

REFORM PENSION BOARD

THRIVING IN THE NEW RETIREMENT



Invested in your future

5 TRENDS

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Life Expectancy at birth

- 1900 – 47 years
- 2000 – 78 years
- 2020 – 77.8



1. New Life Stage

“We’ve had 20 years added not to the end of life but to the middle of life.”

— Mary Catherine Bateson,
Cultural anthropologist

Language

Third age

Generativity

Act IV

X Revolution

Third chapter

Middlescence

Second adulthood

Renewment

Bonus years

Encore years

Second adulthood

Third chapter

Late middle age

2. Ageism

AGE
DISCRIMINATION





3. Connecting Generations



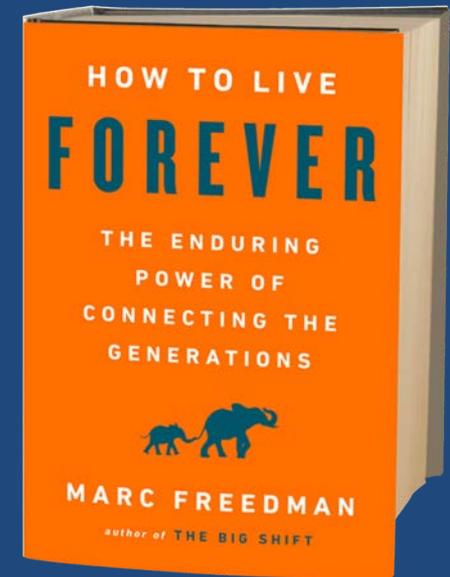
Sages & Seekers



Eldera



Gen to Gen



4. Community: The Village



Villages allow more older people to stay in their home. —



San Francisco Village
OUR GENERATION. OUR CHOICE.

To give...and receive

To give, to receive.
To live passionately and mindfully,
independently and in community.

