

Living The Retirement Dream

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**Ready To Live The
Retirement Dream?**



Are You Sure?

Ready to stop teaching?

Finances?

Health Insurance?



Ready To Retire?



Ready To Resign?



How Long Is Retirement?

Years of Life Expectancy (NYSTRS' Expectation)					
Present Age (2019)	55	65	75	85	95
Female	35.5	25.5	16.3	8.7	4.0
Male	32.8	23.0	14.2	7.3	3.4



How Do You Get

Retirement

Ready?



Reflect On Your Career

Will Not Miss



Will Not Miss

- **Testing**
- **Challenging Parents**
- **Documentation**
- **Commute**



RESIGNATION



Reflect On Your Career

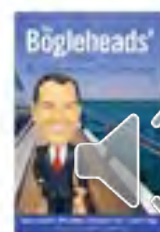
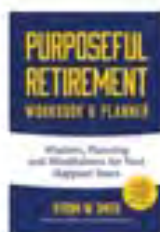
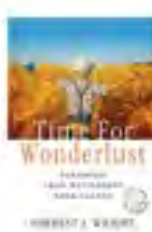
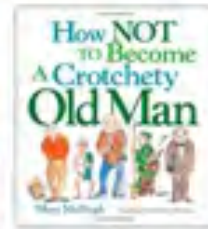
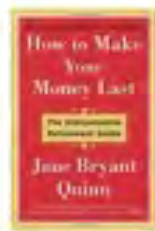
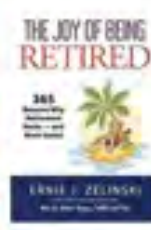
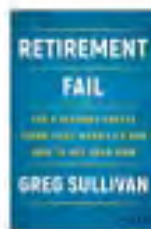
Will Miss



Will Miss

- **Co-workers**
- **Routine and Schedule**
- **The Paycheck**
- **PURPOSE**





20 Inspiring Reasons Why You Love to Teach

edutopia

Rabadi, Samer. "20 Inspiring Reasons Why You Teach." *Edutopia*, 28 April 2015,
<https://www.edutopia.org/discussion/20-inspiring-reasons-why-you-love-teach>



Disclaimer:

The views, thoughts, and opinions expressed in the text belong solely to the author, and not necessarily to the author's employer, organization, committee or other group or individual.

Additionally, no one feels this inspired every day.



Being a teacher is a profoundly
challenging and rewarding job.
I wake up every day smiling,
knowing I can grow, influence a life,
love a child, and love what I do.

-Colette



To spend each day helping children unravel their uniqueness is the best job in the world. All I know how to do is teach and I wouldn't trade it for anything.

-Melanie



I am addicted to the challenge of how to get students even more engaged in loving and learning. Thirty years have passed by, and I still come back for more. I love every minute with them.

-Teresa



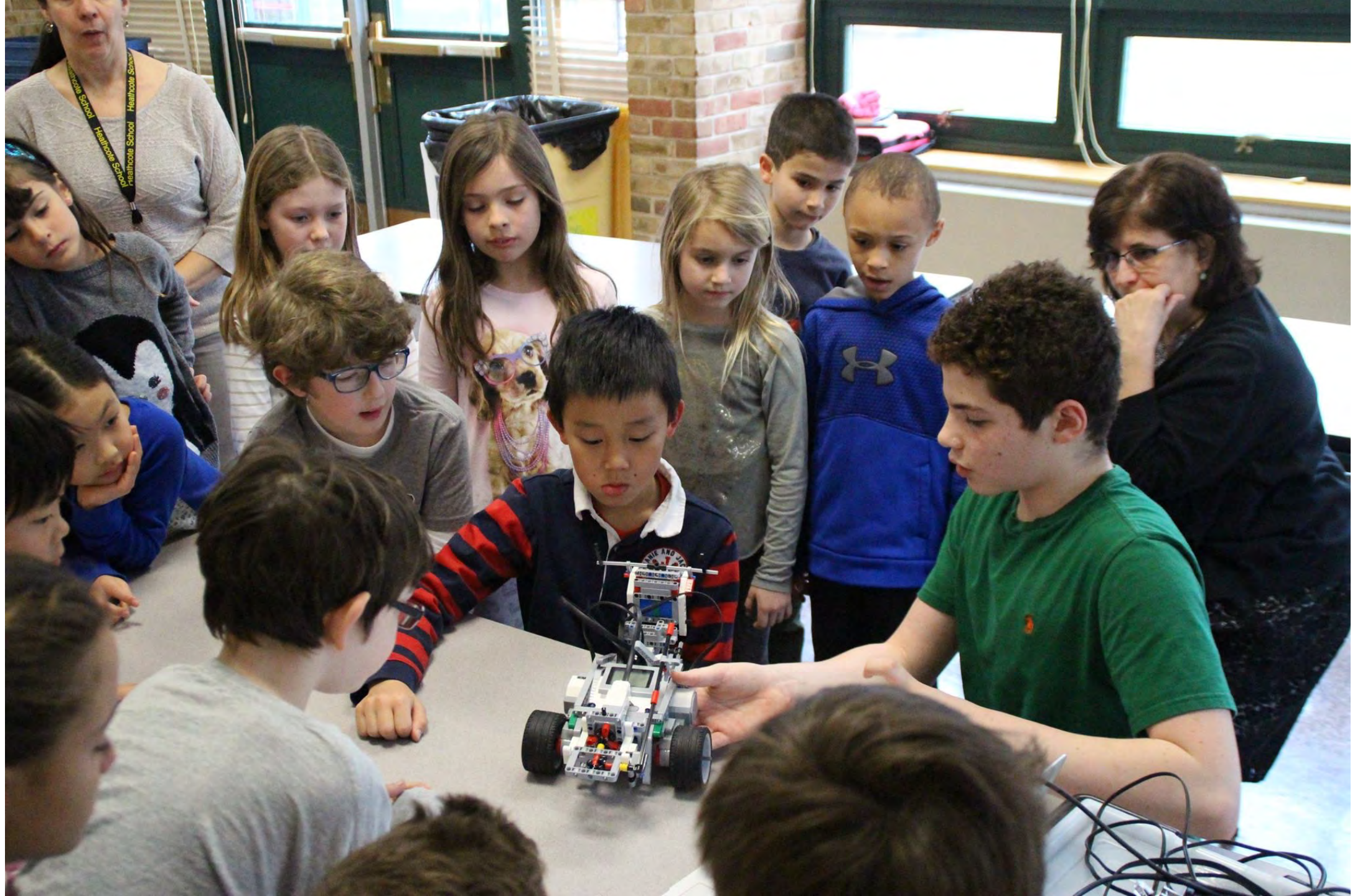
Because education is a civil right.

