

TOWER TALK



WHAT'S NEW

UC Riverside has been ordered "closed" by the Health Officer of the County of Riverside from March 16 through April 30 due to the Coronavirus. "Closed" in this context means all offices, units or departments will not have staff on campus unless they are essential personnel, and many staff may be working remotely. We are thinking of you and look forward to staying connected.

As a result, this special edition newsletter provides information on adjusted operations for your retirement services, virtual engaging programs and events that you can do in the convenience of your home as well as resources.

In December 2019, UCR secured its first Retirement Center Director. Many thanks to UCREA and UCRRA leadership and the valuable support of Chancellor Wilcox.

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UCR Emeriti Association Message from the President

Doug Mitchell, UCREA President



Since you last received an issue of Tower Talk, there have been major changes in the UCR Emeriti Association. The UCR Emeriti Association is definitely on the move.

Key Accomplishments

1. Reorganized our Board and adopted new bylaws.
2. Succeeded, in cooperation with the Retirees' Association, in securing development of UCR's new Retirement Center, complete with an office in University Village and a half-time director (with guaranteed funding for two years).
3. Established a close working relationship with UNEX's support of lifelong learning.
4. Redesigned our website: <https://emeriti-retirees.ucr.edu/>
5. Completed our triennial survey of Emeriti Faculty (finding that our 106 respondents provide the research, teaching and service to UCR equivalent to the workload of nearly 10 FTE faculty).
6. Increased our active dues-paying association membership.

We are continuing, in cooperation with the Retirees' Association to sponsor quarterly luncheons on campus with speakers of interest. Thanks to UCR parking services, we are particularly pleased with the University's ongoing commitment to provide free parking in Red zones for dues-paying members of the Emeriti Association. We are also actively engaged in supporting the Dickson and Panunzio award programs honoring and supporting emeriti faculty.

Looking Forward

The Emeriti Association plans to develop an active set of participation programs. We want to develop the kind of volunteer opportunities that are rewarding to both the Emeriti faculty members and the UCR community (e.g. tutoring for students or mentoring for junior faculty). We plan to expand our life-long learning opportunities in collaboration with UNEX. We hope to identify and sponsor attractive social gathering opportunities (perhaps concert outings; visits to cultural centers; or bridge, poker, backgammon or other games nights). With funding of retirement programs being challenged in many places these days, it is vitally important that we sustain an active advocacy for the protection of Emeriti retirement benefits.

We will be attentive to opportunities for fund raising; not only to assure the financial health of our new Retirement Center and Director, but also to support UCR Advancement and undergraduate and graduate student scholarships.

Thank you for your interest in the UCR Emeriti Association. What do you think we should focus on developing to make your life more interesting and comfortable? What would you like to help organize or support? If you haven't already done so, **please renew your UCREA membership.**

Please let us hear from you: mitchell@ucr.edu or cristina.otegui@ucr.edu

Doug

President

UC Riverside Emeriti Association

UCR Retirement Center
Meet Your New Director
Cristina Otegui



Hello everyone,

I am thrilled and honored to share my new role as the Director of the UCR Retirement Center. I have been with UCR since 2013 and recently transitioned into this role in December 2019.

In light of the COVID-19 Pandemic

Our thoughts and well wishes go out to the UCR community during this difficult time. We at UCR understand that the daily news reports and updates on the virus can bring feelings of discomfort and worry. It is important to know that we are in this together and are all doing our part to ensure the health and safety of our community. We encourage you to find a healthy balance by taking breaks from the news reports and venturing into self care activities and hobbies. Even with social distancing, we are one as a community. The UCR Retirement Center, Emeriti and Retirees' Association leadership will continue to keep you informed and hope that this newsletter offers some ideas of engagements that can be done at home. We thank you for your contributions to the well being of the UCR community.

Welcome New Members

I would like to give a warm welcome to new UCR Retiree and Emeriti members! The associations and the Retirement Center are here to support your transition into retirement. Enjoy the membership benefits and stay connected to learn about upcoming events and programs that are catered specifically for you.

