

Resources

Suggested Reading

General:

- *How to Retire Happy, Wild and Free* by Ernie J. Zelinski
- *Retiring as a Career- Making the Most of your Retirement* by Betsy Kyte Newman
- *The New Retirement: The Ultimate Guide to the Rest of Your Life* by Jan Cullinane and Cathy Fitzgerald
- *The New Retirementality* by Mitch Anthony
- *What Colour is Your Parachute for Retirement* by Richard Bolles and John Nelson

Financial:

- *Why Swim With the Sharks?* by Diana Salomaa and Henry Dembicki
- *Retiring Right- Planning for a Successful Retirement* by Lawrence J. Kaplan
- *Your Money Or Your Life- Transforming your Relationship with Money and*
- *Achieving Financial Independence* by Vicki Robin and Joseph Dominguez
- [Rich Dad, Poor Dad](#) by Robert Kiyosaki

Purpose:

- [Prime Time: How Baby Boomers Will Revolutionize Retirement and Transform America](#) by Marc Freedman
- [The Cultural Creatives: How 50 Million People Are Changing the World](#) by Paul H. Ray & Sherry Ruth Anderson
- [Don't Retire, REWIRE!](#) by Jeri Sadler and Rick Miners

Spirit:

- [The Coming of Aging: Learning to Live from the Inside Out](#) by Jean Shula
- [Excuse Me, Your Life Is Waiting](#) by Lynn Grabhorn
- [The Artist's Way: A Spiritual Path to Higher Creativity](#) by Julia Cameron
- [I Could Do Anything \(If I Only Knew What It Was\): How to Discover What You Really Want and How to Get It](#) by Barbara Sher

Personality and Aging:

- *Creative Aging: Discovering the Unexpected Joys of Later Life Through Personality Type* by Nancy Bost Millner

Career

- *What Next?* by Barbara Moses
- *Take the Step, The Bridge Will Be There: Inspiration and Guidance for Moving Your Life Forward* by Grace Cirocco



Couples:

- *The Seven Best Things Happy Couples Do* by John Friel, PhD and Linda Friel, MA

Timeless Traveller Web Resources

Housing

Living Abroad www.voyage.gc.ca pamphlet “Retirement Abroad: Seeing the Sunsets”

Housing Options for Retirees www.careguide.ca

Reverse Mortgages www.chip.ca

Environment Canada Energy Conservation Rebates www.incentivesandrebates.ca

Financial

David Bach (author of *Finish Rich*) www.finishrich.com

Spending Smarter www.strategis.ic.gc.ca > Consumers > Canada’s Office of Consumer Affairs >

Tools and Calculators

Senior’s Discounts www.senioryears.com

www.50plus.com

Freecycling www.freecycle.org

Retirement Calculators

<https://srv260.hrdc-drhc.gc.ca>

Check out annuity options at <http://www.totalreturnannuities.com/>

Volunteering

www.charityvillage.ca

www.volunteercanada.ca

www.cuso.org

www.ceso-saco.com

www.citizens4change.org

Travel Options

House Swapping www.intervac.com

www.seniorshomeexchange.com

Travel/education www.elderhostel.org

www.routestolearning.ca

CARP travel www.50plus.com

Alberta based company www.seniorsgotravel.com

Careers

www.alis.gov.ab.ca

www.jobhuntersbible.com



Myths About Older Workers

There are numerous stereotypes about older workers that simply aren't true.

Here are some of those myths -- along with the reality.

- **Myth:** Older workers can't or won't learn new skills.
Reality: Those over 50 are proving their ability to learn new skills by becoming the fastest growing group of Internet users. And career-changers in their 40s and 50s are taking courses to enhance their skills.
- **Myth:** Older workers don't stay on the job long.
Reality: Workers between 45 and 54 stayed on the job twice as long as those 25 to 34, according to the Bureau of Labor Statistics in 1998.
- **Myth:** Older workers take more sick days than younger workers.
Reality: Attendance records are actually better for older workers than for younger ones.
- **Myth:** Older workers aren't flexible or adaptable.
Reality: Because they've seen many approaches fail in the workplace, they are more likely to question change. But they can accept new approaches as well as younger workers can as long as the rationale is explained.
- **Myth:** Older workers are more expensive.
Reality: The costs of more vacation time and pensions are often outweighed by low turnover among older workers and the fact that higher turnover among other groups translates into recruiting, hiring, and training expenses.

Source: Institute of Electrical and Electronics Engineers - USA

Have you seen all our career and job resources for older workers?
Go to: [Job and Career Resources for Mature and Older Job-Seekers \(Including the Baby Boomers\)](#).

http://www.quintcareers.com/mature_jobseekers.html

