SAS Work/Life Featured Classes and Workshops

All on-site workshops are open to SAS employees, employee spouses and domestic partners, retirees and other immediate family members. Many Work/Life offerings also are available via web conference, allowing SAS retirees and family members to listen remotely from a home computer. If you are not a SAS employee, register for a seminar by sending an e-mail to the SAS Work/Life team with the following information:

1. Your affiliation to SAS: Retiree and retirement date, SAS employee family member, and employee ID number.

2. The seminar(s) you are interested in by title and date. If your seminar is available on-site only, the Work/Life team will confirm your registration via e-mail and send directions to the seminar location. If you are unable to attend on-site, request instructions for accessing an archived edition via the internet.

Upcoming events

Financial

**Webinar: Invest Confidently for Your Future**
- Friday, September 6th
- 12:00 – 1:00 pm EDT

Learn how to build and manage a long-term investment plan—for all your accounts—that you can feel confident about.

**Managing Student Loan Debt**
- Wednesday, September 11th
- 12:00 – 1:00 pm EDT
- W1460

Do you have student loan debt? Are you managing it well or is it stressing you out? Join a representative for Sallie Mae as she outlines your options for repayment, what to do if you are having trouble making payments, the benefits and drawbacks of loan consolidation, and much more. If you are a parent of a student who is considering student loans and want to get some guidance about how much your student should consider borrowing and how to talk about student loan debt with your college-bound student, you won’t want to miss this seminar.

**Webinar: Identify and Prioritize your Savings Goals**
- Friday, September 20th
- 12:00 – 1:00 pm EDT

Get strategies and tips on prioritizing and funding your specific savings goals such as buying a new home or car, saving for a child’s college, and more.

**Webinar: Make the Most of your Retirement Savings**
- Friday, October 4th
- 12:00 – 1:00 pm EDT

Learn how to maximize your retirement savings, ways to save beyond your workplace savings plan, and steps you can take today to get prepared for retirement.

**Webinar: Turn your Savings into Retirement Income**
- Friday, October 18th
- 12:00 – 1:00 pm EDT

If you’re planning to retire within the next few years, learn the benefits of a retirement income plan, factors to consider when transitioning your savings into income, and ways to develop a retirement plan that suits your goals and lifestyle.
**Parenting**

**Teaching Kids to be Financially Savvy**
- Thursday, September 19th
- 12:00 – 1:00 pm EDT
- W1460

How do you prepare your children to be financially savvy in a world where we are bombarded with enticing advertising? How can you give your kids ways to practice making sound financial decisions? Our speaker will give you three steps to start teaching your children financial responsibility.

**Aging**

**Caregiver Support Group**
- Friday, September 13th (Marketplace Café – Building C)
- Friday, October 4th (Terrace Café—Building A)
- 12:00 – 1:00 pm EDT

Kim Andreaus, LCSW, Aging/Eldercare Program Manager, will be facilitating a monthly Caregiver Support group—alternating between the five cafes on campus. This group is open to SAS employees, family members and retirees. Registration is not required, but please email Kim Andreaus (kim.andreaus@sas.com) if you plan to attend so that she can reserve a table of adequate size at the café.

**Social Security Overview**
- Wednesday, September 18th
- 12:00 – 1:00 pm EDT
- W1420

Confused about Social Security? What are those statements you get in the mail each year (or online)? What is full retirement age and how will it affect your benefits? What other programs are available to you and your family? How does work affect your benefits now and upon retirement? What programs can help in the event of your death or disability? A representative from the Social Security Administration will provide an overview of your Social Security benefits and respond to your questions.

**Medicare Overview**
- Monday, September 23rd
- 12:00 – 1:00 pm EDT
- W1420

The regional director of Seniors’ Health Insurance Information Program (SHIIP) will discuss the parts and applications of the federal health insurance program known as Medicare.

**Dementia: Managing Difficult Behaviors**
- Wednesday, October 2nd
- 12:00 – 1:00 pm EDT
- W1420

A diagnosis of dementia brings with it new, uncertain and ever-changing territory that families must learn to navigate. This includes challenging behaviors. A therapist with the Duke Dementia Family Support Program will discuss potential behaviors and suggested strategies for responding to or even circumventing these behaviors.

**Work/Life Eldercare Fair!**
- Thursday, October 24th
- 11:00 am – 2:00 pm EDT
- Work/Life Center—Building W

Stop by the Work/Life Center to meet one-on-one with representatives from a variety of community organizations serving older adults. Pick up information, register for door prizes, and enjoy light refreshments. Family members are welcome to attend with employees and retirees.