Welcome Back Returning Members

For our current members, I would like to take this moment and thank you for your continued active involvement and dedication to your association. As a friendly reminder, it is that time of year to renew your membership for the 2020-2021 annual year. Please visit the UCR Retirees'/Emeriti Associations webpage at retirees.ucr.edu. At this site, you can download the membership application, complete the form and mail it along with your payment.

I am working vigorously to assess the needs of our retirement community and would like to kindly ask for your valuable feedback. Please email cristina.otegui@ucr.edu with three of the most important factors for your retirement. Looking forward to our partnership together and supporting the incredible impact that you all continue to make for UCR.

Please contact me for any questions at cristina.otegui@ucr.edu

Cristina

UCR Retirement Center Director
University Village, Suite 208, Human Resources

Programs and Events

Rehired Retiree Pool Program



Reemployment of UC Retired Employees

UC retirees are a valuable resource, providing the University with institutional knowledge, research resources and experienced replacements on a short-term temporary basis when needed. Many employers, including UC, turn to their retirees to address compelling needs for specialized knowledge and experience in the workplace.

Most rehired UC retirees work on a part-time basis and for a limited duration, which support the orderly administration of the retirement system and the need to refresh the UC workforce. The Rehired Retiree Pool program offers temporary assignments of short-term duration.

Reemployment of UC Retired Employees into Senior Management Group (SMG) or Staff Positions

The policy on Reemployment of UC Retired Employees into Senior Management Group (SMG) or Staff Positions governs the reemployment of all former UC employees; SMG members, staff personnel, and academic appointees who have separated from university employment and elected monthly retirement income or a lump sum cash out from the University of California Retirement Plan (UCRP), and who are rehired into SMG or staff positions.

The policy includes the following limitations on reemployment:

1. Must be as a result of university need.
2. Must be limited to no more than a 43 percent appointment as averaged over a 12 month period.
3. Appointments may not normally exceed a total of 12 months. In unusual circumstances, an extension beyond 12 months may be permitted. However, rehired retiree cumulative appointment totals that exceeds 24 months must be processed as an exception.
4. Must not occur until there has been a break in service of at least 30 days and the retiree has received his/her first monthly retirement installment.

For information on Regents Policy 7706 - Reemployment of UC Retired Employees Into Senior Management Group and Staff Positions, visit the webpage <https://regents.universityofcalifornia.edu/policies/7706.pdf>

How to Participate

To be added to the Rehire Retiree Pool, please fill out the UCR Rehire Retiree Pool form and send it by email to careers@ucr.edu for processing. Upon receipt, Human Resources will review the form to verify your eligibility to work as a retired employee. You will be notified once your eligibility status is confirmed.

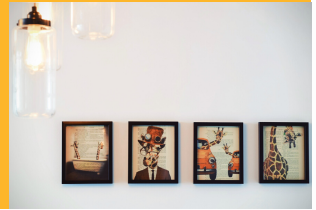
- Visit the webpage https://hr.ucr.edu/sites/g/files/rcwecm656/files/2019-06/rehired-retiree_ucr_rehire_retiree_pool_form.pdf to access the UCR Rehire Retiree Pool form
 1. The file will open automatically with Adobe Acrobat.
 2. With the file open, fill in the appropriate fields and save to your desktop.
 3. When you have completed the form, send the form by email to careers@ucr.edu

Contact

Visit the Rehired Retiree Pool Program webpage <https://hr.ucr.edu/talent-acquisition/remployment-uc-retired-employees-staff-positions/ucr-rehire-retiree-pool-program> or send an email to careers@ucr.edu

Programs and Events

Virtual Tours of Museums



National Museum of Natural History

This Smithsonian museum offers virtual tours that can be explored from your computer or mobile device. These virtual tours are self-guided, room-by-room of select exhibits and areas within the museum.

