

1. "New tool for those debating retiring" by Eileen Ambrose (_Baltimore Sun_, July 22, 2008).
<http://www.baltimoresun.com/business/investing/bal-bz.ym.ambrose22jul22,0,4246352.column>

2. "National Association of Area Agencies on Aging Rolls out Nationwide Senior Housing Resource During Annual Meeting in Nashville," (_Marketwatch.com_, July 21, 2008).
<http://www.marketwatch.com/news/story/national-association-area-agencies-aging/story.aspx?guid=%7B22972C4B-72A2-40E5-A64A-C31541F16221%7D&dist=hppr>

3. "Gray and Green Together: Older Adults Can Play Role in Creating Healthier Environment," (Gerontological Society of America via Eurekalert [American Association for the Advancement of Science], July 23, 2008). <http://www.geron.org/press/sp08ppar.htm>

4. **SAVINGS THROUGH DISEASE PREVENTION** The Trust for America's Health has found that a modest investment of \$10 per person per year in disease prevention can lead to significant savings for both public and private healthcare programs. In proven community-based programs to increase physical activity, improve nutrition, and prevent smoking and other tobacco use could save the country more than \$16 billion annually within five years. According to the report, the evidence shows that implementing these programs in communities reduces rates of type 2 diabetes and high blood pressure by five percent within two years; reduces heart disease, kidney disease, and stroke by five percent within five years; and reduces some forms of cancer, arthritis, and chronic obstructive pulmonary disease by 2.5 percent within 10 to 20 years.
<http://healthyamericans.org/reports/prevention08> or
<http://healthyamericans.org/reports/prevention08/Prevention08.pdf>

5. US SOCIAL SECURITY ADMINISTRATION: "Retirement Calculator," (July 2008). "The Retirement Estimator produces estimates that are based on your actual Social Security earnings record."
<http://www.socialsecurity.gov/estimator/>