

# Tower Talk

U.C. Riverside Retirees and Emeriti/ae Associations

February 2014

## Live Fit/Live Well News from the UCR Wellness Center

### Get rewarded for taking simple, healthy steps

We all want to live healthier, happier lives. UC Living Well, UC's systemwide wellness initiative, is partnering with Optum in 2014 to offer innovative programs and services. Optum is a health and well-being company serving nearly 60 million people. As part of their unique offerings, Optum developed a wellness portal that allows people to create a personalized and private health website. You can even earn rewards by completing simple activities, many of them online.

When you earn 7,500 points, you'll receive a \$75 Visa® Rewards pre-paid card. Use your Rewards card anywhere Visa is accepted. This program is available to employees and retirees. Spouses and domestic partners are not eligible for the Rewards card, but they may participate in the UC Living Well coaching, and online programs. Here's how it works.

#### First, complete the Total Health Profile.

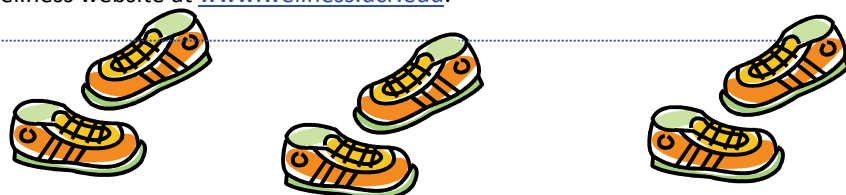
It takes just 15 minutes and you'll earn 5,000 points. Find out your health age and learn helpful tips for improving your health and reducing your risks. Your responses and results are kept strictly confidential. To complete your Total Health Profile, go to [uclivingwell.ucop.edu](http://uclivingwell.ucop.edu), select the **I WANT/I GET** button and log on to the Wellness website. The Wellness website is organized into three parts: **I AM**, **I DO** and **I GET**. You'll find the Total Health Profile under **I AM**. You'll receive credit upon completion.

#### Take part in Wellness Coaching programs, online or by phone.

The Wellness website may suggest programs based on your Total Health Profile results. Earn 2,500 points for completing an online Wellness Coaching program. These are found in the **I DO** section. Each program has helpful articles and fun tools and trackers to help you see your progress. You can also earn 2,500 points for simply enrolling in a telephonic Wellness Coaching program. Earn another 2,500 points for completing it. Programs are available to help you create (and stick to) an exercise plan, lose weight, quit smoking and manage stress. There are also programs that help with diabetes and heart health. Working one-on-one with a wellness coach by phone may be just what you need to jumpstart your fitness plan.

#### Join us for on-campus UC Living Well activities.

UCR offers a variety of health and wellness activities, including healthy lifestyle programs, 1:1 wellness consultations, fitness programs and educational seminars and wellness events. You can receive points for taking part in up to two on-campus UC Living Well activities. Check out the Wellness website at [www.wellness.ucr.edu](http://www.wellness.ucr.edu).





## Retirees' Notes:

### UCR Retiree Elections

Yup, here we go again... it's almost that time.... June elections will be arriving faster than we think.

This year three positions are up for election: 1<sup>st</sup> Vice President; 2<sup>nd</sup> Vice President; and Secretary. Below we've provided position descriptions from our current bylaws for your reviewing pleasure...

**The 1st Vice President:** In the absence of the President, the 1st Vice President shall preside over meetings and otherwise act for the President. At the President's request, the 1st Vice President shall sign checks and disbursements with the Treasurer. The 1st Vice President shall also be responsible for developing the programs for the Association and may appoint committees, subject to the approval of the Executive Board.

**The 2nd Vice President:** Serves as Chairperson of the Nominating Committee and Assistant Hospitality Chairperson, takes minutes at meetings in the absence of the Secretary. Prepares and arranges for distribution of ballots to the membership.

**The Secretary:** The Secretary shall record the minutes of the meetings of the Association, of the Executive Board and keep the Book of Minutes. The Secretary shall be responsible for preparing and sending out notices of meetings, maintaining an up-to-date copy of the Bylaws and records of decisions and action of the Executive Board.

### At Your Service

On February 6<sup>th</sup> The Office of the President (OP) is launching a new website that aims to make life easier for faculty, staff and retirees.

"UCnet is designed to be a source of news and a home for resources and transactions for UC employees and retirees," said Paul Schwartz, UC's director of internal communications. "Our goal is to give employees and retirees a site that makes it easy to get information, conduct personal business and stay connected with the UC community."

Please watch for your next issue (February) of New Dimensions which will include information and details about this new website.

### December Holiday Luncheon

Thanks again to the UCR Child Development Center kindergarten children for providing their wonderful voices, personalities, and holiday song at our December Luncheon. Again, thanks to their teachers, assistants, and parents for the opportunity to see and hear them again. Also again this year we donated a few books to the Center's Library for them to enjoy.

