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job that involves interacting with others. A partial list of suggestions includes:

- Taking college or adult education courses
- Mentoring students as a volunteer
- Sharing experience and skills – for example, retired business people can coach entrepreneurs through local SCORE chapters (score.org)
- Joining a local senior center or other social group and make new friends
- Getting involved in church or civic activities
- Spending more time with family (another good mentoring opportunity)
- Starting a part-time business – Internet-based businesses can provide excellent opportunities, even if it’s just selling all those unused items in the attic, basement and garage on eBay
- Connecting with family and friends on social media such as Facebook

And if you have a spouse or friend who can join you, so much the better.

Take care of fundamentals

Of course, eating healthfully, exercising and getting proper sleep offer body and mind benefits.

Keep experimenting

Understand that happiness may require some searching. A first stab at a part-time job, for example, could be disappointing, and you might find you’re not really the next great American novelist. Keep experimenting until you find something that clicks. When you do, you’re not fighting depression; you’re living with purpose.



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65	4.7%
70	5.1%
75	5.8%
80	6.8%
85	7.8%
90	9.0%

Source: American Council on Gift Annuities.

The table illustrates sample rates of return according to your age.

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Avoiding depression after retirement

Some relish retirement with its free time to do just as one pleases. Others fall into a funk.

People who loved (or were accustomed to) their career can suddenly feel empty and lost minus the productivity and social aspects of work. Even those who disliked their jobs can feel so. While depression can creep in -- draining interest and enthusiasm in the form of melancholy, fatigue, restlessness, pessimism or a sense of hopelessness -- developing the right outlook and habits will help retired people lead happier lives.

First, prepare the mind

Be conscious that this big change in lifestyle can bring lows as well as highs. Being mindful of any mental/emotional sabotage is the first step to avoiding it. Step two is taking action to set a course for productivity and fulfillment – however you define them.

Before retiring, imagine how you would fill your time in a typical week or year, and discuss your vision with someone close.

Viewed as the opportunity to fulfill dreams and goals, retirement can be more rewarding. While the possibilities are many, putting structure to the possibilities can help with their realization.

Create structure and define purpose

By thinking about and deciding on your unique purpose and what you want to accomplish, you have a mental guide for each day. Pursuing a hobby, playing a sport, mentoring others, volunteering, helping your family, developing a skill, acquiring new knowledge... whatever it is, give it shape in your mind.

Cultivate an attitude of excitement to take on the day, because you’re doing what you love.

When you create structure, purpose and direction – and a schedule – you have a familiar path to reach life goals.

Stay active and engaged

For many retirees, friendships fall away once the workplace connection is cut.

Social isolation and inactivity are destructive. At least some of a retired person’s activities should be social, whether that means exercising at a gym, connecting with neighbors, volunteering at a charity, or even taking on a part-time

Vernon receives three distinctions



Our Vernon campus enjoyed important recognitions this year. For the 14th year running, Vernon Green won the area-wide “Best of the Best” consumer’s choice award for nursing homes. At the same time, Vernon Hall won the same distinction for the seventh year in a row in the Assisted Living category.

In June, Vernon Green was also found to be “deficiency-free” during a state and federal inspection that nursing homes undergo annually. Anyone familiar with the volume and intensity of nursing home regulations will understand that this is a rare and exceptional achievement. Currently only eight to 10 percent of nursing homes nationwide are found deficiency-free when inspected.

Most important, these distinctions reflect the caliber of service received by the residents in our care. As enjoyable as it is to be recognized, our chief gratification is in knowing that the seniors of our communities are living where the highest of standards are held – and practiced.

Congratulations to Executive Director Brad Ellis and the staff in Vernon!

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Two hundred residents of Kittery, Maine enjoy the warmth of a knitted wool cap every year, thanks to the skilled hands and gracious heart of Mrs. Joanne Norris, who has resided at Meetinghouse Village together with her husband Martin since 2007.

Joanne, whose talents also include hooked rugs and needlepoint, has been knitting the caps as an annual project for several years now. No two caps are knitted or decorated the same, reflecting the artistic touch she applies to each one. The caps are for all ages: infant through adult. Late in the year she donates them to charities that provide gift boxes to needy local families as well as to a local food pantry.

As noted, Joanne's needlepoint creations are a kind of specialty. Large and detailed, they grace the walls of her Meetinghouse apartment and have also been put on display.

We're pleased to serve people like Joanne who, in turn, serve the needs of others.

**Busy hands.
Generous heart.**



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