

A scenic landscape featuring rolling green hills, a winding road, and a blue sky with white clouds. The road starts in the foreground, curves through the hills, and disappears into the distance. The hills are covered in lush green grass and some trees. The sky is a vibrant blue with scattered white clouds.

Retirement Resources Directory

*“A journey of a
thousand miles begins
with a single step”*

*— Lao-tzu,
The Way of Lao-tzu*

Introduction

- √ Are you retired or thinking about retirement?
- √ Want to explore your options?
- √ Hoping to make a career change?
- √ Interested in developing new skills?
- √ Concerned about your financial future?
- √ Considering relocation?

If you have answered yes to any of the above, read on... The **Retirement Resources Directory** can help you in your research process! Locate the many services and resources available on both a local and national level.

Contributors Include:

Susan Altman
Serena Brooks
Denise DiPaolo
Rochelle Freed
Susan Guerin
Susan Holden
Margaret King
Linda Knel

Vicki Lever
Elizabeth Malafi
Grace O'Connor
Fred Strum
Edna Susman
Barbara Sussman
Nancy Zulkofske

This is a publication of Suffolk Libraries Career and Resource Exchange (CARE), a committee of RASD, 2008.

Disclaimer: At the time of publication, all websites listed in this directory were verified. The CARE Committee cannot be responsible for change of addresses or information.

Table of Contents

<u>Services</u> Available Through the Suffolk County Office for the Aging	Page 3
<u>Websites</u> of Elected Officials	Page 6
<u>Financial</u> Planning	Page 7
<u>Special</u> Services and Financial Assistance	Page 10
<u>Federal</u> Health Websites of Interest	Page 12
<u>Relocation</u> Resources	Page 13
<u>National</u> Senior Organizations	Page 16
<u>Volunteer</u> Opportunities	Page 17
<u>Job</u> and Career Resources	Page 18
<u>Continuing</u> Education	Page 21
<u>Distance</u> Learning	Page 25
<u>Elder</u> Law	Page 27
<u>Additional</u> Books of Interest	Page 29
<u>Magazines</u> and More	Page 31

SERVICES AVAILABLE THROUGH THE SUFFOLK COUNTY OFFICE FOR THE AGING

Suffolk County Office for the Aging

H. Lee Dennison Building 3rd Floor
100 Veterans Memorial Highway
P.O. Box 6100
Hauppauge, NY 11788-0099
631-853-8200

Riverhead County Center Office
County Road 51
Riverhead, NY 11901-3397
631-852-1420

www.co.suffolk.ny.us/departments/CountyExec/aging.aspx

Programs and Services Guide for Senior Citizens lists services and programs available through the Suffolk County Office for the Aging.
<http://www.co.suffolk.ny.us/upload/county%20executive%20aging/2008%20version%20%20final.pdf>

- **Benefits Counseling**
Counseling regarding programs and services for people 60 and over, as well as assistance in securing entitlements is available from senior advocates at senior citizens centers, nutrition sites, and other community locations. For a schedule, call 631-853-8200.
- **Elderly Pharmaceutical Insurance Coverage (EPIC)**
If you are 65 years of age or older, a resident of New York State, and you meet income guidelines, the New York State EPIC Program may save you money on your prescription needs. For more information, call 800-332-3742.
- **Foster Grandparent Program**
Matches low income seniors with special-needs children for 20 hours per week. Volunteers receive a small stipend, a meal and transportation assistance. For more information, call 631-321-8229, ext. 224.
- **The Health Insurance Information, Counseling and Assistance Program (HIICAP)**
Established to assist seniors through the maze of health insurance paperwork. Assistance is available with a whole range of health

insurance programs, including Medicare, Medicaid, Supplemental and Long Term Care Insurance. Trained volunteers provide elderly persons with the information, counseling and assistance necessary to purchase, claim and appeal decisions about health insurance coverage. For information and scheduling, call the HIICAP volunteer counselors at 631-853-8200.

- **Home Energy Assistance Program (HEAP)**

The Office for the Aging makes assisted referrals and follow-ups to assure service delivery by several different programs: HEAP (Home Energy Assistance Program), Weatherization and the Telephone Discount Program. Both homeowners and renters may apply. Applications are accepted for each program year beginning in the fall and continuing until the federal funds are exhausted. For information on current income guidelines and benefit amounts, contact the Senior Citizens Info. Line: 631-853-8200 in Hauppauge, 631-852-1420 in Riverhead or the HEAP Info. Line at 631-853-8326.

- **Home Equity Conversion**

Senior homeowners who are "house rich, but cash poor," may be able to unlock the equity in their homes and convert it into monthly income. For information and referral to organizations providing the required counseling contact, 631-853-8200.

- **Information and Referral includes:**

- **Info. Lines**

- The Senior Citizen Info. Lines will assist with requests for information Monday through Friday, 8:30 AM to 4:30 PM. Contact 631-853-8200 in Hauppauge or 631-852-1420 in Riverhead.

- **Mobile Information Office**

- This outreach activity is a mobile extension of the Office for the Aging, bringing its services to libraries, senior centers, shopping centers, senior housing developments, nutrition sites and other community locations. The schedule of appearances is published monthly and is available at local libraries. For schedules, or to request service, please call 631-853-8200.

- **Legal Assistance**

- Senior Citizen Division of Legal Aid
5 Shore Lane, 1st Floor

Bay Shore, NY 11706
631-854-0401

An attorney is available for personal legal consultation. The services include representation at advocacy and administrative hearings. It is requested that you call for an appointment at 631-853-8200.

