Drink up! Caregiver Resource Brown Bag this Thursday; campus happenings.

UC Davis Retiree Center News & Events

Drink Up!

Consuming water in the summer is critical to your well-being.

- **Water keeps headaches at bay.** Mild to moderate dehydration can trigger headaches. One of the first signs your body sends to you when dehydrated is a headache.
- **Water makes you pleasant, energetic and smart(!).** Studies show even mild dehydration can impair mood, increase anxiety and fatigue, and is detrimental to brain performance.
- **Water keeps you regular.** Low water consumption is a risk factor for constipation. Water detoxifies your kidneys as well.
- **Water improves your nutrition.** People who drink water drink less sugar-sweetened beverages, reducing their intake of sugar, sodium, saturated fat and overall calories. Use this chart, [Choose Health, Drink Water](#) to see how many minutes of brisk walking you must do to walk off various types of drinks.
- **Water helps you maintain weight.** People who drink water throughout the day feel more satisfied and are less likely to eat unnecessary food.
- **Water makes your skin clear and glowing.** Think dry leather.

Previously announced events
Retiree Center Caregiver Resources Brown Bag
Thursday, July 28; noon - 1 p.m.; Allewelt Room; Buehler Alumni Center, Davis campus.
Reservations required; please email the Retiree Center.

Olympic Glory: Rugby returns to the Olympics.
Saturday, July 30; 4:30 - 6 p.m.; UC Davis Shields Library
Davis alum Colby E. "Babe" Slater -two-time gold medalist and team captain of the last rugby game played in 1924 - honored at event to celebrate his UC Davis legacy. Guests must RSVP by July 21 to attend; event details are available online.

Nutrition wellness talk: Healthy Eating; Healthy bodies are built in the kitchen
Wednesday, July 27, Cancer Center Auditorium; Sacramento campus; register to attend: mpodoreanu@ucdavis.edu or (916) 734-2760.

Atari Party 2016
Saturday, July 30, noon - 5 p.m.; Mary L Stephens Davis Branch Library; 315 E. 14th Street, Davis.

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.

Click here to view the UC Davis Retiree Center calendar.

UCDRA/UCDEA 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
"Celebrate Moths!" Nighttime Open House
Saturday, July 30; 8 - 11 p.m.
Bohart Museum of Entomology (directions)
Davis campus

This open house - during National Moth Week - will be inside and outside the museum. Outside (and in keeping with the National Moth Week theme, "Exploring Nighttime Nature"), black lighting will be set up to aid in observing and collecting moths and other insects. Inside, visitors invited to view the museum's vast collection of moth specimens from around the world, and participate in family friendly craft activities featuring a moth motif. Scientists will be on hand to explain, among other things, how to differentiate a moth from a butterfly.

Free hot chocolate will be served. Read more about the open house and the museum.

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

DATELINE UC DAVIS
Dateline: July 26, 2016

Yolo Basin Foundation
The Yolo Basin Foundation is dedicated to the appreciation and stewardship of wetlands and wildlife of the Yolo Basin through education and innovative partnerships. Bat Talks and Walks: It's bat season. Most Talks and Walks are sold out, leaving just a few dates in August. \^\_\_.^\/

There is still time...
Are you still looking for some late summer outings and day trips? Check out Davis Travelaires: http://www.davistravelaires.org/

Sacramento campus & community events
The Center in Sacramento was recently awarded the Social Innovation Fund to begin the AARP Experience Corps Program in Sacramento. This program is looking for volunteers who would like to impact the community by volunteering in classrooms, working with kindergarten to third grade students. You will have an opportunity to help students read through the Experience Corps program with The Center. Through the AARP Foundation Experience Corps literacy program, volunteers will impact students by tutoring several times a week throughout the entire school year. Volunteers will receive training prior to entering the classroom. If you are 50 years and over and would like to support struggling readers in Sacramento, please visit the website to sign up to attend an upcoming information session.

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

### In remembrance

**Gilbert Eidam**, Staff Pharmacist; 6/23/2016; no information regarding services

**Janie Guhin**, Administrative assistant; 7/12/2016; no services scheduled

**Jerald Henderson**, Professor, Mechanical and Aeronautical Engineering; 6/210/2016; no information regarding 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.