-Matt



Teaching is...



















A New Beginning = Change

The Holmes-Rahe Life Stress Inventory ranks the top 43 most stressful life changes

#10 Retirement from work

#11 Major changes in health

#16 Major change in finances

#26 Spouse beginning or ceasing work

#32 Change in residence

#41 Vacation



An Outsider's View of Your Retirement



An Outsider's View of Your Retirement



**Available
NOW!**



What Are Your Plans?

“Not working anymore”

“Whatever I want, whenever I want”

“I have a lot of things around the house I want to get done”

“Spend more time with the grandkids”

“I enjoy working in my garden”



What Are Your Plans?

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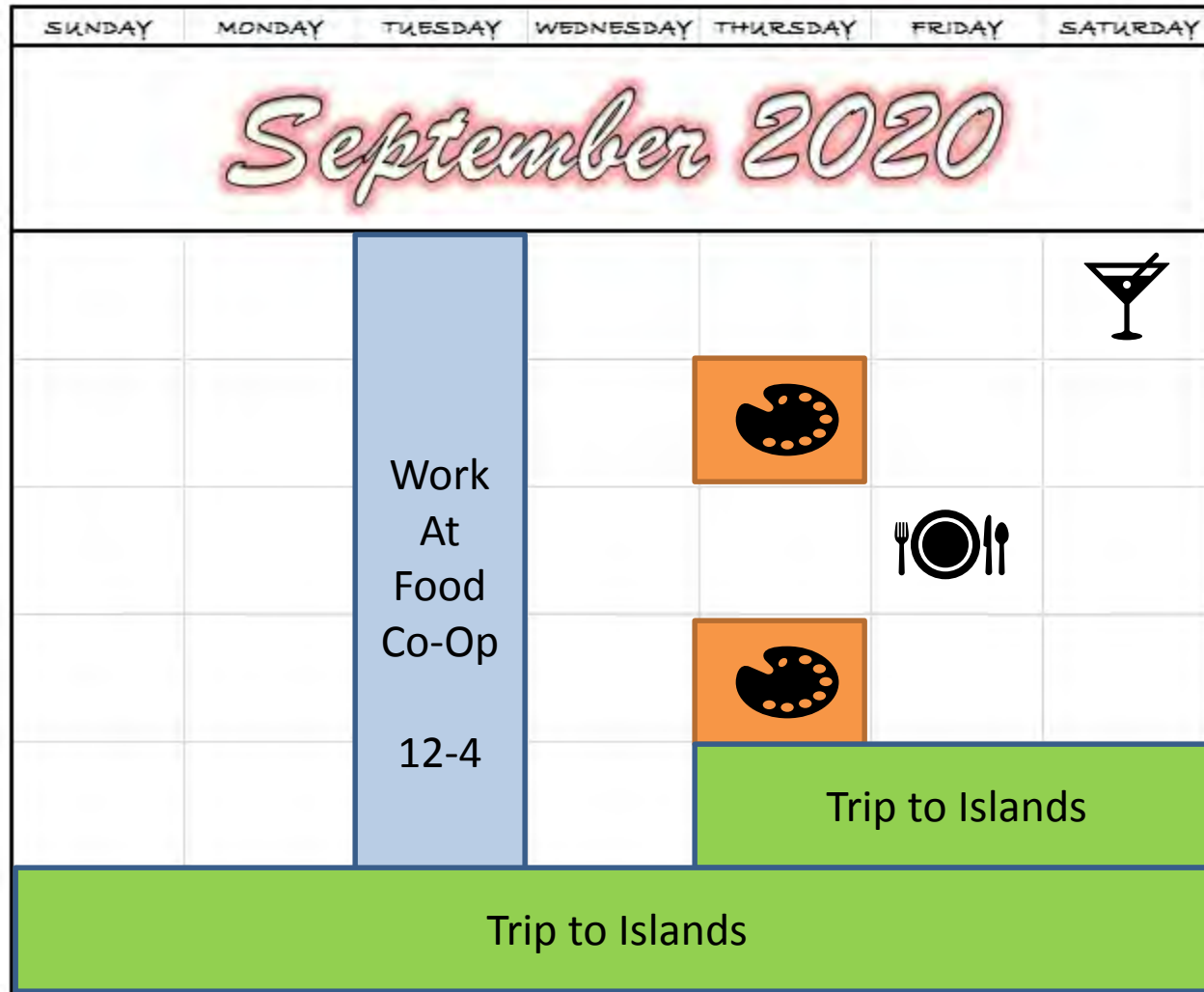
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What Are Your Plans?



