luncheons, and activities to participate in and I hope you will take part in them. I know that 2021 will also have some challenges, but I have faith that we will get through it and at some point be able to hold in-person meetings, luncheons and lectures.

We have a dedicated group of members and I am thankful for all of you.

Sincerely,

Mary

Mary Johnson
President
UCR Retirees' Association

UCR Emeriti Association

Message from the President

Doug Mitchell, UCREA President



Greetings from the UCREA President's desk!

I am excited to report on our successful December 9, 2020 meeting with Chancellor Wilcox, EVC and Provost Smith and VC for University Advancement. We were able to report on the outstanding work being done in her first year by our Retirement Center Director, Cristina Otegui and were assured that, despite the sharp curtailment of the campus budget this year, the campus will continue to support Cristina's position for the coming year.

Early December marked the first anniversary of Cristina's appointment as Retirement Center Director, so I want to highlight a few of the Emeriti Association benefits that have resulted from her excellent work.

In the year just past, we have:

- Grown in dues paying membership by more than 20%
- Added a fourth virtual "Luncheon" to the schedule
- Supported by the UCR ITS staff, we started a monthly Tech Tips program (HEART)
- Designed and implemented a program honoring an Outstanding Emerita/us
- Renewed and expanded our quarterly Tower Talk newsletter
- Redesigned and updated our website at: <https://retirees.ucr.edu>
- Strengthened our collaboration with UNEX sponsorship of Dickson Lectures
- Strengthened our relationship with system wide retirement officials
- Consulted with VP Daniel Jeske on creation of an instructional support program
- Provided retirement planning support for new retirees
- Begun planning for the next triennial survey of emeriti faculty continuing professional work

If you have ideas services or activities that would make the life of emeriti and retirees more satisfying and productive, please don't hesitate to drop me a line or contact Cristina Otegui.

As I write this, we are all concerned that our community is facing a severe outbreak of the COVID-19 virus. We're on lock-down and stay-at-home orders limiting most social contact and communication. The approval and distribution of vaccines promises substantial relief over the next several months. But we must continue to use Zoom to hold our quarterly "Luncheons" – at least for February 12 and May 14. Do register for these luncheon meetings and come a little early to renew contact with your friends.

Stay healthy and stay safe,

Doug

Doug Mitchell
President
UCR Emeriti Association



Virtual Programs and Events

Highlander Emeriti and Retiree Tech-tips

Estate Planning



Highlander Emeriti and Retiree Tech-tips (HEART): Winter Program Series

In partnership with UCR's Information Technology Solutions (ITS), HEART is a series of workshops programmed to highlight different technology topics. ITS representatives will be on hand to lead these sessions and provide a question and answer session for retirees and emeriti to have any technology questions answered.

Winter Workshop Schedule

Zoom Meeting: **How to Best use Mobile Devices (iPhone and Android)**

Date: **January 12, 2021 from 12:00 – 1:00 p.m.**

How to register: Registration is closed. To view the PowerPoint presentation, please visit the retiree and emeriti webpage at:

<https://retirees.ucr.edu/resources-past-events>

Zoom Meeting: **Navigating Zoom**

Date: **February 9, 2021 from 12:00 – 1:00 p.m.**

How to register: Confirm your attendance by visiting the HEART registration page below no later than Monday, February 8, 2021. Join us at:

https://ucriverside.az1.qualtrics.com/jfe/form/SV_06U48oLPZk9GRQ9

Zoom meeting: **How to Best use Cloud Storage Services**

Date: **March 9, 2021 from 12:00 – 1:00 p.m.**

How to register: Confirm your attendance by visiting the HEART registration page below no later than Monday, March 8, 2021. Join us at:

https://ucriverside.az1.qualtrics.com/jfe/form/SV_eydT33ujfNA2YYJ

Estate Planning Featuring Fidelity Investments

This webinar will discuss key tools for estate planning, including strategies for gifting and insurance replacement. A retirement planner will be available to answer any questions.

