Purposeful Retirement Resources

General Resources

Books
- *Your Retirement Quest*, by Alan Spector and Keith Lawrence
- *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
- *Finding Meaning in the Second Half of Life: How to Finally, Really Grow Up*, by James Hollis
- *Retire Smart, Retire Happy: Finding Your True Path in Life*, by Nancy K. Schlossberg
- *Transitions: Making Sense of Life’s Changes*, by William Bridges
- *What Retirees Want: A Holistic View of Life’s Third Age* by Ken Dychtwald and Robert Morison

Podcasts
- Retire with Purpose
  An audio program with content on purpose, happiness, legacy, finances, and other topics on purposeful retirement

Top 20 Retirement Podcasts

Websites
- The Four Pillars of the New Retirement
  Based on a nine-month spanning expert reports, interviews with older adults, and survey research in Canada and the US, Edward Jones and Age Wave released this report that expands on what thriving in retirement means now.

- Social Security Administration: Retirement
  SSA.gov offers retirement planning resources, including a retirement checklist, an estimator, and various publications about retirement benefits.

- Generations United
  Nonprofit that coordinates projects and conducts research on intergenerational programming to improve the lives of both younger and older people

- NewRetirement
  This robust retirement website features resources on retirement planning, savings & investments, income, health news, housing & home equity, family & relationships, estate planning, and other topics. NewRetirement can match individuals considering retirement with financial advisors and retirement planners. The NewRetirement podcast has featured guests such as wealth management author Larry Swedroe, Nobel Prize Winner Robert C. Merton, and investor Jim O’Shaughnessy.

- University of Arizona
  UA’s “Road Ahead” website offers some helpful resources on preparing for retirement, including a Retirement Readiness Quiz [PDF].
Working, Self-Employment Program
The WashU Retiree Part-Time Work Pool offers a chance for newly retired WashU employees to continue earning and to stay connected. WashU uses people in the pool to fill part-time and temporary positions. The pay is usually $18-20 an hour, and there are no requirements besides being in good standing without performance issues. Those interested may contact Jennifer Huck, HR Recruitment Consultant to enter the pool. Phone: (314) 935-8641 Email: jennifer.huck@wustl.edu

Articles
- Social Security Administration: Getting Benefits While Working
- US News: The Pros and Cons of Working in Retirement

Books
- The Encore Career Handbook, by Marci Alboher
- Purpose and a Paycheck, by Chris Farrell
- Great Jobs for Everyone 50+, by Kerry E. Hannon

Websites
AARP.org
AARP has a wide range of resources for those nearing or in retirement to seek new employment. Locally, AARP coordinates events in St. Louis to aid jobseekers, and are currently hosting online workshops. AARP in St. Louis can be contacted at stlouis@aarp.org.

Click here for more details on this and other upcoming events.

The AARP Job Seeker site includes a list of employers who have pledged their commitment to being age-diverse workplaces. The AARP Part-Time Jobs site has informative articles on topics such as up-and-coming part-time jobs, ideas for seasonal jobs, and potential stay-at-home jobs. Further, AARP includes information about the changing workplace and addresses concerns older adults may have about the workplace due to COVID-19.

Global Institute for Experienced Entrepreneurship
Headed by Elizabeth Isele—formerly the director of Senior Entrepreneurship Works—GIEE seeks to activate a global movement tapping into the experience of adults age 50+ to redefine the future of work and traditional retirement. The organization facilitates Experience Incubator workshops across the globe to help retirees realize their dreams of opening businesses, big or small. To learn more, visit Experieneurship.com or Contact: (207) 318-2446.

Encore.org
The web-based companion for the Encore Career Handbook.

Passion & Creativity
Book
The Third Chapter: Passion, Risk and Adventure in the 25 Years After 50, by Sarah Lawrence-Lightfoot
Websites

Maturity and its Muse
Founded in 2009, Maturity and its Muse promotes positive and productive aging through the arts. This St. Louis-area organization coordinates and film exhibits, caregiver outreach, and community partnerships with agencies such as the Regional Art Commission, Craft Alliance, Mildred Lane Kemper Art Museum, and the Sheldon Art Galleries.

Cracking Retirement
This blog features ideas for a fun and fulfilling retirement, including articles about inspiration, creativity, travel, trying new things, and goal-setting.

Encore.org
Website dedicated to helping older adults create an impact

Sixty and Me
An online community for women over 60. In addition to more traditional retirement topics of health, money, and travel, the website also features sections on dating, beauty, mindset, lifestyle, and shopping.

Volunteering Programs

St. Louis Oasis
Oasis is a great resource for older adults looking for volunteer opportunities, education, or social activities, however, opportunities are currently sparse due to COVID complications. Currently, they are offering a few remote volunteering opportunities, including an intergenerational tutoring program which you can sign up for here. Despite this, you can still get involved with Oasis in other ways.

