

As you are charting a new course, the MRSPA Pre-Retirement Committee encourages you to select a book to read or visit a recommended website.

RETIREMENT RESOURCES (including content summary of books available for use in presenting a pre-retirement and/or retirement workshop).

Maryland Retired School Personnel Association – www.mrspa.org – Planning for Retirement/Community Service Opportunities
Job Opportunities located in Members Only Section

AARP/NRTA: *AARP's Educator Community* – www.aarp.org – Careers

Bolles, Richard N. What Color is Your Parachute?
Berkley, California: Ten Speed Press, 2005. www.jobhuntersbible.com

Boynton, Sandra. Yay, You! : Moving Out, Moving Up, Moving On. Simon and Schuster, New York, New York, 2001.

- In rhyme, outlines some of the possibilities that life has to offer, from the adventurous to the tranquil

Freudenheim, Ellen The Baby Boomers' Guide to Good Work
Met Life and Civic Ventures, 2005 Available online at www.civicventures.org

- Provides an introduction to "Jobs That Make A Difference" and a listing of resources regarding these jobs.

Kellerman, Pat Skilling, M.A. Starting Over: Reinventing Life After 60
Xlibris Publishing – 1.888.795.4274

- Ways to start a new career
- Varieties of opportunities await the retired
 - carving
 - take a class
 - repair computers
 - open a museum
 - spruce up the town
 - start writing
 - consult in developing countries
- Steps to figuring out what to do
 - find a passion
 - give to others

- develop new friendships
- begin now!

Roadburg, Alan, Ph.D. Life After Teaching: Road Map to Retirement Happiness
 UTD Library Publications, Thornhill, Ontario 2005

- Written to be a thought-provoking and educational tool for retirement planning, financial planning, self-help and life-style support that the author hopes will enable readers to “find life after work that you consider worthwhile and enjoyable”.

Sedlar, Jeri and Rick Miners. Don't Retire, Rewire!
 Indianapolis, Indiana: Alpha Books, 2003

- Know what drives you, be it interest, desires, work, passions
- Start a new career
- Work on what brings and keeps good health
- Blend work life with personal life in retirement
- Gradually shift gears from working for a company to other ways of being productive, i.e.
 - work for wages
 - work for fee
 - work for me
 - work for free
- Develop new interests and activities
- Fill blanks when work stops
- Create your own vision
- Know your skills
- Develop new skills
- Develop an action plan
- Develop new drivers
- Keep or gain an upbeat, positive attitude

Stone, Marika and Howard. Too Young to Retire: 101 Ways to Start the Rest of Your Life. New York, New York: Penguin Group, 2002

- Suggestions for what to include in retirement plans
- Ways to keep healthy
- 100 and 1 ageless activities
- Guide to tackling the practical details of everyday finances
- Restructure your priorities around what's more important like family, service
- Keep learning

- Take risks
- Be open to new opportunities
- Go after your dreams
- Act on the passion within you

Trafford, Abigail. My Time: Making the Most of The Bonus Decades After Fifty. New York, New York: Basic Books, 2004

- Seeking purpose in life after retirement
- What are the basic units to life in retirement?
- Ideas for satisfying one's needs and desires
- Confronting loss
- Preventing loss of physical strength and short term memory

Schlossberg, Nancy K. Retire Smart, Retire Happy: Finding Your True Path in Life. www.transitionguide.com Washington, D.C.: American Psychological Association, 2004

- Guidance on psychological and emotional adjustments in retirement
- Tips on coping
- Important to keep contact with friends
- Ways to finding new friends to fill the void left by leaving those at the former workplace
- When retired, you are suddenly on your own
- Transition tips to retirement
 - Look inward
 - Do what makes you feel appreciated, recognized, and that you matter
 - Spirituality – what has meaning to you
 - Replace relationships you had at work
 - Keep a time diary
 - Build physical activity into your life
 - Keep track of finances. Take an 'internal audit'.