Website details: To view all virtual tours offered, please visit the webpage
<https://naturalhistory.si.edu/visit/virtual-tour>

Musée d'Orsay, Paris

This museum offers dozens of famous works from French artists between 1848 and 1914.

Website details: To view the virtual tour, please visit the webpage
<https://artsandculture.google.com/partner/musee-dorsay-paris?hl=en>

National Museum of Modern and Contemporary Art, Korea

One of Korea's popular museums can be accessed from anywhere around the world. Google's virtual tour takes you through six floors of Contemporary art from Korea and all over the globe.

Website details: To view the virtual tours, please visit the webpage
<https://artsandculture.google.com/partner/national-museum-of-modern-and-contemporary-art-korea?hl=en>

Van Gogh Museum, Amsterdam

The largest collection of artworks by Vincent van Gogh, including over 200 paintings, 500 drawings, and over 750 personal letters can be viewed online.

Website details: To view the virtual tours, please visit <https://artsandculture.google.com/partner/van-gogh-museum?hl=en>

The J. Paul Getty Museum, Los Angeles

The Getty Museum offers a Street View tour of European artworks that date back to the 8th Century including paintings, drawings, sculptures, manuscripts, and photographs.

Website details: To view the virtual tours, please visit the webpage
<https://artsandculture.google.com/partner/the-j-paul-getty-museum?hl=en>

National Museum of Anthropology, Mexico City

This museum was built in 1964 and dedicated to the archaeology and history of Mexico's pre-Hispanic heritage. There are 23 exhibit rooms filled with ancient artifacts, including some from the Mayan civilization.

Website details: To view the virtual tours, please visit the webpage
<https://artsandculture.google.com/asset/the-national-museum-of-anthropology-mexico-city-ziko-van-dijk-wikimedia-commons/bAGSHRdlzSRcdQ?hl=en>

Programs and Events

Streaming Entertainment



Streaming Entertainment

Metropolitan Opera

The Metropolitan Opera is giving at-home audiences opportunities to stream various performances. The time to tune in is 7:30pm (EST) each night and each production stays available until 6:30pm (EST) the next day.

Wednesday, April 1: John Adams's Nixon in China

Starring Janis Kelly and James Maddalena, conducted by John Adams.

Thursday, April 2: Verdi's Don Carlo

Starring Marina Poplavskaya, Roberto Alagna, Simon Keenlyside, and Ferruccio Furlanetto, conducted by Yannick Nézet-Séguin.

Friday, April 3: Bizet's Les Pêcheurs de Perles

Starring Diana Damrau, Matthew Polenzani, and Mariusz Kwiecien, conducted by Gianandrea Noseda.

Saturday, April 4: Verdi's Macbeth

Starring Anna Netrebko, Joseph Calleja, Željko Lučić, and René Pape, conducted by Fabio Luisi.

Sunday, April 5: Bellini's Norma

Starring Sondra Radvanovsky, Joyce DiDonato, Joseph Calleja, and Matthew Rose, conducted by Carlo Rizzi.

Monday, April 6: Verdi's Aida

Starring Anna Netrebko, Anita Rachvelishvili, Aleksandrs Antonenko, Quinn Kelsey, Dmitry Belosselskiy, and Ryan Speedo Green, conducted by Nicola Luisotti.

Tuesday, April 7: Puccini's La Fanciulla del West

Starring Deborah Voigt, Marcello Giordani, and Lucio Gallo, conducted by Nicola Luisotti.

April 8: Verdi's Falstaff

Starring Lisette Oropesa, Angela Meade, Stephanie Blythe, Jennifer Johnson Cano, Paolo Fanale, Ambrogio Maestri, and Franco Vassallo, conducted by James Levine.

Website details: To view the full schedule, please visit the webpage <https://www.metopera.org/user-information/nightly-met-opera-streams/>

Filmed Onstage: Free Musicals and Plays

The theater community has come together to provide viewers from around the world the opportunity to stream select theater productions for free.

