Get rewarded for taking simple, healthy steps

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

D.L. ‘Les’ Martin

Retirees Association

OFFICERS
President: Anthony Norman
(951)827-4777 anthony.norman@ucr.edu

1st Vice President: D.L. “Les” Martin
(951)242-5865 dmartin773@roadrunner.com

2nd Vice President: George Groty
(951)924-9536 ggroty@earthlink.net

Secretary: Joan Dillon
(951)941-0231 timsgrandmajoan@aol.com

COMMITTEE CHAIRS
Bridge Group: Marti Orth (951)242-5297 mbtime@verizon.net
Social Secretary: Betty Howe (951)686-7668 howe.bjs@gmail.com

Hospitality: Cathy Carlson (951)788-9979 justcathy@att.net
Membership: Allison Tavaglione, allison.tavaglione@ucr.edu, Office of Alumni & Constituent Relations, (951) 827-2586.

Emeriti Faculty Association

OFFICERS
President: Anthony Norman
(951)827-4777 anthony.norman@ucr.edu

Treasurer: Irving Hendrick
(951)787-8274 irving.hendrick@ucr.edu

*** Director of Constituent Relations ***
Allison Tavaglione, allison.tavaglione@ucr.edu,
Office of Alumni & Constituent Relations, (951) 827-2586.
The time has finally arrived. As of January 2, 2014, the University of California, Riverside is a smoke & tobacco-free campus.

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

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

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

For comments or questions regarding this policy, members of the campus community and the community at large are encouraged to visit the UC Riverside “Clearing the Air” website at www.tobaccofree.ucr.edu or contact tobaccofree@ucr.edu.

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Emeriti Faculty
Make your donation now to the Emeriti Association Scholarship Fund!

Remember they are tax deductible!

Make your check payable to UCR Foundation and mail to:

Allison Tavaglione
2203 Alumni & Visitors Center
Riverside, CA 92521

Scholarship donations to the Retirees Scholarship Fund are always welcome! Remember they are tax deductible!

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

Mail to:
George E. Groty
24041 Forsyte Street
Moreno Valley, CA 92557-5007
**EMERITI FACULTY NEWS:**

**UCR Faculty Emeriti & Staff Retiree March Luncheon—@ Alumni & Visitors Center**

**Friday March 21**, **2014**

**Guest Speaker will be**

Professor Julia G. Lyubovifsky  
Department of Bioengineering  
Bourns College of Engineering  
"Bioengineering imaging techniques: unveiling the secrets beneath the skin"

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

All six of us quickly zoned in on organizing day-trips to Los Angeles to attend classical music, other music and/or drama/plays. Candidates could be some portion of the Performing Arts Center of Los Angeles which includes the Walt Disney Concert Hall, the Dorothy Chandler Pavilion, the Ahmanson Theatre & the Mark Taper Forum. Of course there are additional venues. We would organize a round trip bus trip. The size of the bus would be determined by how much interest we can drum up for our inaugural event, 15 or less persons, 30 persons, 50 persons etc.

A second type of day trip, could be to the Huntington Gardens, or to the LA County Arboretum and Botanic Garden. If there is enough interest expressed by Emeriti and Retirees, it should be possible to arrange a trip sometime in the Spring quarter. Of course the trips need to be affordable. Your Emeriti officers, Tony Norman and Irv Hendrick will prepare a questionnaire along the lines shown at the top of the next page so that we can pursue learning costs and scheduling, etc.

On a different topic.

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

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

Mar. 3  Victor Deleeuw
Mar. 3  Patrick Simone
Mar. 6  Robert E. Orth
Mar. 7  Frances Fernandes
Mar. 15 Blanche A. Kruse
Mar. 15 Katherine Kumamoto
Mar. 17 Marion A. Hair
Mar. 19  Marla Jo Booth
Mar. 19  Doris R. Churry
Mar. 19 Albert L. Page
Mar. 19  Evelyn M. Petrie
Mar. 20  Phyllis Nash
Mar. 22  Margery M. Grant
Mar. 25  Wilfred A. Elders
Mar. 26  Paula Preston
Mar. 27  Margarete E. Dusch
Mar. 28  Evelyn L. Scheltens
Mar. 31 Marie Zimmermann
Apr.  6  Betty J. Howe
Apr.  7  Margot J. Goede
Apr. 10  Diane Elton
Apr. 16  Cheryl Barnett
Apr. 16  Paul F. Courtney
Apr. 22  Athena Waite
Apr. 25 Marion N. McCarthy
May  9  Junji Kumamoto
May 10  Evelyn Eden
May 18  Araxie P. Churukian
May 18  Lola Dixon
May 19  Keh-Shin Lii
May 20  Richard D. Goeden
May 28  Luis H. Paredes

UCRRRA Welcomes New Member

Lizbeth Langston

In Memoriam:
Herbert Baird, Jr.
Irving Eaks
J. Keith Oddson
John Dale Radewald
Call for Proposals

The Edward A. Dickson Emeritus/a Professorship

The Award
The Edward A. Dickson Emeritus/a Professorship Award at the Riverside campus began in the 2008-2009 academic year. This accolade is presented for teaching, research, or public service activities that are in accordance with the intent of the donor. For Winter 2014 the awardee(s) shall be known as the Edward A. Dickson Emeritus/a Professor for the duration of the award and receive up to $6,000, which may be used for salary, travel or research support, subject to all policies and requirements of the University and the Riverside Campus.

Links
Links to these guidelines are provided in the document Award Compensation Information located on the Academic Personnel website, under the heading “Programs and Awards”: http://academicpersonnel.ucr.edu/awards/ and on the Academic Senate website, under the heading “Awards”: http://senate.ucr.edu/awards/

UC’s New Health Plans
Are you enrolled in a new health plan for 2014 and have questions about how the plan works? The Health Care Facilitator can help you find your answers. Please contact Mary Johnson at (951) 827-1425 or email mary.johnson@ucr.edu if you have any questions or problems regarding your 2014 health plan.
You may also want to contact the plan direct. Here are their contact numbers:
All Blue Shield Plans including:
  - Blue Shield Medicare PPO/Blue Shield High Option
  - Blue Shield Health Savings Plan
  - Blue Shield CORE
    (855) 201-8375
Health Net Blue & Gold/Health Net Seniority Plus: (800) 539-4072
Kaiser Health Plan/Kaiser Senior Advantage: (800) 464-4000
UC Care: (855) 201-2087
## UCRRA and UCREA Calendar of Coming Events

### March

<table>
<thead>
<tr>
<th>Date</th>
<th>Day</th>
<th>Time</th>
<th>Event</th>
</tr>
</thead>
<tbody>
<tr>
<td>14</td>
<td>Friday</td>
<td>ALL DAY</td>
<td>Luncheon Reservations Due</td>
</tr>
</tbody>
</table>

### April

<table>
<thead>
<tr>
<th>Date</th>
<th>Day</th>
<th>Time</th>
<th>Event</th>
</tr>
</thead>
<tbody>
<tr>
<td>15</td>
<td>Tuesday</td>
<td>10:00</td>
<td>Board Meeting—Alumni &amp; Visitors Center Conference Rm.</td>
</tr>
</tbody>
</table>

## Tower Talk

UC Riverside Retirees’ Association
UC Riverside Emeriti/ae Association
Office of Alumni & Constituent Relations
2203 Alumni & Visitors Center
900 University Avenue
Riverside, CA 92521-0110