### Sick Call

If at any time you hear or know of anyone in our association that has passed or is ill and in need of our thoughts or prayers please let **Betty Howe** know. As always, Betty will ensure an appropriate message, note, and/or card is sent. You can reach Betty at 951-686-7668 or via e-mail: [howe.bjs@gmail.com](mailto:howe.bjs@gmail.com)

Stay safe and we hope to see you on Friday, March 21 for our next luncheon program.

*D.L. 'Les' Martin*

### Retirees Association

#### OFFICERS

President: D.L. "Les" Martin (951)242-5865 <a href="mailto:dmartin773@roadrunner.com">dmartin773@roadrunner.com</a>	1st Vice President: Robert "Bob" Daly (714) 496-5564 <a href="mailto:bobdaly@mac.com">bobdaly@mac.com</a>
--	--

Treasurer: George Groty (951) 924-9536 <a href="mailto:ggroty@earthlink.net">ggroty@earthlink.net</a>	2nd Vice President Joan Dillon (951)941-0231 <a href="mailto:timsgrandmajoan@aol.com">timsgrandmajoan@aol.com</a>
--	--

#### COMMITTEE CHAIRS

Bridge Group: Marti Orth (951) 242-5297 <a href="mailto:mbtime@verizon.net">mbtime@verizon.net</a>	Social Secretary: Betty Howe (951) 686-7668 <a href="mailto:howe.bjs@gmail.com">howe.bjs@gmail.com</a>
---	---

Hospitality:	Membership: Cathy Carlson (951)788-9979 <a href="mailto:justcathy@att.net">justcathy@att.net</a>
--------------	---

### Emeriti Faculty Association

#### OFFICERS

President: Anthony Norman (951)827-4777 <a href="mailto:anthony.norman@ucr.edu">anthony.norman@ucr.edu</a>	Treasurer: Irving Hendrick (951)787-8274 <a href="mailto:irving.hendrick@ucr.edu">irving.hendrick@ucr.edu</a>
---	--

\*\*\* Director of Constituent Relations \*\*\*

Allison Tavaglione, [allison.tavaglione@ucr.edu](mailto:allison.tavaglione@ucr.edu),  
Office of Alumni & Constituent Relations, (951) 827-2586.

# CLEARING THE AIR

## UCR IS TOBACCO-FREE AS OF JAN. 2, 2014



The time has finally arrived. As of January 2, 2014, the University of California, Riverside is a smoke & tobacco-free campus.

UCR has joined the rest of the UC system and over 1,100 other colleges and universities nationwide. **Cigarettes, cigars, snuff, snus, water pipes, pipes, hookahs, chew, and any other noncombustible tobacco product as well as all smoking devices (e.g., e-cigarettes, vaping devices, e-hookahs), and the use of unregulated nicotine products not regulated by the U.S. Food and Drug Administration for treating nicotine or tobacco dependence are prohibited on all UC property.**

To assist members of our community who are tobacco users, we have developed a *Smokers' Survival Guide* available online and in hard copy at The Well, Campus Health Center, and Human Resources. For those interested in quitting, UCR is offering cessation support including free 1:1 and group sessions on-site. In addition, the UCSD California Smokers' Helpline (1-800-NO-BUTTS) provides free telephone counseling. Finally, coverage for prescription and over-the-counter nicotine replacement therapy is available through the UC and UCSHIP medical plans

Becoming a smoke & tobacco free campus is a clear demonstration of our commitment to improving the health and wellness of students, faculty, and staff on campus. We want to ensure a healthy environment for our entire campus community.

For comments or questions regarding this policy, members of the campus community and the community at large are encouraged to visit the UC Riverside "Clearing the Air" website at [www.tobaccofree.ucr.edu](http://www.tobaccofree.ucr.edu) or contact [tobaccofree@ucr.edu](mailto:tobaccofree@ucr.edu).

## Emeriti Faculty

Make your donation now to the  
Emeriti Association Scholarship  
Fund!

Remember they are tax deductible!

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

Allison Tavaglione  
2203 Alumni & Visitors Center  
Riverside, CA 92521

## Scholarship donations to the Retirees Scholarship Fund

are always welcome!  
Remember they are  
tax deductible!

