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Photos by Paul Van Hemel, June 18, 2025

***The Dirty Knee Club Keeps Tallwood Landscaping Fresh for Summer 2025***

## June 27, 2025

**Editor of the Week: John Nash**

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### Alerts & Notices

- For those planning to march in the 10:00 Independence Day parade on July 4, please email Marilyn Harriman (Walk & Talk co-chair) before July 2 so the planners can look for you and give you parking and meet-up details: [mlwharriman74@gmail.com](mailto:mlwharriman74@gmail.com).
- The next issue of OLLI E-News will be published Friday, July 4; the regular deadline for submission of items is Tuesday, July 1, at 6:00.

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### From the Desk of the Executive Director



**By Lisa Mariam, Executive Director**

### First Month

Dear Members,

What an incredible first month it's been for me at OLLI Mason! Since joining on June 2, I've been truly energized by the spirit of this community—from the dedicated volunteers and staff, extraordinary curriculum, fascinating clubs, to the traditions that make OLLI Mason so special. I've also had the privilege of connecting with many of you. Hearing your stories and seeing the impact OLLI Mason is making has been inspiring.

As we begin the new term, I invite you to get even more involved—every member is encouraged to give their time, talents, and dollars. Our goal is 100% participation. There are so many ways to make a difference in our community, by volunteering for a committee to enhance our excellence, sharing your OLLI Mason experience with friends and neighbors, and contributing to the Friends of OLLI campaign. Please don't hesitate to reach out to me at [LMariam@gmu.edu](mailto:LMariam@gmu.edu).

All my best,  
Lisa

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## 2026, and You're Invited to Participate



**By Camille Hodges, Humanities and Social Sciences/Current Events Program Planning Group Chair**

In July 2026 the United States will celebrate and commemorate the 250th anniversary of the signing of the Declaration of Independence. You are invited to participate in this mission by presenting OLLI classes from now through July 2026 to enlighten our members via your expertise on this part of American history. As OLLI members, we are aware that there was more to the signing than "meets the eye." This is where you come in. As a presenter for the Humanities and Social Sciences, you are encouraged to explore the Declaration through various lenses including (but not limited to) its philosophy as well as its multifaceted effect on society during that time period.

If you or a knowledgeable colleague can support OLLI's mission of "lifelong learning" regarding the topic of the Declaration of Independence please consider this invitation.

Submission deadlines for 2026:

Winter 2026 /due by July 21, 2025

Spring 2026 /due by October 6, 2025

Summer 2026/ due by January 26, 2026

**Note:** Dr. Heather Dudley is currently teaching a three-session summer 2025 course 303Z The Declaration of Independence June 25–July 9. More courses like this are desirable!

Here is a link to the course submission form: <https://olli.gmu.edu/olli-course-proposal-form/>.

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## TO YOUR HEALTH....

**It's time to head to the beach. Did you know that your skin is the largest organ in your body? It is also your first line of defense against disease. Protect it so it can protect you. Sunscreens should be at least SPF 30, applied 30 minutes before sun exposure, then every 2 hours and after each time you go in the water. [Sunscreens: Tips to wear it well | MD](#)**

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**don't forget the scalp.**

(From the Healthcare Advisory Workgroup)

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## Mason Nutrition Study Asks for Your Help



**By Abigail Suchoski, Trained Mason Nutrition Graduate Student**

OLLI Mason has the opportunity to assist with a scientific research study through the GMU Department of Nutrition and Food Sciences. The research evaluates the presence of sarcopenia, which is the loss of muscle mass, strength, and function with age, in older adults. Professor Stefanos Tyrovolas is the lead investigator of the study. The assessments will be performed by trained graduate students Abby Suchoski and Bri Schuh.

The full test will be completed in about 20 minutes and will be conducted at Tallwood over several weeks (or longer if needed). They are also able to travel to alternative locations for data collection. In addition, each participant will receive a \$20 Amazon gift card for their efforts.

For more information, look for details in an *OLLI E-Blast* in the upcoming weeks. Please consider helping with this particularly important research. We need you. Thank you.

