



Keep your Member Services contact information up-to-date to receive the latest news, announcements or deadlines by email, text or call.

## Life beyond retirement – what now?

You may be a new retiree or a seasoned veteran by now. Often we dream of retirement throughout our careers. We plan, save and imagine what we'll do with all our free time. But when the time comes, sometimes it's a harder adjustment than we thought it might be.

Forbes' Mike Lewis wrote about this subject in his article "Life After Retirement – What Do I Do Now?," quoting a May 2013 study by UK's Institute of Economic Affairs who reported a stunning statistic: 40% of retirees suffer from clinical depression, while 6 out of 10 report a decline in health.

Lewis's article spoke of these individuals finding themselves bored and void of feelings and skills they'd experienced on the job – such as feeling appreciated and contributing, problem solving and camaraderie with coworkers. However, these don't have to be lost when we leave the workplace. These are all healthy benefits that can be carried into retirement as well.

### Make peace with yourself

You have been given the gift of unburdened time. Use it to reflect on your accomplishments, make peace with the things you're not as happy about and allow yourself to move on with your new life. Perspective is key when it comes to perceived mistakes.

### Be social

Find groups with interests similar to yours, whether that be volunteer work, hobbies, happy hours or exercise groups. With social media introducing new ways to connect, the possibilities are endless.

### Be philanthropic

Remember that cause that's always been near and dear to your heart? Devote some time to helping that cause. Organize fundraisers, or do research projects for the foundation.

Whatever you choose to do, remember to enjoy it, *you've earned it!*



## Keep your address current to receive benefit information

It's important to notify SERS of address changes to be sure you're always receiving the most current information regarding your insurance and retirement benefits. If we have correspondence returned to us, your benefit and group insurance will be suspended until we are notified of your new address to avoid any potential fraud issues.

Please mail address changes to us via the Change of Address Form, which can be found on our website, [srs.illinois.gov](http://srs.illinois.gov), under the Forms link.

If you don't have access to a computer, we can accept written notification of an address change as long as it includes your printed name, date of birth, last four digits of your Social Security number (or Member Identification Number), former and current addresses, telephone number and your signature.



## New SERS Trustee

Congratulations to John Tilden, elected annuitant trustee.

## Remaining 2016 MRR Workshops

Oct. 4	Quincy	<del>Nov. 15</del>	<del>Springfield</del> <b>FULL</b>
Oct. 17	Utica	<del>Dec. 6</del>	<del>Chicago</del> <b>FULL</b>
Oct. 25	Collinsville	Dec. 13	Joliet

If you've already registered for a workshop, you don't need to do anything further.

## 2017 Myths & Realities of Retirement Workshop

**Beginning September 1, 2016, SERS retirees will be able to register online for next year's MRR workshops.**

To register, visit **srs.illinois.gov** and follow the instructions. After you register, you will receive a confirmation and email reminders.

If you don't have access to a computer, you can complete and return the application below to us or call our office to register. After you're registered, we will send a reminder letter two weeks prior to the respective workshop.

*The MRR is a free, one-day workshop examining various issues affecting retirees.*

Feb. 7	Springfield	July 18	Moline
Mar. 7	Springfield	July 25	Chicago
Mar. 8	Glen Ellyn	Aug. 1	Kankakee
Mar. 14	Bloomington	Aug. 8	Effingham
Mar. 21	Orland Park	Aug. 15	Dixon
Apr. 5	Marion	Aug. 15	Mt. Vernon
Apr. 11	Collinsville	Aug. 29	Schaumburg
Apr. 25	Springfield	Sept. 12	Springfield
May 9	Chicago	Oct. 3	Quincy
May 23	Springfield	Oct. 24	Collinsville
June 6	Carbondale	Oct. 24	Utica
June 13	E. Peoria	Nov. 14	Springfield
June 20	Rockford	Dec. 5	Chicago
June 27	Springfield	Dec. 12	Joliet
July 11	Springfield		

### Return this form to:

#### State Retirement Systems

Field Services Division

2101 S. Veterans Parkway

P. O. Box 19255

Springfield, IL 62794-9255

217-785-6979 Fax: 217-557-5154

Name \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ Zip code \_\_\_\_\_

Phone number \_\_\_\_\_

Date & city of workshop \_\_\_\_\_

Last four digits of SSN \_\_\_\_\_ Date of Birth \_\_\_\_\_

Email Address \_\_\_\_\_

Are You Bringing a Guest?

