My title at CBS Records at the time of departure was Associate Director of Personnel, working to improve the communication between Division and Corporate. My skills were people skills - and dealt with the human resources needs for CBS Records employees.

My present job for the past nine years has been as Secretary to the Senior Adult Department of the JCC on the Palisades in Tenafly, NJ. It is a very large facility incorporating community needs from early childhood to senior citizens as well as social, religious, educational and a huge health and recreation area. I started this job on a part-time basis, but after six months went to full time.

I went back to work for most of the reasons listed in your questionnaire. I had too much time on my hands and my friends were all working so there were very few people with whom to socialize. Yes, I missed being away from the workplace and a weekly paycheck with many benefits were most welcome.

I have also had the opportunity to learn modern office machines, including the computer. I have made new friends, both younger and a few older (not many) than I.

About my free time - Well, I mostly play it by ear. I have done some traveling. I visit with my grandchildren and they come visit with me and I take them to work. There's always something for them to do here and I can do my work without taking time away from work. I have become an exercise 'nut' and devote at least an hour a day utilizing the health and recreation area. Healthwise, it's the best thing I can do for myself.

Abundance of free time without planning is a nightmare. I thought that I could work on what I wanted to do with my free time once I was free of the responsibilities of my position at CBS. Not so! Planning is extremely important.

My advice is plan, plan, plan what you are going to do! Hobbies, friends, finances!

PREP was helpful when I took the program. But, I really didn't believe that I would get caught up in the syndrome of watching television (I hate the daytime programming), and spent too much wasted time looking for something to do.

I don't know that PREP can really prepare one for what's going to happen after retirement. People are different with diverse needs. Some people can sit and relax all the time; some people need people; some people have to be productive (that's me) and feel they are accomplishing whatever. How to tackle this in a Program is a problem. I will be glad to sit down with someone and try to develop a strategy that might be able to hit 'home' for retirees.

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