**You are welcome to...**

**Pathway Development of an Integrated Sarcopenia Assessment Medical Device for Older Adults (SARCMED)**

**PURPOSE**

The SARCMED Project aims to evaluate the screening capabilities (validity, sensitivity, specificity) of a new e-screening sarcopenia algorithm using sensor-based tools compared to traditional tools. Additionally, the study will focus on the co-design of software and hardware for an integrated sarcopenia e-screening device. This study will provide insights that will help us to construct a smart, easy to use, low cost sarcopenia assessment device that will be used by the older adults in the USA and internationally.

**ASSESSMENTS**

1. Sociodemographic information
2. Anthropometric evaluation
3. Gait speed and grip strength assessment
4. Sarcopenia evaluation

Note: 20 minutes (additional 10 minutes in case of sarcopenia detection and referral)

**Eligibility**

Adults aged 65 and above in Virginia, Maryland and DC area.

**Duration**

\* Participation is completely voluntary. You're welcome to share only what you're comfortable with and may opt out of any assessments at any time

**Department of Nutrition and Food Studies, College of Public Health, George Mason University, USA**

**Principal Investigator**  
Stefanos Tyrovolas, PhD Associate Professor  
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GEORGE MASON UNIVERSITY

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Michele Romano, MD and Suresh Mohla, PhD  
Co-chairs, Science, Technology & Health Committee

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## Wednesday Team Bloch Conversation— July 9



**By Brenda Bloch-Young and Doris Bloch,**  
**Co-Moderators**

Team Bloch (Brenda Bloch-Young and Doris Bloch) conducts a casual, drop-in conversation on Zoom every second Wednesday at 4:00. Each session is on a different topic.

The topic for Team Bloch's Wednesday afternoon chat on July 9 is *Intergenerational Households*.

Do you live in an intergenerational household—parents, adult children, and grandchildren co-existing under one roof? Based on several recent articles, this seems to be a growing trend for a number of reasons. Sometimes it is financial—either the children or the grandparents need support. In other situations, the motivation is to provide care for grandparents or grandchildren. Of course, there is always the possibility that this is an interesting and rewarding way to live. Is this a feasible option that you might consider? Try to envision your daily life in a multi-generational house with your family. We welcome you to share your thoughts with us.

No need (or option) to register for the conversation—just join in—all are welcome. Look for the Zoom link in the emailed daily schedule on the morning of our scheduled conversation. (Hint: it is always identical to the 24/7 Chat meeting ID/Passcode.)

You may listen in as a lurker or add to the discussion—up to you—but we encourage you to voice your thoughts; that way we all benefit and learn from each other.

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## Poet's Corner

*Courtesy of the Poetry Workshop*

### Hope Springs from the Heart

When uncertainty spins you around  
and you can't seem to find the ground  
of your own being;  
when you feel the talon-grip  
of fear around your heart and  
night descends so the way  
forward looks dark...

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helplessness...  
serve it up to that Eternal Presence  
beyond yourself that knows the  
uncharted path for you to take...  
until you finally feel your heart reveal  
a glimmer of hope beyond the  
fear and hopelessness.  
Nurture that hope so that  
it glows and grows  
like the Light that brightens  
on a December morn  
that slowly signals the  
songbird's return whose  
harmony fills your heart  
when spring is reborn.

—Sophia Elberti

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## Arts & Music at George Mason

**Performances, June 27 through July 7**



**By Shelly Gersten, OLLI E-News Staff Writer**

For tickets for either Center for the Arts Concert Hall (CFA) or Hylton Center, call 1-888-945-2468. You can also buy tickets online through the event calendar (see links below) or visit the venue's box office. For more information, see the [CFA ticket page](#) or the [Hylton Center ticket purchase page](#).

Dr. Linda Apple Monson produces a periodic "Notes from the Director." This email is full of information on interesting online performances by the students and faculty of the School of Music. If you would like to receive these bulletins, just sign up at [this link](#) to stay in touch. Also, the Center for the Arts has a website, [Mason Arts at Home](#), which has a calendar of online events and access to many past performances.

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### At the Fairfax Campus Venues

**Center for the Arts, Concert Hall**  
**(25-26 Season subscriptions to Great Performances now on sale)**

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Fri, Jun 27, 2:00

Mason Jazz camp student showcase to conclude the week-long camp!

[Click here for more information.](#)

Center for the Arts, Concert Hall

Admission: Free and open to the public.

