

Understanding & Maximizing Your Postal Benefits & Retirement



PRESENTED BY:
JONI L. MONTROY

Former HR Specialist with the USPS/WNY District - Rochester NY

(Joni conducted seminars, counseled and processed postal retirements for 13 years. In her own business, she conducts seminars for the WNY Career Conference, APWU, League of PM/NAPUS conventions NALC State convention, Rochester/NY City NALC Branches, and numerous Federal Agencies.)

Open to any CSRS/FERS career employee of the United States Postal Service. Topics included in this **interactive session** will include eligibility for optional and VER retirements, how to compute your annuity, what all those numbers on your pay stub mean, how creditable service and/or your annuity is affected by temporary appointments/part-time service/Military time/Sub Rural Carrier time, understanding your "Notification of Personnel Action" (Form 50), Federal Health Benefits, Life Insurance, Sick leave, Annual leave, Thrift Savings Plan (When and how can I withdraw my money), and Social Security/Medicare.

WHEN: Sunday, May 2, 2010

WHERE: Comfort Inn & Suites, 6701 Buckley Rd
Syracuse NY 13212

Separate sessions for CSRS and FERS
TIMES: **CSRS & CSRS Offset** employees report at **9:00 AM**
FERS employees report at **12:45 PM**

length of program will be approximately 2 ½ hours

Cost: \$25.00 per employee; spouse \$5.00

~Please bring your pay stub, Form 50 and Social Security Earnings Statement~

Visit www.keyretirementsolutions.com for registration form

Other Seminars located in Rochester and West Seneca NY

Please tear on line

~ **Seating is limited** ~ you must pre-register and submit payment no later than **April 23rd**
Complete this form and send along with check or money order payable to "Key Retirement Solutions", PO Box 4, Henrietta NY 14467 www.KeyRetirementSolutions.com. You will receive confirmation of reservation.

Print Name _____

Syracuse 5/2

Full Address _____

CSRS/CSRS Offset

Phone number _____

FERS

Email address _____

___ I will be bringing my spouse (if spouse is an employee, please fill out second registration form)