

An online planning guide

This online retirement planning guide has been prepared by NYSUT and is for general informational purposes only. It does not constitute legal advice nor establish an attorney-client relationship. This information is presented without any representation or warranty as to its accuracy, completeness or timeliness. It is intended to help guide you to the many resources you have available to you as a NYSUT member. It is important that you make your own individual decisions using appropriate licensed consultants.

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I. THINKING ABOUT RETIREMENT

Throughout your professional life, NYSUT has been your partner and your advocate. From your first professional position in New York State, your union has helped you with political lobbying, negotiating contracts, providing legal safeguards, holding educational conferences, engaging in social justice, and supplying other services such as NYSUT Member Benefits.

Now, as you contemplate retirement, the union continues to serve you. NYSUT's commitment to you is lifelong. What follows is an attempt to guide you through this transition so you secure all you earned from your life of service to others. This is your "Blueprint to Retirement."

This guide is designed to steer you through the process of evaluating, assessing and determining the course of your future. You will face many concerns and considerations as you contemplate retirement. Your own personal motivation can help you focus on developing a retirement plan best suited for your personal situation. Why are you thinking about retirement? Health issues? Workplace stress? Ready for a change of pace? Family obligations? Are you ready to tackle a new vocation?

Am I Financially Ready?

A significant concern many people have is whether they are ready to retire. As you move forward, you will spend time reviewing the pathways of your life that brought you to this point. Before you decide to make this transition into the next phase of your life, NYSUT is here to help guide you through successful planning, goal setting, implementation and revisions, as necessary. Hopefully, you will be able to formulate and design a blueprint for a successful, rewarding and well-deserved retirement!

Now is the time to reach out to your respective retirement system or optional retirement program (see Section II for more information). Many helpful resources are also available online from your statewide union, NYSUT, www.nysut.org/members/member-guide/retirement; your national affiliates, AFT, <http://www.aft.org/retirement/resources>, and NEA, www.nea.org; the United Federation of Teachers, www.uft.org; and the union-supported Alliance for Retired Americans, <http://retiredamericans.org/>.

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Your local association and/or school district may schedule its own workshops and seminars. Review your district's dates, deadlines and incentives, if any, for retirement; decide which date is best for your situation and investigate why a particular date may be important to you. Remember, family issues and considerations will have an impact on your financial readiness.

What follows are two quick exercises to help you assess your "retirement readiness" — a checklist and the "Estimating Finances in Retirement" worksheet. Doing both will lead you to many questions and may point to the need for a more formal process of research and review in this venture.

CHECKLIST FOR RETIREMENT READINESS

- **Financial Planning:**
 - Experts suggest you will need at least 70% of your current income, annually, to retire comfortably.
 - Get estimates of pension and Social Security.
 - Decide if you want to live locally, out of state or out of the country.
 - Examine savings and/or tax shelters for inflation and unexpected expenses.
 - See a financial adviser, if you have one. (See Section VI).
- **Time Concerns:**
 - Am I emotionally ready to leave my position?
 - What will I do with my time? Second career? Travel? Volunteer? Take courses?
 - Do I have family obligations that might limit my time?
- **Health Care Concerns:**
 - Do you qualify for retiree health insurance? If not, you may investigate coverage through the Affordable Care Act marketplace. If you are eligible for Medicare, contact www.Medicare.gov.
 - Do you need long-term care insurance? If so, can you afford it?
 - Contact your local county Office of Aging for information on programs that may be available to you (for example, "Aging in Place" programs.)
 - If you plan to relocate, check out medical facilities and certification requirements for medical personnel. Make sure your health insurance plan will cover you wherever you decide to move and that hospitals and other health care providers participate in your plan.

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Estimating Finances in Retirement			
Monthly Expenses		Yearly Expenses	
Mortgage/Rent:		Property Taxes:	
Telephones:		Water Tax:	
Computer/E-Mail:		Utility Tax:	
Cable:		NYS Sales Tax:	
Electricity:		Contributions:	
Heat/AC:		Other:	
Car Payments:		Monthly Total x 12:	
Gas/Car Maintenance:		Total Expenses:	
Food:			
Insurances:			
Entertainment:		Income:	
Medical:		Estimated Pension:	
Loan Payments:		Social Security:	
Credit Card:		Spouse/Domestic Partner's Income:	
Other:		Other Misc.:	
Monthly Total:		Total Income:	
	Your bottom line→	Income-Expenses (+/-):	

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II. I HAVE DECIDED TO RETIRE

So, you've decided to retire. Many excellent resources can help you navigate through the waters of retirement, including your local association, local retiree chapter or NYSUT retiree council president. They have intimate knowledge of your local's policies and practices and can help you with questions such as: How do I write a retirement letter? What are the dates for submission? To whom should I address it? Does it need to be certified or notarized?

Your local president should provide you with a copy of the current contract. **IMPORTANT: Keep it in a safe place forever!** Issues might come up that are addressed in that specific contract. For example, you will need to know your health benefit rights and how they are spelled out in the contract language in effect at the time of your retirement.

If you have not already done so, please make an appointment with your retirement system to discuss your specific case, including pension payment options.

- New York State Teachers' Retirement System (NYSTRS)
www.nystrs.org/
800-348-7298
- New York State & Local Retirement System (NYSERS)
www.osc.state.ny.us/retire/
866-805-0990 or 518-474-7736
- Teachers' Retirement System of the City of New York (TRSNYC)
www.trsnyc.org
888-8-NYC-TRS (888-869-2877)
- Teachers Insurance and Annuity Association of America (TIAA)
 - www.tiaa.org
 - 800-842-2252

The following checklist will assist you with compiling documents and keeping track of your relevant retirement-related documents. Blank spaces are included so you can add information not noted on the list.

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RETIREMENT CHECKLIST

HAVE YOU:

- ☐ Consulted with your appropriate retirement system?

Tier III members are subject to the Social Security offset. If a Tier III member takes no action to remain a Tier III retiree s/he will automatically be retired as a Tier IV member and not be subject to the Social Security offset. Should a member retire as a Tier III retiree, s/he will have his/her pension reduced in accordance with the offset when s/he becomes eligible for Social Security.

- ☐ Claimed and purchased all allowable prior service before your effective date of retirement?
- ☐ Submitted satisfactory proof of your birth (for yourself and your beneficiary, if you have chosen a joint-life option)?
- ☐ Asked your local union for information on medical insurance and life insurance?
- ☐ Made a will? Health care proxy? Power of attorney?
- ☐ Reviewed your Social Security status with your local Social Security office? (This is especially important if you are near your eligibility age.)
- ☐ Tallied your assets, liabilities, net worth and considered the need to provide for dependents?
- ☐ Discussed your health insurance coverage in retirement with your employer's health benefits administrator?
- ☐ Arranged for the continuation of health insurance? (If you wish to change health insurance coverage to a different plan, any changes must be in accordance with plan deadlines, which may be before you retire. If you are eligible for Medicare, do you need to sign up for Medicare Part B if you are not already enrolled?)
- ☐ Reviewed state tax structure if you plan to move to another state? Your pension may be subject to a state income tax if you move out of New York.

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- ☐ Written a letter of resignation for the purpose of retirement to the superintendent with a copy to personnel, your immediate supervisor and your local teachers' association? (Be sure to check the language in the letter with your local union before submitting.)
- ☐ Submitted your retirement application to the system prior to your effective retirement date? (Be sure to check with your retirement system regarding any timeline issues before submitting.)
- ☐ Filed the form for federal withholding tax, if desired?
- ☐ Filed a bank depository agreement if you desire direct deposit of your pension check?
- ☐ Notified the retirement system, NYSUT, your local teachers' association and your school district of any change in your address?
- ☐ Investigated the insurances available to NYSUT, AFT and NEA retired members?
- ☐ Kept a copy of your employees' contract in effect the year you retire?
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III. MAINTAINING YOUR UNION CONNECTION IN RETIREMENT

Throughout your working life, you enjoyed countless benefits as a NYSUT member. Those benefits do not end with your retirement. In fact, as a NYSUT retiree member you:

- Maintain your eligibility to participate in the various endorsed programs and services offered by NYSUT Member Benefits. Visit <http://memberbenefits.nysut.org/> for more information.
- Will remain informed of NYSUT activities through the *NYSUT United* publication.
- Can create an account and sign into the member section of the NYSUT website, www.nysut.org/log-in-landing. (You will need your Member ID to create an account).
- Have access to the weekly *NYSUT Member Briefing* electronic publication. Contact NYSUT IT for assistance in signing up for the *Member Briefing*. You will need the NYSUT ID number found on your NYSUT ID card. You can sign up to receive the publication online after logging into www.nysut.org; there you can edit your profile and check the box to receive the *Member Briefing*.
- Will be eligible to vote for NYSUT-endorsed candidates and run for retiree delegate for the NYSUT Representative Assembly.
- Have access to a regional NYSUT Retiree Services Consultant. Visit www.nysut.org/retireeconsultants to find the consultant in your area.
- Will continue to have access to the NYSUT Social Services Department. Call 800-342-9810, ext. 6206, or visit www.nysut.org/socialservices.
- Can continue to participate in the annual VOTE-COPE Political Action member participation fund drive with direct contributions or through convenient monthly pension deductions. Visit www.nysut.org/votecope.

NYSUT helps ensure retirees have a voice through their local union, local retiree chapters (where they exist), and/or through regional retiree councils across the state. This is only possible if you maintain your membership status as a retiree.

Upon retirement, any member of a NYSUT local automatically becomes a NYSUT and AFT retiree member. If your local provides for a retiree membership, you must remain a member of your local to maintain your membership in NYSUT and AFT. If your local requires retiree dues, payment of those dues is a requirement for local, NYSUT and AFT retiree membership.

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As a retiree you will maintain your NEA membership and can participate in NEA Member Benefits programs you purchase individually. NEA also offers an “NEA Retired” membership with the purchase of a lifetime NEA-Retired Life membership (currently \$250). With an NEA Retired membership you are eligible to vote and run for office in the NEA Retired group. For more information, please contact *NYSUT Retiree Services* at 800-342-9810 or visit www.nysut.org/members/retirees/about-nysut-retirees-and-retirement.