Make your check payable to  
**UCR Foundation**  
and forward to our Treasurer

**Mail to:**

George E. Grotz  
24041 Forsyte Street  
Moreno Valley, CA  
92557-5007



**EMERITI FACULTY NEWS:****UCR Faculty Emeriti & Staff Retiree March Luncheon— @ Alumni & Visitors Center****Friday March 21<sup>st</sup>, 2014**

Guest Speaker will be

**Professor Julia G. Lyubovifsky**Department of Bioengineering  
Bourns College of Engineering

"Bioengineering imaging techniques: unveiling the secrets beneath the skin"



On Wednesday January 15<sup>th</sup> @ 2:30 PM -3:45PM Irv Hendrick and Tony Norman met with our first *Emeriti* volunteers in our Retiree/*Emeriti* Center in the Orbach Science Library. They were John dePillis (Retired from the Mathematics Department) and his wife Sue dePillis and Richard Block (Retired from the Mathematics Department) and his wife Jane Block.

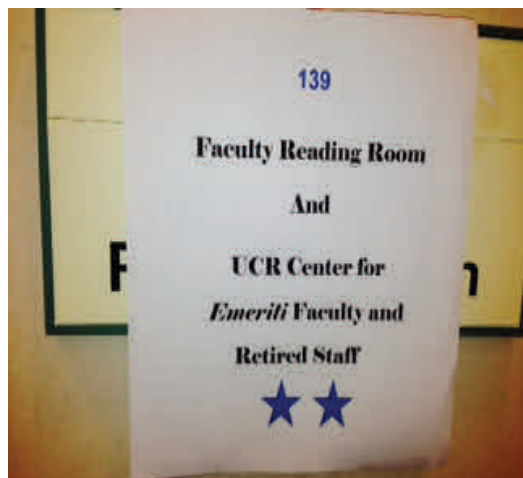
All six of us quickly zoned in on organizing day-trips to Los Angeles to attend classical music, other music and/or drama/plays. Candidates could be some portion of the Performing Arts Center of Los Angeles which includes the Walt Disney Concert Hall, the Dorothy Chandler Pavilion, the Ahmanson Theatre & the Mark Taper Forum. Of course there are additional venues. We would organize a round trip bus trip. The size of the bus would be determined by how much interest we can drum up for our inaugural event, 15 or less persons, 30 persons, 50 persons etc. A second type of day trip, could be to the Huntington Gardens, or to the LA County Arboretum and Botanic Garden. If there is enough interest expressed by *Emeriti* and Retirees, it should be possible to arrange a trip sometime in the Spring quarter. Of course the trips need to be affordable. Your *Emeriti* officers, Tony Norman and Irv Hendrick will prepare a questionnaire along the lines shown at the top of the next page so that we can pursue learning costs and scheduling, etc.

On a different topic.

One of the *Emeriti* at our meeting proposed holding Lectures by *Emeriti* faculty on interesting or provocative topics. It could be on a book written by an *Emeriti*. Also there could be a book club or interested group to hold a discussion of new books, etc. Our Questionnaire will include solicitation of speakers and their program.

**Please !** Feel free to contact your officers by either phone or email.

### Current STATUS Of our newly born Faculty *Emeriti* and Staff Retiree CENTER



### **Emeriti and Retired Staff Questionnaire**

#### **Questionnaire : Please circle your preferences**

I could have an interest in a trip to LA for music or theatre. Yes No Maybe

Comments: \_\_\_\_\_

I could have an interest in a trip to Huntington Garden. Yes No Maybe

Comments: \_\_\_\_\_

I have a personal interest in presenting a Lecture. Yes No Maybe

Comments \_\_\_\_\_

I would be interested to serve as a Mentor for 1 or more students Yes No

I would be interested in a regular bridge group in our Center Yes No Maybe

Additional comments or Advice: \_\_\_\_\_

\_\_\_\_\_

Name: \_\_\_\_\_ *Emeriti* or Staff (circle appropriate) label)

How to contact you: Phone: \_\_\_\_\_

Email Address: \_\_\_\_\_

Return to:

Allison Tavaglione  
Alumni & Visitors Center  
2203 Alumni & Visitors Center  
Riverside, CA 92521

## Scholarship Fund for UCR Students

I am pleased to announce the creation of a UCR *Emeriti* sponsored Scholarship Fund of \$5000 to be awarded annually to a needy UCR undergraduate student. We currently have about 240 retired faculty. If only one half of you donated \$50 we would have an award of \$6000!! We are hoping that through your generosity, that this award can be made annually. There was a small preview of this new Scholarship on the recent occasion of sending out our UCR *Emeriti* Dues Notice. To date we have received \$2037.97! hope you each will be willing to *step forward* and write a check labeled for 'UCR *Emeriti* Undergraduate Scholarship and send to Allison Tavaglione at the UCR Alumni and Visitors Center.,





### UCRRA and UCREA Calendar of Coming Events

#### March



14 Friday ALL DAY Luncheon Reservations Due

#### April



15 Tuesday 10:00 Board Meeting—Alumni & Visitors Center Conference Rm.

#### May



## 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