**This is
San Francisco
Village.**





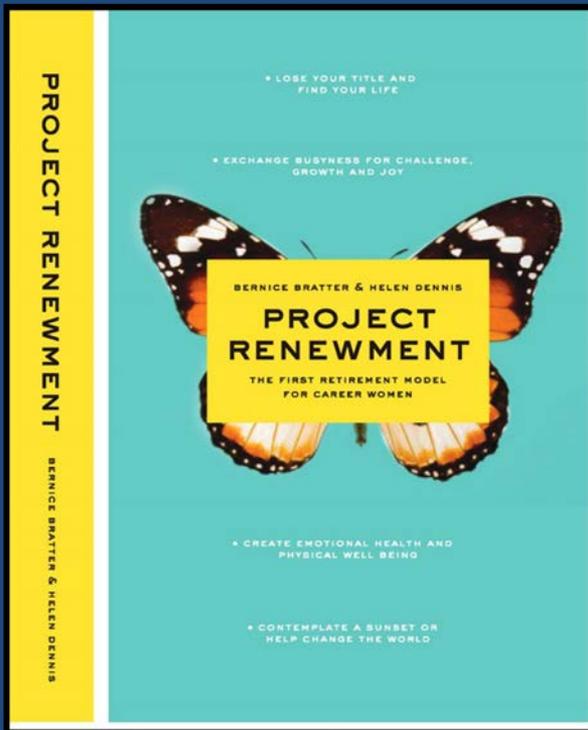


THE FOUNDATION
JEWISH COMMUNITY FOUNDATION
LOS ANGELES

Walking with the Rabbi



Community for Career Women



Renewment.org

Renewment roundtables

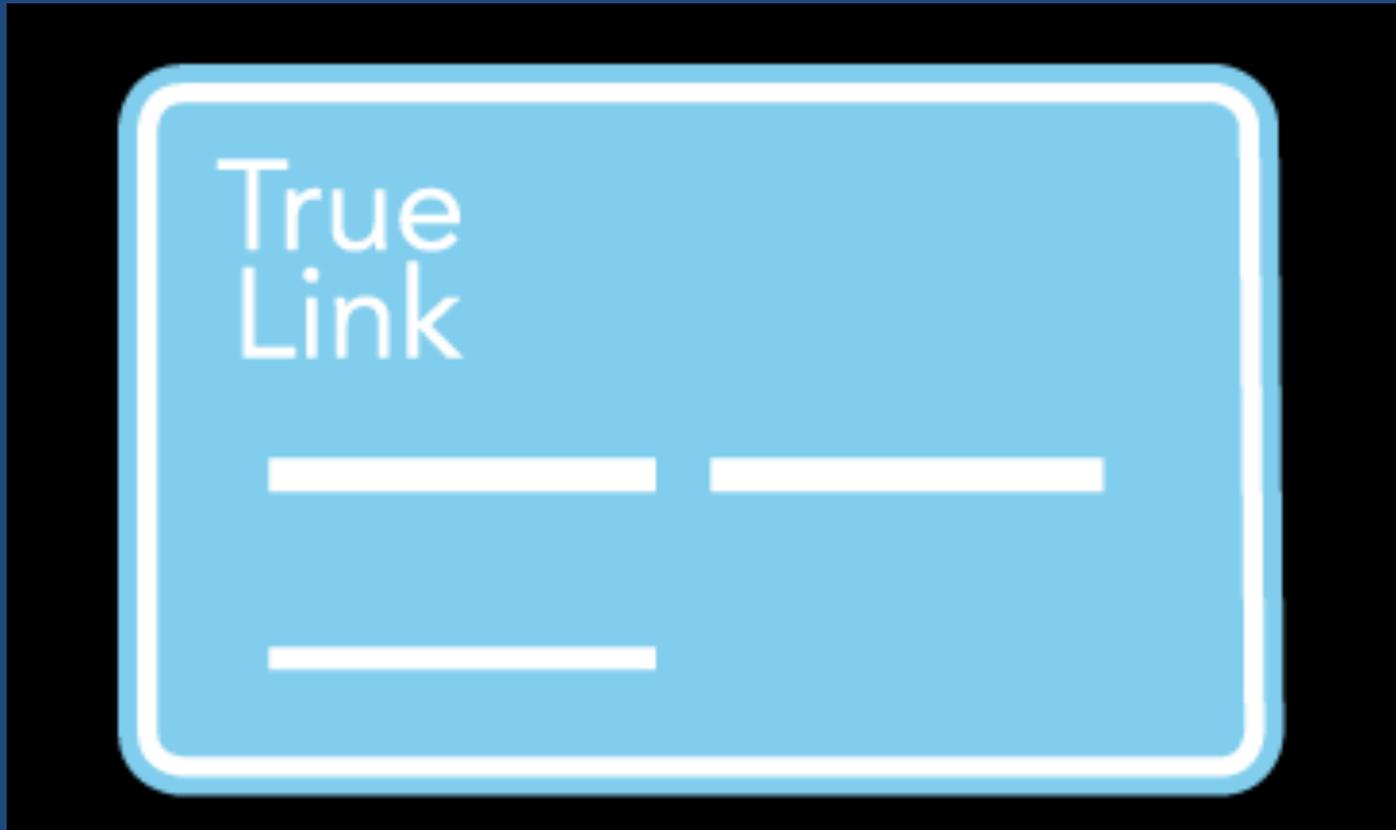
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5. Technology

