

# TOWER TALK



## WHAT'S NEW

As we continue to experience the impact of the COVID-19 pandemic on the campus, the Emeriti and Retirees' Association and the UCR Retirement Center leadership teams are diligently working to keep you informed on the latest news and resources available to you. While we are not physically on campus, many of our programs and engaging opportunities have transitioned to pleasant virtual experiences. We welcome your ideas to be sent via email to: [retirees@ucr.edu](mailto:retirees@ucr.edu).

The health and wellness of the UCR community is our primary focus and we thank you for your efforts in ensuring safety. Sending well wishes to you all.

Cristina Otegui, UCR Retirement Center Director

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# UCR Retiree Association

## Message from the President

### *Mary Johnson, UCRRA President*



Greetings fellow UCR Retiree Association members,

I would like to extend a warm welcome to our new members. The last few months have been challenging and unprecedented. I hope that the time you spent at home was not too difficult or stressful.

#### **What's Happening Now**

The UC Riverside Retiree and Emeriti Associations have continued to hold our regular board meetings thanks to using "Zoom". As many of you may know, we now have a UC Riverside Retirement Center. Cristina Otegui was appointed Center Director and began working in December. She has extensive UC Riverside work experience and has done a fantastic job setting up the Retirement Center. With her help we have been able to offer many new programs and opportunities for retirees to stay involved.

#### **Highlights to Membership**

In addition to free parking, quarterly luncheons with guest speakers, scholarship committee service, Rehired Retiree opportunities, Health Care Facilitator and Retiree Center volunteer programs, Osher Lifelong Learning programs, Retiree Board positions, UC Travel Program, and additional programs that are being worked on going forward, we hope that you will want to join us in these and other activities that will be interesting and fun. We are working on "Tech Tuesdays" and R-Card discounts for retirees, but both were put on hold due to the Covid-19 shutdown. As soon as the campus is accessible, we will be sharing the details of these two new programs with you.

If you have ideas on how to help the UCR Retiree Association better serve our retirees, we would like to hear from you!

We have looked at programs available at other UC campuses and there are many more programs, activities, and involvement that could be added if there is interest in doing so. Please let me know if you have ideas!

*Mary*

Mary Johnson  
Interim President  
UCR Retiree Association



## UCR Emeriti Association Message from the President *Doug Mitchell, UCREA President*



Greetings from the UCREA President's desk!

I had a major accomplishment to celebrate this week – *I got my hair cut at the barbershop on Saturday!!* For three months I been trying to keep myself looking civilized, mostly with judicious application of the mustache trimmer on my electric razor (not very successfully, I must say). The good news is that nobody but my wife was noticing because my Zoom video pictures were all so small that my fellow “stay-at-home” staff members, friends and family couldn't really tell how scruffy several weeks of unruly and unkempt hair had become.

### **In Response to COVID-19**

I trust you are all finding successful ways of navigating through the COVID-19 pandemic. Above all, we hope that you have been getting your food, shelter and health care needs met in satisfactory ways. UCREA and UCRRA have a few volunteers available to help out if you are in need of assistance with basic needs. You'll find guidance on places to turn for help elsewhere in this issue of Tower Talk.

### **Programs and Events**

We're looking forward to a gradual reopening of the UCR campus and renewal of normal activities for the Emeriti Association. We're planning for four retiree/emeriti luncheons starting with September 25th. To be sure we don't put ourselves at unnecessary risk, we're planning for the September 25th luncheon to be a “virtual affair” conducted over Zoom. Mark your calendars and save the date. We will have a guest presentation by the League of Women Voters. Instructions will be forthcoming closer to the time.

We're also gearing up for a series of “Technology Tuesdays” to help retirees and emeriti faculty become proficient with the electronic worlds of smart phones, social media and electronic communication. Thanks to Cristina Otegui, UCR's new Retirement Center Director, we are expanding programs and services for our emeriti faculty. If you haven't joined the Emeriti Association (or renewed your annual membership), there is no better time than today to do so. Just go to <https://emeriti-retirees.ucr.edu/document/ucrra-ucra-application> and follow the instructions. If you have suggestions for programs or services the UCR Emeriti Association should be developing, just drop me a line at [mitchell@ucr.edu](mailto:mitchell@ucr.edu).

