

Examples of TLA50 Program and Engagement Strategies

CALIFORNIA RESPONSES

- **Boomer Information Zone (BIZ)** provided a space and resources for Boomer networking, re-careering and social networking.
- **Taking the Bite Out of the Sandwich Years** connected Boomers to local resources on topics about redefining aging, caring for an aging parent, and re-careering.
- **BeHealthy5** offered a program series and monthly activity checklists promoting financial, mental, social, physical and spiritual health.
- **Tame Your Tech** allowed users to experiment with and evaluate technology gadgets for free.
- **Feed Your Head** featured experts on brain fitness and healthy aging.
- **Digital Stories** gathered first-hand accounts of 1960's public school integration efforts and brought a community together.
- **Volunteer Hub** facilitated community-wide opportunities for Boomer volunteers via a library volunteer webpage and conference.
- **Volunteer Speakers Bureau** enabled Boomers to share a lifetime of expertise while helping the library provide low-cost programming.

Mission Viejo Library



Taking a Bite out of the Sandwich Years



"I'm with you - 57,
facing two college tuitions,
spending time and money
helping an older parent,
and wondering if I will have
enough for retirement."

January 13, 2009

Redefining Aging: The Psychological Transition



Presented by Louisa McLane-Seidler,
Marriage and Family Counselor

January 20, 2009

Redefining Aging: The Psychological Transition

- ☐ Fitness tips to offset aging.
- ☐ Simple steps to strength.

Presented by Mark Thorndyke,
Community Services Coordinator,
City of Mission Viejo

January 27, 2009

Re-Careering

- ☐ Finding Your Niche
- ☐ Evaluating Your Skill Set
- ☐ Exploring Options

Presented by Linda Harasin, Counselor
Small Business Development Center of
Orange County

February 3, 2009

Caring for Your Aging Parents

- ☐ Communicating, caring and surviving.

Presented by Council on Aging
Orange County



February 10, 2009

Turning 65 - Roadmap to Medicare: Planning Your Health Care Journey

- ☐ What are Medicare eligibility and enrollment rules?
- ☐ What are my health care options?
- ☐ How does Medicare impact employer and retiree plans?

Presented by Council on Aging
Orange County

February 17, 2009

Preparing for Retirement - Financially

- ☐ How much retirement income will I need?
- ☐ Where will the money come from?
- ☐ How should I invest for the future to avoid outliving my savings?

Presented by David Brown,
Financial Advisor &
Retirement Planning,
Saddleback College



Tuesday Evenings

7:00 p.m. - 9:00 p.m.

Norman P. Murray Community &
Senior Center
24932 Veterans Way, Mission Viejo

Refreshments served.



MISSION VIEJO



Alameda Public Library

BE HEALTHY:

- Physically
- Mentally
- Financially
- Socially
- Spiritually



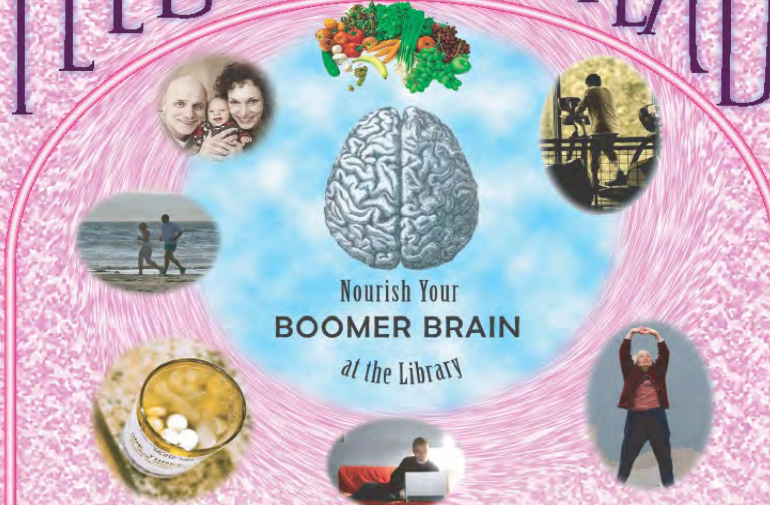
GET HEALTHY & WIN PRIZES!

