

RETIREMENT & FINANCE

306.38A *The Retirement Boom: An All Inclusive Guide to Money, Life and Health in Your Next Chapter* by Catherine Allen, et al

306.38F *The New Senior Woman*
by Barbara M. Fleisher and Thelma Reese

DVD332.024F *401(k) Magic*

332.024Q *How to Make your Money Last: The Indispensable Retirement Guide* by Jane Bryant Quinn (available as an eBook)

332.024S *The Charles Schwab Guide To Finances After Fifty* by Carrie Schwab-Pomerantz

332.024Y *How to Retire the Cheapskate Way* by Jeff Yeager (available in eBook, downloadable audio, and CD formats)

332.02401B *The 5 Years Before You Retire* by Emily Guy Birken (available as an eBook)

332.02401H *The International Living Guide to Retiring Overseas on a Budget* by Suzan Haskins and Dan Prescher

332.02401H *How to Retire Happy* by Stan Hinden

332.02401L *20 Retirement Decisions You Need to Make Right Now* by Ray E. LeVitre

332.02401S *IRAs, 401(k)s & Other Retirement Plans* by Twila Slesnick and John C. Suttle

346.052C *Estate Planning Basics*
by Dennis Clifford

368.4M *Social Security, Medicare & Government Pensions* by J. L. Matthews

LP368.43S *Social Security Handbook 2017: Overview by Social Security Programs*

646.79R *Creating a Happy Retirement*
by Ronald W. Richardson and Lois A. Richardson

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PERIODICALS

AARP Bulletin

AARP The Magazine

*Johns Hopkins Medical Letter:
Health After 50*

WEB SITES

AARP
www.aarp.org

Caregiver Action Network
www.caregiveraction.org

Centers for Medicare & Medicaid Services
www.cms.hhs.gov

Choose To Save
www.choosetosave.org

Employee Benefit Research Institute
www.ebri.org

Guide to Retirement Living SourceBook
www.retirementlivingsourcebook.com

Johns Hopkins Medicine
www.hopkinsmedicine.org/healthlibrary

Howard County Office on Aging and Independence [OAI]
www.howardcountymd.gov/Departments/Community-Resources-and-Services/Office-on-Aging-and-Independence

Maryland Department of Aging
www.aging.maryland.gov

MedlinePlus
www.medlineplus.gov

Social Security Administration
www.ssa.gov

CAREER CHANGES

- 331.702H *Great Jobs for Everyone 50+*
by Kerry Hannon (available in large print)
- 650L *New Rules for Today's Workplace*
by Sheryl Lindsell-Roberts
- 650.14A *The Encore Career Handbook*
by Marci Alboher
- 650.14E *Expert Resumes for Career
Changers* by Wendy S. Enelow and Louise M.
Kursmark
- 650.14H *What's Next?* by Kerry Hannon
- 650.14J *Career Comeback* by Lisa
Johnson Mandell (available as an eBook)
- 650.14S *The Sequel* by Laurence Shatkin

RECREATION & TRAVEL

- 646.79S *65 Things to Do When You
Retire: Travel* edited by Mark Evan Chimsky
- 910.202B *Berlitz Cruising and Cruise Ships*
- 914M *Mediterranean by Cruise Ship*
by Anne Vipond
- 917.29F *Fodor's Caribbean Cruise Ports
of Call* by Linda Coffman
- 917.3F *Frommer's Exploring America by
RV* by Shirley Slater and Harry Basch

HEALTH & WELL-BEING

- 153K *Keep Your Brain Alive*
by Lawrence Katz and Manning Rubin
- 305.26G *French Women Don't Get
Facelifts* by Mireille Guiliano (available as an
eBook)
- 612.67W *The Art and Science of Aging
Well: A Physician's Guide to Healthy Mind,
Body, and Spirit* by Mark E. Williams
- 612.67D *The Longevity Book: The Science
of Aging, the Biology of Strength and the
Privilege of Time* by Cameron Diaz and Sandra
Bank

- 612.68K *The Longevity Kitchen*
by Rebecca Katz
- 612.68M *The 17-Day Plan to Stop Aging*
by Mike Moreno (also available in large print)
- 612.82H *The Owner's Manual for the
Brain* by Pierce J. Howard (also available as an
eBook)
- 613.0438S *Living the Good Long Life*
by Martha Stewart
- 613.2A *A Short Guide to a Long Life*
by David Agus (available on CD)
- 613.2B *The Blue Zones Solution:
Eating and Living Like the World's
Healthiest People* by Dan Buettner
- 613.2E *Aging Backwards: Reverse the
Aging Process and Look 10 Years Younger
in 30 Minutes a Day* by Miranda Esmonde-
White
- 613.70446P *Move with Balance* by Karen
Peterson
- 616.8S *Keep Your Brain Young*
by Fraser Smith
- 616.83B *Power Foods for the Brain*
by Neal D. Barnard
- 641.563R *Eating on the Wild Side*
by Jo Robinson
- 814.54G *I See You Made an Effort*
by Annabelle Gurwitch

TECHNOLOGY

- 004.165B *AARP iPad* by Barbara Boyd
- 004.165M *iPad for Seniors for Dummies*
by Nancy Muir
- 004.165V *Apple Computing for Seniors:
In Easy Steps* by Nick Vandome
- 004.1675V *Android Tablets for Seniors in
Easy Steps* by Nick Vandome