

# Benefits Bulletin – March 26, 2018

OSSTF District 7, Bluewater

Teachers' Bargaining Unit

Stephen Lau, Vice-President

## Walk Into Retirement With A Plan

(presented by OTIP and Educators Financial Group)

### During this workshop, you'll learn about:

- Retiree health insurance benefits
  - Why RTIP is the #1 choice for plan flexibility regarding your health and finances
  - Only plan to offer choice with your health, travel and dental
- Group Home and Auto insurance
- Life insurance solutions tailored to retiree needs and planning
- Tax and estate planning before and after retirement
- RRSPs and Investments preparations
- CPP and OAS
- Lending strategies
- Your Pension – OTPP and/or OMERS

This **complimentary** workshop is open only to members and spouses. It covers valuable information that will be useful to all those planning to retire within the next five years.

<b>Date:</b>	May 22, 2018
<b>Time:</b>	4:30 p.m. to 7:30 p.m.
<b>Location:</b>	Best Western Inn on the Bay, 1800 2 <sup>nd</sup> Ave. E. Owen Sound
<b>To Register:</b>	Please register online <a href="http://www.otip.com/events">www.otip.com/events</a> <i>Please note any dietary requirements at time of registration</i> <i>A light dinner will be served.</i>

## The Importance of Continued Mental Fitness to Avoid Mental Illness

When we think of fitness, we often envision things like treadmills, dumbbells and the physical activities we do to improve and maintain our physical health. Mental fitness, on the other hand, is a relatively new term that is beginning to gain popularity. Like its physical counterpart, mental fitness refers to the mental activities we do to improve and maintain our mental health.

By being proactive, we can combat physical and mental illnesses and often prevent conditions from worsening-- and sometimes from developing (or redeveloping) all together.

To learn more, visit [www.otip.com/Article23](http://www.otip.com/Article23)