

Pre-Retirement Program 2024: Fall Webinar Recap

JHU Benefits in Retirement (recorded Monday, September 9th)

This presentation, offered by the Office of Benefits & Worklife, covers the benefits university retirees are entitled to. This includes medical and dental coverage, life insurance, tuition benefits, pension and/or 403b plan, vacation/sick time, and more.

[Watch the recording here](#)

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Tips on Aging Well (recorded Tuesday, September 10th)

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 us for an interactive webinar with your Johns Hopkins Work Stride Nurse Navigator to discuss aging well for a happy, healthy life. This program is offered at no charge to JHU employees and no enrollment is necessary.

Have questions about screenings or want information about how to protect yourself and your family? Contact your oncology nurse navigator at **844-446-6229** or via email at naviance@jh.edu. (Work Stride was rebranded to Naviance on October 1, offering the same, free, cancer prevention, navigation, and support program.)

[Watch the recording here](#)

Financial Wellness and Mental Health (recorded Wednesday, September 11th)

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. This webinar examines how your mental health leads to financial health and vice versa. 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. 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.

[Watch the recording here](#)

Mastering Social Security (recorded Thursday, September 12th)

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 our Marsh McLennan Agency (MMA) advisors and learn the basic strategies you should be thinking about now.

[Watch the recording here](#)

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Osher Lifelong Learning Institute & Community (recorded Friday, September 13th)

As a Johns Hopkins retiree one of your benefits is enrichment education with The Osher Lifelong Learning Institute at JHU. Our 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.

[Watch the recording here](#)

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Demystifying Medicare (recorded Monday, September 16th)

Join our Marsh McLennan advisors to demystify the complexities of Medicare! This webinar will give a high-level overview helping guide those through the Medicare maze with details of 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. The design of this presentation is to focus on the basic understanding of Medicare options and to familiarize you with the terminology.

[Watch the recording here](#)

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Aptia/Mercer Marketplace 365+ Retiree (recorded Tuesday, September 17th)

Learn about Aptia/Mercer Marketplace 365+ Retiree, an alternative to the JHU retiree medical plans for those 65 or older, providing access to the Aptia/Mercer Retiree Exchange Platform and access to one-on-one help from a licensed retiree benefit counselor.

[Watch the recording here](#)

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Write Your Next Chapter: 5 Steps to Setting Your Retirement Date (recorded Wednesday, September 18th)

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 gap and understanding key milestones that can impact your retirement finances.

We'll help you think through how to:

- Estimating what you'll need.
- Adjusting as needed.
- Considering key milestones.
- Protecting your savings.

[Watch the recording here](#)

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Spending Wisely in Retirement (recorded Thursday, September 19th)

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.

[Watch the recording here](#)

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Envisioning Retirement - A Guided Visual Journaling Exercise (Friday, September 20th)

Take a mindful moment to visualize what your days in retirement may look like. Join Rachel Liccardo, LCSW-C, LICSW as she leads the group through a guided visual-journaling activity. This exercise will help you learn ways to reduce stress around approaching retirement and to 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.

[Webinar Handout](#)