



# **You Only Retire Once: A Baby Boomer Looks at Health, Finance, Retirement, Grown-Up Children ... and How Time Flies**

*Tom Sightings*

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We face a lot of choices as we cross the threshold into the wide-open but sometimes-scary world of retirement. That's why some five years ago Tom Sightings started the blog, Sightings Over Sixty, which covers "health, finance, retirement, grown-up children and ... how time flies." He has now collected the best and brightest of the posts, adapted them and organized them into ten categories focused on retirement. The information and advice go beyond the obvious. The observations are amusing and a little offbeat. As Sydney Lagier of Retirement: A Full-Time Job says, "Sightings Over Sixty is my favorite blog. As a fellow retiree, I appreciate his often humorous take on retired life. And as a fellow writer I appreciate the wonderful writing." Sightings is a baby boomer, one of millions who are now starting to retire. Boomers are hitting their 60s. They will live longer than any previous generation and have 20, even 30 more years ahead of them. Some Type-B boomers may simply want to hang around home, read books, putter in the garden. And as Sightings says, "There's nothing wrong with that. You've earned it!" Those who are a little more wired might continue to work -- or volunteer, help raise grandchildren, hike the Pacific Crest Trail. As long as they have the energy, they'll just keep charging ahead. Welcome to the world of retirement. Remember, you only retire once, so you might as well do it right, and live long and prosper.

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