

Subscribe

Share ▼

Past Issues

Translate ▼

RSS 

Spring 2016 Newsletter

[View this email in your browser](#)

UC DAVIS

WORKLIFE AND WELLNESS

Why are Finances "Wellness"?

Due to the continuing shift in the retirement landscape to a more prevalent defined contribution approach, longer life expectancy, and the immediate financial priorities of many people, we know that the probability of many individuals outliving their retirement savings is a very real proposition. Not surprisingly, [overall financial stress is a real concern for many](#), impacting individuals, families, organizations, and communities.

- 70% of respondents to a survey by the [American Psychological Association \(APA\)](#) report being seriously concerned, if not severely worried, about their finances. Nearly 25% are experiencing extreme financial stress.

The best way to manage this stress is to face it head-on! We have two free resources right here at UC Davis to help. Departments/units can arrange for our UC Davis Fidelity Retirement Counselor to present an educational workshop at a staff meeting or one can attend one of the general classes offered to employees. These are not "just for retirement" but financial workshops that can help you take control of your finances with knowledge. [Print out this PDF](#) for your next step in decreasing financial stress!

Davis Events

- Spring WorkLife and Wellness Brown Bags [Details](#)



TODS

National [Take our Daughters and Sons to Work Day](#) is April 28. The Davis campus will celebrate in the usual way by opening up various departments and units across campus to expose the children in our lives to the varied work done here. We have increased support this year with six additions to our usual line-up including Rats in Research, Mondavi Center, RMI Honey and Wine, Aggie Stadium, Walking in the Woods with Chemistry and Band-Uh. Also new this year, we ask for an overall general registration for everyone planning to attend any of the activities that day and that is already open. Seven activities have enrollment caps and therefore have a Event Enrollment which opens on April 22. [Visit the TODS site](#) for more information, registration, and Event Enrollment. The [Sacramento Campus will celebrate](#) on April 21.

Did you Know...

- Check our [Current Events page](#) for up to the minute events that just don't make it

April 28: Take Our Daughters and Sons to Work Day [Details](#)

- **May 18:** TGFS [Details](#)
 - **May 23:** Where to Find Caregiver Support Brown Bag [Details](#)
 - **May 25:** UC Walks [Details](#)
 - **May 31:** Caregiver Support Group [Details](#)
-

Health System Events

- Spring WorkLife and Wellness Brown Bags [Details](#)
 - **April 21:** Take Our Daughters and Sons to Work Day [Details](#)
 - **May 18:** UC Walks [Details](#)
 - **May 24:** Caregiver Brown Bag Elder Abuse Prevention [Details](#)
-

Older Americans Month

May is [National Older Americans Month](#), a time to celebrate the perennial contributions of older adults to our nation and home community. It's also an opportunity to raise awareness about important issues facing older adults and their families. WorkLife and Wellness is launching a Caregiver Education and Support

into the Monthly Happenings.

- WorkLife and Wellness partners with SAFE Credit Union and can arrange for your unit to have a free educational financial wellness workshop. Email us at worklife@ucdavis.edu if you want us to connect you.
- The Feline Medicine Club at UC Davis School of Veterinary Medicine runs a rescue program called the [Orphan Kitten Project](#). You can see their kittens at the Davis Farmer's Market on select Saturday mornings or meet them at their foster homes. The love and companionship of a cat has been proven to [make you healthy!](#)
- May is [Bike Month](#)



Program. With some help from our friends at Women's Resource and Referral Center we will be starting a monthly support group for our university affiliates who have found themselves a caregiver of an adult in their life, be it parents, spouses, a grandparent or friend. The first session will take place Tuesday, May 31 in the WRRC North Hall Conference Hall from 12:00-1:00. There will also be a Brown Bag presentation on caregiver resources on Monday, May 23. Stay tuned for [further information](#) and registration for the support group.

Bring Wellness to your World

We are now able to expand our Wellness Ambassador program to meet increasing demand. Wellness Ambassadors serve as a resource between WorkLife and Wellness and their personal work-environment. We provide tools, training and resources for Ambassadors to pass on to their unit/group/office. It is a very flexible program where you get to decide your level of commitment. Learn more about becoming a Wellness Ambassador and how to apply at our [webpage](#).

This is a publication of UC Davis WorkLife and Wellness. If you would like to be removed from this list please email us and list "Please remove" on the subject line. **Our mailing address is:**
worklife@ucdavis.edu. Visit our website at worklife-wellness.ucdavis.edu.