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FREE

Redefining Retirement in the 21st Century

What it Means to Come Out of Retirement:
Joette Lookabaugh's story

Five Ways to Increase Your Brain Power

The Healing Touch of Pet Therapy

Economic Uncertainty Forcing Retirees to Re-enter the Workforce: In Honor of Older Americans Month Career Expert Shows Aging Workers How to Market Their Experience

SANTA BARBARA, Calif. - February 24, 2009 - In an American Association of Retired Persons (AARP) survey conducted last May, 25 percent of respondents between the ages of 45 and 54 said they planned to delay retirement due to the economy. More than one in four of these respondents indicated they're finding it difficult to pay the mortgage or rent, and a third stated that money is so tight they've stopped contributing to their retirement accounts. In honor of May as Older American's Month, Captain Karen Kahn a career expert is reaching out and offering advice to those who may be contemplating delaying retirement or re-entering the work force to maintain financial stability.

Having spent the last 30+ years at 30,000 feet with other people's lives in her hands, Captain Kahn certainly has mastered the art of confidence, determination, communication and professional and personal growth. Today, as an inspirational speaker, author, career counselor, environmental activist and one of the few pioneering female pilots still working, she is motivating and inspiring others on how they too can harness their inner Captain and soar through their careers and lives embodying these traits.

Despite the current economy, Captain Kahn says, "Retirees and others who are considering re-entering the workforce, need to remember that desire, determination and persistence matter most. However, many younger job competitors will not possess the same level of maturity. This is a bonus skill that should be highlighted in the search process."

Captain Kahn provides this additional advice for people considering re-entering the workforce after retirement or who are changing professions.

1. Use your "maturity" to substantiate your experience and credibility.
2. Use current situations to demonstrate the value of your skills.
3. Remember you know a whole lot more than the person you are talking to does. Let them feel you are excited to share your knowledge with them.
4. Use your skills to consult with a previous employer or competitor. You have valuable information to share with them about your generation as consumers as well as how younger audiences can benefit from your knowledge.
5. Mentor seniors or pre-college groups on your specialty and how they can apply your knowledge to benefit their career pursuits.
6. Network with friends, family and others to determine if they may be good sources for job referrals that will help you move your career goals forward.
7. Don't set impossible goals for yourself. You didn't achieve your current workplace status overnight, so don't expect to transition to something else with minimal effort. Your future employer will appreciate your careful, considered transition and

recognize you are serious about your career change if you show that you've made well-timed steps that reflect realistic planning.

8. The art of networking is a time-honored process. Strive to cultivate people who can help you with future employment, making repeated contacts, if necessary to strengthen the networking bond."

Using your Age to your Advantage

Captain Kahn added, "Being too old is mostly a state of mind. It is up to you to scrutinize your available resources and determine what you are willing to sacrifice to realize your lifelong dream. Impress them with your maturity, good sense, attention to detail, and concern for providing a high-quality service. An excellent performance will make them want to hire you, regardless of your resume statistics. Once again what's left unsaid can often be the key to unlocking an elusive job opportunity."

More career tips and tactics can be found in Captain Kahn's book, *Flight Guide for Success* available at www.CaptainKarenKahn.com.

About Captain Karen Kahn

Kahn has been actively involved in the aviation industry for 30+ years. Prior to starting her airline career in 1977, she instructed at the Sierra Academy in Northern California and operated her own weekend ground school teaching Private, Commercial and Instrument courses.

As a professional speaker, Kahn has presented numerous career workshops and professional aviation events helping audiences of all ages reach their personal career goals. She also provides professional advice, personal resources management, and airline interview coaching through her firm Aviation Career Counseling (www.aviationcareer-counseling.com).

She holds ratings through Airline Transport Pilot (ATP), including type ratings on the Boeing 757/767 and McDonnell-Douglas MD-80. She was the first woman to be type-rated in a Lockheed JetStar. Her other ratings include: CFII MEI, Flight Engineer, Turbojet, Seaplane, Helicopter, and the coveted Master CFI (MCFI) designation from the National Association of Flight Instructors.

For more information, to schedule an interview or for a review copy of *Flight Guide for Success*, contact Renee Cooper at Christie Communications: (805) 962-1347 or rcooper@christiecomm.com.