United Way’s Volunteer Center
Through Volunteer Center, United Way offers an online search for opportunities based on your preferences.

Volunteer Match
Similar to Volunteer Center, Volunteer Match allows volunteers to search opportunities by location and volunteer interests. They also have information about opportunities for volunteering during COVID-19.

Education Programs

Osher Lifelong Learning Institute at Washington University
OLLI offers non-credit classes in liberal arts and sciences for students age 50 and up. There are virtual course offerings for distanced learning during the pandemic.

University College
UCollege at Washington University offers classes with flexible schedules so that non-traditional students can take individual classes or obtain advanced certificates, Bachelor’s degrees, and some graduate degrees. Also available are non-degree programs, such as English as a Second Language. Online course offerings accommodate for distanced learning during the pandemic.
St. Louis Oasis

Oasis coordinates a wide range of programs for lifelong learning, from health and exercise to arts & entertainment, and from history to current events. Courses are being offered online to allow for distanced learning during the pandemic. A list of upcoming courses can be found here. Further, Oasis is making sure they support older adults during COVID, and have resource information about that here.

Family Roles

Book

Senior Resource Guide

Published annually by the St. Louis Times, the Senior Resource Guide is a comprehensive directory for older adult services in St. Louis. Listings for local services include as legal, financial and estate planning, mental health and support groups, respite programs, senior centers, transportation, veteran services, health, dental, and vision services, and many more areas.

Programs

Family Caregiving Alliance

Provides education and resources—including support groups and classes—for family caregivers.

Alzheimer's Association: Greater Missouri Chapter

Serving 86 counties in Missouri and 10 in Illinois, the Alzheimer's Association Greater Missouri Chapter works tirelessly to support the over 110,000 people in the region currently living with Alzheimer's and their caretakers.

National Multiple Sclerosis Society: Gateway Area

Resources include support groups, financial assistance, events, and educational readings.

American Parkinson Disease Association: Greater St. Louis Chapter

The APDA serves as a central location where people with PD, care partners, medical professionals, and students can receive the latest information on resources, support groups, and referrals.

AARP Family Caregiving

News, information, and resources for family caregivers in the St. Louis region.

Aging Ahead

Formerly known as Mid-East Area Agency on Aging, Aging Ahead coordinates a Family Caregiver Support Program for full time caregivers of older adults. Through this program, there is psychoeducational support as well as funding for respite services, durable medical equipment, minor home modifications, and nutritional/incontinence supplies.

Articles

- Forbes: How Can Family Fit Into Your Retirement Plans?
- US News: 11 Ways to Support Family Members While in Retirement

Reports

- Family & Retirement: The Elephant in the Room [PDF], by Merrill Lynch in partnership with Age Wave
- Family Structure, Roles and Dynamics Linked to Retirement Security [PDF], by Greg Ward for the Society of Actuaries
Financial Management

Articles
- Investopedia: Managing Income During Retirement
- CNBC: 4 Tips for Wisely Managing Retirement Savings
- Forbes: The 25 Best Retirement Websites
- Forbes: How To Use Your 401K/IRA During The Pandemic: COVID-19 Leads to Changes in Retirement Account Rules

Website
AARP Retirement
Features guides for retirement planning, saving and investing, social security FAQs, retirement policy news, informational webinars, and other resources.

Retirement Calculators
Using the retirement calculators on Bankrate, NerdWallet, or AARP, you can estimate how much you might need to save and for how long, based on your age, income, current savings, and lifestyle.

Books
- Your Complete Guide to a Successful & Secure Retirement, by Larry Swedroe and Kevin Grogan

Washington University HR Resources Online
The below information and tools were created by the Human Resources department of Washington University to aid faculty and staff through the transition to retirement:

- Phased Retirement for Tenured and Clinician Track Faculty
- Self-Exploration Tools for Career Development
- Online Career Development
- Career Consultation Service
- Work-Life Solutions (EAP)
- Benefits: To and Through Retirement
  - Health Insurance Resources
  - Retirement Medical Savings Account
  - CLAIM – Medicare Decision Resource
  - Call TIAA to schedule further financial counseling – 888.488.3419
  - Call the Benefits Service Center – 314.935.2332

Individualized retirement coaching is available through Human Resources consultants. The coaching explores non-financial topics for finding purpose and meaning in retirement (there may be a fee for any assessments used.)

Lynn Dull 314.362.4132
Karen Sanders 314.362.0874

To ask questions regarding retiree benefits, contact the Benefits Service Center at HR-BenefitsMail@wustl.edu or call 314.935.2332.