

## Some Resources to Get You Started

1. *Retire Smart, Retire Happy – Finding your True Path in Life* by Nancy K. Schlossberg
2. *Transitions – Making Sense of Life’s Changes* by William Bridges
3. *How to Retire Happy, Wild, and Free* by Ernie Zelinski
4. *What Color is Your Parachute? For Retirement:* by John Nelson & Richard Bolles , 2010
5. *The Third Age: Six Principles for Personal Growth and Rejuvenation after Forty* by William Sadler
6. *The Power Years: A User’s Guide to the Rest of Your Life,* by Ken Dychtwald and Daniel Kadlec, 2006
7. *700 Places to Volunteer Before You Die* by Nola Lee Kelsey
8. *The Senior Organizer* by D. Bitticks, L. Benson, D Breininger
9. *Frommer’s 500 Places Where You Can Make a Difference,* by Andrew Mersmann, 2009
10. *The Encore Career Handbook: How to Make a Living and a Difference in the Second Half of Life* by Marci Albohr, 2013
11. **AARP** [www.aarp.org](http://www.aarp.org) Lots of information on every retirement topic (booklet: “Home Fit Guide” (D18959) available to download)
11. **Road Scholar** (formerly *Elderhostel*) – An international organization with a focus on travel and learning for older, primarily retired adults. [www.roadscholar.org](http://www.roadscholar.org) or call 877-426-8056
12. **Smithsonian Journeys** – trips focus on culture and education.- [www.smithsonianjourneys.org](http://www.smithsonianjourneys.org) Phone: 877-338-8687
13. *Smart Women Don’t Retire – They Break Free* by the Transition Network and Gail Rentsch – [www.thetransitionnetwork.org](http://www.thetransitionnetwork.org)
14. **U.S. Social Security Administration** <http://ssa.gov>
15. Official **Medicare** website - [www.medicare.gov](http://www.medicare.gov)
16. **Information on Long Term Care & LTC Insurance** [www.longtermcare.gov](http://www.longtermcare.gov)
17. **National Listing of Offices of the Insurance Commissioner** - a valuable source of accurate information about Medicare, Medigap supplemental insurance, long-term care insurance – specific to your state [http://www.naic.org/state\\_web\\_map.htm](http://www.naic.org/state_web_map.htm)
18. *The Complete Idiot’s Guide to Social Security and Medicare, 3<sup>rd</sup> Edition* by Lita Epstein, MBA
19. **Enrichment / Lifestyle websites:**
  - [www.thirdage.com](http://www.thirdage.com) healthy living
  - [www.oasisnet.org](http://www.oasisnet.org)
  - [www.seniornet.org](http://www.seniornet.org) - technology education
  - [www.encore.org](http://www.encore.org) - second acts for the greater good
  - [www.nationalservice.gov/programs/senior-corps](http://www.nationalservice.gov/programs/senior-corps)
  - [www.volunteermatch.org](http://www.volunteermatch.org)
  - [www.createthegood.org](http://www.createthegood.org) - volunteer opportunities nationwide
  - [www.owl-national.org](http://www.owl-national.org) The Older Women’s League
20. **Housing** – [www.seniorhousingnet.com](http://www.seniorhousingnet.com) - tools for understanding/ finding senior housing
  - <http://www.homemods.org/resources/pages/safety.shtml>

21. **Financial Planning** Association - [www.fpanet.org](http://www.fpanet.org)
22. Sites to help you **start your own business**  
[www.guru.com](http://www.guru.com) - free lancers site  
[www.score.org](http://www.score.org) - free small business advice
23. **Longevity** – [www.livingto100.com](http://www.livingto100.com) – survey questions to determine life expectancy.
24. *Secrets of Longevity: 100 Ways to Live to be 100*, by Maoshing Ni
25. *Learning Later, Living Greater, The Secret for Making the Most of Your After-50 Years.* by Nancy Merz Nordstrom and Jon F. Merz, 2006
26. *Guide to FREE Massive Open Online Courses (MOOCs) offered by great universities* – [www.openculture.com](http://www.openculture.com)
27. [www.thebigknow.com](http://www.thebigknow.com) - free enrichment courses
28. **Healthcare** – [www.healthcare.gov](http://www.healthcare.gov) - consumer focused website run by the federal government – provides information on healthcare – explains new healthcare act.
29. [www.womenshealth.gov](http://www.womenshealth.gov) Gov't site providing health guidelines for women
30. Administration on Aging – **Eldercare Locator** - [www.eldercare.gov](http://www.eldercare.gov)
31. National Institute on Aging - publications on a variety of aging topics  
<http://www.nia.nih.gov/HealthInformation/Publications/>
32. **Texas Health and Human Services – Aging and Disability Resource Center. (ADRC)** [www.hhs.texas.gov/services/aging](http://www.hhs.texas.gov/services/aging)
33. Sixty and Me Lifestyle site. [www.sixtyandme.com](http://www.sixtyandme.com)
34. Wellness – [www. Sparkpeople.com](http://www.sparkpeople.com). Excellent, free comprehensive health and wellness site (exercise videos, recipes, trackers and calculators, etc)
35. **National Institute on Health** – government website with lots of health-related information. [www.NIHseniorhealth.gov](http://www.NIHseniorhealth.gov)
36. My Family History - <https://familyhistory.hhs.gov/FHH/html/index.html> Web-based tool helps user organize family history information and then print out to present to healthcare provider.
37. *The Blue Zones: Nine Lessons for Living Longer, From the People Who've Lived the Longest* 2<sup>nd</sup> ed. By Dan Buettner, 2012
38. **Next Avenue** – An excellent PBS sponsored website designed for those 50 + offering information, newsletters and more – [www.nextavenue.org](http://www.nextavenue.org)
39. Intentional Retirement – lots of tips for planning retirement  
[www.intentionalretirement.com](http://www.intentionalretirement.com)
40. *Roadmap for the Rest of Your Life: Smart Choices about Money, Health, Work, Lifestyle...And Pursuing Your Dreams*, by Bart Astor, 2013
41. *Disrupt Aging: A Bold New Path to Living Your Best Life at Every Age*, by JoAnn Jenkins, 2016
42. *The Spirituality of Age: A Seeker's Guide to Growing Older* By Robert L. Weber, PhD and Carol Orsborn, PhD
43. *Love Your Age: The Small-Step Solution to a better, longer, happier life* by Barbara Hannah Grufferman, 2018
44. *Ageless Soul: The Lifelong Journey Toward Meaning and Joy* by Thomas Moore, 2018.