The Montgomery County

Vital Living Networker

Your guide to living well as you age in Montgomery County

The Montgomery County Vital Living Networker

Produced by the
Vital Living Network

In collaboration with
Montgomery County, Maryland
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Disclaimer: The resources listed in this guide, compiled by volunteers for the good of the community, are for information only. This is not a complete list of resources nor does reference to any product, process, or service constitute or imply its endorsement or recommendation by the Vital Living Network or its members. The Network, the individual volunteers, and Montgomery County assume no legal liability for the information.

**There is a fountain of youth:
it is your mind, your talents,
the creativity you bring to your life
and the lives of people you love.**

Sophia Loren

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About the Vital Living Network

Life after 50 presents new opportunities and challenges as we adjust to changing work schedules, households, and personal needs. Every person's situation is unique. Montgomery County's *Vital Living Networker* offers information to help negotiate these transitions in the best way possible. Refer to the Table of Contents as your guide to where to start exploring your options as you age with vitality.

Many of the programs and services listed are free. Others involve fees of varying amounts. Please don't assume participating will be financially out of reach – call the organizations listed to discuss costs. Faith-based organizations generally offer their services to all.

The *Networker's* focus is on vital living and covers a range of activities and services. Keep in mind that the County has additional resources relating to life's basics needs such as housing, transportation, safety, financial and legal assistance, and health care. You will find additional information and resources in the *Networker's* Appendix.

The Vital Living Network's volunteers compiled this online guide because we believe in the importance of helping our peers find resources for vital aging supports. We hope you are surprised and pleased to discover the range of options available in Montgomery County – "A Community for a Lifetime." Please share this information with your friends and family – and, most of all, enjoy all that the county has to offer.

Learn more! Additional local resources can be found in the Appendix on pages 26-27.

*The **Vital Living Network** is a voluntary group composed of professionals and others with an interest in vital aging. Its **mission** is to initiate, advocate for and support opportunities that engage and energize Montgomery County's 50+ populations.*

Vital Living Network co-chairs:
Sandra L. Hughes
Donna Phillips Mason

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Transitions

Make the Most of Your Years After 50

Mindful preparation can help you focus on things that matter to you. In Montgomery County, workshops, classes, and groups can support your planning and enhance your enjoyment of life.

The aging of the U.S. population is dramatic. In 1900, 13% of the population was 50+. In 2002, it was greater than 27%. By 2020, it is estimated to exceed 35%. Our nation faces a demographic revolution as 78 million boomers enter their retirement years. A baby boomer (those born between 1946 and 1964) turns 60 every 7.5 seconds. This demographic shift is resulting in tremendous changes in the workplace, civic organization and healthcare.

Preparation for retirement or the "third age" is essential to one's well-being. Ongoing research indicates that the bonus years we gain, can be productive, rewarding and exciting.

What does it mean to retire?

Ask the thousands of individuals who are making the transition from a career that occupied a majority of their time to a new frontier with options and choices galore. This frontier has been referred to as retirement, but new terms are being tested such as rewiring, renewing and the third age. No matter what it's called, each individual has his or her own approach as they enter this new phase.

For many, retirement means moving from a career to the opportunity to finally do what they have always wanted to do. It can also mean traveling, visiting family, or cleaning out the closets. Others want to continue to work but in a part time arrangement. And many are undecided or unclear about what's next in their lives.

Luckily for older adults in Montgomery County many choices and options enhance the opportunities this "third age" presents.

What is successful retirement?

For each person the answer may be different. But research findings consistently indicate that lifestyle choices more than heredity determine our quality of life. Models of successful retirement, going beyond disease and disability, describe how personal relationships and productive behavior contribute as people move through the life course.

The following components have been identified by researchers as keys to successful retirement:

- Planning and identifying those activities and interests that help you remain connected, energized and contributing to the community

- Avoiding and managing disease and disability
- Remaining engaged with our community, friends, family and activities
- Maintaining high cognitive and physical function – keeping our brains and our bodies active

Where Do I Start?

- Research indicates that part of the planning process is self-exploration. Ask yourself questions such as, "What do I like to do?" "What is important to me?" and "What has made me feel connected and contributing in the past?" Numerous books on retirement are available that explore personal stories of individuals who, through a process of discovery, came upon activities and opportunities that were just the right fit.
- Patience is another key to successful retirement. Understanding that unlike our traditional work that had elements of rules and regulations, retirement offers many opportunities but very few traditional rules. Sometimes it's through reading local newspapers like the Beacon or the Gazette or AARP's newsletter that we find information about programs for those who are 50+ that may interest us.
- One good place to start could be through an organization such as alumni associations or the Red Hat Society, the Transition Network, Rotary International, or the County's Volunteer Center and Recreation Department. Hospital membership programs and religious or spiritual organizations can also provide opportunities for exploration and discovery.

As "Villages"(grass roots, neighborhood-based, organizations that help seniors remain in their home) blossom across the county and build social supports and services for older adults, you may find that participating in one can be a place for you to contribute and connect (see page 21).

Finally, participating in Montgomery College Workforce Development and Continuing Education can make retirement a productive and fulfilling experience (see page 20).

Learn more! Go to the Appendix where you'll find both links to websites with additional information about making Transitions as you age and recommended books on the subject (see page 23).

