

**EMERITI RESOURCES**  
**Emeriti Society - University of the Pacific**  
 (Revised 9/26/15)

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Except for the first nine links (pacific.edu links), these websites are not affiliated with the University, and no endorsement is implied. Comments and suggestions are welcome. Please write to [emeritisociety@pacific.edu](mailto:emeritisociety@pacific.edu).

• **UNIVERSITY OF THE PACIFIC RESOURCES**

**University of the Pacific. Home Page**

[www.pacific.edu](http://www.pacific.edu)

**Emeriti Society Website**

[www.pacific.edu/emeritisociety](http://www.pacific.edu/emeritisociety)

**Emeriti Society Email Address**

[emeritisociety@pacific.edu](mailto:emeritisociety@pacific.edu)

**Human Resources**

[www.pacific.edu/About-Pacific/AdministrationOffices/Business-and-Finance-Division/Human-Resources.html](http://www.pacific.edu/About-Pacific/AdministrationOffices/Business-and-Finance-Division/Human-Resources.html)

**University Benefits**

[www.pacific.edu/About-Pacific/AdministrationOffices/Business-and-Finance-Division/Human-Resources/University-Benefits.html](http://www.pacific.edu/About-Pacific/AdministrationOffices/Business-and-Finance-Division/Human-Resources/University-Benefits.html)

**Pacific Insider**

[www.pacific.edu/About-Pacific/AdministrationOffices/Office-of-Communications/University-Publications/Pacific-Insider.html](http://www.pacific.edu/About-Pacific/AdministrationOffices/Office-of-Communications/University-Publications/Pacific-Insider.html)

**University Events Calendar**

<https://calendar.pacific.edu>

**Athletic Events Calendar**

[https://calendar.pacific.edu/department/athletic\\_department](https://calendar.pacific.edu/department/athletic_department)

**Conservatory of Music Events Calendar**

<https://calendar.pacific.edu/department/conservatory/calendar>

**\* BLOGS****New York Times - Well Blog - Aging**

[http://well.blogs.nytimes.com/category/body/aging-well/?\\_r=1](http://well.blogs.nytimes.com/category/body/aging-well/?_r=1)

*Includes a diverse collection of posts mostly dealing with the biological and medical aspects of aging.*

**As Time Goes By. The Best Books on Aging**

[www.timegoesby.net/weblog/the-best-books-on-aging.html](http://www.timegoesby.net/weblog/the-best-books-on-aging.html)

*"I have read a hundreds of books on aging and although there are other good ones, these few are the cream. They have been published over a period of more than 30 years and are the collected wisdom and knowledge of their superb writers - thinkers and activists who aim a bright, shining light onto the realities of getting old." (Ronni Bennett).*

**NewRetirement.com. Making Sense of Retirement -- 48 Great Movies About Retirement and Aging -- Updated List.**

[www.newretirement.com/blog/2012/12/03/33-great-movies-about-retirement-and-aging/](http://www.newretirement.com/blog/2012/12/03/33-great-movies-about-retirement-and-aging/)

**● DISABILITY and ALZHEIMERS****Alzheimer's Association**

[www.alz.org/alzheimers\\_disease\\_what\\_is\\_alzheimers.asp](http://www.alz.org/alzheimers_disease_what_is_alzheimers.asp)

**Alzheimer's Disease Fact Sheet**

[www.nia.nih.gov/alzheimers/publication/alzheimers-disease-fact-sheet](http://www.nia.nih.gov/alzheimers/publication/alzheimers-disease-fact-sheet)

**Disability.gov**

[www.disability.gov](http://www.disability.gov)

*"The U.S. federal government website for information on disability programs and services nationwide."*

**Disability Resources on the Internet**

[www.disabilityresources.org/index.html](http://www.disabilityresources.org/index.html)

**Disability Rights in California**

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

**Resources for Persons with Disabilities (CA)**

[www.disabilityresources.org/CALIFORNIA.html](http://www.disabilityresources.org/CALIFORNIA.html)

**State of California: Guide to programs and services for persons with disabilities**

[www.ca.gov/HomeFamily/PersonsWithDisabilities.html](http://www.ca.gov/HomeFamily/PersonsWithDisabilities.html)

● **DOWNSIZING**

**Caring Transitions**

[www.caringtransitions.net](http://www.caringtransitions.net)

*" We manage Senior Moving, Downsizing and Estate Sales, including full or partial liquidations of personal and household items at the best prices."*

