AARP Foundation Women's	Annuities, 260–264
Scholarship Program, 49	Area Agency on Aging, 208
AAUW. See American Association	Assets, 185, 231, 254
of University Women (AAUW)	ATM fees, 274–275
About U (lifelong learning), 37	
Active-Adult Communities, 125–129	Babcock, Linda, 5
Active-Adult Communities	Banks, Internet, 251–252
(Developers), 163–164	Behavioral interview questions, 45
Activities, dating and, 197	Benefits, 204, 220–221
Adult education, 37–38	Bernard Osher Foundation, 38
Advanced health care directive,	Best College Towns (cnnmoney.com),
11, 216	0.61
African-American women, poverty rate	SestPlaces, 112
of, 5	Best Places to Retire Abroad
Age-restricted, age-qualified	(AARP), 161
communities. See Active-Adult	Boomerang kids, 205–207
Communities	Boomers, 43, 100–102
Age-targeted communities. See Active-	Brain, exercise and, 95–96
Adult Communities	Broads Abroad, 145–146
Aging-in-Place Design Checklists, 103,	Brokerage accounts, divorce and,
118–124	185–186
AICPA. See American Institute of	Brown, Helen Gurley, 1
Certified Public Accountants	Business, 56–57, 215–216
(AICPA)	starting your, 56–57
Air Quality Index, 107	Taking Care of, 215–216
Alcohol drinking, 74	Business Training Courses, 37–38
Alimony, divorce and, 186	Buying home vs. renting home, 111
Amenities, 109	
American Association of University	Calculators
Women (AAUW), 49	long-term care, 239
American Institute of Certified Public	longevity, 247
Accountants (AICPA), 243	retirement, 42, 228, 240
American Singles Golf Association, 197	reverse mortgage, 256

Calories:	Certified public accountant (CPA), 241
amount per day, 77	CFP. See Certified financial planner
exercise and, 93–94	(CFP)
fat and, 85	Chambers of commerce, 114
losing weight and, 83	Chapin, Ross, 144
sitting and, 95	Charitable Foundation, Green House
volumentrics, 79	Model and, 144
Car:	Charitable Giving, 34
expenses, saving on, 278	Charlotte W. Newcombe Foundation
reducing insurance premiums,	for Mature Women Students, 49
277–278	Cheap travel, 29
using loyalty cards, 278–279	Cities, 135–138
Career, 4–5, 11, 64	City-data.com, 153
Caregiving/caregivers, 11, 214–215	CLEP. See College Level Examination
AARP site on, 207	Program (CLEP)
asking for help, 204–205	Climate, 101, 173
Elder Care Made Easier (Somers), 209	COBRA (Consolidated Omnibus
payment for, 210	Budge Reconciliation Act), 236
Preneed Funeral Planning Checklist,	Coffee, 81-82
211, 217	Coho using, 132–133
recording parents' medical	COLAs. See Cost of living adjustments
information, 210, 224–225	(COLAs)
snapshot of, 209–211	Collaborative housing. See Cohousing
"Taking care of Business," 211,	Collateralize buyouts and alimony,
215–216	divorce and, 184
taking time out of workforce for, 4	College:
tips for caring for, 208–209	benefits, 220–221
CARF. See Commission on	classes, 36
Accreditation of Rehabilitation	financial aid office, 49
Facilities (CARF)	towns, 145
Cash flow, reviewing, 219–220	College Level Examination Program
Cash funds, interest rates and, 252	(CLEP), 36
Casinos, 57	Commission on Accreditation
Catholic Charities, 204	of Rehabilitation Facilities
CCRCs. See Continuing Care	(CARF), 143
Retirement Communities (CCRCs)	Commodities, 254, 255
Centenarians, 73	Communities:
Certified Financial Planner Board of	active-adult communities, 125–129
Standards, 242–243	broads abroad, 145–148
Certified financial planner (CFP), 241,	cities and small towns, 135–138, 161
242	cohousing, 132–133
- 14	Colloubing, 102 100

