

EDUCATION **&** ***EMPLOYMENT***

June 17, 2025



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15 in-demand jobs for seniors

If you're looking for a job at age 65 or older, think about these career options. These fields have large numbers of older employees, according to U.S. Bureau of Labor Statistics data.

Here are 15 in-demand jobs for seniors:

- Health services
- Wholesale and retail trade
- Professional and business services
- Education
- Manufacturing
- Construction
- Transportation
- Finance and insurance
- Real estate
- Hospitality
- Leisure
- Land-related work
- Information
- Animal care
- Utilities

1. Health Services

Those working in health care and social assistance who were 65 or older numbered nearly 1.6 million in 2023, according to the BLS. This industry could be a great option if you're interested in medicine or want to advise others on their well-being. Registered nurses bring in a median salary of \$81,220 annually. There may also be opportunities to work part-time or as a home health aide.

2. Wholesale and Retail Trade

Knowing how to engage with customers can go a long way in the job market. In 2023, more than 1.5 million individuals at least 65 years old worked in wholesale and retail trade, according to the BLS. The median salary for a retail salesperson is \$30,600 annually. It's often possible to ask for a part-time position in retail, especially if you prefer flexibility. Check with grocery stores, clothing shops or small businesses to see if they need a hand.

3. Professional and Business Services

Administrative positions offer a change of pace for those who have spent years in a different line of work. In these roles, you may be asked to keep records, make phone calls and organize activities. There were 1,496,000 seniors in positions related to professional and business services in 2023, according to the BLS. You could earn a median salary of \$41,000 annually as an administrative assistant.

4. Education

If you have a passion for helping others learn, a job in education could be the right match. In 2023, there were 935,000 older workers in this field, per BLS data. If you don't have a degree in education, you could explore ways to advance your skills and receive new



certifications. Some jobs might include training sessions as part of the onboarding process. Elementary and middle school teachers earn an average of \$70,950 a year, but your salary will depend on your background and experience.

5. Manufacturing

Companies often need help producing goods, and 845,000 seniors worked in this industry in 2023, according to the BLS. Fabricators, who assemble products and the parts that go into them, earn a median salary of \$43,470 per year. If you live near a growing industrial area, there could be strong demand for this type of work.

6. Construction

Among those involved in building projects, 642,000 workers were 65 or older in 2023, per BLS data. For some, doing manual labor even as they age may be necessary due to income needs. Construction workers earn a median salary of \$40,750 annually, and part-time opportunities are often available.

7. Transportation

Taking a job as a driver might be appealing to those who enjoy spending time on the road. In 2023, 522,000 seniors worked in transportation and warehousing, as reported by the BLS. A delivery truck driver can earn an average of \$18 an hour. You may be able to choose

your hours, depending on the company.

8. Finance and Insurance

Banks, financial institutions and insurance carriers often need reliable help and trustworthy employees. Seniors held 408,000 finance- and insurance-related jobs in 2023, according to the BLS. You

might be able to do some of this work remotely or ask to work part time. If you prefer to be around people and socialize, look for in-person opportunities at local branches. Financial specialists earn a median of \$39 an hour.

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Continued from Page 2

9. Real Estate

You may enjoy helping others buy and sell homes or businesses. Among workers age 65 and older, 382,000 worked in real estate during 2023, according to the BLS. Real estate agents earn an average of \$69,610 a year. If you're a self-starter, you may prefer to pick up this gig alone. Those who prefer to work with others can check local offices to see if they are hiring.

10. Hospitality

If you were involved in the service industry during your career, catering to diners and travelers may come naturally. Among seniors, 377,000 worked in the accommodation and food services segments in 2023, per the BLS. These jobs offer the chance to engage with others and stay active. Hotel, motel and resort desk clerks earn a median wage of \$15 an hour.

11. Leisure

Working at a theater or performing arts center comes with perks like seeing shows for free. Getting involved at a recreation facility or museum can yield discounts, too. There were 325,000 seniors involved in the leisure industry in 2023, according to the BLS. Ushers, lobby attendants and ticket-takers earn a median of \$14 an hour.