*Doug*

Doug Mitchell  
President  
UCR Emeriti Association



## Virtual Programs and Events

### *Osher Lifelong Learning Institute*

### *Fidelity Investments Webinar*

### *Metropolitan Opera*



#### Osher Lifelong Learning Institute

The Osher program continues to offer exciting learning experiences, brought to you by the University Extension Professional Studies. While classes and events are currently not being offered in person, Osher courses and events will be conducted using Zoom in Fall quarter.

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



Website details: For more information on Osher's courses, events and how to become an Osher member, please visit the webpage at <https://extension.ucr.edu/osher/>.

#### Fidelity Investments Webinar: Navigating Market Volatility

Using Zoom, this webinar will discuss what is happening in the markets during the COVID-19 pandemic, the importance of having a financial plan and staying the course, how to avoid common money pitfalls, six things you can do right now with your money and investments and resources available to UC retirees' and emeriti.

Webinar: **Navigating Market Volatility**

Date: **Thursday, July 30, 2020**

Time: 12:00 - 1:00 p.m.



Reservation details: To confirm your attendance,, **please email to [retirees@ucr.edu](mailto:retirees@ucr.edu) no later than July 23rd**. Once we receive your email confirmation, we will provide you with the Zoom meeting instructions to join.

#### Metropolitan Opera

The Metropolitan Opera continues its free streaming for the duration of the COVID-19 closure. In its 15 week, the "Nightly Met Opera Streams" will begin at 7:30 p.m. (EST). If you miss the viewing, the streams will remain available for 23 hours.

The Met  
ropolitan  
Opera  
Guild

Website details: To view the full schedule, please visit the webpage <https://www.metopera.org/user-information/nightly-met-opera-streams/week-15/>.

# Virtual Programs and Events

## Stay Well Webinar Series

### Technology Tuesday



#### Stay Well Webinar Series

The UCR Workplace Health & Wellness, Human Resources department is hosting wellness webinars to help provide healthy advice at the convenience of your home using Zoom. Below are the upcoming webinars.

Webinar: **Fitting in Fitness**

Date: **Thursday, July 9, 2020 at 12:00 p.m.**



Description: This webinar will discuss ways to stay active during the day and while at home or at work, inexpensive ways to fit in fitness, and include an interactive stretching portion.

Reservation details: For more information, please visit the web page at <https://hr.ucr.edu/event-list/2020/07/09/staywell-webinar-series-fitting-fitness>, To make your reservation, please visit the web page at [https://ucriverside.az1.qualtrics.com/jfe/form/SV\\_cMxDseIY7pns4rr](https://ucriverside.az1.qualtrics.com/jfe/form/SV_cMxDseIY7pns4rr)

Webinar: **Mental Health**

Date: **Thursday, July 30 at 12:00 p.m.**



Description: This webinar will discuss the impact that COVID 19 has had on our personal and professional lives and strategies to deal with the challenges associated with the new normal.

Reservation details: For more information, please visit the webpage at <https://hr.ucr.edu/event-list/2020/07/30/staywell-webinar-series-mental-health>. To make your reservation, please visit the webpage at [https://ucriverside.az1.qualtrics.com/jfe/form/SV\\_08R65c1XbNkXOPX](https://ucriverside.az1.qualtrics.com/jfe/form/SV_08R65c1XbNkXOPX)

#### Fall "Virtual" Luncheon

The UCR Retirees' and Emeriti Associations are excited to announce the continuation of quarterly luncheons with fall's event being a virtual experience. We welcome you to join us over lunch to enjoy our guest speakers Zoom presentation.

Featured Guest Speaker: **Joan Donahue, President of the League of Women Voters Riverside**

Presentation Topic: **Suffrage Movement and the Centennial of Women's Right to Vote in the U.S.**

Date: **Friday, September 25, 2020**

Time: 12:00 - 1:00 p.m.

Virtual Meeting: Zoom meeting instructions will be provided at a later date.



Reservation details: Please save the date. Invitations will be emailed to UCRRA and UCREA members in early August.

#### Technology Tuesday

Coming soon this Fall 2020, a new program dedicated to supporting the technology needs of retirees' and emeriti. If you would like to learn more about technologies such as cell phone/wireless devices and software applications, then this program is for you. As we tailor this program to fit your needs, we would like to hear from you. **Please email [retirees@ucr.edu](mailto:retirees@ucr.edu) and share your technology needs with us!** Dates and invitations for the Fall virtual Technology Tuesday will be sent out at a later date.