Contact your local union officers for further information on how to maintain your membership as a retiree. Contact *NYSUT Retiree Services* if you are unclear or need further guidance.

To ensure you are in NYSUT’s membership records, be sure to maintain current contact information with your local and/or your regional office. Contact NYSUT’s Member Records Department at 800-342-9810, ext. 6224.

Your Union is There to Support You in Retirement.

At the local level: Protecting your rights for your health insurance and other benefits.

At the state level:

- Working with the retirement systems to safeguard the funds for your future.
- Working through the Legislative and Political Department to protect your pension and advocate for new legislation that will meet future situations.
- Working through NYSUT Member Benefits to provide you with options to save on important insurance programs, legal and financial programs, travel and shopping options, and much more. Visit <http://memberbenefits.nysut.org/> to learn more.
- Using NYSUT Social Services to help you and your family navigate the confusion of hospital and elder care as the need arises. Contact NYSUT Social Services for more information at 800-342-9810, ext. 6206 or visit www.nysut.org/socialservices.

At the national level: Protecting and enhancing Social Security and Medicare.

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Your Union Still Needs You to Remain Strong.

At the local level:

- To support your union brothers and sisters in crisis situations.
- To cast your votes on school budgets, board candidates and bond issues.
- To continue VOTE-COPE contributions that allow your local to have the funds to meet its local political needs.
- To maintain relationships with in-service colleagues to understand and support their agenda.
- To educate those who follow about the struggles of our early days and the legacy of continuing service to our members.

At the state level:

- To support our Legislative and Political Department with a few minutes of your time at critical moments to lobby for (or against) new legislation through the Member Action Center network (<https://mac.nysut.org/>).
- To donate through VOTE-COPE to enable NYSUT to create a political climate that will support candidates and programs for our benefit.
- To vote in each election to make sure your rights and benefits are protected.

At the national level:

- To aid the AFT and NEA in advancing the cause of public education across the country.
- To ensure the federal benefits each retiree receives will be there for the future.

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IV. PENSION

Generally, NYSUT members may receive two types of pensions, a defined benefit or a defined contribution. It's important to know the retirement system in which you are a member. Visit the website of the system to which you belong, create an online personal account, read the newsletters, and become familiar with the services and information available to you. This is important information for you to know and update *while you are working*, just *prior to retirement* and *in retirement*.

Public Pension Systems

The three major public pension systems that are used by our members are all defined benefit pension systems. These benefits can be estimated in most cases after you have been a member for a certain number of years. Contact the appropriate pension system for the specific information that pertains to your retirement.

- ☐ NYSTRS (New York State Teachers' Retirement System)

www.nystrs.org/

800-348-7298

Three members of the TRS Board are in-service teachers. Your teacher-board representatives are available to answer questions and discuss NYSUT's efforts to improve your pension. Your TRS teacher-members are Paul Farfaglia, 315-431-4040, pfarfagl@nysutmail.org; Jolene DiBrango, 585-267-3420, jdibrang@nysutmail.org; and Tim Southerton, 631-273-8822, tsouther@nysutmail.org. The retiree representative on the TRS Board is David Keefe, 516-7471-1241.

- ☐ NYSLRS (New York State and Local Employees' Retirement System)

www.osc.state.ny.us/retire/

866-805-0990 or 518-474-7736

NYSUT ERS consultants are available to help SRP members navigate through the retirement system. Consultants can answer questions, provide forms and help members contact the ERS. Your ERS consultants are Trudi Davis, 914-592-4411, troers@nysutmail.org; Kathy Hine, 585-454-5550, ext. 144, rochers@nysutmail.org; and Patti Lennon • 516-496-2035, ext. 324, nroers@nysutmail.org.

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□ TRS NYC (Teachers' Retirement System of the City of New York)

www.trsnyc.org

888-8-NYC-TRS (888-869-2877)

In New York City, teachers and paraprofessionals who have questions about retirement can call a pension representative in the borough offices of the United Federation of Teachers. The borough office numbers are: Bronx, 718-379-6200; Brooklyn, 718-852-4900; Manhattan, 212-598-6800; Queens, 718-275-4400; and Staten Island, 718-605-1400.

A member's pension benefit is calculated using the following:

- Service credit (the number of years a member has worked).
- Final average salary (usually the last three or five years of work) prior to retirement.
- Retirement option chosen at the time of retirement.

In addition to pension benefits, each of the three systems may offer disability retirement and death benefit provisions. Check with your system and make sure you know what those benefits are and how they are calculated. Due to the death benefit option, you need to have a beneficiary designated and on record with the retirement system. It's crucial to keep that information up to date.

- **An important note on death benefit:** If a member is in life-threatening critical condition or terminally ill and at or close to retirement age, it is imperative that the appropriate retirement system be notified. Ask for guidance on options available for retirement. Often, choosing the right option can mean a significant difference in death benefit. As a member, you need to make your family aware of this option.

Prior Service: Many of the pension systems offer opportunities for members to get service credit for public service work performed or military service prior to teaching. Search your records of employment and consult with the appropriate system to see if you qualify for prior service credit. Do this as early as possible in your career.

Optional Retirement Program

Some NYSUT members working in higher education receive pension benefits through a defined contribution plan. Pension benefits for these members are based on contributions made by the member and the employer, and the interest earned over time. The most popular optional

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retirement program for educators is TIAA (Teachers Insurance and Annuity Association of America), www.tiaa.org, 800-842-2252.

- You must consult with representatives at TIAA as well as your own financial adviser on how to best manage your account and receive a monthly benefit over your lifetime (along with that of any spouse/domestic partner or beneficiaries you need to consider in this decision).
- Check over your history of teaching and public work to see if you are entitled to benefits from any other teacher or state retirement system.

Prior Service: There is no option to receive prior service credit in TIAA. Your contributions and those of your current and former employers have been deposited into your portable account.

In-service, Pre-retirement & Retirement Workshops

NYSUT, retiree councils, retiree chapters and each of the retirement systems offer a variety of workshops for members in each stage of their careers: in-service, pre-retirement and during retirement. Take advantage of as many of these workshops as possible and include your spouse/domestic partner. You will learn something new and important at each session you attend.

In the end, **you will make final decisions** about your retirement so you need to be informed. Take every opportunity to get the accurate information you need so your retirement decisions allow you to lead a happy and enjoyable retirement.

- Make use of financial planning services to assist you in making the best decisions about your retirement options. The services of Stacey Braun Associates are available through NYSUT Member Benefits as part of the Member Benefits Corporation-endorsed Financial Counseling Program (fees may apply) – <http://memberbenefits.nysut.org/program-service/legal-and-financial/financial-counseling-program>.
- Consult with legal services that specialize in elder law to make important legal decisions and have your legal documents best fit your needs in retirement and for your family at the time of your death. The services of Feldman, Kramer & Monaco,

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P.C are available through NYSUT Member Benefits as part of the Member Benefits Trust-endorsed Legal Service Plan (fees may apply) –

<http://memberbenefits.nysut.org/program-service/legal-and-financial/legal-service-plan>.

- Your retirement system will send you mailings and newsletters on a regular basis. Read them and pay attention to actions they ask you to consider, such as keeping beneficiaries and contact information accurate and tax deductions for federal income tax in line with your owed income tax calculations.
- Take advantage of online options to set up an account with the appropriate pension system and review it on a regular basis.

Death of Pensioner or Beneficiary

It is important to report the death of the pensioner and/or a listed beneficiary to the appropriate system as soon as possible to avoid overpayments.

In the event of the death of the pensioner:

- The retirement system needs to know to stop sending pension payments to avoid the survivor having to pay back overpaid pension distributions.
- Sometimes the pensioner (member of the retirement system) may have chosen a retirement option that leaves a fixed monthly pension to a beneficiary to be paid out over the lifetime of the beneficiary. This notification can start that process.
- In the TIAA system, there may be a lump sum payout to a beneficiary or estate.

In the event of the death of the beneficiary:

- If the pensioner chose an option to give the beneficiary an option upon the death of the pensioner and the beneficiary predeceases the pensioner, there **may** be a pop-up option that would increase the pensioner's monthly benefit.

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V. HEALTH INSURANCE BENEFITS

The health insurance benefits you have enjoyed throughout your career are generally part of the collective bargaining agreement that you have with your employer. Any benefits you and your spouse or domestic partner will receive in retirement are usually spelled out in this contract as well. It is very important that you keep a copy of the contract that was/is in effect on the day you retire. If your contract appears to be silent on the issue of health insurance benefits for retirees, check with your local president as there may be a contractual practice governing this benefit. You should always consult with a representative of your union about these benefits.

Contractual Health Benefits in Retirement

The contract may cover such issues as:

- ☐ Providing the name of your insurance plan and easy access to the contact information for the plan administrator.
- ☐ Giving a clear understanding of who is covered under the plan.
 - Dependents, spouse or domestic partner
 - Any provisions to change spouse/domestic partner if there is a change of spouse/domestic partner in retirement
 - Surviving spouse coverage, if any
- ☐ Explaining the premiums you will need to pay into the insurance plan as a retiree and how those premiums may or may not change during your retirement years.
- ☐ Coverage options for retirees not yet eligible for Medicare.
- ☐ Other issues, such as the reimbursement of some Medicare premiums, health reimbursement arrangements or health insurance buyouts.

Be aware of all deadlines and necessary filing of documents to take advantage of the benefits you have earned.

Again, it is important to reach out to your local president as there may be more clarity based on past practice and there may be negotiations or litigation pending to address your questions. Your local union is an important resource; contact it with any questions you may have.

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Union Health Insurance/Benefit Trust

- ☐ Some locals administer a health benefit trust. Check with your local union's benefit trust administrator before retirement and become aware of any programs you currently have (such as vision care, dental or other medical insurance) and how you might continue them into retirement.
- ☐ NYSUT Member Benefits has a Catastrophic Major Medical Plan for some local trusts. Check with Member Benefits or your local benefits trust, to see if this is a program that you may already have and might be able to continue into retirement. The possibility of opening the Voluntary CMM Plan to new enrollments is currently being explored. A variety of other endorsed programs are also available. Visit www.memberbenefits.nysut.org or call 800-626-8101. Fees may apply for these programs.

If you or your dependents are not eligible for retiree health insurance or eligible only for a certain time period, you might need to explore other options. Sometimes the employer may allow you to stay on their plan, but pay 100% of the total premium.

