

## Some Resources for Retirees

The following are some community resources that may be of use to retirees:

### **Senior Resource Center**

<https://yoursrc.org/>

“SRC informs about and creates opportunities that allow older residents of Douglas County to remain independent and active in their homes and communities and assists them with necessary transitions. Programs are designed to meet the variety of interests and needs of older adults and their families across the spectrum, from the active Baby Boomers to the frail elderly. SRC is the designated go-to place for guidance on issues about aging in Douglas County, Kansas.”

### **Lawrence Public Library’s Retirement Bootcamp**

<https://lplks.org/retirement/>

“Welcome to Retirement Boot Camp, Lawrence Public Library’s two-year pilot program designed to help people transitioning to retirement find health, happiness, purpose and peace of mind. (And fun. Can’t forget about the fun part!)”

### **Lawrence Parks and Recreation Lifelong Recreation**

<https://lawrenceks.org/lprd/lifelongrecreation/>

“LPRD Lifelong Recreation programs focus on fitness, education, social engagement and travel for all adults with a focus on the schedule and interests of people age 50 and older. Programs are held at four community recreation centers and satellite locations in Douglas County. Travel includes local field trips, day trips, regional and extended travel.”

### **Osher Institute:**

<https://lpe.ku.edu/osher-home>

“The Osher Lifelong Learning Institute at the University of Kansas is a part of KU Professional & Continuing Education. We are committed to creating accessible and innovative learning environments throughout Kansas and the Greater Kansas City area, with special focus on participants age 50 and over although anyone can participate. Learners from all backgrounds and levels of education are welcome to enjoy the benefits of Institute membership.”

### **AARP Tax Aide**

[https://www.aarp.org/money/taxes/aarp\\_taxaide/locations.html](https://www.aarp.org/money/taxes/aarp_taxaide/locations.html)

“AARP Foundation Tax-Aide provides in-person and virtual tax assistance free of charge with a special focus on taxpayers who are over 50 or have low-to-moderate income. Tax-Aide volunteers are located nationwide and are trained and IRS-certified every year.”

### **KU School of Law—Elder Law Field Placement**

<https://law.ku.edu/academics/hands-on-learning/field-placements/elder-law>

“Students in the Elder Law Field Placement work under the supervision of attorneys from Kansas Legal Services.

Students assist seniors with a variety of legal issues, including income maintenance, access to health care, housing and consumer protection. Students also interact with clients and prepare documents, such as durable powers of attorney, powers of attorney for health care decisions and living wills.”

### **Jayhawk Area Agency on Aging, Inc.**

<https://www.jhawkaaa.org>

“Jayhawk Area Agency on Aging (JAAA) has been assisting seniors for almost 40 years. JAAA can provide assistance to seniors and adults with disabilities needing various levels of support. JAAA will help individuals maintain their independence by providing programs and services such as information and assistance, in-home services, minor home repair, case management, and much more. These programs and services, among others are available in Douglas, Jefferson and Shawnee Counties in Kansas. If you do not live in these three counties you may find help through an [Area Agency on Aging](#) in your county.”

### **KU Gerontology Program**

<http://gerontology.ku.edu/wh-we-are>

“The Gerontology Program is actively engaged in service and outreach both locally and nationally. We organize public education events where community members learn about cutting-edge research conducted by both KU professors and visiting scholars. Our [affiliated faculty](#) have prominent roles in their professional organizations and are regularly asked by media outlets to share their expertise on current events affecting older adults.”

### **KU Medical Center Landon Center on Aging**

<https://www.kumc.edu/research/landon-center-on-aging/about.html>

“Named for Sen. Kassebaum's parents, the Theo and Alfred M. Landon Center on Aging includes:

- a Geriatric Medicine Clinic providing both primary care and consultative services

- facilities for researchers to study important aging-related issues such as prevention and treatment of disability, patterns of healthcare delivery and cognitive function
- coursework for the next generation of healthcare providers to learn from faculty about the care of older adults in state-of-the-art classrooms
- an optimal location for community participants to engage in a variety of outreach programs from fitness and exercise to elder law clinics and brownbag presentations.”

### **KU Alzheimer’s Disease Research Center**

<https://www.kumc.edu/research/alzheimers-disease-research-center.html>

“The KU Alzheimer’s Disease Research Center is one of only 33 centers nationally designated by the National Institute on Aging. We bring access to direct care, research studies and strategies to support brain health to our community and our region.

Our mission at the KU ADRC is clear: We exist to improve the lives of patients and families by eliminating Alzheimer's disease through treatment and prevention. Bringing that mission to life requires diverse input and community engagement; we will not solve this puzzle alone, but we will solve it.”

### **Volunteer.KU.Edu**

<https://volunteer.ku.edu>

“A volunteer and volunteer management resource for all KU students, faculty, staff, and campus organizations.”

### **United Way of Douglas County Volunteer Opportunities:**

<https://www.volunteerdouglascounty.org/welcome-new-volunteers/>

“United Way of Douglas County provides an array of meaningful opportunities with over 100 nonprofit programs in Douglas County, making it easy for you to volunteer.”