## Did You Know?

# UCR Operational Updates

# RASC Operational Updates



### UC Riverside Operational Updates

Since the campus closure in March, Governor Newsom's stay-at-home order is now in Stage 2 which allows a gradual reopening to lower-risk workplaces such as bookstores and retail stores. Employees will continue to work remotely unless their roles are considered essential to the campus. All emeriti and retiree programs/events for the fall will be offered virtually and in person meetings are cancelled until further notice. Please contact Cristina Otegui, Director of the Retirement Center at [retirees@ucr.edu](mailto:retirees@ucr.edu) for questions regarding your emeriti/retiree benefits. Thank you for your commitment to safety and wellness and look forward to your participation in our upcoming virtual engagements.

Current UCR Guidelines as of Tuesday, June 16th, 2020

- **Campus Status:** Governor's stay-at-home order now in Phase 2. Employees will work remotely unless otherwise notified by their organizational leadership. Campus Return information site available. Return to Work Guide for employees released.
- **Cases:** Currently we have three confirmed COVID-19 cases among students, two employee cases (self-reported), and two on-campus contractors (self-reported).
- **Classes:** Summer session instruction will be delivered remotely.
- **Events and Gatherings:** All events and in-person, non-essential gatherings on campus are suspended until further notice.
- **Student Services:** Critical student services available virtually.
- **Travel:** All non-essential travel is suspended until further notice. All faculty-led summer education abroad programs have been canceled.

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

### Retirement Administrative Services Center (RASC) Operational Updates

In response to the stay-at-home order issued by the State of California and restricted access to RASC offices, RASC will continue to work under adjusted operations. **Those who receive the UC Retirement Plan are reassured by RASC that benefit payments will continue on schedule.**

Current RASC Guidelines as of Tuesday, June 16th, 2020

- **Callers with Urgent Matters:** Please call 1-800-888-8267 and leave a voice message so a representative can return your call as soon as possible.
  - Locked out of UCRAYS account
  - Problem with retirement check or direct deposit
  - Stop payment request
  - Report a death
  - Denial of medical services due to insurance coverage problems
- **For all other Matters:** RASC recommends sending a secure message through your UCRAYS account. You may also submit documents securely through UCRAYS or by fax to 1-800-792-5178.

For current updates on RASC operational guidelines, please visit the web page  
<https://ucnet.universityofcalifornia.edu/contacts/rasc.html>

## Did You Know? City and County Resources



Below are Riverside city and county resources to help support the health and welfare of our community during Covid-19. While this list does not encompass all resources and services offered, the UCR Retirement Center has put together this suggested list of resources that may be helpful during quarantine.

### FOOD

#### Local Grocery Hours

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 (hours are subject to change).

**Albertsons:** "Seniors Only" shopping times daily from 6:00 - 7:00 a.m.

**Cardenas:** "Seniors Only" shopping times 7:00 - 8:00 a.m.

**Vons:** "Seniors Only" shopping times daily from 6:00 - 7:00 a.m.

**Costco Wholesale:** "Seniors Only" shopping times on Monday through Friday from 9:00 - 10 a.m.

**Stater Brothers:** Stores will open their doors to seniors from 7:00 - 8:00 a.m.

**Target:** Locations will reserve the first hour the stores are open on Tuesdays and Wednesdays to "Seniors Only".

**Walmart:** Locations will reserve the hour before the store opens from 6:00 - 7:00 a.m. on Tuesdays to "Seniors Only".

**Walgreens:** Seniors and vulnerable shoppers to have one hour to shop every Tuesday from 8:00 - 9:00 a.m.

**Whole Foods:** Locations will serve customers 60 or older an hour before opening to the public from 7:00 - 8:00 a.m.

**WinCo Foods:** Special shopping hour for seniors (60+), Vulnerable Populations and WinCo Employee Owners from 5:00 - 7:30 a.m. on Tuesdays and Thursdays.