COBRA may be an option, but it may be too expensive. Retirees would need to pay 102% of the total premium. If you elect COBRA prior to Medicare eligibility, it will terminate when you reach age 65 and become eligible for Medicare.

If you and your spouse are not yet eligible for Medicare, you might be able to purchase health insurance in the Affordable Care Act marketplace. Based on your income, you may qualify for premium or benefit subsidies from the government.

If you or your spouse is eligible for Medicare, you may wish to purchase a non-group Medigap or Medicare Advantage plan with a Medicare Part D prescription drug plan. Based on your income you may also qualify for Medicaid as well as Medicare. Contact NYSUT Social Services for assistance at 800-342-9810, ext. 6206 or visit www.nysut.org/socialservices.

Your Health Insurance and Medicare Parts A, B, C & D

Medicare is health insurance for people 65 or older or those younger than 65 with End Stage Renal Disorder or Social Security disability. If you are eligible due to age, you generally enroll *three months prior to your 65th birthday*. Medicare has four parts that cover different services.

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Medicare only partially pays for these services so most people enroll in either retiree health insurance coverage through their employer or purchase it directly from insurance companies. For more information, please refer to the *Medicare and You* handbook sent to all Medicare beneficiaries annually, or visit www.medicare.gov.

- ☐ Medicare Part A — Hospital insurance
 - Inpatient care in hospital
 - Skilled nursing facility
 - Hospice
 - Home health care
- ☐ Medicare Part B — Medical insurance
 - Services from doctors and other health care providers
 - Outpatient care
 - Home health care
 - Durable medical equipment
 - Preventive care
 - Some prescription drugs
- ☐ Medicare Part C — Medicare Advantage Plans
 - A supplemental coverage to Medicare Parts A and B, and often includes Part D coverage.
- ☐ Medicare Part D — Prescription drug coverage

Special rules concerning enrollment in Part B are in place if you or your spouse/domestic partner are still working for a large employer and obtaining that employer's health insurance. Depending on the type of retiree health insurance offered by your employer, you may not need to enroll in Medicare Part D for prescription drugs. In most other circumstances you will need to enroll in both Medicare Parts A and B or the benefits of your employer-sponsored retiree coverage can be drastically reduced. There can be financial penalties and waiting periods for those people who do not sign up for Medicare Part B and D when initially eligible. Check with your employer and your local Social Security office for details or visit www.medicare.gov/sign-up-change-plans/index.html.

Payment for your Medicare premiums are deducted from your Social Security benefits on a monthly basis or billed to you quarterly if you are not yet receiving Social Security. Medicare beneficiaries who have higher incomes (currently \$85,000 single/ \$170,000 joint tax filing) may

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pay an Income Related Monthly Adjustment Amount (IRMAA) in addition to their Part B and Part D premium.

Once you are Medicare-eligible you must notify your former employer if they provide health insurance for you, as enrollment in Medicare affects your retiree health benefits and often the premium. Retiree health insurance, if available, varies significantly based on the collective bargaining agreement but generally involves one of the options below:

- Same plan as in-services employees but coordinates benefits with Medicare. May offer a Part D prescription drug.
- Medicare Advantage with Part D prescription drug.
- Medigap with Part D prescription drug.

Some employers reimburse retirees for some, or all, of the Medicare and IRMAA premium. Check your collective bargaining agreement.

Additional Information

- Your red, white and blue Medicare card, which shows the effective date of your Medicare Part A and B insurance, also contains your Social Security number. To prevent identity theft, give this information only to hospital and medical staff when necessary.
- Maintain files for your Medicare Summary Notices, which explain claims and payments made to providers. In addition, file all Explanation of Benefits you receive from any other health care insurance you may have. These records are very important if you ever need to appeal a denied claim.
- When traveling out of the country, check with your insurance administrator about coverage you may (or may not) have and how you would use the insurance if you require medical services on your trip. Medicare does not cover services outside of the U.S.
- Keep a copy of the union contract that was in effect when you retired.
- The Medicare Rights Center (MRC) is a non-profit consumer service organization that advocates for older adults and people with disabilities. The MRC is a good

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resource for NYSUT members regarding Medicare questions. Visit www.medicarerights.org for more information.

Important Information for Individuals in Same-sex Marriages

On June 26, 2013, in [United States v. Windsor](#), the Supreme Court ruled that Section 3 of the Defense of Marriage Act (DOMA) is unconstitutional. Medicare is no longer prevented by DOMA from recognizing same-sex marriages for determining entitlement to, or eligibility for, Medicare. Social Security is now processing some Medicare enrollments for same-sex spouses, including:

- Enrollments for free Medicare Part A for uninsured spouses age 65 or older based on the work history of a current or former spouse.
- Enrollments for people with End Stage Renal Disease based on the work history of a current or former spouse.
- Reductions in Part A premiums based on the work history of a current or former spouse.
- Requests for Special Enrollment Periods based on group health plan coverage from current employment of a same-sex spouse.
- Reductions in late-enrollment penalties based on group health plan coverage from current employment of a same-sex spouse.

For more information, visit www.medicare.gov/sign-up-change-plans/same-sex-marriage.html.

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VI. NYSUT MEMBER BENEFITS & LOCAL BENEFIT TRUSTS

As a NYSUT retiree, you already know how important it is to keep our union strong in order to continue providing the valuable services NYSUT offers to its members. NYSUT Member Benefits offers many pre-retirement and other important financial planning workshops throughout the state. Contact NYSUT Member Benefits or your NYSUT Regional Office to find out when and where a workshop will be held.

NYSUT Member Benefits Programs and Services

Membership in NYSUT also allows you to participate in the more than 40 programs and services endorsed by NYSUT Member Benefits. If you currently participate in Member Benefits-endorsed programs, you may be able to continue those programs in retirement. The following is just a small sample of the endorsed programs offered by Member Benefits, including crucial products that the majority of NYSUT members already purchase. Visit the NYSUT Member Benefits website at www.memberbenefits.nysut.org to learn more.

- Homeowners Insurance
- Auto Insurance
- Life Insurance
- Legal & Financial Services
- Vision Care
- Dental Care
- Catastrophic Major Medical Insurance
- Shopping/Travel/Personal Programs

Current Program Participants

Consider all of the programs you now have through NYSUT Member Benefits; if your local has a benefit trust, identify those programs as well. For each program, you will need to:

- ☐ Determine if the program is through NYSUT Member Benefits or your local trust.
- ☐ Contact the appropriate group (NYSUT Member Benefits or your local union trust fund) to see if you're eligible to continue the program into retirement. Some plans are group plans while others are voluntary plans so it's important to know the difference.

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- ☐ Determine the programs you wish to continue or want to apply for in retirement.
- ☐ Contact your local trust about their programs you wish to continue.

NYSUT Member Benefits Programs in Retirement

- ☐ Many of the endorsed programs you participate in with NYSUT Member Benefits may be paid through pension deduction and yield additional savings opportunities.
- ☐ Contact NYSUT Member Benefits at 800-626-8101 about the endorsed programs you want to continue or begin in retirement. The helpful team at Member Benefits will assist you with the application and pension deduction process. It is important to do this as soon as you make the decision to retire.
- ☐ Pension Deduction of NYSUT Member Benefits-endorsed programs is available to retirees collecting a monthly pension benefit from the New York State Teachers' Retirement System, New York City Teachers' Retirement System, New York State Employees' Retirement System or New York City Board of Education Retirement System; it's also an option for retirees who receive income from a monthly lifetime annuity from TIAA.

Learn More

Contact NYSUT Member Benefits with any questions you may have at 800-626-8101 weekdays from 9 a.m. to 5 p.m. (EST) or visit <http://memberbenefits.nysut.org>.

If you would like more information about endorsed voluntary benefit programs for individual members or group benefit plans available to locals, benefit funds and employers of NYSUT members, please contact:

NYSUT Member Benefits
800 Troy-Schenectady Road
Latham, NY 12110-2455
800-626-8101

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VII. SOCIAL SECURITY

The Social Security Act, signed into law in 1935, continues to serve as one of the longest running social insurance programs. Throughout your working years, you contributed to the program. Now that you are ready to retire, make sure you receive this valuable earned benefit.

Financial experts advise retirees to plan on having an annual retirement income of 70–80% of their final year's earnings to maintain their standard of living; Social Security is part of that equation. Before you retire, contact Social Security for an estimate of your benefit. Visit www.socialsecurity.gov/estimate.

To Be Eligible for Social Security Benefits

- ☐ You must have 10 years of work history.
- ☐ You must be at least 62 years of age.
 - The size of your benefit depends on your age. The longer you delay payments, the higher your income.
 - If you **claim a benefit** at age ^{*}62, **and you were born before 1954**, your benefit will be about 25% less than the full retirement benefit at the maximum age.

Age to Receive full Social Security Benefits

**Year of birth	Full retirement age
1943-1954	66
1955	66 and 2 months
1956	66 and 4 months
1957	66 and 6 months
1958	66 and 8 months
1959	66 and 10 months
1960 and later	67

^{*}**Claiming a benefit** at age 62 (**if you were born in 1954 or earlier**) yields 75% of the full retirement age (FRA) benefit; age 63 yields 80% of FRA benefit; age 64 yields 86.6% of FRA benefit and age 65 yields 93.3 % of FRA benefit.

^{**} People who were born on Jan. 1 of any year should refer to the previous year.

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Ways to increase Social Security payments

- ☐ Keep working past the full retirement age (FRA) and paying into Social Security.
- ☐ You will increase your benefit for each year you work past FRA by 8% as long as you make no claims. (Social Security benefits are subject to yearly COLAs).

Consequences of Delayed Retirement

- ☐ Consider the amount of benefit you do not receive by delaying your benefit. For example:
 - If you are eligible to receive \$1,500 a month for four years at age 62 and you wait until age 66 to retire, the benefits you do not collect over the four years is about \$72,000.
 - It will take 12 years to recoup that amount after age 66 and you will be 78 years of age.