HOW TO PARTICIPATE

Complete and check off 12 activities of your choice each month. Bring completed checklist to the Information Desk at Newark Library by the end of the month to get a prize and fill out a grand prize entry form.

Palo Alto Public Library

FEED YOUR HEAD



Nourish Your
BOOMER BRAIN
at the Library

May 5 – The Gateway to Next Medicine
Dr. Walter Bortz, II, M.D. is Clinical Associate Professor of Medicine at Stanford University. He is a renowned expert on longevity who will discuss the biology of aging. "Understanding this process, its nature and nurture, reveals much about our health care needs."

May 12 – Dance Your Body, Mind and Spirit
Esther Gokhale of the Esther Gokhale Wellness Center will demonstrate how dance techniques can be used to rejuvenate the mind and spirit.

May 19 – Your Doctor and Your Brain
Dr. Yusra Hussain, geriatric and internal medicine specialist at Stanford Hospital and Clinics, will speak about the importance of knowing the right questions to ask when consulting your doctor.

May 26 – Walk Your Way to a Great Body and Mind
Esther Gokhale of the Esther Gokhale Wellness Center returns to demonstrate how natural posture powerfully affects physical and mental fitness.

June 2 – Navigating Aging Adults Through the Healthcare System
Dr. Rita Ghatak, Director of Aging Adult Services at Stanford Hospital and Clinics, will discuss how caregivers and aging adults can balance medical and community approaches to healthcare problems.

Palo Alto Downtown Library Patio
270 Forest Ave.
Tuesdays, May 5 – June 2, 2009
Noon to 1 p.m.

Healthy refreshments will be served
Registration is required.
To register, use the Library Calendar of Events found at www.cityofpaloalto.org/library or call the Reference Desk at 650-329-2436.
Visit our blog at paciboomers.blogspot.com



Funding provided by a Library Science and Technology Act (LSTA) grant.

Our partners: Stanford Hospital and Clinics, Esther Gokhale, and local restaurants.
Printing courtesy of Murphy Printing, Inc.

LIBRARY
PALO ALTO CITY

4/09

Hayward Public Library: Refresh Your Life



Caring for Our Aging Parents
Saturday, August 15
12:00 noon - 4:00 p.m.

Gail Goeller, author of *Coming of Age with Aging Parents: The Bumbles, Battles, and Blessings* will speak about the challenges, the strategies and the blessings of caring for our aging parents.

<http://www.library.hayward-ca.gov> <http://www.hayward-ca.gov>

a new **approach** to your **life**
and work after **40**

the vocational coach

Wed., May 6
6 p.m.

Hayward Main Library



WORKSHOP with CRAIG NATHANSON
vocational coach and author of
don't just retire and die



 **Refresh Your Life**

<http://www.library.hayward-ca.gov>

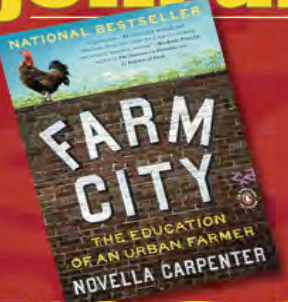
<http://www.hayward-ca.gov>

Hayward Public Library:

Books-to-Action

Hayward Public Library
BOOK-TO-ACTION PROGRAM SELECTION
'Farm City' by Novella Carpenter

join us!



read
a great book
discuss
with a book group
meet
the author
ACT
volunteer in your community

BOOK-TO-ACTION
PUTTING WORDS INTO ACTION



BOOK-TO-ACTION
PUTTING WORDS INTO ACTION



meet

Novella Carpenter
2 pm
Saturday, March 26
Hayward Main Library
835 'C' Street
Downtown Hayward



read
Farm City
by Novella Carpenter

discuss

Monday, March 21
Choose from two meeting times
Noon
Peet's Coffee & Tea
'B' St. & Mission in Hayward
6:30 pm
Hayward Main Library
835 'C' St. Downtown Hayward

ACT
Volunteer in a Community Garden
10 am - 1 pm
Saturday, May 14
Ochoa Middle School Garden
2121 Depot Road
Hayward- Near Chabot College