[Back to Top of Page](#)**Mason Student and Faculty Performances**(see [music.gmu.edu](https://music.gmu.edu) for additional student recitals)**No performances**[Back to Top of Page](#)**At the Hylton Center (Manassas Campus)****Paul Anka in Concert**

Sat, Jun 28, 7:00

Merchant Hall

Admission: \$100, \$80, \$50.

[Back to Top of Page](#)For further details on any of the above events, see the [CFA event calendar](#) and the [Hylton Center event calendar](#).[Back to Top of Page](#)

## Meetings & Clubs

**Please note:** OLLI Meetings and Clubs may currently take place in several formats: some are in person only, some are online only, and some are hybrid, meaning that they take place in person and are accessible online simultaneously. OLLI events and activities meeting online bear the

[Subscribe](#)[Past Issues](#)[Translate ▼](#)[RS](#)university's [coronavirus website](#) for official university updates.

The following list covering the next two weeks is extracted for your convenience from the master online calendar maintained by the office. The list is accurate as of mid-week. *Note: All OLLI members are welcome at, and encouraged to attend, meetings of the Board of Directors, committees and resource groups, kick-off coffees, etc. The OLLI office has sent (or will send) emails with links and meeting passwords to club members; you may also log in at the [member portal](#) and click on ZOOM CLASS LINKS.*

Sat Jun 28	10:30 am	Tai Chi Club – online
Mon Jun 30	9:30 am	What's in the Daily News? – online
	10:00 am	Board Game Club
	10:00 am	Bridge Club
	4:00 pm	Family History/Genealogy Club – online
Tue Jul 1	4:00 pm	Chair Yoga and More – online
	2:00 pm	Chair Yoga and More – online
	4:00 pm	Mah Jongg Club – online
Wed Jul 2	4:30 pm	Tai Chi Club – online
	11:50 am	Investment Forum
	12:00 noon	Chair Yoga and More – online
	1:30 pm	Dabbling Artists Club – online
Thu Jul 3	4:00 pm	Spanish Club – online
	3:00 pm	Chair Yoga and More – online
	4:30 pm	Tai Chi Club – online
Fri Jul 4		Holiday
Sat Jul 5	10:30 am	Tai Chi Club – online
Mon Jul 7	9:30 am	What's in the Daily News? – online
	10:00 am	Board Game Club
	10:00 am	Bridge Club
	4:00 pm	Chair Yoga and More – online
Tue Jul 8	2:00 pm	Caregivers Support Club – online
	2:00 pm	Chair Yoga and More – online
	4:30 pm	Tai Chi Club – online
Wed Jul 9	11:50 am	Investment Forum
	12:00 noon	Chair Yoga and More – online
	2:00 pm	Memoir and More Writing Group – online
Thu Jul 10	3:00 pm	Chair Yoga and More – online
	4:30 pm	Tai Chi Club – online
Fri Jul 11	9:30 am	Photography Club
	9:30 am	Crafts and Conversation
	10:00 am	Mah Jongg Club
	10:00 am	Spanish Club
	11:00 am	Homer, etc. – online
	11:30 am	Cooking Club

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## About *OLLI E-News*

*OLLI E-News* was created by Rod Zumbro, who served as its editor from 2005 to 2013.

**Editorial Staff**

Chief Editor: Paul Van Hemel  
Associate Editor: David Gundry

Weekly Editor Team: David Gundry, John Nash, Paul Van Hemel  
Proofreaders: Rebecca Jann, Susan Van Hemel, Thomas Appich, Martha Kossoff, Anne Hartshorn, Bonnie Becker, Carol McManus

**Submissions:** Members are encouraged to submit letters to the editor, letters to Ms. Ollie Ettakit (on etiquette matters), OLLI-related news items, articles, and photos. Submit material to: [ollienewseditor@gmail.com](mailto:ollienewseditor@gmail.com).  
**Deadline:** Tuesday, 6:00, for that week's issue (Monday, 6:00, for letters to the editor); early submissions are greatly appreciated. Please limit articles to about 250 words.  
**Note:** You can view past issues of *OLLI E-News* on the DocStore. To search the content of issues, use Search Our Site or put your search term in Google followed by "site:olli.gmu.edu/" without the quotes.

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