

# TOWER TALK



## WHAT'S NEW

We are happy to share that retiree and emeriti programming continues to take place in a virtual capacity through Zoom. So far in our virtual programs, we have put together a welcoming experience that has brought our members together with a feeling of connectedness and engagement. The UCR Retirement Center, Emeriti and Retirees' Associations are thankful for your continued involvement and look forward to bringing you new programs and services this fall. If you wish to share new program ideas, please share them via email to [retirees@ucr.edu](mailto:retirees@ucr.edu).

Wishing you, your family and friends safety, wellness and warm wishes this fall season.

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,

I am happy to see the fall season upon us. To all those who attended the "Annual Meetings of the Emeriti and Retirees' Association Fall Virtual Luncheon" held on Friday, September 25, 2020, I hope you enjoyed the program. Cristina Otegui did a wonderful job handling all of the details. Joan Donahue, President of the Riverside League of Women Voters was the guest speaker. Her topic was "The Suffrage Movement and the Centennial of Women's Right to Vote in the U.S." If you missed the program, a recording of the session will be available on the retirees and emeriti website in the coming weeks.

## What's Happening Now

The Council of the UC Retirees' Association, CUCRA, will be having a Virtual Fall Meeting on October 28 and 29, 2020. Here's what we expect:

- New officers will be voted in.
- We will learn about proposed changes /updates in our health plans for 2021.
- Watch your mailboxes, Retiree Open Enrollment information will be mailed in a few weeks.
- The Retirement Center will follow up with information on who to contact if you have questions regarding open enrollment.

As a reminder, CUCRA announced their second comprehensive survey. That communication was emailed to all members in October, we ask that you please take a few minutes to respond to the survey. The survey aims to highlight UC retirees' contributions post-retirement. The link to complete the survey can be found in this Tower Talk issue.

## List of Officers for the 2020 - 2021 UCRRA Executive Board

**President:** Mary Johnson

**Vice President:** Manuel Urrizola

**Treasurer:** Al Chavez

**Secretary:** Marianne Valenti

**Membership Chair:** Debra de la Cruz

**Social Secretary:** Sue McKee

**Hospitality Chair:** Vacant

Stay safe,

*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!

It seems strange this fall that UCR faculty and students are going back to class without going back to school. Taking public health precautions against the COVID-19 pandemic has certainly changed the meaning of "retirement" for many of us. The UCR Emeriti Association has made significant changes in our programming to facilitate keeping the pandemic at bay. Thanks to our new virtual world via Zoom, our UCREA Executive Board continues to meet regularly, joining the UCR Retirees' Association Executive Board and the Retirement Center director, Cristina Otegui to adjust our program activities and plan new initiatives to ensure momentum and access to our members. Our web site at <https://retirees.ucr.edu/> has been updated and will increasingly serve as our communications hub.

### Virtual Event Highlights

We held our first Zoom-based "virtual luncheon" on September 25, 2020. Joan Donahue's presentation on the history of women's suffrage was outstanding!! We look forward to meeting on-line again for the December Holiday Luncheon. Using Zoom meeting software, we are launching our series of "Technology Tuesday's" which, with assistance from the UCR-IT staff, will help us all get more comfortable and secure in our use of the ever-advancing and challenging internet tools for communication, learning, establishing social relationships, and shopping. The upcoming Dickson lectures are being presented via Zoom in cooperation with UCR Extension. The lecture will be presented by Distinguished Professor Jonathon Turner, emeritus, on October 20th. His topic is: "Using Evolutionary Sociology to Discover Human Nature". (Details are in this issue of Tower Talk).

I want to give a special "Shout Out!" to Cristina Otegui who is doing a fantastic job of supporting the UCR Emeriti and Retirees' Associations. She is on top of every aspect of our programs and is a constant source of good ideas about how to strengthen our retirement communities.

Stay safe!!

*Doug*

Doug Mitchell  
President  
UCR Emeriti Association



# Virtual Programs and Events

## *Technology Tuesdays*

### *Estate and Advance Care Planning*



#### Technology Tuesdays: Fall Program Series

In partnership with UCR's Information Technology Solutions (ITS), Technology Tuesdays is a new 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.

