

Planning for your retirement-- here are some pointers

Several readers have expressed an interest in a listing of resources they could use when planning their retirements. There are many! In this issue, health and law are included. In the next issue, look for finance, leisure and opportunities.

Health Planning

Planning Your Retirement: The Complete Canadian Self-Help Guide. Blossom T. Wigdor, Ph.D.; Editor, Grosvenor House Press Inc., Toronto/Montreal 1985. Chapter 1, pages 20-26 and chapter 4, pages 84-113.

Retirement Guide for Canadians: Plan Now for a Comfortable Future. Henry S. Hunnisett, 7th Edition, International Self-Counsel Press Ltd., Vancouver, B.C. 1984. Chapter 22, pages 249-257.

It's Never Too Early: A Guide to Planning and Enjoying Your Retirement Lifestyle. Sidney Kling and Joseph Levy, Stoddart Publishing Co., Toronto, 1985. Chapters 4,5 and 6, pages 54-122.

An Ounce of Prevention: The Canadian Guide to a Healthy and Successful Retirement. Michael Gordon, M.D., Prentice-Hall Canada Inc., Scarborough, 1984. Chapter 3, pages 34-44, chapter 4, pages 45-94.

Retirement planning seminars

The Ontario Ministry of Agriculture and Food (OMAF) and farm couples in your area will be co-ordinating retirement planning seminars for farm people-whether couples or on-your-own-in February and March 1991.

A bilingual seminar will be held in Gananoque and English seminars will be held in Alliston, Stratford and Leamington.

More details will be available from your local OMAF offices by late November.



Old Enough to Feel Better: A Medical Guide for Seniors. Michael Gordon, M.D., Key Porter Publishers, Toronto, 1981. Part I: A Guide to Health and Aging, pages 7-140. Part II: The No-Age-Limit Medical Adviser, pages 141-377.

A Time to Enjoy: The Pleasures of Aging. Prentice Hall Inc., Englewood Cliffs, N.J., 1979.

Love and Sex After Sixty. Robert N. Butler, and Myrna L. Lewis, Harper and Row, N.Y., 1977.

The Nuts and Bolts of Nutrition. Ontario Dietetic Association, Dietetic Services, Ontario Hospital Association, 150 Ferand Dr., Don Mills, Ontario, M3C 1H6.

Nutriscore. The Rate Yourself Plan for Better Nutrition. Ruth Fremes and Zak Sabry, Methuen Publishing Co., Toronto, 1981.

Stress. Ontario Blue Cross, 150 Ferand Dr. (see above), 1978.

Stress Without Distress. Hans Selye, The New American Library of Canada Ltd., Scarborough, 1975.

Contexts of Aging in Canada. Ann Fales, Dorothy McKerracher and Deborah Vigoda. O.I.S.E. Press, 252 Bloor St. West, Toronto, M5S 1V6.

Love, Sex and Aging. Edward M. Brecher and the Editors of Consumer Reports Books, Little Brown, Toronto, 1984.

Magazine articles in:

Discovery-for Seniors and 50 Plus, 222 Bedford Rd., Toronto, M5R 2K9.

Foresight-The magazine for Mature Canadians, Oates Press Ltd., 9821-108 Street, Fort Saskatchewan, Alberta, T8L 2J2.

Legal Information

The Older Person and the Law: An Information Handbook. Canadian Pensioners Concerned, Ontario Division, third printing, 1982. Available from Ontario Government Bookstore, 880 Bay Street, 5th Floor, Toronto, M7A 1N8.

Retirement Guide for Canadians: Planning Makes the Difference. Henry S. Hunnisett, International Self-Counsel Press, Available at Classic Bookstores, Grand & Toy.