



New York State
Teachers'
Retirement
System

SEPTEMBER 2025

YourSource

A newsletter for active members of the NYS Teachers' Retirement System

Teacher Trustee to be Elected at Delegates Meeting

Delegates attending the 2025 Annual Delegates Meeting will elect one active teacher to NYSTRS' Board of Trustees. (For more about the meeting, see [page 4](#).)



Natalie McKay

is running for election for the 2026-2029 term on the Board. She was appointed to the Board earlier this year by New York State Commissioner of Education Dr. Betty A. Rosa to fill the remainder of the term vacated by Juliet C. Benaquisto upon her retirement. McKay serves on the Board's Disability Review Committee.

Only delegates, elected by their colleagues from NYSTRS-participating employers, are eligible to vote for the three active teacher members on the 10-member Board. Each teacher member serves a staggered three-year term.

Natalie McKay, a teacher in the Schoharie Central School District,

A NYSTRS delegate prior to joining the Board, she has served as president of the Schoharie Teachers Association since 2016 and served on its executive board since 2010.

She has represented her region as an at-large director on the NYSUT Board of Directors and is a graduate of the AFL-CIO/Cornell Union Leadership Institute.

McKay received a bachelor's degree in childhood education from the College of Saint Rose and a master's degree in educational policy and leadership from the University at Albany.

The other active teacher members on the Board are Eric J. Iberger of the Bayport-Blue Point Union Free School District and Donald A. Little III of the Syracuse City School District. Board President David P. Keefe of Hempstead is the retired teacher member elected by NYSTRS retirees.

Trustees serve without compensation and are responsible as fiduciaries to protect the long-term value of the System's investment portfolio to provide benefit security for members. They serve three-year terms, except the State Comptroller (or the Comptroller's designee), who serves while in office.

Nominations for other active teacher candidates to serve on the Board must be submitted by Oct. 3; only delegates may submit nominations.

McKay has taught in the Schoharie Central School District since 2005 and served as a teacher mentor since 2017.

New Member? Welcome!

Congratulations on joining one of the most secure and well-funded public pension systems in the nation! NYSTRS is proud to support your financial future with a defined benefit pension plan that provides lifetime income in retirement as well as disability and death benefits.

We know you're busy launching a new school year, and retirement may feel far off – but understanding your benefits now can make a big difference later. From service credit to beneficiary designations, it pays to be informed early.

Not sure where to begin? Our [New Member Checklist on page 3](#) walks you through the key steps to get started. Visit the Active Members section at nysrs.org for more resources.

IN THIS ISSUE

P2

[Four Fundamentals: Building a Strong Financial Future](#)

P3

[New Member Checklist](#)

P4

[Are You PREPared for Retirement?](#)

[Delegates Meeting is Nov. 2-3](#)

[Your Benefit Profile Arrives This November](#)

[Calendar of Events](#)

10 Corporate Woods Drive
Albany, NY 12211-2395
nystrs.org

Office Hours
Monday-Friday: 8:30 a.m.-4:15 p.m.

Summer Hours:
Monday-Thursday: 8 a.m.-4:15 p.m.
Friday: 8 a.m.-12:30 p.m.

Telephone:
800-348-7298

Beneficiary Information	ext. 6130
Benefits Consultations	ext. 6100
Direct Deposit	ext. 6230
Disability	ext. 6010
Earnings After Retirement	ext. 6150
General Information	ext. 6250
In-Service Death Benefit Info.	ext. 6110
Legislation	ext. 6200
Loans	ext. 6080
Member Service Credit	ext. 6075
Membership Withdrawals	ext. 6090
Military Service	ext. 6060
MyNYSTRS	ext. 6085
PREP Seminars	ext. 6180
Prior Service	ext. 6030
Reinst./Retro. Membership	ext. 6070
Report Fraud	ext. 2846
Retirement Estimates	ext. 6020
Transfer-In	ext. 6040
Transfer-Out	ext. 6050

Fraud Complaint?
Email investigations@nystrs.org or call the Report Fraud number listed above.

Never Miss an Issue
Your Source is produced four times a year with a once-annual printed edition in the spring. All other issues are online only. E-subscribe in your [MyNYSTRS](#) account to receive all issues.

NYSTRS Board Meeting Summary

Read the summary of actions from the Board's April 2025 meeting on the [About Us/Retirement Board/Board Meetings](#) page at [nystrs.org](#).

Four Fundamentals Building a Strong Financial Future



YOUR DEFINED BENEFIT LAYS THE FOUNDATION FOR RETIREMENT

For more than a century, NYSTRS has provided steady retirement, disability and death benefits to members. Ranked in the top 10 of the most secure and well-funded public pension plans in the country, NYSTRS ensures that the salary and service credit you earn today lays the foundation for your financial future with a specified monthly pension benefit when you retire. Read our publication [Learning About NYSTRS](#) at [nystrs.org](#) to learn more about NYSTRS and how pensions are funded.



KEEP YOUR BENEFICIARIES UP TO DATE

Accurate beneficiary designations ensure your wishes are followed and your loved ones are protected. When you receive your *Benefit Profile* each November, take a moment to confirm or update your designations. To make changes, create or log in to your [MyNYSTRS](#) account and visit My Retirement/Beneficiaries, or print, complete and mail a notarized [Designation of Beneficiary for In-Service or Post-Retirement Paragraph 2 Death Benefit](#) (NET-11.4) form.