Get Enriched

As many discover, Montgomery County offers a wealth of opportunities to continue to learn and grow as we age. While books remain their main business, **libraries** offer many other opportunities, including book discussion groups, classes and more. Do you have an intellectual curiosity or hobby that you finally have the time to explore? You're in the right place. The county is rich with **educational opportunities** no matter your interest. **Staying fit** and connecting with others also enrich our lives. Senior and community centers, recreation department, local parks and other outdoor venues offer ways to get and stay active.

Libraries – Books and Much More

Montgomery County Public Libraries
240-777-0001; www.montgomerycountymd.gov/library

For **specific services**, click "For You," then "Seniors," "People with Disabilities," or "People Who Are Deaf or Hard of Hearing"

For **health information**, click "Research," "Health"

For **job search information**, click "Research," "Job Hunting & Careers"

For any type of **research**, click "Research," then select your topic of interest

For **events**, click "About Us," "News," "Calendar of Events"

Montgomery County Public Libraries offer free and equal access to services and resources to the people of Montgomery County. Our diverse community of lifelong learners finds Montgomery County Public Libraries to be an open, inviting and vital gateway to the information, ideas and enrichment that strengthens our County. A diverse, highly qualified staff continually assesses community needs and interests to support, encourage and inspire its users.

Offerings vary at the branches and are not limited to those listed below. Check out your local branch – and others – to find the programs and services that are right for you.

Books & other information

- Large Print books
- Downloadable e-books
- Audiobooks on CD, Playaways, and downloadable formats
- Books and other websites on planning for retirement and aging
- Research guides with trusted information about health, consumer information, hearing loss, and many other subjects
- General information for seniors

- Access to online courses
- Free access to computers with internet connection

Activities

- Programs and classes, including computer courses
- Book discussion groups
- English conversation clubs

Services

- Librarians to help you with research
- Accessibility services for people with disabilities or for people are deaf or hard-of-hearing
- Adaptive technology and literacy software – JAWS (version 15) and ZoomText (version 11) at all libraries
- Video Phone Booth at selected libraries
- Audio induction loop systems in library meeting rooms
- Assistance for users of the Talking Book program
- Availability of Senior SmartTrip cards for purchase (except at Noyes Library for Young Children)
- Library services for people who are homebound

Educational Opportunities – Learn Something New in the Company of Others

A healthy mind/body/spirit connection is critical to getting the most out of life, and as people age this becomes even more important. Lifelong learning ensures continued growth and intellectual stimulation, leading to a more fulfilling, enjoyable and enriched life. As you'll see, you will find a wide range of lifelong learning opportunities in Montgomery County. Take advantage of them and enjoy!

BlackRock Center for the Arts
Education Department: 240-912-1053; www.blackrockcenter.org

- Classes in visual arts, dance, music, and theater help you "find your own unique voice while exploring the creative process within a community of peers"

Friendship Heights Village Center
301-656-2797; www.friendshipheightsmd.gov

- A variety of classes, clubs, trips and concerts

Gale Courses
http://montgomerycountymd.libguides.com/education

- Gale Courses offers a wide range of highly interactive, instructor-led courses that you can take entirely online. Library card holders in good standing are entitled to take these courses at no cost. Courses run for six weeks and new sessions begin every month.

Gilchrist Center for Cultural Diversity
240-777-4940; www.montgomerycountymd.gov/gilchrist

- Activities and services for the County's diverse community
- Classes in business, civics and culture, English as a Second Language, computer courses, citizenship preparation, workforce development

Holy Cross Hospital Senior Source
301-754-8510; www.holycrosshealth.org/senior-source-wellness-center

- Classes, including fitness and movement, designed for active adults age 55+ offered at multiple locations
- Health and wellness education
- Senior health evaluation and assessment

Jewish Community Center
301-881-0100; www.jccgw.org

- Active retirees study, play, and share experiences through a variety of classes, programs, and social groups
- Senior Satellite Program provides exercise, nutrition and opportunities for socialization
- Monthly low-vision education program
- The Adult Center for Education (ACE) offers a wide variety of stimulating, high-level courses taught by outstanding volunteer instructors
- Coming of Age in Maryland provides excursions and special events to members aged 60+ – theater, museums, lectures, performances, restaurant outings, an annual health and wellness expo, and more

Jewish Council for the Aging Senior Tech Computer Training
240-395-0916; www.accessjca.org

- Computer basics, word processing, e-mail, graphics and more
- Senior Tech Computer Training Centers located around the County
- Call to request a printed copy of the catalogue announcing upcoming classes

JCA University (Jewish Council for the Aging)
301-255-4200 or 703-425-0999; www.AccessJCA.org

- Skilled instructors help seniors, family caregivers, and aging services professionals
- Help older adults prepare for an effective job search and learn computer skills
- Help families learn practical caregiving techniques
- When JCA doesn't provide the training you need, it helps identify organizations who do

Legacy Leadership Institute on Public Policy
www.sph.umd.edu/department/hlsa/ca/about-legacy-leadership-institute-public-policy-program

- The Legacy Leadership Institute is designed to address the challenges facing the State of Maryland and residents 50+ who are seeking new careers as Legacy Service Leaders during retirement
- During the fall, the Institute prepares leaders with 64 hours of intensive instruction over eight weeks at the University of Maryland College Park campus

