



NAVIGATING A PATH TO FINANCIAL FREEDOM

We'll help you get there

NSHE FINANCIAL WELLNESS WEEK

October 20–24, 2025

Here's your road map for a week full of insightful sessions from our experts. Choose your personal path on your way to financial security.

REGISTER NOW

MONDAY OCTOBER 20	TUESDAY OCTOBER 21	WEDNESDAY OCTOBER 22	THURSDAY OCTOBER 23	FRIDAY OCTOBER 24
10 AM				
<p>Social Security made simple: Retirement, survivor, and medicare benefits</p> <p>Annie Walters, Social Security Administration</p> <p>Social Security public affair specialist from Nevada, Annie Walters, will provide an overview of retirement, survivor's benefits, and Medicare benefits.</p>	<p>Take time to get caught up</p> <p>No webinars are scheduled for Tuesday. You can utilize this time to watch a webinar from Monday you missed, rewatch one, take time to schedule a one-on-one meeting with a TIAA financial consultant at tiaa.org/schedulenow, or make sure you're registered for the remaining week's webinars.</p>	<p>2-4 years from retirement: What you need to know now</p> <p>Kim Dawes, NSHE Michelle Kelley, NSHE</p> <p>Are you two to four years out from retirement and have questions about what actions to take in preparation? This session—led by NSHE experts Michelle Kelley, director of the Retirement Plan Administration, and Kim Dawes, UNLV benefits specialist—will explore important retirement planning steps for NSHE faculty and staff by providing information on:</p> <ul style="list-style-type: none">• Social Security, Medicare, and retiree health insurance plans• Eligibility criteria for each of the programs• How, why, and when you should start the enrollment process	<p>Take time to get caught up</p> <p>No webinars are scheduled for Thursday. You can utilize this time to watch webinars from Monday or Wednesday you may have missed, rewatch one, take time to schedule a one-on-one meeting with a TIAA financial consultant at tiaa.org/schedulenow, or make sure you're registered for tomorrow's webinars.</p>	<p>Maximizing your retirement income</p> <p>Liam Hudler, TIAA</p> <p>For anyone starting to think seriously about when to retire, this webinar outlines the steps to help you decide.</p> <ul style="list-style-type: none">• Determining when the time is right• Estimating retirement expenses• Closing any income gap• Understanding key milestones that can impact your retirement finances
12 PM				
<p>What it's really like to meet with a TIAA financial consultant</p> <p>Scott Rethford, TIAA David Montes, NSHE</p> <p>Never scheduled or hesitant to schedule a one-on-one meeting with a TIAA financial consultant because you're unsure what the experience will be like? Join TIAA Financial Consultant Scott Rethford and NSHE Retirement Plan Coordinator David Montes as they guide you through the process of meeting with a TIAA financial consultant. This will help you better understand:</p> <ul style="list-style-type: none">• What topics can be discussed• How TIAA can help you with your financial and retirement goals• Financial tools and resources available to help get you to your retirement goals and maintain them		<p>Boosting your retirement savings with NSHE supplemental plans</p> <p>Jessica Cuevas, TIAA David Montes, NSHE</p> <p>Looking to boost your retirement savings? In this webinar, discover how you can contribute to the two NSHE supplemental retirement plans, the 403(b) and 457(b). NSHE Retirement Plan Coordinator David Montes and TIAA Financial Consultant Jessica Cuevas will:</p> <ul style="list-style-type: none">• Explain the benefits of each plan to help you choose the best strategy to enhance your retirement savings• Discuss additional options within some of the supplemental plans, like in-service distributions or availability to take a loan• Walk you through how to set up your contributions and enroll		<p>The psychology of money: Understanding your financial behaviors</p> <p>Michael Mangino, TIAA</p> <p>It's easy to assume your approach to money is all about formulas, facts, and figures. However, the decisions we make are influenced by our own bias, life experiences, and human nature. TIAA will explore what some of those forces are and how to tame them for your advantage. This webinar will highlight:</p> <ul style="list-style-type: none">• Human nature and what shapes our feelings about money• How those feelings might make us behave• The importance of the big picture when making decisions• Doing what's best for your long-term interests
2 PM				
<p>Money moves for early career success</p> <p>Kevin Collins, TIAA Julie Konkol, NSHE</p> <p>The financial foundation you build now can impact your life for years to come. That's why it's important to understand how to manage your money, create good financial habits, and save and invest for the long term. You'll hear from UNLV's Julie Konkol about her own path when saving for retirement. In this webinar, you'll also learn about:</p> <ul style="list-style-type: none">• How a spending plan helps you in the short term• Public Service Loan Forgiveness (PSLF) option and resource• What a retirement plan does for you in the long term and the benefits of starting to contribute early• Choosing traditional (pretax) versus Roth (after-tax) contributions		<p>Navigating your Nevada PERS benefits</p> <p>Walter Zeron, Nevada PERS</p> <p>This webinar will help you understand the Nevada PERS benefits and includes a step-by-step presentation of the criteria needed to retire as a PERS member. The discussion will include:</p> <ul style="list-style-type: none">• Eligibility rules• Income options• Reemployment conditions after retirement• Retiree medical options		<p>Using TIAA's online tools to reach your retirement goals</p> <p>Kevin Collins, TIAA</p> <p>Our goal is to make it easy to connect with your retirement plan and take the best next steps in helping you achieve the retirement you desire and deserve—whether online or through our mobile app. Financial Consultant Director Kevin Collins will walk through several tools and resources to help keep you up to date on your retirement goals.</p>



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