Date: **Tuesday, February 23, 2021 from 12:00 – 1:00 p.m.**



How to register: Confirm your attendance by visiting the Estate Planning registration page below no later than Monday, February 22, 2021 at:

https://fmr.zoom.us/webinar/register/WN_PKIlkg_JSOKfx5W-tfEgYw

Virtual Programs and Events

Dickson Lecture Series

Winter "Virtual" Luncheon



The Edward A. Dickson Emeritus/a Professorship

Please join us for the upcoming Edward A. Dickson Emeritus/a Lecture Talk Series in partnership with UCR Osher. Each year three retired UCR faculty are awarded Edward A. Dickson Professorships to support their research, teaching, or public service activities. In the year following their awards, Dickson Professors give public presentations of their work sponsored jointly by the UCR Retirees Association and the UCR Emeriti Association. The presentations are currently being delivered online through Zoom.

Presentation Topic: **"The Accuracy of Hamilton-Perry Population Projections for Census Tracts in the United States"**

Featuring: David A. Swanson, Ph.D., Edward A. Dickson Emeritus Professor
Department of Sociology, UC Riverside



Date: **Tuesday, February 9, 2021 from 3:30 - 5:00 p.m.**

Description: In a first-ever nation-wide census tract evaluation, Swanson assesses the accuracy of the Hamilton-Perry population projection method for 65,221 census tracts. The test uses 1990 and 2000 census tract data by age and gender to construct cohort change ratios, which are then applied to 2000 census tract data to generate 2010 Hamilton-Perry projections. These ratios are evaluated in an ex post facto test against the reported 2010 census tract data by age and gender. As this project explains, simple linear extrapolation provides more accurate projections of the total population than does the Hamilton-Perry Method.

Join the Zoom Meeting at:

<https://ucr.zoom.us/j/92846252979?pwd=bnNGamMxaHpUK1lhWEtYkVia2Mrdz09>

Meeting ID: 928 4625 2979

Passcode: 862652

Winter "Virtual" Luncheon

The UCR Retirees' and Emeriti Associations invites you to the winter virtual luncheon. We welcome you, your family and friends to join us over lunch to enjoy our guest speakers Zoom presentation.

Presentation Topic: **The UCR Botanic Gardens, Nature Oasis in Challenging Times**

Featuring: Jodie S. Holt, Director, UCR Botanic Gardens

Date: **Friday, February 12, 2021**

11:30 a.m. - 12:00 p.m. Social half hour, 12:00 - 1:00 p.m. Presentation

How to register: Register no later than Thursday, February 11, 2021 at:

https://ucrivside.az1.qualtrics.com/jfe/form/SV_bd9VGNiEDAxM0pn



Virtual Programs and Events

Harnessing the Power of Mindfulness

UC Travels Program



Harnessing the Power of Mindfulness to Alleviate Depression

UC Berkeley Retirement Center cordially invites UCR emeriti and retirees' to their online webinar which is being offered in collaboration with the Belmont Village nationally, reaching elders living in and near Belmont Village communities in Houston, Austin, Dallas, Chicago, Los Angeles, San Francisco Bay Area, San Jose, San Diego, Phoenix / Scottsdale, Louisville, Nashville, Memphis, Atlanta, and Fort Lauderdale. Over 50,000,000 Americans take psychotropic medications that are mostly antidepressants. Only half achieve lasting results. Dr. Stuart Eisendrath will teach us about mindfulness-based cognitive therapy to treat depression and anxiety and help people change their relationship with their thoughts and feelings.