- **New York State Parks**

If you are 62 years or older, you can gain free entry to any State Park with a valid NYS driver's license or non-driver's ID. This is for weekdays only and does not include weekends or holidays. Disabled residents may obtain a NYS Access Pass for free admission to State parks and beaches. For more information on the Access Pass, call 631-669-1000.

- **Senior Advocates**

Provide information and referral to seniors and respond to questions or problems. They will assist seniors in completing forms or paperwork. Currently, there are eight Senior Advocates in Suffolk County. Some may schedule appointments at your local library. Call 631-858-8200 to determine the location closest to you.

- **Senior Citizen I.D. Card**

The Suffolk County Senior Citizen I.D., with an emergency medical panel on the back, issued free of charge to Suffolk County Residents aged 60 and over. Many businesses offer discounts to seniors with a valid I.D. Card. It is required for the reduced fare on the Suffolk County Bus System. Call 631-853-8200 in Hauppauge, or 631-852-1420 in Riverhead.

- **Suffolk County Parks Information**

The Suffolk County Parks Green Key Card identifies the holder as a Suffolk County resident and ensures reduced fees for park activities. Green Key Cards may be purchased at the Suffolk County Department of Parks for \$9 for three years. For specific information such as a listing of parks, brochures, permits, and general information, call Suffolk County Department of Parks, Recreation and Conservation at 631-854-4949 or the Parks Info. Line at 631-244-7275.

- **Town Senior Citizen Divisions**

For information regarding senior citizen centers, senior clubs and locations, contact the individual senior citizen divisions:

Babylon 631-4227642

Brookhaven 631-451-9191

East Hampton 631-324-4947

Huntington 631-3513253

Islip 631-224-5340

Riverhead 631-722-4444

Shelter Island 631-749-1059

Smithtown 631-360-7616

Southampton 631-727-0325

Southold 631-298-4460

- **Weatherization**

Home Energy Assistance Program (HEAP) recipients are also eligible to apply for free energy conservation home improvements (weatherization). Contact the Suffolk County Office for the Aging for procedures, information or questions regarding the Weatherization Program, 631-853-8327.

WEBSITES OF ELECTED OFFICIALS

League of Women Voters - Federal

<http://www.lwv-suffolkcounty.org/2008%20Directory/federal.htm>

Lists the U.S. Senators and U.S. Representatives from Suffolk County, along with their local offices and phone numbers.

League of Women Voters - New York State Assembly

<http://www.lwv-suffolkcounty.org/2008%20Directory/new%20york%20Assembly.htm>

Presents the New York State Assembly members for Suffolk County, along with their local offices and phone numbers.

League of Women Voters - New York State Senate

<http://www.lwv-suffolkcounty.org/2008%20Directory/new%20york%20Senate.htm>

Contains the New York State Senators for Suffolk County, along with their local offices and phone numbers.

****The offices of our elected officials may also assist seniors with paperwork.***

FINANCIAL PLANNING

Contact your local library, public school's continuing education office or community college as they often offer retirement counseling classes.

Organizations

American Association of Retired Persons (AARP)

601 E Street, NW
Washington, DC 20049
1-888-687-2277

780 Third Ave, 33rd Floor
New York, NY 10017
1-866-227-7442

<http://www.aarp.org>

Provides retirement and assets calculators and numerous articles from its AARP Bulletin or AARP Magazine on Social Security issues, reverse mortgages, pensions and IRAs.

Certified Financial Planner Board of Standards, Inc.

1425 K Street, NW, Suite 500
800-487-1497
202-379-2200
202-379-2299

<http://www.cfp.net>

The Planner Board is a professional regulatory organization which establishes and enforces education, exam and experience and ethics requirements for CFP certificates. Use the site to search for a certified financial planner by zip code and verify his/her certification.

National Association of Personal Financial Advisors

3250 North Arlington Heights Road, Suite 109
Arlington Heights, IL 60004
1-800-366-2732

<http://www.napfa.com>

NAPFA members adhere to the highest standards for financial planning. Use this site to find a registered, "Fee-Only, Comprehensive" financial advisor in your area.

Social Security Administration

75 Oak Street

Patchogue, NY 11772
1-800-772-1213
<http://www.ssa.gov>

Check your telephone book or library for the local branch nearest to you. Using the Social Security's "Retirement Planner" online, you can find information on your retirement age; use a benefit calculator to test out different retirement ages or future earning amounts. Learn what happens if you work after retirement, and how to apply for benefits. Be sure to contact your individual retirement system, whether it is Suffolk County, New York State, Federal or a private employer.

Websites

American Savings Education Council

<http://www.choosetosave.org/asec>

Provides online brochures on basic financial planning, as well as how to plan for your future. Includes "Ballpark Estimate" worksheets to determine how much money you will need to retire.

CNN Cable News Network

<http://www.money.cnn.com/retirement>

This site, the home of *Fortune* and *Money* magazines, offers information on 401Ks, pensions, Roth IRAs, Social Security benefits, and savings and debt reduction calculators.

Move

<http://www.homefair.com>

Search city reports for information on housing options. Locate real estate listings; obtain quotes for moving expenses and find financial calculators. Articles range from "To Move or Not to Move" to "Adapting to a Foreign Country." Please make sure you allow cookies in your browser.

Kiplinger

<http://www.kiplinger.com>

Access *Kiplinger* articles on planning and saving for retirement and making your money last. Calculate Social Security, minimum required distributions for IRAs and other financial comparisons.

Motley Fool

<http://www.fool.com>

Features articles including "5 Retirement Must-knows," "Where to Invest Your Money" and "Preserving Your Nest Egg." Also supplies calculators to determine how much one will need to retire, which savings or income source will be the largest, and Social Security benefits.