**Ralphs:** "Seniors Only" shopping times daily from 6:00 - 7:30 a.m.

**Smart and Final:** "Seniors Only" shopping time daily Tuesdays and Thursdays from 6:00 - 8:00 a.m.

**Trader Joe's:** "Seniors Only" shopping times daily from 8:00 - 9:00 a.m.

For additional information on grocery stores in Southern California who are providing exclusive hours, please visit the City of Riverside website at <https://riversideca.gov/press/food-grocery-and-nutrition-resources#senior>

## Did You Know? City and County Resources



### Delivery and Pick-Up

**DoorDash:** This is a food order delivery service where customers can place an order at one of the various restaurants and agree to a delivery fee and tip. For more information and to access this site, please visit the webpage, <https://www.doordash.com/en-US>

**GrubHub:** This is an online and mobile food-ordering and delivery marketplace with a large network of restaurant partners. For more information and to access this site, please visit the webpage, [https://www.grubhub.com/delivery/cariverside?utm\\_source=google&utm\\_medium=cpc&utm\\_campaign=Riverside%2C+CA+%7C+All+%7C+Brand&utm\\_term=grubhub&efkwid=325988760884&gclid=Cj0KCQjwjcfzBRCHARIsAO1\\_Or3s7azW4JFdicwB7Yr5FXn9gyYgy4enBFfK1alnKZHj51o78VKU9caAkTdEALw\\_wcB&gclsrc=aw.ds](https://www.grubhub.com/delivery/cariverside?utm_source=google&utm_medium=cpc&utm_campaign=Riverside%2C+CA+%7C+All+%7C+Brand&utm_term=grubhub&efkwid=325988760884&gclid=Cj0KCQjwjcfzBRCHARIsAO1_Or3s7azW4JFdicwB7Yr5FXn9gyYgy4enBFfK1alnKZHj51o78VKU9caAkTdEALw_wcB&gclsrc=aw.ds)

**Postmates:** This service connects customers with local couriers who can deliver from any store or restaurant. They have introduced non-contact deliveries, which allows for distancing between customers and Postmates. For more information and to access this site, please visit the webpage, <https://postmates.com/>

**Uber Eats:** This service offers customers several restaurants to choose from and order items online for delivery. For more information and to access this site, please visit the webpage <https://www.ubereats.com/feed?pl=JTdCJTlyYWRkcmVzcyUyMiUzQSUyMIJpdmVyc2lkZSUyMiUyQyUyMnJlZmVyZW5jZSUyMiUzQSUyMkNoSUUp1MzMwZjktbTNJQVI2QXBIRXdYWG9mYyUyMiUyQyUyMnJlZmVyZW5jZVR5cGUIMjIIM0EIMjJnbn29nbGVfcGxhY2VzJTlyJTJDJTlybGF0aXR1ZGUIMjIIM0EzMy45ODAA2MDA1JTJDJTlybG9uZ2I0dWRIJTlyJTNBLTExNy4zNzU0OTQyJTdE>

**Instacart:** This service allows for customers to order groceries online at various grocery stores with same day delivery. For more information and to access the site, please visit the webpage, <https://www.instacart.com/>

**Janet Goeske Senior Center:** While the center is currently closed, the center is offering drive thru frozen meal distribution for seniors on Fridays from 9:00 – 10:00 a.m. New participants must be 60+ and apply by phone Monday through Wednesday from 8am – 5pm at (951) 351-8800. For more information please visit the webpage <http://jgc4seniors.com/>

**Meals on Wheels:** Riverside Meals on Wheels delivers hot and/or cold meals daily to housebound seniors and individuals with temporary or permanent disabilities, residing in the Greater Riverside County. For more information and to access the site, please visit the webpage <https://www.riversidemow.org/>

**Riverside County Office on Aging:** While the office is currently closed, the office provides a list of immediate prepared meals throughout the county. To view the list of Immediate Meals Pick-Up and Go within the county, please visit the webpage [https://docs.google.com/document/d/1J2NoR5bnW5X-7fSRdGYF-ic\\_qKK6aleKohMuTovEUfA/edit](https://docs.google.com/document/d/1J2NoR5bnW5X-7fSRdGYF-ic_qKK6aleKohMuTovEUfA/edit) The Office on Aging also provides an updated list of Food Pantries for those in need within the county. To view this list of Food Pantry's, please visit the webpage <https://www.rcaging.org/Portals/0/PDF/Resources/Resources-Publications/Nutrition/Meals%20List%20Food%20Distribution%20Sites%206.11.20.pdf>

## Did You Know? City and County Resources Health and Wellness



### Coronavirus Information

**AARP:** AARP will host a weekly live Coronavirus Information Tele-Town Hall on Thursdays. These Tele-Town Halls offer individuals the opportunity to speak with experts and get their questions answered. You can call the toll-free number every Thursday at 1:00 p.m. eastern time at 855-274-9507. For more information, please visit the AARP webpage at <https://www.aarp.org/health/conditions-treatments/info-2020/tele-town-hall-coronavirus.html>

