

## Resources from the AARP Bulletin November 2020 article Reset Your Finances

### Part 1: Reset Your Cash Flow

- AARP Resources
  - Spending log (attachment title: AARP Budgeting Worksheet)
  - Interview an Advisor
  - Learn @ 50+
  - Money Map Tool
  - AARP Job Board
  - 5 signs your spending is out of control <https://www.aarp.org/money/credit-loans-debt/info-2020/5-signs-your-spending-is-out-of-control.html>
- CFPB Your Money, Your Goals (YMYG) booklet: Behind on Bills?
- Low Cost or Free Financial counseling
  - National Foundation for Credit Counseling (NFCC)
  - Financial Counseling Association of America (FCAA)
  - Financial Empowerment Centers
  - Financial Planning Association
  - Oklahoma Native Assets Coalition
  - XY Planning Network
- Bring in Extra Money
  - Upwork
  - Fiverr
  - Freelance
  - Teachable
  - Etsy
  - Resume Review – for members
  - Workshops and coaching
  - Amazon marketplace
  - eBay
  - Craig's List
- Free Resources
  - SNAP
  - Food Banks
  - Meals on Wheels
  - 211
  - Mutual Aid Societies – AARP Community Connections

### Part 2: Housing

- Rethink your mortgage
  - HUD approved counselor
- Time to downsize?
  - Taxfoundation.org
- Time to refinance?
  - Realtor.com

- Refinancing calculators
- House Sharing
  - Silvernest
  - National shared housing.org
  - Senior home shares

#### Part 3: Retirement

- Disabled? ssa.gov
- Retirement estimator ssa.gov
- Life expectancy ssa.gov

#### Part 4: Priorities

- Financial planner George Kinder
  - Kinderinstitute.com
  - 3 questions