



April 2011

Volume 3, Issue 1

Retirement Connection Newsletter

National Volunteer Week is April 10 - 16, 2011

National Volunteer Week is about inspiring, recognizing and encouraging people to seek out imaginative ways to engage in their communities. The Week is about taking action, being a part of social change, and fostering positive transformation. Visit <http://www.handsonnetwork.org/nationalprograms/signatureevents/nvw> for more information.

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Volunteering is Good for Your Health

Over the past two decades, a growing body of research indicates that volunteering provides not just social benefits, but individual health benefits as well. This research has established a strong relationship between volunteering and health: those who volunteer have lower mortality rates, greater functional ability, and lower rates of depression later in life than those who do not volunteer. For more information about this go to: http://www.nationalservice.gov/pdf/07_0506_hbr_brief.pdf

Volunteer Opportunities and Resources

HandsOn Network is the volunteer-focused arm of the Points of Light Institute, and the largest volunteer network in the nation, which includes more than 250 HandsOn Action Centers in 16 countries. The HandsOn Network includes a powerful network of more than 70,000 corporate, faith and nonprofit organizations that are answering the call to serve and are creating meaningful change in their communities. To find volunteer opportunities go to <http://www.handsonnetwork.org/>

ServiceNation is a campaign to increase service opportunities and elevate service as a core ideal and problem-solving strategy in our society. Visit <http://www.servicenation.org/> for more information.

Join us for the 15th Annual Health & Fitness Expo

Thursday, March 31
10 am - 4 pm
Johnson Center,
Dewberry Hall

Free Health
Screenings

For more details,
go to page 2

Local State Resources:

Volunteer in Virginia <http://www.vaservice.org/go/volunteer/center/>

Volunteer in Maryland <http://www.volunteermaryland.org/>

Volunteer in the District of Columbia <http://www.greaterdcca.org/>

Volunteer at the Mason 2011 Commencement

The Office of Events Management is soliciting volunteers to work at the Information Kiosks inside the Patriot Center for Commencement on Saturday, May 21. Volunteers need to arrive at the Patriot Center by 8:30 am, doors open at 9:00 am, and Commencement begins at 10:00 am. Volunteers are welcome to stay for the ceremony or may leave after the audience is settled around 10:30 a.m. If you would like to volunteer, call Beth Grohnke at 703-993-2124 or email sgrohnke@gmu.edu for the details.



Return to Intellectual Pursuits with Educational Opportunities



Osher Lifelong Learning Institute

at George Mason University

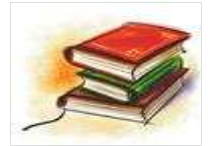
Broadening Horizons Together



The Osher Lifelong Learning Institute at George Mason University begins its Spring Term, the week of March 21, and runs through May 20, 2011. Enjoy learning with no homework, no exams, no required college degree, and no age threshold. The ninety-minute classes meet between 9:30 am and 3:30 pm on weekdays. For one annual fee, Mason retirees can continue being lifelong learners. For more information, go to <http://www.oli.gmu.edu>.

To take credited academic courses at George Mason University during the summer or fall of 2011, consult the course catalog, <http://catalog.gmu.edu/>. If you plan to audit a course, Virginia residents, over 60 years of age, may use the Senior Citizen Tuition Waiver. For information, go to <http://registrar.gmu.edu/forms/swbrochure.pdf>.

You can continue to use the Mason Libraries, <http://library.gmu.edu/> in retirement.



15th Annual Health Fitness Expo



Thursday, March 31, 10 am - 4 pm, Johnson Center, Dewberry Hall

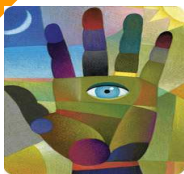
Please join us for the annual Health & Fitness Expo in the Johnson Center on the Fairfax campus. Community and on-campus exhibitors will provide health information on nutrition, exercise, stress management, alternative therapies, and healthy self-care practices. There will be a variety of free health care screening opportunities throughout the day. Please review the list below.

Free Health Care Screening Opportunities:

- Cholesterol
- Blood glucose
- Blood pressure
 - Vision
- Body Mass Index
 - Osteoporosis
- Oral, rapid HIV testing

Sponsored by University Life, in partnership with Kaiser Permanente and Aetna Student Health
For more information, contact Carol Filak, 703-993-2832 or email cfilak@gmu.edu

The Visions Series Continues



The Vision Series has one more lecture to be held on the Fairfax campus in the Center for Performing Arts.

On **Monday, April 25, 2011 at 7 p.m.**, “**A Wild Suggestion for Climate Change**” will be presented by Thomas E. Lovejoy, Professor, Environmental Science and Policy. Our planet does not work as just a physical system, but rather as a physical and biological system combined. This is more apparent now as the biology of the planet responds to the current amount of climate change (three quarters of a degree increase, as a global average). This talk will start by describing the response and great sensitivity of nature to the current temperature increase. Professor Lovejoy will project ahead to what further increases could bring, and then focus on how managing the ecosystems at a planetary scale could contribute to a solution. **The lecture is free but tickets are required.**

To order tickets, please visit <http://cfa.gmu.edu/vision/>

Life Planning Seminar Series

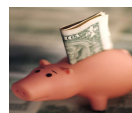
What's Normal – What's Not: The Art of Aging, April 21, 12:00 - 1:00 pm, in Research I, room 163. Patrice Winter, a physical therapist and a member of the Work/Life team will address the five senses of the body. What changes are normal? When should we seek a medical opinion? How can we make better choices to age well?

What is an Ombudsman and when do you need one?, May 19, 12:00 - 1:00 pm, in Engineering, room 1605. Gay Alper, LCSW of NoVa Long term care Ombudsman program will present the program.

For more information and to register please go to <http://hr.gmu.edu/learning/> and click on “Courses”.

Save Some Green at MyMasonHR

Find the new discounts. Saving money can begin at the work/life discount page. Log-in at <http://mymasonhr.gmu.edu> with your Mason email user name and password. Go to “my Discounts” on the left-hand menu and see the money - saving opportunities available now.



We'd Love to Hear From You!

We welcome your ideas, thoughts, and suggestions. Please submit your comments to us at worklife@gmu.edu.

* <http://masonid.gmu.edu/photoid/index.html>

Remember that as a Mason retiree you have an opportunity for:

- Ongoing access to your Mason e-mail address.
- A retiree ID card which allows you the same privileges as your ID card while working at Mason. Contact the Photo ID Office* for details.
- A standing invitation to life planning seminars and eldercare/life planning services including resource & referral and the seminar series.