college towns, 145	Community opportunities, relocation
continuing care retirement	and, 101
community, 142–144, 167–173	Companion, hiring, 28
green house model, 144	Condos, 108
master-planned communities,	Condo ships, 154–155
139–142	Continuing Care Retirement
naturally occurring retirement	Communities (CCRCs), 142–144,
communities, 138–139	167–173
new urbanism or traditional	Coping, death of spouse and, 195–196
neighborhood development,	Cornell University, 50
129–132	Cost of living adjustments (COLAs), 185
offer for aged population, 111–112	Cost of Living Index (Council for
pocket communities, 144, 166	Community and Economic
Communities, unique:	Research), 105
Astronomy, 154	Cost(s):
Calling all Oenophiles (wine	of hiring older workers, 44
enthusiasts), 159	to insure your home, 272–273
Community of the Faithful, 149–150	of living 101, 105–106, 231
Condo ships, 154–155	of living adjustments, 185
Equestrian communities, 157–158,	of i mg-term care coverage, 238–239
162	elevision, reducing, 275–276
Golf, 158	Cover letters, 61
Great Outdoors, 156–157	CPA. See Certified public accountant
Hangar-homes, 158	(CPA)
Health and Wellness Communities,	Craigslist, 29
158–159	Create the Good (AARP), 32
homesharing, 150	Credit cards, 273–274
lesbian/gay/LGBT communities,	Credit checks, 46
150–153	Credit reports, divorce and, 185
Letter Carriers, 154	Cruise Critic (cruise reviews), 24, 28, 30
live at the Racetrack, 156	Cruises/cruising:
manufactured-home communities,	cruise line parties and activities, 24
155–156	cruise lines and travel agencies, 23
Martha Stewart, 156	hiring a companion, 28
military communities, 154	repositioning cruise, 25
multigenerational communities,	singles, 23–24
154, 166	Cultural amenities, relocation and, 101
RV Home, 159–160, 166	
serving others, 150	Dating:
starting your own community, 160	and the Internet, 199–200
Community centers, 28	matching sites, 202–203
	0 , , , , ,

Dating (continued)	better and less, 78–80
meeting places, 197-198	choosing friends wisely, 81–82
online dating experience, 200–202	fats, fiber, and drinking water, 84–85
pet peeves, 203	habits, 86–87
rekindled romances, 198–199	liquid poison, 83–84
Death:	mindfully, 82
checklist for loved one's important	out, 87
papers, 209	sleep and eating slowly, 83
of husband/loved one, 3, 4, 192–194,	stress and, 82
217–226	using small size plate and glasses,
Debt, paying down, 229	80-81
Deepening connections, 215	Eat This, Not That!, 87
Degree, pursuing, 36	EBRI survey. See Employee Benefit
Delaying retirement, 42	Research Institute (FBRI) survey
Del Webb, 101, 127–128, 149, 155, 163	Economics, single wenten and, 4-5
Dental care, 237	Economy, relocation and, 102
Denver, city of, 135-136	Education, 5-6, 55–56
DePaulo, Bella, 6	"Education vacations," 28
Dependency, 203	EEOC. See U.S. Equal Employment
Designations, financial advisors and, 242	Copportunity Commission (EEOC)
Developer solvency, 109	Electricare Locator, 208
Disabled-person, travel and, 29–30, 31–32	Edder Care Made Easier (Somers), 209
Discount services, 276	Emergency fund, establishing, 229
Discovery tours, 113	Employee Benefit Research Institute
Discrimination, employment and, 44	(EBRI) survey, 41–42
Diversification, 252–255	Employers:
Divorce, 3, 4, 214	AARP list of, 50
gray, 186–192	and older workers, 43, 44
tips to transition to single status,	personality assessment in interviews,
183–186	45–46
Divorce after 50: Your Guide to the Unique	retirement plans, 243
Legal & Financial Challenges	soft skills of employees, 44-45
(Green), 182	Employment. See also Interview; Job(s),
DNA (deoxyribonucleic acid), 75	Work
Downsizing, relocation and, 107	after leaving primary career, 42–43
Drugs, free/inexpensive, 276–277	at home, 53, 65
	growth by state, 49
Earnings, 5, 8	inheritance in lieu of, 43
Eat, Pray, Love, 129	for mature workers, 43-44
Eating. See also Food; Weight loss	part-time, 55
amount, type, and time of, 74, 76–78	places, women and, 46