#### Technology Tuesdays Fall Workshop Schedule

Zoom Meeting: **Password Management**

Date: **October 13, 2020 from 12:00 – 1:00 p.m.**

**How to register:** Confirm your attendance by visiting the Technology Tuesdays registration page below no later than Thursday, October 8, 2020. Join us at:

[https://ucrivside.az1.qualtrics.com/jfe/form/SV\\_0CfqsHnivBfyXgF](https://ucrivside.az1.qualtrics.com/jfe/form/SV_0CfqsHnivBfyXgF)

Zoom Meeting: **General Security Services**

Date: **November 10, 2020 from 12:00 – 1:00 p.m.**

**How to register:** Confirm your attendance by visiting the Technology Tuesdays registration page below no later than Thursday, November 5, 2020. Join us at:

[https://ucrivside.az1.qualtrics.com/jfe/form/SV\\_8uoTaueyCEWCA1T](https://ucrivside.az1.qualtrics.com/jfe/form/SV_8uoTaueyCEWCA1T)

Zoom meeting: **UCR Email Access on Devices**

Date: **December 8, 2020 from 12:00 – 1:00 p.m.**

**How to register:** Confirm your attendance by visiting the Technology Tuesdays registration page below no later than Thursday, December 3, 2020. Join us at:

[https://ucrivside.az1.qualtrics.com/jfe/form/SV\\_cxdEouvJf2Kb1Pf](https://ucrivside.az1.qualtrics.com/jfe/form/SV_cxdEouvJf2Kb1Pf)

#### Estate and Advance Care Planning

UC Berkeley's Retirement Center invites UC Riverside retirees, emeriti and family to attend their Estate and Advance Care Planning online session presented by Kristen Southworth, JD, Ryan McMahan, MD, MAS. This session will help participants understand estate planning assistance, the documents included and their purpose as well as how to make certain your healthcare choices are communicated to your loved ones and healthcare professionals. A review of the Advanced Health Care Directive, Power of Attorney, Trust, Revocable Living Trusts, Last Testament and Will, Estate Taxes and Estate Administration will be covered.

Date: **Friday, October 23, 2020 from 10:00 a.m. - 12:00 p.m.**

**How to register:** Confirm your attendance by visiting the Estate and Advance Care Planning registration page at:

<https://berkeley.zoom.us/meeting/register/tJEoceqvrj8uE9Ffa5Lu6uuV2IEvT51enIne>

## Virtual Programs and Events

### *Dickson Lecture Series*

### *Career and Lifestyle Planning*



#### 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.

Presentation Topic: "**On Human Nature: The Biology and Sociology of What Made Us Human**"

**Featuring:** Jonathan H. Turner, 38th University Professor, University of California, Distinguished Professor of the Graduate Division, UCR



Date: **Tuesday, October 20, 2020 from 3:30 - 5:00 p.m.**

**Description:** The presentation will revolve around a recently completed book: *On Human Nature: The Biology and Sociology of What Made Us Human* (in press with Routledge for early Fall 2020). Discover at a genetically driven biological level the fundamental behavioral tendencies of humans and their immediate ancestors beginning five million years ago.

**How to register:** Please contact UCR Osher's Student Services at (951) 827-4105, Monday-Thursday 8:00 a.m. - 12:00 p.m. All lectures meet online via Zoom and mention Section: 202CCS127.

#### Career and Lifestyle Planning

Zoom Meeting: **Managing Lifestyle and Career Renewal During Retirement**

**Featuring:** John Mattson, Chief Executive Officer, Career Coach Consultants LLC

Date: **Friday, November 6, 2020 from 12:00 - 1:00 p.m.**

**Description:** By the time most Baby Boomers retire, they will have had a career that has spanned over 40 years. If you are now in your 50s, 60s, or 70s, and have recently retired, you may be searching for ways to achieve a new balance in your life, and perhaps seeking a better way to manage your lifestyle during retirement. The COVID-19 pandemic may have also altered or completely changed your retirement plans. You may also be wondering what kind of full-time or part-time work you could perform, or which volunteer experiences you could pursue. This presentation may help you to discover new ways to navigate lifestyle and career plans during your "second-act" and will offer exploratory resources to help renew any past occupations or learn how to reinvent yourself for a new and more fulfilling lifestyle and career, over the next 20+years.