Other Claims on Your Account

- ☐ If a spouse does not qualify for Social Security on his/her employment history or if he/she had a lower-paying job, it might be wiser to claim dependent status whereby he/she could claim up to 50% of your payment.
- ☐ Widows and widowers can receive Social Security benefits at your rate at age 60 or 50 (if disabled).
- ☐ A divorced spouse may be eligible for benefits at your rate if the marriage lasted 10 years or more and he/she did not remarry. He/she should be at least 62 years of age.
- ☐ Unmarried children who are younger than 18, or children who are 18 or 19 years of age and still attending elementary or secondary school as full-time students may qualify for benefits.
- ☐ Disabled children of any age may also qualify.

Disability Retirement

- ☐ If you are permanently disabled and cannot work, you can retire at age 62 and receive the full retirement benefit as though you are at the maximum age.
- ☐ You cannot qualify for disability retirement if you are able to do any substantial gainful work.

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Working in Retirement

- ☐ If you are younger than full retirement age, \$1 in benefits will be reduced for each \$2 you earn **more than** \$15,720.
- ☐ In the year you reach your full retirement age, \$1 will be reduced for each \$3 you earn **more than** \$41,880.
 - Once you reach full retirement age, there is no reduction regardless of earnings.
 - Further information is available from www.socialsecurity.gov. Ask for “How Work Affects Your Benefits,” Publication No.05-10068.

Applying for Social Security:

- ☐ Inform Social Security three months prior to claiming benefits.
- ☐ Apply online at www.socialsecurity.gov or call 800-772-1213.
- ☐ You can also make an appointment at a local Social Security office.
- ☐ Information needed:
 - Your Social Security number;
 - Your birth certificate;
 - Your W-2 forms or self-employment tax returns from the prior year;
 - Your military discharge papers, if applicable;
 - Your spouse’s birth certificate and Social Security number if applying for dependent benefits;
 - Children’s birth certificates and Social Security numbers if applying for children’s benefits;
 - Proof of U.S. citizenship or lawful alien status if you or a dependent(s) are applying for benefits and were not born in the United States; and
 - The Treasury Department requires federal benefit payments to be made electronically. To apply, you need the name of your financial institution, the routing number and your account number for direct deposit (if you do not have such an account, visit www.GoDirect.org).

Remember to Inform Social Security if You:

- Relocate;
- Change marital status;
- Change banks for direct deposit;
- Are convicted of a crime;
- Are unable to handle financial matters and have given someone power of attorney;

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- Lose a spouse. (The death benefit is \$255.)
- If you move outside the United States, contact the local American Embassy and Social Security.

References:

Social Security Retirement Benefits

AFT's 2016 Guide to Social Security

Social Security Website www.socialsecurity.gov

To Apply for Benefits

Apply for Social Security retirement/spouse or domestic partner's benefits.	www.socialsecurity.gov/applyforbenefits
Apply for Social Security disability benefits.	www.socialsecurity.gov/applyfordisability
Apply for extra help with your Medicare prescription drug costs.	www.socialsecurity.gov/i1020
Check the status of your online application.	www.socialsecurity.gov/applyforbenefits

To See if You Qualify for Benefits

Find out what benefits you can apply for.	www.socialsecurity.gov/best
Find out if you can get extra help with your Medicare prescription drug costs.	www.socialsecurity.gov/i1020

To Estimate Your Future Benefits

Get a personalized retirement benefit estimate.	www.socialsecurity.gov/estimator
Use our benefit planners to calculate your retirement, disability and survivors benefits.	www.socialsecurity.gov/planners

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Request a Social Security Statement.	www.socialsecurity.gov/statement

If You Receive Benefits

Change your address or telephone number.	www.socialsecurity.gov/coa
Get a replacement Medicare card.	www.socialsecurity.gov/medicarecard
Request a Proof of Income letter.	www.socialsecurity.gov/beve
Get a form 1099/1042S. -Social Security Benefit Statement.	www.socialsecurity.gov/1099
Get password.	www.socialsecurity.gov/password

If you have a password

Check your information and benefits	www.socialsecurity.gov/pcyb
Change your address or telephone number	www.socialsecurity.gov/coa
Start or change direct deposit	www.socialsecurity.gov/pdd

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VIII. RELOCATION CONSIDERATIONS

One of the primary anchors to where you live is your job. Once you retire, that anchor no longer exists and you have options as to where you want to live. Eighty percent of retirees who receive a pension from the state retirement systems choose to stay in New York State. A large contingent of NYSUT members who live in Florida are organized and participate in union activities. Other retirees move out west, down south or even up north. Still, others prefer to live near their children or grandchildren. Whatever option you choose, be sure to plan well and take time in deciding and exploring.

Some retirees choose to “age in place” or remain in the homes they have come to love. With this option, retirees remain in a familiar community and maintain ties to friends and organizations. Consider:

- ☐ Medicaid provides aides when necessary
- ☐ Local provisions, such as Meals on Wheels

Another option is to downsize, options include:

- ☐ Smaller house
- ☐ Condo or co-op
- ☐ Senior citizen community
- ☐ Independent living quarters
 - 24-hour nurse on duty
 - Meals
 - Maintenance of facilities

Yet another option is to spend summers in New York State and winters elsewhere. Some particulars to consider:

- ☐ Examine rent options
- ☐ Establish second home
- ☐ Consequences of split existence
 - Cost of relocation
 - Lack of community involvement

Note: Some states charge state taxes on pensions. Check with your pension system for a current listing of states that do not charge taxes on pensions.

Further information is available from the NYS Office of Aging at <http://aging.ny.gov/>.

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IX. FINANCIAL PLANNING

A major factor in considering retirement might be called the *financial facts of life*. To be sure, having enough money to fund a happy and complete retirement is of paramount importance, right up there with having good health. Having your finances in order isn't something that happens because you are contemplating retirement. You must do some very important homework.

Benefits: Be sure you understand how your benefits will work in retirement.

- ☐ Read your contract and check with your local union leaders to determine which benefits carry over into retirement and how they are paid for.
- ☐ Check with NYSUT Member Benefits to see if financial counseling or other benefit programs are available: 800-342-9810. <http://memberbenefits.nysut.org/financial-planning-center>

Investments: If you have a 403b/457b plan, IRAs or other investments, check to see how and when you can access them.

- ☐ Structure your nest egg as an additional stream of income to help combat inflation by speaking with your financial planner.
- ☐ Determine whether you can work out a “catch-up” on any or all of your investments to maximize your savings.
- ☐ Review your asset allocation as you enter another phase of your financial life.

Debts: Make sure your debt is under control or paid off.

- ☐ Check your credit with the main credit reporting agencies and order a credit report.
 - Equifax — www.equifax.com
P.O. Box 740241
Atlanta, GA 30374-0241
800-685-1111
 - Experian — www.experian.com
P.O. Box 2104
Allen, TX 75013-0949
888-EXPERIAN (397-3742)
 - TransUnion — www.transunion.com
P.O. Box 1000
Chester, PA 19022
800-916-8800

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Retirement system benefits: Understand your pension system and how options work.

- ☐ Avail yourself of pre-retirement counseling provided by your local, NYSUT or by the appropriate retirement system, either in person or online.
 - NYSTRS: 800-348-7298
 - NYSERS: 866-805-0990
 - TRSNYC: 888-869-2877
 - TIAA: 800-842-2252
- ☐ Social Security: 800-772-1213
- ☐ Medicare: 800-MEDICARE

Budgeting: Construct a projected budget so you are able to maintain at least the same standard of living you enjoyed while working.

- ☐ Remember that your money can be spent in three ways: taxes, savings and spending.
- ☐ Maintain an emergency fund.

Some general hints

- ☐ Be sure you have listed an up-to-date beneficiary wherever one is requested. This is especially vital at the passing of a spouse or domestic partner.
- ☐ Make sure your supporting cast (your attorney, your accountant and your financial planner, if you have been working with one) is strong and fully understands your goals and expectations.
- ☐ Address the issue of long-term care and possible solutions to help mitigate the cost.
- ☐ Review your insurance needs to determine whether life and/or disability insurance is/are still needed.
- ☐ Consider prepaid funeral arrangements, cemetery plot, etc.
- ☐ Consider gifting a certain amount of your assets. At present, each person (member and spouse) may gift up to \$14,000 each per person, per year, tax-free for the recipient. This, of course, may change, so it would be best to check with your tax preparer.
- ☐ Be sure children/next of kin know where wills are kept.
- ☐ Be sure to have a clear file with all your financial information in it, so your next of kin can access it when the time comes.

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X. ESTATE PLANNING AND LONG-TERM CARE

The general information contained in this section was provided by Feldman, Kramer & Monaco, P.C. — the NYSUT Member Benefits Trust-endorsed Legal Service Plan attorneys — and does not constitute legal advice. You may wish to consult with an attorney regarding your particular estate planning and long-term care needs.

The most important thing to remember is: **It is never too late to do something!** You can always protect some assets. First and foremost: **Get your paperwork in order!**

Too many retirees have no idea what assets they actually have and where their documents are. Information about the house, the car, the investments, the 403b, the bank and brokerage accounts and life insurances all need to be **in one place**.

- ☐ What about the NY 529 college savings accounts for the children/grandchildren? Or the shares issued as part of older insurance policies?
 - Spend the time to really research while you are well. It will be much harder for someone else to do this work if you become unable.
- ☐ Seek the advice of an elder law attorney. You would not go to an eye doctor when you have a problem with your foot, so, be sure to see an expert in estate planning. The NYSUT Legal Plan is available to assist. It is both easy and reasonably priced to obtain the best advice and help.
- ☐ No two plans are alike. Each person will have specific concerns they will need to address. For example, you might need to consider provisions for a spouse or incapacitated child, your desire to become Medicaid eligible, other family members' needs, how to treat jointly held property, how to distribute property and when property should be gifted.

Illness and long-term care

For those who qualify and can afford the premiums, long-term care insurance is an option. Unless you have sufficient assets or income to privately pay the cost of your care, you will want to look to the Medicaid program to assist with or cover the cost of long-term care. The rules to qualify for Medicaid benefits are complex. There are different rules depending on whether you need community-based Medicaid or nursing home Medicaid. The best way to preserve your assets in the event a long-term care issue arises is with advance planning.