Levine School of Music
301-897-5100; www.levinemusic.org

- Located at Strathmore, classes and courses for students of all ages and levels of ability
- Free annual "MusicaliTea" with light fare and performances by faculty and students

Literacy Council of Montgomery County
301-610-0030; www.literacycouncilmcmd.org

- Referral to classes that teach basic reading and writing and English as a second language
- Offers tutoring program, conversation club and English for Health

Live & Learn Bethesda
301-740-6150; www.liveandlearnbethesda.org

- A non-profit organization whose goal is to enrich the Bethesda-Chevy Chase community through interesting, informative and stimulating classes for people of all ages

Montgomery College
240-567-5000; www.montgomerycollege.edu

- **Lifelong Learning Institute**
  240-567-1828; http://www.montgomerycollege.edu/wdce/ce/lifelonglearning.html
  - A variety of intellectually stimulating opportunities in the areas of arts, art history, literature, history, politics, personal finance, and wellness for Montgomery County residents 50+
  - Located at Montgomery College campuses in Rockville, Takoma Park/Silver Spring and Germantown; Gaithersburg Business Training Center, public libraries, Montgomery County Public High Schools, and senior centers

- **Ed2Go**
  240-567-6938; http://www.ed2go.com/mcdistance/
  - Online, non-credit courses; most cost $100

- **For-Credit Class Senior Tuition Waiver**
  240-567-5000; http://www.montgomerycollege.edu
  - Maryland residents 60+ qualify for tuition waiver on a space-available basis
  - Seniors pay required fees
  - Check online for the date tuition waiver registrations are accepted

Montgomery College Workforce Development & Continuing Education – to learn about programs that help older job seekers go to page 20.

OASIS (Washington Metropolitan)
301-469-6800, press 1, then ext. 211; www.oasisnet.org/washington

- A national educational organization for adults 50+ offering low-cost, short-term educational opportunities and ways to provide service to the community
- Classes address a variety of interests including: arts & literature, computers, current events, exercise, health & wellness, history and humanities and trips to local sites

Osher Lifelong Learning Institute at Johns Hopkins University
301-294-7058; www.osher.jhu.edu

- A membership community offering a vibrant social and educational environment for mature adults
- Non-credit courses offered at the Shady Grove campus and other locations on weekdays

Round House Theatre
301-585-1225 (Education Center); www.roundhousetheatre.org

- Classes include specialized combat classes, scene study, and physical acting
- The Hey Day Players, an adult troupe, offers Master Acting Classes in various theatre arts and presentations of short staged readings of plays at venues such as senior centers

Senior Leadership Montgomery
301-881-3333; www.leadershipmontgomerymd.org

- An eight-month, innovative program for adults 55+ with diverse backgrounds
- Learn about the county's one million residents, myriad county government services, public safety, area non-profits, the public school system and much more

Strathmore
301-581-5144; www.strathmore.org

- Multi-disciplinary arts center in North Bethesda offering a variety of educational opportunities for adults, including lectures, art workshops, and music classes

The Writer's Center
301-654-8664; www.writer.org

- Literary events and workshops for writers at all levels from beginners to advanced and master classes

Universities at Shady Grove
301-738-6000; www.shadygrove.umd.edu

- The Universities at Shady Grove offers 80 undergraduate and graduate degree programs from nine respected institutions within the University System of Maryland at one central location in Montgomery County

University of Maryland Golden ID Program
301-314-8219; www.registrar.umd.edu/current/registration/golden-id.html

- Maryland residents 60+ not employed for more than 20 hours per week can take advantage of the wide variety of course offerings at College Park, with tuition waived
- Golden ID students register on a space available basis for a maximum of three courses during the first week of classes

Additional Programs

- Chinese American Senior Services Association; 301-530-4880
- Chinese Culture and Community Service Center; 240-631-1200
- Korean American Senior Citizen Association; 301-438-7304
- Vietnamese Senior Association of Maryland; 301-384-4249

Montgomery County libraries offer a variety of educational opportunities (see pages 5-6).

County senior centers, community centers and recreation departments offer additional options for learning (see pages 11-12).

Recreation & Fitness – Stay Fit, Stay Active, Stay Connected

Successful aging and vital living are largely determined by individual lifestyle choices and not by genetic inheritance. Physical activity helps people maintain heart health and cognitive function, prevent falls, and improve mood, among many other benefits. Few factors contribute as much to successful aging as staying active physically, mentally and socially.

Montgomery County offers endless opportunities for fun, education, creativity, exercise and fitness, health and wellness, and camaraderie and socialization. This section highlights the multitude of services, programs and activities for adults 55+ of all levels of ability. You will be developing your skills in a welcoming, supportive and safe environment and have the opportunity to make new friends and acquaintances with similar interests.

***Learn more!* Montgomery County Recreation and Parks Programs GUIDE**
http://www.montgomerycountymd.gov/rec/resource/guides.html

Montgomery County Recreation and Montgomery Parks offer hundreds of activities, including painting, swimming, dancing, golf or day trips available at facilities throughout Montgomery County. The guide, published three times a year, includes a section for Active 55+ Adults Programs. You may review the programs online, request to have printed guides mailed to you (five seasonal guides for $5), or pick up at libraries, community centers, and senior centers (as available).

