

SERIOUSLY CONSIDERING RETIREMENT?

LEARNING TO LOVE SEPTEMBER

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WHAT DO I HAVE TO DO?

- Retiring from and district and collecting your NYSTRS Pension is a two-step process.
- Step 1. Complete a NYSTRS Pension Application not more than 90 days before the date you wish to retire. (Online is easier.)
- Step 2. Send the form (directions on slide 10) to the District before March 1, 2026 to notify the District and lock in any Absentee Reduction Plan monies.

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STEP ONE: WHERE IS THE NYSTRS APPLICATION FOUND?

- Go online to NYSTRS.org and hover over "Forms".
- Select "Service Retirement Application" and print out the application.

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STEP ONE: WHERE IS THE NYSTRS APPLICATION FOUND?

- You may want to do a practice hard copy and then submit online.

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STEP ONE: NYSTRS: GETTING READY TO APPLY FOR RETIREMENT

- If you have not spoken to a NYSTRS representative, you should schedule a video conference ASAP. Simply call 1 800-348-7298 option 6.
- While on the website (nystrs.org/mynystrs), if you haven't already registered, now is the time to create a NYSTRS account. You will need your NYSTRS number (found on your annual NYSTRS report).
- There are a number of brief videos available that should be useful to you.

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STEP ONE: WHAT IF I NEED HELP COMPLETING IT?

- When you have your conference with a TRS Representative, have your financial advisor and/or spouse or closest relative with you.
- The TRS representative will send you printouts for any of the retirement options you are considering.

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STEP ONE: WHAT IF I NEED HELP COMPLETING IT?

- Charlie Dean is the Chairperson of the Rochester Retired Teachers Association and can give you great assistance.
- Charlie's email is charlie.dean@rochret.org, or (585-865-1735)
- Caution: the TRS person is the only trained retirement advisor neither Charlie nor any of the officers or consultants are.

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STEP ONE: "PARTING" SHOTS

- If you complete and submit your pension application online, you do not need to have it notarized.

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STEP ONE: "PARTING" SHOTS

- If you do a paper application, it must be notarized. Bernadette Ferrara, RTA Office manager, can do this free of charge. Just call ahead to arrange for a convenient time (546-2681).
- If you submit a paper application, we suggest sending the original Certified, Return Receipt Requested and a second copy via regular US mail.
- Keep a copy for yourself whether filing electronically or online.

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STEP TWO: NOTIFY THE RCSD

- Complete the retirement form found at:
RCSD website>Departments>Human Capital>Forms and Documents>Retirement (They no longer require nor want a formal letter.)
- You should receive a letter from the District confirming the receipt of your retirement

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STEP TWO: NOTIFY THE RCSD

- You can also go to your Orade Home Page.
- There is an App box "Resignation/Retirement."
- Once inside that page there are 5 Tasks to complete:
 1. Read this First
 2. Exit Survey
 3. Review Seniority Date
 4. Submit Resignation/Retirement Letter
 5. Submit Resignation/Retirement

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STEP TWO: NOTIFY THE RCSD

What should I use for the two dates?

- Use the same two dates for the District and TRS
- Last day worked: the last day you receive your salary: (the calendar's Regents rating day) **June 26, 2026**
- Effective date of retirement: **June 27, 2026**

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STEP TWO: NOTIFY THE RCSD

Due to the contractual language, we are not bound by the school year. So using the Regents Rating Day will result in getting more pension in your July check for the June days of 27, 28, 29 and 30. This is somewhat unique across the state. Call Charlie Dean if you get push back.

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THE ABSENTEE REDUCTION PLAN

SECTION 60

- It began with the 2004-2005 school year.
- For each school year beginning with school year 2004-05 when you have three or fewer absences, there is money waiting for you.
- Taking more than 3 days in any one school year does NOT affect your banked days for "good" years.

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ABSENTEE REDUCTION PLAN "ARP"

- The Absentee Reduction Plan formula is:
- No illness days used at \$115 per day (\$1150 for that year)
- 1 day used \$95 ($\$95 \times 9 = \855)
- 2 days used \$80 per day ($\$80 \times 8 = \640)
- 3 days used \$70 ($\$70 \times 7 = \490)

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ABSENTEE REDUCTION PLAN "ARP"

- The plan maxed out at \$25,000 in 2025.
- Therefore, if you have had perfect attendance for twenty-five years or more you should receive the maximum amount of \$25,000.
- (See Section 60 of the Contract)

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ABSENTEE REDUCTION PLAN "ARP"

- Once banked, the monies are guaranteed.
- So, if you have bad years in amongst the qualifying years, your banked days for the good years are unaffected.

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ARP

- The District pays eligible teachers in August/September.
- This money is taxable and does not count toward your retirement final average salary.

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WHY DOES ARP HAVE A MARCH 1 DEADLINE?

- The contract states, "Eligible teachers who plan to retire/resign and wish to receive this benefit must notify the District by March 1st of their intention."
- The deadline helps the District plan for filling positions for the new school year.

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WHY DOES ARP HAVE A MARCH 1 DEADLINE?

- Once the Board accepts your retirement at one of its meetings, you are unable to rescind your retirement.
- If you are unsure, consider waiting until after the March 1 deadline and forego the Absentee Reduction Plan money.

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HEALTH BENEFITS



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HEALTH BENEFITS

If you have 10 years continuous service with the District you qualify for retiree benefits. And so does your spouse and child until age 26 or sooner.



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WHAT ABOUT DENTAL BENEFITS?

- Dental insurance can be purchased only for the first 18 months after your retirement per the federal COBRA law.
- Single dental for 2026 is set at \$51.47 per month or \$118.88 for family.

