

QUALITY OF LIFE RESOURCE

Program Suggestions at Local Meetings

- ✚ Pre-Need funeral/final preparations
- ✚ Tax Help/Information (Use SECU)
- ✚ Wills & Estate Planning (available at SECU)
- ✚ Advance Care Planning
- ✚ Healthy Eating Tips
- ✚ Senior Dating on-line/apps
- ✚ Senior Coloring
- ✚ Card playing groups
- ✚ Bowling Leagues
- ✚ Scam Protection/Fraud Awareness
- ✚ Senior Games
- ✚ 911 Disaster Preparedness (coastal storms, mountain fires, etc.)
- ✚ Financial Planning for retirees
- ✚ Travel Safety
- ✚ Walk with Ease Program through Arthritis Organization
- ✚ Falls Prevention & Home Safety
- ✚ Healthy Hips (physical therapist)
- ✚ Healthy Brain (needs & activities)
- ✚ Elder Abuse
- ✚ Social Security
- ✚ Staying Active: Recreational Programs
- ✚ Caregiver Relief & Support Programs
- ✚ Understanding Your Medicare Benefits
- ✚ Travel Opportunities

QUALITY OF LIFE RESOURCE

TEN MINUTE TIPS

- ✚ Chair Exercises
- ✚ Benefits of Tai Chi (balance & pain management)
- ✚ Opportunities for volunteering
- ✚ Hospice Services
- ✚ Senior Travel
- ✚ Reminders for credit card safety
- ✚ Healthy Eating Tips
- ✚ Articles in newsletter then talk about at local meeting
- ✚ Magnesium in your diet
- ✚ Packing light for traveling
- ✚ Home Health vs. Home Care
- ✚ Airbnb for travel accommodations
- ✚ Winter Preparations

QUALITY OF LIFE RESOURCE

Suggested Activities for Quality of Life

- ✚ Monitor health insurance options
- ✚ Survey members on quality of life concerns
- ✚ Read to a child
- ✚ Share information from community college classes on financial planning
- ✚ Write articles for the local newsletter and/or website
- ✚ Facilitate pre-retirement workshops and counseling sessions for future retired members (as a membership recruitment tool)
- ✚ Tutor a child
- ✚ How to make your home/yard safe from falls

QUALITY OF LIFE RESOURCE

'Now What?' Volunteer Opportunities

- ✚ Relay for Life
- ✚ Visitation at rehab/assisted living facilities
- ✚ Civil Rights Museum
- ✚ Reading buddies
- ✚ Lunch buddies
- ✚ Testing proctors
- ✚ Helping at the public library to get ready for their annual book sale or other needs/special events
- ✚ Food Bank
- ✚ Meals on Wheels
- ✚ Volunteer at soup kitchen or serve a meal at the homeless shelter
- ✚ Literacy activities at local Head Start (They receive funds based on number of volunteer hours; more credit for "professional" volunteers)
- ✚ Hospital--gift shop/help desk/taking magazines around
- ✚ Feed feral cats/trap and neuter program
- ✚ Teach a craft at senior center
- ✚ Red Cross with blood drives
- ✚ Historic theatre or local live theaters
- ✚ Pet adoptions or helping at shelter by walking animals
- ✚ Read Across America
- ✚ Mentor beginning teacher

QUALITY OF LIFE RESOURCE

Travel Opportunities

✚ Colette Travels

✚ www.gocollette.com

✚ AAA Travels

www.AAA.com/AAAVacations

✚ Travalgar (NEA discount)

www.trafalgar.com

✚ Road Scholar www.roadscholar.org

✚ Council on Aging/Senor Centers
offer day and extended trips

✚ Elder Hostels

✚ Life Long Learning trips through
universities