



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 Winter/Spring 2025 Schedule of PREP Seminars

Many retirees tell us they wish they began focusing on financial and retirement planning much earlier in their lives. To help active members avoid that pitfall, NYSTRS offers a proactive approach to prepare for retirement: the Pension & Retirement Education Program (PREP).

NYSTRS is pleased to issue the winter/spring 2025 schedule of seminars, which is available on the [Retirement Planning/Pension & Retirement Education Program](#) page at [nystrs.org](#) and on the ensuing page of this Administrative Bulletin.

The PREP seminar educates members of all ages and career stages on the value of careful financial and retirement planning. The seminar further helps them understand their NYSTRS benefits and how their future pension fits into their overall retirement picture. This information is a key piece of the plan that helps members achieve their retirement goals and dreams.

The half-day seminars, which are free and held throughout the state, cover the following topics: NYSTRS benefits, financial planning, Social Security, estate planning, and the retirement process. Seminars are held from 8:30 a.m. to 1 p.m., with registration beginning at 8 a.m. There is no fee to attend, and members are welcome to bring a guest, but all attendees must make a reservation in advance.

Spots fill up quickly, so we advise members to register soon. Please help us spread the word; share this information with NYSTRS members at your district so those who would like to attend a seminar can register now. **We kindly request that you forward this Bulletin, and print the schedule found on the ensuing page and post in your district's staff lounges and common areas.** Instructions for making reservations, which are accepted in the order in which they are received, are included on our website and the schedule found on the ensuing page of this Bulletin.

We begin taking reservations for our three PREP schedules during the year in: mid-September (fall schedule); mid-December (winter/spring schedule); and mid-May (summer schedule).

PREP seminars are not intended for individual benefits counseling. Members interested in a benefit consultation should visit the [Retirement Planning/Benefits Consultations](#) page of our website to learn how to schedule a personal consultation.

Thank you for your assistance in spreading the word about these important NYSTRS programs!



Pension & Retirement Education Program (PREP)

Many retirees wish they began focusing on financial and retirement planning much earlier in their lives. Don't let that happen to you! No matter how far along you are in your career, careful financial and retirement planning are critical. That's why our Pension & Retirement Education Program (PREP) seminar is so valuable. The seminar will help you understand your NYSTRS benefits while also providing essential retirement-planning tips, which will help you develop a plan to achieve your retirement goals. Seminars are held from 8:30 a.m. to 1 p.m. with registration beginning at 8 a.m. Topics include: NYSTRS benefits, financial planning, Social Security, estate planning and the retirement process. Seminars are free and your spouse/companion may attend but you must make reservations in advance.

Winter/Spring 2025 Schedule of PREP Seminars

Make your reservation via your online MyNYSTRS account at nystrs.org or by calling 800-348-7298, ext. 6180 weekdays from 8:30 a.m. to 4:15 p.m. Seminars fill quickly, so book early.

<p>ALBANY/ CAPITAL DISTRICT January 29 (Wednesday) March 12 (Wednesday)</p> <p>Hilton Garden Inn Albany Airport 800 Albany Shaker Rd. Albany, NY 12211</p>	<p>BINGHAMTON April 22 (Tuesday)</p> <p>DoubleTree by Hilton 225 Water St. Binghamton, NY 13901</p>	<p>BUFFALO February 19 (Wednesday) April 15 (Tuesday)</p> <p>Buffalo Airport Hotel 4600 Genesee St. Cheektowaga, NY 14225</p>
<p>FISHKILL January 29 (Wednesday) April 18 (Friday)</p> <p>Hyatt House Fishkill/Poughkeepsie 100 Westage Business Center Dr. Fishkill, NY 12524</p>	<p>MOUNT KISCO February 21 (Friday)</p> <p>Hotel MTK 1 Pat Reilly Way Mount Kisco, NY 10549</p>	<p>L.I. - PLAINVIEW February 20 (Thursday) April 16 (Wednesday)</p> <p>Holiday Inn Plainview – Long Island 215 Sunnyside Blvd. Plainview, NY 11803</p>
<p>ROCHESTER February 20 (Thursday) April 16 (Wednesday)</p> <p>RIT Inn & Conference Center 5257 West Henrietta Rd. Rochester, NY 14467</p>	<p>L.I. - STONY BROOK February 19 (Wednesday) April 15 (Tuesday)</p> <p>Hilton Garden Inn Stony Brook 1 Circle Rd. Stony Brook, NY 11794</p>	<p>SYRACUSE February 18 (Tuesday) April 15 (Tuesday)</p> <p>Hilton Garden Inn Syracuse 6004 Fair Lakes Rd. East Syracuse, NY 13057</p>

Helpful Tips

- When calling to make a reservation, have the following information at hand: your EmplID or Social Security number, email address and phone number (and the same information for your spouse/companion if they are a NYSTRS member and will attend with you).
- Bring your latest *Benefit Profile* with you to the seminar. (You may print it from MyNYSTRS.)
- If you make a reservation but cannot attend, please call the number above to cancel (or cancel via MyNYSTRS) so we can offer your spot to another member.
- PREP seminars are not designed for individual retirement counseling. Visit the Retirement Planning/Benefits Consultations page to learn how to schedule a consultation.