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2017 Membership Dues

Congratulations to Pam Landsem, Walsh County Public Transit, Park River, ND!

This is the fourth year in a row that Pam has gotten her membership form and payment in first.

Thank you, Pam!

To date I have received 19 membership renewals.

13 North Dakota
6 South Dakota.

Remember to get your membership forms and payments in by March 1, 2017.

Thank you!

Honoring Tambara

Pat Hanson, Director

South Central Adult Service Council - Valley City, ND

I would like to honor Tambara Preston, South Central Adult Services' dispatcher, for her great service to our agency over the past year!

Tambara started a year ago and has been an amazing addition to our transit system. As those of you in transit know, dispatching and answering the telephone can be extremely stressful.

Tambara always has a smile on her face and we have received many compliments from riders on her sunny disposition. If she gets frustrated, no one knows it!!

It is our hope that this year is the beginning of a LONG career with South Central!!!



5 Career Opportunities for Older Adults Who Want an Active Retirement

Guest Article Submitted

Jason Lewis - Wilmington, DE

I am Jason Lewis, and I am a personal trainer. In 2002, I became the primary caretaker for my mother after her surgery. While helping my mother in recovery, I've realized that there might be others who are going through the same thing as I did. With the help of fellow trainers, and my mother's doctor, we've created training programs that are considerate of the special needs of people over 65. In this article, I would like to encourage the seniors to live an active lifestyle to better enjoy their retirement.

5 Career Opportunities for Older Adults Who Want an Active Retirement

Staying active is the best way for older adults to maintain their physical and mental health as they age. But in retirement, seniors tend to lose touch with their friends from the workplace and don't have as many opportunities for daily social engagement. Some may also have a disability that makes leaving the house seem like more of an inconvenience than a luxury, ultimately leading to a sedentary lifestyle that can be detrimental to well-being.

If you're falling into sedentary habits and want to reinvigorate your life in retirement, consider a part-time career opportunity to stay active and engaged while earning some extra money. The possibilities for older adults wanting to pursue a second career today are

endless, especially with the growing number of accessible mass transit options; here are just a few part-time job and business opportunities well-suited for older adults.

Teaching

According to [Learn To Become](#), teaching is the fastest-growing occupation for older workers through 2018. While working as a primary, secondary, or special education teacher requires a college degree, working as a teacher's aide is another way to get involved in the field of education as an older adult, and teacher's aides [aren't always required](#) to have an undergraduate degree. Or, you may decide to go back to school for a teaching degree – the sky is the limit.

Consulting

If your former working life left you with a great deal of specialized knowledge, you can continue putting your skills and knowledge to work in retirement by offering consulting services to other businesses requiring your expertise. Consultants are generally [independent contractors](#), so you'll be able to set your own schedule for the most part, making it a flexible way to stay engaged in the industry you know so well. If mobility is an issue, you can tailor your search to businesses close to home or easily reached via mass transit.

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Training Update - Linda Freeman, PASS Coordinator

All registration information is on our web site. Please go to the Dakota Transit Association web site to register drivers and for map information, etc.

January 24-25, 2017 – Pierre, SD

DEFENSIVE DRIVING: Jan 24 - 1pm to 5pm

MALTREATMENT AWARENESS: Jan 25 - 8am to noon.

Classes will be held at River Cities Public Transit facility: 1600 E. Dakota Avenue.

Registration Deadline for classes and rooms has passed but call Linda at 701-848-6480 to see about availability of space.

February 7-8, 2017 – Sioux Falls, SD

DEFENSIVE DRIVING: Feb 7 - 1pm to 5pm

MALTREATMENT AWARENESS: Feb 8 - 8am to noon.

Classes will be held at Sioux Falls Metro facility: 500 E. 6th Street.

Registration Deadline for classes is January 25, 2017.

Motel is Country Inn & Suites: 605-334-3410 with **room registration deadline of Jan. 7, 2017.** You will note deadline for block is past.

April 3-4, 2017 – Grand Forks, ND

PASS CLASS: April 3 - 4

Class will begin at 9am on April 3rd and 8am on April 4th.

PASS RECERTIFICATION CLASS: April 4 - 8am

PASS CLASS: April 5 - 6

Class will begin at 9am on April 5th and 8am on April 6th.

PASS RECERTIFICATION CLASS: April 4 - 8am

Registration Deadline for Classes is March 24, 2017.

We are holding two separate sessions in Grand Forks and will have room for about 5 from other agencies in each session. Classes will be held at the Public Works Building at 724 N. 47th St. Grand Forks. A block of 5 rooms has been reserved at the Ramada for the nights of April 3rd through April 5th. You do not need to call the motel for reservations. You will need to specify the Dakota Transit Association Block when you check in and pay for your rooms. The cost will be \$62.00. We are also asking that you state in the comments section when you register at our web site that you will be using one of the rooms so we know how many will be at the motel.

I am working with Brookings to set up another set of sessions there for South Dakota drivers on that side of the state. We have not set any dates yet, so watch the tidbit and web site for future updates.

Phone: 701-848-6480 or e-mail: lindaf1@att.blackberry.net.

Retirement

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Umpiring, Coaching, and Refereeing

Were you a sports star back in your high school days? If you have a love of sports and a passion for working with youth, you might find your calling as an umpire, referee, or [coach](#). With both paid and volunteer opportunities, you can pursue these careers to give back or to earn extra cash.



Pet Sitting and Dog Walking

Put your love of animals to work in a career as a [pet sitter](#), dog boarder, or dog walker. There are millions of pet parents who hate leaving their pets home alone all day but want them to have regular exercise, so it's easy to find clients willing to pay you to take their beloved four-legged friend for a walk each day at lunch time. If you're willing to open your home to your furry clientele, you can also offer pet-sitting services for families who are traveling for work or pleasure.

Completing Gigs

The [gig economy](#) is a rapidly growing sector providing opportunities for people from all walks of life and every age demographic to monetize their abilities. People today live busier lives than ever, and many welcome the opportunity to outsource tasks like housekeeping, running errands, and grocery shopping.

Platforms like TaskRabbit allow anyone to sign up to perform tasks for clients locally or remotely, depending on the task. If you enjoy driving, sign up as a driver with Uber or Lyft. You could even take the bus or train to a particular part of town, then find gigs to complete in the area for a few hours. Many of the day-to-day activities most people do are being outsourced through the gig economy, providing a unique opportunity for seniors to remain active and engaged.

While you may have retired from the job that you were dedicated to for the past several decades, you don't have to acquiesce to an isolated, sedentary lifestyle that can be detrimental to your health and longevity. The opportunities for seniors to monetize their skills, pursue a new career opportunity, or make some extra cash as an independent contractor are limitless and provide a valuable way for older adults to maintain an active lifestyle for better health



*Happy New Year
to you and your
families.*

*May we find a
sense of peace in
2017.*

*Thought for the Month of
January...*

*"Happiness is an attitude. We either
make ourselves miserable or happy
and strong. The amount of work is
the same."*

DTA
Dakota Transit
Association

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Tidbit Articles

Please contact me with articles for your Transit Tidbit.

Recycle

Please share your Transit Tidbit with your staff and any interested person(s).

Address

Directors, please check with your bookkeepers as well as the rest of your staff  to assure they have the correct DTA mailing address.

Thanks to all!

- Jacque

www.dakotatransit.org