retirement and, 41, 244	FindYourSpot, 112
Social Security and, 42	529 plan, setting up, 277
Environment, changing, 78–89	Food(s):
Equestrian Communities, 157–158	in Continuing care retirement
Estate plan revisions, divorce and, 186	community checklist, 172
Exercise:	with fewer ingredients, 80
benefits of, 92–93	functional, 77
best, 93–94	low in calories, 79
brain and, 95–96	using smaller plates and tall glasses,
mitochondria and telomeres and,	80–81
74–76	weight loss and, 83
women vs. men, 11–12	Foreclosure tours, 113
Expense ratio, 258	Foreign transaction fees, 274
Expenses:	401(k) plans, 243, 249-250
health care, 234–237	4 percent rule, 232-253
inflation and, 233-234	Franchises, 57, 66, 67–68
long-term care insurance, 237–239	pros and cons of, 67–68
moving, 270–271	resources on, 66
in retirement, 230–239	suggestions for franchises 57
Exurbia, avoiding, 102	Free Luid, 113
	"Freemale," 6
Family, relocation and, 101	Tree Rice, 33
Fats, 84–86	Friends, choosing, 81
FDIC. See Federal Deposit Insurance	Fun, 34–35
Corporation (FDIC)	"Functional foods," 77–78
Federal Deposit Insurance Corporation	Funeral/memorial period, 218–219
(FDIC), 252	
Federal Long Term Care Insurance	Genetics, 70, 73–74
Program, 239	Geography, home and, 106–107
Feelings, about retilement and money,	Getty, J. Paul, 34
7–8	Giving back:
Fees, 242, 274–275	charitable giving, 34
Fellowship for International	Create the Good, 32–33
Community, 160	Free Rice, 33–34
Finances, 195, 229	Green volunteers, 33
Financial advisor vs. self, 241–242	National Wildlife Federation, 33
Financial fraud, AARP on information	online sites, 32–34
about, 243	Points of Light, 33
Financial help, 204	United We Serve, 33
Financial planning, divorce and, 183	VolunteerMatch, 33
Financial professionals, locating, 242	Goal setting, SMART and, 22

Golf, 158, 162	High density lipoprotein. See HDL
Grandchildren, 203–204	(high density lipoprotein)
rentagrandma.com, 205	Hira, Tahira, 8
traveling with, 28–29	Hire a companion, 28
Gray divorce, 186–192	Hispanic women, poverty rate of, 5
Great Outdoors, 156–157	HMOs, Original Medicare and, 234
Green, Janice, 182	HOAs. See Homeowners associations
Green house model, 144	(HOAs)
Green Volunteers, 33	Hobbies, 34
Grief:	Holmes and Rahe Stress Scale, 13
coping with, 193–194	Home-buying, 100, 101, 103-112
hospice grief groups, 194–195	Home care aides, Medicaid payment
normal process of, 196	for, 238
online grief support group, 197	Home Equity Conversion Mortgage
stages of, 193	(HECM), 256
Gym membership, dropping unused, 277	Home exchanges, 113–114
	Homeowner associations (HOAs),
Habitat for Humanity, 27, 198	107, 140
Hangar-homes, 158	Homeownership, 9, 100
Happiness, 6	Homesharing, 150
HDL (high density lipoprotein), 85, 86	Homeshoring (working from home),
Health. See also Health care	53, 65
AARP recommended screenings, 97	Hormones, 12–15
benefits, working part time with	Hormone therapy (HT), 90–92
lifestyle and, 70–71	Hospice grief groups, 194–195
living longer with, 73–74	Housemate, getting, 273
obesity and, 76	How to Retire Overseas: Everything You
spirituality and, 96–97	Need to Know to Live Well (for Less)
top ten threats, 71-73	Abroad (Peddicord), 146
Health and Wellness Communities,	HT. See Hormone therapy (HT)
158–159	
Health care:	Ideal Living Resort and Retirement
as expense in retirement, 7-8, 234-237	Expo, 112
options on coverage, 236–237	Income tax, 265, 266
relocation and, 101	Independence, 12
Health/personal care/services, in	Index funds, 258
Continuing care retirement	Individual Retirement Accounts (IRA),
community checklist, 170-171	243, 249–250
Health plan, relocation and, 104	Inflation, 233–234
HECM. See Home Equity Conversion	Informational interview, 52
Mortgage (HECM)	Infrastructure, retiring overseas and, 173
	-