Featuring: Stuart Eisendrath, MD Professor of Clinical Psychiatry, Emeritus at UCSF and Author

Date: **Wednesday, January 27, 2021 at 10:00 a.m. (PST)**

How to register: Register no later than Tuesday, January 26, 2021 at:

<https://www.belmontvillage.com/webinar/harnessing-power-mindfulness-alleviate-depression/>

UC Retirees Travel 2022 Tour Webinar

UC Retirees Travel is looking forward to exploring the world again when it is safe to do so. Learn more about their first two exciting 2022 trips to the Baltic capitals/St. Petersburg and Chili/Argentina at an upcoming webinar. Overseas Adventure Travel's regional travel manager will provide an overview of these two tours, discuss the trip itineraries, share photos of the destinations, and answer your questions.

Date: **Tuesday, February 9, 2021 at 11:00 a.m. (PST).**

How to register: Register no later than Monday, February 8, 2021 at:

https://oatkickboston.zoom.us/webinar/register/WN_WSjldsBfRTSr6QOg0iLd0w



Virtual Programs and Events

Dealing with Uncertainty in COVID-19

Osher Lifelong Learning Institute



Dealing with Uncertainty in COVID-19

This webinar will discuss the stress in dealing with uncertainty amidst the COVID-19 pandemic. Tips and strategies will be shared to cope with our current daily lives.

Presenter: Kate Sweeny, Professor of Psychology, Department of Psychology, UC Riverside

Date: **Friday, February 26, 2021 from 12:00 - 1:00 p.m.**

How to register: Register no later than Thursday, February 25, 2021 at:

https://ucrivside.az1.qualtrics.com/jfe/form/SV_5yAVfOtCPSdfJZz



Osher Lifelong Learning Institute

The Osher program offers courses and events to Osher members. Due to COVID-19 pandemic, courses and lectures will be delivered remotely, via Zoom, for the winter and spring 2021 quarters. Membership includes access to the Online Video Library of recorded course sessions and lectures. UCR Retirees' and Emeriti Association members receive a \$20 discount on the Osher Annual Membership for September 2020 - June 2021.



For an overview of the Osher program, please visit the university extension webpage at: <https://extension.ucr.edu/osher/overview>

Course Presenter Opportunity!

Being a course presenter allows you to:

- Share your passion on a topic or set of topics
- Interact and engage with a community of adult learners
- Lead learners through university-level courses and lectures without the administrative hassles of traditional teaching (tests, grades, homework)
- Inspire others to learn and explore

Course presenters receive free Osher membership, access to supplies and equipment for course instructions and a presenter honorarium. If you are interested in being a course presenter or presenting a lecture in the Osher Lifelong Learning Institute program, please contact Sandra Richards, Director of the Osher Program at: srichards@ucx.ucr.edu

Online Paint Social

Save the Date for March 23, 2021

The Retirement Center is working to coordinate an Online Paint Social through Zoom. Participants will paint a themed picture guided by a live professional painter while socializing with each other. Pricing for materials and event details will be coming soon.



If you would like to express interest in this event, please email the UCR Retirement Center Director at: cristina.otegui@ucr.edu

Did You Know? UCR Operational Updates RASC Operational Updates



UC Riverside Operational Updates

Riverside county has regressed back into the Purple tier due to the spread of COVID-19 and the campus and community has been under a Regional Stay Home Order since December 7, 2020. It has been announced that remote instruction will continue through spring quarter following the same policies and procedures we have had in place for fall and winter of 2020. Chancellor Wilcox advises the community to stay home whenever possible and follow best practices of staying in place, maintaining a minimum of 6 feet distance when in public and to cover mouth and nose when around others. Vaccinations against the COVID-19 are rolling out based on priority and California is currently in Phase 1a which includes health care workers and long-term care residents. It was announced in the beginning of January that UCR Student Health Services received 100 vaccine doses to immunize front-line healthcare workers. All emeriti and retiree programs/events for the winter and spring will continue to be offered virtually and in person meetings are cancelled until further notice.

Current UCR Guidelines as of January 2021

- **Cases:** Currently we have 171 confirmed COVID-19 cases among students, 195 employee cases, and 20 on-campus contractors.
- **Classes:** Winter and spring sessions will be available remotely.
- **Events and Gatherings:** All events and in-person, non-essential gatherings on campus are suspended until further notice.
- **Student Services:** Student services available remotely.
- **Travel:** All non-essential travel is suspended until further notice.

