

UCLA Emeriti/Retirees Relations Center (ERRC) report CUCRA/CUCEA meeting, October 28 & 29, 2020

Submitted by Ayesha Dixon, ERRC director and Maria Lubrano and Eric Wang, retirement resource specialists.

Retiree programs

The ERRC has offered several programs for retirees:

- **ERRC Cares:** Maria coined the phrase “ERRC Cares” which has now been developed into the ERRC Cares Program Series. This initiative was implemented in mid-March to focus on health, wellness, physical and mental well-being, and important self-care needs including, but not limited to, COVID-specific issues. Ayesha hosts these, and both Maria and Ayesha attend each of these to represent the ERRC.
- **Pet Show & Share** – ERRC hosted a furry-friendly Zoom program.
- **Kaiser Permanente** – Ayesha and Maria coordinated with Senior Territory Manager for webinars focusing around well-being and mental health for Kaiser members and non-members.
- **ERRC Cares: Retiree Counseling Support-** Based on increased interest and need in mental health programs, the ERRC wanted to seek similar services for our retirees as well. We coordinated with them to do a presentation for our retirees, which turned out to be excellent, timely, and well-received.
- **ERRC Virtual Reception for Retirees** –the ERRC wanted to support the retiring class of 2020 and coordinated with the Chancellor’s Office staff to host this program in November
- **UCLA Connections Interview** - Ayesha worked with staff from UCLA Communications to conduct a discussion with Dr. Brandon Koretz on aging in the time of Covid. The interview can be streamed on UCLA’s website: <https://www.ucla.edu/connections/events/elder-care> and YouTube: <https://youtu.be/iyw03p72wp0>
- **ERRC + LA Opera Recital** – The ERRC is really excited to host our first Virtual Recital with the LA Opera! - https://ucla.zoom.us/webinar/register/WN_E517UOnVQDShmYlx9kKTLA

Support for UCLA Retirees Association (UCLARA) and UCLA Emeriti Association (UCLA EA)

- **Support for association programs and initiatives**—We continue to provide support for both associations’ programs (zoom after-lunch programs, book clubs etc.), membership, newsletters, awards, sub-committees, publicity efforts and other initiatives.
- **UCLARA Membership Management System**—We continue to provide support for UCLARA’s online membership and event management system, Wild Apricot.
- **Website maintenance**—We maintain and update the websites for both associations.

Communications/outreach

- **Welcome to Retirement letters**—We continue to send welcome letters to newly-retired faculty and staff each month, informing them of our services and encouraging them to join the associations.
- **E-newsletter**—We continue to send the ERRC retiree e-newsletter twice per month to 5,600+ retirees.
- **TeleBruin** – We launched a pilot initiative to keep our Bruin Community connected while UCLA has suspended all nonessential events of any size through the end of spring quarter. TeleBruin simply put is a “phone tree” to help with social isolation
- **Semel Healthy Campus Initiative Podcast Series-** Ayesha was interviewed on the 6 feet apart podcast, [“Older Adults and Wellbeing”](#)
- **Daily Bruin** – Ayesha and RA President, Sue Abeles did an interview on social isolation and older adults: [“For those most vulnerable to COVID-19, quarantine is a time of heightened vigilance”](#)
- **Outreach for Digital Programs**—Ayesha created and disseminated a survey to get input from retirees about types of virtual programs the ERRC should facilitate. Results can be viewed here: <http://survey.constantcontact.com/survey/a07eh376ubxka4i5gc4/results>

- **Outreach for Well-Being** – Ayesha created and disseminated a survey about the pandemic and well-being among our retirees. The results can be viewed here: <http://survey.constantcontact.com/survey/a07eh487k68kapiqij/results>
- **Age-Friendly University Website** – Ayesha was tasked to update what has been done at UCLA through ERRC to grow the AFU website. To see draft, [click here](#).
- **Bruin Hearts** –Ayesha met with Special Projects Coordinator, Mark Biedlingmaier, to promote this initiative that highlights remarkable acts of compassion, generosity and care by those around us. Bruin Hearts aims to share some of these stories – spotlighting these remarkable acts within the UCLA community and beyond. *Retirees and Emeriti are encouraged to nominate someone!* <https://healthy.ucla.edu/spotlightstories/>

Collaborations

- **Semel HCI Summit Panel** – Ayesha was invited to participate as a key player to brainstorm on steps to strengthen our common vision of fostering health and well-being and reducing health inequities at UCLA. Ayesha represented the ERRC to offer valuable input and insight into the campus' efforts to develop curricula, policy, service opportunities, inclusion of retirees/emeriti, and age-friendly initiatives.
- **UCLA Aging Study**—Ayesha promoted this Research Study from UCLA School of Nursing, [Digital Behaviors in Aging](#).

Miscellaneous

- **Retiree privileges**—We continue to facilitate retiree requests for parking permits with the Parking Office, ID cards with the BruinCard Office and email continuation with the Bruin OnLine Office.
- **Survivor outreach**—We continue to reach out to recent widows/widowers with cards and phone calls.