Inheritance, boomers, AARP on, 43	social media sites and search engines,
Insurance:	4, 60, 65
car, reducing premiums on, 277–278	temping, 52
cost of, your home and, 273–274	volunteering, 52
coverage, adjusting health and, 221	working on the web, 60
life, 220	Job(s), 4, 65, 66. See also Interview; Job-
longevity, 262	hunting resources; Occupations;
medical, 31	Employment; Work
"Intentional community," 160	AARP WorkSearch, 46
Interest rates, 251	creation by 2018, 43
International Living, 146	finding a job, 65, 66
Internet, 31, 115–116, 199–200	growth, 47–48
Interview:	loss of, 10
informational, 52	online job sites, 66
job, 62–64	preparing for, 46–18
older women and, 44	salaries for, 4950
questions, behavioral, 45	Ten Best Ciries to Find a Job, 161
thank-you note after, 64	100
Investment portfolio, spending from,	Kalish, Nancy, 198, 199
232–233	
Investment:	Lavey, Joanna, 44
diversification and, 264	Language, 37, 174
relying on, 251	LDL (low-density lipoprotein), 85, 86
of short-term cash, 251–252	Learning. See Lifelong learning
single women vs. men, 8–9	Lesbian/Gay/LGBT Communities,
	150–151
Jeannette Rankin Foundation, 49	Letter Carriers, 154
Job-hunting resources:	Licensure and Certification, in
AARP best employers for workers	Continuing care retirement
over 50, 50	community checklist, 172–173
AARP "The Water Cooler," 51	Life-cycle funds, 254
creating your own job, 56-57	Life insurance, collecting benefits
franchises, 57, 66, 67–68	from, 220
homeshoring, 53, 65	Lifelong learning:
informational interview, 52	adult education, 37–38
networking and online job sites,	pursuing degree, 36
51–52	stimulating brain growth, 35–36
opportunities in education, 55-56	taking college classes, 36
part time with benefits, 55	Lifestyle:
Peace Corps, 56	AARP on effect of, 74, 82
seasonal positions, 54–55	active, 128
<u>*</u>	

Lifestyle (continued)	"Mancession," 10
health and, 70–71	Manufactured-Home Communities,
low-risk, 74	155–156
retirement and, 18-19	Manufactured homes, 151
Lindquist, Lee, 149	Marriage:
LinkedIn, 51, 199	delayed, 3
Liquidity needs, reviewing, 219–220	length of, divorce and, 184–185
Liquid poison, 82	"Marriage Advantage," 7
Live and Invest Overseas, 146	Martha Stewartville, 156
"Live the Good Life, for Less," 160	Marx, Groucho, 3
Living abroad, 161, 166	Massachusetts Institute of Technology,
Living area and accommodations,	classes through, 37
in Continuing care retirement	Master-planned communities, 139-142,
community checklist, 167–168	165
Living options, 105-106, 229. See also	Medicaid, 144, 238-250
Living options and community	Medical form, 224–226
condos, 108	Medical insurance, for cruise or trip
"Home Fit Guide," 103	abroad, 31
home insurance cost, 272–273	Medicare, 8, 144, 234, 235
home location, 106–107	Medicare supplemental (Medigap)
home requirements, 103–104	policy, 235
new, resale, or rental, 108–109, 110–111	Menopause and hormone therapy,
paying for a house, 107	90–92
priorities and personality, 104	Mental health, environment, genetics
problems lurking in the area, 199–110	and, 70
in retirement, 17–19	Metabolism, 76
selling your home, 268-271	Military Communities, 154
size and downsize, 107	Mind and body, men vs. women,
storage facilities, 110	6–7
Living options and community:	Mindless Eating (Wansink), 77
community associations, 107–108	Mitochondria, 74–76
developer solvency, 109	Money:
lifestyle as you age, 111–112	ideas for saving, 271-280
Lodging, finding, 31, 162–163	feelings about, 7–8
Loneliness, death of spouse and, 195	missing, searching for, 279
Longevity, 9–10, 70, 73–76	needs vs. wants, 231
Longevity insurance, 262	repositioning cruise and saving, 25
Long-term care insurance, 237–239	saving on food and drink, 279
Love, 12	sources in retirement, 243–251
Low-density lipoprotein. See LDL	withdrawal rate from investment
(low-density lipoprotein)	portfolio, 232

