

VOLUNTEER

Howard County Volunteer Opportunities
www.hocovolunteer.org

SCORE (Service Corps of Retired Executives)
www.score.org/volunteer-score

Smithsonian Volunteers
www.si.edu/volunteer

Success in Style
www.successinstyle.org/volunteer

Volunteer Opportunities
www.volunteermatch.org

WEBSITES

AARP (American Association of Retired Persons)
www.aarp.org

Applied Digital Skills with Google
applieddigitalskills.withgoogle.com/s/en/home

Howard County Office on Aging & Independence
www.howardcountymd.gov/aging-independence

Johns Hopkins Medicine
www.hopkinsmedicine.org/health

Learning Adventures
www.roadscholar.org

Maryland Department of Aging
www.aging.maryland.gov

Mayo Clinic Health Library
www.mayoclinic.org/diseases-conditions

Medicare
www.medicare.gov

Peterson's Test and Career Prep
hclibrary.org/research/online-tools

SeniorPlanet
www.seniorplanet.org

Social Security Administration
www.ssa.gov

50+ AGING & INDEPENDENCE

* Available in large print

** Available as e-book or e-audiobook

*** Available in all these formats



HEALTH & WELLNESS

Bergquist, Sharon Horesh
155.9042B
The Stress Paradox: Why You Need Stress to Live Longer, Healthier, and Happier

Whitman, Debra 305.26W

The Second Fifty: Answers to the 7 Big Questions of Midlife and Beyond *

Green, Janice 306.89G
Divorce After 50: A Guide to the Unique Legal & Financial Challenges of Your Divorce

Gundry, Steven R. 612.32G
The Gut-Brain Paradox: Improve Your Mood, Clear Brain Fog, and Reverse Disease by Healing Your Microbiome **

Topol, Eric 613.0434T
Super Agers: An Evidence-Based Approach to Longevity ***

Venn-Watson, Stephanie 613.284V
The Longevity Nutrient: The Unexpected Fat That Holds the Key to Healthy Aging

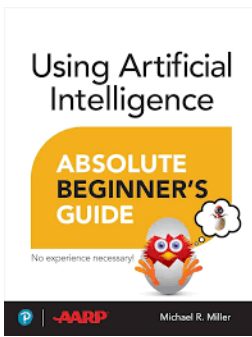
Fadal, Tamsen 618.175F
How to Menopause: Take Charge of Your Health, Reclaim Your Life and Feel Better Than Before *

Watts, Naomi 618.175W
Dare I Say it: Everything I Wish I'd Known About Menopause **

Bredesen, Dale 636.831B
The Ageless Brain: How to Sharpen and Protect Your Mind for a Lifetime *

Greger, Michael 641.5636G
The How Not to Age Cookbook **





DIGITAL SKILLS

Wempen, Faithe
004.16W
Computers for Seniors for Dummies

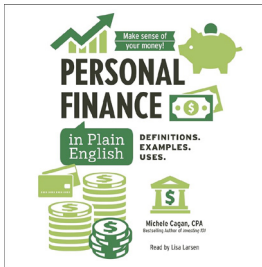
Collier, Marsha
004.1675C
Android Smartphones for Seniors for Dummies

Spivey, Dwight
004.1675S
iPad for Seniors

Spivey, Dwight
004.1675S
iPhone for Seniors for Dummies

Simmons, Curt
005.446S
Windows 11 For Seniors for Dummies, 2nd Edition

Miller, Michael
006.3M
Using Artificial Intelligence: Absolute Beginner's Guide



RETIREMENT & FINANCE

Collins, J.L.
332.024C
The Simple Path to Wealth: Your Road Map

*to Financial Independence and a Rich, Free Life ***

Orman, Suze
332.024O
*The Ultimate Retirement Guide for 50+: Winning Strategies to Make Your Money Last a Lifetime ***

Piper, Mike
332.024P
After the Death of Your Spouse: Next Financial Steps for Surviving Spouses

Cagan, Michele
332.042C
Personal Finance in Plain English: Definitions, Examples, Uses

Cagan, Michele
332.042C
Retirement 101: From 401(k) Plans and Social Security Benefits to Asset Management and Medical Insurance, Your Complete Guide to Preparing for the Future You Want

Matthews, Joseph
344.73023M
Social Security, Medicare & Government Pensions: Get the Most Out of Your Retirement & Medical Benefits

Cullen, Melanie
346.052C
Get it Together: Organize Your Records So Your Family Won't Have To

Cullinane, Jan
646.79C
*The New Retirement: The Ultimate Guide to the Rest of Your Life ***

LEISURE

Doyle, Glennon
158.1D
*We Can Do Hard Things: Answers to Life's 20 Questions ***



French Gates, Melinda
158.1F
*The Next Day: Transitions, Change, and Moving Forward ***

Viorst, Judith
305.26V
*Making the Best of What's Left: When We're Too Old to Get the Chairs Reupholstered ***

Shields, Brooke
791.43028S
*Brooke Shields is Not Allowed to Get Old: Thoughts on Aging as a Woman ****

USA, Pickleball
796.34P
Pickleball Fundamentals

PERIODICALS

AARP Bulletin
AARP The Magazine