**COVID-19 Information Line:** This phone line is the California Coronavirus Response Line at 1-833-544-2374 which can be used to seek information on the virus. For more information, please visit the webpage <https://covid19.ca.gov/>

**Fidelity Resource Center:** Fidelity provides key information on the latest updates including the CARES Act, expert insights on the markets, access to digital solutions to complete common activities, and answers to your most important questions on stimulus bills. For more information, please visit the Fidelity website <https://www.fidelity.com/go/covid-19-updates>

**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>

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>

### Health and Wellness

**California Department of Aging, Feeling Good and Staying Connected Activity Guide:** This activity guide offers engaging health and wellness activities that can be done while practicing physical distancing. For more information and to view the guide, please visit the webpage <https://www.aging.ca.gov/download.ashx?IE0rcNUV0zYlqz5kxLW8bA%3d%3d>

**Tips for Self-Care during COVID-19:** This article shares tips on staying health and remaining connected while demonstrating physical distancing. For more information, please visit the Each Mind Matters website at <https://emmresourcecenter.org/resources/tips-self-care-during-covid-19>

**Resources for Emotional Support and Wellbeing:** California Coronavirus Response provides resources to help individuals experiencing stress or are in need to talk with someone. For more information and a list of phone numbers to call when in need, please visit the COVID-19.CA.GOV website at <https://covid19.ca.gov/resources-for-emotional-support-and-well-being/>

## Did You Know? Health and Wellness



### Plan, Shop, Save and Cook, Healthy Eating at Home

#### Planning:

Try to stock up, not stockpile. Ideally have enough food for two weeks. Begin by assessing what you already have by checking for expiration dates, spoilage and smelling items that have been in your cabinet or fridge. Next, come up with a game plan. Planning will let you know what you have, what you need, and what you will be making. Try to use your fresh foods before using frozen and shelf-stable foods. The key is reducing food waste. When shopping, focus on items your family enjoys. Think about time and energy that is needed to prepare meals. We can catch ourselves buying ingredients for complex meals but resort to processed or drive-thru items because of the time and energy it may take. Having items on hand to prepare if you feeling sick or just don't have the energy to cook is completely okay. Try adding ready-made items such as minute rice.

#### Shopping:

Here is a basic grocery checklist for items to have on hand for your fridge, freezer, and pantry.

##### 1. Pantry Items

- a. **Beans:** canned/dried beans or chickpeas, lentils can be versatile for recipes from tacos and quesadillas to chili, dips, and even a bean "burger."
- b. **Canned tuna/salmon/sardines:** great source of protein that happen to be shelf-stable and quite versatile. From sandwiches to salads, to pasta and casseroles.
- c. **Canned produce:** look for items that have "no added salt" or that have "50 percent less sodium."
- d. **Fresh produce:** potatoes – sweet and regular, onions, squashes, garlic. Some fruits that tend to last longer are oranges, apples, and pears.
- e. **Nuts:** nuts are a great go-to for energy when you need it. Nuts are a great source of healthy fats, protein, and other nutrients.
- f. **Grains:** rice, pasta, oats, and quinoa: Think of your grains as the base for any recipe/meal you're preparing.
- g. **Milks:** shelf-stable milk can be used for morning coffee or oatmeal. Nondairy options have a much longer shelf life.
- h. **Extra-Virgin Olive Oil:** have this heart-healthy fat on hand to cook up almost anything or make your own dressing.
- i. **Bread:** not only is good for fiber but can be frozen!

##### 2. Freezer Items

- a. **Fruits/Vegetables:** fresh, frozen, or canned are all nutritious.
  - i. Broccoli, peas, corn, green beans, spinach, mixed vegetables, edamame, kale
  - ii. Strawberries, raspberries, blueberries, cherries, peaches
- b. **Proteins:** chicken, seafood, ground meats

##### 3. Fridge Essentials

- a. **Condiments:** allowing to add flavor to your food
- b. **Eggs:** a great source of protein at sometimes a fraction of the cost of other proteins
- c. **Hydrate:** drink plenty of water!