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- ☐ Some illnesses can be managed short term in your home. Medicare and/or any other insurance coverage should be contacted for coverage information.
- ☐ Other illnesses or conditions require long-term care. Although it might seem wise to research skilled care facilities while you are well, this may be a waste of time since you will not know ahead of time which type of care you will require and you will not know which facilities are still available.
- ☐ Where will you be cared for? How will your long-term care be paid? Will you use long-term insurance payments, pay out of pocket, or via Medicaid?
- ☐ In consultation with your family/advisors, you will decide if you will have assistance in your home or in a skilled-care facility.

It is important to note that Medicaid eligibility for care in a skilled nursing facility requires the review of the applicant's financial records for the prior five (5) years. This is generally referred to as the Look-Back Period. If an applicant for Medicaid made gifts or transferred assets during the Look-Back Period, Medicaid will impose a Penalty Period based on the value of the assets gifted or transferred and will **not** pay the cost of the skilled nursing facility during the Penalty Period. There are certain gifts or transfers for which Medicaid does not impose a Penalty Period even if done within the Look-Back Period, such as transferring assets to a spouse or to a disabled child. It is also important to remember that when seeking Medicaid benefits for help at home, known as Community Medicaid, there is no Look-Back Period. Medicaid will not impose a Penalty Period for gifts or transfers that are made if the applicant is only seeking assistance from personal care aides in the applicant's home.

Power of Attorney

This is a document everyone should have, **now**. The power of attorney allows you to appoint an agent to manage your financial affairs if you become incapacitated or are unable to handle specific matters. Everyone over the age of 18 should have a power of attorney. It is such an important, powerful and necessary planning tool because your agent can, among other things:

- Protect your assets
- Pay bills and taxes
- Apply for veterans benefits
- Set up a trust to protect income and assets
- Transfer money to protect it
- Apply for Medicaid

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- ☐ The power of attorney, also referred to as “POA,” allows you to appoint an agent (known as an “attorney-in fact”) to manage your financial affairs if you are unable to do so. This document prevents the need for a court-appointed guardian to manage your financial affairs if you become incapacitated.
- ☐ Get a power of attorney as soon as possible, even if you do not have any foreseeable health issues, as it is one of the most important preventive steps from a legal perspective you can take.
- ☐ Sign the POA in front of an attorney, and your witnesses and have all signatures notarized.
- ☐ Appoint a person whom you trust to act in your best wishes with respect to your finances.
- ☐ You may appoint multiple agents. If you appoint two or more agents, you must decide whether they must act together in making decisions involving your affairs, or whether each can act separately.
- ☐ There are advantages and disadvantages to both forms of appointment. Requiring your agents to act jointly can safeguard the soundness of their decisions. On the other hand, requiring agreement of all your agents can result in delay or inaction in the event of a disagreement among them, or the unavailability of one of them to sign legal documents.
- ☐ Allowing your agents to act separately may ensure that an agent is always available to act for you. But it may also result in confusion and disagreements if the agents do not communicate with one another, or if one of them believes the other is not acting in your best interests.
- ☐ Appoint a substitute agent who can act if the first agent is unable or unwilling to act for you.
- ☐ Have the original POA and copies readily accessible.
- ☐ Advantage of a durable POA is that it remains effective after the principal’s incapacity, so the agent can act immediately upon the principal’s incapacity to manage his assets or take various measures without initiating costly and time-consuming guardianship proceedings to obtain the court’s authorization for such transactions.
- ☐ Update your POA every five years.
- ☐ The POA can be revoked at any time by the principal who retains capacity. You should revoke your POA immediately in writing if you believe that your agent is not acting in your best interests. Inform all banking institutions of the revocation of the POA.
- ☐ If you do not have a POA and you become disabled or unable to manage your own financial decisions, someone may need to seek appointment as your guardian in the courts. Obtaining a court-appointed guardianship can be time consuming and costly. Also, the person who is ultimately appointed your guardian by the court may not be the person that you would have wanted to handle your financial affairs; the authorities the guardian will have is determined by the court.
- ☐ Review and update if you move out of state.
- ☐ Don’t choose an agent who is not completely trustworthy.

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- ☐ The POA is effective upon the signing of the POA. The POA document does not diminish the power of the principal; it simply provides power to the agent to act in addition to the principal. Furthermore, an agent's power can't be exercised until the agent has possession of an original document (most of the time).
- ☐ Don't keep the POA in a safety deposit box or in a locked safe to which only you know the combination.

Health Care Proxy

This document allows you to appoint someone to carry out your directions about life support and all medical treatments, including hydration and feeding tubes. You may also express your preferences for organ donation. In New York State, your agent can be your representative under the Health Insurance Portability and Accountability Act (HIPAA). This document prevents the need for a court-appointed guardian to manage your health issues if you become incapacitated.

- ☐ Appoint someone you trust, such as a family member or close friend, as your health care agent.
- ☐ Keep a copy nearby and easily accessible in case of an emergency.
- ☐ Review and update the document at any time that you no longer want your health care agent to be the person making your health decisions.
- ☐ Discuss your health wishes with your healthcare agent so they can enact your wishes if you become unable to carry them out yourself.
- ☐ Give a copy to your agent, your doctor, your attorney and any other family members or close friends you want.
- ☐ Update as necessary or at least every five (5) years.
- ☐ Update if you move to another state.
- ☐ Appoint an agent who will follow your wishes.
- ☐ Have two (2) witnesses to your signing of the health care proxy.
- ☐ You should not appoint more than one person as your health care agent. You should have only one agent at a time.
- ☐ Don't keep the document in a safety deposit box or in a locked safe to which only you know the combination.
- ☐ Don't cross out a name and put in a new name.
- ☐ Don't have your health care agent be one of your witnesses to your signature.
- ☐ Don't write down what you would like your health care agent to do unless you are certain what you would like to be done.
- ☐ It is not necessary to notarize your health care proxy in New York State.

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Living Will

This document allows you to express your directions concerning life support and other life sustaining treatment, including nutrition, hydration and feeding tubes.

Key Considerations:

- ☐ Provide specific instructions about end-of-life decisions. This will be used as a directive for your wishes when you are determined to be unable to make end-of-life decisions for yourself.
- ☐ Refer to your health care agent for guidance with regard to questions on how to implement the wishes listed in the living will.
- ☐ Update at any time your wishes change regarding end-of-life decisions for yourself.
- ☐ Keep a copy close and easily accessible in case of an emergency and make sure your agent knows where it is stored.
- ☐ Review and update if you move out of state.
- ☐ Give a copy to your agent, your doctor, your attorney and any other family members or close friends you want.
- ☐ Have two (2) witnesses to your signing of the living will.
- ☐ Don't make any changes to the document unless you are formally updating it.
- ☐ Don't keep the document in a safety deposit box or in a locked safe to which only you know the combination.
- ☐ It is not necessary to notarize your living will in New York State.

Last Will and Testament:

A Last Will and Testament directs the distribution of your assets upon your demise, determines how your debts will be paid, appoints the person or people who will manage your estate (executor), and appoints the person who will care for your minor children (guardian). The last will and testament involves a court proceeding, known as a probate proceeding, during which the court authorizes the executor to act on the behalf of your estate and then to marshal and distribute the assets that were in your sole name at the time of your demise.

- ☐ Complete a Last Will and Testament as soon as possible for yourself. If you don't choose how your assets should be disbursed when you pass away, your assets will pass to your next closest living relatives in accordance with New York State law.
- ☐ Appoint an executor to the LW&T; otherwise New York State will choose.
- ☐ Include trusts for disabled persons to protect their assets, and for minor children or pets.
- ☐ Review and update if you move out of state.

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- ☐ You should make an inventory of your assets and update or review it every few years. The value of your estate will determine if your estate is subject to Estate Taxes upon your demise. Keep in mind the assets that are in your probate estate (any asset in your sole name without a joint owner or beneficiary designation) and your non-probate estate (any asset with a joint owner or beneficiary designation). Assets that are part of both your probate and non-probate estate are part of your taxable estate (subject to estate taxes upon your demise if the value exceeds certain thresholds). You should include everything you own individually or jointly when making this inventory, such as real estate, cooperative apartments, land, timeshares, bank accounts, investment accounts, mutual funds, stocks, bonds, savings bonds, annuities, Individual Retirement Accounts (IRA), 401(k), 403(b), TDAs and life insurance policies owned by you.
- ☐ If your estate exceeds the threshold for a taxable estate in your state, you should consult with an attorney to discuss estate tax planning.
- ☐ **Do you have a family member with special needs?** Is this person receiving means-tested government benefits? Has this person been named as the beneficiary on any of your assets?
 - If the answer is yes to any of these questions, you should consult with an attorney to discuss a trust to protect the assets you wish to leave to your disabled family member and preserve his government benefits.
- ☐ You should sign the Last Will and Testament under the supervision and direction of an attorney. The attorney will ensure proper procedures are followed as to the execution of the Will. When you sign your Last Will and Testament, the following are generally the steps that will be followed by the attorney:
 - You will “publish” the Will by declaring to the witnesses that the instrument is your Last Will and Testament.
 - You will sign the Will in the presence of two (2) disinterested witnesses and a notary public. The witnesses to your Last Will and Testament should not be the person you named as executor in the Will or a beneficiary of your Will.
 - The witnesses will sign an Affidavit attesting to the procedures that were following when the Will was signed and attesting to your capacity at the time the Will was signed.
 - **After** you have signed your Last Will and Testament, you should destroy any **prior** Last Wills and Testaments you may have done.
- ☐ Do not make any alterations to the LW&T after it is signed in the presence of two witnesses.
- ☐ Do not remove staples!
- ☐ Execute a Will before there is a question as to your capacity.

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- ☐ If you disinherit your spouse, remember that a spouse is statutorily entitled to at least \$50,000 or one-third of the decedent spouse's net estate, including testamentary substitutes.
- ☐ Never keep your Will in a safety deposit box.
- ☐ If you keep your Will in a locked safe, make sure your agent or executor has the combination.

Trust

Trusts can take on many different forms and are used for many different purposes. Trusts are essentially an agreement between you, as Grantor/Settlor of the Trust, and the Trustee, either you or someone you choose, which spells out what should be done with assets titled in the name of the Trust during your lifetime and upon your demise. Generally speaking Trusts are broken into two main categories, Revocable Trusts and Irrevocable Trusts.

