Support UC Irvine Athletics
We Are Invited!

Come join the men’s volleyball team and get FREE tickets. And, if you are interested in attending monthly "meet the team" gatherings at a practice with refreshments, please let me know. UCI Emeriti and Retirees are also invited to join in the Faculty, Staff, Medical Center, Retiree Nights where you can get free admission to an event. Below is a complete list of the remaining 2011 events. Retirees can reserve tickets at any time.

Please email retirees@uci.edu for ticket information.

2011 Remaining Dates:

Thursday, Feb. 3 : UCI Women's Basketball v. CSUF @ 7:00 PM - Bren Events Center

Thursday, Feb. 24 : UCI Men's Basketball v. UC Davis @ 7:00 PM - Bren Events Center

Sunday, Feb. 27 : UCI Baseball v. Grambling State @ 1:00 PM - Anteater Ballpark

Friday - Sunday, Mar. 11-13 : UCI Baseball v. Sacramento State @ Anteater Ballpark

Wednesday, Mar 23 : UCI Women's Water Polo v. Cal Baptist @ 2:00 PM - Anteater Aquatics Center v. Maryland @ 7:00 PM - Anteater Aquatics Center

Wednesday, Mar 30 : UCI Men's Volleyball v. UCLA @ 6:00 PM - Bren Events Center

Saturday, Apr 30 : UCI Track and Field Steve Scott Invitational @ Anteater Stadium
For each session below, please reserve your spot as space is limited.
All sessions are held at the Anteater Recreation Center (ARC), Cooking Classroom, from Noon to 1:30 p.m. The parking structure is now open and the cost is $1-2 via the yellow parking dispenser. Handicap parking spaces are available.
Please register at http://eee.uci.edu/signupsheet/h2100
Email retirees@uci.edu or call 949-824-7769 if you have any questions.
For more information visit: http://www.wellness.uci.edu/retirees/h2100.html

**Session 1**  
February 22nd, 2011  
“How to Move Forward With a Bang!”

Dr. Kerry Burnight, Associate Clinical Professor, Gerontologist, Program in Geriatrics.

Research today tells us that at age 50, you can expect to live 30-50 more years. In this interactive lecture, Dr. Burnight will discuss the latest gerontological research. An expert in healthy aging, Dr. Burnight has been on the UC Irvine faculty for over 10 years. Her research background includes work on spirituality and aging, and elder abuse. Dr. Burnight’s mission is to encourage and enable adults to maximize joy and fulfillment in the second half of life.

**Session 2**  
March 1st, 2011  
“Herbal Supplements: Benefits, Risks and Drug Interaction”

Dr. Tatyana Gurvich, Geriatric Pharmacist, Geriatric Pharmacologist

There are many benefits and risks with using herbal supplements. Get more information about the most popular supplements and vitamins marketed directly to consumers as natural products. Discuss their true effectiveness and long-term safety. Dr. Gurvich provides pharmacology consultations at the Senior Health Center.

**Session 3**  
March 8th, 2011  
“Does Anyone NOT Have Back Problems?”

Dr. Samuel Bederman, Assistant Clinical Professor, Department of Orthopedic Surgery, UC Irvine. Dr. Bederman’s specialty is minimally invasive spine surgery, scoliosis and spinal deformity surgery, and degenerative cervical, thoracic and lumbar surgery.

Lower back problems can have many causes. Whatever the cause, people who suffer from lower back pain want relief and answers. We will cover some common low back problems, how to prevent low back pain, and what treatments may be available to relieve pain. Dr. Bederman sees patients at UC Irvine Med. Center in Orange and Costa Mesa at the UC Irvine Orthopedic and Sports Medicine Center.

**Session 4**  
March 15th, 2011  
“Aging in America: How to NOT Become a Victim of Scams and Abuse”

Dr. Mary Twomey, Co-director, Center of Excellence on Elder Abuse and Neglect.

Ask any older adult you know and they will tell you how they are inundated with mail and information that seems important but may not be. How can you protect the older adult in your life and avoid becoming victims of scams and abuse yourself.

**Session 5**  
March 22nd, 2011  
“Researching Ways to Make Memories Last a Lifetime”

Dr. Frank LaFerla, Ph.D., Director, Institute for Memory Impairments and Neurological Disorders, UCI MIND. Is Alzheimer’s disease our reward for living longer or are there steps we can take to avoid it? What about new treatment strategies for the disease?

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**3rd Annual Golf Tournament**

It is time to start practicing for this event! Once again, this tournament is open to all levels of player. We will also have the opportunity for some small group lessons for newer players.

**When:** June 2011, with a start time of 11:00a.m.
**Where:** Costa Mesa Country Club
**Skill Level:** NONE to Great.
**Expect:** Great fun, prizes, and food, of course!
**Bonus:** Lessons available, prior to the tournament!

To register for the Tournament and/or the lessons, please email retirees@uci.edu