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

Retirement

Fidelity Seminar: Turn Your Savings into Retirement Income
- Tuesday, March 10th
- 12:00 – 1:00 pm EDT
- W1420 & WebEx (not recorded or archived)

This workshop will help you learn why it’s important to have a plan for generating income in retirement, factors to consider when transitioning your savings into retirement income and how to develop a retirement income plan.

Social Security Overview
- Wednesday, March 11th
- 12:00 – 1:00 pm EDT
- W1420 & WebEx (not recorded or archived)

Confused about Social Security? Do you have questions about those statements you get in the mail each year? What is full retirement age and how will it affect your benefits? Are there other programs are available to you and your family through Social Security? How does work affect your benefits now and upon retirement? What programs can help in the event of your death or disability? A Public Affairs Specialist from the Social Security Administration answers questions and gives an overview of Social Security benefits and various programs available.

Medicare Overview
- Wednesday, April 1st
- 12:00 – 1:00 pm EDT
- W1420 & WebEx

The Regional Director of Seniors’ Health Insurance Information Program (SHIIP) joins us to discuss the parts and applications of the federal health insurance program known as Medicare.

Fidelity Seminar: Turn Your Savings into Retirement Income
- Tuesday, April 14th
- 12:00 – 1:00 pm EDT
- W1420 & WebEx (not recorded or archived)

A Fidelity Representative will discuss the importance of saving as much as possible for retirement, how much to save, different account types to save for retirement, and ways to preserve and grow your savings to last throughout your lifetime.
Stress & Balance

Web Chat: Health in your 20’s and 30’s
- Tuesday, March 17th
- 12:00 – 1:00 pm EDT
- WebEx ONLY
Join a Nurse Practitioner, Nutritionist, Fitness Trainer, and Clinical Social Worker to learn what you need to know about health in your 20’s and 30’s. In this live web-chat format attendees will have the opportunity to ask questions of each speaker via the chat function on WebEx.

Aging

Webinar: Final Arrangements: What are my options? What do I need to know?
- Thursday, April 16th
- 12:00 – 1:00 pm EDT
- WebEx ONLY
In this live webinar, Work/Life Consultant, Katie Pegoraro, will share information about final arrangements and memorial services. The goal of this webinar is to raise awareness of options and resources to consider when making final arrangements and preparing your affairs. Disclaimer: This webinar will not provide any financial or legal advice. Another disclaimer: as hard as it is to discuss these things, you will not jinx yourself by talking about them! Let’s get through this discussion together.

Parenting

Cross-Cultural Discussion Group for Parents of Teenager(s)
- Wednesday, March 25th
- 12:00 – 1:00 pm EDT
- W1443
Parenting goals and behavior are influenced by cultural norms and intergenerational parenting patterns and informed by social expectations of adults in a given culture. Autonomy and independence are important concepts to discuss because cultural values may differ widely between parents and teens who are trying to develop self-identity. Join a local therapist/mediator for a discussion group exploring this topic.

Parenting Preschoolers Class
- Wednesdays, April 8th, 15th, 22nd, 29th
- 12:00 – 1:00 pm EDT
- W1443
Join Senior Work/Life Consultant, Lisa Allred, LCSW, to explore all of the joys and frustrations related to parenting your preschooler! Topics will include developmental milestones, developmental tasks (potty training, big kid beds, etc.), “no” and tantrums, new siblings, and more!

Special Needs Parenting

The Cutting-Edge of Autism Research and Treatment
- Tuesday, April 21st
- 12:00 – 1:00 pm EDT
- W1460 & WebEx
UNC, ranked 2nd in the world for autism research, has created an arc of research on Autism Spectrum Disorder that spans from understanding the neurological basis of autism to developing treatments and services. The Director of the UNC TEACCH Autism Program will discuss current evidence-based behavioral services and interventions for children and adults with ASD.

Transitioning to Adulthood for Special Needs Families
- Wednesday, May 6th
- 12:00 – 1:00 pm EDT
This seminar provides special needs families with guidance as their children transition toward independence in adulthood. Topics include: SSI/SSDI differences and application, NC Medicaid waiver systems and B3 Services, Vocational Rehabilitation, and post-secondary educational options, moving from an IEP to 504, housing, and safeguarding services. Join our presenter for this informative session.

**Parenting College-Bound Students**

**Your College Savings Options**
- **Wednesday, April 22nd**
- 12:00 – 1:00 pm EDT
- W1460 & WebEx (not recorded and archived as per Fidelity policy)

If you are interested in planning and saving for your child’s college education, this seminar is for you. A Fidelity representative will help you understand the college finance system and the different investment vehicles for college savings, as well as provide strategies to help you effectively plan and save.

**College Selection: How you & your teen create a college list**
- **Wednesday, April 29th**
- 12:00 – 1:00 pm EDT
- W1460 & WebEx

There are over 2,000 four-year colleges in the United States, not to mention community colleges and other two-year institutions. On first glance, the task of selecting colleges to apply to is overwhelming. How will you know a school is right for your child? Please join our presenter as she helps you develop a process for narrowing the list of potential schools.

**College Admissions: How the college selects the incoming class**
- **Wednesday, May 13th**
- 12:00 – 1:00 pm EDT
- W1460

Many parents get overwhelmed just thinking about how competitive colleges seem to be. Our presenter will help you and your teen understand how colleges make decisions so that you can prioritize and make informed decisions based on the needs/values of your student and your family.

**The Community College Advantage: Understanding the transfer option**
- **Wednesday, May 20th**
- 12:00 – 1:00 pm EDT
- W1460

News reports and statistics are proving more and more every day that a community college education is a viable option for any student. Representatives from Wake Technical Community College will provide important information on the various curriculum programs, financial options and transfer opportunities offered at Wake Tech and other community colleges in our state.