**How to register:** Confirm your attendance by visiting the Career and Lifestyle Planning registration page below no later than Thursday, October 29, 2020 at:

[https://ucriverside.az1.qualtrics.com/jfe/form/SV\\_9AZ6BlxgKTrlwMJ](https://ucriverside.az1.qualtrics.com/jfe/form/SV_9AZ6BlxgKTrlwMJ)

## Virtual Programs and Events

### Holiday "Virtual" Luncheon

#### *Osher Lifelong Learning Institute*

#### *The Metropolitan Opera*

#### *L.A. Times Festival of Books*



#### Holiday "Virtual" Luncheon

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

Presentation Topic: **Keeping Art Museums Relevant**

**Featuring:** Drew Oberjuege, Director of the Riverside Art Museum

Date: **Monday, December 7, 2020**

**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, November 26, 2020 at:

[https://ucriverside.az1.qualtrics.com/jfe/form/SV\\_baeS7BtdsfmcCh](https://ucriverside.az1.qualtrics.com/jfe/form/SV_baeS7BtdsfmcCh)



#### Osher Lifelong Learning Institute

The Osher program continues to offer courses and events virtually to Osher members. Those interested in joining the Osher program have the option of annual or quarterly membership. UCR Retirees' and Emeriti Association members receive a \$20 discount on the Osher Annual Membership for September 2020 - June 2021.



For more information on the Osher Program membership, courses and events, please visit the Osher Lifelong Learning Institute webpage at: <https://extension.ucr.edu/osher/courses.php>.

#### The Metropolitan Opera

The Metropolitan Opera announced the cancellation of their 2020–21 season due to COVID-19 but will continue their free streaming of their award-winning Live in HD series of cinema transmissions. Each performance will be available for a period of 23 hours, from 7:30 p.m. EDT until 6:30 p.m. the following day.



For more information on their upcoming schedule, please visit the Metropolitan Opera webpage at: <https://www.metopera.org/user-information/nightly-met-opera-streams/>

#### 25 Years Los Angeles Times Festival of Books Stories and Ideas

The L.A. Times, in partnership with USC is celebrating 25 years of the Festival of Books, Stories & Ideas and due to COVID-19, the festival will be a virtual experience including 25 individual virtual events. The author panels, reading and other events will begin Sunday, October 18, 2020 and continuing over the course of four weeks.



For more information on their upcoming schedule and registration details, please visit the L.A. Times webpage at: [https://events.latimes.com/festivalofbooks/?3\\_route=/client-embeds/la-times-festival-of-books-2020/1/3/\\_/&](https://events.latimes.com/festivalofbooks/?3_route=/client-embeds/la-times-festival-of-books-2020/1/3/_/&)

## Did You Know? UCR Operational Updates RASC Operational Updates



### UC Riverside Operational Updates

The campus is now in phase 2, in light of COVID-19, with limited campus operations. There is a small number of employees who are working on campus with the majority of employees continuing to work remotely. All emeriti and retiree programs/events for the fall will continue to be offered virtually and in person meetings are cancelled until further notice. UCR's Environmental Health and Safety department has a webpage dedicated to COVID-19 updates and resources. A "Campus Return" webpage has been established to provide information on best practices when returning safely to work including the required Daily COVID Wellness Online Survey for those physically going on campus. Face coverings and physical distancing of at least six feet are also required while on campus. For any questions regarding emeriti/retirees programs and services, please contact Cristina Otegui, Director of the Retirement Center at [retirees@ucr.edu](mailto:retirees@ucr.edu).

#### Current UCR Guidelines as of September 2020

- **Cases:** Currently we have six confirmed COVID-19 cases among students, 38 employee cases, and seven on-campus contractors.
- **Classes:** Fall session instruction will be available remotely with 35 courses being offered in person (these in person classes will also have a remote option).
- **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 will continue to work remotely due to COVID-19 and has recently announced the reopening of their Customer Service Call Center. RASC representatives are once again available to answer phone calls directly.

#### 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. (PT). 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

Below is a list of COVID-19 related resources collected from UC Riverside, and the city and county of Riverside websites. This is a recommended list that may be helpful while at home.

