

Broome County Office for Aging

Positive Aging Academy

Web Sites to Explore on Positive Aging

<http://www.thebluezones.com> - There are videos and many areas to explore. In addition to the Power Nine to longevity, you may also be interested in a community project in Minnesota. Type Albert Lea Project in the Search window to learn about the AARP/Blue Zones collaboration.

<http://www.SecondJourney.com> - A newsletter published 4 times a year with topics of interest to active older adults. Each year one topic is the focus of the articles. This year - Community Building; 2009 - Purpose. A good source for conferences, workshops and even poetry for elders.

<http://www.theonequestion.com> - Explores life's purpose and passions. Site has tests, articles and exercises to define life purpose as well as more websites on purpose. Just click on Questionnaire, then chose which test you wish to take.

<http://www.authentichappiness.sas.upenn.edu> - From the work of Dr. Martin Seligman and the Positive Psychology Center at the University of Pennsylvania. You must register; no emails will follow. Site has Questionnaires on many topics including Strengths, Happiness, and Grit. Click on the test you wish to take, fill out the answers and submit. A response with scores and some comments about the qualities of the particular characteristics being tested.

<http://www.inventuregroup.com> - Most useful spot is Resource Center. Click on the Title of each article (in blue). You can also scroll down to find many more articles in PDF. Primarily Richard Leider's work on Purpose in the Second Half of Life.