Enjoy any of the many activities in which tens of thousands of your fellow County residents participate. Put on your sneakers, swimsuit, dancing shoes, or painter's smock, and join in the fun!

Montgomery County Recreation Department

240-777-6840 http://www.montgomerycountymd.gov/rec/index.html

- Wide variety of classes, programs and activities for people of all ages at 21 Community and Neighborhood Recreation Centers throughout the County
- Programs for adults 55+ related to health promotion and fitness in many county locations

Senior Programs

240-777-4925; http://www.montgomerycountymd.gov/rec/thingstodo/senior/index.html

- Travel programs, close and far in the mid-Atlantic region
- Health & Wellness programs, classes and screening
- Recreation programs from Aerobics to Zumba and everything in between!
- Information & Referral Assistance
- Volunteer opportunities
- Exercise & fitness facilities, and educational programs to keep you physically and mentally fit

Additional programs and services offered at the Senior Centers:

- Arts and humanities programs
- Entertainment
- Social activities
- Educational opportunities
- Nutrition/meal programs and education
- Social and community action opportunities

Senior Centers

Each senior center publishes a calendar of monthly programs. Pick up a copy at the Center. Fees for programs vary. See Recreation GUIDE or contact the center.

Damascus Senior Center 240-777-6930
Holiday Park Senior Center (Wheaton) 240-777-4999
Long Branch Senior Center (Silver Spring) 240-777-6965
Margaret Schweinhaut Senior Center (Silver Spring) 240-777-4970
White Oak Senior Center (Silver Spring) 240-777-6944

Montgomery County Recreation provides a combination of curb-to-curb and fixed route transportation, Monday-Friday, to the centers listed above for county residents 55 and over within the service area of one of the centers. Call your local senior center or the Community Facilities & Programs Team at 240-777-4980 for more information.

55+ Active Adult Programs

http://www.montgomerycountymd.gov/rec/where/seniors/neighborhood.html

- Offered at 13 locations
- Some locations have transportation and meals

Senior Sneakers

240-777-4922; http://www.montgomerycountymd.gov/rec/thingstodo/senior/sneakers.html

- Weight and exercise room available Monday–Friday to 3 p.m. at 18 Recreation Centers
- Available to adults 55+ at $50 for an annual membership

Indoor Walking Program

http://www.montgomerycountymd.gov/rec/thingstodo/senior/indoor.html

- Walking program offered at 15 Recreation Center locations

Bone Builders

240-777-4924

- Volunteer-led exercise classes designed to improve bone density
- Classes include balance exercises and weight training
- Offered at sites around the County
- Two days/week commitment is required
- Partnership program of Montgomery County Departments of Health and Human Services and Recreation, and RSVP Volunteer Program

Senior Sports Activities

240-777-4980

- Individuals 55+ can participate in Drop-In volleyball, basketball, badminton, table tennis, billiards and other individual and team sports
- Drop-In Gym programs require individuals to obtain a $30 a year open gym pass
- Leagues offered at several locations co-sponsored with the Mont¬gomery County Senior Sports Association (MCSSA)

Senior Outdoor Adventures in Recreation (SOAR)

240-777-4926; http://www.montgomerycountymd.gov/rec/resource/guides.html

- Seasonal daytrip offerings for a fee that include walking and physical exertion

Maryland Senior Olympics

240-777-4930; www.mdseniorolympics.org

- Each year, MSO offers approximately 100 events in two dozen sports in age groups of 50-54, 55-59, 60-64 and older
- The top three finishers in each event win medals; every odd year is a qualifying year for the National Senior Games
- You don't have to be a world-class athlete to compete – MSO's motto is "To Participate Is to Win!"

Hospital-sponsored Health and Fitness Programs

Health promotion programs, screenings and exercise classes; usually offered in community locations including shopping malls, community and senior centers

Adventist Healthcare

800-542-5096;
Shady Grove Hospital, www.adventisthealthcare.com/SGAH;
Washington Adventist, www.Adventisthealthcare.com/WAH

- Become a free Adventist HealthCare Walking Club member on Tuesday mornings from 8:00-9:30 a.m. at Westfield Montgomery Mall in the food court
- Each registrant receives a gift and special invitations to free health screenings and events

Holy Cross Hospital Senior Fit and Better Bones

301-754-7895; http://www.holycrosshealth.org/senior-fit-and-exercise

- A partnership with Holy Cross Hospital and Montgomery County Recreation Department
- Free classes at 10 locations help participants improve strength, endurance, and flexibility
- Participants must have a doctor's permission note

Holy Cross Hospital Senior Source
301-754-8510; www.holycrosshealth.org/hcss

- An array of programs that help seniors get their mind and body fit, maintain independence, and enhance quality of life

Holy Cross Hospital Community Health
301-754-8800; www.holycrosshealth.org/community-health

- More than 50 different types of health and wellness classes, as well as many special events throughout the year
- Health screenings, exercise programs, lectures and chronic disease prevention and management
- Many programs are free and are offered in multiple locations throughout Montgomery County

MedStar Montgomery Medical Center
301-774-8881;
http://www.medstarhealth.org/mhs/events/list/?action=tribe_list&tribe_paged=1&tribe_event_display=list&tribe-bar-search=medstar+montgomery#q={}

- Exercise, Tai Chi and Gentle Yoga

Suburban Hospital Senior Shape Exercise Programs
301-896-3939;
http://events.suburbanhospital.org/event/senior-programs/senior-shape-weight-training

- Designed to improve the overall health of seniors
- Consists of strength, flexibility, and aerobic exercise training classes
- $30 per class for three-month session

Aquatic Centers

Recreational swim and fitness classes such as water aerobics, adult swim lessons, deep water walking and water exercise for arthritis. Ask about discount pricing for people 55+.