for women, scholarship, 49 National Institute of Health (NIH)women vs, men interest in, 8 AARP Diet and Health Study, 74, Monounsaturated fats, 85 82, 85 Mortgage: National parks, jobs at, 54 accelerating, 273 "National Singles and Unmarried Americans Week," 4 reverse, 255-256 Most Singles 55 and Older (U.S. News National Wildlife Federation, 33 & World Report), 161 Naturally occurring retirement Moving expenses, 270–271 community (NORC), 138-139 Moving in/contracts and finances, Nature and nurture, 70–71 in Continuing care retirement NEAT (non-exercise activity community checklist, 168-170 thermogenesis), 94 Moving in retirement, 101–103 Neighborhood development, adjoining neighbors' homes, 116 traditional, 129-132 asking for recommendations, Neotraditional communities, 129–132 Networking, 51–52 114-115 clean and create, 116-117 Networking opportunities, relocation curb appeal, 116 and, 101 deducting cost of, 270-271 Newspapers, local, 114 finding real estate agents, 114 New abanism communities, 129–132, getting help, 117–118 -164-165Non-exercise activity thermogenesis. keeping the house show-ready, 117 pricing your home, 115 See NEAT (non-exercise activity staging, 116 thermogenesis) using inspection, 117 NORC. See Naturally occurring using the Internet, 115–116 retirement community (NORC) Multigenerational living, 155, 166 Mutual Funds, 257–266 Obesity, 76, 81, 82 Occupational Outlook Handbook (U.S. NALCREST community. See National Bureau of Labor Statistics), 46–47, Association of Letter Carriers 49, 50 Retirement, Education, Occupations: Security and Training (Florida) for bachelor's degree and beyond, 48 (NALCREST) employment growth by state, 49 fast growing, 47-48 National Association of Insurance Commissioners, 238, 239 salaries and, 49-50 National Association of Letter One Day University, 38 Carriers Retirement, Education, Online book clubs, 35 Security and Training (Florida) Online dating experience, 200-202 (NALCREST), 154 Online degrees, 36 National Council on Aging, 257 Online games, 35

