First Stop
Pennsylvania Music Educators Association Retired Members http://www.pmea.net/retired-members/

Second Stop

Blog-Posts by Fox, Paul K. – Music Education and Professionalism: “Retirement Resources”
https://paulkfoxusc.wordpress.com/category/for-retirees/ or https://paulkfoxusc.wordpress.com/category/retirement-resources/

- BALANCE: https://paulkfoxusc.wordpress.com/2015/07/06/thoughts-on-retirement-exercise-and-balance/
- CAREGIVERS: https://paulkfoxusc.wordpress.com/2017/05/28/seniors-helping-seniors/
- CHANGE: https://paulkfoxusc.wordpress.com/2017/02/13/how-retirement-has-changed-me/
- CHANGE: https://paulkfoxusc.wordpress.com/2017/11/17/how-retirement-has-changed-me-revisited/
- CONFERENCES: https://paulkfoxusc.wordpress.com/2018/03/30/on-the-road-again/
- COUNTDOWN: https://paulkfoxusc.wordpress.com/2017/09/30/t-minus-three-years-and-counting/
- DREAMS/HORIZONS: https://paulkfoxusc.wordpress.com/2017/08/03/new-dreams-and-horizons/
- ENGAGEMENT: https://paulkfoxusc.wordpress.com/2016/02/17/an-engaged-mind-makes-for-a-happy-retiree/
- GIVING: https://paulkfoxusc.wordpress.com/2015/08/14/retirement-reflection-renewal-benevolence/
- MAKE MUSIC: https://paulkfoxusc.wordpress.com/2015/11/02/its-time-to-dust-off-your-chops/
- MAKE THEATER: https://paulkfoxusc.wordpress.com/2017/01/02/act-well-your-part-where-the-honor-lies/
- MUSIC/LIFELONG LEARNING: https://paulkfoxusc.wordpress.com/2016/05/15/retired-from-what/
NEW YEARS RESOLUTIONS: https://paulkfoxusc.wordpress.com/2015/12/22/random-acts-and-other-resolutions/

PETS: https://paulkfoxusc.wordpress.com/2015/09/22/what-i-have-learned-from-my-dogs-in-retirement/

PETS: https://paulkfoxusc.wordpress.com/2017/03/17/pet-ownership-&-retirement/

PRIVACY & PREPARATION:

SELF-REALIZATION: https://paulkfoxusc.wordpress.com/2017/08/03/new-dreams-and-horizons/

SENIORS HELPING SENIORS: https://paulkfoxusc.wordpress.com/2017/05/28/seniors-helping-seniors/


STRESS/TRANSITION: https://paulkfoxusc.wordpress.com/2016/03/27/downsized-and-out/

STRESS/TRANSITION: https://paulkfoxusc.wordpress.com/2016/08/29/reflections-on-the-glory-days/

STRESS/TRANSITION: https://paulkfoxusc.wordpress.com/2016/10/20/is-it-autumn/

TRANSITION: https://paulkfoxusc.wordpress.com/2015/07/02/are-you-ready-thoughts-on-retirement-for-music-teachers/

WHY MUSIC EDUCATION: https://paulkfoxusc.wordpress.com/2015/08/14/retirement-reflection-renewal-benevolence/

WHY PMEA: https://paulkfoxusc.wordpress.com/2016/12/15/pmea-in-retirement-whats-in-it-for-me/

NAfME Eastern Division/NJMEA Presentation (April 6, 2017):

Living the Dream – Survival and Celebration of Retirement

Sample PMEA News Articles (go to www.pmea.net for full access/membership)


Edutopia Blog-Posts

https://www.edutopia.org/discussion/advice-music-teacher-retirees-soon-be-retirees
https://www.edutopia.org/discussion/surviving-and-revealing-retirement

Gurus of Retirement Planning (multiple articles)

Dave Bernard http://lovebeingretired.com/
Emily Brandon http://www.businessinsider.com/author/emily-brandon
Robert Delamontagne http://www.theretiringmind.com/
Ken Dychtwald http://agewave.com/
Joe Hearn http://intentionalretirement.com/
Dave Hughes http://retirefabulously.com/
Kathy Merlino https://kathysretirementblog.com/
Jean Potuchek https://stepintofuture.wordpress.com/
Barbara Torris http://www.retireinstyleblog.com/
Marie Villeza http://elderimpact.org/
Other Websites and Online Resources

https://www.thebalance.com/retirement-blogs-worth-reading-2388632

https://www.youtube.com/watch?v=p8GDiOj8cro

http://money.usnews.com/money/blogs/on-retirement/2012/12/07/3-ways-to-successfully-transition-into-retirement


