

More information is available through our website:

**[www.quakeragingresources.org](http://www.quakeragingresources.org)**

**ADDITIONAL SUGGESTED RESOURCES:**

Theodore Roszak, The Making of an Elder Culture, 2009, New Society Publishers, BC, Canada.

William Sadler, The Third Age- 6 Principles for Growth and Renewal after Forty, Perseus Books Group

William H. Thomas, M.D., What Are Old People For? How Elders Will Save the World, 2007, VanderWyk and Burnham, Acton, Massachusetts.

<http://contemplageing.com>

[www.GrayPanthers.org](http://www.GrayPanthers.org)

## *Meaningful Retirement*



***Q: How might I attend to what love requires of me in this new stage of my life?***

*From PYM Faith and Practice, 2002*



Aging Resources Consultation Help

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**Quaker Aging Resources** is a collaborative project of New York and Philadelphia Yearly Meeting Quakers and is generously funded by the Thomas Scattergood Foundation and Friends Foundation for the Aging.

***Life after Retirement:*** When asked what they will do in retirement most people will answer with one of the following:

- “Get all the pictures in the albums.”
- “Take a trip.”
- “Brush up my golf game.”
- “Clean the attic, or the closets, etc.”
- “Catch up on my sleep.”

Those things take the first six months. Then what? There are three different threads of satisfaction that work offers:

**Community:** A room of women in a repetitious job were asked if they liked their job, and all replied, “Yes!” Asked why, they said it was the fun and the talk they had with each other while working that made it a good job.

**Competence:** There are those for whom being the best, the most creative, the problem solver is the key job satisfaction.

**Control:** Only a few people like to be in charge, to have all the responsibility for decision making, but that few thrive on it.

Which of these, or combination of these, has your work given you? This offers you a key to retirement satisfaction: this need doesn’t end when the job stops. How will you meet this need in retirement?

***Q: How do I find meaning in life after retirement?***

- Is there a need in your Meeting or your community that you can fill? Ask your County Agency on Aging about programs for retired volunteers. Check with local schools, museums, hospitals, parks, animal shelters, social service organizations.
- Consider local colleges and universities, public school systems, and community college or online learning programs for lifelong learning opportunities.
- What are you passionate about? Where do you see a need for change or growth?
- How can you contribute toward a better world for future generations, locally or globally?

**Three Components of Successful Retirement:** Studies have been made of successful, happy, retirements and they contain three components:

**Inner Life:** This can mean developing or expanding your spiritual life now that there is time in any way that has meaning for you; or, sharing what you’ve learned in life or work with younger people.

**Creative Life:** Art, music, gardening, writing can be part of a rich creative life, as can ballroom dancing, keeping a journal, telling stories.

**Connected Life:** Meeting activities, volunteering, playing in a band, taking classes, exercise, community improvement are all ways to connect with others.

Notice how the activities under creative life draw on the inner life, and also how they can lead to a connected life. On that gray winter day in your retirement when your spirits match the weather, check whether you are engaged in activities that meet all three of these needs.