Consider a retirement schedule

Schedule both work and play

Don't be afraid to color-code

Adjust over time

Adjust seasonally



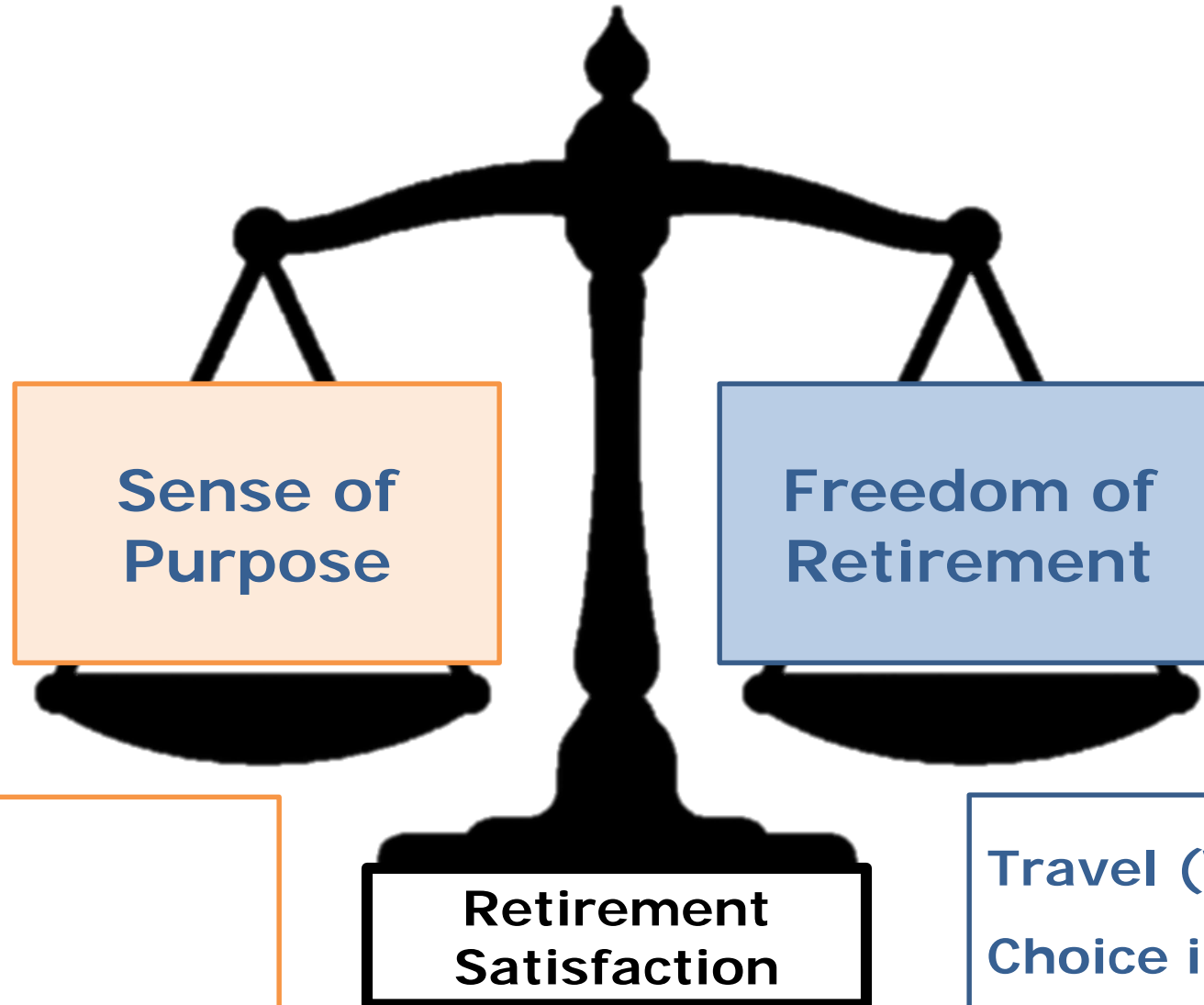
What Are Your Plans?