KNOW YOUR SERVICE MILESTONES

Even early in your career, key service milestones help build your future. After one year of service credit, you're covered by an in-service death benefit. After two years, you may purchase prior service credit. With five years of credit, your pension is vested, or guaranteed. Visit the [Active Members/Service Milestones](#) page at [nystrs.org](#) and explore these and other milestones.



USE OUR PLANNING TOOLS AT EVERY STAGE OF YOUR CAREER

NYSTRS provides planning resources for every step of your journey. Our *Looking to the Future: Three Stages of Retirement Planning* series outlines helpful tools for when you're Early in Your Career, Midway to Retirement, or when Retirement is Within Reach. Find more at the [Library/Publications/Active Members](#) page at [nystrs.org](#).

New Member Checklist

Welcome, new members!

You've joined one of the top 10 public pension funds in the country. Wondering where to begin? We've got you covered! Use this checklist to explore your NYSTRS membership and take advantage of the helpful resources on our [Active Members/New Members](#) page.



BOOKMARK

Bookmark These Links to Your Favorites

- ☐ Start with the [Active Members/New Members](#) page at [nystrs.org](#). It explains how NYSTRS is already helping you save for retirement and why it's important to get familiar with your benefits early in your career.
- ☐ Be sure to explore the [Active Members' Handbook](#), which covers everything from membership rules and vesting to pension calculations and retirement planning.

READ

Your 'Getting Started' Reading List

Watch the short video "[A Two-Minute Tutorial for New Members](#)," then browse our helpful brochures, which can be found in our Library.

- ☐ [Your First Look at NYSTRS](#)
- ☐ [What New Members Need to Know About NYSTRS](#)
- ☐ [Looking to the Future – Stage 1: Early in Your Career](#)
- ☐ [You Deserve the Credit](#)

STAY UP TO DATE

Use MyNYSTRS to Stay Informed

MyNYSTRS is your secure online portal for pension information and self-service tools. MyNYSTRS is only for use by the Retirement System's active members, retirees and beneficiaries receiving a continuing benefit.

- ☐ Create your [MyNYSTRS](#) account.
- ☐ Watch the video, "[What Can MyNYSTRS Do For You?](#)"
- ☐ Track your service credit and earnings.
- ☐ Update contact info and beneficiary designation.
- ☐ Send us secure messages.
- ☐ E-subscribe to this *Your Source* newsletter.
- ☐ Review your annual *Benefit Profile* each fall to be sure your service credit, earnings and beneficiary are correct. (You'll receive your first *Profile* next fall.)

New Member Orientation Webinar

Join us on Oct. 1 at 4 p.m.

Are you a new Tier 6 member? Want to learn about your defined benefit plan with NYSTRS and how it impacts your financial future? NYSTRS invites you to attend a virtual New Member Orientation on Wednesday, Oct. 1 at 4 p.m.

[Learn more and register here](#)





Calendar of Events



September 2025:

- Sept. 12 – [Fall PREP seminar schedule available](#)

October 2025:

- Oct. 1 – [New Member Orientation Webinar](#)
- Oct. 13 – System Holiday

November 2025:

- Nov. 2-3 – Annual Delegates Meeting
- Nov. 4 – System Holiday
- Nov. 11 – System Holiday
- Nov. 27-28 – System Holiday
- Your *Benefit Profile* will be available

Are You PREPared for Retirement?

Many retirees wish they began focusing on financial and retirement planning much earlier in their lives. Our Pension & Retirement Education Program (PREP) is designed to help mid-career members prepare for retirement. Each session provides essential retirement planning tips and will help you understand your NYSTRS benefits.

The fall 2025 PREP seminar schedule is available on the Retirement Planning/Pension & Retirement Education Program page at nystrs.org.

Can't attend a fall session? Bookmark nystrs.org/prep – we take reservations for PREP seminars throughout the year in mid-September (fall schedule), mid-December (winter/spring), and mid-May (summer).

Delegates Meeting is Nov. 2-3

NYSTRS' Annual Delegates Meeting will be held Sunday, Nov. 2 and Monday, Nov. 3 at the Saratoga Springs City Center. The two-day event includes educational seminars, a Delegate-Board/Staff Discussion, and the election of a teacher Board member (see related article on [page 1](#)).

Elected by peers at their district, delegates serve two important functions: to elect a teacher member to the Retirement Board at the Annual Delegates Meeting, and to serve as a liaison between NYSTRS and the members in their district. The meeting provides delegates a chance to learn more about NYSTRS and NYSTRS benefits, as well as meet other delegates and NYSTRS staff.

Meeting details, including the agenda and hotel blocks, are available on the [Delegates/Annual Delegates Meeting](#) page at nystrs.org.

Your Benefit Profile Arrives This November

This fall, make time for a one-on-one with your *Benefit Profile*. It provides a summary of your service credit and earnings – key factors of your retirement benefit formula. Depending on your membership status and eligibility, your *Profile* may also include projections of your service retirement benefit, disability and death benefits, your contributions summary, loan details (if applicable) and beneficiary designations.

Take a moment to ensure all records are current and accurate. You can update beneficiaries in [MyNYSTRS](#). If you spot errors in your service or salary data, contact your employer(s) and ask them to send corrections to NYSTRS right away.

If you e-subscribe, you'll get an email in early November when your *Profile* is available in MyNYSTRS. If you chose a paper copy, it will be mailed by late November. Members who joined the System after June 30, 2025 will receive their first *Profile* in fall 2026.