Revocable Trusts: As the name implies, a Revocable Trust you establish can be amended or revoked by you at any time during your lifetime. You can serve as the Trustee of a Revocable Trust. Upon your demise, the distribution of the assets titled in the name of the Revocable Trust operates in a fashion similar to a Last Will and Testament, but does not require a Probate proceeding.

Irrevocable Trusts: As the name implies, an Irrevocable Trust you establish *cannot* be amended or revoked by you. You cannot serve as the Trustee of Irrevocable Trusts. Your assets, which are titled in the name of the Irrevocable Trust, can be protected from the cost of long-term care subject to the Medicaid transfer penalty rules. If appropriate, you can receive the income from the assets in the Irrevocable Trust during your lifetime. Just as a Revocable Trust, upon your demise, the distribution of the assets titled in the name of the Irrevocable Trust operates in a fashion similar to a Last Will and Testament, but does not require a Probate proceeding.

- ☐ Don't forego having a Last Will and Testament because a Trust was established. The Last Will and Testament is still useful in case you have any assets in your sole name that are not in the name of the Trust at the time of your demise. The Last Will and Testament can be established so that any assets in your sole name at the time of your demise are "poured over" to your Trust so the terms of the Trust control how your assets are distributed.
- ☐ You still need a Power of Attorney even if you have a Trust to handle your financial affairs for any assets outside of the Trust.

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- ☐ If appropriate, you can utilize a Trust to avoid the necessity of a Probate proceeding upon your demise. Probate proceedings can be time consuming and costly.
- ☐ The Trustee you designate in the Trust should be someone you believe will be responsible and will follow your instructions as written in the Trust.
- ☐ You should consider a Trust if you own property in multiple states to avoid the need for Probate proceedings needing to be commenced in multiple states.
- ☐ The Trust will control only assets that are titled in the name of the Trust.
- ☐ Trusts are not just for “wealthy” people.

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XI. WHEN YOU LOSE A LOVED ONE

To appropriately plan for retirement, all eventualities must be considered, even the most unpleasant ones. As is too often the case, in the event that a spouse or significant other passes away, we must deal with helping the survivor to carry on. This is true whether it is the member or the member's loved one who has passed away. With that in mind, you will need to consider the following in this context:

- ☐ Locate all of your loved one's bank accounts and insurance policy statements.
- ☐ Cancel, as appropriate, or change the names on:
 - Driver's license
 - Vehicle registration(s) and insurance(s)
 - Your life insurance
 - Bank accounts. Consider making them TOD accounts (Transfer on Death) so that your survivor has access to the funds after your passing.
 - Magazine subscriptions
 - Social media accounts
 - Alarm codes
 - Deed to your house and other properties
 - Credit cards. You may have to cancel and reapply depending on your credit limit and income. Another option is to freeze the deceased's name on the account(s).
 - Cell phone account
 - Any frequent flyer/traveler accounts. Negotiate for the miles.
 - IRAs, TDAs
 - Power of attorney and health care proxy
- ☐ Update all beneficiaries on all accounts
- ☐ Update your will
- ☐ Apply for Social Security death benefit.
- ☐ Contact credit-reporting agencies. The three main ones are:
 - Equifax — www.equifax.com
P.O. Box 740241
Atlanta, GA 30374-0241
800-685-1111
 - Experian — www.experian.com
P.O. Box 2104
Allen, TX 75013-0949
888-EXPERIAN (888-397-3742)

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- TransUnion — www.transunion.com
P.O. Box 1000
Chester, PA 19022
800-916-8800

- ☐ Update everything previously filled out as a couple.
- ☐ Long-term care: Are you entitled to anything back? There are lots of variables, but refunds depend on the age of the deceased and whether the insurance was ever used.
- ☐ List any online accounts: usernames, passwords, and give the list to two people. Keep this list updated and well secured.
- ☐ Look at the possessions inventory you filled out as a couple. Determine if anything needs to be retitled.
- ☐ Contact the member's local union.
- ☐ Contact the retirement system if you are either a beneficiary or if you must remove a beneficiary.
 - NYSTRS (New York State Teachers Retirement System)
www.nystrs.org/
800-348-7298
 - NYSLRS (New York State & Local Retirement System)
www.osc.state.ny.us/retire/
866-805-0990 or 518-474-7736
 - TRSNYC (Teachers' Retirement System of the City of New York)
www.trsnyc.org
888-8-NYC-TRS (888-869-2877)
 - TIAA (Teachers Insurance and Annuity Association of America)
www.tiaa.org
(800) 842-2252
- ☐ Contact the school district from which the member retired.
- ☐ Contact the member's retiree chapter.
- ☐ Contact all insurance companies and past employers to see if any benefits exist.
- ☐ Contact any financial adviser the deceased may have had.
- ☐ Long before having to deal with the passing of a spouse or domestic partner, consider having him/her establish credit in his/her own name.
- ☐ Check the New York State website for lost and unclaimed property to which the deceased may have been entitled: www.osc.state.ny.us/ouf/
- ☐ Contact NYSUT Social Services at 800-342-9810 with any questions or if you need further assistance.

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Important documents checklist:

In the event of a death, the following documents will need to be available.

- ☐ Death certificate (multiple copies)
- ☐ Social Security card
- ☐ Marriage certificate
- ☐ Birth certificate (for self and children)
- ☐ Insurance policies
- ☐ Deed and titles to property
- ☐ Automobile title and registration papers
- ☐ Honorable discharge papers
- ☐ Recent income tax forms: W2 statements
- ☐ Loan and installment payment book and contracts

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XII. Personal Record Register

In the event of a loss or serious injury, it is crucial that important documents be readily accessible. This personal record register will help you to assemble documents and/or information. There is no claim here that the pages are complete or satisfy all situations. They are suggestions and must be intelligently applied and altered as one plans for the future.*

Name: _____

Date of Birth: _____

Social Security Number: _____

Address: _____

Contact Person (1)

Name: _____

Address: _____

Phone Number: _____

Contact Person (2)

Name: _____

Address: _____

Phone Number: _____

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Important contact information that might assist you in completing this document:

New York State Teachers' Retirement System	800-348-7298
New York State & Local Employees' Retirement System	866-805-0990 or 518-474-7736
Teachers' Retirement System of the City of New York	888-869-2877

NYSUT Member Benefits Endorsed Programs

Catastrophic Major Medical (CMM)	800-626-8101
Davis Vision Plan	877-923-2847
Feldman, Kramer & Monaco, P. C. Legal Service Plan	800-626-8101
Level Term Life Insurance (Mercer)	888-386-9788
Met-Life Auto Insurance	866-697-8822
MetLife Dental	888-883-0046
Met-Life Homeowners Insurance	866-697-8822
NYSUT Member Benefits Assistance	800-626-8101
Stacey Braun Financial Advisors	800-626-8101
Term Life Insurance (Mercer)	888-386-9788
WrapPlan II Universal Life Insurance	866-697-8897

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Emergency Personal Data

Emergency Contact Person: _____

Address: _____

Phone Number: _____

Location of Health Care Proxy: _____

Location of Living/Irrevocable Trust: _____

Location of NYS Living Will: _____

Location of Durable Power of Attorney: _____

Location of Power of Attorney: _____

Location of Keys: _____

Name of your Public Employee Retirement System: _____

Your Retirement System ID Number: _____

Location of Medicare and Supplemental Insurance Cards: _____

Location of Driver's License/Registration(s): _____

Location of Birth Certificate/Adoption Papers: _____

Location of Marriage Certificate/Prenuptial Agreement: _____

Location of Divorce/Separation Papers: _____

Location of Military Service Records/DD214: _____

Passport Number and Location: _____

Location of Income Tax Records: _____

Location of Naturalization/Resident Papers: _____

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NYSUT Membership Number: _____

Instructions for Immediate Care of Dependent(s): _____

Instructions for Care of Pet(s): _____

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Medical Information

Physician Name/Specialty	Contact Information

Medications (Keep updated)	

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Pharmacy

Name: _____

Phone Number: _____

Location of Medical Records: _____

Other Medical Information/Instructions: _____

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Banking Information

Primary Checking Account

Bank Name/Account Number: _____

Location of Checkbook: _____

Address: _____

Phone Number: _____

Other Checking Accounts

Bank Name/Account Number: _____

Location of Checkbook: _____

Address: _____

Phone Number: _____

Bank Name/Account Number: _____

Location of Checkbook: _____

Address: _____

Phone Number: _____

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Primary Savings Account

Bank Name/Account Number: _____

Location of Bankbook: _____

Address: _____

Phone Number: _____

Other Savings Accounts

Bank Name/Account Number: _____

Location of Bankbook: _____

Address: _____

Phone Number: _____

Bank Name/Account Number: _____

Location of Bankbook: _____

Address: _____

Phone Number: _____

Special Information Regarding My Bank Accounts

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Safe Deposit Box #1

Located at: _____

Number: _____

Location of Keys: _____

Contents of Box: _____

Safe Deposit Box #2

Located at: _____

Number: _____

Location of Keys: _____

Contents of Box: _____

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Credit Cards

Card 1:

Issued by: _____

Number: _____ Expiration Date: _____

Phone Number: _____

Card 2:

Issued by: _____

Number: _____ Expiration Date: _____

Phone Number: _____

Card 3:

Issued by: _____

Number: _____ Expiration Date: _____

Phone: _____

Card 4:

Issued by: _____

Number: _____ Expiration Date: _____

Phone Number: _____

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Card 5:

Issued by: _____

Number: _____ Expiration Date: _____

Phone Number: _____

Card 6:

Issued by: _____

Number: _____ Expiration Date: _____

Phone Number: _____

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Insurance Information

Contact my agent or write directly to life insurance companies to claim proceeds as soon as possible. A copy of the death certificate will be required.