For active updates and resources on UCR's campus efforts, please visit the UCR Environmental Health and Safety webpage at: <https://ehs.ucr.edu/coronavirus> and the Campus Return webpage at: <https://campusreturn.ucr.edu/>.

Retirement Administrative Services Center (RASC) Operational Updates

RASC continues to have adjusted operations due to the COVID-19 pandemic. The Customer Service Call Center remains open and RASC representatives are continuing to answer calls and serve members.

Contacting RASC

- **RASC Call Center:** Callers may contact a RASC representative on their toll-free number, 1-800-888-8267, Monday – Friday, 8:30 a.m. – 4:30 p.m. (PST). Please note that RASC is experiencing a high volume of inquiries and callers may experience long wait times.
- **UC Retirement At Your Service (UCRAYs):** Members may contact RASC by logging into their UCRAYS online portal and selecting “message” to send a secure message at: <https://retirementatyourservice.ucop.edu/UCRAYs/Account/LoginE>.

Additional Resources

- **RASC Updates:** For current updates on RASC operations, please visit the UCnet RASC webpage at: <https://ucnet.universityofcalifornia.edu/contacts/rasc.html>.
- **Getting Help with UC Retirement At Your Service (UCRAYs):** For more information on how to use UCRAYS and accessing your account, please visit the UCnet webpage at: <https://ucnet.universityofcalifornia.edu/retirees/ucrays-how-to-guide.html>.

Did You Know? COVID-19 Resources



COVID-19 Resources

The city and county of Riverside and UC Riverside continue to provide COVID-19 resources. Below is a list of resources that may be helpful while at home.

Alzheimer's Association: This association provides caregivers tips and suggested resources when caring for people with dementia during COVID-19. For more information, please visit the Tips for Dementia Caregivers webpage at: [https://www.alz.org/help-support/caregiving/coronavirus-\(covid-19\)-tips-for-dementia-care?_ga=2.4741306.843043167.1585943119-1403884198.1585943119](https://www.alz.org/help-support/caregiving/coronavirus-(covid-19)-tips-for-dementia-care?_ga=2.4741306.843043167.1585943119-1403884198.1585943119)

AARP: AARP continues to host a weekly live Coronavirus Information Tele-Town Hall on Thursdays. This first live event of the new year discussed vaccine development and distribution, questions about the stimulus package, and the best ways to stay safe and protected from the coronavirus. To view the recording of this Tele-Town Hall, please visit the AARP webpage at: <https://www.aarp.org/health/conditions-treatments/info-2020/tele-town-hall-coronavirus.html>

CDC Information on Coronavirus: This site will give you the latest information on the virus and sharing of key practices to prevent the spread. For more information, please visit the Center for Disease Control website at: <https://www.cdc.gov/coronavirus/2019-nCoV/index.html>

Friendship Line California: CDA and AAAs launched the Friendly Line California which is a 24/7 accredited crisis and warm line for adults 60 years and older and individuals with disabilities run by the Institute on Aging. Individuals, families and caregivers with issues of loneliness, depression and isolation may call the Friendship Line California at 1 (888) 670 - 1360.

Janet Goeske Senior Center: This organization offers Senior frozen meal distribution drive-thru's to community members 60 and older. To register for drive thru service, please call (951) 351-8800. Janet Goeske also offers free online health and fitness classes. For more information, please visit the Janet Goeske Center webpage at: <https://jgc4seniors.com/>

Regal Medical Group: This organization provides free social events and health education courses. To view the events, please visit the Regal Medical Group webpage at: <https://www.regalmed.com/news-events/>

Volunteer Income Tax Assistance (VITA) through Community Action Partnership: VITA is a free tax preparation program that helps low to moderate income filers. Appointments can be made over the phone at (951) 848-7607 or online at <http://capriverside.itfrontdesk.com/programs/>. For more information, please visit the VITA webpage at: <https://www.capriverside.org/program/volunteerincometaxassistance>

UCR Environmental Health and Safety COVID-19 Information and Resources: This webpage includes the latest news on campus status, cases, return to work protocols, research and daily wellness check as it relates to COVID-19. For more information on COVID-19 updates on campus, visit the Environmental Health and Safety webpage at: <https://ehs.ucr.edu/coronavirus>.