- Montgomery County Swim Centers – see Recreation and Parks GUIDE, http://www.montgomerycountymd.gov/rec/resource/guides.html
  - Germantown, 240-777-6830
  - Silver Spring, Martin Luther King, Jr., 240-777-8060
  - North Bethesda, Eunice Kennedy Shriver & Sargent Shriver Aquatic Center, 240-777-8070
  - Olney Swim Center, 240-777-4995
- City of Gaithersburg Aquatic Center, 301-258-6345
- City of Takoma Park— Piney Branch Pool, 301-891-8017
- City of Rockville Municipal Swim Center, 240-314-8750

Montgomery County Parks

301-495-2595; www.montgomeryparks.org

- Click on "Things to Do" for classes, events and more
- An extensive park system with facilities and amenities
  - Nature Centers
  - Regional Parks
  - More than 100 picnic areas in local parks
  - Regional Botanical Gardens
  - Golf, Tennis, Ice Skating, Horseback Riding
  - 189 miles of paved and natural surface trails
- Historic and archaeological sites to explore, 301-650-4373; http://www.HistoryInTheParks.org
- Seasonal classes, workshops and trips see Recreation and Park GUIDE; http://www.montgomerycountymd.gov/rec/resource/guides.html

Programs Sponsored by Other Non-Profit and Government Organizations

Audubon Naturalist Society

301-652-9188; http://www.audubonnaturalist.org

- Bird watching, field trips, "Nature Escapes" (travel), and related activities

Chinese American Senior Services, Inc. (CASSA)

301-881-8228; http://www.cassaseniors.org/

- Social, physical, and wellness services for seniors
- Programs include leisure travel, chorus, dancing, ping pong, arts and crafts, and nutritional meals
- CASSA has 11 locations in the County and welcomes all seniors

City of Gaithersburg Up-County Senior Center

301-258-6380; http://www.gaithersburgmd.gov/services/senior-services

- Offers a variety of classes, trips, special events, activities and a lunch program for seniors 55+
- Serves Gaithersburg and residents of Upper Montgomery County
- Annual membership fee is $40 for residents of the City of Gaithersburg; $120 for non-residents

City of Rockville Senior Center

240-314-8800; http://www.rockvillemd.gov/index.aspx?NID=397

- Serves Rockville residents 60+
- Recreation, education, fitness and exercise programs
- Annual membership fee of $40 for residents; fitness room is $85 a year
- Lunch and transportation for a fee

City of Takoma Park
301-891-7280; http://www.takomaparkmd.gov/recreation/seniors
Program listing in City Guide http://www.takomaparkmd.gov/city-guide

- A variety of leisure, educational, fitness, exercise and personal development opportunities are available at Takoma Park Community Center for active adults age 55+

Jewish Community Center (JCC) of Rockville
301-881-0100; http://www.jccgw.org/adults/seniors

- Fitness facilities and classes open to the general public
- Special health and wellness initiatives

Live & Learn Bethesda
301-740-6150; http://liveandlearnbethesda.org

- A non-profit organization offering a variety of classes designed by and for residents of the greater Bethesda-Chevy Chase community at Montgomery County's Bethesda-Chevy Chase Regional Services Center Classes

YMCAs
Bethesda – 301-530-3725; http://www.ymcadc.org/branch.cfm?bid=06
Silver Spring – 301-585-2120; http://www.ymcadc.org/branch.cfm?bid=14

- Fit and Well Seniors classes for 55+

Washington Metropolitan OASIS
301-469-6800, ext. 211; www.oasisnet.org/washington

- Range of recreation, education, health and fitness topics addressed in periodic classes

Learn more! Go to the Appendix where you'll find links to websites with additional information about Recreation & Fitness (see page 24).

Get Engaged

Whether you've recently retired and are looking for ways to stay actively engaged, have been retired for some time and want to explore new opportunities, or are still involved in the world of work, an abundance of resources are available to you. Myriad ways to employ your interests, utilize your professional and life experience, and engage your heart and mind as a **volunteer** are available. If you are still **working** and you need some assistance finding just the right spot, this guide provides you with a variety of places to turn.

Volunteerism – Using Your Skills to Serve Your Community

Get up! Get out! Get involved! One of the best ways to increase your vitality is to volunteer. Research shows that as they age, people are more likely to maintain their intellectual abilities and avoid depression when they feel they are having an impact on someone else's life. Research also suggests that seniors who remain engaged by volunteering retain better physical health. An active schedule and frequent interaction with others actually increase longevity.

Opportunities for civic engagement and service to the community abound in Montgomery County. Volunteering is not just about stuffing envelopes. And it's not even about doing something every single week. You can choose an area of interest, geographic location, and a schedule that works for you.

