

## Helpful Free Resources

### Retirement Plan Information

1. **OPERS**, Retirement program info, [www.opers.ok.gov](http://www.opers.ok.gov), 405-858-6737, (800-733-9008 outside local calling area)
2. **SoonerSave**, SoonerSave info, [www.soonersave.com](http://www.soonersave.com), 405-858-6737 (800-733-9008 outside local calling area)
3. **Social Security Administration**, Retirement benefit info, [www.ssa.gov](http://www.ssa.gov), 800-772-1213
4. **Department of Labor**, Retirement plan info, [www.dol.gov/dol/topic/retirement/index.htm](http://www.dol.gov/dol/topic/retirement/index.htm), 866-487-2365

### Money Resources

1. **Federal Government Financial Literacy and Education Commission (FLEC)**, Financial planning info, [www.mymoney.gov](http://www.mymoney.gov), 1-888-mymoney
2. **Department of Labor**, Retirement planning info, [www.dol.gov/ebsa/publications/nearretirement.html](http://www.dol.gov/ebsa/publications/nearretirement.html)
3. **AARP**, Financial and retirement planning info, [www.aarp.org](http://www.aarp.org)
4. **Financial Planning Association**, Financial and retirement planning info, [www.fpaforfinancialplanning.org](http://www.fpaforfinancialplanning.org)
5. **Int'l Retirement Resource Center**, Retirement income and financial planning info, [www.retirement-resource-center.com/retirement-readiness/consumers-and-employees](http://www.retirement-resource-center.com/retirement-readiness/consumers-and-employees)
6. **American Savings Education Council**, Retirement saving info, [www.choosetosave.org](http://www.choosetosave.org)
7. **Securities & Exchange Commission**, Investing info, [www.investor.gov](http://www.investor.gov), 888-732-6585
8. **National Endowment for Financial Education**, Money management info, [www.myretirementpaycheck.org](http://www.myretirementpaycheck.org)
9. **Financial Industry Regulatory Authority**, Investing and advisor validation info, [www.finra.org](http://www.finra.org), 800-289-9999
10. **Women's Institute for a Secure Retirement**, Retirement info for women, [www.wiserwomen.org](http://www.wiserwomen.org), 202-393-5452
11. **American Federation of State, County and Municipal Employees**, Guide to retirement, [www.afscme.org/publications/1276.cfm](http://www.afscme.org/publications/1276.cfm), 202-429-1000
12. **Federal Trade Commission**, Consumer protection info, [www.ftc.gov](http://www.ftc.gov), 877-382-4357
13. **American Bar Association**, Estate planning info, [www.abanet.org](http://www.abanet.org), 800-285-2221
14. **IRS**, Tax info, [www.irs.gov](http://www.irs.gov), 800-829-1040

### Health Resources

1. **AARP**, Healthy living tips for older Americans, [www.aarp.org](http://www.aarp.org)
2. **U.S. Department of Agriculture**, Dietary guidelines, [www.mypyramid.gov](http://www.mypyramid.gov)
3. **Centers for Disease Control**, Healthy living info, [www.cdc.gov](http://www.cdc.gov), 800-232-4636
4. **SmallStep**, Health and well-being info, [www.smallstep.gov](http://www.smallstep.gov)
5. **Alliance for Aging Research**, Healthy aging info, [www.agingresearch.org](http://www.agingresearch.org), 202-293-2856
6. **National Institute on Aging**, Aging research, [www.nia.nih.gov](http://www.nia.nih.gov), 800-222-2225
7. **Active Aging Partnership**, Physical activity info, [www.agingblueprint.org](http://www.agingblueprint.org)
8. **National Council on Aging**, Improving lives of older Americans, [www.ncoa.org](http://www.ncoa.org), 202-479-1200
9. **Administration on Aging**, Aging services info, [www.aoa.gov](http://www.aoa.gov), 202-619-0724
10. **Medicare**, Medicare info, [www.medicare.gov](http://www.medicare.gov), 800-633-4227
11. **NIH Senior Health**, Health and wellness info, [www.nihseniorhealth.gov](http://www.nihseniorhealth.gov)

### Happiness Resources

1. **AARP**, Staying engaged in retirement, [www.aarp.org](http://www.aarp.org)
2. **Encore**, Meaningful careers, [www.encore.org](http://www.encore.org)
3. **HelpGuide.org**, Aging well & housing info, [www.helpguide.org](http://www.helpguide.org)
4. **Civic Ventures**, Work after a primary career, [www.civicventures.org](http://www.civicventures.org), 415-430-0141
5. **National Older Worker Career Center**, Employment opportunities, [www.nowcc.org](http://www.nowcc.org)
6. **Experience Works**, Training for older workers, [www.experienceworks.org](http://www.experienceworks.org), 866-976-5939
7. **Senior Corps**, Volunteer opportunities for seniors, [www.seniorcorps.gov](http://www.seniorcorps.gov), 800-424-8867