

# Not Again! Changing Jobs at my Age Causes Stress

Janet Scharbor

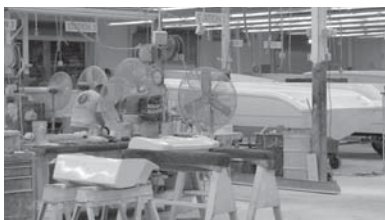


When I lost my job, I thought, “Not again!” I have been through this before, and it is happening again.



In the 1980s, I worked at a factory that made office furniture. It closed because it wasn’t making enough profit. Then I

worked at a factory that made fixtures for stores. It moved to Nebraska to consolidate with another factory. My last job was



at Whirlpool. To save on labor costs, Whirlpool moved thousands of jobs to Mexico. Labor is cheaper in Mexico.

I’m a blue collar worker. When companies

outsource the work, it hits us really hard. We have to retrain, start all over, and get out there and find a new job. I wish they’d quit outsourcing. Things should be American made.

Being unemployed stresses me out. We all have to pick up and go on, but it is very easy to get depressed. It just makes me angry to think I have worked hard all my life and I have nothing to show for it. What is the next step? I am not sure.

With all the layoffs in Arkansas, the whole state is unstable. I wonder whether retraining will make any difference. Will I be able to get a job around here? My husband and I have considered moving to another state because he could not find work. Sometimes you do not have a choice. You have to eat, pay your bills, and your mortgage.

We were lucky because my husband found a decent paying job. I am taking classes to retrain for a new job. It’s not easy to make a big change at my age. I am not saying I am old, but the job market can make you feel that way. There’s not supposed to be age discrimination, but I think there is. It is very scary to change your career when you have been doing industrial work for a long time. I would like to find a field of work that is not so affected by the ups and downs of the economy.

I feel blessed that I have a home to live in and food to eat. But the economic crisis is causing stress. Please, President Obama, help us all!

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*Janet Scharbor is a student at the Adult Education Center in Fort Smith, AR. She is married to a wonderful man, and they have four children and six grandchildren. They enjoy gardening, working in the yard, fishing, and camping. Janet would like to thank her teacher at Fort Smith Adult Education Center, Ms. Newhart, for giving her this opportunity and for encouraging all the students to look to a brighter future.*