Yes

No

## 2016 Flu Vaccine Schedule\*

The Department of Central Management Services is providing free seasonal flu vaccines to State of Illinois employees, retirees and survivors enrolled in a state-sponsored health plan. Many county health departments partner with the State to provide these at no charge to members. Call your local health department for the exact dates, times and locations that vaccines will be offered.

Members must present their state health insurance card and another form of ID. If you are enrolled in Medicare Part B, you can obtain a free flu shot from your physician or participating pharmacy. *Spouses, dependents, contractual workers, consultants, students and any SERS members who opted out of health insurance coverage are not eligible for free flu vaccines.*

The entire flu vaccine schedule is posted on our website at [srs.illinois.gov](http://srs.illinois.gov). Dates and times are subject to change, so check online often.

**Flu shots will be available at the SRS Springfield office on October 18 from 9 a.m. – 3 p.m.**

**Flu shots will be available from 9 a.m. until 3 p.m., except where noted.**

### Springfield

**IDPH/State Lab**

**Sept. 27, 9 a.m. – noon**

825 N. Rutledge

**Stratton Building**

**Oct. 12**

401 S. Spring

**EPA**

**Oct. 26, 9 a.m. – noon**

1021 N. Grand Ave. E.

### Chicago area

**IDOT, Schaumburg**

**Sept. 22**

Training Room A  
201 W. Center

**McFarland Mental Health**

**Sept. 29, 1 – 4 p.m.**

901 Southwind Road

**IDOT**

**Oct. 13, 9 a.m. – 1 p.m.**

Auditorium,  
2300 Dirksen Pkwy.

**Dept. of Agriculture**

**Oct. 27, 9 a.m. – 1 p.m.**

State Fairgrounds,  
801 E. Sangamon

**James R. Thompson Center (JRTC)**

**Sept. 28**

Room 2-025,  
100 West Randolph, Chicago

**Howlett Bldg.**

**Oct. 4**

501 S. 2nd St., Hall of Flags  
Parking at Stratton Bldg.

**SERS**

**Oct. 18**

2101 S. Veterans Pkwy.

**Stratton Building**

**Nov. 1, 9 a.m. – 1 p.m.**

401 S. Spring

**Student Asst. Comm.**

**Sept. 28**

1755 Lake Cook Rd, Deerfield

**Dept. of Natural Resources**

**Oct. 5**

State Fairgrounds  
One Natural Resources Way

**Dept. of Corrections**

**Oct. 19, 9 a.m. – 1 p.m.**

Conkle C  
1301 Concordia Ct.

**IDOT**

**Nov. 2, 9 a.m. – 1 p.m.**

Auditorium,  
2300 S. Dirksen Pkwy.

**CMS Suburban North**

**Sept. 29, 8 a.m. – 4 p.m.**

Suburban North, Room 011  
9511 Harrison, Des Plaines

**DHFS**

**Oct. 6**

201 S. Grand Ave. E.,  
Bloom Bldg.

**State Police**

**Oct. 20, 9 a.m. – 1 p.m.**

801 S. Seventh,  
Lobby

**Attorney General**

**Nov. 3, 9 a.m. – 1 p.m.**

500 S. 2nd St.

**Healthcare and Family Services**

**Oct. 4**

Clinton Bldg., 1st. floor,  
401 S. Clinton, Chicago

**Dept. of Revenue**

**Oct. 11**

101 W. Jefferson,  
Willard Ice Bldg.

**Board of Education**

**Oct. 25, 9 a.m. – 1 p.m.**

100 N. First St., Alzina Bldg.

**James R. Thompson Center (JRTC)**

**Oct. 5**

Room 2-025,  
100 West Randolph, Chicago

\* Flu shots are subject to the availability of the vaccine.

At the time of print, the downstate schedule was not available. Check online for available dates and times, as we will post when we get them.



## Experienced a life change recently?

Did you get married – or maybe divorced? It might be time to update your beneficiaries on file.

You can find your current elections in the Beneficiary Information section of your most recent statement; and don't forget other places that might need updating also – like your group life insurance and deferred compensation plans.



2101 S. Veterans Parkway  
P. O. Box 19255  
Springfield, IL 62794-9255

## Stay connected with our Member Services website

Do you know all the features of our Member Services website? You can view your member statement, insurance elections, beneficiaries, update your email or phone number, download forms, correspondence and more. And it's mobile friendly!

Check it out at [memberservices.srs.illinois.gov](http://memberservices.srs.illinois.gov).