Cussen, Mark P. – *Investopedia*: “Journey Through the Six Stages of Retirement”
http://www.investopedia.com/articles/retirement/07/sixstages.asp


Dychtwald, Ken – *Agewave on YouTube*: “American Society on Aging,” 2013
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https://www.youtube.com/watch?v=HM5j86p1jBU

GoldRetiree.com – “The Top 55 Retirement Planning Websites to Help You Retire in Style,”
http://goldretiree.com/retirement-planning

Guerrero, Yvette, Ph.D., University of California San Francisco – *Psychological and Emotional Aspects of Retirement: Planning for a Successful Transition*

Hellmich, Nanci – *USA Today*: “How to Reinvent Yourself in Retirement,” 2014
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http://retirefabulously.com/blog/2017/05/15/your-retirement-is-a-journey-not-a-destination/


https://www.ssa.gov/policy/docs/ssb/v71n4/v71n4p15.html

http://money.usnews.com/money/blogs/on-retirement/2010/07/20/7-secrets-to-a-happy-retirement


https://www.linkedin.com/pulse/teaching-music-after-retirement-lesli-mattheus

https://www.youtube.com/watch?v=UyWPYuORmp0

The Motley Fool: “3 Tips on Surviving Your First Year of Retirement,” 2014

NOLO: “Losing a Job – Ten Things You Can Do to Make It Less Painful”

Potuchek, Jean – Stepping Into the Future: A Retirement Journal
https://stepintofuture.wordpress.com/

Pratt, Rebecca – SPARKPEOPLE: “Transition into a Healthy Retirement”


https://www.linkedin.com/pulse/when-music-is-over-francis-rayne


RetirementAdvice.com: “Help You with Retirement and Pre-Retirement Planning…”
http://retirementadvice.com/


Schlossberg, Nancy K, Dr. – Transitions Through Life
http://www.transitionsthroughlife.com/


Smith, Shannon – Lifehacker: “9 Things You Should and Shouldn’t Do If You Lose Your Job”


Williams, Susan – *Senior Care Helper* recommended blog-sites http://seniorcarehelper.org/
- Making the Move to Assisted Living http://www.helpguide.org/articles/senior-housing/assisted-living-facilities.htm
- Senior Health Resources https://medlineplus.gov/seniorshealth.html
- Boomer's Roadmap to Aging in Place http://www.homecity.com/how-to-prepare-for-senior-years
- Veterans Benefits for Seniors http://www.veteransaidbenefit.org/
- Legal Planning for Alzheimer's and Dementia https://www.justgreatlawyers.com/legal-planning-dementia-alzheimers

**Books/Publications**


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Delmontagne, Robert P., Ph.D. *The Retiring Mind – How to Make the Psychological Transition to Retirement*, Fairview Imprints, 2010


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Dychtwald, Ken, Ph.D. – *Psychologist & Gerontologist*, 2008

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Eifrig, Jr., Dr. David – *Big Book of Retirement Secrets*, Stansberry Research, 2015

Eisenberg, Lee – *The Number: A Completely Different Way to Think About the Rest of Your Life*, Free Press, 2006


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Hughes, Dave – *Design Your Dream Retirement: How to Envision, Plan for, and Enjoy the Best Retirement Possible*, 2015


Kuchler, Bonnie Louise – *Retirement Is a Full-time Job: And You're the Boss*, 2009


Lloyd, Mary – *Supercharged Retirement: Ditch the Rocking Chair, Trash the Remote, and Do What You Love*, Hankfritz Press, 2009


National Association of Mature People – *Your Key to the Best Years: A Retirement Guide from the National Association of Mature People*, Oklahoma City, OK


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Sellers, Ronnie – *60 Things to Do When You Turn 60*, Sellers, 2016


Smith, Hyrum W. – *Purposeful Retirement: How to Bring Happiness and Meaning to Your Retirement*, Mango Publishing Group, 2017


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Weiss, Robert S. – *The Experience of Retirement*, ILR Press, 2005

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Please notify Paul Fox if any of these links go inactive or return an error message, or to add any recommendations: paulkfox.usc@gmail.com

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Wilson, A. Verne – *TIPS: Retirement for Music Educators*, Music Educators National Conference (NAfME), 1989