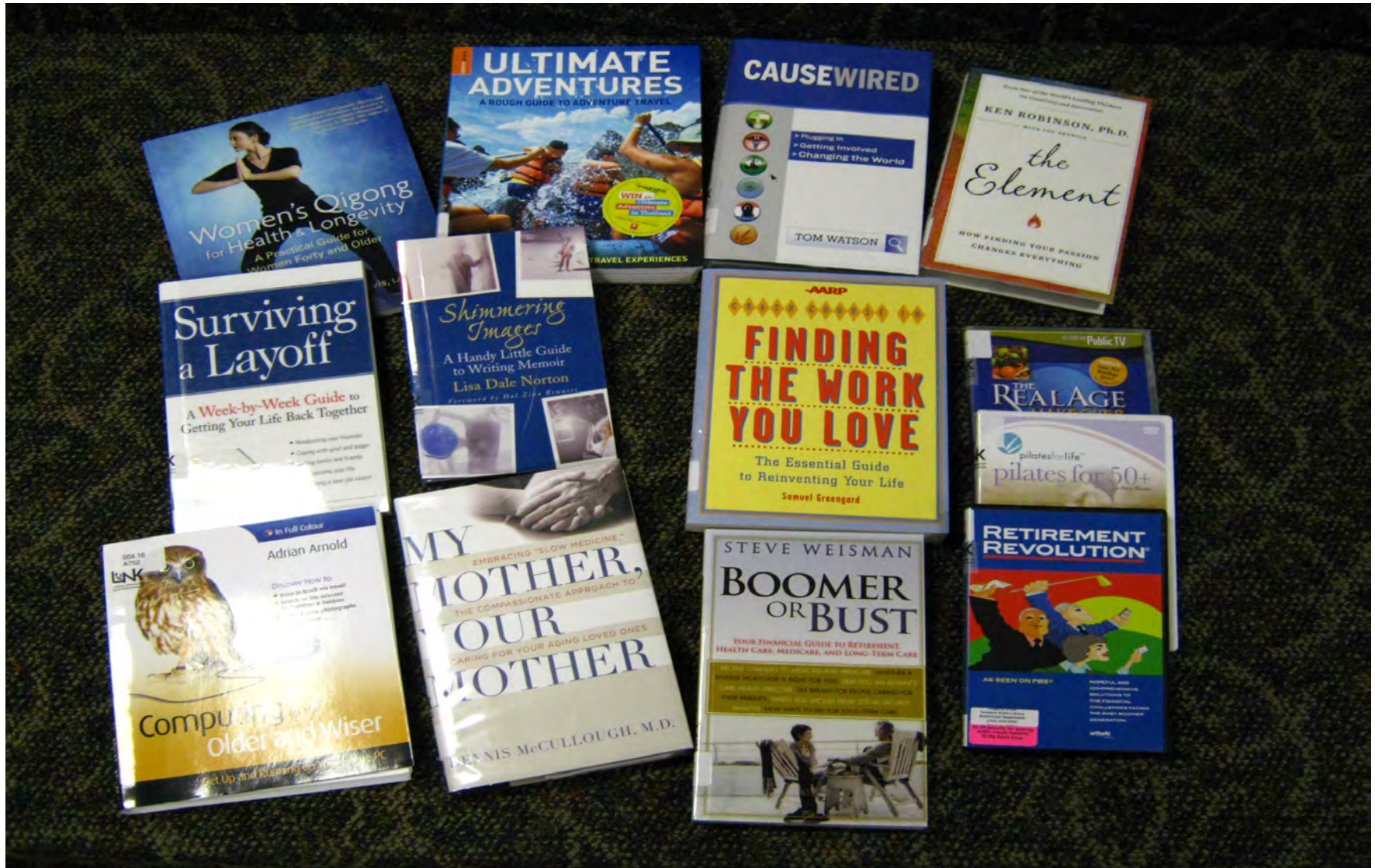



FOR MORE INFORMATION, CALL: 510.881.7980 OR VISIT WWW.LIBRARY.HAYWARD-CA.GOV

San Leandro Public Library: Boomer Academy



Torrance Public Library: LINK





Fresno County Public Library

BOOMER HEALTH & WELLNESS EXPO

VENDORS INCLUDE

- AARP
- Social Security Administration
- Community Medical Centers of Central California
- Mental Health America of the Central Valley
- Kaiser Permanente Medical Center
- Fresno-Madera Area Agency on Aging
- St. Agnes Medical Center
- American Cancer Society
- and many more

Explore educational information on issues of health and wellness of interest to **BABY BOOMERS!**

Speakers will be making presentations throughout the day. For a schedule of speakers, please check our website.

