

Pre-Retirement Program – Fall 2024 Schedule of Live Webinars

Week One – September 9-13, 2024

Monday, September 9th, noon to 1 p.m.

JHU Benefits in Retirement

This presentation, offered by JHU Benefits & Worklife, covers benefits for university retirees, including medical and dental coverage, life insurance, tuition benefits, pension and/or 403b plan, vacation/sick time, and more. Q&A to follow.

[Register in advance](#) for this webinar.

Tuesday, September 10th, noon to 1 p.m.

Tips on Aging Well

No matter your age, there are things everyone can do to support and improve your overall health for years to come. From recommended screenings to healthy lifestyle practices, join the Johns Hopkins Work Stride Oncology Nurse Navigator for an interactive webinar to discuss aging well for a happy, healthy life, with an opportunity for Q&A.

[Register in advance](#) for this webinar with JH Work Stride.

The [Work Stride](#) program is offered at no charge to JHU employees. Have questions about screenings or want information about how to protect yourself and your family? Contact your Work Stride oncology nurse navigator at 844-446-6229 or via email at managecancer@jh.edu.

Wednesday, September 11th, noon to 1 p.m.

Financial Wellness and Mental Health

When you understand the connection between how you're doing emotionally and how you're saving your money, your retirement journey can be easier and more successful. Register now for this important webinar that examines how your mental health leads to financial health and vice versa.

Learn key insights in this judgment-free webinar, including how to:

- Access expanded mental health resources through your benefits.
- See issues and events that can cause poor mental health.
- Seek out a TIAA Financial Consultant for advice on money stressors, including debt, that challenge your physical, mental, and financial health, and your job performance.

[Register in advance](#) for this webinar with TIAA.

Thursday, September 12th, noon to 1 p.m.

Mastering Social Security

Social Security benefits are not intended to be your only source of income when you retire, but with careful strategies and planning, you can maximize this benefit to enhance your retirement income picture. Learn the fundamentals of social security benefits including: who is eligible to receive benefits and when, how to estimate your benefit, taxes and social security, when to claim benefits, and much more. Join Marsh McLennan Agency (MMA) advisors and learn the basic strategies you should be thinking about now. [Register in advance](#) for this webinar.

Friday, September 13th, noon to 1 p.m.

Osher Lifelong Learning Institute & Community

As a Johns Hopkins retiree, one of your benefits is enrichment education with The Osher Lifelong Learning Institute at JHU. The program brings together curious and engaged adults with top quality courses, passionate faculty, and a community that loves learning. This webinar will help you learn more about the Osher at JHU program including curriculum, structure, and program fees. Plus, you'll meet members who participate, and have the opportunity to ask questions. [Register in advance](#) for this webinar.

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Week Two – September 16-20, 2024

Monday, September 16th, noon to 1 p.m.

Demystifying Medicare

Join Marsh McLennan Agency advisors to demystify the complexities of Medicare. This webinar will give a high-level overview to help guide you through the Medicare maze with details about Medicare Parts A, B, C, and D. The pros and cons of the two Medicare coverage options (Medicare Supplement and Medicare Advantage) will also be highlighted. This presentation is designed to teach a basic understanding of Medicare options and to familiarize you with the terminology.

[Register in advance](#) for this webinar with MMA financial advisors.

Tuesday, September 17th, noon to 1 p.m.

Aptia/Mercer Marketplace 365+ Retiree

Join this webinar to learn about Aptia/Mercer Marketplace 365+ Retiree, an alternative to the JHU retiree medical plans for those who are 65 or older. Learn how to access and navigate the Aptia/Mercer Retiree Exchange Platform that provides one-on-one help from a licensed retiree benefit counselor. [Register in advance](#) for this webinar.

Wednesday, September 18th, noon to 1 p.m.

Write Your Next Chapter: 5 Steps to Setting Your Retirement Date

For anyone starting to think seriously about when to retire, this webinar takes you through five steps to deciding when the time is right, including estimating retirement expenses, closing any income gaps, and understanding key milestones that can impact your retirement finances. A TIAA advisor will help you think through how to estimate what you'll need, adjust as needed, consider key milestones, and protect your savings. [Register in advance](#) for this webinar with TIAA.

Thursday, September 19th, noon to 1 p.m.

Spending Wisely in Retirement

You have spent your entire career saving and investing for retirement – now what? Discover wise spending strategies to make the most of your retirement without overdrawing your funds too soon. Making the most of every retirement vehicle can add years onto your retirement savings and allow you to set goals and stay on the path to spending wisely.

[Register in advance](#) for this webinar with MMA financial advisors.

Friday, September 20th, noon to 1 p.m.

Envisioning Retirement - A Guided Visual Journaling Exercise

Take a mindful moment to visualize what your days in retirement may look like. Join Rachel Liccardo, LCSW-C, LICSW as for a guided visual journaling activity. This exercise will help you learn ways to reduce stress around approaching retirement and help you open up about your emotions or challenges. You will need a piece of paper and something to write with. If you enjoy arts and crafts, feel free to use supplies to make a colorful visual. Artistic ability is not a requirement of this session. This workshop is only available to Johns Hopkins affiliates, not guests. Space is limited. This session will not be recorded. [Register in advance](#) for this webinar.