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WHAT ABOUT DENTAL BENEFITS?

- Once the 18 months is over, there is no dental coverage from the District.
- Many insurance companies offer dental coverage.
 - Information about one plan is found at: RCSD website>Departments>Human Capital>Benefits & Compensation>Health Benefits>Retiree Dental Plan
 - This is not an endorsement for this plan.

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WHAT ABOUT MEDICAL BENEFITS? UNDER 65

- Until you turn 65, you remain on the Enhanced EPO at **no cost**...you don't pay anything.

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WHAT ABOUT MEDICAL BENEFITS AFTER 65? (WITHIN THE SERVICE AREA)

- Family coverage is not available, except for the least desirable plan (Traditional BC/BS).
- So sign up for single coverage for you and single coverage for your spouse.
- If you are staying in the Rochester area, you have the choice of different plans.
- Please be aware that the Traditional BC/BS is bare bones.

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WHAT ABOUT MEDICAL BENEFITS AFTER 65? (WITHIN ROCHESTER SERVICE AREA)

- Remember until a retiree achieves 65 years of age, the same Enhanced EPO at no cost is available.
- Once Medicare is required (Age 65), the retiree can purchase one of the "medigap" plans that are offered by the District if a cost is charged.

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WHAT ABOUT MEDICAL BENEFITS AFTER 65? (ROCHESTER SERVICE AREA)

- For the calendar year 2026, only single plans are available. The costs per month are:
 - Traditional BC/BS no cost
 - Retire Enhanced EPO \$810.59
 - Preferred Gold Buy Up (MVP) \$248.28
 - Preferred Gold Standard (MVP) \$152.08
 - Medicare Blue Choice (Excellus) \$180.00
- Purchasing two single plans for a spouse is available
- Children under 26 are covered at no cost.
- Your retiree health insurance kicks in the Fall. (You remain on the EPO no cost until then.)

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WHAT ABOUT MEDICAL BENEFITS AFTER 65? (ROCHESTER SERVICE AREA)

MVP Service Area:
All NYS (except for New York City counties & Long Island) & Vermont

Excellus Service Area:
Livingston, Monroe, Ontario, Seneca, Wayne, Yates, Steuben, Schuyler, Chemung, Cayuga, Tompkins, Tioga, Oswego, Onondaga, Cortland, Broome, Jefferson, St. Lawrence, Franklin, Clinton, Essex, Hamilton, Fulton, Montgomery, Herkimer, Oneida, Lewis, Madison, Otsego, Chenango and Delaware counties

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WHAT ABOUT MEDICAL BENEFITS? (OUT OF THE ROCHESTER SERVICE AREA)

- If you move away, you can purchase the same EPO coverage for retirees. The **monthly** single coverage for 2026 is \$810.59.
- If you are moving to places such as Florida, Arizona, etc., you may want to explore local options.
- Depending what happens with Affordable Care Act, some states have exchanges that may offer decent coverage. Check carefully before switching.
- Also, if you have expensive prescription drugs, you may want to review this option to see if it is best for you even if you stay in the Rochester service area.

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WHAT ABOUT HEALTH BENEFITS FOR MY SPOUSE?

- The same plans, costs and coverages apply.

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WHAT ABOUT MEDICAL BENEFITS FOR MY SPOUSE IF I PREDECEASE? 2026 SURVIVOR IS UNDER 65

- Only two plans are available:
 - EPO Enhanced single \$1122.80; two-person \$2,607.57; family no spouse \$22830.55
 - Core EPO: single \$1044.23; two-person \$2425.04; family no spouse \$2632.24
- If your spouse was an RCSD employee, then the rates that you were charged would be the same.

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WHAT ABOUT MEDICAL BENEFITS FOR MY SPOUSE IF I PREDECEASE? 2026 OVER 65 SURVIVOR

- Only single coverage is available for the survivor
- Traditional Basic: \$200.00 (bare bones, not recommended)
- Enhanced EPO \$1010.59
- Core EPO: not available
- Preferred Gold Buy Up \$448.28
- Preferred Gold Standard \$352.08
- Medicare Blue Choice \$380.00
- If your spouse was an RCSD employee, then the rates that you were charged would be the same.

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HEALTH INSURANCE LAST WORDS

- After retirement, you may not get coverage for a new spouse.
- See your dentist often during your last active year(s)....
- Medical Insurance: Dependents stay covered until 26 even though you are paying the single coverage rate regardless of over or under 65.

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RETIREMENT SYSTEM LAST WORDS

- The forms for prior service credit are also available on the TRS website.
- Check out the videos available at NYSTRS.org for information about retirement.

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RETIREMENT SYSTEM LAST WORDS

- You are guaranteed 90% of your pension from the month following your retirement until the following April.
- From April on, you are receiving 100% of your pension.

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RETIREMENT SYSTEM LAST WORDS

- After 5 years, your benefit will be increased by a COLA adjustment based on the first \$18,000 of your pension.
- Signing up for a video conference: 1-800-348-7298 (option 6) or schedule through your NYSTRS account (nystrs.org/mynysters).

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SAVE THE DATE



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RTA AFTER RETIREMENT

- Please consider joining Rochester Retired Teachers Association (RRTA). They have many great activities and opportunities to volunteer as well as to continue your membership in the union.
- Charlie Dean, RRTA Chair, will tell you all about it at the retirement dinner.

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NEXT STEPS.....

- If you have an individual question, please move into the Conference Room A where there are tables set up with your RTA Officers/Consultants to answer your questions.
- Email any of the RTA officers with any unanswered questions.
- Forms are along the counter.

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QUESTIONS AND ANSWERS.....

- Please leave questions and comments as you leave.
- Thank you for attending.

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