



YOUR NEXT MOVE: *Transitioning to the New Retirement* ©

Purposeful Retirement Resources

Books

(Retirement books with 4+ star reviews on Amazon or highly recommended from other sources)

- [Your Retirement Quest](#), by Alan Spector and Keith Lawrence
- [The Encore Career Handbook](#), by Marci Alboher
- [Purposeful Retirement: How to Bring Happiness and Meaning to Your Retirement](#), by Hyrum W. Smith
- [Purposeful Retirement Workbook and Planner: Wisdom, Planning, and Mindfulness for Your Happiest Years](#), by Hyrum W. Smith
- [How to Retire Happy, Wild, and Free: Retirement Wisdom that You Won't Get from Your Financial Advisor](#), by Ernie J. Zelinski
- [Retire Smart, Retire Happy: Finding Your True Path in Life](#), by Nancy K. Schlossberg
- [Revitalizing Retirement: Reshaping Your Identity, Relationships, and Purpose](#), by Nancy K. Schlossberg
- [Purpose and a Paycheck](#), by Chris Farrell
- [Your Complete Guide to a Successful & Secure Retirement](#), by Larry Swedroe and Kevin Grogan
- [Transitions: Making Sense of Life's Changes](#), by William Bridges
- [The Third Chapter: Passion, Risk and Adventure in the 25 Years After 50](#), by Sarah Lawrence-Lightfoot
- [Finding Meaning in the Second Half of Life: How to Finally, Really Grow Up](#), by James Hollis

Volunteering

(Volunteer organizations with range of opportunities for older adults)

- [Retired and Senior Volunteer Program](#)
- [Volunteer Match](#)
- [United Way's Volunteer Center](#)

Websites

- Podcast: "[Retire with Purpose](#)"
An audio program with content on purpose, happiness, legacy, finances, and other topics on purposeful retirement
- [Encore.org](#)
Website dedicated to helping older adults create an impact
- [Generations United](#)
Nonprofit that coordinates projects and conducts research on intergenerational programming to improve the lives of both younger and older people

Washington University HR Resources On-Line

(Information and tools created by the Human Resources department of Washington University to aid faculty and staff through the transition to retirement)

[Retirees Returning to Work](#)

[Phased Retirement for Tenured and Clinician Track Faculty](#)

[Self-Exploration Tools for Career Development](#)

[Online Career Development](#)

[Career Consultation Service](#)

[To and Through Retirement: Benefits](#)

Summarizes:

- Retirement Medical Savings Account
- Health Insurance Resources
 - Call TIAA to schedule further financial counseling – 888.488.3419

Retirement advice is available through Human Resources consultants:

Lynn Dull 314.362.4132
Karen Sanders 314.362.0874

Other events:

Workshop - Your Next Move: From Ideas to Action

Wednesday, Oct. 16, 5:30-7PM

Med Campus, FLTC 301

More information at: <https://yournextmove10-2019.eventbrite.com>

Brownbag discussion - Your Next Chapter: Conversations on Retirement and Beyond

Tuesday, September 24, 12:00 – 1PM

Med Campus, Schwarz Conference Room, Maternity Building

More Information Email: centerforaging@wustl.edu

Visit this page to view all links in this document:

publichealth.wustl.edu/purposefulretirement



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Center for Aging

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