MSN

<http://www.moneycentral.msn.com>

Presents articles and answers to questions on early retirement, estate planning and investing for retirement, as well as calculators for retirement expenses, retirement income, life expectancy, and Roth IRAs.

Office of Citizen Services and Communications

<http://www.usa.gov>

This is a United States government site that links to the appropriate local, state or federal agencies. Enter “retirement” in the search box and information is retrieved from such agencies as the Department of Labor, Social Security Administration or Internal Revenue Service.

The Retirement Net

<http://www.retirenet.com>

The focus is on finding the ideal community, with a complete list of “America’s 100 Best Master-Planned Communities.” Helpful links provide state property tax information, elder law agencies, and Medicaid regulations for every state.

Senior Solutions of America, Inc.

<http://www.todaysseniors.com>

Contains information for today’s non-traditional retirees, helping them plan “what to do with the rest of your life.” Includes part-time work, consulting, volunteering, mentoring and a helpful directory of Internet resources for Seniors.

United States Department of Labor

<http://www.dol.gov>

Offers retirement information including a Retirement Savings Advisor, Small Businesses, the Top 10 Ways to Prepare for Retirement, Women and Retirement, Pension Rights, Benefits and Savings.

SPECIAL SERVICES AND FINANCIAL ASSISTANCE

AARP Defensive Driving

Many libraries offer defensive driving classes. Call your local library for additional information.

AARP Tax Assistance

IRS trained AARP representatives are available at many libraries to help seniors with their tax forms. Call your local library for more information.

Catholic Charities Meals-On-Wheels

143 Schleigel Boulevard
Amityville, NY 11701
631-842-4123

Every weekday, drivers deliver hot, nutritious meals to the homebound. Meals-On-Wheels case managers can assist seniors in accessing other services they might need, available through Catholic Charities.

Citizen's Energy Corporation

Citgo's Low Cost Energy Program
1-877-563-4645

Provides affordable home energy assistance programs heating poor and elderly households since 1979, based on income guidelines.

Free Blood Pressure Screening

Check your local library for additional information.

Health Insurance Information, Counseling and Assistance

HIICAP Hotline Number 1-800-Medicare
<http://www.medicare.gov>

Home Energy Assistance Program

HEAP Hotline: 1-800-342-3009

The Low-Income Home Energy Assistance Program (HEAP) is a federally Funded energy assistance program. Eligibility for the program is based on income and housing situation.

National Committee of Grandparents for Children's Rights: Long Island Kinship Connection

School of Social Welfare, HSC
Stony Brook University

631-444-3160

Prescription Drugs

1-800-772-1213

<http://www.socialsecurity.gov/prescriptionhelp>

Medicare beneficiaries are eligible for extra financial help if they meet income guidelines.

The Retired and Senior Volunteer Program - RSVP

811 West Jericho Turnpike Suite 103

West Smithtown, NY 11787

631-979-9490

RSVP, the Retired & Senior Volunteer Program of the Community Service Society, is a nationally-acclaimed program that enlists older adults and retirees to serve as volunteers in their communities. It is the largest older adult volunteer program in the nation.

Senior Community Service Employment Program (SCSEP)

1-866-4-USA-DOL

<http://www.doleta.gov/seniors>

This is a community service and work based training program for older workers, age 55 or older, who have poor employment prospects. Part-time employment is determined by income eligibility.

Suffolk County Department of Social Services

3085 Veterans Memorial Highway

Ronkonkoma, NY 11779

631-854-9935

<http://www.co.suffolk.ny.us/departments/socialservices.aspx>

Provides financial assistance and support services to eligible persons residing in Suffolk County while encouraging their independence and self-sufficiency.

Suffolk County Office for the Aging

H. Lee Dennison Building 3rd Floor

100 Veterans Memorial Highway

P.O. Box 6100

Hauppauge, NY 11788-0099

631- 853-8200

<http://www.co.suffolk.ny.us/departments/CountyExec/aging.aspx>

Riverhead County Center Office

County Road 51

Riverhead, NY 11901-3397

631- 852-1420

<http://www.co.suffolk.ny.us/webtemp3.cfm?dept=22&id=278>

Designed to assist persons 60 years of age and older in maintaining maximum independence and dignity, to remove barriers to economic and personal independence, and to provide a continuum of care for the vulnerable elderly. Most importantly, Suffolk County Office for the Aging acts as advocate on behalf of all Suffolk County senior citizens.

FEDERAL HEALTH WEBSITES OF INTEREST

Administration of the Aging (AOA)

<http://www.aoa.gov>

Plans and delivers home and community-based services to older adults and their caregivers.

Centers for Disease Control and Prevention (CDC)

<http://www.cdc.gov>

Promotes health and quality of life by preventing and controlling disease, injury, and disability.

Centers for Medicare and Medicaid Services (CMS)

<http://www.cms.gov>

Administers Medicare and Medicaid. Medicare is the Federal health insurance program for people age 65 and older and for people with disabilities. Medicaid is a joint Federal-State program that provides health insurance coverage to low-income people, including children, older adults, and people with disabilities.

Clinical Trials.gov

<http://www.clinicaltrials.gov>

Contains information about clinical trials sponsored by the National Institutes of Health, other Federal agencies, and private industry. Clinical trials are research studies with human volunteers to find out if a drug, treatment, or therapy is safe and effective.

Department of Health and Human Services

<http://www.dhhs.gov>

The Department of Health and Human Services is the U.S. government's principal agency for protecting the health of all Americans and providing essential human services.

Food and Drug Administration (FDA)

<http://www.fda.gov>

Regulates the safety and effectiveness of food products, additives, drugs, medical devices, and cosmetics.

