



Welcome!

The Truth about Finding Purpose After Retirement

So many questions and so little time! We realize that when attending seminars, it can sometimes feel as though you are drinking water from a firehose, so feel free to use this worksheet as a tool to help you prepare for the audience Q & A portion of the program at the end. Remember... **every question is a GOOD question!!!!**

Hosts/Moderator:

- Annette & Brett Junell, Downsizing Coaches & Realtors, Junell Realty Group – Retired Moves Division @ Keller Williams (775) 432-6300

Panelists:

- Kelley Macmillan, Ph.D., LSW, Director Community and Social Services, Sanford Center for Aging, School of Medicine, University of Nevada, Reno
- Annie Monnig-Reid, MBA, MSW, LSW, Program Director, Senior Outreach Services, Sanford Center for Aging, School of Medicine, University of Nevada, Reno

My burning question starters:

I was wondering... I am curious about... I had this friend who wanted to know...
What if... I've always wanted to know... I heard... Would you clarify...

My burning question(s):

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Question(s):

- 1) Am I currently living a life full of purpose, meaning and fulfillment? Yes | No

- 2) What is the one thing I could change about my life to live a longer and richer life?

Notes:

Resource(s):

- Senior Outreach Services, Sanford Center for Aging, School of Medicine, UNR | <https://med.unr.edu/aging> | (775) 784-4774 | sanford@unr.edu.
- Seniors in Service Nevada | <https://seniorsinservicenevada.org> | (775) 358-2768
- OLLI/UNR (Osher Life Long Learning Institute) <https://olli.unr.edu> | (775) 784-8053
- TMCC Silver College, <https://tmcc.edu> | (775) 673-7111
- <https://www.meetup.com>