

**SUBJECT: CALIFORNIA'S NEW "RIGHT TO DIE" LAW**

Event Date: 10/03/2016

Current and retired staff and faculty are invited to attend a FREE seminar hosted by the UCSD Retirement Association. Heritage Senior Care Professional Cindy Wilson, will give an in-depth look at California's new "Right to Die" law, which allows individuals to end their own lives. Come join us as we explore this new legislation.

DATE: Monday, October 3

TIME: 12:00 PM - 1:15 PM

LOCATION: UCSD Retirement Resource Center, [400 University Center](#)

For an informative event flyer, please see: [http://retire.ucsd.edu/pdf/16/RightToDie\\_10-3-16.pdf](http://retire.ucsd.edu/pdf/16/RightToDie_10-3-16.pdf)

Please use the online RSVP system to register for this event: <http://hrweb.ucsd.edu/ra> or call the center at (858) 534-4724.

(The offering of this seminar does not represent an endorsement of the presenter's services by UCSD or the UCSD Retirement Assn.)

**SUBJECT: SOCIAL SECURITY 101**

Event Date: 10/4/2016

Current and retired staff and faculty are invited to attend a FREE seminar, Social Security 101 with Ryan Hyslop, hosted by the UCSD Retirement Association. Social Security is likely a foundational component of your retirement income and planning. Join us to better understand how your options and decisions now regarding Social Security will affect your future.

DATE: Tuesday, October 4

TIME: 12:00 PM - 1:15 PM

LOCATION: UCSD Retirement Resource Center, [400 University Center](#)

For an informative event flyer, please see: <http://retire.ucsd.edu/pdf/16/SS-10-4-16.pdf>

Please use the online RSVP system to register for this event: <http://hrweb.ucsd.edu/ra> or call the center at (858) 534-4724

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**SUBJECT: PAIN AWAY CLASS**

Event Date: 10/6/2016

Are you a UCSD campus employee who is experiencing muscular tightness and discomfort? Sign up for Pain Away Classes hosted by Environment, Health and Safety and learn effective methods to manage pain by using a foam roller and a softball.

September Class: October 6 (11:00am – 1:00pm): University Center Building 401

For a quick video clip or more detailed information, please visit: <http://blink.ucsd.edu/go/painaway>

**PAIN AWAY CLASSES**

Come for a twenty minute segment or the whole class to learn structural foam rolling techniques in alleviating muscular discomfort and pain

**FOR MORE INFORMATION VISIT:** [blink.ucsd.edu/go/painaway](http://blink.ucsd.edu/go/painaway)

**2016 Class Schedule**

University Center Building 401	Torrey Pines Center South; BFS Conference RM 430A
June 14 (10:30-12:30)	May 26 (10:30-12:30)
June 29 (1:30-3:30)	August 25 (1:30-3:30)
July 12 (10:30-12:30)	November 17 (1:30-3:30)
July 28 (11:00-1:00)	
August 10 (12:30-2:30)	<b>Class Breakdown</b>
September 7 (12:30-2:30)	Feet to knees (first 20 minutes)
September 22 (10:30-12:30)	Knees to hips (20 minutes)
October 6 (11:00-1:00)	Hips to lower back (20 minutes)
October 18 (1:30-3:30)	Hands to elbows (20 minutes)
November 2 (12:30-2:30)	Elbows to shoulders (20 minutes)
December 7 (11:00-1:00)	Shoulders to neck (last 20 minutes)



**HOW TO REGISTER:**

Register Online: UC Learning Center

Keyword Search: PAINAWAY

Fees covered by Environment, Health & Safety for UCSD Campus Employees!

University of California San Diego | Environment, Health & Safety

*Prerequisite and preparation: Wear comfortable clothes and be willing to work with a foam roller and a softball provided during class. You may wish to bring a towel or yoga mat as there will be floor work. This class is not intended for employees who are currently seeking physical therapy and are not physically able to participate in the exercises. You may want to consult your health care provider before enrolling in the class.*

As always, there is NO CHARGE to UCSD Campus Employees. Pre-registration through UC Learning Center preferred; walk-ins welcome subject to room capacity and course enrollment.