Website details: To view the list of free musicals and plays, please visit the webpage <http://www.filmedonstage.com/news/76-free-musicals-and-plays-you-can-now-stream-during-the-coronavirus-outbreak-updating-daily>

Programs and Events

Health and Wellness



Health and Wellness

Sleep Awareness

Daylight Savings Time is when most Americans lose an hour of sleep. The change to Daylight Savings allow us to reflect and be conscious of our sleep routines to improve our sleep health. Follow these eleven habits, practices and routines to improve your sleep quality and overall health.

1. **Stick to a schedule** and try to go to sleep and wake up at the same time, even on the weekends. A regular sleep schedule will help regulate your body's clock and help you sleep through the night.
2. **Practice a relaxing bedtime ritual** away from bright lights. This will separate your sleep time from activities that cause excitement, stress or anxiety which makes it more difficult to fall asleep.
3. **If you have trouble sleeping, avoid naps** in the afternoon. Power naps has its own benefits and helps you get through the day but if you have trouble falling asleep eliminate evening naps.
4. **Exercising daily**, even as little as ten minutes a day, can improve your quality of sleep. Early morning and afternoon workouts may help reset your sleep wake cycle while reducing the development of sleep disorders.
5. **Evaluate your room** and design it to fit your ideal sleep environment. Your bedroom should be between 60 and 67 degrees. Make sure your bedroom is free from light and sounds that can interrupt sleep. This can include a partner's sleep disruptions.
6. **Check your mattress and pillows** that they are supportive and comfortable. Life expectancy for a quality mattress is 9 to 10 years. Pillows should be comfortable and inviting but stay free from allergens that may affect your sleep.
7. **Managing bright light** will keep your circadian rhythms in check. Avoiding bright light in the evening and exposing bright light in the morning will help keep your sleep cycle consistent.
8. **Avoid alcohol, cigarettes and heavy meals in the evening** because it may disrupt sleep. Big or spicy meals can cause indigestion problems. Try eating dinner 2 to 3 hours before bedtime.
9. **Wind down** and shift your body into sleep mode. Participating in a calming activity such as reading and avoiding electronics will help you sleep through the night.
10. **If you can't sleep, leave the room** and find a relaxing activity until you are tired. Keep work, computers and television out of sleep environment and leave it for sleep.
11. **Still having trouble, speak with a doctor.** You and your doctor could also benefit from recording a sleep diary.

Article brought to you by Workplace Health & Wellness, Huma Resources, UC Riverside. For more information, visit <https://www.sleepfoundation.org/>

Silver Sneakers 7 Minute Yoga Workout

Silver Sneakers is a YouTube channel helping older adults exercise for free. The 7-Minute Yoga Workout is a simple follow-along routine that builds strength, improves flexibility, and boosts balance. All you need is 7 minutes!

Website details: To view the workout video, please visit the webpage <https://www.youtube.com/watch?v=NDLad2vOHkU>

Programs and Events

UC Retirees Travel

Osher Lifelong Learning Institute



UC Retirees Travel Program, Exploring Together

Brought to you by the Council of the University of California Retiree Associations (CUCRA). Connect with travelers from all UC locations including retirees, emeriti, family members and friends. To view all planned trips, please visit <http://cucra.ucsd.edu/travel/>. Contact Sue Barnes, UC Retirees Travel coordinator, at UCRetireesTravel@gmail.com with any questions.

Trip: **Cuba Discovery** Basic Trip Cost: \$3,749
Date: **Departs, Monday, February 22, 2021 for 6 days**
Locations: Havana, Vinales & the Pinar del Rio



Reservation details: Please visit the webpage at <http://cucra.ucsd.edu/travel/2021Travel/cuba.pdf> for pricing and full itinerary details. This trip will be escorted by Sue Barnes, UC Retirees Travel coordinator and former director of the UC Davis and UCLA retirement centers (with at least 12 UC travelers).

Osher Lifelong Learning Institute

The Osher program, brought to you by the University Extension Professional Studies, offers intellectually stimulating learning experiences that are designed for the seekers of knowledge. By joining Osher, individuals will be a part of a vibrant community of like-minded individuals that share passions to revisit earlier educational interests or to pursue new educational challenges.

