

HUMAN RESOURCES

Fall into Financial Wellness!

Retirement Seminar for UH Faculty and Staff

M.D. Anderson Library, Elizabeth D. Rockwell Pavilion

Thursday, October 22, 2026

Wednesday, October 28, 2026

SESSION SCHEDULE AND DESCRIPTIONS:

Thursday, October 22, 2026

9:00 AM – 9:45 AM, SSA Pre-Retirement Presentation

Planning for retirement starts with understanding your Social Security benefits. Join a Social Security Administration Public Affairs Specialist for an informative presentation covering retirement eligibility requirements, benefit calculations, Medicare basics, spousal and survivor benefits, and the online tools available through a mySSA account. This session will provide valuable information to help you make informed decisions and confidently plan for your future.

10:00 AM – 10:45 PM, Voya Financial – Make the Most of Social Security

Discover strategies to maximize your Social Security benefits and make the most of your retirement income. Learn when to claim, avoid common mistakes, and explore real-life examples and helpful resources to make confident decisions for you and your family.

11:00 AM – 11:45 PM, Fidelity – Help Boost Your Retirement Savings

Are you on track to meet your retirement goals? Join us for an informative workshop designed to help you better understand your retirement needs and take steps toward building a more secure financial future. We'll explore the five key risks that can impact your retirement savings, discuss how to estimate the amount you may need to maintain your desired lifestyle, and share practical strategies to help you save more effectively. Whether you're just beginning to plan for retirement or looking to strengthen your existing savings, this workshop will provide valuable insights to help you make informed financial decisions and feel more confident about the road ahead.

12:00 pm – 12:45 pm: Lunch (provided by our UH vendors)

1:00 PM – 1:45 PM, Corebridge Financial -- Your Future Starts Now

Take the path towards greater security in retirement. This presentation is designed to help you prioritize what goals you may need to focus on now to be able to live retirement the way you want. Learn what you need to know to blaze your own financial trail for the future!

2:00 PM – 2:45 PM, TexaSaver 457: Ready, Set, Retire

This presentation will describe how the TexaSaver 457 plan fits into the retirement income picture of faculty and staff by helping them to fill the income gap that no longer having a salary creates. The TexaSaver voluntary retirement savings program can increase your personal retirement savings to bridge that financial gap as well as weather inflation and things like increased medical expenses as you age.

3:00 PM – 3:45 AM, TIAA: Your Guide to Living Well in Retirement

Retirement is more than the end of a career it's the beginning of a new chapter filled with possibilities! While this exciting life transition can bring new challenges, it also creates opportunities to rediscover your passions, strengthen relationships, explore new interests, and find renewed purpose. Join us for an engaging seminar focused on the personal and emotional aspects of retirement. Discover practical ways to navigate change, maintain meaningful connections, embrace new opportunities, and create a fulfilling lifestyle that reflects your goals, values, and aspirations.

Wednesday, October 28, 2026**12:00 PM – 1:30 PM, TRS – Ready to Retire**

This workshop is for employees working in higher education who would like to learn about retirement. Covered topics will include how the TRS retirement plan works, what qualifies you to retire, and how the plan will benefit you in retirement.

1:30 PM – 2:30 PM, ERS - Ready, Set, Retire

In this informative workshop, representatives from ERS will discuss your medical benefits options in retirement. Included in this session will be important information related to dependent coverage and post-retirement life insurance.

2:30 PM – 3:30 PM, ERS - Medicare Preparation

Whether you're an employee or retiree, attend a Medicare Preparation session and learn about Medicare and how it works with your ERS benefits. ERS gets many questions from members who are near Medicare eligibility, and we want to answer your questions early to assist you with the Medicare process.

PLEASE JOIN US. ADD THE SESSIONS TO YOUR CALENDAR AND PLAN NOW TO ATTEND!