NEEDS	ACTIVITIES
	Example: Joining a Theater Group
Income	
Usefulness	✓
Entertainment	
Sense of Accomplishment	✓
Recognition	✓
Intellectual Achievement	
Security	
Growth	
Belonging	✓
Creativity	
Spirituality	
New Experiences	✓
Physical Activity	
Other	

Will Miss

- **Co-workers**
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- **PURPOSE**





Working
Family
Teaching
Volunteering
Community Involvement

Travel (Whenever)
Choice in Work
Flexible Schedule
Controlled Obligation
Relaxation



Long Life and Happiness

Sense of purpose leads to longer and healthier lives

Those with goals are less likely to develop illnesses like heart attacks, strokes and Alzheimer's Disease

More likely to stay physically active, take better care of themselves and have less stress

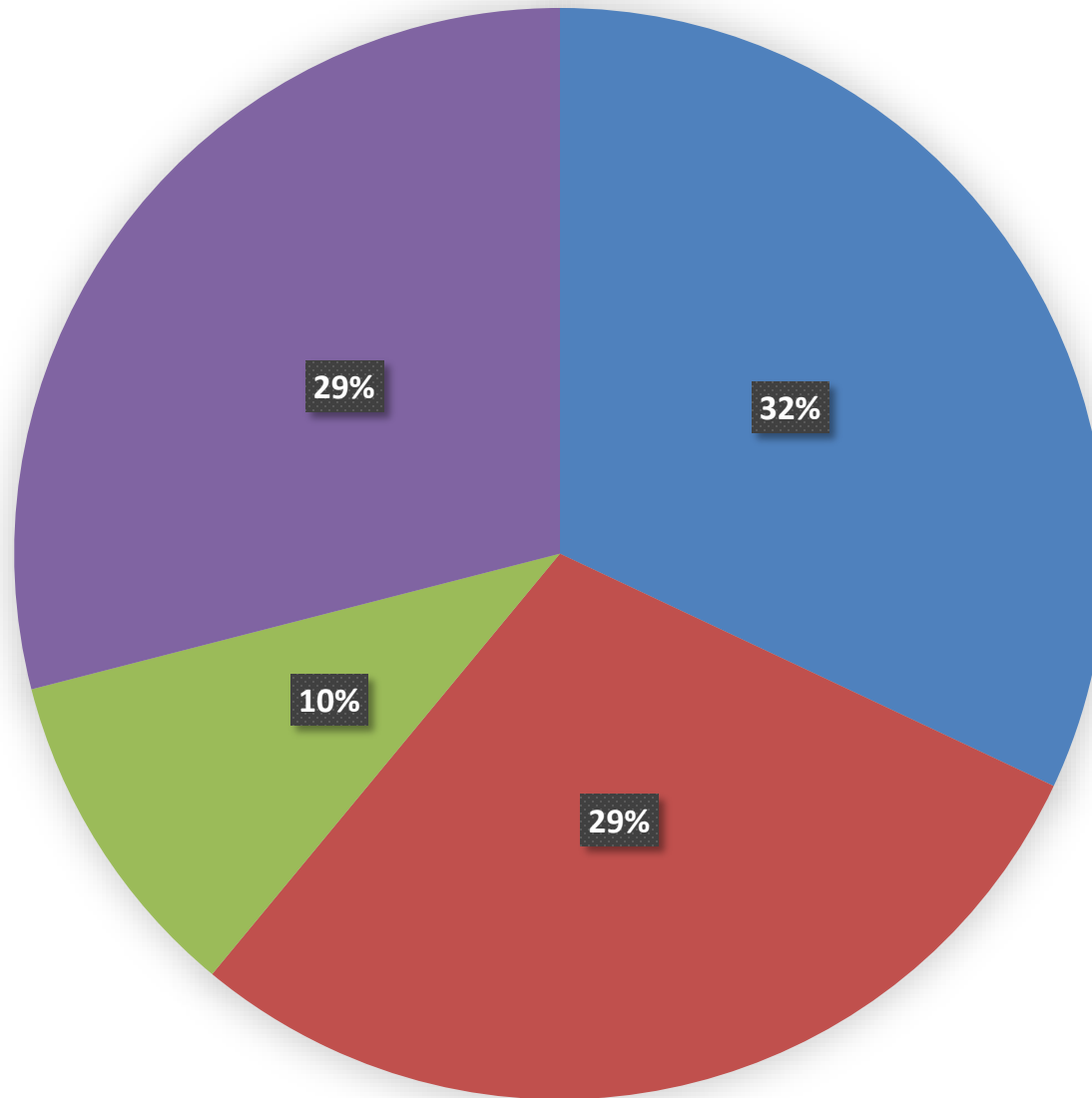






Survey Says...Health

A main ingredient for a happy retirement is good health



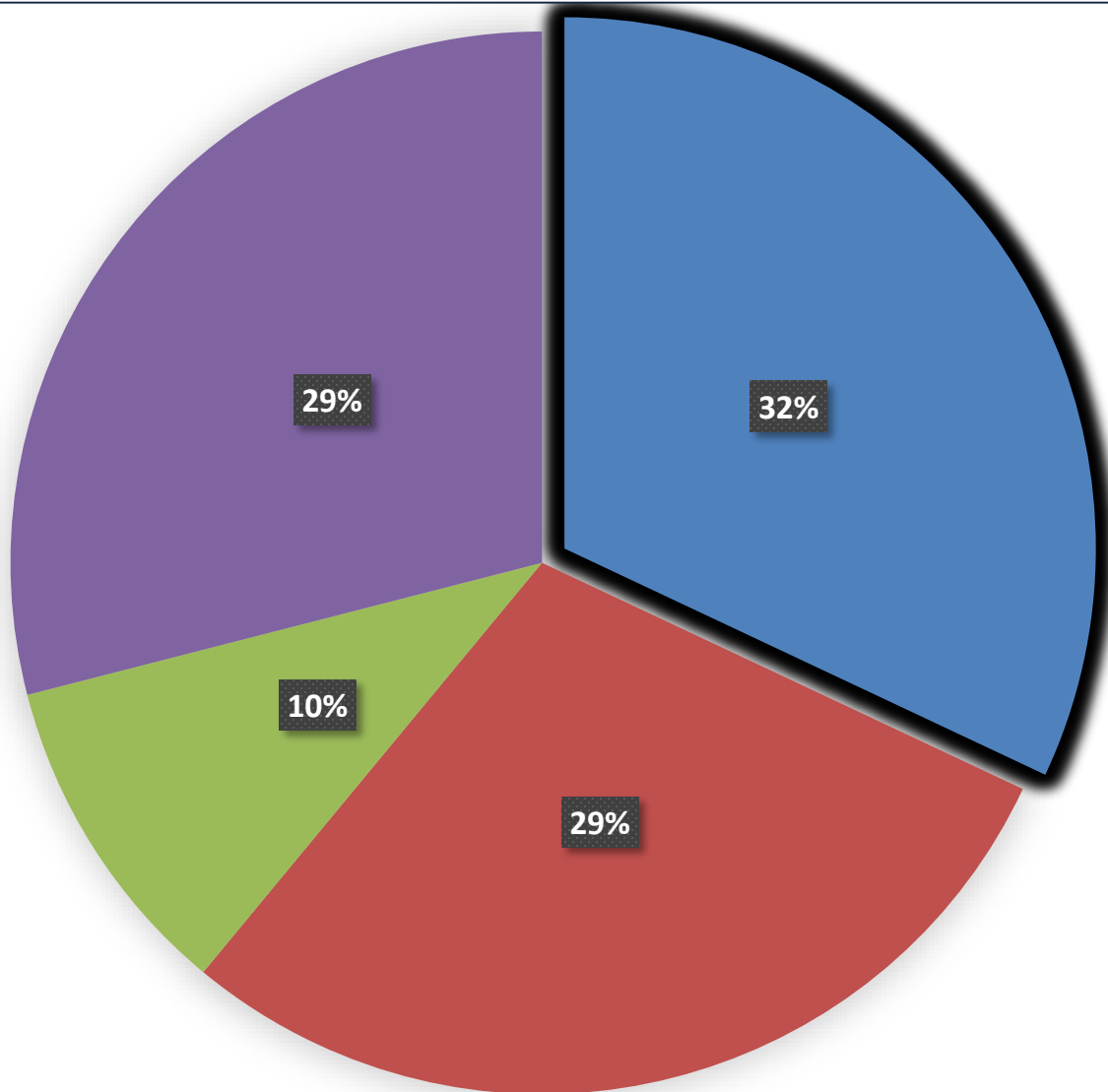
The 4 Boomer Health Styles



-  Challenged and Concerned
-  Healthy and Proactive
-  Lucky but Lax
-  Course-Correcting and Motivated