**Alzheimer's Association:** Alzheimer's 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)

**Mayor's Dementia Friendly City Page:** This webpage provides non-profits, community groups, and senior/health care organizations support groups in the Riverside and Corona areas to increase understanding of dementia and learning strategies. For more information, please visit the Support Group webpage at: <https://www.riversideca.gov/mayor/Dementia-Friendly-Riverside/support-groups.asp>

**AARP:** AARP continues to 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>

**California Department of Aging (CDA) Rapid Response to COVID-19:** CDA provides a special edition issue that highlights the redesigning and expansion of services, the governor's master plan for aging and ways of engagement during COVID-19. Listed in this issue are community and health resources. For more information on viewing this special edition, please visit the CDA's Rapid Response to COVID-19 webpage at: <https://sway.office.com/RzckHdp7GNHCzm50>

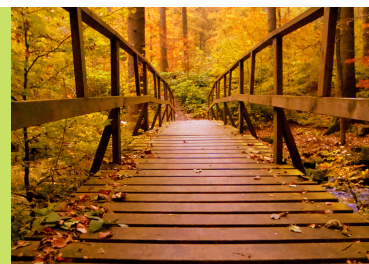
**CDC Information on Coronavirus:** This site will give you the latest information on the virus and sharing of key practices to prevent the spread. For more information, please visit the Center for Disease Control website at: <https://www.cdc.gov/coronavirus/2019-nCoV/index.html>

**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.

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? COVID-19 Resources Health and Wellness



### COVID-19 Resources (Continued)

**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>.

**UCR Transportation and Parking Services (TAPS) COVID-19 Operational Information:** Due to COVID-19, the TAPS office is managing business online and will continue to have a staff member answering emails and phone calls Monday through Friday from 8:00 AM - 4:30 PM. Retirees and Emeriti may contact TAPS by email at [parking@ucr.edu](mailto:parking@ucr.edu) or by phone at (951) 827-8277. For more information on TAPS operations during COVID-19, visit the webpage at: <https://transportation.ucr.edu/coronavirus>

### Eating Toward a Healthy Immune System - From UCLA Health

The COVID-19 pandemic has provoked anxiety and fear throughout the country and prompted many people to explore the best approaches to protecting their health. Proper nutrition is one way to help you stay healthy and strong. Eating a healthy diet helps to support a healthy immune system to fight off bacteria, viruses and many other illnesses.

Dr. Vijaya Surampudi, an assistant professor of medicine at the UCLA Center for Human Nutrition, shares some tips for how best to feed the body. "An ounce of prevention produces a pound of cure," says Dr. Surampudi. "How you feed your body on a daily basis pays off in a lifetime."

#### Nourish your body

Wisely choosing the foods you eat will help to support your body's defense mechanisms.

Focus on:

- Increasing your intake of vegetables
- Not drinking sugar-sweetened beverages
- Limiting the amount of red meats eaten
- Including healthy spices like cinnamon, oregano, turmeric and more
- Eating whole grains
- Incorporating healthy fats like avocado and olive oil

#### Focus on micronutrients

- **Vitamin A** helps regulate the immune system and protects against infections by keeping skin and tissues in the mouth, stomach, intestines and respiratory system healthy. Get this vitamin from such foods as sweet potatoes, carrots, broccoli, spinach, red bell peppers, apricots, eggs or foods labeled "vitamin A fortified" such as milk or some cereals.
- **Vitamin C** supports the immune system by stimulating the formation of antibodies. Reach for citrus fruits such as oranges, grapefruit and tangerines, or papaya, strawberries, red bell pepper or tomato juice.
- **Zinc** supports the immune system and may help wounds heal. Zinc can be found in lean meats, poultry, seafood, milk, whole grain products, beans, seeds and nuts.

## Did You Know? Health and Wellness



### Eating Toward a Healthy Immune System (Continued)

#### Create consistency

One of the ways you can develop a rhythm of eating healthy is by “coloring your plate.” The more colorful your plate, the greater variety of nutrition you are getting.

#### Blue:

- Promotes healthy aging.
- Lowers the risk of some cancers.
- Improves urinary tract health, memory function and heart health.
- Reach for blueberries, blackberries, elderberries and more.

#### Orange:

- Maintains heart, vision and immune system health.
- Reach for pumpkin, sweet potato, carrots, winter squash, cantaloupe, apricots and more.

