The Latest Wearables for Your Health

Activity trackers have paved the way for exciting innovations to age better

One of the hottest topics in technology these days is wearables - gadgets that in one way or another attach to our bodies.

In the decade since the advent of wrist-worn activity trackers, tens of millions have been sold. Fitbit alone has sold more than 20 million devices. These activity trackers measure movement to monitor how we walk, sleep, stand, run and eat. Some also log health stats like blood oxygen levels, heart rate and blood pressure. Most of that data is shared with our smartphones and little else.

Diagnostic Wearables

These first-wave devices have paved the way for newer wearables that can predict and even diagnose medical conditions: new fabrics embedded with sensors are promising; allowing measurement and diagnostics without inconvenience - a shirt that measures your heart rate and respiration; socks that measure your gait and sense the kind of pressure that can cause diabetic foot ulcers. Companies are working on a device that can predict a likely fall and plans for sensor-embedded shirts and sports bras that can send an alert if they sense a possible cardiac episode.
Therapeutic Wearables
Beyond devices that quantify and diagnose are perhaps the most exciting wearables: those that are therapeutic.

New vision enhancement devices will allow someone with low vision to "read" menus, signs, books and even recognize faces with a combination of optical character recognition, machine vision and artificial intelligence and provide you with the information in your ears.

New hearing aids will allow you to answer calls from your smartphone, or even get a direct input from the microphones worn by actors in a Broadway show.

High tech fabrics can behave like compression wraps to help heal injuries and prevent weekend warriors from damaging untrained muscles. The logical extension of this comes in the form of the exoskeleton that will help a paraplegic to walk, and eventually could be worn to help anyone get around or lift heavy objects. Read more.

Previously announced events

Event Heading
Retiree Resource Fair
Thursday, July 14, 9 - 11:30 a.m.; Reservations required. More information and link to registration.

Monthly caregiver support group
Davis campus: Friday, July 8; noon - 1 p.m.; WRRC Conference Room; North Hall.
Sacramento campus: Friday, July 15, noon - 1 p.m.; #B Conference Room, Ticon III, reservations required: mpodoreanu@ucdavis.edu

Retiree Center Events

Fidelity individual consultations
Retirees can schedule in-person or telephone consultations with the UC Davis Fidelity guidance counselor who can review your investments, advise about social security and help with long-term planning for UC retirement accounts.

- In person consultation appointments are available at the Retiree Center (Alumni Center) on the Davis campus or at the Human Resources Office (Ticon 3) on the Sacramento campus. Click here to schedule online or call (530) 752-5182.
- To schedule a telephone consultation, leave a message at (916) 759-6835.
Caregiver Resources Brown Bag

Thursday, June 28, noon to 1 p.m.
Allwelt Room, Buehler Alumni Center, Davis campus
Registration required: email the Retiree Center

Are you one of the growing numbers of people actively caring for, or concerned about, a parent or loved one that is no longer as self-sufficient as before? Nearly a third of the U.S. adult population provides care to someone who is ill, disabled or aged. You needn't go it alone. This Retiree Center workshop can help you take stock of the situation and get assistance. Find support for yourself and learn from others who are caring for a loved one(s). This workshop will be presented by Citizens Who Care - an organization which offers an In-Home Respite and Visiting Program and Time Off for Caregivers Program. More information about Citizens Who Care.

Del Oro Caregiver Resource Center publishes a calendar of educational events and support groups happening throughout its 13-county service area including Sacramento and Yolo. More information about Del Oro Caregiver Resource Center.

Click here to view the UC Davis Retiree Center calendar.

UCDEA/UCDEA News & Events

The UC Davis Retirees’ Association (UCDRA) and the UC Davis Emeriti Association (UCDEA) advocate for all retirees. Members receive discounts on Retiree Center activities and free membership in the Osher Lifelong Learning Institute (OLLI) at UC Davis. Please support their efforts by joining or renewing.

Davis campus & community events

Mandela Washington Fellowship to share sub-Saharan culture

Monday, July 11, 9 - 11 a.m.
Woodland Senior Center, 2001 East Street, Woodland, CA
No cost, no need to register

UC Davis will be hosting 25 scholars from sub-Saharan Africa this summer for a six-week program, the Mandela Washington Fellowship. The Mandela Washington Fellowship is a flagship program of President Obama’s Young African Leaders Initiative (YALI) that empowers young leaders from sub-Saharan Africa through academic coursework, leadership training, and networking opportunities. These scholars, ages 25 - 35 years,
old, have established records of accomplishments in promoting innovation and positive change in their communities and are eager to share their story with the U.S. community. Cultural topics can include storytelling, interests such as music or dance, and other related possibilities.

Click here to view the UC Davis academic and events calendar.

DATELINE UCDAVIS

Dateline: Date

Sacramento campus & community events

Thiebaud to deliver talk on "The History of Painting"

Friday, July 8; 6 p.m.
Room 1222, Education Building, Sacramento campus
RSVP: send message to UCDSOMarts@gmail.com

Internationally renowned artist and UC Davis Professor Emeritus Wayne Thiebaud will host a talk on "The History of Painting" as part of a longstanding effort to increase interest and awareness of the humanities among physicians in training by Faith Fitzgerald, professor of medicine and assistant dean of Humanities and Bioethics at UC Davis Health System. Read more about the program and this talk.

Meditation workshop

Monday, July 18, noon - 1 p.m.
Room 7106, Glassrock Building, Sacramento campus
Pre-registration not required

The Worklife and Wellness Program is offering a meditation workshop for beginners who are just learning about meditation or for people who already make meditation their daily practice. Contact and more information.

Click here to view the UC Davis Health System events calendar.

In remembrance

Rolf Unterleitner, senior counselor, Learning Skills Center; 4/22/2016; no information on services
Jon Candy, associate physician; 4/28/2016; no information on services
Todd Rogers, senior clerk; 4/28/2016; no information on services
Floyd Ashton, professor, Botany; 5/2/2016; no information on services
The Retiree Center reports the passing of UC Davis retirees when we become aware of deaths. Please email the Center if you hear of a death or service for a colleague.

After the Death of a Loved One is a checklist for UC Davis retirees and their spouses or partners. Get the booklet at retiree events or click here for a print-friendly download.

Widow or widower support group (dinner and conversation) -- Tuesdays, 4 p.m., Black Bear Diner, Davis. For more information, email Larry Dean.

Widowed Persons Association of California has chapters throughout the state. If there is not a chapter in your area, you can start one.

Questions & Answers

Questions about retiree AggieCards, parking permits, email etc?
Contact the Retiree Center at retireecenter@ucdavis.edu, (530) 752-5182, or visit the Center's retiree benefits webpage.

Questions about retiree medical and dental benefits or Medicare?
Call the UC Davis Health Care Facilitator Program, (530) 752-7840 (Davis) or (916) 734-8880 (Sacramento), or visit the HCFP website.

Questions about pension, beneficiaries or tax withholding?
Call the Retirement Administration Service Center (RASC), (800) 888-8267, or visit the UCNET website.

Questions about UC defined contribution plan, 403(b) or 457(b)?
Call Fidelity Retirement Services, (866) 682-7787, or visit the Fidelity NetBenefits website.
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