Healthfinder.gov

<http://www.healthfinder.gov>

Features consumer health information from government agencies, nonprofit organizations, and universities.

MedlinePlus

<http://www.medlineplus.gov>

Includes health information on more than 700 topics for patients, the family, and the public.

National Institute on Aging (NIA)

<http://www.nia.nih.gov>

NIA, part of the National Institutes of Health, leads the Federal effort supporting and conducting research on aging and the medical, social, and behavioral issues of older people.

National Institutes of Health (NIH)

<http://www.nih.gov>

NIH, part of the U.S. Department of Health and Human Services, is the primary Federal agency conducting and supporting medical research. Includes 27 Institutes and Centers whose collective goal is to investigate ways to prevent, treat, and cure common and rare diseases.

NIHSeniorHealth.gov

<http://www.nihseniorhealth.gov>

Provides health and wellness information for older adults

RELOCATION RESOURCES**Books**

America's 100 Best Places to Retire. Armstrong, Elizabeth, 2007.

Offers essential statistics on climate, cost-of-living, taxes, housing costs, crime rates, and health care, along with personal accounts of seniors who have retired to that location.

America's Top Rated Cities. 4 volumes, 2008-2009.

Each volume is devoted to a region of the U.S. – Southern, Western, Central, and Eastern, providing information about the quality of life in categories important to the retiree.

America's Top Rated Smaller Cities. 2006.

Presents concise social, business, economic, demographic, and environmental profiles of over 100 top-ranked smaller U.S. cities.

Relocation in Later Years: Aging-In-Place in America's Urban Neighborhoods. Fornaro, Michael, 2006.

Focuses on housing preferences and satisfaction among older adults in urban neighborhoods.

Retire In Style: 60 Outstanding Places Across the USA and Canada.

Bland, Warren, 2005.

Provides information on 60 communities across North America with information on cost-of-living, cultural activities, work and volunteer opportunities, health care, climate, and crime.

Retirement Places Rated: What You Need to Know to Plan the Retirement You Deserve. Savageau, David, 2007.

Reviews what the author considers to be the 200 top retirement areas ranked for: ambience, cost of living, climate, personal safety, housing, services and the economy.

Retiring Abroad. West, Ben and Howell, John, 2005.

Includes profiles of over forty five countries including advice on pitfalls, cost-of-living, health services, permits, taxes, and real estate.

Where Should I Live When I Retire? A Guide to Continuing Care Communities. Hunt, Bernice Kohn, 2005.

Describes continuing care retirement communities in the U.S.

Websites

Apartments.com

<http://www.apartments.com>

Access apartments in different locations.

The Best Places to Live

<http://money.cnn.com/magazines/moneymag/bplive/2007>

Presents a ranking of the best places to live for the year 2007. It includes big cities and small towns. Obtain a statistical snapshot, compare costs of living and find your best place to live.

Find Your Spot

<http://www.findyourspot.com>

Take a quiz on relocation and obtain a list of locations that might be good choices for your relocation.

For Sale by Owner

<http://www.forsalebyowner.com>

Lists homes for sale nationwide. Also provides promotional options for selling your house.

Move

<http://www.homefair.com>

Search city reports for information on housing options. Locate real estate listings; obtain quotes for moving expenses and find financial calculators. Articles range from “To Move or Not to Move” to “Adapting to a Foreign Country.”

Movers Directory.Com

<http://www.moversdirectory.com>

Presents a directory of movers and moving companies. Offers comprehensive information on moving, including moving tips and moving guides, moving quotes, and moving services from car shipping to moving storage, and more!

123Relocation.com

<http://123relocation.com>

Find everything from real estate and relocation information, to home loans, career information, schools, insurance and apartment resources.

Realtor.com

<http://www.realtor.com>

Features nationwide real estate listings. Search homes by state, city, zip code or mls (multiple listing service) number.

RelocateAmerica

<http://www.relocateamerica.com>

Lists the 100 best places to live. Claims to be the only list that is determined by statistics and feedback of the people, who live, work and play in these communities.

Relocation Essentials

<http://www.relocationessentials.com>

Covers community information including neighborhoods, cost of living in different areas, crime reports, schools and salaries.

The Retirement Net

<http://www.retirenet.com>

The focus is on finding the ideal community, with a complete list of "America's 100 Best Master-Planned Communities." Helpful links provide state property tax information, elder law agencies, and Medicaid regulations for every state.

Sperling's Best Places

<http://www.bestplaces.net>

Provides 3,000 city descriptions, cost of living information and salary calculators, school statistics, crime rates and climate profiles.

NATIONAL SENIOR ORGANIZATIONS

Administration on Aging (AOA)

<http://www.aoa.gov>

This is a national association under the realm of the Department of Health and Human Services. Designed to provide a comprehensive overview of a wide variety of topics, programs and services related to aging.

American Association of Retired Persons (AARP)

<http://www.aarp.org>

The AARP is a non-profit organization of persons fifty or older, dedicated to addressing their needs and interests. Informs members and the public on issues important to this age group; advocates on legislative, consumer and legal issues; promotes community service, and offers a wide range of special products and services to members.

National Council on Aging (NCOA)

<http://www.ncoa.org/index.cfm>

Helps older people to remain healthy, find jobs, discover new ways to continue to contribute to society after retirement, and take advantage of government and private benefits programs that can improve the quality of their lives.