Challenged and Concerned



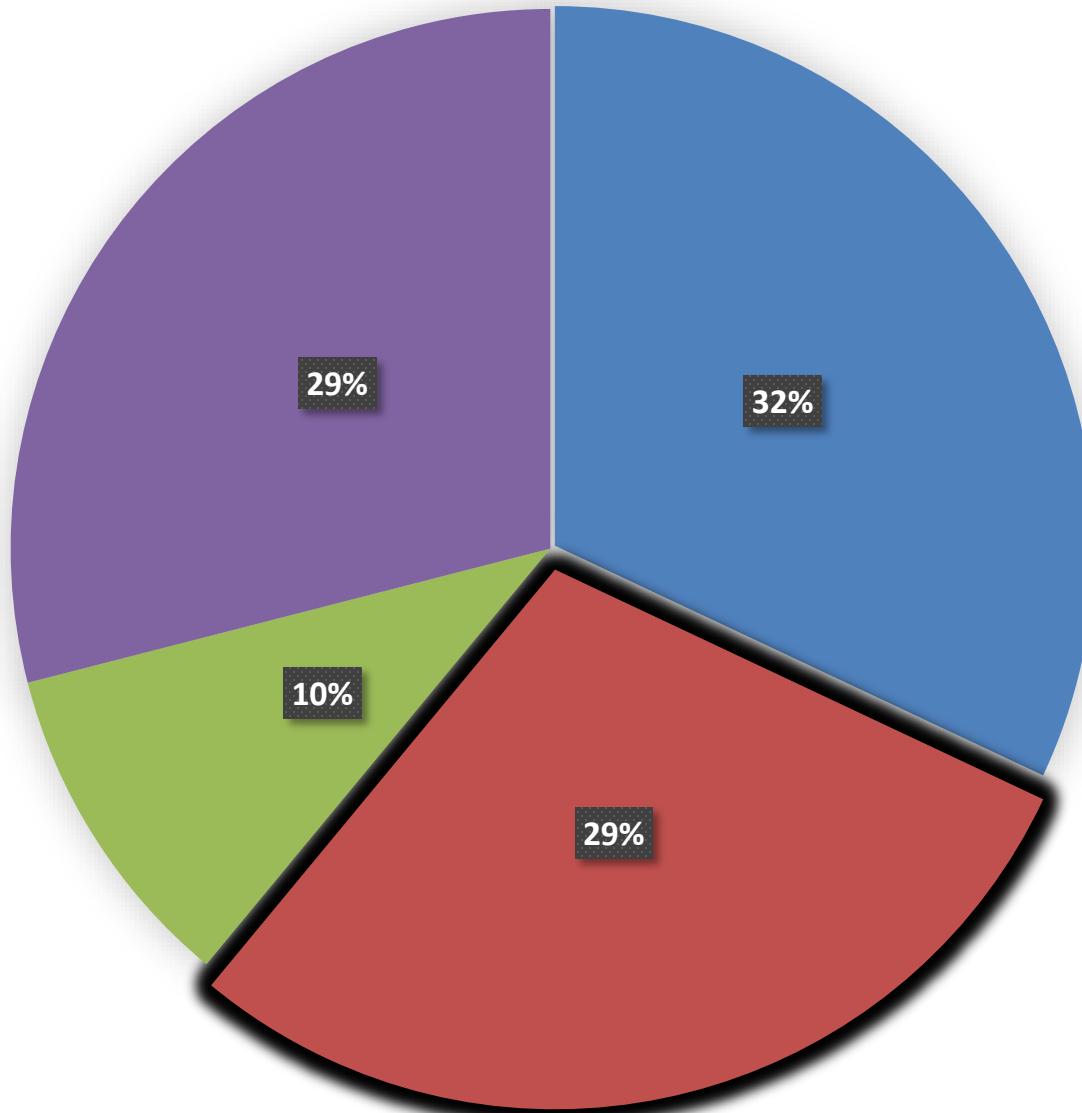
Already struggling with health issues

Worry about illness and impact on finances