## Did You Know? Health and Wellness



### Plan, Shop, Save and Cook, Healthy Eating at Home (Continued)

#### Save:

1. There are many ways to save money and still eat whole, single ingredient foods. Plan your meals
2. Compare unit prices
3. Stick to your list
4. Go shopping on a full stomach or after a workout
5. Stay off the endcaps and search high and low. Eye level items tend to be less healthy items.
6. Delivery services can prevent impulse buying and temptation
7. Cook large portions and use left overs
8. Buy frozen and seasonal produce
9. Buy whole foods or foods in a less processed form. (block cheese vs. shredded cheese, oats vs. processed cereals)



#### Cook:

1. Casseroles: If you want to freeze a baked casserole, let it cool before wrapping it and freezing. To bake a frozen casserole, you can first thaw it in the fridge overnight and bake it the next day.
2. Slow Cooker Recipes: Minimal effort with great taste. Try chicken fajitas or any healthy soups and chills. So many recipes to try from!
3. Snack healthy: nuts, berries, yogurt, rice cakes, fruits and veggies, cottage cheese, veggies chips, hard-boiled eggs, shakes
4. Cooking extra: Try making more for dinner for lunch the next day. If you are the sole cook at home this may help your family eat throughout the day without turning to frozen processed foods giving you time to work!

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/>

# Did You Know? Guide to Using Zoom



## Guide to Using Zoom

The Retirement Center put together tips on using the web conferencing system called Zoom for one-on-one or group meetings. These tips refer to the process of joining a Zoom meeting.

### What You Need

- **Devices:** You can use your computer or mobile device to access Zoom
- **Instructional video:** Before joining a Zoom meeting on a computer or mobile device, you must download the Zoom application. Please visit the following web page to access the "Join a Zoom Meeting" YouTube instructional video at <https://www.youtube.com/watch?v=vFhAEoCF7jg&feature=youtu.be>
- **When using a computer:** Locate the Zoom website link invitation in your email inbox, click on the link and you will be prompted to download the Zoom application. Once Zoom has been downloaded, you can then click on the Zoom website invitation link and start the meeting.
- **When using a mobile device:** Search Zoom in the Apple Store or Google Play, and download the application. Locate the Zoom website link invitation in your email inbox, click on the link to start the meeting.
- **Meeting ID:** Each Zoom meeting has a meeting ID that is required to be entered in order to join.
- **Plan ahead:** It is suggested to reserve the 10 minutes prior to your meeting time for any technology needs and testing.

### Using Your Mobile Device

- **Join by telephone using audio only:** You have the option of joining by telephone. If you choose to use your telephone with only audio, you will only need the teleconferencing number which can be found in the Zoom website invitation email. You will need to enter the teleconferencing number followed by the meeting ID.
- **Join by mobile device using audio and video:** After the Zoom application has been downloaded, locate the Zoom website link in your email inbox, click on the link and enter the meeting ID. You will be prompted to enter the meeting with audio and video options.

### Using Your Computer

- **Joining by computer with audio and video:** After the Zoom application has been downloaded, locate the Zoom website link in your email inbox, click on the link and you will be prompted to enter the meeting ID. You will then be prompted to enter the meeting with video and audio capabilities. You can test your audio and choose to enter with or without video.

### During the Zoom Meeting

- **Video displays:** Zoom offers three options to view participants which are Active Speaker, Gallery and Mini.
- **Audio and speaker settings:** Audio can be muted during non speaking moments to prevent background noise and unmuted during speaking moments.
- **Chat room:** Comments can be typed into the chat window during the meeting and can be directed to all participants or to a selected participant. Click on the "chat icon" to open the chat window.
- **Screen share:** Click on the "share screen" icon at the bottom center of your screen. A window will pop up asking which screen you would like to share. Click on the screen you wish to share. Make sure to click "stop sharing" once you are done.
- **End meeting:** Once you are done with the meeting, click on "End Meeting".

Website details: For more information and support, please visit the Zoom Help Center web page at <https://support.zoom.us/hc/en-us>

## Did You Know? Office of Development



Greetings from the Office of Development at UC Riverside!

Did you know that UCR is quickly approaching the close of our first comprehensive campaign? Launched publicly in 2016 with a goal of raising \$300 million in gifts to support scholarships for students, funding for faculty, research, new infrastructures on campus, endowed chairs, and university programs, the “Living the Promise: The Campaign for UC Riverside” is set to close on December 31, 2020. As of June 5, 2020, we are 96% of our goal with \$286,642,487 raised, and we have successfully doubled the number of endowed chairs and grown our overall endowment.