To view a full list of resources and services for our community, please visit the City of Riverside webpage at: <https://www.riversideca.gov/press/covid-19-senior-resources>

Did You Know? Health and Wellness



Don't Forget to Hydrate

Water Footprint Calculator

This calculator helps you estimate your total water use. You know water comes from the tap, but do you know how much water goes into your sandwich? Your gadgets? The electricity that powers them? Find out using this calculator!

Tricks to Hydrate

There are many tricks people use to drink more water.

- Keep it visible. Carry a water bottle with you when you leave the house.
- Place a note to drink a glass of water on your desk or fridge.
- Try adding lemon or other fruits to sweeten your drink. It will also add extra nutrients to your sip.
- Eat water-dense foods. As much as 20 percent of a person's daily fluid intake can come from food. Raw foods such as berries, celery and cucumbers can be a main source.
- Drink before you eat. Meals provide an easy opportunity for extra water, so try to sip through the meal or drink a glass of water before you start. Thirst is often misinterpreted as hunger, so this trick could even help slim your waistline.
- You're constantly losing water – through perspiration, urination and even breathing. Try taking small sips throughout the day, and add a glass after any exercise or outdoor activity in the heat.

Stay Well Tips article brought to you by Workplace Health & Wellness, Human Resources, UC Riverside.

Website details: For more information on UCR's Healthy Campus initiatives, please visit the Healthy Campus website at: <https://healthycampus.ucr.edu/>

Ways to Socialize and Keep Your Distance

Socializing from a distance has been the new norm during COVID-19. Many of us are used to interacting face to face for our social fix. But there are numerous ways to still socialize while maintaining your distance during this quarantine. We've shared a list of ideas below.

- Video chat with friends and family (Facetime, Google Hangouts, Zoom, Skype)
- Host virtual happy hours where everyone brings their favorite drinks and snacks.
- Host an online book club.
- Host a "Netflix Party".
- Host an online scavenger hunt (meet via Google Hangouts, Zoom, Skype then give everyone a fun list of items to find in their house and "show off" what they find when time is up!)
- Host a photo/video scavenger hunt—give them a list of silly things to do and take a photo/video of themselves to share with the group.
- Play digital board games together.
- Practice your photography skills and share with friends.
- Write a story together—one person in the group writes a couple sentences, then emails it to the next group member who adds another couple sentences and passes it along. Keep going as many rounds as it remains fun!
- Play a social online game together (e.g., Words With Friends, Draw Something, Golf Clash).
- Have an Online Karaoke party.

Did You Know?

Health and Wellness

Tech Corner: Tips and Resources



Ways to Socialize and Keep Your Distance (Continued)

- Play “Car Pool Karaoke” via Zoom—take turns picking a song and challenge other(s) to sing along. Everyone starts muted, then selectively unmute friends to share their performance with the group.
- Watch a movie or show “together” via Zoom, Facetime Group, Google Hangouts, Skype, Face-book Live or host a movie Tweet-along via Twitter.
- Do a craft “together” via Zoom, Facetime Group, or Google Hangouts.
- Send emails, notes, texts to your friends and family expressing gratitude and/or admiration.
- Do a fun workout or dance class with your favorite instructor on Instagram Live.

Stay Well Tips article brought to you by Workplace Health & Wellness, Human Resources, UC Riverside.