#### Red:

- Promotes memory function and urinary tract health.
- Maintains a healthy heart.
- Lowers risks of some cancers.
- Reach for tomatoes, pink grapefruit, red peppers, watermelon and more.

#### Green:

- Lowers risk of some cancers and heart disease, maintains vision health and protects against birth defects in pregnant women.
- Keeps blood cells, bones and teeth strong.
- Reach for collard greens, kale, spinach, broccoli, brussels sprouts, lettuces and artichokes.

#### Avoid supplements

If you are eating a balanced diet, there is no need for supplements. Supplements are not packaged the same way as food, so we do not know what else is needed for adequate absorption and utilization by the body.

#### Building immunity is multilayered

Every part of your body, including your immune system, functions better when protected from environmental assaults and is improved by healthy living strategies, such as:

- Not smoking
- Eating a diet abundant with fruits and veggies
- Exercising regularly
- Getting adequate sleep
- Taking steps to avoid infection such as washing your hands
- Maintaining a healthy weight

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?

### Emeriti Association: Distinguished Emerita-Emeritus Award Retiree Association: CUCRA Survey

#### Emeriti Association: Distinguished Emerita-Emeritus Award, Call for Nominations

The UCR Emeriti Association is excited to announce the call for nominations of its new 2020-2021 Distinguished Emerita-Emeritus Award. Each year, this award will be bestowed upon those retired faculty who have set a high standard of achievement in research, teaching or service during her/his years since retirement.

#### Selection Process

- 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 1, 2020** annually for consideration by the UCREA Executive Board.
- 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

- **Award announcement:** The Award Recipient(s) will be announced at the joint UCREA and UCRRA February Luncheon each year and will be awarded a plaque.
- **Invitation to speak:** 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 UCR Emeriti and Retirees' website and each year the call for nominations 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.

Questions may be sent to the UCR Retirement Center Director at [cristina.otegui@ucr.edu](mailto:cristina.otegui@ucr.edu).

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

On October 1, 2020, CUCRA opened their second comprehensive survey and invites all UC retired staff and non-Senate academics to complete the survey by Friday, October 23, 2020. The purpose of this fifteen-minute survey is to highlight UC retirees and their accomplishments and contributions to the UC and the community.

#### To begin the survey now, follow this link:

[https://ucdavis.co1.qualtrics.com/jfe/form/SV\\_4UWlr7162P961il](https://ucdavis.co1.qualtrics.com/jfe/form/SV_4UWlr7162P961il)

Your identity will not be associated with your responses.

**Your voice  
counts!**

#### Your responses to this survey will be used to:

- Enable CUCRA, retirees' associations and retiree centers to advocate more on behalf of UC retirees.
- Help the UC President's Office and campus and laboratory administrators better understand the contributions made by retirees to UC and the broader community.
- Assist UC retirees' associations and retiree centers create and improve upon programs for retirees.
- Provide retirees with comprehensive information about their collective contributions and achievements.

Questions about the survey may be sent to Sue McKee at [susan.mckee@ucr.edu](mailto:susan.mckee@ucr.edu).

Visit the CUCRA webpage to view the 2016 past survey at: <http://cucra.org/survey>.

## Did You Know? Healthcare Facilitator Program Fidelity Investments



### 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](mailto:benefits@ucr.edu).

### Fidelity Investments Resource Center

Fidelity provides perspective on the current market, strategies for uncertain times and support in financial planning. UCR retirees and emeriti can meet one-on-one with a Fidelity Investments representative on any financial planning topics.

**Fidelity Website:** For more information on services during COVID-19, please visit the Fidelity website at:

<https://www.fidelity.com/go/covid-19-updates>

**One-on-One Consultations:** If you would like to meet one-on-one with a Fidelity Investments representative, please visit their Consultations & Workshops page at:

<https://nb.fidelity.com/public/nb/default/fort>



## 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. As programs and services continue to grow, we welcome volunteers to support the efforts of the UCR Retirement Center.

To learn more about volunteer opportunities with the Retirement Center, please send an email to [cristina.otegui@ucr.edu](mailto:cristina.otegui@ucr.edu). We would like to hear from you!

**UCR Retirement Center Director:** Cristina Otegui, [cristina.otegui@ucr.edu](mailto: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.)

**Volunteer Opportunity!**

### **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