



May is for Making Memories

Graduation is here and many memories are made in May. Take some time this month to plan for or make some memories. They keep us warm in ways that a coat or a sweater can't and give purpose and meaning to our lives.

All Month/All Campuses: Make a Moolah Memory with Raise the Rate

Share your savings ideas for a chance to win! TIAA-CREF, one of Mason's retirement vendors, is holding a contest to encourage ideas that will increase the U.S. savings rate to 10% in two years. There are some exciting prizes and one of them is a \$25,000 endowment that goes to the college/university that submits the most ideas. The grand prize for the contest winner is \$50,000.

The final due date for submissions is July 20 but you may want to get your mind and your memory engaged asap. The first 300 submissions receive a free t-shirt. Go to <http://raisetheratecontest.org> for details and to submit your ideas. As you can imagine, there are some rules so it's a good idea for folks to take a look at the process before submitting something.

Make a Memory on a Large Scale....the Galaxy: Fairfax, 5/3 8:45pm, Research I

Come out to Mason's observatory and see the world in a whole new way. Check <http://physics.gmu.edu/~hgeller/observing.html> before coming in case the weather doesn't cooperate.

Spring Recognition: Fairfax, 5/3 1:00, Dewberry Hall

Cheer on your colleagues at the Spring Recognition Ceremony. Read more about the event in *The Gazette* at <http://gazette.gmu.edu/articles/16689>.

Patriot Pack Out: Fairfax, 5/6-14 Volunteer Opportunity

Make some memories in service to others and meet some new colleagues at the same time by lending a hand and a couple of hours to help with Patriot Pack Out, the university's move-out recycling program. Volunteers are needed to work two-hour shifts May 6-14 to collect donations from various residence hall drop locations and move them to the Interstate Worldwide Relocation trailer for delivery to our charitable partners. With supervisor approval, Administrative/Professional Faculty and Classified Staff can use School Assistance and Volunteer Leave to account for their time.

For more details and to sign up for a shift(s) please visit:

http://communityrelations.gmu.edu/patriot_pack_out/ppo_volunteer_form.asp

Commencement: Fairfax, 5/15 Volunteer Opportunity (Sign up by 5/7)

Here's your chance to be part of the happiest event on campus. The Office of Events Management is welcoming volunteers to work at the Information Kiosks inside the Patriot Center for Commencement on Saturday, May 15. Volunteers arrive at the Patriot Center at 8:30 am, doors open at 9:00 am, and Commencement begins at 10:00 am. The volunteers are welcome to stay for the ceremony or may leave around 10:30 a.m.

If you would like to volunteer, call Beth Grohnke at 703-1993-2124 or sgrohnke@gmu.edu . Beth will email you FAQs and other details of the occasion.

Life Planning Seminar, May is for Menopause: Fairfax, 5/19

Ok, so this one is a reach. But good health is the first step to even being able to make memories. Join us at this Life Planning Seminar to gain an understanding on what you or someone you love is or will experience on the journey called life. Register at <http://hr.gmu.edu/training> (click on the "Courses" tab).

All Month: Plant a Garden

Get back to nature and make some memories in a garden. For tips on planting a garden, please visit: <http://www.extension.iastate.edu/publications/PM819.pdf> Don't have a yard? Try Container Gardening: http://pubs.ext.vt.edu/426/426-336/PDF_426-507.pdf

Reminder - All Month/All Campuses: Every Calorie Counts

Bring "Every Calorie Counts" to your department. Learn why diets don't work and how to maintain a healthy weight by understanding what you eat. To learn more about the session, please visit <http://commonhealth.virginia.gov> To schedule it for your department, please contact Lori Ann Roth at 3.2621 or via email at lroth@gmu.edu.

Reminder - All Campuses: Selected Dates in May (and all year) - Retirement Counseling

The best things in life are free but not everything! Plan to finance some memories with a solid retirement plan. A dollar saved when you're young works much harder for you due to the wonders of compound interest. Work with the pros so that your money works as hard as you do! Schedule an on-campus individual counseling session with TIAA-CREF, Fidelity or ING. For dates, times, locations and scheduling information, visit <http://hr.gmu.edu/benefits/retire/tiaa.php>

Incorporate Wellness Days into Your Daily Routine

<http://wellnessbymason.gmu.edu/docs/Theweek.pdf>



Wellness by Mason

Live Well, Age Well; No Matter Your Age

<http://wellnessbymason.gmu.edu>