Membership Benefits

- Interesting program offerings offered weekdays and weekends.
- Affordable pricing for stellar academic experiences.
- FREE public lecture series and events.
- Networking with other curiosity seekers.
- Discounts from local businesses and organizations

UCR Retirees and
UCR Emeriti
members receive a
\$20 discount on
Osher Annual
Membership for
September 2020 -
June 2021.

Reservation details: For more information on becoming a member of the Osher Program, please visit the webpage <https://extension.ucr.edu/page/27/BecomeaMember>. To enroll in the program, Visit the webpage <https://extension.ucr.edu/pdf/osher/osherenrollmentform.pdf>

Did You Know?

UCR Adjusted Guidelines RASC Adjusted Guidelines



UC Riverside Adjusted Guidelines

As a result of the campus closure, all emeriti and retiree programs/events are cancelled until further notice including the Spring Luncheon originally scheduled for April 24. During this time, any questions or concerns regarding your retirement and emeriti/retiree benefits can be sent to Cristina Otegui, Director of the Retirement Center at cristina.otegui@ucr.edu. Your safety and wellness is our top priority and we will continue to support your retirement needs.

Current UCR Guidelines as of Monday, March 16, 2020

- **UCR Campus is Closed:** Governor issues a stay at home order.
- **Cases:** There are currently no confirmed cases of COVID-19 on the UCR campus or city of Riverside.
- **Classes:** Spring 2020 quarter has begun and instruction will be conducted remotely.
- **Events:** Events on campus cancelled until further notice. All in-person, non-essential gatherings on campus are suspended until further notice.
- **Student Services:** Some student services remain available.
- **Travel:** All non-essential domestic and international travel is suspended until further notice. All faculty-led summer education abroad programs have been canceled.

For active updates on UCR's campus efforts, please visit the UCR COVID-19 web page:
<https://ehs.ucr.edu/coronavirus>

Current Retirement Administrative Services Center (RASC) Adjusted Guidelines

The RASC has adjusted operations in response to the stay at home order issued by the State of California, restricting access to RASC offices. **Those who receive UC Retirement Plan benefits are reassured that payments, including the upcoming April 1 benefit payment, will continue on schedule.** During this time, however, RASC representatives will be unable to answer calls as usual, or to receive physical mail in a timely manner.

Current RASC Guidelines as of Monday, March 16, 2020

- **Faculty, Staff or Retirees – Urgent Questions/Service Request:** Please contact RASC by sending a secure message through their UC Retirement At Your Service (UCRAYs) account which can be accessed by visiting UC Retirement at our Service website: <https://retirementatyour.service.ucop.edu/UCRAYs/Account/LoginE?ReturnUrl=%2fUCRAYs>.
 - You may send documents as secure message attachments or by fax to 1-800-792-5178.
Representatives will respond to secure messages as soon as possible.
- **Guides and Resources for Accessing UCRAYS:** To access how-to guides and resources to getting starting on UCRAYS and taking care of essential tasks related to your retirement account, please review the "Getting Help with UC Retirement At Your Service (UC RAYS) webpage at <https://ucnet.universityofcalifornia.edu/retirees/ucrays-how-to-guide.html>

For more information on RASC operations, please visit the UCnet RASC webpage:
<https://ucnet.universityofcalifornia.edu/contacts/rasc.html>.

Did You Know? New Retirement Site UC RAYS Tax Form 1099-R Available



UC Retirement At Your Service (UCRAYS)

UCRAYS is the new retirement website that has replaced At Your Service online and provides information related to your retirement account.

Here are some of the key features:

- Getting started: Create and log in to your UCRAYS account.
- Update your contact information and preferences.
- Add a beneficiary.
- View or adjust your tax withholding.
- Verify your pension income.
- View and download your 2019 tax statements (1099-R) and those from previous years.
- If you currently receive your 1099-R by U.S. mail and want to go green next year.
- To estimate retirement benefit income.