**Downsizing Your Life**

[www.huffingtonpost.com/news/downsizing-your-life/](http://www.huffingtonpost.com/news/downsizing-your-life/)

**Finding Help in a Crisis: Downsizing**

[www.aarp.org/work/retirement-planning/info-08-2011/retirement-downsizing.html](http://www.aarp.org/work/retirement-planning/info-08-2011/retirement-downsizing.html)

**National Association of Senior Move Managers**

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

*Includes a link to find a move manager in your area.*

● **EDUCATION**

**Osher Lifelong Learning Institute (OLLI), University of the Pacific**

[www.pacific.edu/Academics/Professional-and-Continuing-Education/Osher-Lifelong-Learning-Institute.html](http://www.pacific.edu/Academics/Professional-and-Continuing-Education/Osher-Lifelong-Learning-Institute.html)

*"Satisfy your curiosity without the stress of homework, tests or grades! Learn from university faculty and community experts. Attend all functions and lectures; participate in discussion groups throughout the semester (Extra fees may apply for courses). International travel with the Pacific Alumni Association."*

**Osher Lifelong Learning Institute (OLLI), National Website**

[www.osherfoundation.org/index.php?olli\\_list](http://www.osherfoundation.org/index.php?olli_list)

*Gives list of 119 OLLI sites nationwide.*

**Road Scholar Institute Network**

[www.road scholar.org/n/institute-network-lifelong-learning](http://www.road scholar.org/n/institute-network-lifelong-learning)

*"Welcome to the Road Scholar Institute Network (RSIN), a voluntary and dues-free association of more than 400 Lifelong Learning Institutes (LLIs) across the country..."*

**Road Scholar**

[www.road scholar.org/default.asp](http://www.road scholar.org/default.asp)

*"Road Scholar educational adventures are created by Elderhostel, the not-for-profit world leader in lifelong learning since 1975."*

**Stockton Institute for Continued Learning (SICL)**

[www.deltacollege.edu/dept/sicl/](http://www.deltacollege.edu/dept/sicl/)

*"SICL is a member-run organization for older adults offering learning experiences in an informal setting. It is a partnership between San Joaquin Delta College and*

adults in our community."

### **Coursera**

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

"Coursera is an education platform that partners with top universities and organizations worldwide, to offer courses online for anyone to take for free."

### **Harvard Open Courses**

[www.extension.harvard.edu/open-learning-initiative](http://www.extension.harvard.edu/open-learning-initiative)

"Videos for the following free Harvard courses are made available by the Harvard Extension School's Open Learning Initiative. Featuring Harvard faculty, the noncredit courses are open to the public. You do not need to register to view the lecture videos."

### **MIT Open Courseware. Free**

<http://ocw.mit.edu/index.htm>

"Free lecture notes, exams and videos from MIT No registration required."

### **TED**

[www.ted.com](http://www.ted.com)

"TED is a platform for ideas worth spreading."

## ● **END-OF-LIFE ISSUES**

### **Caring Connections**

[www.caringinfo.org/i4a/pages/index.cfm?pageid=1](http://www.caringinfo.org/i4a/pages/index.cfm?pageid=1)

"Caring Connections provides people with information and support when they are planning ahead, caring for a loved one, living with an illness or grieving a loss."

### **End-of-life Care (Wikipedia)**

[https://en.wikipedia.org/wiki/End-of-life\\_care](https://en.wikipedia.org/wiki/End-of-life_care)

### **End of Life: Helping with Comfort and Care**

[www.nia.nih.gov/health/publication/end-life-helping-comfort-and-care/introduction](http://www.nia.nih.gov/health/publication/end-life-helping-comfort-and-care/introduction)

### **Funeral and Consumers Alliance of San Joaquin County**

[www.funerals.org/affiliates/SanJoaquin/](http://www.funerals.org/affiliates/SanJoaquin/)

"A Nonprofit, Non-Sectarian Consumer Education Association Founded in 1975, Dedicated to Dignified, Affordable, Preplanned Funeral and Memorial Arrangements."

### **Hospice of San Joaquin**

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

### **Neptune Society of Northern California**

[www.neptune-society.com](http://www.neptune-society.com)

"The Neptune Society of Northern California has provided a simple and affordable option for more than 125,000 Californians who prefer cremation as the dignified and ecologically responsible alternative to traditional final arrangements."