Senior Service America

<http://www.seniorserviceamerica.org>

A nonprofit service offering employment opportunities for adults age 55 and older who wish to re-enter the workforce

Local Governmental Agencies

Nassau County Department of Senior Citizen Affairs

60 Charles Lindbergh Boulevard, Suite 260

Uniondale, N.Y. 11553

516-227-8900

<http://www.nassaucountyny.gov/agencies/Seniors/>

The Suffolk County Office for the Aging

H. Lee Dennison Bldg. 3rd Floor

100 Veterans Memorial Highway

P.O. Box 6100

Hauppauge, NY 11788-0099

631-853-8230 or 631-853-8200

<http://www.co.suffolk.ny.us/departments/CountyExec/aging.aspx>

VOLUNTEER OPPORTUNITIES

Foster Grandparent Program

1 Farmingdale Road, Route 109

W. Babylon, NY 11704

631-321-8229 ext. 224

Provides volunteer opportunities for seniors to assist children in community schools and day care centers. Income-eligible seniors can receive a tax free stipend, travel reimbursement and benefit days.

The Retired and Senior Volunteer Program - RSVP

West Main Street

Smithtown, NY 11787

631-979-9490

RSVP volunteers choose how and where they want to serve (from a few hours to more than 40 hours per week) and provide many different community services.

Senior Companion Program

1 Farmingdale Road, Route 109

W. Babylon, NY 11704

631-321-8229 x224

Offers volunteer opportunity for seniors to assist other homebound seniors. Income eligible seniors can receive a tax-free stipend, travel reimbursement and benefit days.

JOB AND CAREER RESOURCES

Organizations

AARP – American Association for Retired Persons

1-888-687-2277

<http://www.aarp.org/money/careers>

Offers information on post-career planning, workforce re-entry and resume planning.

Libraries

Several Suffolk County Public Libraries offer **free** career counseling to all Suffolk County residents:

Patchogue-Medford Public Library

54-60 East Main Street

Patchogue, NY 11772

631-654-4700

Harborfields Public Library

31 Broadway

Greenlawn, NY 11740

631- 757-4200

** You may also wish to contact your local library as they may offer Career Counseling to district residents.*

National Employer Team – (in association with AARP)

<http://www.aarp.org/money/careers/findingajob/featuredemployers>

Lists employers who recognize older workers as an essential addition to their staff.

Senior Employment Assistance Programs

Suffolk County Office for the Aging

H. Lee Dennison Building 3rd Floor

100 Veterans Memorial Highway

P.O. Box 6100

Hauppauge, NY 11788

631-853-8230/8200

Nassau County Department of

Senior Citizen Affairs

60 Charles Lindbergh Blvd.

Suite 260

Uniondale, NY 11553

516-227-8900

<http://www.co.suffolk.ny.us/departments/CountyExec/aging.aspx>

<http://www.nassaucountyny.gov/agencies/Seniors/index.html>

Private Industry Referral Services

Any individual 55 or over that is interested in employment is eligible. There are no income guidelines. *Only offered in Suffolk County.*

Senior Community Services Employment Program (SCSEP)

This program helps job seekers improve their skills, obtain training and find a job. Please call to inquire about the eligibility requirements.

New York State Department of Labor – DOES (Division of Employment Services)

160 South Ocean Avenue
Patchogue, NY 11772
<http://www.labor.state.ny.us>
631-687-4800

Suffolk County One-Stop Employment Center

Michael B. Falcone Building
New York State Department of Labor
725 Veterans Memorial Highway
Hauppauge, NY 11788
631-853-6600
<http://www.co.suffolk.ny.us/>
Provides information, counseling and other necessary tools needed for the job search.

Websites

AARP

<http://www.aarp.org>
Click on “Money and Work” for helpful information on careers, community resources, resume writing, networking, and listings of companies that value older workers.

Dinosaur Exchange

<http://www.dinosaur-exchange.com/>
Acts as an intermediary between retirees and employers.

Jobs4.0

<http://www.jobs4point0.com>
Lists job opportunities for candidates 40 and over. Search by state, category and key word.

Retired Brains

<http://www.retiredbrains.com>

Connects older workers with employers seeking to hire them. Provides volunteer opportunities and links to both part-time and full-time employment.

RetirementJobs.com

<http://www.retirementjobs.com>

Find listings of full-time, part-time and flexible job opportunities; news, advice and resources for job seekers.

Seniors4Hire

<http://www.seniors4hire.org>

Senior Job Bank

<http://www.seniorjobbank.org>

Search for full-time, part-time, temporary or volunteer work. Contains facts and figures of interest to the over-50 worker.

Senior Job Search

<http://www.seniorjobsearch.com>

Senior job seekers can post resumes for free and browse employment ads. Offers articles and advice for employers and employees.

ThirdAge

<http://www.thirdage.com>

Click on "Work" to find articles, advice, tips, and online courses.

Workforce50.com

<http://www.workforce50.com>

Offers a nationwide online career center for job seekers 50 and over. Register to access featured employer section, featured jobs area, nationwide jobs database, and job notification email list. A confidential resume may be forwarded directly to employers.

Books

Best Home Businesses for People 50+: Opportunities for People Who Believe the Best is Yet to Be! Edwards, Paul & Sara, 2004.

Crossroads After 50: Improving Choices in Work and Retirement. Hirsch, Donald, 2003.

Don't Retire, Rewire!: 5 Steps to Fulfilling Work That Fuels Your Passion, Suits Your Personality, or Fills Your Pocket. Sedlar, Jeri, 2007.

Finding a Job After 50: Reinvent Yourself for the 21st Century. Woodward, Jeannette A., 2007.

How to Find a Job After 50. Cummings, Betsy, 2005.

Resumes for the 50+ Job Hunter with Sample Cover Letters. VGM Career Books, 2003.

Working After Retirement for Dummies. Epstein, Lita, 2007.