Montgomery County Volunteer Center
240-777-2600; www.MontgomeryServes.org

- Your first step to explore the big picture on volunteering in Montgomery County
- Easy-to-use online database of local volunteer opportunities at more than 800 area nonprofits
- Volunteer advisors offer assistance by phone for those without computer access
- Sign up to receive Montgomery Volunteer, a free monthly e-newsletter providing timely information about one-time volunteer opportunities and spotlights on area nonprofit organizations

RSVP (Retired & Senior Volunteer Program) of Montgomery County
240-777-2612; www.MontgomeryServes.org/volunteers/rsvp-senior-volunteers

- Seniors age 55+ find interesting and rewarding opportunities based on their skills, interests, life experience, geographic preference, and available time
- Free to join; members get free supplemental liability insurance while volunteering
- RSVP Signature Programs:
  - **RSVP/AARP Tax Aide Program** trains more than 100 senior volunteers to provide free income tax preparation assistance to low- and moderate-income Montgomery County taxpayers, especially seniors

- **Pro Bono Consultant Program** matches skilled professionals with local nonprofit organizations for short-term projects that deliver tangible outcomes
- **Bone Builders** trains volunteers to lead free exercise programs to improve strength and balance for people with osteoporosis

Montgomery County Boards, Committees and Commissions
240-777-2528; http://www.montgomerycountymd.gov/boards/
The County Executive and Council encourage people who live or work in Montgomery County to become involved in matters affecting our quality of life. Public participation contributes to the work of County government and provides an important service to the community when a variety of concerns and viewpoints are presented.

- Appointments to Boards, Committees and Commissions (BCCs) are generally made by the County Executive and confirmed by the Council
- Applicants of diverse backgrounds, professions, gender, geography, disability and ethnicity are encouraged to apply
- BCCs usually meet monthly, have three-year terms, and are generally advisory in nature

Montgomery County Government Departments and Agencies
311; 240-777-0311 (outside Montgomery County); www.montgomerycountymd.gov

Many County departments and agencies such as police, fire and rescue, corrections, schools, parks, and libraries welcome volunteers. The Volunteer Center (above) can help connect you or you can contact the department or agency directly.

Nonprofit Organizations Specifically Seeking Seniors as Volunteers
Senior volunteers are welcomed at most area nonprofits. Two intergenerational programs specifically need volunteers over 50:

- **JCA Heyman Interages Center**
  301-949-3551; http://www.accessjca.org/
- **Washington Metropolitan OASIS**
  301-469-6800, press 1, then ext. 211; www.oasisnet.org/washington

Learn more! Go to the Appendix where you'll find links to websites with additional information about Volunteerism as you age and recommended books on the subject (see page 25).

Employment – Using Your Skills in a Workplace Setting

Are you currently job hunting and looking for leads? Are you employed but eager to expand your skills and your networks? Do you need advice about how to polish your resume, interview effectively, or fit into an increasingly digital work environment? An abundance of resources in the County and online can help you navigate these challenges.

Montgomery Works
Wheaton: 301-946-1806;
Germantown: 240-777-2050;
www.montgomeryworks.org/contact_info.asp

- A wide variety of job search tools including workshops on resume writing and how to apply for federal jobs, as well as connections to businesses seeking employees

Jewish Council for the Aging (JCA) Worker Training Programs
301-255-4200; www.AccessJCA.org

- **Senior Community Service Program (SCSEP),** a national program managed locally by JCA.
  - On-the-job training for low-income County residents age 55+
  - Participants paid minimum wage while training
  - Skill building and resume preparation
- **50+ Employment Expo**
  - Held annually in May or June
  - Recruiters from local employers
  - Informational seminars
  - Resume review
  - Internet Café to assist with on-line job searches
- **The Career Gateway**
  - Innovative job search training program for those 50+
  - One-on-one mentorship support
  - Comprehensive take-home materials
  - Job Clubs after each session

Montgomery County Office of Human Resources
240-777-5100; http://www.montgomerycountymd.gov/ohr/

- Learn about job opportunities in the county, job training programs and more.

Montgomery College Workforce Development and Continuing Education
240-567-5188
www.montgomerycollege.edu/wdce
http://cms.montgomerycollege.edu/fiftypluslearners.html
http://cms.montgomerycollege.edu/wdce/jobskills.html
http://cms.montgomerycollege.edu/wdce/ce/lifelonglearning/careeremployment.html

Located at Montgomery College campuses in Rockville, Takoma Park/Silver Spring and Germantown; Gaithersburg Business Training Center; Montgomery County Public High Schools; and other locations in the county.

- Hundreds of credit and non-credit courses in areas of information technology, small business and management, human resources, early childhood education, health sciences, technical training and much more
- Training is available for more than 50 certifications and licensures
- Preparation for successful employment for individuals in career transitions, those re-entering the workforce and those seeking to maintain current technical skills
- For Maryland residents 60 and over, tuition waiver may apply
- For credit courses, tuition waiver is on a space-available basis during the last three days of registration
- Career advising and counseling at MC Career Services; online Career Coach software for career exploration; employment market analysis; resume writing assistance

CASA (formerly Casa de Maryland)
301-431-4185; http://wearecasa.org/hire-workers

- Three workers' centers where specialists register and screen workers (mostly Spanish speaking), place them in jobs, and conduct follow-up

Jewish Social Service Agency
301-610-8380; www.JSSA.org

- Employment assistance and services to people with special needs

Learn more! Go to the Appendix where you'll find links to websites with additional information about Employment resources and recommended books on the subject for those 50+ (see page 24-25).