For more information on registering for an account or using UC RAYS, please visit the webpage <https://ucnet.universityofcalifornia.edu/retirees/ucrays-how-to-guide.html>. To access the website directly, please visit the webpage retirementatyour.service.ucop.edu

Tax Form 1099-R Available

Just in time for tax season, here's updated information for retirees about safely accessing 2019 1099-R forms from UC.

Accessing 2019 1099-R forms:

- Electronic 1099-R forms are available for viewing on UC Retirement At Your Service (UCRAYS) webpage located at retirementatyour.service.ucop.edu.
- Printed 1099-R forms were mailed on January 31, 2020 to the address you have on file. UC will send you a printed form unless you request an electronic version.
- Though the deadline to request electronic delivery of your 2019 forms has passed, sign in to your UCRAYS account to request electronic delivery of next year's tax statements.

For more information, please visit the UC Net webpage to view the article titled, Retirees: Your 2019 1099-R statement is available now at the webpage <https://ucnet.universityofcalifornia.edu/news/2020/01/retirees-your-2019-1099-r-statement-is-available-now.html>

Did You Know? Healthcare Facilitator Program Call for Volunteers



Healthcare Facilitator Program

The Health Care Facilitator Program was established to help you obtain full benefits and services available from your 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#first_source_of_contact.

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

Call for Volunteers to Support the UCR Retirement Center

Are you interested in volunteering at the UCR Retirement Center?

As a volunteer, you will be supporting the following administrative needs:

- Contributing to the quarterly newsletter.
- Researching online websites.
- Database entry and filing.
- Volunteers should have some familiarity with Microsoft Excel and Word.
- Experience in writing newsletters is desirable.



While these volunteer positions are still being developed, we would like to start a list of members who have expressed interest so that we may be in contact once the positions are available. Please contact Cristina Otegui, UCR Retirement Center Director at cristina.otegui@ucr.edu, if you are interested.

Did You Know? Taking Care of Your Behavioral Health



Taking Care of Your Behavioral Health

Tips for Social Distancing, Quarantine and Isolation During an Infectious Disease Outbreak

In the event of an infectious disease outbreak, local officials may require the public to take measures to limit and control the spread of the disease. Here are some tips on social distancing, quarantine, and isolation.

- **Social Distancing:** Social distancing is a way to keep people from interacting closely or frequently enough to spread an infectious disease.
- **Quarantine:** Quarantine separates and restricts the movement of people who have been exposed to a contagious disease to see if they become sick. It lasts long enough to ensure the person has not contracted an infectious disease.
- **Isolation:** Isolation prevents the spread of an infectious disease by separating people who are sick from those who are not. It lasts as long as the disease is contagious.
- **Everyone reacts differently to stressful situations such as an infectious disease outbreak that requires social distancing, quarantine, or isolation. People may feel:**
 - Anxiety, worry, or fear
 - Concern
 - Uncertainty
 - Fear
 - Loneliness
 - Anger
 - Boredom
 - Frustration
 - Uncertainty or Ambivalence
 - Desire to use alcohol or drugs
 - Symptoms of depression
 - Symptoms of post-traumatic stress disorder

For more details, please review the Substance Abuse Mental Health Services Administration (SAMHSA) handout at this webpage
<https://store.samhsa.gov/sites/default/files/d7/priv/sma14-4894.pdf>

Ways to Support Yourself During This Time

- Understand the real risk of harm to protect yourself and others
- Take steps to get the facts and stay up to date on what is happening
- Avoid watching or listening to news reports 24/7 since this tends to increase anxiety and worry.

Reaching out to people you trust is one of the best ways to reduce anxiety, depression, loneliness, and boredom during social distancing, quarantine, and isolation.

- Use the telephone, email, text messaging, and social media to connect with friends, family, and others.
- Talk “face to face” with friends and loved ones using Skype or FaceTime.