12. Land-Related Work

In 2023, there were 202,000 workers age 65 or older involved in crop production, according to BLS data. The median agricultural worker's

hourly wage is \$17. You might appreciate working outside if you held an office job for decades.

13. Information

If you have media skills or enjoy storytelling, a broadcasting position could be a good fit. There are also opportunities for quiet work at a library or as an editor in the publishing realm. Seniors who were 65 or older accounted for 162,000 information jobs in 2023, according to the BLS. Writers and editors earn a median of \$37 an hour.

14. Animal Care

If you have a passion for creatures great and small, you might find meaningful work in animal care. There were 159,000 seniors involved in animal production and aquaculture in 2023, per BLS data. Animal care and service workers earn an average of \$18 an hour. If you live in the city, you might check nearby veterinarian offices or animal shelters to see if positions are available. You could ask about training opportunities too, as you may be able to learn on the job.

15. Utilities

Helping with repairs can be fulfilling for those passionate about home maintenance. Many companies specializing in this type of work hire part-time employees and offer flexible schedules. During 2023, seniors who worked in utilities numbered 59,000, according to the BLS. Heating, air conditioning and refrigeration mechanics and installers earn a median of \$29 an hour.

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Strategies for students facing challenging classes

Every student takes something unique from their high school experience, and many eventually look back fondly on the years spent in the hallowed halls of their alma maters. High school might be the last step before learning a trade career or serve as four years of preparation for college. Either way, it is important to get good grades.

Continually challenging oneself with coursework can help students get the most out of their academic careers. General level classes are often taken freshman year and honors classes sophomore year. Students may then decide to enroll in advanced placement or dual enrollment classes as an upperclassman. As students continue to push themselves and classes get harder, they may have to revise their approach in order to excel. These guidelines can help students continue to be successful.

Establish a solid foundation. The first step towards success in any class is gaining a solid understanding of the basics, says Stemly Tutoring. If there are gaps in foundational knowledge, assignments and tests can be particularly difficult as the coursework becomes harder. Routinely reviewing previous material and ensuring that the

fundamental concepts are mastered is essential.

Practice active learning. Active learning involves engaging with the material in a way that goes beyond passively reading texts. Ideas include formulating questions, quizzing classmates, explaining the material to others as a teacher would, and writing down key words and topics so they are more likely to be remembered.

Focus on time management. In high school, five or more classes run concurrently during the year. Assignments may have similar due dates, and tests and quizzes may come more frequently. Students will need to master an organizational system and time management strategy that works for them. Students can utilize a day planner as a useful organizational tool. Breaking down long-term assignments into smaller pieces that are easier to manage also can be useful. Smartphone notifications can alert to due dates.