## ● **ESTATE PLANNING**

### **Estate Planning (California Bar Association)**

[www.calbar.ca.gov/Public/Pamphlets/EstatePlanning.aspx](http://www.calbar.ca.gov/Public/Pamphlets/EstatePlanning.aspx)

**12 Simple Steps to an Estate Plan (Nolo.com)**

[www.nolo.com/legal-encyclopedia/12-simple-steps-estate-plan-29472.html](http://www.nolo.com/legal-encyclopedia/12-simple-steps-estate-plan-29472.html)

**Practical Estate Planning: Organize Your Documents (Nolo.com)**

[www.nolo.com/legal-encyclopedia/practical-estate-planning-organize-documents-29660.html](http://www.nolo.com/legal-encyclopedia/practical-estate-planning-organize-documents-29660.html)

**Wills (Nolo.com)**

[www.nolo.com/legal-encyclopedia/wills](http://www.nolo.com/legal-encyclopedia/wills)

- **FINANCES**

**TIAA-CREF**

[www.tiaa-cref.org](http://www.tiaa-cref.org)

**TIAA-CREF Institute**

[www.tiaa-crefinstitute.org/public/institute](http://www.tiaa-crefinstitute.org/public/institute)

*"The TIAA-CREF Institute produces original research and insights on issues pertaining to financial security and organizational effectiveness for the educational, nonprofit and public sectors."*

**CNN Money. Retirement**

<http://money.cnn.com/retirement/>

**Forbes.com. Retirement**

[www.forbes.com/retirement/](http://www.forbes.com/retirement/)

**USA.gov. Money and Taxes for Seniors**

[www.usa.gov/Topics/Seniors/Taxes.shtml](http://www.usa.gov/Topics/Seniors/Taxes.shtml)

**Wall Street Journal. Retirement**

<http://online.wsj.com/public/page/news-retirement-planning.html>

**Kiplinger. Six Steps to Finding a Great Financial Adviser**

[www.kiplinger.com/article/investing/T023-C000-S002-6-steps-to-finding-a-great-financial-adviser.html](http://www.kiplinger.com/article/investing/T023-C000-S002-6-steps-to-finding-a-great-financial-adviser.html)

**CNN Money. How Can I Find a Financial Adviser I Can Trust?**

[http://money.cnn.com/retirement/guide/gettinghelp\\_basics.moneymag/index3.htm](http://money.cnn.com/retirement/guide/gettinghelp_basics.moneymag/index3.htm)

**PBS NewsHour. How to Find a Financial Advisor, Step by Step**

[www.pbs.org/newshour/rundown/how-to-find-a-financial-advisor-step-by-step/](http://www.pbs.org/newshour/rundown/how-to-find-a-financial-advisor-step-by-step/)

- **GENERAL RESOURCES FOR SENIORS**

**AARP**

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

**AAUP. Resources on Retirement**

[www.aaup.org/issues/retirement/resources-retirement](http://www.aaup.org/issues/retirement/resources-retirement)

**Alliance for Retired Americans**

<http://retiredamericans.org/members/retiree-resources>

**California Alliance for Retired Americans**

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

**Elderweb**

[www.elderweb.com](http://www.elderweb.com)

*"Award-winning research site for professionals and family members looking for information on aging, eldercare, and long term care, including information on legal, financial, medical, and housing issues, policy, research, and statistics."*

**National Council on Aging**

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

**SeniorResource.com**

[www.seniorresource.com](http://www.seniorresource.com)

*"The 'E-cyclopedia' of housing options and information for retirement, finance, insurance and care."*

**State of California, Resources for Seniors**

[www.ca.gov/HomeFamily/Seniors.html](http://www.ca.gov/HomeFamily/Seniors.html)

*Links to: Area Agencies on Aging (Listed by county); services within the California Department of Aging; Medicare; Senior Gateway; Senior Programs and Services; and Social Security.*

**USA.gov. Senior Citizens Resources**

[www.usa.gov/Topics/Seniors.shtml](http://www.usa.gov/Topics/Seniors.shtml)

*"Find government resources for seniors on money, housing, health, consumer protection, and more."*

**Wired Seniors**

[www.wiredseniors.com](http://www.wiredseniors.com)

*"A portal web site to serve all the needs of the over 50 age group."*

- **GERONTOLOGY**

**Ageing (Wikipedia)**

<http://en.wikipedia.org/wiki/Ageing>

**Gerontology (Wikipedia)**

<http://en.wikipedia.org/wiki/Gerontology>

*"Gerontology ... is the study of the social, psychological and biological aspects of aging." This site gives a good overview of the history and scope of Gerontology.*

