

## **Retiree Conference**

The virtual **Retiree Conference** will be held on Monday, September 27, 2021 through Wednesday, September 29, 2021 via Zoom. *Registration is required and is separate from the All-Craft Conference registration and the Legislative/Political Conference registration.*

### **Schedule**

#### **Monday, September 27, 2021**

- 12:00 pm – 12:30 pm ET    General Session
- 12:30 pm – 2:30 pm ET    Retiree Workshops (Aging Resources OR Alzheimer Disease from A to Z)
- 2:45 pm – 4:45 pm ET    Retiree Workshops (Chapter Newsletters and Communications OR Communicating with your Legislative Representatives)
- 5:00 pm – 7:00 pm ET    Retiree Workshops (Heart Health and Fitness OR Safety, Identity Theft, Fighting Fraud and Elder Abuse)

#### **Tuesday, September 28, 2021**

- 12:00 pm – 3:00 pm ET    General Session
- 4:00 pm – 7:00 pm ET    General Session (cont'd)

#### **Wednesday, September 29, 2021**

- 12:00 pm – 7:00 pm ET    General Session & Regional Breakouts

### **Retiree Workshop Descriptions**

#### **Aging Resources**

You will learn about the resources available for aging seniors and their caregivers and where to find these resources.

#### **Alzheimer Disease from A to Z**

The Alzheimer's Association will teach you to recognize the early warning signs and symptoms of Alzheimer's and the appropriate care and treatment by stage/behavior. You will learn how to communicate your concerns whether living with Alzheimer's or caregiver.

#### **Chapter Newsletters & Communications**

Newsletters keep retiree members informed about current issues facing seniors, chapter activities, and news of special occasions or friends who may be in need of cheering up with a card or visit. You will learn how to use technology for mass communication to distribute flyers, promote events, circulate petitions, and build your retiree chapter with digital tools.

#### **Communication with Your Legislative Representatives**

Retirees' benefits, income and well-being are impacted by the decisions made by your legislative representatives. Learn the most effective methods of communicating with your legislative representatives from the State House to the White House.

#### **Heart Health & Fitness**

Heart disease is one of the most common illnesses affecting seniors today. Learn what you can do to prevent or manage heart disease and maintain a healthy lifestyle throughout retirement. Fitness is an active part of this class so come prepared for gentle fitness and fun-dress comfortably.

#### **Safety, Identity Theft, Fighting Fraud & Elder Abuse**

The most common consumer crime in America is identity theft. Learn what you can do to avoid becoming a victim. Information will be presented on personal safety, how to identify and handle suspicious behavior, fraud and abuse of seniors.

### **Registration**

To register for the **Retiree Conference**, click the link below. You will be asked to provide the following information: first name, last name, email address, phone number, local & position in local.

<https://us02web.zoom.us/meeting/register/tZcoduutqD0jHNJsGmx1G0e0GPEKdRXDvjk6>

After registering, your membership will be verified. Prior to the start of the conference on Monday, September 27, you will receive a link to join. You will use the same link each day of the conference.

**Retirement Planning Workshops**

There will be two (2) workshops available for active employees regarding retirement planning. Both will be offered on Monday, September 27, 2021. Please see the "Retirement Planning Registration" document for information on the classes, times, descriptions as well as a link to register.

**Important Points to Remember:**

- When registering, only use a personal or local email address. Any registration completed with a usps.gov email address will not be approved.
- Please note that we are unable to make changes to your registration after it's submitted. Therefore, please ensure that you use an email address to which you have access.

**Contact Information**

If you should have any questions, please contact Hannah Decker, Executive Assistant to the Secretary-Treasurer at [hdecker@apwu.org](mailto:hdecker@apwu.org).