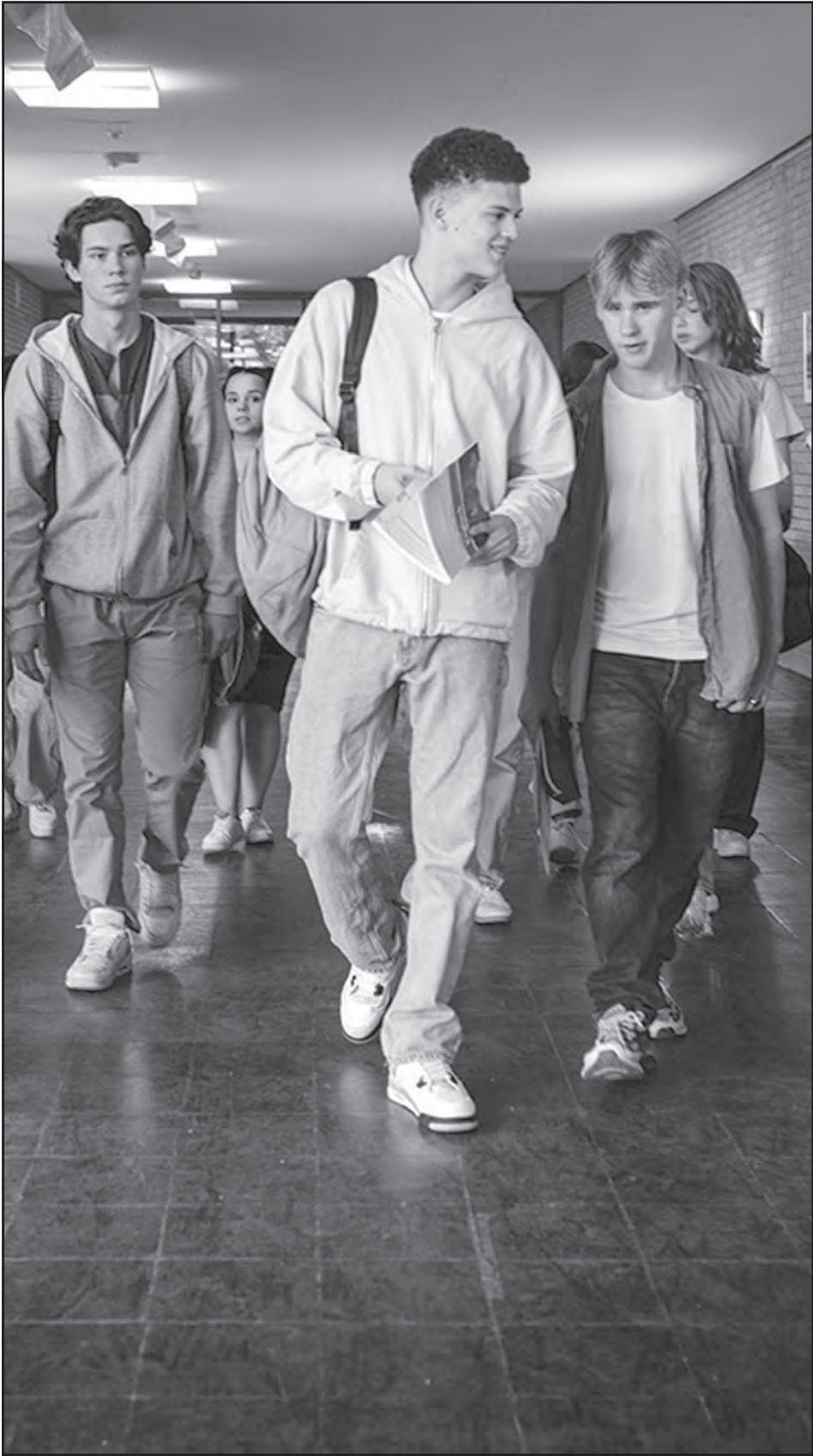
Seek help when needed. Students shouldn't hesitate to ask for help from peers, academic coaches, tutors, or their teachers. Study groups or partnerships with classmates also may be fruitful. Students should not wait until they are falling behind to seek help, as that can make it much more challenging to catch up.

Study regularly. Reviewing material frequently and reinforcing knowledge is a smart strategy. Creating visual aids like diagrams or maps can help students understand a subject more fully. Again, this carries back to mastering the fundamentals. Looking back on previous lessons may help students with current ones.

Don't forget to find balance and prioritize self-care. Academics are import-

ant, but so is mastering a balance between schoolwork and other activities. Without balance, a student may experience burnout, stress and additional symptoms that can impede students' ability to do well in school.

High school coursework gets more difficult as the years pass and students challenge themselves. Certain strategies can help students navigate increasingly challenging coursework.





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Guide to planning business dinners that impress

Businesses employ different strategies to engage their workers and clients. Business dinners can serve as a “get to know you” for new hires or provide an opportunity to entertain potential clients. Business dinners also present a memorable way for companies to celebrate milestones in the organization. According to a joint industry research study by Dinova, Inc., and The BTN Group, business dining spending historically has represented 10 percent of overall travel and expenses buying, but business dining spending increased by 14 percent between 2023 and 2024.

Organizing a business dinner may seem like a complex undertaking. Although social in nature, business dinners are essentially an extension of the workday. Similar rules that govern employee interactions and decorum are best upheld at a business dinner. Planning a business dinner needn’t be a tall task. These pointers can help the process along.

Clarify the purpose of the dinner. Understanding the scope of the dinner can help planners gear the meal toward that end goal. A dinner for wooing a client may look different from one designed as a networking opportunity.