**USC Davis School of Gerontology**

<http://gero.usc.edu>

*"The study of aging across the lifespan." USC has one of the leading graduate programs in Gerontology. This website gives a picture of the scope of this field.*

- **HEALTH AND WELLNESS**

**CDC. Healthy Aging**

[www.cdc.gov/aging/](http://www.cdc.gov/aging/)

**CDC. Health Information for Older Adults**

[www.cdc.gov/aging/aginginfo/index.htm](http://www.cdc.gov/aging/aginginfo/index.htm)

**Drugs.com**

[www.drugs.com](http://www.drugs.com)

*"Drugs.com is the most popular, comprehensive and up-to-date source of drug information online. Providing free, peer-reviewed, accurate and independent data on more than 24,000 prescription drugs, over-the-counter medicines & natural products."*

**Mayo Clinic, Healthy Aging**

[www.mayoclinic.org/healthy-living/healthy-aging/basics/healthy-aging-over-50/hlv-20049407](http://www.mayoclinic.org/healthy-living/healthy-aging/basics/healthy-aging-over-50/hlv-20049407)

**Medline Plus**

[www.nlm.nih.gov/medlineplus/](http://www.nlm.nih.gov/medlineplus/)

*A service of the NIH, U.S. National Library of Medicine. [Note the tab for "Seniors."]*

**National Council on Aging. Center for Healthy Aging.**

[www.ncoa.org/improve-health/center-for-healthy-aging/](http://www.ncoa.org/improve-health/center-for-healthy-aging/)

**National Institute of Aging**

[www.nia.nih.gov](http://www.nia.nih.gov)

**New York Times - Well Blog - Aging**

[http://well.blogs.nytimes.com/category/body/aging-well/?\\_r=1](http://well.blogs.nytimes.com/category/body/aging-well/?_r=1)

*Includes a diverse collection of posts mostly dealing with the biological and medical aspects of aging.*

**NIH Senior Health**

<http://nihseniorhealth.gov>

**USA.gov. Health for Seniors**

[www.usa.gov/Topics/Seniors/Health.shtml](http://www.usa.gov/Topics/Seniors/Health.shtml)

*A vast collection of authoritative resources dealing with diseases and conditions; doctors and healthcare facilities; prescription drugs; staying healthy; and other topics.*

**WebMD. Healthy Aging**

[www.webmd.com/healthy-aging/default.htm](http://www.webmd.com/healthy-aging/default.htm)

**WHO. Health Topics, Ageing.**

[www.who.int/topics/ageing/en/](http://www.who.int/topics/ageing/en/)

- **HEALTH INSURANCE and MEDICARE**

**University of the Pacific. University Benefits**

[www.pacific.edu/About-Pacific/AdministrationOffices/Business-and-Finance-Division/Human-Resources/University-Benefits.html](http://www.pacific.edu/About-Pacific/AdministrationOffices/Business-and-Finance-Division/Human-Resources/University-Benefits.html)

**Medicare**

[www.medicare.gov](http://www.medicare.gov)

*The official Medicare site.*

**California Health Advocates**

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

*"We are a non-profit organization dedicated to Medicare advocacy and education for Californians. Our website provides accurate and unbiased information about Medicare benefits and long-term care for people who live in California." [Includes information about Medicare Supplement Plans and Prescription Drug Plans.]*

**HICAP (Health Insurance Counseling and Advocacy Program)**

[www.cahealthadvocates.org/HICAP/index.html](http://www.cahealthadvocates.org/HICAP/index.html)

*"HICAP (the Health Insurance Counseling & Advocacy Program) provides free and objective information and counseling about Medicare. Volunteer counselors can help you understand your specific rights and health care options. HICAP also offers free educational presentations to groups of Medicare beneficiaries, their families and/or providers on a variety of Medicare and other health insurance related topics."*

**My Medicare Matters**

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

*An educational service of the National Council on Aging.*

**Kaiser Family Foundation**

<http://kff.org>

*"Filling the need for trusted information on national health issues."*

- **LEGAL ISSUES (ELDER LAW)**

**SeniorLaw.com. Elder Law and Senior Legal Issues on the Web**

[www.seniorlaw.com/elder-law-legal-resources-on-the-web/](http://www.seniorlaw.com/elder-law-legal-resources-on-the-web/)

