



New York State
Teachers'
Retirement
System

SEPTEMBER 2026

YourSource

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

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Teacher Trustee to be Elected at Delegates Meeting

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

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.



Donald A. Little III

Donald A. Little III, a teacher at the Syracuse City School District since 1999, is running for election for the 2027-2030 term on the Board. First elected to the Board in 2024, he serves on the Audit, Disability Review, Ethics, and Risk committees.

A longtime NYSTRS delegate prior to joining the Board, Little serves as second vice president of the Syracuse Teachers Association and is

an adjunct professor at SUNY Oswego. He was selected to participate in the 2024 Fulbright-Hays Seminars Abroad Program in Japan, studying and developing curriculum.

The other active teacher members on the Board are Eric J. Iberger of the Bayport-Blue Point Union Free School District and Natalie McKay of the Schoharie Central School District. Board President David P. Keefe of Hempstead is the retired teacher member elected by NYSTRS retirees.

Trustees are responsible as fiduciaries to protect the long-term value of the System's investment portfolio and provide benefit security for members. They do not receive a salary or stipend and represent various constituents, including active and retired teachers, school administrators and school boards. Trustees serve three-year terms, except the State Comptroller (or appointee) who serves while in office.

Nominations for other active teacher candidates to serve on the Board must be submitted by Oct. 2; only delegates may submit nominations.

Welcome, New Members!

Congratulations! You've just joined one of the most secure and well-funded public pension systems in the nation. We're 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.

Retirement may feel far off, but the earlier you understand your pension, the better prepared you'll be for that chapter of life. Our [Membership 101 feature on page 3](#) is your introduction to NYSTRS, from membership contributions to service credit. Start there and visit the [Active Members](#) section at [nystrs.org](#) for more resources.





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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 July 2026 meeting on the [About Us/Retirement Board/Board Meetings](#) page at [nystrs.org](https://www.nystrs.org).

Four Fundamentals: Using Your Benefit Profile to Plan for Retirement



Your Benefit Profile is the ultimate retirement study guide.

Once you retire, your NYSTRS benefit will help provide retirement security for life. Consider your annual *Benefit Profile* your go-to study guide to plan your retirement. This personalized statement, issued each fall, provides a summary of your membership status and lists the key factors of your retirement benefits. Estimates and information on service milestones are also included. Use the *Profile* to make informed decisions about your retirement.



Review the information closely. Your benefits are determined by it.

Review your *Profile* to make sure your earnings and service credit have been correctly reported to NYSTRS by your employer. If you notice an error, ask your employer to correct the records and submit the revision to the System. Fixing any misinformation now will help expedite the processing of your benefits in the future.

Be sure to also review your beneficiary designation and contact information. Need to make changes to either? It can all be done in [MyNYSTRS](#). Keeping this information current now will make for a smooth transition to retirement.



Use the benefit estimates to plan your financial future.

Your *Profile* includes pension projections, as well as information on disability and death benefits. Use this information to determine your financial future, including when and how comfortably you can retire. A summary of your member contributions and loan information (if applicable) are also included.



Access your Profile in MyNYSTRS anytime.

Your *Benefit Profile* is issued in November. If you e-subscribe, you'll get an email when your *Profile* is available in [MyNYSTRS](#). Otherwise, you'll receive it in the mail by late November. Regardless of your delivery preference, you can always access your *Profile* online in MyNYSTRS. Members who joined the System after June 30, 2026 will receive their first *Profile* in fall 2027.

Membership 101

What to Know as a NYSTRS Member

Retirement may seem distant at the moment, but now is a great time to learn about your NYSTRS benefits. Along with a guaranteed retirement benefit, you'll qualify for disability and death benefit coverage when you meet certain eligibility requirements.

Your pension provides the foundation of your financial future, so study up on the resources below.



Learn the Basics

- ☐ Start with the [Active Members' Handbook](#), which covers everything from membership rules and vesting to pension calculations and retirement planning.
- ☐ Explore the [Pension Education Toolkit](#) to learn more about defined benefit pension plans like NYSTRS.

Understand Your Benefits

- ☐ Learn about your retirement, disability and death benefit coverage on the [Active Members/Benefits](#) page.
- ☐ Visit the [Active Members/Member Contributions](#) page to better understand your contributions and how contributions work to fund your retirement.
- ☐ Read [Your Service Credit Matters](#) for an overview of service credit, how reaching certain service credit milestones can affect your pension, and why you should claim prior service early.

Know Where You Stand

- ☐ Use your [MyNYSTRS](#) account to stay on top of your service credit, keep your contact information and beneficiaries up to date, and send us secure messages.
- ☐ Review your *Benefit Profile* each year and make sure your service credit, earnings and beneficiary designation are correct.
- ☐ E-subscribe in [MyNYSTRS](#). It's the only way to receive every issue of the [Your Source](#) newsletter for the latest news and updates on your retirement.

New Member Orientation

Are you new to NYSTRS? Or perhaps you'd like to learn more about your membership?

You're invited to our New Member Orientation webinar on Tuesday, Oct. 6 at 4:30 p.m. This interactive session will provide a broad overview of your NYSTRS benefits. Join us to learn about your defined benefit plan and how it impacts your financial future.

[Learn more and register for the webinar online.](#)





Calendar of Events

September 2026:

- Mid-September – [Fall PREP seminar schedule available](#)

October 2026:

- Oct. 6 – [New Member Orientation Webinar](#)
- Oct. 12 – System Holiday

November 2026:

- Nov. 1-2 – Annual Delegates Meeting
- Nov. 3 – System Holiday
- Nov. 11 – System Holiday
- Nov. 26-27 – System Holiday
- Your *Benefit Profile* will be available

Delegates to Chart Their Course on the Road to Retirement at Annual Meeting

Delegates will learn to navigate the road to retirement at the System's Annual Delegates Meeting, to be held Nov. 1-2 at the Saratoga Springs City Center.

The meeting will feature educational seminars that will help delegates guide members on their retirement journey, a discussion with the Board, and the election of a teacher Board member ([see related article on page 1](#)). Meeting details are available on the [Delegates/Annual Delegates Meeting](#) page at [nystrs.org](#).

Elected by peers at their district, delegates serve two important functions: elect a teacher member to the Board at the Delegates Meeting and serve as a liaison between NYSTRS and the members in their district.

Delegate openings remain at several districts and can be filled by Oct. 1. Learn how you can serve! Visit the [Delegate & Election FAQs](#) page to learn when elections are held and how the process works. If you were elected, check the [2025-2027 Delegate/Alternate list](#) to confirm your employer has reported your election to NYSTRS. Chief school administrators or their designee must report election results via the online Employer Secure Area by Oct. 6.

Knowledge is Power

Plan Your Future with the Pension Estimator

Preparing for retirement can feel daunting. Knowing what to expect can help eliminate the guesswork so you can retire with confidence.

NYSTRS' online pension estimator uses your most-recent earnings and service credit information to create projections of your future employment and show you a personalized pension estimate.

You can generate estimates based on the Maximum benefit payment or options that provide beneficiary protection. Review various retirement dates and compare the projected benefit payments for each.

The pension estimator is available in [MyNYSTRS](#). Log in and visit the My Retirement/Pension Estimate page to get started.