Select the venue. Certain factors can be considered when selecting a venue. Accessibility, atmosphere and location are notable variables that merit evaluation. Attendees may not want to travel far. Plus, choosing a place that

facilitates conversation is essential, as yelling over loud music or rowdy guests can be distracting. Selecting a local venue is convenient because it does not require considerable travel from the office to the venue.

Consider the menu carefully. Navigating food preferences and dietary restrictions requires recognition that a wide variety of offerings may be needed. Pick a restaurant that allows for flexibility for guests to choose what they like and can eat. Many restaurants now have allergy-friendly options or can offer substitutions.

Determine the head count. Identifying the people who will be invited and confirming attendance means having an accurate head count for the venue. It can look tacky pulling up extra chairs to the table at the last minute. Similarly, a largely empty table can make the business dinner seem ill-planned.

Visit the venue. The dinner planner may want to visit the venue in advance to determine if it is appropriate for the gathering. Ensure the restaurant is quiet enough and a setting that is appropriate to maintain proper business etiquette. Speak to a manager and arrange for any special details. Leave a credit card on file to facilitate payment at the end of the meal.

Business dinners can serve many purposes within an organization. Such an event should prioritize guests’ comfort, convenience and enjoyment.



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How a well-rounded education benefits students

Academic environments have undergone quite a change over the last several decades. Technological advancements have changed the way educators teach and how students learn, but there’s also been a notable shift in what students are learning.

Science, technology, engineering, and math (STEM) has become a point of emphasis in twenty-first century classrooms, and for good reason. The U.S. National Science Foundation notes that a workforce educated in STEM is vital to a country’s prosperity and security. Opportunities in STEM fields are on the rise as well, as the Bureau of Labor Statistics estimates STEM occupations will grow by roughly 11 percent between 2022 and 2032.

The value of STEM is undeniable. However, students and parents also should recognize the many ways a well-rounded education that includes math and science but also the humanities and social sciences facilitates strong academic performance.

Critical thinking skills

A well-rounded education can instill important and useful critical thinking skills in students. When students direct the bulk of their attention to a



lives when their formal schooling ends, as they will be in position to better assess situations.

Comprehension

Tests are designed to gauge students’ grasp of material. Students’ ability to comprehend lessons taught in the classroom is a big part of that, and a well-rounded education fosters strong comprehension skills. A 2018 report from the New York State Education Department noted that research has found that students are better readers after they have been exposed to the language and vocabulary of the natural world, the sciences and social studies.

Crossover benefits

A well-rounded education can help students perform better in all of their subjects. In 2021, a University of Buffalo academic and researcher studying children and dyslexia made a startling discovery regarding the value of reading and how it affects performance in subjects like math. The research found that reading proficiency crosses academic domains and actually guides how students approach various tasks and solve problems. That means a well-rounded education that includes reading-heavy subjects, like those in the humanities and social sciences, could actually improve how students perform in STEM classes.

A well-rounded education pays a number of dividends for students. Recognition of those benefits might compel parents to support a curriculum that includes a wide array of subjects and academic disciplines.

single subject or category of subjects, they’re less likely to understand how interconnected coursework, and indeed the world, can be. A well-rounded education can instill in students a more nuanced way of looking at problems and potential solutions. That ability can positively affect students’ personal lives and ultimately their professional

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3	Wal-Mart Associates Inc	Commodore Homes LLC	Forest Area School District
4	Liberty Electronics Inc	Clarion Hospital	Northwest Hardwoods Inc
5	Joy Global Underground Mining Inc	State Government	Forest County
6	Matric Limited	Greystar Management Services LP	Federal Government
7	Venango County	Training Toward Self Reliance Inc	Omni Manor Inc
8	Franklin Area School District	Clarion County	Roser Technologies Inc
9	Oil City Area School District	Riverview Intermediate Unit	Joseph Muccio Transportation LLC
10	Webco Industries Inc	UHS of Pennsylvania Inc	Fair Winds Cabins
11	Cranberry Area School District	New Light Inc	West Hickory Sportsman's Bar
12	Carlson G O Inc	Redbank Valley School District	National Forest Products Ltd
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17	Specialty Fabrication/Powder Coat	Clarion-Limestone Area School District	Clarion River Forest Lodge Inc
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Study smarter, not harder: *Study tips any student can employ*

