

Retirement Well Being Additional Resources

Senior Nutrition & Diet Tips

http://helpguide.org/life/senior_nutrition.htm

For CEA, FNSBEA, JESS, NJU, SU, Crafts and Trades, and KBEA bargaining units

<http://www.apealegaltrust.org/lt2/gen.htm>

For GGU employees

<http://asealegalservices.org/>

Alaska Suicide-Related Resources

http://www.hss.state.ak.us/suicideprevention/resources_pages_sspc/AKResources.htm

Depression Understood

<http://www.depression-understood.org/information/alaska.htm>

Online publication Alaskan Seniors: Living Longer, Growing Stronger

<http://www.alaskaaging.org/>

Advisory Board on Alcoholism and Drug Abuse

<http://hss.alaska.gov/abada/>

National online locator for substance abuse and mental health services

<http://findtreatment.samhsa.gov/TreatmentLocator/faces/quickSearch.jsp>

Suggested Reading:

The Smartest Retirement Book You'll Ever Read by Daniel R. Solin

The AARP Retirement Survival Guide by Julie Jason

Redefining Retirement: New Realities for Boomer Women by Marget Hovanec

Your Retirement, Your Way: Why It Takes More Than Money To Live Your Dream by Alan Bernstein

How to Retire Happy, Wild, and Free: Retirement Wisdom That You Won't Get from Your Financial Advisor
by Ernie J. Zelinski

What Color is Your Parachute? For Retirement: Planning Now for the Life You Want by John E. Nelson

The Retiring Mind: How to Make the Psychological Transition to Retirement by Robert P. Delamontagne

Living Forward by C.W. Brister

The Division of Retirement and Benefits does not endorse any publication but, encourages you to read, research, and actively plan your retirement. The above texts may be helpful.

Accident Statistic

A Scottish newspaper (The Herald) reports the following statistics on 11/9/09:

- 1) Falls are the most common accidental cause of death among people 65 and older.
- 2) Between 10-25% of older people who fall will sustain a serious injury.
- 3) 10% of people who suffer a hip fracture will die within 30 days and 30% die within a year.

