While you may have put a lot of effort into preparing financially for retirement, how much thought did you give to preparing for the non-financial aspects of this new life phase? Retirement is a major life transition that can bring unexpected changes to self-perception, relationships with family/friends and many other aspects of your life. During this interactive session, you will learn some strategies that can help make this life chapter your best, such as: the 5 stages of retirement; the four reasons retirees return to work; how to find purpose in life using the “Igazi” technique; controlling your diet using the “Hara Haichi bu” approach, and the main reasons centenarians give for living a long life.

Sue Barnes has been the director of the UCLA Emeriti/Retirees Relations Center since 2016. Prior to coming to UCLA, she served in various managerial roles on the UC Davis campus for more than 22 years, most recently as the director of the UC Davis Retiree Center. While directing the UC Davis Retiree Center, Sue initiated retirement transitioning classes for faculty and staff and partnered with other campus departments and community organizations to develop dynamic programs and services for retired faculty and staff. In addition, she recently served as the president for the Association of Retirement Organizations in Higher Education (AROHE), a national nonprofit organization that gathers, disseminates and fosters transformative theory, practices and programs for all stages of faculty and staff retirement. She has extensive experience with event planning, volunteer management and program development. She has a passion for serving older adults and is constantly inspired by the spirit and positivity among retirees, and this may be our only chance to hear her speak as she is retiring herself next June.