It would be convenient if every student had a photographic memory, making it a snap to recall pages of text or concepts in great detail. Photographic memory is not real, but a very small portion of the population, around 2 to 10 percent of children, has something called an eidetic memory, which is a similar phenomenon and one that's virtually nonexistent in adults, according to Psychology Today. That means that students will have to rely on other skills to get ahead in their coursework, perhaps none more important than effective study skills.

Some students recognize that their study habits simply are not cutting it and they're just squeaking by in their courses. What might get a student by in high school may be ineffective for college classes. Learning effective study skills early on is a key to academic success.

Don't cram

Many students procrastinate with their study sessions, leading to last-minute studying before a big test. According to the American Psychological Association, students may perform well on a test



for which they have crammed, but that doesn't mean they've actually learned the material. Studying with the goal of long-term retention is best for learning.

Engage in active studying

Reading and re-reading texts or notes is

not engaging with the material. Therefore, it likely won't help with information retention. The Learning Center at the University of North Carolina at Chapel Hill says a student will need to make connections with the material, which can include making a study guide, becoming the teacher and teaching the concepts to others, deriving examples from one's own experiences, or working problems out and explaining why they work.

Ask for help

Students do not have to struggle through difficult material alone. In addition to studying with fellow students, who may have different ways of interpreting and

sharing the information, individuals can seek assistance from a tutor or an academic resource center inside of the school. Working with someone else also helps students stay accountable and remain on track.

Determine a study style

Students may need to employ some trial and error to identify the study methods that work best for them. This can include a combination of note-taking, summarization, reviewing what already is known about the topic, and individual or group study sessions. Environment also is an important study variable. Some students thrive in a quiet environment, while others need ambient noise to sharpen their focus.

Work intensely

Studying in intensive, short sessions may enable students to get more done with less wasted effort. Taking breaks can boost attention, says the National Institutes of Health.

Eliminate distractions

The more research that is done on multitasking, the more data indicates it isn't effective. Studying while browsing the web, texting or looking at social media will increase the amount of time needed to learn the material and decrease the quality of the study session, according to research published in Computers & Education in 2012.

Intelligent studying can help students make the most of their academic careers.



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What parents can do to be more involved at school

Education is vital for young people to reach their full potential and enjoy success in adulthood. Students' academic journeys begin as early as preschool and continue for decades. While students ultimately earn degrees or professional certifications in their own names, their academic journeys are often a team effort that includes the support of their parents.

Parental involvement in school can pay significant dividends for students. In 2019, the American Psychological Association reviewed more than 400 studies examining parental involvement in school. That review found that students whose parents were involved in their children's schooling showed greater academic achievement, school engagement and motivation compared to youngsters with parents who were not involved. That payoff compels millions of parents to get involved in their children's schooling, and the following are a handful of ways to do just that.

Start the year off right. Parental involvement in children's schooling can begin before a new school year gets under way. Orientation events designed to acclimate students to new schools can help calm youngsters' nerves when they're beginning kindergarten, elementary school, middle school, or high school. Transferring to a new school due to a family relocation or another variable can be difficult for students, and parents can make that transition a little easier by attending orientation events before the first day of classes. Back-to-school nights held a week or two into the school year also present a great chance for parents to start the year off right.

Actively communicate with children's teachers. Parents can contact teachers at the start of a new school year to identify the best way to communicate. Some schools utilize apps to facilitate communication with parents. Some teachers may prefer communicating via email, phone calls or even text messages. Parents should not hesitate or be afraid to reach out to teachers about their children's needs.

Do your part at home, too. Parental involvement in children's education can extend to the home as well. Parents can emphasize the importance of education in conversations with their children and offer to help with homework when children seem to need some assistance. Parents also can ask about assignments and tests, enthusiastically engage in projects designed to involve students' families, and provide a stable, distraction-free home environment where kids can focus on their schoolwork.