If you have already taken the class before, you are more than welcome to take it again.

If you have any questions please contact: [ehsih@ucsd.edu](mailto:ehsih@ucsd.edu).

**SUBJECT: CELEBRATE LGBTQ HISTORY MONTH WITH KIM KATRIN MILAN**

Event Date: 10/6/2016

Activist and writer Kim Katrin Milan will deliver a talk on “All of Us or None of Us: Intersections and Allyship.” Milan—daughter of a librarian and one of the owners of the oldest LGBT bookstores in the world—will explore activism and intersections of identity within the LGBTQ community—including race, gender and ability—as powerful sites for organizing.

DATE: Thursday, October 6, 2016

TIME: 5:00 – 7:00 pm

LOCATION: Geisel Library, Seuss Room

This event is sponsored by the UC San Diego Library and the Office of the Vice Chancellor for Equity, Diversity, and Inclusion; the Black Studies Project; the Cross Cultural Center; the Critical Gender Studies Program; the Department of Ethnic Studies; the Institute for Arts and Humanities; the LGBT Resource Center; and the Women’s Center.

The event is free. Please RSVP at <http://www.AllofUsorNoneofUs.eventbrite.com>

For questions, contact Alanna Aiko Moore at [aamoore@ucsd.edu](mailto:aamoore@ucsd.edu).

**SUBJECT: RECRUITING PLANNING COMMITTEE MEMBERS FOR IGNITE INNOVATOR & ENTREPRENEUR CONFERENCE**

Deadline Date: 10/7/2016

The Office of Innovation and Commercialization is looking for volunteers to serve on a campus-wide planning committee for IGNITE - the inaugural innovator & entrepreneur conference at UC San Diego. IGNITE will attract 600 participants for a day of inspirational & experiential opportunities for innovators interested in entrepreneurship in San Diego. Volunteers will benefit from working in a cross-campus committee and develop their professional network & leadership skills. Committee members need to be able to attend the conference on Feb. 22, 2017.

If you would like to join, or lead, a committee fill out the online form by Oct. 7th. Online interest form: <https://goo.gl/forms/etl5sRWcdN9CAB573>

For more info contact Briana Weisinger at [bweisinger@ucsd.edu](mailto:bweisinger@ucsd.edu) and join the upcoming planning meeting on Oct. 10 @ 11am – 12pm.

**SUBJECT: DISABILITY AWARENESS MONTH; DOCUMENTARY PLAY “I WAS NEVER ALONE”**

Event Date: 10/7 -8/2016

October is recognized as National Disability Employment Awareness Month across the nation and UC San Diego is pleased to host events in support of the 2016 theme, #InclusionsWorks. The attached flyer provides additional details regarding the events and information can also be found on the blink page:

<http://blink.ucsd.edu/HR/services/support/health/october.html>

In addition to the events listed, Dr. Cassandra Hartblay, Communications Department, will direct the documentary play I WAS NEVER ALONE, based on over 10 months of ethnographic fieldwork focused on the life experiences of adults living with mobility impairments in a provincial Russian city, on October 7th and 8th at 7:00pm. For additional information regarding Dr. Hartblay’s work and to reserve a seat, please visit: <https://cassandrahartblay.com/i-was-never-alone/>

For more information, contact DisAbility Counseling and Consulting at [hrdcc@ucsd.edu](mailto:hrdcc@ucsd.edu) or 858-534-6744

**SUBJECT: UCSD RETIREMENT ASSN - OPTIMIZING THE GRANDPARENT EXPERIENCE:  
COMMUNICATION**

Event Date: 10/10/2016

Current and retired staff and faculty are invited to attend a FREE seminar hosted by UCSD Retirement Association. The "Conversations On Grandparenting" series is a facilitated education program that speaks to the grandparent- grandchildren relationship, and it is also appropriate for other family elders, CASAs, etc. Focus of the October session is "Optimizing the Grandparent Experience: Communication."