Website details: For more information on UCR's Healthy Campus initiatives, please visit the Healthy Campus website at: <https://healthycampus.ucr.edu//>

Tech Corner: Tips and Resources from UCR's Information Technology Solutions (ITS)

In Fall 2020, ITS experts gave excellent presentations on Password Management, General Security Services and UCR Email Access. This section summarizes key tips and resources that were shared in past Technology Tuesdays events.

Password Management

- Passwords should be strong (difficult to guess), unique (not shared), easy to remember and available whenever you need them.
- There is a formula approach that helps to create a strong password.
- Password managers are highly recommended as a tool to help create strong and unique passwords, store all passwords and syncs passwords among computers and devices.

General Security Services

- Virtual Private Network (VPN) is a secure tunnel that is created between your computer and the affiliated network to help protect your data while accessing the public internet.
- Anti-virus services such as Norton, Malwarebytes, Bitdefender are some of the services that are highly recommended by ITS.
- Subscription models allow you to have the latest version and features for the selected software versus buying the program outright where you are limited to the feature that you purchased.

UCR Email Access

- The two options for accessing UCR email is using a web browser or using an email application.
- UCR ITS provides articles on technology topics such as accessing email in their Knowledge Base webpage at: https://ucrsupport.service-now.com/ucr_portal/?id=knowledge
- Phishing occurs frequently and some best practices to detect this is by looking at the sender address and hovering over links to read the web address to ensure legitimacy.

For more resources such as video recordings and PowerPoint presentations of past events, please visit the retirees and emeriti webpage at: <https://retirees.ucr.edu/resources-past-events>

Did You Know? Discounts for Emeriti and Retirees Previous "Outstanding Emeriti Award" Recipients



Discounts for Emeriti and Retirees

The UCR Retirement Center is working with the UCR Emeriti and Retirees' Associations to gather a list of programs and services that offer discounts to emeriti and retirees. Below is an active list which will continue to be updated on the retiree and emeriti FAQs webpage at: <https://retirees.ucr.edu/faqs>

OntheHub: UC Riverside has a dedicated webpage that offers discounted software for UCR. In order to access the webpage, retirees and emeriti will need to use their active UCR email to register for an account. An automatic email will be sent to your UCR email address to confirm your new account and browse the various discounted software programs. For more information, please visit the OntheHub UC Riverside webpage at: https://ucr.onthehub.com/WebStore/ProductsByMajorVersionList.aspx?cmi_cs=1&cmi_mnuMain=f189368a-f0a6-e811-8109-000d3af41938

Mission Inn Hotel & Spa: The Mission Inn located in Riverside offers a UCR friends and family discounted rate for booking a stay at their hotel. Be sure to reference UCR at the time of booking. For more information, please view the Mission Inn discounted flyer at: https://hr.ucr.edu/sites/g/files/rcwecm656/files/2019-02/ucr-discounts_lodging-transportation_ucr-mission-inn-discounts.pdf

Enterprise Holdings: Enterprise Holdings offers UCR emeriti and retirees who need to rent a car a discounted rate that can be used with Enterprise and National Car. Please reference the general discount number XZL3227 when renting a car. For more information, please visit the Enterprise Holdings webpage at: <https://www.enterpriseholdings.com/>

The New York Times: The New York Times offers subscriptions for educators at a discounted rate. Be sure to use emails ending in .edu and/or .org when signing up for a subscription. For more information, please visit the New York Times webpage at: <https://www.nytimes.com/>

Previous "Outstanding Emeriti Award" Recipients to be Honored!

Previous recipients of the "Outstanding Emeriti Award" will be honored by the Executive Board of the UC-Riverside Emeriti Association with a permanent plaque listing their names and the year they received the award. The plaque will be on display in the UCR Retirement Center, currently located in the University Village.

Your Feedback is Requested

To ensure that all "Outstanding Emeriti Award" recipients are included on the plaque, we would like to ask emeriti to please take a moment to review the list below on page 11. Please send any additions or edits by Friday, February 11, 2021 to Cristina Otegui, UCR Retirement Center Director at: cristina.otegui@ucr.edu.