Volunteer with parental organizations. Parent teacher associations/organizations are always in need of members to help to organize special events and volunteer at school functions. Parents can join groups such as a PTA or PTO to get more involved in campus life. If joining such groups is not possible, parents can let it be known that they would like to volunteer for events throughout the school year.

Ask children about their day. One of the simplest ways parents can be more involved in children's schooling is to ask them about their day when they arrive home. Ask children what they did in class, and which parts of their day they found most, or even least, enjoyable. When parents express an interest in what kids are doing at school, that may compel kids to be more interested in their coursework.

Children are the ultimate beneficiaries when parents get involved in their youngsters' education, and there's no shortage of ways for moms and dads to engage at school.



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Finding balance in a stressed out workplace

Work-related stress is a significant issue for millions of professionals. Recent research from the management system experts at Moodle found that 66 percent of American employees are experiencing a form of burnout in 2025. Stress also is an issue for professionals working north of the United States border, as data from Gallup indicates 49 percent of Canadian workers report feeling daily work-related stress.

Stress is sometimes considered a good thing, and medical professionals even note that acute stress can help to sharpen focus and compel some to fulfill their full professional potential. However, the Mayo Clinic reports chronic stress has been linked to a host of serious health problems, including anxiety, depression, digestive issues, and heart disease.

The American Institute of Stress notes that work-related stress is a major stressor for professionals. Embracing strategies to manage work-related stress can help professionals reduce their risk for the serious health conditions that can be brought on by chronic stress.

Monitor your stressors. The American Psychological Association advises professionals to maintain a journal for a week or two in which they document situations that are triggering stress. When



documenting stressors, also jot down

your responses, feelings and details about the environment, including the people around you, when stress kicked in. Keeping a journal can help identify the sources of stress and determine if there are any patterns that trigger it.

Embrace healthy responses to stress. The APA notes that exercise, yoga or any other form of physical activity are helpful and healthy responses to stress. Too often individuals lean into unhealthy responses, such as drinking alcohol and/or eating unhealthy foods after a stressful workday. But the Cleveland Clinic notes that relying on alcohol as a coping mechanism for stress only exacerbates the feelings of depression and anxiety that stress can trigger.

Establish boundaries between your professional and personal life. The APA notes that the digital era has led many professionals to feel pressured to be available around-the-clock. But work-life boundaries can be vital to combatting

career-related stress. Turning off notifications from your work email account at the end of the workday can help to establish a work-life boundary. In addition, resist any temptation to check emails before going to bed, as doing so might trigger stress that makes it hard to fall asleep.

Use your personal/vacation time. The 2024 Sorbet PTO (Paid Time Off) Report found that 62 percent of professionals did not use all of their PTO in 2023, which marked a 5 percent increase in unused PTO from the year prior. The APA notes that time off is linked to reduced stress as well as lower rates of heart disease, depression and anxiety. In addition, professionals may or may not be surprised to learn that time off has been linked to improved productivity.

Work is a significant source of stress for millions of professionals. Embracing healthy ways to combat work-related stress can benefit your personal and professional life.



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Rethink your career and find a better fit

(Family Features) For some people, job dissatisfaction is the result of a crummy boss or stifling work environment. For others, the problem lies much deeper; it's a need to reevaluate your career path and find a more suitable fit.

If you're considering a career change but not sure which direction you're headed, consider these words of wisdom:

Do some self-reflecting. Take time to give your current work situation a thorough analysis. Determine which elements you enjoy, what rubs you the wrong way and what you'd change if you could. Think about practical solutions to the problems you identify whether it's changing to a different role in the same field or exploring a new industry entirely. Avoid the temptation to focus on the negative. Rather, take plenty of time to consider the positive aspects of your current job, since that insight can help inform your next step. For example, if you enjoy the limited contact you have with customers, a job with more customer-facing interaction might not be a good fit.

Ask for input. Sometimes loved ones hold the key to a happier career path because they can point out details you don't recognize. They might recall a time when you were most relaxed and happy, or they might point out talents or skills you take for granted. Often, these natural abilities are an excellent foundation for a career because you're well-equipped to be successful.