At Home in the County

Housing – Do We Stay or Move as We Age?

The neighborhood and home in which you live are likely to play a critical role in determining whether you are able to remain active and engaged as you get older. Surveys consistently show that most people want to stay in their own homes as they age. However, the location, size, design and/or cost of maintaining you current home may make it impractical to age in place.

There are many factors to consider in deciding whether to age in your current home, move to a new one in the same community or elsewhere, or move to a senior community. The Montgomery County Government's publication *Living and Thriving in Montgomery County* includes a comprehensive review of these factors. It's available online at and at County libraries, recreation centers and senior centers. (http://www.montgomerycountymd.gov/senior/Resources/Files/Living_ThrivinginMC-April_2012.pdf)

Because many older adults either cannot drive or choose to stop driving, access to transportation is a major factor to consider when deciding between staying in your current home or moving to another location. Living within easy walking distance of stores and good public transportation is ideal, but neighborhoods in the County that offer this advantage are typically more expensive. However, as listed below, many other options are available.

A growing trend within the county that can make staying in your home feasible for a long period of time is the development of senior "villages." Villages are member-driven grass roots organizations that provide services to support seniors in their communities who want to age in their own homes. Montgomery County is very fortunate to have many senior villages that are already operating, and more in the planning stages. Villages are run by volunteers, and in some cases paid staff, who coordinate access to free or low cost services, such as transportation, health and wellness programs, home repairs, social and educational activities, and trips. (http://www.montgomerycountymd.gov/HHS-Program/ADS/Villages/Villages.html)

Transportation – If Driving Is No Longer An Option

Most drivers want to remain behind the wheel for as long as possible and anticipate driving for years. As a result, they don't plan for alternative mobility options.

According to the American Journal of Public Health, Americans are outliving their ability to drive safely — women, on average, by 10 years, and men by seven years. (http://www.ncbi.nlm.nih.gov/pmc/articles/PMC1447231/)

Don't wait for a crisis! Plan ahead for a time when driving is no longer an option to ensure that you will be able to remain independent and active in the community. Becoming aware of the available transportation resources and options will help you remain mobile and maintain an independent lifestyle.

Contact the resources below to learn about affordable, reliable, accessible transportation options in Montgomery County. You can find out about volunteer driving organizations, public transportation, subsidized programs, assisted and escorted programs, private and non-profit driving organizations, and transportation for those with special needs to help you reach your local and longer distance destinations.

Connect-A-Ride
301-738-3252; http://www.accessjca.org/programs/transportation/

- A free information and referral program that helps adults age 50+ and disabled adults learn about transportation options
- Helps find transportation to medical appointments, grocery shopping, errands, social activities, and for other needs
- Conducts free travel training classes called Ride Smart that teach seniors how to take transit
- Assists with applications for MetroAccess and Call-n-Ride

Senior SmarTrip Card
301-738-3252; http://www.wmata.com/fares/smartrip/senior.cfm

- Seniors age 65+ pay reduced rates on Ride-On bus, Metrobus and Metrorail
- Seniors ride free on Ride On buses and some Metrobuses in Montgomery County between 9:30 am and 3 pm, Monday-Friday
- Senior SmarTrip cards can be purchased at Montgomery County libraries or Commuter Stores

Call-n-Ride Transportation Program
301-738-3252; https://www2.montgomerycountymd.gov/CNR/Default.aspx

- Provides reduced price taxicab service to qualified low income seniors 67+ and adults with disabilities
- Call for an application or request online

Senior Connection
301-962-0820; http://www.seniorconnectionmc.org/

- Provides escorted transportation to seniors 62+ to medical appointments within Montgomery County
- Call for an application

MetroAccess
301-562-5360, http://www.wmata.com/accessibility/metroaccess_service/

- Shared-ride, door-to-door paratransit service for individuals unable to take transit due to a disability
- Meets requirements of the Americans with Disabilities Act (ADA)

Montgomery County Senior Center Shuttles
240-777-4992, http://www.montgomerycountymd.gov/senior/transportation.html

- County funded transit to some senior centers
- For residents 55+

Appendix

National Resources

TRANSITIONS

Websites

http://lifereimagined.aarp.org/

- Online tools and programs to help explore "what's next?"

www.aarp.org/personal-growth/transitions

- Articles that focus on personal growth after 50

www.lifeplanningnetwork.org

- Conceptual discussion of life planning
- Exceptionally useful resource list
- Referrals for local life planning coaches available for paid consultations

www.nextavenue.org

- A new PBS website for 50+
- Addresses health & well-being, work & security, work & volunteering and much more
- Sign-up for free weekly newsletter