Online grief support group, 197 "Property Taxes on Owner-Occupied Online job sites, 51, 66 Housing as a Percentage of Online travel sites, for women, 25 Median Home Value, by State" Osher Lifelong Learning Institute, 38 (Tax Foundation), 266 Psychology, of single vs. married Panama, going solo in, 175–179 women, 6 Pantry, shop your, 277 Psychology Today, 6 Parents, caring for, 207-211 Paris, France, relocating in, 147 Racetrack, 156 Part-time job, with health benefits, 55 Readiness for retirement, quiz on, PBGC. See Pension Benefit Guaranty 16 - 17Corporation (PBGC) Recreational amenities, relocation and, Peace Corps, 56 Peddicord, Kathleen, 146 Recreational vehicle, volunteer Peeke, Pamela, 87 vacations and, 27 Pension Benefit Guaranty Corporation Recreation Vehicle Industry Association (PBGC), 248-249 (RVIA), 159° Pensions, 243, 248-249 Refunds, in resting in, 280 Personal financial specialist Rehl, Kathleen, 196 (PFS), 241 Reinvintion, 38–40 Personality, relocation and, 104-105 Relationships, 3, 12 Peterson, Jonathan, 184 Relocation. See also Living options; PFS. See Personal financial specialist Relocation decisions (PFS) abroad, 146-147 Planning, 8, 196, 241-243 boomers and, 100-101 Pocket Communities, 144, 166 places for, 101–102 Points of Light, 33 readiness of community, 111-112 Power of Attorney for finances, 211, reasons for, 101–103 216 Relocation decisions: PPOs, Original Medicare and, 234 adjoining neighbors' homes, 116 Preneed Funeral Planning Checklist, asking for recommendations, 211, 217 114-115 Preparedness for retirement, 19, creating clean space, 116-117 228-230 curb appeal, 116 factors affecting, 112-114 Preposterous portions, 79–80 Preventive health screenings/shots, finding real estate agent, 114 89-90 get help with moving, 117–118 Price-to-rent ratio, 111 keeping the home show-ready, 117 Priorities, death of spouse and, 194 pricing your house, 115 "Should You Retire Overseas?", Promotions, caregivers and, 11 Property taxes, 266, 271–272 173 - 175

staging, 116	Safety, 103–104, 175
using inspection, 117	Salaries, 4–5, 49–50
using the Internet, 115–116	Sales tax rates, 265–266
Renting, 108–109, 110–111	SAR technique, 45
Resale, 110–111	Saturated fats, 85
Respite care, 209	Savings and retirement, 228–229,
Resumes, 60–61	239–240
Retirees, tax-friendly and tax-unfriendly	Scholarship money, for women, 49
states for, 266	School, money for, 49
Retirement benefits:	Science, technology, engineering, and
claiming and calculation of, 245	math (STEM), 4, 5
collecting before retirement age,	Seasonal positions, 54–55
246-247	Second Career Volunteer: A Passionate,
eligibility of, 244	Pennywise Approach in Retirement
online statement, 247	(Traynor), 148
payroll taxes, 248	Security, single women and, 103–104
Retirement funds, "Lost," 249	Sedentary, being, 95
Retirement places:	Selling your home, 268–271
Best Places to Retire Abroad	Senior centers. See Community
(AARP), 161	centers
"Home and Family/Livable	Serior social assistance agencies, 66
Communities," 162	Settlements, divorce and, 186
"Live the Good Life for Less,"	Sex, 12
160	Sex and the Single Girl (Brown), 1
questions to consider, 173–175	Sexually transmitted diseases (STDs),
Ten Great Cities for Older Singles,	198
162	Shop your pantry, 277
Top Ten Best Places to Live and	Short-term cash, investment of,
Retire, 160	251–252
"Where to Retire If You Love the	Single Supplement, 22-24, 25, 26, 31
Outdoors," 160	Single-travel sites, 26
Retirement Ranger, 112	Sleep, weight loss and, 83
Retirement saving program,	SMART, 22
contributing to, 229	Smart-growth communities,
Reverse Mortgages, 255–256	129–132
Roizen, Michael, 82	Smoking, cigarette, 72, 73
Rolls, Barbara, 79	Social and recreational, in Continuing
Roth IRA, 249–250, 251	care retirement community
RV Home, 159–160, 166	checklist, 171
RVIA. See Recreation Vehicle Industry	Social media/social networking, 51–52,
Association (RVIA)	199
,	