Congratulations to all recipients of this distinguished award!

Did You Know? Previous “Outstanding Emeriti Award” Recipients



Previous “Outstanding Emeriti Award” Recipients to be Honored! (Continued)

2009	• Henry Snyder, Professor Emeritus of History
2008	• Reinhold Grimm, Distinguished Professor Emeritus of German and Comparative Literature
2007	• Michael A. Murphy, Professor Emeritus of Earth Sciences
2006	• Ben Stoltzfus, Professor Emeritus of French, Comparative Literature and Creative Writing
2005	• Seymour Van Gundy, Professor Emeritus of Nematology
2004	• Carlos E. Cortes, Professor Emeritus of History
2003	• Anthony Ginter, Professor Emeritus of Music
2002	• Sun-Yiu Fung, Professor Emeritus of Physics
2001	• Victor L. Shapiro, Professor Emeritus of Mathematics
2000	• R. Stephen White, Professor Emeritus of Physics
1999	• Michael D. Reagan, Professor Emeritus of Political Science
1998	• Jerry S. Carlson, Professor Emeritus of Education • Ivan J. Thomason, Professor Emeritus of Nematology
1997	• Edgar W. Butler, Professor Emeritus of Sociology • Irwin W. Sherman, Professor Emeritus of Biology
1996	• W. Mack Dugger, Professor Emeritus of Botany
1995	• Irving Balow, Professor Emeritus of Education • Ramon Rhine, Professor Emeritus of Psychology
1994	• Ruth Roberts, Professor Emeritus of English • Edwin S. Gaustad, Professor Emeritus of History
1993	• Louis C. Erickson, Professor Emeritus of Botany • Robert V. Hine, Professor Emeritus of History • Parker F. Pratt, Professor Emeritus of Soil Sciences • John M. Steadman, Professor Emeritus of English
1992	• Walter Reuther, Professor Emeritus of Horticultural • Austin H. Riesen, Professor Emeritus of Psychology
1991	• Lauren D. Anderson, Professor Emeritus of Entomology
1990	• George Zentmyer, Professor Emeritus of Plant Pathology
1989	• John A. Moore, Professor Emeritus of Biology
1988	• F. Burton Jones, Professor Emeritus of Mathematics

Did You Know?

Emeriti Faculty Instructional Support Healthcare Facilitator Program



Emeriti Faculty Instructional Support Program

The Vice Provost of Academic Personnel would like to assess the feasibility of a program where emeriti faculty offer teaching assistance to faculty who are experiencing pandemic-related stress. In particular, faculty who have dependent care responsibilities in the home can find it difficult to manage the remote teaching environment. With the budget situation as it is at UCR, there is no funding source to secure temporary teaching to address even the most difficult situations that faculty may be facing. The VPAP would like to measure the feasibility of a program where emeriti faculty volunteer their time to assist faculty either with individual lectures for a class, or possibly by taking over the lectures for an entire class.

With hopes for a return to campus by Fall 2021, but with the possibility it could take longer, a program like this would at least be in place for the Winter 2021 and Spring 2021 quarters. Given that Winter 2021 is underway, the option to assist might primarily focus on helping with individual lectures to give faculty some needed time to address short term pressures. Teaching entire courses to assist faculty might become more practical in Spring 2021.

Going forward from here, a first step could be to assess which emeriti faculty are interested in possibly participating with such a program. A second step would be to inform the chairs of departments that have interested emeriti faculty that teaching relief resources might be available through this program and ask the chair to take the lead in coordinating a match between department needs and the available resources.

Please let Cristina Otegui (cristina.otegui@ucr.edu) or Doug Mitchell (mitchell@ucr.edu) know of your willingness to participate in this program.

Healthcare Facilitator Program

The Health Care Facilitator Program helps emeriti and retirees obtain full benefits and services available from health, dental and vision plans. Whether your concern is with coverage, access or billing, chances are your health care facilitator can help you sort it out.