Liftware spoon



Financial Protection



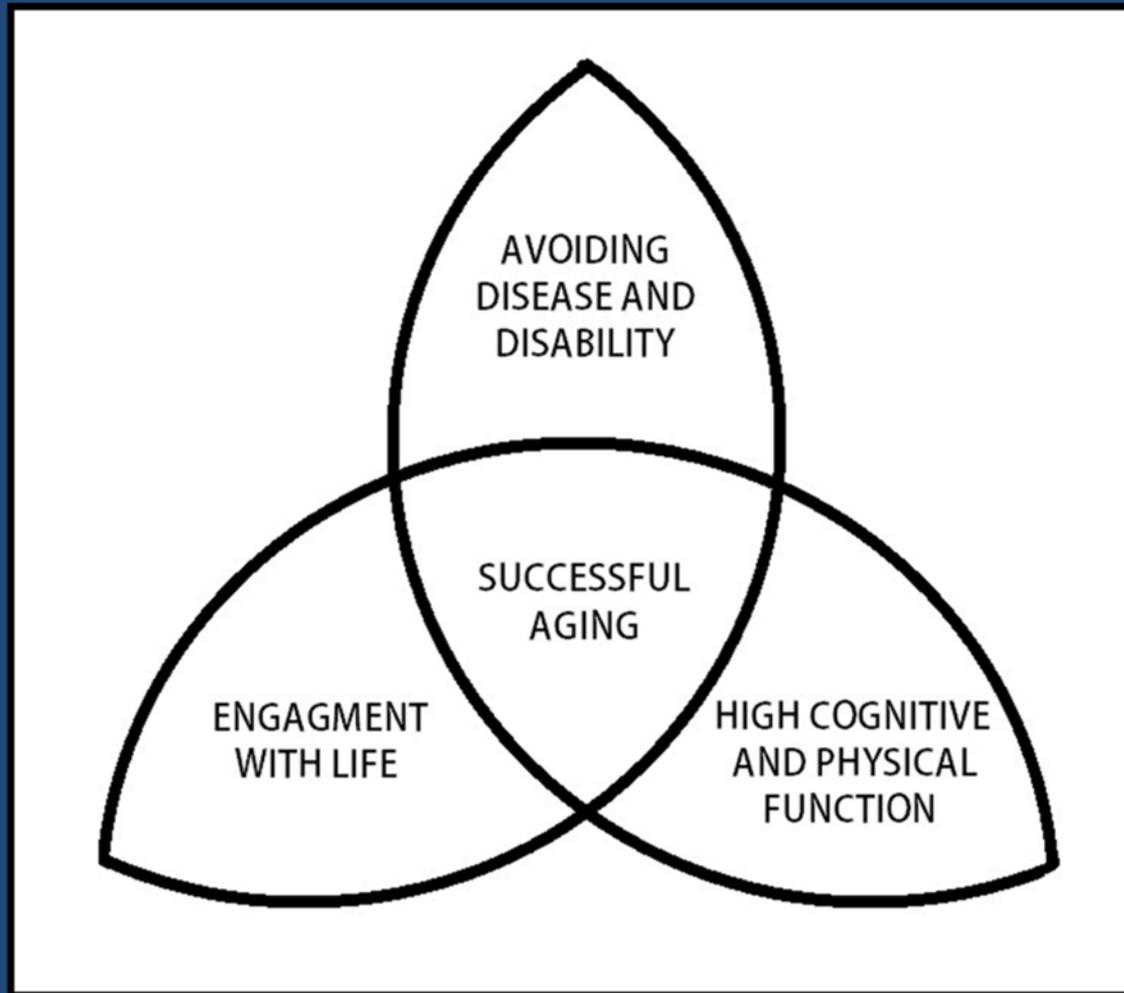
**A new time
a new life stage...and encore time
a time to thrive**



Retirement...

Think of the
words...

Successful Aging + Poll



Retirement Readiness + Poll

Non-financial adjustments you may need to make in retirement:

1. Adjustments in your relationships
2. Coping with the loss of human interaction
3. What you'll do with your time
4. How to create fun in your life
5. How to slow the aging process and increase health

Review

1. Adjustments in your relationships
2. Coping with the loss of human interaction
3. What you'll do with your time
4. How to create fun in your life
5. How to slow the aging process and increase health

Break

See you back in 15 minutes

Work as a planning tool

- What is important in your work is fundamental
- Those values also carry over to retirement
- Basic values don't change over time, may expand

What I “love” about my work?

- Making a difference
- Role at services
- Teaching
- Live cycle events
- Opportunity to learn
- My colleagues and friends
- Being respected
- Having a sense of purpose
- Physical environment/geographic location
- \$\$\$/benefits

Breakout Room Question

What do you love about your work?

Any substitute for that in retirement?

Accelerated life planning



- What will you do the first day of retirement?

Expectations are high More peaks to climb...



Physically fit

Cognitively engaged

Sense of purpose

Stay connected

Charles Schultz

“Life is a 10-speed bicycle.
Most of us have gears we never use.”



Thank you for joining us!

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