CONTINUING EDUCATION

Dowling College

Dowling Institute

145 Pinelawn Rd.

Suite 350S

Melville, NY 11747

631-244-3420

<http://www.dowling.edu/dowlinginstitute/seniors.shtm>

Eastern Suffolk BOCES

Adult Education

James Hines Administration Center

201 Sunrise Highway

Patchogue, NY 11772-1868

631-289-2200

<http://www.esboces.org/progserv.cfm>

Hofstra University

Continuing Education

Hempstead, NY 11549-1000

516-463-7200

<http://www.hofstra.edu/Academics/CCEPA>

Long Island University, C.W. Post Campus

Continuing Education and Professional Studies

720 Northern Blvd.

Brookville, NY 11548

516-299-2236

<https://ceps.liu.edu/cedweb/start.aspx>

Long Island University, Brentwood Campus

Continuing Education

(Brentwood campus offers continuing education courses in Financial Planning and Drivers Education only.)

100 Second Ave.
Brentwood, NY 11717-5300
631-273-5112
<http://www.liu.edu/cwis/brent/btbut11/btbut11.html>

Long Island University, Southampton Campus
239 Montauk Highway
Southampton, NY 11968
631-287-8316
http://www.southampton.liunet.edu/academic/cont_studies

Long Island University, Riverhead Campus
Continuing Education
Long Island University Building
121 Speonk-Riverhead Rd.
Riverhead, NY 11901-3499
631-287-8010
<http://www.southampton.liu.edu/riverhead/index.html>

Molloy College
Division of Continuing Education
Siena Hall, Room 106
1000 Hempstead Avenue
Rockville Centre, NY 11571-5002
516-678-5000 x6206
<http://www.molloy.edu/ce/index.asp>

Nassau Community College
Lifelong Learning
One Education Dr.
Garden City, NY 11530
516-572-7501
<http://www.ncc.edu/LifeLongLearning/>

New York Institute of Technology
Extended Education
Northern Boulevard
P.O. Box 8000
Old Westbury, NY 11568-8000
516-686-7490
http://www.nyit.edu/extended_education/

Suffolk County Community College
Department of Continuing Education
<http://www3.sunysuffolk.edu/ContinuingEd/>
631-451-4114

Ammerman Campus

533 College Road
Selden, NY 11784

Grant Campus

Crooked Hill Road
Brentwood, NY 11711

Sayville Downtown Center

30 Greene Avenue
Sayville, NY 11782

Eastern Campus

Speonk-Riverhead Road
Riverhead, NY 11901

Riverhead Downtown Center

20 East Main Street
Riverhead, NY 11901

SUNY Stony Brook**Osher Lifelong Learning Institute (formerly The Round Table)**

Social & Behavioral Sciences Building
Room S-101
Stony Brook, NY 11794
631-632-7063
<http://ws.cc.sunysb.edu/spd/olli/>

Wilson Tech / Western Suffolk BOCES

17 Westminster Ave.
Dix Hills, NY 11746
631-667-6000 x320
<http://www.wilsontech.org/adults.cfm>

Computer Classes**Dowling Institute**

145 Pinelawn Road
Suite 350S
Melville, NY 11747
631-244-3420
<http://www.dowling.edu/dowlinginstitute/compseniors.shtm>
Provides computer courses for beginners.

Eastern Suffolk BOCES**Brookhaven Technical Center**

350 Martha Avenue
Bellport, NY 11713
631-286-6585
<http://www.esboces.org/AEV>
Computer technology courses include basic workshops for seniors, as well as more in-depth classes on how to prepare presentations and keep financial records.

Long Island University, C.W. Post Campus

720 Northern Blvd.
Brookville, NY 11548-1300
516-299-2236

: <http://ceps.liu.edu/cedweb/Courses.aspx?division=07&program=30>

Offers classes in Computer Fundamentals, as well as classes for advanced users in Advanced Technology and Graphic Design.

Molloy College**Division of Continuing Education**

Sienna Hall, Room 106
1000 Hempstead Avenue
Rockville Centre, NY 11571-5002
516-678-5000 x6206

<http://www.molloy.edu/ce/computer>

Courses include software applications (Windows, Microsoft Office, Internet, etc) and computer graphics (Macintosh, PhotoShop, Page Maker, QuarkXPress).

Nassau Community College**One Education Drive**

Garden City, NY 11530-6793
516-572-7472

<http://www.ncc.edu/LifeLongLearning/>

Basic computer applications, such as Microsoft Office, are offered.

New York Institute of Technology

Northern Boulevard
Old Westbury, NY 11568
516-686-7490

http://www.nyit.edu/academics/academic_programs/extended_education/

Computer classes range from basic Microsoft programs to more advanced applications, such as digital photography.

SeniorNet

“SeniorNet's mission is to provide older adults education for and access to computer technologies to enhance their lives and enable them to share their knowledge and wisdom.”

Local Offices:

- Hempstead – 516-539-0150 x130
- <http://www.seniornet.org/>
- Hicksville – 516-539-0150
<http://www.seniornet.org/>
- Huntington – 631-427-3700 x268
<http://www.seniornethuntington.org/>

SUNY Stony Brook

Stony Brook Information Technology Center
N249 Social and Behavioral Sciences
Stony Brook, NY 11794
631-632-7071

<http://ws.cc.sunysb.edu/spd/computer/>

Offers general introductory courses for various programs.

Suffolk County Community College

631-451-4114

<http://www3.sunysuffolk.edu/continuinged/>

Ammerman Campus

533 College Road
Crooked Hill Road
Selden, NY 11784

Grant Campus

Brentwood, NY 11711

Sayville Downtown Center

330 Greene Avenue
Sayville, NY 11782
631-851-6700

Eastern Campus

Speonk-Riverhead Road
Riverhead, NY 11901
631-548-2500

Classes range from computer basics to more advanced classes dealing with specific programs and applications.

