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# 8 Chapter 8 INFORMATIONAL (AGING, HEALTH, FINANCIAL, ETC.)



## **PROGRAMS:**

1. Back to Work after Retirement
2. 55 and Alive
3. Getting Rid of Your Clutter
4. Here's to Your Health
5. How to Look 30 When You're Over 40 and Feel 20
6. Parenting Your Parent
7. Who Gets Grandma's Yellow Pie Plate?

## **OTHER PROGRAM IDEAS:**

1. Alternate Living Arrangements
2. Dealing With Loss
3. Funeral Arrangements
4. Grandparenting
5. Hearing/Vision Aids
6. Living Wills/Living Trusts
7. Long-Term Care
8. Medicare/Medicaid
9. Nutrition/Meal Planning
10. Volunteering

## **SOURCES (ESPECIALLY FOR SPEAKERS):**

1. AARP Chapters
2. Area Office of Aging
3. Better Business Bureaus
4. CPA/Investment Firms
5. Elderhostel
6. Health Department
7. Hospice/Hospital Speakers Bureau
8. OSHIIP(OH Senior Health Insurance Information Service) (800)686-1578
9. Police & Fire Departments
10. RSVP Chapters
11. Social Security Office
12. Speech & Hearing Center



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## **INFORMATIONAL**

### **Program Title:**

Back to Work after Retirement

### **Description/Summary:**

For anyone interested in returning to work after retiring, this series of four hour-long lectures provided information on the following:

1. Separated myth from fact about older workers and suggested types of jobs to suit special interests;
2. Gave tips on job hunting including resume preparation;
3. Suggested specific job possibilities;
4. Provided information on how one might qualify for jobs through government and private sector programs.

### **Materials/Equipment/Resources:**

Each speaker may require different equipment. Some need only a lectern; others may use slides and therefore need a screen and table for the equipment.

### **Helpful Hints:**

This kind of program requires a great deal of planning and should be worked out well in advance. The library could prepare a booklet or an annotated bibliography of new titles related to both job seeking and retirement.



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## INFORMATIONAL

### Program Title:

55 and Alive

### Description/Summary:

This is a two-session program offered by the trained volunteers of the American Association of Retired Persons (AARP). It is intended to “refine existing (driving) skills and develop safe, defensive driving techniques.” Handling adverse driving conditions and traffic hazards, in addition to learning about the effects of aging and medications on driving are included in this program.

### Materials/Equipment/Resources:

The AARP provides speakers and materials. A lectern and table for display should be set up. If other material or equipment such as a projector or screen are needed, check with the local AARP coordinator or, if possible, the class instructor.

### Helpful Hints:

The sessions are long—four hours each. Refreshments would be appreciated. The AARP charges an amount to cover costs of materials (usually around \$7.00). Check with the AARP well in advance about the amount and how it is to be collected from the participants.



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## **INFORMATIONAL**

### **Program Title:**

Getting Rid of Your clutter

### **Description/Summary:**

Do you want to feel more organized? Are you living in clutter? Come to this session to help you learn to de-clutter. Presented by Nancy Recker of the OSU Extension.

### **Materials/Equipment/Resources:**

Tables and Chairs

### **Helpful Hints:**

This is a popular program, well attended by a variety of ages, as we all have clutter, whether at home or at the office.

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## **INFORMATIONAL**

### **Program Title:**

Here's to Your Health: A Series of Six Programs

### **Description/Summary:**

This series of programs was given by the Medical College of Ohio's School of Nursing and the Toledo-Lucas County Public Library. A committee of two librarians and two faculty members did the planning. The programs were timed for the lunch hour, 40 minutes in length. Three were focused on the desirability of a healthy lifestyle, and three on aspects of aging. Individual program titles:

1. Your Lifestyle and Your Health
2. Growing Old Successfully
3. Take Charge of Your Health
4. Combating Loneliness As You Grow Older
5. Exercise and Relaxation
6. Foot Care

The latter three programs were held at a branch library from 2:00pm to 3:00pm. The program format was a combination of lecture and audiovisual, plus enthusiastic audience participation in discussion at some sessions.

### **Materials/Equipment/Resources:**

Library's contribution was planning time, providing the facility, doing the publicity, compiling book lists for distribution, supplying slide and overhead projectors, and trucks of circulating books pertinent to the program at each session. Publicity consisted of mini-posters distributed to businesses, public offices, churches, senior centers, retirement complex and a nursing home, and a news release to a newspaper. Librarian's time for total series was nearly 80 hours. The Medical College used the programs as volunteer and community contact opportunities for both faculty and graduate students.

### **Helpful Hints:**

Possibly include a participatory format such as a free blood pressure screening or other "hands on" experience. If companies in the area have personnel in charge of health awareness, such persons could be good contacts in publicizing these programs.



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## **INFORMATIONAL**

### **Program Title:**

How to Look 30 When You Are Over 40 and Feel 20

### **Description/Summary:**

An instructor from a local career college/finishing school gave advice on maintaining beauty and vigor in middle and older age. Tips on whether or not to wear a bikini, what the most flattering skirt length is, hairstyles, makeup, and general health composed the main portion of the talk. This was followed by a question and answer period.

### **Materials/Equipment/Resources:**

A lectern and microphone were provided for the speaker.

### **Helpful Hints:**

This is a popular topic that could draw a very large audience. Pre-registration may be necessary to adequately determine the number of seats needed if the auditorium is limited in size.



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## **INFORMATIONAL**

### **Program Title:**

Parenting Your Parent

### **Description/Summary:**

There were two programs; each program was scheduled for two hours. The first program had two speakers covering the following topics: "What are Older People Like; Stereotypes Which Are Valid, Losses, Emotions, Etc." and "Emotional and Psychological Aspects of Parenting." The second program was entitled: "Legal Aspects of Parenting: Guardianships, Etc." and included information from appropriate social service agencies.

### **Materials/ Equipment/Resources:**

Qualified speakers from appropriate agencies. The only cost involved is printing the flier to publicize the program. The amount of time spent was 10 hours.



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## **INFORMATIONAL**

### **Program Title:**

Who Gets Grandma's Yellow Pie Plate?

### **Description/Summary:**

What happens to your personal belongings when you die? Who decides who gets what? This program on estate planning is presented by Nancy Recker, OSU Extension.

### **Materials/Equipment/Resources:**

Tables and Chairs

### **Helpful Hints:**

It is a three-hour session, covering the lunch hour so either the attendees bring a brown bag lunch or the library provides lunch.