Consider your personal interests. Keeping your personal life and



professional life separate isn't necessarily a bad idea but finding a way to merge the two can be useful. This is especially true if you're able to combine training or skills with something you're passionate about. For example, if you're an avid outdoorsman, you might find great satisfaction in applying your business management background to work for a company that specializes in camping gear.

Understand what motivates you.

Landing in the right job isn't just about having the right qualifications for a position that interests you. At the end of the day, you'll feel most content when your job offers meaningful rewards. Motivators can be financial, or they might have more to do with the ability to learn and grow. Some people are willing to sacrifice a bigger paycheck to know they're making a meaningful contribution in a field they care about. Knowing what outcomes resonate best can help you find a more rewarding career.

Do your research. Changing your career path is a big move, and one you shouldn't take lightly. Before diving in, spend time looking into the field you're considering so you have a better sense of factors like growth opportunities, job availability, qualifications, compensation and more. If you find you aren't quite qualified for the job you think you want, explore what it will take to get there whether it's training, education or putting in your time to gain experience and work your way into the role you desire.

A career change may be just what you need to shift your life in the direction you want. Find more career advice at eLivingtoday.com.

OIL CREEK TOWNSHIP VENANGO COUNTY, PA

The Oil Creek Township – Venango County, Board of Supervisors
is now accepting applications for:

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The qualified applicant must possess a Pennsylvania Commercial Driver's License, preferably Class A, with a clean driving record. The successful candidate must pass pre-employment work physical, including a drug and alcohol screening. The candidate must show general knowledge of all facets of working on and with all infrastructure associated with a Township. Operating a road grader, backhoe, and snowplow. Be able to respond to all 811 calls that come through the township, maintenance of all equipment, and repairs. The Township also has public sewage; the ideal candidate would be able to repair and maintain a working sewer system. The individual must have a positive attitude and work ethic and must interact well with the public. Applicants must be self-motivated, well organized, and detail oriented. Hours are 7:00am to 3:00pm, with occasional overtime opportunities.

A complete resume should be received at the Township's office,
16835 Shreve Run Road, Pleasantville, PA 16341
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A new chapter begins after retirement

Many people see their careers as one of their defining characteristics. Children are often asked what they want to be when they grow up, and as adults they will likely be asked “What do you do for a living?” more times than they can remember. Work is undoubtedly a major component of life for most people from the time they leave school to the day when they retire. And a growing number of adults value work so much that they pivot to second careers.

A phenomenon known as “unretirement” occurs when people who have previously retired return to the workforce. A 2010 paper published in the Journal of Human Resources found nearly 50 percent of retirees followed a nontraditional retirement path that involved partial retirement or unretirement. According to a recent Retirement Saving & Spending Study from T. Rowe Price, around 20 percent of retirees are working either full- or part-time, while 7 percent of study respondents are looking for employment. Some people return to work for financial reasons while others seek the social and emotional benefits employment can bring. But individuals mulling a return to work or those cur-



rently working but trying to determine a second act should not feel beholden to previous career paths. A second trip around the employment block can involve an entirely different line of work. The following are some things to look for in a second act.

Flexibility: Choose a career path that

enables you to set your own schedule or possibly work part-time if that is your preference. This way you can still reap some of the benefits of retirement, including the flexibility to travel.

Social interaction: Adults may lose daily opportunities to be social when they retire, which can compound feelings

of isolation common among retirees. Consider a second career that lets you interact with a number of people and continue to build relationships and a good network.

Personal passions: Reflect on what you might do for work if money were no object. This may help you narrow down new opportunities that are in line with your interests and passions. Find a job that utilizes your skills and experience and meshes with your interests. A former graphic artist, for example, may decide to teach design to young people.

Nonprofit opportunities: Many retirees spent years in high-stress corporate environments where bottom lines may be more important than the bigger picture. Shifting to a career in the nonprofit sector can be a personally fulfilling job that utilizes skills learned in the corporate world.

Consulting or contract work: If you’re a retiree who loved your job, you might want to have a second career as a consultant or contractor in the same field.

A number of retirees ultimately explore second careers. Finding a match may be easier than one could have imagined.



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