Wilson Tech/Western Suffolk BOCES

17 Westminster Avenue
Dix Hills, NY 11746
631-667-6000 x 320

<http://www.wilsontech.org/adults.cfm>

Courses include basic computer applications and programs.

Other Resources:

Many school districts offer continuing education classes, some of them computer-related. However, in many cases, individuals are required to be a resident of that particular district. Contact local school districts for additional information.

Some libraries offer computer classes, but they may be limited to district residents. Call your local library for more information or visit the individual websites at www.suffolk.lib.ny.us/suffolklibs.php

DISTANCE LEARNING**Books**

Bears' Guide to College Degrees by Mail & Internet: 100 Accredited Schools that Offer Associate's, Bachelor's, Master's, Doctorates, and Law Degrees by Distance Learning. Bear, Mariah, 2005.

Presents contact information for 100 of the best, fully-accredited education institutions that offer legitimate, universally-recognized college degrees by distance learning.

Bears' Guide to Earning Degrees by Distance Learning. Bear, Mariah, 2006.

Offers a step-by-step guide to degree requirements, transcripts, scholarships, accreditation, equivalency exams, credentials, diplomas, and degree mills.

College Blue Book 35th Edition, Vol. 6 Distance Learning Programs. Macmillan Reference USA and Gale Group, 2008.

Includes an index of institutions offering degree and certificate programs, a non-degree-related course subject areas index, and a geographical listing of distance learning programs.

Guide to Online Learning. Thomson Peterson's, 2006.

Defines basic terminology of online learning; how to choose an online program; how to apply for an online program and how teachers teach or students learn online.

Websites

AARP Online Learning

1-888-OUR-AARP (1-888-687-2277) – General Information

<http://www.aarp.org/learntech/computers/>

Offers online instruction, advice, tips, articles, and reviews regarding computers, technology and the Internet.

Eastern Suffolk BOCES

<http://www.esboces.org/DL/>

Empire State College

<http://www.esc.edu/esconline/online2.nsf/html/aboutcdl.html>

Hofstra University

<http://www.hofstra.edu/Academics/dl>

Nassau Community College

<http://www.ncc.edu/Academics/DistanceEducation>

New York Institute of Technology - Online College

<http://ellis.nyit.edu>

Suffolk County Community College

<http://department.sunysuffolk.edu/DistanceEducation/index.asp>

SUNY Learning Network

<http://sln.suny.edu/>

Wilson Tech/ Western Suffolk BOCES,

<http://www.careerlearn.org>

Elder Law

Books

AARP Crash Course in Estate Planning: the Essential Guide to Wills, Trusts, and Your Personal Legacy. Palermo, Michael T., 2005.

Written for the layperson, the author explains wills and estates, responsibilities of the executor, living trusts and guardianship. Also, there is information on estate planning for individuals who have remarried and have grandchildren.

The American Bar Association Guide to Wills and Estates: Everything You Need to Know About Wills, Trusts, Estates, and Taxes. 2nd ed., 2004. Contains information about planning an estate, preparing a will or trust, and minimizing inheritance taxes.

The Complete Idiot's Guide to Wills and Estates. Maple, Stephen M. 3rd ed., 2005.

A comprehensive guide to creating wills and estate planning, including vital information on trusts, taxes and eldercare planning.

The Complete Living Trust Kit. Rolcik, Karen Ann, 2007.

Offers probate alternatives, with an emphasis on living trusts.

Elder Law: in a Nutshell. 4th ed., Frolik, Lawrence A. and Richard L. Kaplan, 2006.

This one-volume introduction to elder law is intended to give an overview of the subject to professionals dealing with seniors.

How to Avoid Probate by Creating a Living Trust: A Simple Yet Complete Guide. Bennett, Gordon Mead, 2007.

Emphasizes living trusts as probate alternatives.

Make Your Own Living Trust. 8th ed., Clifford, Denis, 2007.

Provides a do-it-yourself manual with checklists, step-by-step procedures, worksheets and forms for creating a living trust.

Plan Your Estate. 8th ed., Clifford, Denis and Cora Jordan, 2008.
Written by attorneys in plain English, this book covers estate planning, wills, trusts, guardians, and estate taxes.

Social Security, Medicare & Government Pensions. Matthews, Joseph and Dorothy Matthews Berman. 13th ed., 2008.
Includes a detailed explanation of government benefits available to seniors.

Seniors' Rights: Your Guide to Living Life to the Fullest. 2nd ed., Sember, Brette McWhorter, 2006.
Topics covered by this book include the following: financial planning, scams, long-term care, social security, etc.

20 Questions to Ask About Wills & Estates. Zafft, Robert and Gene Zafft, 2006.
Contains will and estate questions answered by “a father and son legal team with more than 65 years experience counseling real people in real situations”.

A Will is Not Enough in New York: Simple, Practical Things a Resident of New York Can Do to Preserve Assets—Avoid Probate—Avoid Guardianship—Provide for Health Care—Provide for the Family's Care. Pohl, Amelia and Vincent J. Russo, 2005.
Presents a comprehensive guide to preserving assets and avoiding probate; specifically written for New York residents.

Websites

ElderLawAnswers

<http://www.elderlawanswers.com>

Provides information on legal issues of concern to seniors and their families, as well as access to a searchable database of elder law attorneys by state.

ElderWeb <http://www.elderweb.com/home/topics/Elder+Law>

Features listings and links to topics of interest to seniors, including elder law issues.