A Healthcare Facilitator is trained to handle issues such as:

- Assist in resolving issues with your physician, medical group or health plan.
- Help you understand your medical plan coverage and rights.
- Help you understand how Medicare benefits coordinate with UC Medical Plans.
- Help you navigate the Health Care system.
- Provide referrals to other campus or community resources.



Contact the Health Care Facilitator when you are experiencing the following:

- If you have unresolved Medical Care or Medical Plan issues.
- If you have a question about your medical plan coverage or rights.
- If you would like to discuss a health care issue.

For more information, please visit the webpage at:

<https://hr.ucr.edu/total-compensation/benefits-belonging/health-care-facilitator-program>

For support, contact UCR's Healthcare Facilitator Program at (951) 827-2636 or benefits@ucr.edu.

Key Contacts

Retirees' Association Officers

Emeriti Association Officers

Retirement Center Director



Retirees' Association Officers

The Retirees' Association brings retirees together for luncheons, workshops, sponsors gatherings, outings, and yearly events of interest to the members. A lifetime membership is \$250. An annual membership is \$25.

President: Mary Johnson, maryjohnson1954@gmail.com
Vice President: Manuel Urrizola, manuel.urrizola@ucr.edu
Treasurer: Al Chavez, adchavez2437@att.net
Interim Secretary: Marianne Valenti, marianne.valenti@ucr.edu
Hospitality: Open Recruitment
Membership: Debra de la Cruz, debra.delacruz@ucr.edu
Social Secretary: Sue McKee, sue.mckee@ucr.edu
Member-at-Large: Julie Mills, julie.mills@ucr.edu

Donate to the Retiree or Emeriti Faculty Scholarships today to help undergraduate students achieve their education goals!

Emeriti Association Officers

The Emeriti/ae Association gather once a quarter for social and intellectual fellowship. It supports the Council of UC Emeriti/ae Associations (CUCEA). A lifetime membership is \$250. An annual membership is \$25.

President: Douglas Mitchell, douglas.mitchell@ucr.edu
Co-Vice Presidents: Darleen DeMason, demason@ucr.edu
 Rusty Russell, rrussell@ucr.edu
Treasurer: Larry Zahn, lawrence.zahn@ucr.edu
Secretary: Bradley Hyman, bhyman@ucr.edu

Make your check payable to UCR Foundation and mail to:

UCRRA
 P. O. Box 56834
 Riverside, CA 92517
 or
UCR Emeriti Association
 P.O. Box 56387
 Riverside, CA 92517

Retirement Center

The Retirement Center is dedicated to serving all retiree and emeriti members of UCR by providing retirement services, programs and events. We work to advocate for retiree needs and shine light on the continued contributions that emeriti and retirees make to UCR's mission.

Make an Impact

To ensure the stability and development of programs and events, we ask you to consider donating to the UCR Retirement Center, UCR Retirees' Association Scholarship Fund or the UCR Emeriti Association Scholarship Fund. For more information, please visit the retiree and emeriti webpage at: <https://retirees.ucr.edu/make-impact>

UCR Retirement Center Director: Cristina Otegui, cristina.otegui@ucr.edu, (951) 827-5008

Location: Human Resources, University Village, Room 208i

Office Hours: Tuesdays and Thursdays from 8:00 a.m. - 4:30 p.m.

(Hours are subject to change. Appointments are recommended and are virtual at this time.)

Benefits of Belonging

Keep your UCR email
Upgraded free parking
Quarterly newsletter
Quarterly luncheons
Speaker series

R'Card discounted tickets
(coming soon!)
International travel program
Discounts for UCR Osher
Lifelong Learning Classes
Fidelity Retirement Planning
- one-on-one consultations



Tower Talk

UC Riverside Retirees' Association
UC Riverside Emeriti/ae Association
UC Riverside
900 University Avenue
Riverside, California, 92521