



# The East Meadow Teachers Association

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Affiliated with:  
New York State United Teachers  
American Federation of Teachers  
A.F.L. – C.I.O.  
NEA

## Winter 2009 Retirement Bulletin

### Preretirement Planning Seminars Winter/Spring 2009 Schedule

The New York State Teachers' Retirement System (NYTRS) released its copy of statewide Preretirement Planning Seminars for winter/spring 2009. Below you will find the seminars scheduled for Long Island. The daylong (8:30 a.m. – 3:30 p.m.) seminars feature presentations and discussions on NYSTRS benefits, Social Security, financial planning, adjusting to retirement, legal considerations and other retirement-related topics. The purpose of the program is to focus on the questions and concerns that are important to those preparing for retirement.

The seminars are open to active NYSTRS members age 45 and older. Spouses or companions are encouraged to attend. You can make reservations now through the secure area of the NYSTRS website [www.nystrs.org](http://www.nystrs.org) or by calling 800-356-3128 Ext 6180 weekdays 8:30 a.m. to 4:15 p.m. When calling you will need to provide your EmpID or Social Security number, date of birth, home address and telephone number, and also indicate if a spouse/companion will also be attending.

- ✂ **January 31 (Saturday) 8:30-3:30p.m. L.I. Uniondale  
Long Island Marriott 101 James Doolittle Blvd.**
- ✂ **February 18 (Wednesday) 8:30 – 3:30 p.m. L.I. Melville  
Melville Marriott 1350 Old Whitman Road Exit 49N, LIE**
- ✂ **February 19 (Thursday) 8:30-3:30p.m. L.I. Hauppauge  
Islandia Marriott Long Island 3635 Express Drive North Exit 58, LIE**
- ✂ **March 21 (Saturday) 8:30-3:30p.m. L.I. Uniondale  
Long Island Marriott 101 James Doolittle Blvd.**
- ✂ **April 7 (Tuesday) 8:30 – 3:30 p.m. L.I. Melville  
Melville Marriott 1350 Old Whitman Road Exit 49N, LIE**
- ✂ **May 13 (Wednesday) 8:30 – 3:30 p.m. L.I. Melville  
Melville Marriott 1350 Old Whitman Road Exit 49N, LIE**
- ✂ **May 14 (Thursday) 8:30-3:30p.m. L.I. Hauppauge  
Islandia Marriott Long Island 3635 Express Drive North Exit 58, LIE**