Invited guest facilitator will be Linda Levy, RN, Director Emerita of UCSD Women and Infant Services. Linda is grandparent to 5 grandchildren, past board member and past president of UCSD Retirement Association, founder and member of UC San Diego Health Women and Infants Patient and Family Advisory Council, national consultant to Nursing Directors of Women and Infants/Maternal Child Health, and guest lecturer for UC San Diego Extension.

DATE: Monday, October 10

TIME: 4:00 PM – 5:30 PM

LOCATION: UCSD Retirement Resource Center, [400 University Center](#)

Event flyer: [http://retire.ucsd.edu/pdf/ALL/Grandparenting\\_2016-2017.pdf](http://retire.ucsd.edu/pdf/ALL/Grandparenting_2016-2017.pdf)

Please use the online registration site to register for this event, or call the Ret. Resource Center at 858-534-4724, <https://hrweb.ucsd.edu/ra/>

(The offering of this seminar does not represent an endorsement of the presenter's services by UCSD or the UCSD Retirement Assn.)

**SUBJECT: UCSD NIGHT AT THE SAN DIEGO FOOD BANK**

Event Date: 10/13/2016

Join your UCSD colleagues and volunteer at the Food Bank! It's fun and very rewarding! *Family & Friends Are Welcome!* There will probably be a variety of projects going on, such as inspecting, sorting, boxing, and labeling food donations; and assembling food packages for our Senior Food Program, Moms & Children Food Program, Food Assistance Program, and our Food 4 Kids Backpack Program.

DATE: Thursday, October 13<sup>th</sup>

TIME: 6:00 to 8:00pm

LOCATION: SAN DIEGO FOOD BANK, 9850 Distribution Ave., San Diego 92121 (off of Miramar Rd. -- 15-minute drive from campus)

Please sign up through the Food Bank's site [sdfb.volunteerhub.com](http://sdfb.volunteerhub.com) and enter code "ucsd50." Children must be registered separately (you can use the same email though). Please wear closed toe shoes and clothes that can get dirty. This is a family-friendly volunteer opportunity. The minimum age to volunteer is six years old and any minor 15 and under must be accompanied by an adult. You must arrive on time to be able to volunteer.

If you have any questions, please contact Vanessa Pool at [858 534-7592](tel:858-534-7592) or [vpool@ucsd.edu](mailto:vpool@ucsd.edu).



**SUBJECT: UC SAN DIEGO STAFF MIXER**

Event Date: 10/19/2016

CELEBRATING 20 YEARS OF CAREER CONNECTION: UC SAN DIEGO STAFF MIXER

Come celebrate 20 years of Career Connection by coming to meet, mix and mingle with UC San Diego staff from all departments on campus. With over 7,000 staff members, you will make friends and valuable connections in a fun and relaxed atmosphere. The event is a no-host happy hour. James' Place is near the La Jolla Playhouse, in the UC San Diego Theatre District.

DATE: Wednesday, October 19, 2016

TIME: 4:00 - 5:30 p.m., no-host happy hour

LOCATION: [James' Place](#), please [RSVP](#) (so we know how many people to expect)

SPONSORS: Career Connection & the UC San Diego Staff Association

For more information please contact Career Connection at [career@ucsd.edu](mailto:career@ucsd.edu) or 858-822-2633.

**SUBJECT: UC SAN DIEGO STAFF ASSOCIATION FALL MEMBERS MEETING**

Event Date: 10/27/2016

Please Save the Date and plan to join us for the Staff Association Fall Members Meeting:

DATE: Thursday, October 27, 2016

TIME: 12:00 – 1:00 p.m.

LOCATION: Price Center East Forum, 4th Floor

More information to follow!