



## COLORADO FEDERAL EXECUTIVE BOARD

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# COLORADO FEDERAL EXECUTIVE BOARD (CFEB) AGENCY EXCLUSIVE RETIREMENT PLANNING CLASSES

CLASS	TARGET AUDIENCE	# DAYS	TIME	ATTENDEES	COST (DENVER ONLY)
<b>CSRS</b>	Federal employees under the CSRS Retirement System	1 day	7 hrs	No minimum No maximum	\$2,000
<b>FERS</b>	Federal employees under the FERS Retirement System	1 day	7 hrs	No minimum No maximum	\$2,000
<b>Early FERS</b>	New employees under the FERS Retirement System those with over 15 years to retirement	1 day	7 hrs	No minimum No maximum	\$2,000
<b>LEO FERS</b>	Maximizing FERS Benefits for Law Enforcement, Fire Fighters, and Air Traffic Controllers	1 day	7 hrs	No minimum No maximum	\$2,000
<b>Transitions to Retirement</b>	Anyone planning to retire within approximately three to five years. Excellent class for couples to attend together.	1 day	7 hrs	Minimum 20 No maximum	\$199/person

## POLICIES

- PAYMENT** Advance payment for all classes is required by either Visa, MasterCard, or a check payable to the CFEB. An invoice will be provided by the CFEB.
- CANCELLATION** All classes cancelled by the CFEB will be rescheduled at no charge. Cancellations by an agency will be rescheduled dependent upon the trainer's availability.
- REFUNDS** To be eligible for a refund, notification of cancellation must be received in writing (email, fax or mail) ten (10) business days prior to the date of the class. Refunds will be granted less a 15% processing fee.

## ABOUT OUR TRAINER



Ann Vanderslice has been working with federal employees to help them achieve retirement success since 2002. Considered one of the foremost authorities on federal benefits in the country, she is a nationally recognized author and speaker on topics of interest to federal employees. Her tremendous knowledge and entertaining style take the complex subject of federal benefits and turn it into easy-to-understand, easy-to-implement strategies. In 2015, Retirement Advisor magazine named Ann one of the top five retirement planning advisors in the country.

*For more information or to schedule a class contact  
Jeff Conn, 303 202 4588, [jconn@colorado.feb.gov](mailto:jconn@colorado.feb.gov)*

## COURSE DESCRIPTIONS

### CIVIL SERVICE RETIREMENT SYSTEM (CSRS) & CSRS OFFSET

With the most complex set of government benefits including sick leave, annual leave, health insurance, life insurance, long-term care insurance and a complicated set of rules for calculating retirement benefits, the CSRS employee can wind up feeling overwhelmed and paralyzed. This class will teach participants how to maximize their CSRS benefits to retire successfully.

#### CSRS Topics:

- ◆ Important Documents (SF-50's, DD-214, Beneficiary Forms)
- ◆ Best Day to Retire
- ◆ Retiring on a Full, Unreduced Annuity
- ◆ Buying Back Military Time
- ◆ Deposits and Re-deposits
- ◆ Survivor Benefits
- ◆ Calculating Your Benefits
- ◆ Thrift Savings Plan
- ◆ Voluntary Contribution Program
- ◆ Federal Employee Health Benefits and How It Affects Medicare At Age 65
- ◆ Federal Employee Group Life Insurance
- ◆ Federal Employee Long-term Care Insurance
- ◆ Social Security and Your CSRS Annuity

#### Financial Planning Topics:

- ◆ How your federal benefits fit together with retirement planning fundamentals to ensure you get your best retirement results
- ◆ What will you *do* in retirement (and will that cost more, less or the same as what you're spending now)?
- ◆ Should you and your spouse retire together?
- ◆ How taxes, inflation and longevity impact your plan
- ◆ Investing – understanding what you own
- ◆ Risk vs. reward
- ◆ Asset allocation
- ◆ Tax diversification
- ◆ Creating income in retirement
- ◆ The umbrella of insurance – Homeowners, Auto, Health, Life, Long Term Care
- ◆ Social Security/Medicare
- ◆ Estate Planning

