



*The following information was recently provided to NYSTRS' participating employers. As a Retirement System delegate, it is important you are aware of these issues. Please share this Delegate News with NYSTRS members in your district.*

## NYSTRS Announces Summer 2025 PREP Seminar Schedule

Many retirees tell us they wish they began focusing on financial and retirement planning much earlier in their lives. NYSTRS designed the Pension & Retirement Education Program (PREP) to help active members take a proactive approach to retirement planning. Each free half-day session covers NYSTRS benefits, financial planning, Social Security, estate planning and the retirement process.

The [summer 2025 PREP Seminar schedule](#) is now available on the [Retirement Planning/Pension & Retirement Education Program page at nystrs.org](#) and on the next page of this bulletin.

### Reservation and Attendance Information

- **Make a reservation** online in MyNYSTRS at [nystrs.org](#) or call 800-348-7298, ext. 6180 during our business hours.
- **Sessions run from 8:30 a.m. to 1 p.m.** Registration begins at 8 a.m.
- **Slots fill quickly**, so we recommend making a reservation early.
- **Bring your latest *Benefit Profile*** with you (you can print it from MyNYSTRS).
- **Not going to attend?** Cancel through MyNYSTRS or by phone so others may register.

The PREP seminar is offered throughout the year. Reservations open in mid-September (fall schedule), mid-December (winter/spring), and mid-May (summer). Encourage members to check [nystrs.org/prep](#) often for the latest seminar schedule.

Instructions for making reservations – accepted in the order received – are included on both our website and on the next page of this Bulletin.

**Please share this schedule** with NYSTRS members in your district. Forward and print the schedule on the next page and post in your district's staff lounges or other common areas.

**Please Note: The PREP seminar is not intended for individual benefits counseling.** To schedule a one-on-one consultation, members should visit the [Retirement Planning/Benefits Consultations](#) page of [nystrs.org](#).

Thank you for your assistance in promoting this important NYSTRS program!



## Summer 2025 PREP Seminar Schedule

### Pension & Retirement Education Program (PREP)

Location	Address	Dates
Albany/Capital District	Hilton Garden Inn Albany Airport 800 Albany Shaker Road, Albany, NY 12211	Tuesday, July 8, 2025 Tuesday, Aug. 5, 2025
Binghamton	DoubleTree by Hilton Binghamton 225 Water St., Binghamton, NY 13901	Tuesday, July 29, 2025
Buffalo	Buffalo Airport Hotel 4600 Genesee St., Cheektowaga, NY 14225	Tuesday, July 15, 2025 Tuesday, Aug. 12, 2025
Clayton	1000 Islands Harbor Hotel 200 Riverside Drive, Clayton, NY 13624	Thursday, Aug. 7, 2025
Fishkill	Hyatt House Fishkill/Poughkeepsie 100 Westage Business Center Drive, Fishkill, NY 12524	Thursday, July 10, 2025 Thursday, July 31, 2025
Lake George	Fort William Henry 48 Canada St., Lake George, NY 12845	Tuesday, Aug. 19, 2025
Lake Placid	High Peaks Resort 2384 Saranac Ave., Lake Placid, NY 12946	Wednesday, Aug. 6, 2025
Mount Kisco	Hotel MTK 1 Pat Reilly Way, Mount Kisco, NY 10549	Thursday, Aug. 21, 2025
Plainview	Holiday Inn Plainview – Long Island 215 Sunnyside Blvd., Plainview, NY 11803	Wednesday, July 9, 2025 Thursday, July 24, 2025 Wednesday, Aug. 20, 2025
Riverhead	Hotel Indigo Long Island – East End 1830 West Main St., Route 25, Riverhead, NY 11901	Tuesday, July 22, 2025
Rochester	RIT Inn & Conference Center 5257 West Henrietta Road, Rochester, NY 14467	Wednesday, July 16, 2025 Wednesday, Aug. 13, 2025
Stony Brook	Hilton Garden Inn Stony Brook 1 Circle Road, Stony Brook, NY 11794	Wednesday, July 23, 2025 Tuesday, Aug. 19, 2025
Syracuse	Hilton Garden Inn Syracuse 6004 Fair Lakes Road, East Syracuse, NY 13057	Wednesday, July 30, 2025 Thursday, Aug. 14, 2025

The PREP seminar helps members understand their NYSTRS benefits and offers tips for retirement planning. Check [nystrs.org/prep](https://nystrs.org/prep) for the latest seminar schedule. Each **free half-day session** runs from **8:30 a.m. to 1 p.m.** (registration begins at 8 a.m.). Topics include:

- **NYSTRS Benefits:** Pension, disability coverage, loans, vesting and death benefits.
- **Financial Planning:** Saving early, catching up, withdrawals and financial advisors.
- **Social Security:** Benefits, eligibility rules, when to collect and earning limits.
- **Estate Planning:** Wills, trusts, powers of attorney, health care proxies and living wills.
- **The Retirement Process:** Retirement options, “resigning” vs. “retiring,” choosing a retirement date, retirement checklist, monthly payments, taxes and earnings limitations on NYS public employment.

**Make a reservation** in MyNYSTRS at [nystrs.org](https://nystrs.org) or call 800-348-7298, ext. 6180 during business hours. **Spots fill quickly**, so we recommend making a reservation early. **The PREP seminar is not intended for individual benefits counseling.** To schedule a one-on-one consultation, members should visit the Retirement Planning/Benefits Consultations page of [nystrs.org](https://nystrs.org).