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

Did You Know? Grocery Store Resources Meals on Wheels



Grocery Store Resources

Below is a list of some of the grocery stores in Southern California who are opening early for seniors, other vulnerable groups during the corona-virus outbreak.

Albertsons: "Seniors Only" shopping times on Tuesdays and Thursdays from 7 - 9 a.m.

Vons: Seniors Only" shopping times on Tuesdays and Thursdays from 7 - 9 a.m.

Pavilions: "Seniors Only" shopping times on Tuesdays and Thursdays from 7 - 9 a.m.

Safeway: "Seniors Only" shopping times on Tuesdays and Thursdays from 7 - 9 a.m.

Clark's Nutrition: Open to elderly and disabled Tuesdays, Wednesdays and Thursdays from 8 - 9 a.m.

Costco Wholesale: "Seniors Only" shopping times on Tuesdays and Thursdays from 7 - 9 a.m.

Stater Bros.: Stores will open their doors to seniors from 7 - 8 a.m.

Target: Locations will open an hour early every Wednesday for "vulnerable shoppers," including the elderly and other people with underlying health conditions.

Walmart: An hour-long senior shopping event every Tuesday from March 24 to April 28, for customers 60 years old and older, starting one hour before the store opens.

Walgreens: Seniors and vulnerable shoppers to have one hour to shop every Tuesday from 8 a.m. to 9 a.m. and customers that are 55 and older will receive special discounts on Tuesdays.

Whole Foods: Locations will serve customers 60 or older an hour before opening to the public.

WinCo Foods: Special shopping hour for Seniors (60+), Vulnerable Populations and WinCo Employee Owners from 6 - 7:30 a.m. on Tuesdays and Thursdays.

For additional information on grocery stores in Southern California who are providing exclusive hours, please visit the KTLA 5 New webpage at <https://ktla.com/news/heres-a-list-of-grocery-stores-in-socal-opening-early-for-seniors-during-the-coronavirus-outbreak/>

Meals on Wheels

Meals on Wheels operates in virtually every community in America through our network of more than 5,000 independently-run local programs. They are all committed to supporting their senior neighbors to live healthier and more nourished lives in their own homes. For more information, please visit their webpage at <https://www.mealsonwheelsamerica.org/find-meals>

Key Contacts

Retiree Association Officers Emeriti Association Officers Retirement Center Director



Retiree Association Officers

The Retiree Association brings retirees together for luncheon meetings, sponsors gatherings, outings, and yearly events as may be of interest to the members. A lifetime membership is \$200. An annual membership is \$20.

Interim President: Mary Johnson, maryjohnson1954@gmail.com

Treasurer: Al Chavez, adchavez2437@att.net

Interim Secretary: Marianne Valenti, marianne.valenti@ucr.edu

Hospitality: Maggie Herrera, maggiejos81@gmail.com

Membership: Debra de la Cruz, debra.delacruz@mac.com

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). UCREA dues are \$20 per year per member. Lifetime memberships are \$200.

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:

UCR Retirees' Association UCR Riverside
UCR Human Resources
or
UCR Emeriti Association UCR Riverside
UCR Human Resources

900 University Avenue, Riverside, CA 92521

Retirement Center

The Retirement Center is dedicated to serving all Retiree and Emeriti members of UCR. Since its start of December 2019, retirement center and its director are working to develop tailored programming and events with goals of increasing involvement and community. The impactful contributions of the Retiree and Emeriti towards UCR's mission is recognized and valued.

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.)

Benefits of Belonging

Keep your UCR email	R'Card discounted tickets (coming soon!)
Upgraded free parking	International travel program
Quarterly newsletter	Discounts for UCR Osher
Quarterly luncheons	Lifelong Learning Classes
Speaker series	Fidelity Retirement Planning - one-on-one consultations



Stay Connected!

We will be sharing new programs and events through our quarterly newsletters and through our mailing list so be sure to look out for more engagements!

Tower Talk

UC Riverside Retirees' Association

UC Riverside Emeriti/ae Association

UCR Riverside

900 University Avenue,

Riverside, California, 92521