FindLaw <http://estate.findlaw.com/estate-planning>

Contains information and resources to help with estate planning, wills, trusts, probate, and estate administration.

Medicare <http://www.medicare.gov>

Provides information on enrollment, providers, coverage, plan choices, long-term care, and prescription drug plans. Offers comparison information on health facilities by state.

Medicare Rights Center <http://www.medicarerights.org>

The largest source of independent health care information and assistance in the U.S. for people with Medicare. Medicare Rights Center provides telephone hotline services, online counseling and assistance, as well as drug coverage and helpful charts.

Pension Planners <http://www.pensionplanners.com>

Informs consumers about pension distribution planning.

Reverse Mortgage.org <http://www.reversemortgage.org>

Obtain information concerning reverse mortgages. Includes a reverse-mortgage calculator and locations of National Reverse Mortgage Lenders Association lenders in each state.

Senior Citizens' Resources <http://www.usa.gov/Topics/Seniors.shtml>

Contains information, services and resources from the U.S. government of concern to seniors, including information on social security, retirement and pensions, consumer protection, and end-of-life issues.

SeniorLaw <http://www.seniorlaw.com/seniorla.htm>

Provides seniors, their families, attorneys, social workers and financial planners with information about elder law, Medicare, Medicaid, guardianship, estate planning, trusts, and the rights of the elderly and disabled.

ADDITIONAL BOOKS OF INTEREST

AARP Crash Course in Creating Retirement Income: The Essential Guide to Making Your Money Last Longer Than You Do. Jason, Julie, 2008.

America's Best Low-Tax Retirement Towns. Evans, Eve and Elizabeth Niven, 2008.

The Complete Idiot's Guide to Retirement Planning. Wuorio, Jeff J., 2007.

Getting Started in a Financially Secure Retirement. Hebel, H.K., 2007.

How to Invest in Real Estate With Your IRA and 401 (K) and Pay Little or No Taxes: Turn Your Retirement Accounts into Wealth-Building Machines. Bromma, Hubert, 2007.

Kiplinger's Retire and Thrive: How More Than 50 People Redefined their Retirement Lifestyles. Otterbourg, Robert K., 2006.

Learning Later-Living Greater: The Secret For Making the Most of Your After-50 Years. Nordstrom, Nancy Merz & Jon Merz, 2006.

Looking Forward: An Optimist's Guide to Retirement. Freudenheim, Ellen, 2004.

The New Reverse Mortgage Formula: How to Convert Home Equity into Tax-Free Income. Kelly, Tom, 2005.

The Number: A Completely Different Way to Think About the Rest of Your Life. Eisenberg, Lee., 2006.

Portfolio Life: The New Path to Work, Purpose, and Passion After 50. Corbett, David D., 2007.

Retire Happy: What You Can Do Now to Guarantee a Great Retirement. Stim, Richard and Ralph Warner, 2008.

Retire on Less Than You Think: The New York Times Guide to Planning Your Financial Future. Brock, Fred, 2007.

Retire Retirement: Career Strategies for the Boomer Generation. Erickson, Tamara J. , 2007.

The Retirement Activities Guide: 165 Ideas for Finding Fulfillment and Meaning. Juell, Bruce, 2006.

Retirement Income Redesigned: Master Plans for Distribution: an Advisor's Guide for Funding Boomers' Best Years. Evensky, Harold and Deena B. Katz, 2006.

Retirement on a Budget. Howells, John, 2007.

Retirement Places Rated: What You Need to Know to Plan the Retirement You Deserve. Savageau, David, 2007.

Retiring as a Career: Making the Most of Your Retirement. Newman, Betsy Kyte, 2003.

Retreats to Retirement: Dream Homes to Reality. Rooney, E. Ashley, 2006.

The Savvy Senior: the Ultimate Guide to Health, Family and Finances For Senior Citizens. Miller, Jim, 2004.

The Senior Volunteer: Where and How Retired Americans Can Give Back. Sharpe, Charles C., 2005.

The 250 Retirement Questions Everyone Should Ask. Rye, Davia and Kori Bowers.

202 Ways to Supplement Your Retirement Income. Stephenson, James, 2005.

Working After Retirement for Dummies. Epstein, Lita, 2007.

World Retirement Places Rated: What You Need to Know to Retire Abroad. Savageau, David Lepere, 2008.

Yes, You Can Still Retire Comfortably!: The Baby-Boom Retirement Crisis and How to Beat It. Stein, Benjamin and Phil DeMuth, 2005.

You Can Do It! The Boomer's Guide to a Great Retirement. Pond, Jonathan, 2007.

Your Complete Guide to Early Retirement: A Step-by-Step Plan for Making it Happen. Baker, Sandra, 2007.

Your Complete Retirement Planning Road Map: the Leave-Nothing-to - Chance, Worry-Free, All-Systems-Go Guide. Slott, Ed, 2007.

The Wall Street Journal Complete Retirement Guidebook: How to Plan It, Live It and Enjoy It. Ruffenbach, Glenn and Kelly Greene, 2007.

What Color is Your Parachute? For Retirement: Planning Now for the Life You Want. Bolles, Richard Nelson and John E. Nelson, 2007.

MAGAZINES AND MORE

AARP, bimonthly

AARP Bulletin, monthly

Bottom Line/Retirement, monthly

50 Plus, monthly

New Choices: Living Even Better after 50, 10 times/year

The New York Times, Large Print, weekly

AARP also publishes the following:

Job Hunting: Your Guide to Success

Medicines Made Easy

Money Matters

Resumes Really Do Count

Staying Competitive by Embracing Technology