Participants should bring the following to class to calculate their annuity benefits:

- 1) Recent leave and earnings statement
- 2) Recent TSP statement
- 3) Social Security statement (if applicable)
- 4) Calculator

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## FEDERAL EMPLOYEES RETIREMENT SYSTEM (FERS) & FERS TRANSFEREE

FERS benefits follow as a close second for complexity to CSRS benefits. In addition to annual leave, health insurance, life insurance, long-term care insurance and a complicated set of rules for calculating retirement benefits, the FERS employee also has to consider how Social Security and the Thrift Savings Plan fit into their retirement puzzle. This class will teach participants how to maximize their FERS benefits to retire successfully.

### FERS Topics:

- ◆ Important Documents
- ◆ Retiring on a Full, Unreduced Annuity
- ◆ How To Calculate Your Annuity
- ◆ Survivor Benefits
- ◆ Thrift Savings Plan
- ◆ Savings Alternatives
- ◆ Social Security and Your Federal Annuity
- ◆ Federal Employees Health Benefits
- ◆ Federal Employees Group Life Insurance
- ◆ Federal Long-term Care Insurance
- ◆ Taxes

### Financial Planning Topics:

- ◆ How your federal benefits fit together with retirement planning fundamentals to ensure you get your best retirement results
- ◆ What will you *do* in retirement (and will that cost more, less or the same as what you're spending now)?
- ◆ Should you and your spouse retire together?
- ◆ How taxes, inflation and longevity impact your plan
- ◆ Investing – understanding what you own
- ◆ Risk vs. reward
- ◆ Asset allocation
- ◆ Tax diversification
- ◆ Creating income in retirement
- ◆ The umbrella of insurance – Homeowners, Auto, Health, Life, Long Term Care
- ◆ Social Security/Medicare
- ◆ Estate Planning

Participants should bring the following to class to calculate their annuity benefits:

- 1) Recent leave and earnings statement
- 2) Recent TSP statement
- 3) Social Security statement (if applicable)
- 4) Calculator

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## EARLY FERS

If you're new to federal service (been with the government less than five years), chances are you're a little confused about exactly what your benefits are. With some of the best benefits in the country, you want to ensure you maximize what's available to you to put you in control of your retirement future. In addition to annual leave, health insurance, life insurance, long-term care insurance and a complicated set of rules for calculating retirement benefits, the "new" FERS employee also has to consider how Social Security and the Thrift Savings Plan fit into their retirement puzzle. This class will teach participants how to maximize their FERS benefits to retire successfully.

### Early FERS Topics:

- ◆ Important Documents
- ◆ Retiring on a Full, Unreduced Annuity
- ◆ How To Calculate Your Annuity
- ◆ Survivor Benefits
- ◆ Thrift Savings Plan
- ◆ Savings Alternatives
- ◆ Social Security and Your Federal Annuity
- ◆ Federal Employees Health Benefits
- ◆ Federal Employees Group Life Insurance
- ◆ Federal Long-term Care Insurance
- ◆ Taxes

### Financial Planning Topics:

- ◆ How do your federal benefits fit together with fundamental retirement planning to ensure you get to your best retirement results?
- ◆ Should you and your spouse retire together?
- ◆ How taxes, inflation and longevity impact your plan
- ◆ Investing – understanding what you own
- ◆ Risk vs. reward
- ◆ Asset allocation
- ◆ Tax diversification
- ◆ Creating income in retirement
- ◆ The umbrella of insurance – Homeowners, Auto, Health, Life, Long Term Care
- ◆ Social Security/Medicare
- ◆ Estate Planning

Participants should bring the following to class to calculate their annuity benefits:

- 5) Recent leave and earnings statement
- 6) Recent TSP statement
- 7) Social Security statement (if applicable)
- 8) Calculator