Saturday
January 24, 2008
12noon to 5pm

This program is supported in whole or in part by the U.S. Institute of Museum and Library Services under the provisions of the Library Services and Technology Act, administered in California by the State Library.

WOODWARD PARK REGIONAL LIBRARY

944 E Perrin Avenue, Fresno CA | 559.453.6767 | www.fresnolibrary.org

Fresno County Public
LIBRARY — Big Ideas, Big Stories, Big Impact



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Fresno County Public
LIBRARY — Big Ideas, Big Stories, Big Impact





**Pierce County
Library System**
Information & Imagination

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CONTACT US

SEARCH SITE

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SERVICES

READING/BOOKS

CALENDAR

LOCATIONS

KIDS/TEENS

ABOUT US

SERVICES

55+ Active Older Adults

Books and Other Materials

Fife Library Services

Help

Job and Business

Language Communities

Library Card

Meeting Rooms

Online Services

Outreach

Pierce County Library
2030: Facilities Master
Plan

Research Corner

FIND BOOKS, MUSIC, MOVIES AND MORE



Job and Business



Pierce County Library System staff and resources will help you with your job search, give you computer training, help you write a winning resume, prepare for interviews and more.

The Library offers a wide range of free job and career resources. These services are available to you on a computer at any of [17 Pierce County Libraries](#) or online anywhere with your [Pierce County Library card](#) or visit one of Pierce County Libraries to work directly with staff.

Find a Job

[Job-hunting Books @ Your Library](#)

Internet

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Metro Boston: Discovering What's Next

www.discoveringwhatsnext.com





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Next Chapter A 50+ Library Blog

Don't despair if you are a Boomer, or a Silent, or a Greatest--the public library is with you every step of the way! This channel covers services, programs and other items of interest for the active older adult.

Page 1 of 2 [NEXT](#)



Next Chapter Rewind: Reflecting on Service to Older Adults at the New York Public Library Over the Past Year, and Looking Ahead

by Brigid Cahalan, Teaching & Learning, Literacy and Outreach/
Education, Programming, and Exhibitions
December 30, 2010

Next Chapter. [READ MORE >](#)



LiveStories: Nearing Journey's End

by Ronni Krasnow, Grand Central Library
November 15, 2010

It's hard to believe that the LiveStories memoir writing workshop at the Grand Central Library is nearing its conclusion. This has been a fascinating, emotional, cathartic, and educational journey for us all. With the help of our two wonderful teaching artists, Annie and Lauren, and our generous funders at Lifetime Arts, we have learned how to craft our personal stories, and in some cases, even to dramatize them. We have made new friends and, in just a short time, become part of each other's lives. [READ MORE >](#)



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FROM OUR BLOGS
Beware of Zombies: The Grim Origins of Washington Square Park
Centered on Washington Square Park, Greenwich Village is a neighborhood made legendary by the world famous artists.

Denver Public Library

Fresh City Life





tempe connections

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BREWED IN ONE PLACE

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Sign up for Café discounts, program news & volunteer opportunities

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Volunteer

Work

Eat & Drink

Blog

Get the Buzz

Upcoming Events:

Mystery Lovers Club

Saturday April 2nd, 2011
10:00 AM

Veterans Coffee Hour

Thursday April 14th, 2011
10:30 AM

Home

The rest of your life begins with a cup of coffee

76 million of us are looking at the next chapters of our lives in ways that are completely different than our parents. We no longer look forward to a traditional "retirement" phase, but seek activities that involve purpose, passion and programs for improving life.

This is just what Tempe Connections is all about. It is our mission to

Contribute to the experience of Tempe

Invest locally and enrich the community for ages.

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start

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12:40 PM

Wednesday

3/23/2011