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Conference to reinvent retirement

Life Coach Lin Schreiber to give keynote address

By CHRISTINE NEFF

The first of the nation's baby boomers -- a segment of the population born between 1946 and 1964 -- celebrated a 60th birthday last year. As those boomers approach an age typically associated with retirement, they have big decisions to make about the future.



To assist retirees and soon-to-bes in examining their life options, the Newark Senior Center will host a conference, "Living with Passion and Purpose," on Thursday, Feb. 8, and Friday, Feb. 9. The conference will feature exhibits, workshops and talks by retirement experts.

Life Coach Lin Schreiber, a self-described "retirement revolutionary," will headline the event. For Schreiber, the dictionary definition of retirement -- "to withdraw," "to recede from action," and "to go to sleep" -- has little appeal to retirees of today that live longer and stop working earlier.

Instead of looking at retirement as an end, retirees, said Schreiber, should think of it as a transition into the next stage of their lives. They should explore their passions and interests and discover those activities that will fulfill them in the next stage.

"The traditional retirement model is, 'You've worked hard your whole life. Now it's time for you to rest and play.' There's nothing wrong with rest and play, but it can be like going from a workaholic to a play-aholic. Where's the balance in your life? What's the purpose," she said.

Schreiber recommends people start looking for their purpose in the years leading up to retirement. "Ideally, people will start to think about this two to five years before they think they want to retire....It's possible, even when we're living full, working lives to start to explore some of the areas we may want to be engaged in more fully once we've made the transition," she said.

As a life coach, Schreiber has worked with people who started their own businesses in retirement and explored forms of creative expression, such as painting and writing. Many people get involved in service and volunteer work, she said.

One of her dreams is that a percentage of the nation's 76-million baby boomers "resurrect the idealism of the 1960s" and dedicate their retirement years to service. "If we resurrected that idealism and brought our wisdom and resources, experiences and

skills to solve the problems of our communities, we could transform the planet," she said.

Schreiber and other retirement experts will speak on their experiences on Thursday, Feb. 8, from 7 to 8:30 p.m., at the Newark Senior Center.

On Friday, Feb. 9, the conference begins at 9 a.m. Events include a keynote address by Schreiber titled "(Perfectly legal) ways to awaken your passion, fire up your purpose and ignite your pizzaz!" and workshops held on various topics throughout the day.

All events are free and open to the public. Schreiber recommends retirees and pre-retirees attend. "It's not going to be about retiring. It's going to be about what's next for you, and how do you tap into what lights you up, your passion," she said.

For more information, visit www.newarkseniorcenter.com.

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