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## LEO FERS

Federal employees are fortunate to have a great benefits package, but understanding how those benefits work and, more importantly, how to maximize those benefits in the context of the real world can seem overwhelming. With the current environment of furloughs, sequestration, pay freezes and other legislative threats, more and more of the federal workforce is trying to determine their best course of action. During this full-day program designed especially for “Special Provisions” (law enforcement, fire fighters and air traffic controllers), you’ll discover:

**Important Documents** Which documents you need, when they are required, and the timing on how to use them. Includes beneficiary forms, SF-50’s, DD-214’s, and other pieces of information no one ever told you about. Participants leave with an “Important Documents” folder.

**Best Day to Retire** If you want to keep every penny you deserve, learn the “best” days to retire to avoid any unpaid time.

**Magic Numbers** Learn about the significance of magic days, service, ages and numbers and how they impact you specifically as a federal employee under “Special Provisions.” Discussion includes how the FERS Supplement affects those who retire prior to age 57, how to withdraw funds from your TSP prior to age 55, and the implications of working after retirement.

**Thrift Savings Plan** A significant portion of a retiree’s income is funded through the TSP. What is a reasonable savings rate to achieve a comfortable retirement? Learn how to allocate your TSP in a meaningful strategy tailored to your personal risk tolerance. Gain an understanding of the downside risk associated with the TSP funds.

**Managing Annual Leave and Sick Leave** How to get the largest payout when you retire.

**3 Components to Calculating a Federal Annuity** Computations that will allow you to calculate your federal annuity easily and accurately. Participants will calculate their annuity in class.

### Federal Employees Health Benefits – FEHB

How to assure your FEHB continues into retirement for you and your survivors. Learn how your FEHB benefits change in retirement.

### Federal Employees Life Insurance – FEGLI

Gain an understanding of how each option works. Become aware of which birthdays involve dramatic premium increases. Determine how your FEGLI will change and how much life insurance coverage you should you keep upon retirement.

### Federal Long-term Care Insurance – FLTCIP

The statistical odds of needing long-term care during a lifetime are about 50/50. FLTCIP may be a great option for protecting assets against a future need for long-term care. Learn how to choose the daily benefit, length of coverage, and inflation option that’s right for you.

Participants should bring the following to class to calculate their annuity benefits:

- 1) Recent leave and earnings statement
- 2) Recent TSP statement
- 3) Social Security statement (if applicable)
- 4) Calculator

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## TRANSITIONS TO RETIREMENT

### *What Happens When Every Day is Saturday?*

\*Includes Emergenetics™ Profile

Many Americans face the challenge of discovering how they want to spend their retirement years. Federal employees are in a unique position because of their ability to retire before age 60. With one-third of their life remaining, most are not interested in simply going home to the remote control for retirement. If you are within 2-3 years of retirement, this high-impact program is for you. Attendees will complete an Emergenetics™ assessment online prior to the session. This tool identifies thinking preferences and behaviors which will be used as the foundation for identifying your unique abilities to create life-long goals and strategies to successfully navigate the transition. You'll leave the program with tools to move confidently into a retirement beyond your dreams.



**STEP 1** Using Emergenetics™, an online assessment tool you will access prior to the program, you will learn about your thinking preferences and the behaviors that make you uniquely you. Understanding your unique abilities will serve you well as you identify the things that will provide satisfaction and energize you during retirement. Check out Emergenetics™ on their website.  
<https://www.emergenetics.com/>

**STEP 2** Working through a series of exercises from “Back to the Future” to “Dream Forward” you’ll look back to celebrate things you’ve enjoyed in the past and look ahead to possibilities yet to come. You’ll leave this two-day program with a clearer picture of where your retirement road will lead with a detailed map to get there.

The Transitions to Retirement program outlined above is one of our most asked for programs at the Colorado Federal Executive Board. Different from the typical retirement planning seminar where benefits and calculations are the focus, Transitions to Retirement helps federal employees plan for all the more meaningful, non-financial issues they will face in retirement.

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