**ElderLawAnswers.com**

[www.elderlawanswers.com](http://www.elderlawanswers.com)

*Includes a directory of elder law attorneys nationwide.*

**National Elder Law Foundation**

[www.nelf.org/find-a-cela](http://www.nelf.org/find-a-cela)

*Find a Certified Elder Law Attorney (CELA).*

- **LONG-TERM CARE INSURANCE**

**California Partnership for Long-Term Care**

[www.dhcs.ca.gov/SERVICES/LTC/Pages/CPLTC.aspx](http://www.dhcs.ca.gov/SERVICES/LTC/Pages/CPLTC.aspx)

**California Dept. of Insurance: Long-Term Care**

[www.insurance.ca.gov/0150-seniors/0500longtermcare/index.cfm](http://www.insurance.ca.gov/0150-seniors/0500longtermcare/index.cfm)

**CA.gov. Senior Gateway. Long-Term Care**

[www.seniors.ca.gov/hc/Long-Term-Care.cfm](http://www.seniors.ca.gov/hc/Long-Term-Care.cfm)

**Comparing Long-Term Care Insurance Policies**

[www.aarp.org/health/medicare-insurance/info-2006/2006\\_13\\_ltc.html](http://www.aarp.org/health/medicare-insurance/info-2006/2006_13_ltc.html)



**Long-Term Care Insurance**

<http://cahealthadvocates.org/long-term/index.html>

**US Department of Health and Human Services. LongTermCare.gov.**

<http://longtermcare.gov>

- **NEWS FOR SENIORS**

**AARP Bulletin**

[www.aarp.org/bulletin/](http://www.aarp.org/bulletin/)

**ConsumerAffairs.com**

[www.consumeraffairs.com/news\\_index/seniors.html](http://www.consumeraffairs.com/news_index/seniors.html)

**Huffington Post. News for Senior Citizens**

[www.huffingtonpost.com/news/senior-citizens/](http://www.huffingtonpost.com/news/senior-citizens/)

**HUFF/POST50**

[www.huffingtonpost.com/50/](http://www.huffingtonpost.com/50/)

**New York Times**

<http://topics.nytimes.com/top/reference/timestopics/subjects/e/elderly/index.html>

*"News about elderly, including commentary and archival articles published in The New York Times."*

- **SAN JOAQUIN COUNTY RESOURCES**

**Joe Goldeen's Healthcare Blog**

<http://blogs.esanjaquin.com/stockton-health-care/>

*Covers healthcare news and events in San Joaquin County*

**Hutchins Street Square Senior Center (Lodi)**

[www.hutchinsstreetsquare.com/senior\\_center/index.php](http://www.hutchinsstreetsquare.com/senior_center/index.php)

*"We offer Seniors and their families in the area access to programs and services related to the needs of aging."*

**Saint Joseph's Medical Center, Classes and Events**

[www.stjosephscares.org/Patients\\_And\\_Visitors/CLASSES](http://www.stjosephscares.org/Patients_And_Visitors/CLASSES)

*"St. Joseph's is dedicated to helping you and your loved ones lead healthy lives, and one of the ways we can help is by offering a variety of educational programs and services to address your healthcare needs."*

**Stockton Institute for Continued Learning (SICL)**

[www.deltacollege.edu/dept/sicl/](http://www.deltacollege.edu/dept/sicl/)

*"SICL is a member-run organization for older adults offering learning experiences in an informal setting. It is a partnership between San Joaquin Delta College and adults in our community."*

**Stockton Senior Centers**

[www.stocktongov.com/government/departments/communityServices/rpSeniors.html](http://www.stocktongov.com/government/departments/communityServices/rpSeniors.html)

**Valley Yellow Pages. Senior Citizens' Services and Organizations.**

[www.mypyp.com/community](http://www.mypyp.com/community)

*Click on "Stockton" or other community of interest. (46 communities in Northern California are listed). Then click on "Senior Citizens' Services and Organizations."*

- **SENIOR LIVING COMMUNITIES, ASSISTED LIVING, NURSING HOMES and AGING IN PLACE**

**Assisted Living Directory (Stockton)**

[www.assisted-living-directory.com/content/stockton.cfm](http://www.assisted-living-directory.com/content/stockton.cfm)

**Assisted Living Directory (Nationwide)**

[www.assisted-living-directory.com](http://www.assisted-living-directory.com)