Health care costs and insurance are overwhelming and confusing



Healthy and Proactive



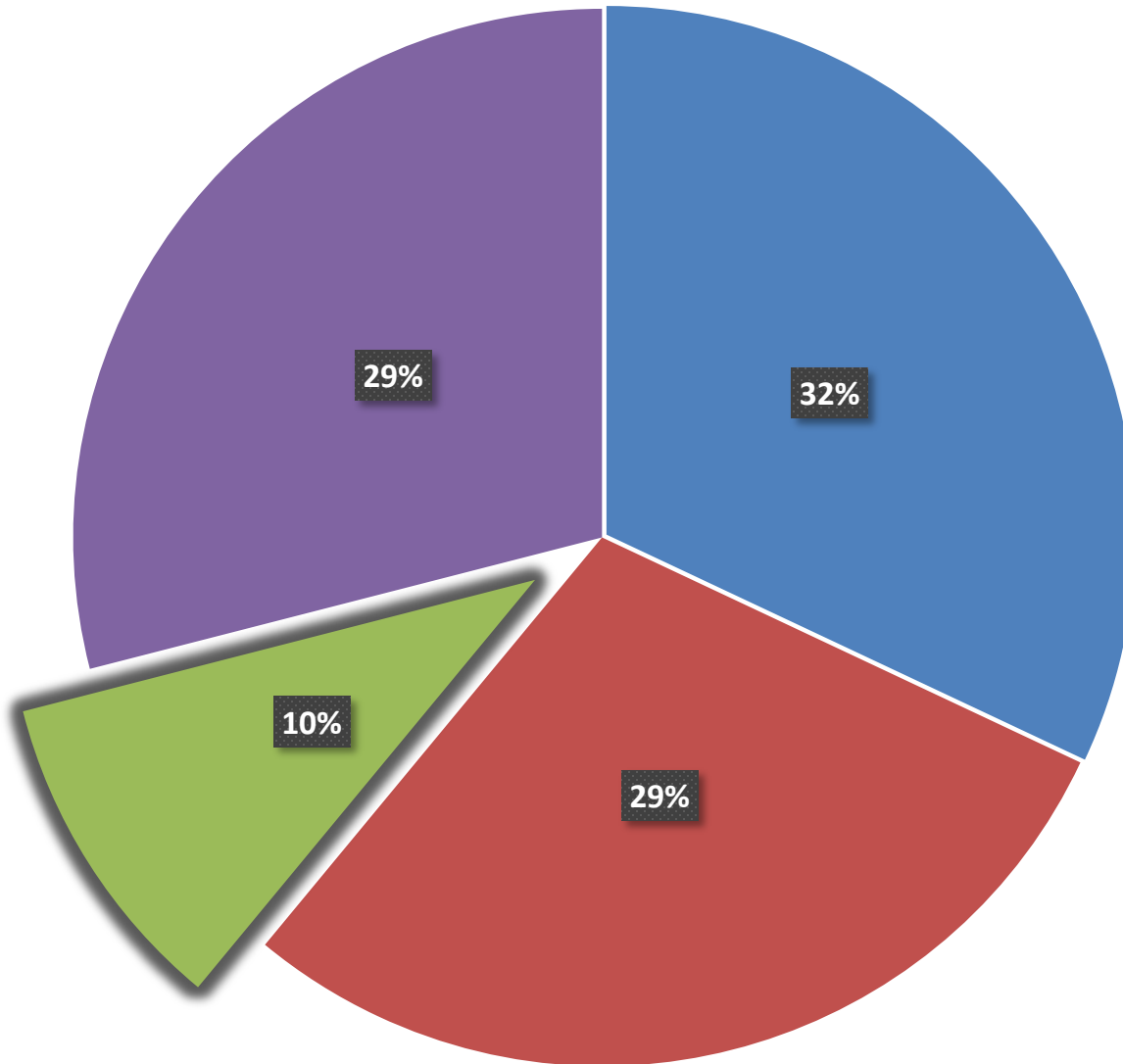
Take charge of their health and health finances

