



To:
Chief School Administrators
College and University Presidents
District Contacts
Employer Secure Area Contacts

NYSTRS Announces Winter/Spring 2026 PREP Seminar Schedule

Many retirees tell us they wish they began focusing on financial and retirement planning much earlier in their lives. NYSTRS designed the Pension & Retirement Education Program (PREP) to help active members take a proactive approach to retirement planning. Each free half-day session covers NYSTRS benefits, financial planning, Social Security, estate planning and the retirement process.

The [winter/spring 2026 PREP Seminar schedule](#) is now available on the [Retirement Planning/Pension & Retirement Education Program page at nystrs.org](#) and on the next page of this bulletin.

The PREP seminar is offered throughout the year. Reservations open in mid-September (fall schedule), mid-December (winter/spring), and mid-May (summer). Encourage members to check [nystrs.org/prep](#) at these times for the latest seminar schedule.

Members can make a reservation online using their [MyNYSTRS account at nystrs.org](#) or by calling 800-348-7298, ext. 6180 during business hours. Spots fill quickly, so we recommend making a reservation early. Instructions for making reservations – accepted in the order received – are included on both our website and on the next page of this bulletin.

Please Note: The PREP seminar is not intended for individual benefits counseling. To schedule a one-on-one consultation, members should visit the [Retirement Planning/Benefits Consultations page of nystrs.org](#).

Please share this schedule with NYSTRS members in your district. Forward and print the schedule on the next page and post in your district's staff lounges or other common areas.

Thank you for your assistance in promoting this important NYSTRS program!



Winter/Spring 2026 PREP Seminar Schedule Pension & Retirement Education Program (PREP)

Location	Address	Dates
Albany/Capital District	Capital Region BOCES 900 Watervliet Shaker Road, Albany, NY 12205	Tuesday, March 10, 2026 Tuesday, April 7, 2026
Binghamton	DoubleTree by Hilton Binghamton 225 Water St., Binghamton, NY 13901	Wednesday, March 11, 2026
Buffalo	Buffalo Airport Hotel 4600 Genesee St., Cheektowaga, NY 14225	Tuesday, Feb. 3, 2026 Tuesday, March 3, 2026 Wednesday, April 8, 2026
Fishkill	Hyatt House Fishkill/Poughkeepsie 100 Westage Business Center Drive, Fishkill, NY 12524	Thursday, March 12, 2026
Hauppauge	Radisson Hotel 110 Vanderbilt Motor Pkwy., Hauppauge, NY 11788	Wednesday, Feb. 18, 2026
Mount Kisco	Hotel MTK 1 Pat Reilly Way, Mount Kisco, NY 10549	Friday, Feb. 20, 2026 Thursday, March 19, 2026 Thursday, April 9, 2026
Plainview	Holiday Inn Plainview – Long Island 215 Sunnyside Blvd., Plainview, NY 11803	Thursday, Feb. 19, 2026 Wednesday, March 18, 2026 Wednesday, April 8, 2026
Rochester	RIT Inn & Conference Center 5257 West Henrietta Road, Henrietta, NY 14467	Wednesday, Feb. 4, 2026 Wednesday, March 4, 2026
Stony Brook	Hilton Garden Inn Stony Brook 1 Circle Road, Stony Brook, NY 11794	Tuesday, March 17, 2026 Tuesday, April 7, 2026
Syracuse	Hilton Garden Inn Syracuse 6004 Fair Lakes Road, East Syracuse, NY 13057	Thursday, Feb. 5, 2026 Thursday, March 5, 2026 Thursday, April 9, 2026

The PREP seminar helps members understand their NYSTRS benefits and offers tips for retirement planning. Always check nystrs.org/prep for the latest seminar schedule. Topics in each free half-day session include:

- **NYSTRS Benefits:** Pension, disability coverage, loans, vesting and death benefits.
- **Financial Planning:** Saving early, catching up, withdrawals and financial advisors.
- **Social Security:** Benefits, eligibility rules, when to collect and earning limits.
- **Estate Planning:** Wills, trusts, powers of attorney, health care proxies and living wills.
- **The Retirement Process:** Retirement options, “resigning” vs. “retiring,” choosing a retirement date, retirement checklist, monthly payments, taxes and earnings limitations on NYS public employment.

Reservation and Attendance Information

- **Make a reservation** online in MyNYSTRS at nystrs.org or call 800-348-7298, ext. 6180 during our business hours.
- **Sessions run from 8:30 a.m. to 1 p.m.** Registration begins at 8 a.m.
- **Slots fill quickly**, so we recommend making a reservation early.
- **Bring your latest Benefit Profile** with you (you can print it from MyNYSTRS).
- **Not going to attend?** Cancel through MyNYSTRS or by phone so others may reserve a spot.

The PREP seminar is not intended for individual benefits counseling. To schedule a one-on-one consultation, members should visit the Retirement Planning/Benefits Consultations page of nystrs.org.