

Glynis's husband, Roger, also carries on working in later life as a governor at a nearby school. And he joins his wife serving afternoon tea in a hospice.

It isn't all work and no play, however. "I like going to music concerts and making crafts in the Lodge when I'm not working," adds Glynis. She even helps others benefit from her skills by running craft sessions on-site with the help of a fellow Owner.

Good internet is important for those continuing to work, so they can stay in touch with their chosen fields, communicate with others and even do some work from home. Glynis says it's vital for her to download The Daily Telegraph each morning, too.



Sales Executive Andrew, Roger and Lodge Manager Jackie

Jackie Barrow, Lodge Manager at Oscar Lodge, believes that being a good worker has nothing to do with age. She's witnessed first-hand how employment enriches the lives of her Owners. "Work makes people more independent and positive, and working residents like Glynis connect with the community and bring that energy back to the Lodge."

She thinks that Glynis's job is something to talk about and everybody at Oscar Lodge is interested in hearing about what she does at the hospital and hospice. When Glynis raises money for charities there, her neighbours respond favourably, as they understand what happens at both places.

Glynis sums up her attitudes to work and life. "I don't want to sit and put my feet up. I like variety and I avoid getting bored by working and getting involved in activities at the Lodge. I still like learning things and don't want to stop learning."





# Whistle while you work

## Many seniors seek rewarding employment in their golden years, discovers Cheryl Markosky



If you believe getting older means stopping work all together to prune the roses or hit the golf course, then think again. The number of people over 70 who still work part or full-time has more than doubled over the last decade to half a million, according to data from the Office for National Statistics.

Nearly 1 in 12 of those in their 70s are still working; a significant increase from one in 22 working 10 years ago.

Some people work to top up their pension savings, but there's also an increased understanding of the health and social benefits that come with working into retirement, points out Stuart Lewis, founder of Rest Less, a site for work and volunteering opportunities.

Research suggests that mature workers keep mentally active, which notably improves health and wellbeing. At the same time, businesses profit from knowledgeable older workers with good contacts, life skills, and experience to cope with change.

After retiring early from a local government post in the area, Mrs Glynis Axtell, who bought a two-bedroom apartment at Churchill Retirement Living's Oscar Lodge in Aylesbury last July, has reinvented herself to work at Stoke Mandeville Hospital twice a week.

"I'm part of a multi-faith team responding to requests and listening to patients who want to talk. It's very rewarding and a real privilege to do this job," she explains.

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*Work makes people more independent and positive*”