Already engaged in healthy eating and exercise

Prepared for future health care costs



Lucky but Lax



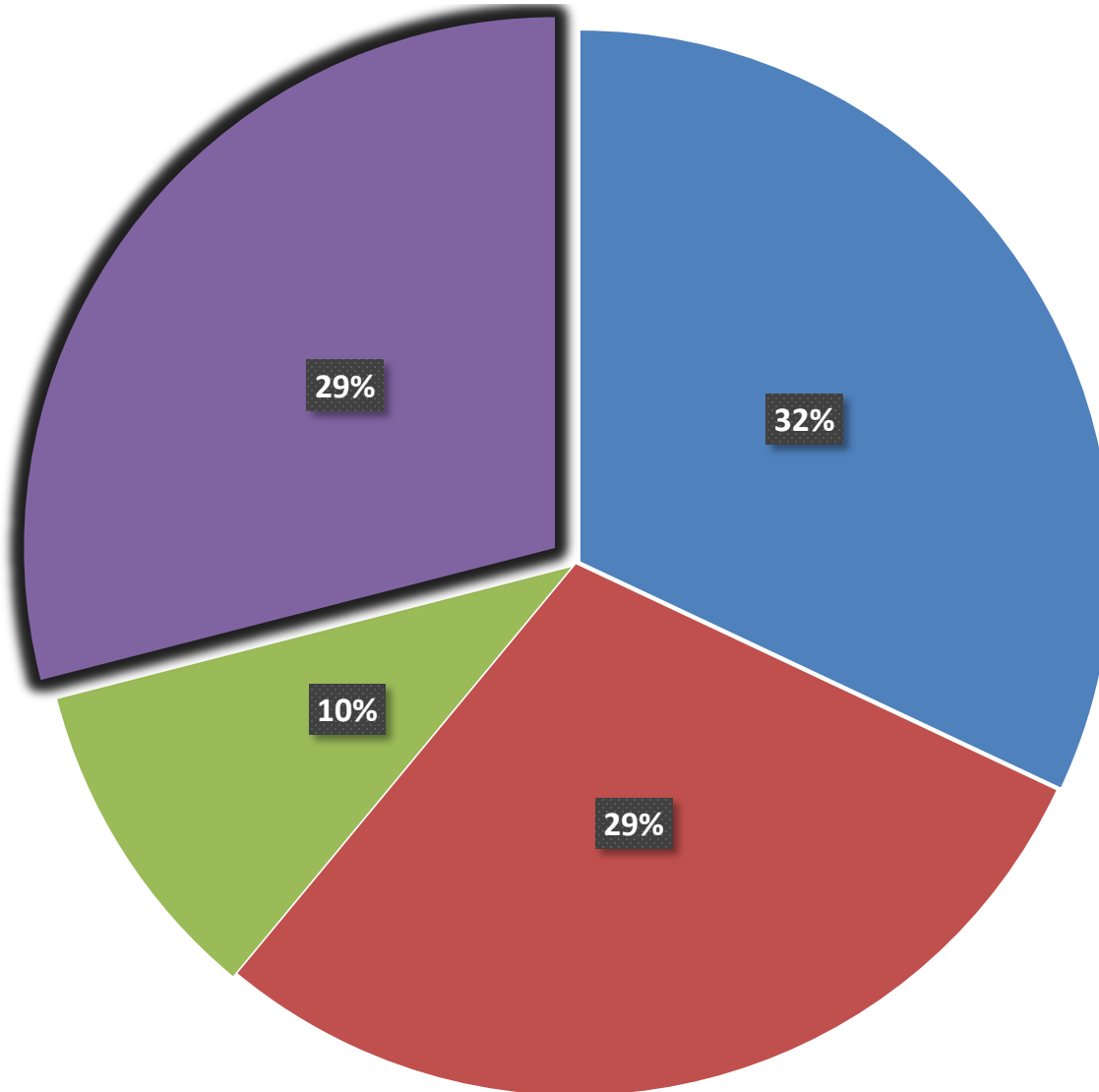
Lucky to be in good health

Little interest in taking care of themselves or planning for their health finances

Vulnerable to unexpected health disruptions



Course-Correcting and Motivated



Has experienced a health
"wake-up call"

Trying to improve health
by adopting new behaviors

Seeks information and tools
for healthier living





Health and Nutrition

People who **begin exercising** in their 60s or 70s are three times more likely than those who don't exercise to **age healthfully** –and not develop a major chronic disease, depression, physical or cognitive impairment

A nutritious diet: A healthy diet can improve heart health, fortify bones, and reduce the risk of stroke, type 2 diabetes and cancer

Maintaining a healthy weight: People age 45-64 who eat better, maintain a healthy weight, and exercise a few hours a week can reduce the risk of cardiovascular disease by 35%

Staying socially connected: Studies show that having a low level of social interaction is just as unhealthy as smoking and can be even healthier than lack of exercise or obesity



Health Insurance and Medicare

Uncertainty regarding health care costs and coverage can make the idea of retirement frightening

Speak with your benefits department to inquire about costs, coverage and whether or not you can make coverage changes after retirement

Research Medicare options

- Know how that impacts your employer-based policy
- Know when you must file to avoid penalty
- Understand which parts are required and which are optional



Get Moving!



Should I Stay or Should I Go?

Nationally, more than a third of retirees relocate in retirement

Of those, about half are downsizing

National trends show a surge in
50+ communities; no maintenance
single-level living

Consider renting in a new area for a year before committing to the
purchase of a new home

Get the “year-round” experience



Retirement Resources

Many employers participate in Employee Assistance Programs (EAP)

Volunteerism: United Way, community groups and organizations

Thinking of starting a business?

The Service Corps of Retired Executives (SCORE)

Small Business Administration (SBA)

Educational ambitions: Online platforms and free university auditing

Travel: Local groups, Facebook travel groups and Road Scholar



Your Retirement Dream