Social Security, 229, 244	Target date funds, 254, 260
AARP Foundation on assistance with	Taxes:
grandchildren, 204	payroll, Social Security and, 248
annuities and, 261	retiring overseas and, 174
collecting early and, 246–247	for singles, states and, 282–283
on benefits, 247	states and, 264–268
divorce and, 183–184	Telephone bills, reducing, 275
federal government tax and, 268	Television costs, reducing, 275
information about Social Security, 280	Telomeres, 74–76
payments, 42	Temping, 52, 66
Social Security for Dummies (Peterson),	Ten Bargain retirement Spots (U.S.
184	News & World Report), 161
as source of money in retirement,	Ten Best Cities to Find a Job (Ajilon
243, 244–247	Professional Staffing), 161
Web site, 184	Ten Best Places to Live (and Retire) in
Social Security for Dummies (Peterson), 184	USA, 160
Social support, 9–10, 94	Ten Best Selling Master-Planned
Somers, Marion, 208, 209	Communities, 141
Southeast Discovery, 113	Ten Great Cities for Older Singles
Specific, Measurable, Attainable,	(AARP), 162
Realistic, and Time-sensitive	Ten Great Small Cities for Retirement,
(SMART). See SMART	160
Spending, 174, 271	Time magazine, 3, 110
Spirituality and health, 96–97	TNDS. See Traditional Neighborhood
Staff, in Continuing care retirement	Developments (TNDs)
community checklist, 171-172	Top Golf Courses for Women (Women's
STDs. See Sexually transmitted diseases	Golf magazine), 162
(STDs)	Top 10 Places to Live (and Retire) in
STEM. See Science, technology,	the United States, 160
engineering, and math (STEM)	Top Places to Retire (www.
Storage facilities, 110	topretirements.com), 161–162
Straus, Jillian, 6	Towns, small, 135–138, 161
Stress, 74, 76, 82	Traditional Neighborhood
Suburbia, avoiding, 102	Developments (TNDs), 129–132,
Supercentenarians, 73	164–165
Support system, 101, 128	Trans-fat, 85
Surgical procedures, losing weight	Travel:
and, 89	AARP information on, 22
	cheap, 29, 276
"Taking care of Business," 211, 215–216	disabled-person and, 29–30, 31–32
Talbots Scholarship Program, 49	with grandchildren, 28–29

hiring a companion, 28	Volunteer work, 32, 52
learning and, 28	Voluntourism, 26–27
in retirement, 22–23	
single-travel sites, 26	Waite, Linda, 7
tips from single women travelers,	Walking, 94, 102
30–32	Walk Score, 102
voluntourism, 26–27	Wansink, Brian, 77
women-only travel sites, 25–26	Water, 84
Traynor, Barbara, 148	"The Water Cooler," AARP, 51
Trips without single supplements, 31	Wealth, women control of, 11
The Truman Show (movie), 129	Weight, employment and, 44
20-20-20 Rule, 184–185	Weight loss, 76
2010 Affordable Care Act, 236	companies, 88
"2012: Top Ten Cities for Single	food and, 83
Women," 135	free programs, 89
	sleep and, 83
The Ultimate Volumetrics Diet, 79, 98	successful, behaviors of, 87
United We Serve, 33	surgical procedures and, 89
Universal design, 102	water 21.d, 84
University linked retirement	"What to Do When Your Husband Dies"
communities, 165	checklist, 196, 217–226
University of Michigan, University	Where to Retire If You Love the
Commons at the, 165	Outdoors," 160
Unmarried, number of, single women	Where to Retire magazine, 112
and, 3, 4	White women, poverty rate of, 5
Unsaturated fats, 85	Wider Opportunities for Women
U.S. Equal Employment Opportunity	(WOW), 232
Commission (EECC), 44	Widowed women, 4
	Will, 211, 215, 279–280
Vacation:	Women-only travel sites, 25–26
on cruise ship, 30	Women's Golf magazine, 162
education, 28	Woodlands (Texas), 139–142, 141, 155
at home, taking, 276	Work See also Job(s); Employment
volunteer, 26–27	flexibility about, 229
Veterans benefits, 220–221	women vs. men and, 10–11
Victoria Gardens, 128, 163	WOW. See Wider Opportunities for
The Villages (active-adult community),	Women (WOW)
126, 163, 164	
Volumetrics, 79	
VolunteerMatch, 33	Yale classes, 37
Volunteer vacation, 26–27	"Yellow dot," 210

http://www.phookshop.com

http://www.phookshop.com

http://www.phookshop.com