

► **Retirees Service Corps Website:** Soon after the RSC's creation, Ram commissioned the development of a website (www.suny.edu/retirees) which provides SUNY retirees with a wealth of information, including RSC publications, a profile of SUNY retirees, retirement stories, links to all existing SUNY campus retiree programs and online campus retiree directories; and links to organizations, unions, and resources of interest to SUNY retirees.

None of the above would have been possible without the tireless efforts of Dr. Ram Chugh.

What's Next?

The SUNY Retirees Service Corps team of Julie Petti (Director, University-wide Human Resources), Pierre Radimak (RSC Coordinator), Melissa Starman (Personnel Associate) and the RSC Advisory Council will build upon Ram's accomplishments.

To help fulfill Ram's ultimate objectives of connecting retirees with each other and community service, the RSC, with the assistance of Carrie Pause (SUNY's Assistant Director of Security and Web Development) and Grace Valente (Lead Programmer/Analyst-SUNY Web Shared Services), will be expanding its website to include a secure online retiree directory and online message board/resource hub that will allow retirees throughout SUNY to interact with one another. The RSC website will also provide a secure volunteer matching service linking interested retirees with volunteer opportunities. These exciting new features, which will be known collectively as the SUNY Retirees Network (SRN), will be implemented over the next several months.

Ram, meanwhile, will be keeping busy and spending more time with his beloved grandkids. We will miss having him around the office, but he will always be part of the SUNY family.

Thank you, Ram, for everything you have done on behalf of the State University of New York and our retirees. You have truly made a difference.

Enjoy your second retirement, my friend!

Note: Ram authored "The Last Word" column on page 10, in which he presents his "Reflections on Retirement as a New Beginning." ■



Senior Services Profile: University at Albany's Center for Excellence in Aging & Community Wellness

by Kathleen Schoolcraft, Program Coordinator

Recognizing the importance of remaining engaged in society throughout life, the Center for Excellence in Aging & Community Wellness offers a variety of opportunities to older adults for life-long learning and well-being through its OASIS programs and Living Healthy NY Community Workshops.

OASIS Lifelong Learning is a unique educational program for mature adults who want to continue to grow, learn and be productive. Membership is free and open to anyone 50+ years of age.

In New York's Capital Region, the OASIS program is housed at the University at Albany in the Center for Excellence in Aging & Community Wellness at the School of Social Welfare. In addition to our national mission, the New York State Capital Region OASIS brings together the vast resources and expertise at the University, an array of community partners and our OASIS members to create and deliver innovative programming and volunteer opportunities.

In two semesters annually, OASIS classes offer challenging programs in the arts, humanities, health and wellness, technology, and volunteer service. OASIS creates opportunities for people to continue their personal growth and serve their communities. OASIS programs are available in three communities in New York State: Albany, Rochester and Syracuse.

We invite you to learn more about OASIS by visiting the OASIS national website, <http://oasisnet.org>, or download our latest course offerings in the Center for Excellence in Aging & Community Wellness magazine, Making the Connection, spring 2013 edition, at <http://ceacw.org>.

Our **Living Healthy NY Community Workshops** program offers six-week workshops that teach practical skills while dealing with chronic conditions such as diabetes, heart disease, obesity, and arthritis. If you or someone you care for has one of these conditions, the Living Healthy Workshop can help you learn the tools for better self-management.

The way the program is taught is what makes it effective. The sessions are lively and participative: Workshop participants talk, share practice skills and learn together over the six weeks. Mutual support and success build the participants' confidence in their ability to manage their health and maintain active and fulfilling lives.

Check out our Calendar of Events on the Center's website, <http://ceacw.org>, for the next wellness program in your area. To find a workshop outside of the Capital District of New York, please e-mail the Living Healthy Program at LivingHealthyNY@albany.edu for a listing of statewide programs. ■

SAVE THE DATE!



The SUNY Retirees Service Corps (RSC) plans to hold its third biennial retirees conference on **Thursday, November 14, 2013** at SUNY System Administration in Albany. It will feature demonstrations of the SUNY Retirees Network website and discussion of its exciting potential. Watch the SUNY RSC website (www.suny.edu/retirees) for details. Additional information on the conference will be in the fall/winter issue of the SUNY Retirees Newsletter. We hope to see you in November!