Books

- *Don't Retire, Rewire* by Jeri Sedlar and Rick Miners (second edition, 2003)
- *AARP Roadmap for the Rest of Your Life: Smart Choices about Money, Health, Work, Lifestyle … and Pursuing Your Dreams* by Bart Astor (2013)
- *How to Retire Happy, Fourth Edition: The 12 Most Important Decisions You Must Make Before You Retire* by Stan Hinden (2013)
- *Managing Transitions: Making the Most of Change* by William Bridges (third edition, 2009)
- *Now What? 90 Days to a New Life Direction* by Laura Berman Fortgang (revised edition, 2015)
- *Repacking Your Bags: Lighten Your Load for the Good of Your Life* by Richard Leider and David Shapiro (2012)
- *Retire Smart, Retire Happy: Finding Your True Path in Life* by Nancy K. Schlossberg (2003)

FITNESS AND RECREATION

Websites

http://nihseniorhealth.gov

- Easy-to-use website featuring basic health and wellness information for older adults from the National Institutes of Health

www.nia.nih.gov/Go4Life

- Exercise and physical activity program designed to help older adults fit exercise and physical activity into their daily lives

www.americantaichi.net

- Supreme Chi (funded by National Library of Medicine)
- Provides tai chi and qigong class locator

Books

- *Exercise and Physical Activity: Your Everyday Guide* from the National Institute on Aging (2009)
  - Request print copy from 1-800-222-2225, or download from http://www.nia.nih.gov/health/publication/exercise

EMPLOYMENT

Websites

http://lifereimagined.aarp.org/challenges/18441-Work

- Information about job opportunities, resumes, flexible work arrangements, areas of job growth, self-employment

www.Encore.org

- Expert advice on how to "combine purpose, passion and a paycheck in the second half of life"

https://www.usajobs.gov

- A listing of all federal jobs

www.jobs4point0.com

- A job bank catering to job seekers 40+

www.governmentsupportjobs.com

- Contractors who work with federal agencies

www.retirementjobs.com

- For job seekers 50 and over
- Provides career opportunities, advice, e-newsletters and "age-friendly" certification for employers

http://www.workforce50.com

- Provides job listings as well as advice about resumes and social media

www.onetonline.org

- O*NET OnLine has detailed descriptions of the world of work for use by job seekers, workforce development and HR professionals, students, and researchers

Books

- *The Encore Career Handbook* by Marci Alboher (2012)
- *The Second Chance Revolution: Becoming Your Own Boss After 50* by Edward G. Rogoff (2009)
- *Encore: Finding Work that Matters in the Second Half of Life* by Marc Freedman (2008)
- *Great Jobs for Everyone 50+: Finding Work That Keeps You Happy and Healthy…* by Kerry Hannon (2012)
- *Second-Act Careers: 50+ Ways to Profit from Your Passions during Semiretirement* by Nancy Collamer (2013)

VOLUNTEERING

Websites

www.encore.org

- Encore.org is building a movement to tap the skills and experience of those in midlife and beyond to improve communities and the world

www.createthegood.org

- AARP program to encourage its members to volunteer in their neighborhoods

www.volunteermatch.com

- Nationwide database of volunteer opportunities for all ages

www.n4a.org/volunteerism

- National Association of Area Agencies on Aging's resource on seniors and volunteering

Books

- *Fifty Plus: Give Meaning and Purpose to the Best Time of Your Life* by Bill Novelli (2007)
- *The Big Shift: Navigating the New Stage Beyond Midlife* by Marc Freedman (2012)

Additional Local Resources

Montgomery County Aging & Disability Services
240-777-3000; www.montgomerycountymd.gov/senior

- Telephone information and assistance provided by staff of the Department of Health and Human Services, Aging and Disability Services (... a Maryland Access Point)
- Information about and assistance with applying for public programs
- Referrals to community organizations

Montgomery County Senior Site
www.montgomerycountymd.gov/senior

- Information on: consumer issues, employment and volunteering, health, recreation, libraries, safety, senior housing, social supports and transportation

Culture Spot MC
http://www.culturespotmc.com

- Lists upcoming cultural events in the county
- Sign-up for e-newsletter to learn about events and discounted tickets
- A service of the Arts and Humanities Council

The Beacon Newspaper
www.thebeaconnewspapers.com

- Free monthly newspaper includes news articles and features related to health, travel, finances, legal and general interest
- Available at community centers, libraries and CVS stores
- Website with adjustable font size

Guide to Retirement Living SourceBook
800-394-9990 to request a copy; www.retirement-living.com

- Covers the Washington, D.C., metropolitan area
- Housing options including independent living, continuing care retirement communities, assisted living, and skilled care
- Aging in place, moving and downsizing
- Financial and legal resources
- Help for families and caregivers

Montgomery County Seniors' Resource Guide
http://www.thebeaconnewspapers.com/resource-guide

- Covers topics similar to the Sourcebook exclusively for Montgomery County
- Hard copies available at CVS stores, community centers and libraries
- Free copies available by calling the Senior Resource Line, 240-777-3000

JCA Senior Helpline
301-255-4200; www.AccessJCA.org

- Options and ideas to help seniors age well and wisely
- Database of 4,000 providers in the Metro DC area

State Health Insurance Assistance Program (SHIP)
301-590-2819; www.medicarehelp.org

- Medicare and Medicaid information of all kinds
- Long term care information
- Programs for people with low incomes
- Prescription drug assistance programs

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