### Supporting UCR Students

With more than 50% of our undergraduate population being pell grant eligible and more than 60% of our student population coming from low income households, support for students is increasingly more important as UCR continues to grow both our undergraduate and graduate student population. One example of a campaign gift that is helping to address the needs of student support, came from UCR alumni Sean Harper.

### The Story of a UCR Alumni

Recently, Sean and Stella Harper gave a \$1.5M gift to create an endowed scholarship fund for undergraduate students that will support five undergraduates in UCR’s College of Natural & Agricultural Sciences each year. Sean is the head of research and development at the multinational biopharmaceutical company Amgen, and credits UCR with providing him a transformative student experience and the ability to do hands on laboratory research. It is because of his experience at UCR, that Sean and his family want to ensure that other students have the same opportunity. To read the full story please visit:

<https://news.ucr.edu/articles/2020/05/20/15-million-gift-creates-sean-and-stella-harper-endowed-scholarship-fund>

### To Learn More

For more information about our Living The Promise Campaign, or how you can make a difference, please contact Neshia Crossman, Senior Executive Director of Individual Giving at: [neshia.crossman@ucr.edu](mailto:neshia.crossman@ucr.edu) or at 951-235-6571.

# Did You Know?

## Emeriti Association: Distinguished Emerita-Emeritus Award

## Retiree Association: CUCRA Survey

### Emeriti Association: Distinguished Emerita-Emeritus Award

The UCR Emeriti Association Executive Board would like to announce the **new** *Distinguished Emerita-Emeritus Award*.

#### Eligibility Criteria

- This award will go each year to one or more retired faculty who have set a high standard of achievement in Research, Teaching, or Service during her/his years since retirement.
- Nominations, including self-nominations, along with two letters of support, should be sent to the Director of the UCR Retirement Center at [cristina.otegui@ucr.edu](mailto:cristina.otegui@ucr.edu) by November 1st annually for consideration by the UCREA Executive Board.

#### Selection Process

- Before or at the November Executive Board meeting, a subcommittee will be appointed to review the nominations and make a recommendation to the full Executive Board for a final vote at its December meeting (or January meeting, as a reliable date if there is a problem with the schedule in a given year).

#### Recipient/s of the Award

- The Award Recipient/s will be announced at the joint UCREA and UCRRA February Luncheon each year and will be awarded a plaque.
- Distinguished Emerita-Emeritus Award Recipient/s will be invited to speak at a later date at one of the joint UCREA-UCRRA Luncheons or as part of the UCR Osher Program.

#### For More Information

- Award details will appear on the website later this summer. Each year the call will be announced in the Summer and Fall newsletters, in an early September email to all UCREA members, and at the joint UCREA and UCRRA Fall Luncheon in September.

### Retiree Association: Council of the University of California Retirees Association (CUCRA) Survey

In Fall 2016, CUCRA launched its first survey that was sent out to more than 50,000 retired staff and non-Senate academics to learn more about their accomplishments and activities after UC employment. The survey results included 4,500 UC Retiree respondents and proved to be monumental as it highlighted UC Retirees' and their commitment to UC's mission of public service while serving in community involvement, professional services and ambassador roles to name a few. Additional funding was given to UC campus retirement centers.

#### Your Survey Response Counts!

UCR had a total of 49 respondents in the Fall 2016 CUCRA Survey. It is our time to show the incredible engagement that UC Retirees continue to contribute to UCR and the surrounding community.

#### Save the Date

The next CUCRA survey is expected to be sent out this coming Fall so please stay tuned for more information.

Website details: To view the 2016 CUCRA Survey Results, please visit the web page at <http://cucra.ucsd.edu/survey/RetireeSurveyReport.pdf>

# 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. In efforts to increase programs, services and events, membership dues will increase to \$250 for lifetime and \$25 for annual effective July 1, 2020.

**President:** Mary Johnson, maryjohnson1954@gmail.com  
**Treasurer:** Al Chavez, adchavez2437@att.net  
**Interim Secretary:** Marianne Valenti, marianne.valenti@ucr.edu  
**Hospitality:** Open Recruitment  
**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). In efforts to increase programs, services and events, membership dues will increase to \$250 for lifetime and \$25 for annual effective July 1, 2020.

**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. Program initiatives such as Technology Tuesdays, Fidelity webinars and more are underway. Looking forward to staying connected over the summer to provide you with upcoming virtual engagements.

**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  
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