Location of Policies: _____

Life Insurance Policy

Company: _____

Policy Number: _____ Face Amount: _____

Loan Balance: _____ Amount Due Upon Death: _____

Agent: _____ Phone Number: _____

Additional Life Insurance

Company: _____

Policy Number: _____ Face Amount: _____

Loan Balance: _____ Amount Due Upon Death: _____

Agent: _____ Phone Number: _____

Additional Life Insurance

Company: _____

Policy Number: _____ Face Amount: _____

Loan Balance: _____ Amount Due Upon Death: _____

Agent: _____ Phone Number: _____

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Homeowner's Insurance

Company: _____

Policy Number: _____

Agent: _____ Phone Number: _____

Medical Insurance

Company: _____

Policy Number: _____

Agent: _____ Phone Number: _____

Additional Medical Insurance

Company: _____

Policy Number: _____

Agent: _____ Phone Number: _____

Long-Term Care Insurance

Company: _____

Policy Number: _____

Agent: _____ Phone Number: _____

Veteran's Insurance

Policy Number: _____

Contact: _____ Phone Number: _____

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Liability Umbrella Policy

Company: _____

Policy Number: _____

Agent: _____ Phone Number: _____

Dental Insurance Policy

Company: _____

Policy Number: _____

Agent: _____ Phone Number: _____

Accidental Death Policy

Company: _____

Policy Number: _____

Agent: _____ Phone Number: _____

Disability Insurance Policy

Company: _____

Policy Number: _____

Agent: _____ Phone Number: _____

NYSUT Catastrophic Policy (if any)

Company: _____

Policy Number: _____

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Agent: _____ Phone Number: _____

Travel Insurance

Company: _____

Policy Number: _____

Agent: _____ Phone Number: _____

Rental Insurance

Company: _____

Policy Number: _____

Agent: _____ Phone Number: _____

Optical Insurance

Company: _____

Policy Number: _____

Agent: _____ Phone Number: _____

Auto Insurance

Company: _____

Policy Number: _____

Agent: _____ Phone Number: _____

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Financial Information

Stocks, Bonds, Investments

Stockbroker Name: _____

Company: _____

Address: _____

Phone: _____

Title to Stocks and Bonds: _____

Location of Stock/Bond Certificates: _____

Location of Complete List of Stocks and Bonds: _____

Location of Other Financial Records: _____

Financial Adviser

Name: _____

Phone Number: _____

Business Interests

Description of Business: _____

Share of Ownership: _____

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For More Information on Business Matters Contact

Name: _____

Phone Number: _____

Outstanding Debts Owed to Me

Description: _____

Terms: _____

Balance: _____

Documentation: _____

Other Information: _____

Outstanding Debts Owed to Me

Description: _____

Terms: _____

Balance: _____

Documentation: _____

Other Information: _____

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Outstanding Debts Owed to Me

Description: _____

Terms: _____

Balance: _____

Documentation: _____

Other Information: _____

Outstanding Debts Owed to Me

Description: _____

Terms: _____

Balance: _____

Documentation: _____

Other Information: _____

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Pensions and Other Income

Pension and Retirement Accounts

Name: _____

Administrator: _____

Address: _____

Phone: _____

Other Notes: _____

Name: _____

Administrator: _____

Address: _____

Phone: _____

Other Notes: _____

Name: _____

Administrator: _____

Address: _____

Phone: _____

Other Notes: _____

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Other Sources of Income

Source: _____

Amount: _____

Special Notes: _____

Source: _____

Amount: _____

Special Notes: _____

Source: _____

Amount: _____

Special Notes: _____

Trusts

Trust 1: ☐ In my will ☐ Not in my will

Trustee: _____

Phone Number: _____

Assets: _____

Beneficiaries: _____

Terms: _____

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Trust 2: ☐ In my will ☐ Not in my will

Trustee: _____

Phone Number: _____

Assets: _____

Beneficiaries: _____

Terms: _____

Social Security Benefits

To receive Social Security benefits, immediately contact the Social Security office nearest you for further instructions so that payments may be received promptly.

You will need the following: my Social Security card or number, death certificate from the doctor, a birth certificate for every child under 18, or for those under 22 and attending college, my birth certificate and my marriage certificate.

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Real Estate and Other Property

Property One

You will find the deed to this property: _____

It is registered in the following names: _____

Estimated value: \$ _____ Mortgage balance: \$ _____ as of: _____

Files on the purchase of the property, improvements, etc., are located: _____

An inventory of household furnishings and their value is located: _____

Important documents related to this property are located: _____

Special instructions regarding this property: _____

Property Two

You will find the deed to this property: _____

It is registered in the following names: _____

Estimated value: \$ _____ Mortgage balance: \$ _____ as of: _____

Files on the purchase of the property, improvements, etc., are located: _____

An inventory of household furnishings and their value is located: _____

Important documents related to this property are located: _____

Special instructions regarding this property: _____

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Property Three

You will find the deed to this property: _____

It is registered in the following names: _____

Estimated value: \$ _____ Mortgage balance: \$ _____ as of: _____

Files on the purchase of the property, improvements, etc., are located: _____

An inventory of household furnishings and their value is located: _____

Important documents related to this property are located: _____

Special instructions regarding this property: _____

Property Four

You will find the deed to this property: _____

It is registered in the following names: _____

Estimated value: \$ _____ Mortgage balance: \$ _____ as of: _____

Files on the purchase of the property, improvements, etc., are located: _____

An inventory of household furnishings and their value is located: _____

Important documents related to this property are located: _____

Special instructions regarding this property: _____

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Other Property of Value (*boats, cars, jewelry, collectibles, etc.*)

Property Description: _____

Location: _____ Estimated Value: \$ _____

Special notes and/or instructions regarding this property: _____

Property Description: _____

Location: _____ Estimated Value: \$ _____

Special notes and/or instructions regarding this property: _____

Property Description: _____

Location: _____ Estimated Value: \$ _____

Special notes and/or instructions regarding this property: _____

Property Description: _____

Location: _____ Estimated Value: \$ _____

Special notes and/or instructions regarding this property: _____

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Property Description: _____

Location: _____ Estimated Value: \$ _____

Special notes and/or instructions regarding this property: _____

Property Description: _____

Location: _____ Estimated Value: \$ _____

Special notes and/or instructions regarding this property: _____

Property Description: _____

Location: _____ Estimated Value: \$ _____

Special notes and/or instructions regarding this property: _____

Property Description: _____

Location: _____ Estimated Value: \$ _____

Special notes and/or instructions regarding this property: _____

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Last Will and Testament

My will is located: _____

I have designated: _____ as my executor.

Contact Information: _____

Phone Number: _____

If he/she declines that duty or cannot serve, my alternate executor is: _____

Contact Information: _____

Phone Number: _____

Provisions of my Will that must be acted upon immediately:

Family and Heirs

Name	Age	Relationship

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Attorney

Name: _____

Firm: _____

Address: _____

Phone Number: _____

Accountant

Name: _____

Firm: _____

Address: _____

Phone Number: _____

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Military Records

Branch of Service: _____

Service Number: _____

Length of Service: _____ to _____

Highest Rank Achieved: _____

I (☐ Do ☐ Do not) have a service related disability.

Location of Military Records and Special Papers: _____

I am a member of the following veterans' association(s): _____

I (☐ Am ☐ Am Not) Eligible for Veterans' Benefits.

To Claim Benefits, Contact: _____

Phone Number: _____

Request the Following: _____

I (☐ Am ☐ Am Not) Entitled to a Military Honor Guard at the Gravesite.

If so, please ask the funeral director to arrange for an Honor Guard.

Ask the funeral director about acquiring a flag, or one may be acquired at the Post Office or Veterans' Office free of charge by completing a form.

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Funeral and Burial Information

Burial Insurance Policy

Company: _____

Policy Number: _____

Agent: _____ Phone Number: _____

Funeral Home

Name of Funeral Home: _____

Address: _____

Director: _____ Phone Number: _____

☐ Check if prearranged with funeral home

Location of Cemetery

Name of Cemetery: _____

Address: _____

Person to Contact: _____ Phone Number: _____

☐ Check if prearranged with funeral home

Location of Funeral Service

Location: _____

Address: _____

Person to Contact: _____ Phone Number: _____

☐ Check if prearranged with funeral home

* Thank you to the Farmingdale Federation of Teachers and Retiree Council 15–16 for the initial work done on this personal record register.

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XIII. RESOURCE DIRECTORY

Health Concerns

Alcohol Abuse

National Institute on Alcohol Abuse and Alcoholism

P.O. Box 10686

Rockville, MD 20849-0686

888-MY-NIAAA (888-696-4222; toll-free)

www.niaaa.nih.gov

Substance Abuse and Mental Health Services Administration

P.O. Box 2345

Rockville, MD 20847-2345

877-SAMHSA-7 (877-726-4727; toll-free)

800-487-4889 (TTY/toll-free)

www.samhsa.gov

Alzheimers

Alzheimer's Foundation of America

322 8th Avenue, 6th Floor

New York, NY 10001

866-232-8484

www.alzfdn.org

Alzheimer's Association National Office

225 North Michigan Ave., Floor 17

Chicago, IL, 60601

800-272-3900

www.alz.org

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Alzheimers Disease Education and Referral Center
 P.O. Box 8250
 Silver Spring, MD 20907
 800-438-4380
www.alzheimers.org

Anxiety

Anxiety Disorders Association of America
 8730 Georgia Ave., Suite 600
 Silver Spring, MD 20910
 800-922-8947
www.adaa.org

National Mental Health Association
 2001 North Beauregard Street, 12th Floor
 Alexandria, VA 22311
 800-969-6642
www.nmha.org

Arthritis

Arthritis Foundation (NY Chapter)
 122 East 42nd St., 18th Floor
 New York, NY 10168
 800-568-4045
www.arthritis.org

National Institute of Arthritis and Musculoskeletal and Skin Diseases
 Information Clearinghouse
 National Institutes of Health
 1 AMS Circle
 Bethesda, MD 20892
 877-22-NIAMS
www.niams.nih.gov

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American Chronic Pain Association
P.O Box 850
Rocklin, CA 95677
800-533-3231
www.theacpa.org

Breast Cancer

American Cancer Society
800-ACS-2345

American Institute for Cancer Research
1759 R Street NW
Washington, DC 20009
800-843-8114
www.aicr.org

National Cancer Institute
800-4-CANCER
www.cancer.gov

Cardiac Health

National Heart, Lung, and Blood Institute
Attn: Website
P.O. Box 30105
Bethesda, MD 20824
301-592-8573
www.nhlbi.org

Chronic Disease Prevention
www.cdc.gov

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Colorectal Cancer

Cancer Research and Prevention Foundation
1600 Duke St., Suite 500
Alexandria, VA 22314
800-227-2732
www.crfa.org