*"This page is intended to provide information about assisted living facilities and other relevant senior & long term care (including RCFE's or Residential Care For The Elderly) in any state."*

**Assisted Living Facilities (Stockton)**

[www.senioradvisor.com/stockton-ca/assisted-living?zipcode=95207](http://www.senioradvisor.com/stockton-ca/assisted-living?zipcode=95207)

**Best Nursing Homes in California**

<http://health.usnews.com/best-nursing-homes/area/ca>

**California Advocates for Nursing Home Reform (CANHR)**

[http://canhr.org/factsheets/rcfe\\_fs/html/rcfe\\_needtoknow\\_fs.htm](http://canhr.org/factsheets/rcfe_fs/html/rcfe_needtoknow_fs.htm)

*"Overview of Assisted Living/Residential Care Facilities for the Elderly (RCFEs)."*

**List of California Nursing Homes, by County**

[http://canhr.org/NH\\_Data/CountyMenuPDF.html](http://canhr.org/NH_Data/CountyMenuPDF.html)

**RetireNet.com**

[www.retirenet.com](http://www.retirenet.com)

*Directory of retirement communities and assisted living facilities.*

**Senior Advisor**

[www.senioradvisor.com](http://www.senioradvisor.com)

*Information and reviews about senior living communities nationwide.*

**Senior Living Map**

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

*"Search to find details on over 20,000 senior living and assisted living facilities."*

**Visiting Angels**

[www.jmhomecare.com](http://www.jmhomecare.com)

*"Visiting Angels specializes in providing personalized Homecare services to help elderly and individuals with special needs continue to live in their homes (rather than moving to nursing homes or assisted living facilities). Offices in Stockton, San Ramon and San Rafael."*

**Aging in Place**

[www.retiredbrains.com/senior-living-resources/retirement-locations/aging-in-place](http://www.retiredbrains.com/senior-living-resources/retirement-locations/aging-in-place)

### **Aging in Place with Home Care**

[www.huffingtonpost.com/anita-kamiel-rn-mps/aging-in-place-with-home-care\\_b\\_8072426.html](http://www.huffingtonpost.com/anita-kamiel-rn-mps/aging-in-place-with-home-care_b_8072426.html)

### **Aging in Place (Wikipedia)**

[en.wikipedia.org/wiki/Aging\\_in\\_place](http://en.wikipedia.org/wiki/Aging_in_place)

- **SPORTS and RECREATION**

#### **Sons in Retirement (SIR)**

[www.sirinc.org](http://www.sirinc.org) or <http://branch46.sirinc2.org>. (Stockton Branch)

*"Men enjoying active retirement... SIR has branches in most areas of Central and Northern California." [Activities include golf, bowling, bridge and others, and a monthly luncheon].*

- **TRAVEL**

#### **Transitions Abroad**

[www.transitionsabroad.com/listings/travel/senior/KeyWebSites.shtml](http://www.transitionsabroad.com/listings/travel/senior/KeyWebSites.shtml)

*A compilation of fifteen sites offering travel opportunities for seniors, with other travel-related resources.*

#### **Road Scholar**

[www.roadscholar.org/default.asp](http://www.roadscholar.org/default.asp)

*"Road Scholar educational adventures are created by Elderhostel, the not-for-profit world leader in lifelong learning since 1975."*

- **VOLUNTEERING**

#### **Elderhelpers.org**

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

*You may sign up at this site if you need help or if you wish to volunteer to help seniors.*

#### **RSVP (Retired and Senior Volunteering Program)**

[www.sjaging.org/RSVP/RSVP.htm](http://www.sjaging.org/RSVP/RSVP.htm)

*"RSVP was established in 1971 and is now one of the largest senior volunteer organizations in the nation, RSVP engages over 400,000 people age 55 and older in a diverse range of volunteer activities. Volunteers recruit and coordinate other volunteers, tutor children, renovate homes, teach English to immigrants, assist victims of natural disasters, provide independent living services, and serve their communities in many other ways."*

#### **VISTAS (Volunteers in Service to Aid Stockton)**

[www.volunteerconnection.com/vistas/](http://www.volunteerconnection.com/vistas/)

*"The VISTAS program is designed to provide a legion of dedicated volunteers to help in targeted areas throughout the City where needs are identified."*

#### **VolunteerMatch.org. Directory of Volunteer Opportunities**

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

*Lists volunteer opportunities in many areas and of many types (e.g. you could enter the keyword "Seniors").*