Copy the website address and paste it in your browser. Updated October 11, 2026. *New

AARP Articles

12 things to Tell Your Kids About Your Money
https://www.aarp.org/money/personal-finance/sharing-financial-information-with-adult-children/

50-Plus Disaster Preparedness
https://www.aarp.org/content/dam/aarp/research/topics/technology/internet-media-devices/disaster-preparedness-50-plus.doi.10.26419-2Fres.00727.001.pdf

Why You Should Think About Your Digital Assets Before You Die
https://www.aarp.org/personal-technology/remember-digital-assets-in-your-will/

Family Caregiver Resources for Washington
https://www.aarp.org/states/washington/caregiver-resources/

Of General Interest

Homage Senior Services, has moved to Everett with many services for Seniors in Snohomish County—Nutrition Services, Social Services, Health and Wellness Services, Home Repair Services, Transportation Services
www.homage.org

How to Volunteer as a Senior
https://aginginplace.org/lifestyle/how-to-volunteer-as-a-senior/

Senior Living Near You
https://www.seniorguidance.org

Moving Tips for Seniors
https://www.movesforseniors.com/wp-content/uploads/2014/06/Senior-Moving-Checklist.pdf

*Longtable Circles: a way to bring people together, a small group of neighbors who share one interest and meet on a regular day
longtablecircles.com

Health

Falls Prevention Resources
https://acl.gov/FallsPrevention

How to Safely Pick Up a Senior or Yourself After a Fall
https://www.agingcare.com/articles/pick-up-a-senior-after-a-fall-170447.htm

Senior Health Risk Calculators for Healthy Aging
www.calculators.org/health/aging.php

Medicare Costs Overview
https://www.medicare.gov/basics/costs

Dental Care Tips for Caregivers
www.coastdental.com/blog/dental-care-tips-for-caregivers

Mesothelioma—caused by exposure to asbestos
https://www.mesotheliomaguide.com/mesothelioma/

Alzheimer's & Dementia

Alzheimer's Information at Alzheimer's Association
https://www.alz.org/

Alzheimer Support—Memory Care Facilities Nationwide
https://www.memorycarefacilities.net/senior-living/dementia-care-facilities/

Find Memory Care Facilities in Washington
https://www.memorycarefacilities.net/assisted-living/washington/

Benefits of Cooking with Alzheimer's" A Caregiver's Guide
www.culinaryschools.org/blog/cooking-with-alzheimers/

Exercise—Physical and Mental

Exercise for Seniors
www.nlm.nih.gov/medlineplus/exerciseforseniors.html

22 Chair Exercises for Seniors & How to Get Started
https://www.vivehealth.com/blogs/resources/chair-exercises-for-seniors

Stress & Depression

Symptoms Seniors Can't Afford to Ignore
www.healthline.com/health/senior-health-symptoms

Depression and Older Adults
https://www.nia.nih.gov/health/mental-and-emotional-health/depression-and-older-adults

Home Safety

Home Safety Tips for Older Adults
https://www.healthinaging.org/tools-and-tips/tip-sheet-home-safety-tips-older-adults

Senior Travel Information

Seniors Traveling Solo: Some Great Solutions
https://seniorplanet.org/travel-solo-no-problem/

Senior Travel and Vacations
www.seniorliving.org/travel