Depression

Depression and Bipolar Support Alliance
55 E. Jackson Blvd., Suite 490
Chicago, IL 60604
800-826-3632
www.dbsalliance.org

National Alliance for the Mentally Ill
3803 N. Fairfax Drive, Suite 100
Arlington, VA 22203
800-950-NAMI
www.nami.org

Exercise

American Council on Exercise
4851 Paramount Drive
San Diego, CA 92123
800-825-3636
www.acefitness.org

American College of Sports Medicine
401 West Michigan St.
Indianapolis, IN 46202-3233
317-637-9200
www.acsm.org

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Go4Life®
 National Institute on Aging
 P.O. Box 8057
 Gaithersburg, MD 20898-8057
 800-222-2225, 800-222-4225 (TTY)
www.nia.nih.gov/Go4Life

President's Council on Fitness, Sports, and Nutrition
 1101 Wootton Parkway, Suite 560
 Rockville, MD 20852
 240-276-9567
www.fitness.gov

National Heart, Lung, and Blood Institute
 P.O. Box 30105
 Bethesda, MD 20824
 301-592-8573
www.nhlbi.org

Hearing

Better Hearing Institute (Suite 420)
 1444 I Street, NW, Suite 700
 Washington, DC 20005
 800-EAR-WELL
www.betterhearing.org

American Association of the Deaf-Blind
 P.O. Box 24493
 Federal Way, WA 98093
www.aadb.org

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Alexander Graham Bell Association for the Deaf and Hard of Hearing
 3417 Volta Place, NW
 Washington, DC 20007
 866-337-5220
www.agbell.org

Incontinence

National Association for Continence
 P.O. Box 1019
 Charleston, SC 29402-1019
 800-BLADDER, (800-252-3337)
www.nafc.org

Simon Foundation for Continence
 P.O. Box 815
 Wilmette, IL 60091
 800-23-SIMON (800-237-4666)
www.simonfoundation.org

Medication

U.S. Food and Drug Administration Consumer Health Information
 Room 5377, Building 32
 10903 New Hampshire Ave.
 Silver Spring, MD 20993
 888-INFO-FDA (888-463-6332; toll-free)
www.fda.gov/ForConsumers

Memory/Sustaining Activities

National Mental Health Association
 500 Montgomery St., Suite 820
 Alexandria, VA 22314
 800-969-6642
www.nmha.org

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Menopause

National Women's Health Information Center
200 Independence Ave. SW
Washington, DC 20201
800-994-9662
www.womenshealth.gov

The Hormone Foundation
800-HORMONE
www.hormone.org

The North American Menopause Society
5900 Landerbrook Drive, Suite 390
Mayfield Heights, OH 44124
440-442-7550
www.menopause.org

Mental Health

National Mental Health Association
500 Montgomery St., Suite 820
Alexandria, VA 22314
800-969-6642
www.mentalhealthamerica.net

National Alliance for the Mentally Ill Colonial Place Three
3803 N. Fairfax Drive, Suite 100
Arlington, VA 22203
800-950-NAMI
www.nami.org

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Nutrition

Food and Nutrition Information Center Agricultural Research Service, USDA
 National Agricultural Library, Room 105
 10301 Baltimore Ave.
 Beltsville, MD 20705
 301-504-5755
fnic.nal.usda.gov

Office of Dietary Supplement
 National Institutes of Health
 6100 Executive Blvd., Room 3B01, MSC 7517
 Bethesda, MD 20892
 301-435-2920
<http://ods.od.nih.gov>

U.S. Food and Drug Administration
 10903 New Hampshire Ave.
 Silver Spring, MD 20993
 888-463-6332
www.fda.gov

Osteoporosis

National Institute of Arthritis and Musculoskeletal and Skin Diseases
 Information Clearinghouse, National Institutes of Health
 1 AMS Circle
 Bethesda, MD 20892
 877-22-NIAMS
www.niams.nih.gov

National Institutes of Health-Osteoporosis and Related Bone Diseases
 National Resource Center
 2 AMS Circle
 Bethesda, MD 20892
 800-624-BONE
www.bones.nih.gov

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National Osteoporosis Foundation
 1232 22nd St., NW
 Washington, D.C. 20037
 800-231-4222
www.nof.org

Parkinsons

National Institute of Neurological Disorders and Stroke
 NIH Neurological Institute
 P.O. Box 5801
 Bethesda, MD 20824
 800-352-9424
www.ninds.nih.gov

National Parkinson Foundation, Inc.
 200 SE 1st St., Suite 800
 Miami, FL 33131
 800-473-4636
www.parkinson.org

The Parkinson's Disease Foundation
 1359 Broadway, Suite 1509
 New York, NY 10018
 800-457-6676
www.pdf.org

Prescription Drugs

U.S. Food and Drug Administration
 10903 New Hampshire Ave.
 Silver Spring, MD 20993
 888-463-6332
www.fda.gov

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Partnership for a Drug-Free America
 352 Park Ave. South, 9th Floor
 New York, NY 10010
 212-922-1560
www.drugfree.org

Prostate Cancer

American Cancer Society
 800-ACS-2345
www.cancer.org

National Cancer Institute
 800-4-CANCER
www.cancer.gov

Prostate Cancer Foundation
 1250 Fourth St.
 Santa Monica, CA 90401
 800-757-CURE
www.pcf.org

Seasonal Health Tips

National Alliance for the Mentally Ill
 Colonial Place Three
 3803 N. Fairfax Drive, Suite 100
 Arlington, VA 22201
 800-950-NAMI
www.nami.org

National Mental Health Association
 2001 North Beauregard St., 12th Floor
 Alexandria, VA 22311
 800-969-6642
www.nmha.org

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Sleeping

American Sleep Apnea Association
1424 K St. NW, Suite 302
Washington, D.C. 20005
202-280-2052
www.sleepapnea.org

National Sleep Foundation
703-243-1697
www.sleepfoundation.org

Stroke

American Heart Association National Center
7272 Greenville Ave.
Dallas, TX 75231
800-AHA-USA-1
www.americanheart.org

American Stroke Association
National Center
7272 Greenville Ave.
Dallas, TX 75231
888-4-STROKE
www.strokeassociation.org

National Stroke Association
9707 E. Easter Lane
Englewood, CO 80112
800-STROKES
www.stroke.org

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Vision

National Eye Institute
 Information Office
 31 Center Drive, MSC 2510
 Bethesda, MD 20892
 800-411-1222
www.nei.nih.gov/

American Foundation for the Blind
 11 Penn Plaza, Suite 300
 New York, NY 10001
 800-AFB-LINE
www.afb.org

The Foundation Fighting Blindness
 11435 Cronhill Drive
 Owings Mills, MD 21117
 888-394-3937
www.blindness.org

Quality of Life Concerns

Advance Directives

Making Your Wishes Known
 Health in Aging Foundation
 American Geriatrics Society
 40 Fulton St., 18th Floor
 New York, NY 10038
 800-563-4916 (toll-free)
www.healthinaging.org/

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Assisted Living

Assisted Living Federation of America
1650 King St., Suite 602
Alexandria, VA 22314-2747
703-894-1805
www.alfa.org

National Center for Assisted Living
1201 L St., NW
Washington, DC 20005
202-842-4444
www.ncal.org

Bereavement

The Compassionate Friends, Inc.
P.O. Box 3696
Oak Brook, IL 60522
877-969-0010
www.compassionatefriends.org

National Institute of Mental Health
6001 Executive Blvd.
Room 6200, MSC 9663
Bethesda, MD 20892-9663
866-615-6464 /866-415-8051 (TTY/toll-free)
www.nimh.nih.gov

Caregiving

Family Caregiver Alliance
180 Montgomery St., Suite 1100
San Francisco, CA 94104
800-445-8106
www.caregiver.org

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National Family Caregivers Association
 10400 Connecticut Ave., Suite 500
 Kensington, MD 20895
 800-896-3650
www.thefamilycaregiver.org

Driving Safety

National Transportation Safety Board
 490 L'Enfant Plaza, SW
 Washington, DC 20594
 800-887-6799
www.nts.gov

National Safety Council
 1121 Spring Lake Dr.
 Itasca, IL 60143
 800-621-7619
www.nsc.org

National Highway Traffic Safety Administration
 400 Seventh St., SW
 Washington, DC 20590
 888-327-4236
www.nhtsa.gov

Fitness

American Council on Exercise
 4851 Paramount Drive
 San Diego, CA 92123
 800-825-3636
www.acefitness.org

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National Heart, Lung, and Blood Institute
 P.O. Box 30105
 Bethesda, MD 20824
 301-592-8573
www.nhlbi.org

Hospice Care

National Hospice and Palliative Care Organization
 1731 King St.
 Alexandria, VA 22314
 800-658-8898 (toll-free)
www.nhpco.org

Medicare

Centers for Medicare and Medicaid Services
 7500 Security Blvd.
 Baltimore, MD 21244
 877-267-2323
www.cms.hhs.gov/

Families USA
 1201 New York Ave., Suite 1100
 Washington, DC 20005
 202-628-3030
www.familiesusa.org

Medicare
 7500 Security Blvd.
 Baltimore, MD 21244
 877-267-2323
www.medicare.gov

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Medicare Rights Center
 1460 Broadway, 17th Floor
 New York, NY 10036
 212-869-3532
<http://medicarerights.org/>

Retirement Living

Guide to Retirement Living
 1919 Gallows Road, 2nd Floor
 Vienna, VA 22182
 800-394-9990
www.retirement-living.com

Retirement Net
www.retirenet.com

Retirement Living Information Center, Inc.
 19 LedgeWood Road
 Redding, CT 06896
 203-938-0417
www.retirementliving.com

Sexuality

Gay and Lesbian Medical Association
 459 Fulton St., Suite 107
 San Francisco, CA 94102
 888-843-4564
www.glma.org

Sexuality Information and Education Council of the United States
 90 John St., Suite 402
 New York, NY 10038
 212-819-9770
www.siecus.org

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Social Security

Social Security Administration
Office of Public Inquiries
Windsor Park Building
6401 Security Blvd.
Baltimore, MD 21235
800-772-1213
www.ssa.gov

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