

2020 Members' Events : COTAPSA Member Only - *Bring Your Lunch & Learns & Other Events*

City Hall 25-Feb	<p>Retirement 101 - If retiring from the City of Toronto, there are things to consider: post-retirement benefits, vacation entitlement, pay for performance pay, sick pay gratuity payout, etc.</p> <p>Join us for a Retirement 101 Session where COTAPSA's Senior Human Resources Consultant, Grace Ciardullo, will speak to the most commonly asked questions.</p>
City Hall 30-Apr	<p>Budgeting, Financial Planning, Advanced Planning</p>
City Hall 20-May-20	<p>MEMBER FORUM - Warren Weeks moderator</p> <p>Member opportunity to raise and discuss issues impacting them with the COTAPSA Board</p>
North York 26-May	<p>Process of Home Buying - This presentation describes the process of home buying and what you need before purchasing a home for the first time. Topics like the cost of home, readiness for ownership, down payments and the support you will need to purchase a home will be discussed. Join this lunch hour session and have the opportunity to ask your burning questions!</p>
City Hall 25-Jun	<p>The Importance of Wills and Estate-Planning - Learn about the importance of having a will and powers of attorney for you and your family. A lawyer specializing in Trusts and Estate Law, will speak about the elements of a will, what happens if you don't have one, what are powers of attorney, why they are important and special considerations to keep in mind when preparing your estate and care plans.</p>
North York 18-Sep	<p>Educational Session on OMERS Pension</p> <p>The OMERS presentation will provide an overview of the Plan's key features and will also include time for questions during the session and one-on-one afterwards. The key topics to be covered include:</p> <ul style="list-style-type: none"> • How your OMERS pension is calculated • How the OMERS bridge benefit works • How your OMERS pension is protected from inflation • How the OMERS Fund is performing • How buying or transferring service can increase your future pension and may help you retire sooner • How Additional Voluntary Contributions (AVCs) work • How OMERS survivor benefit entitlement is determined <p>NOTE - **1PM-5PM: 1-1 OMERS conversation with 14 members</p>
City Hall 22-Sep	<p>Nutrition for Optimal Performance in the Workplace</p> <p>The foods you eat have a direct impact on your moods and well-being as well as your productivity at work. Eating the right combination of foods can help reduce stress, improve your immune system, optimize performance, balance energy levels and help you feel great.</p> <p>The speaker will shatter some myths surrounding nutrition that might be holding you back. Learn some time saving nutrition hacks to help you succeed in reaching your goals.</p>

<p>City Hall 22-Oct</p>	<p>Retirement Eldercare and Aging Families need help to navigate the healthcare system and make preparations and crisis management for older family members. Some stories and experiences, you will shock you. The next 20 years as baby boomers go through this, we should see change, but dealing with adult family members is going to be a huge issue and even more of a drain than we are seeing now.</p>
<p>City Hall 20-Nov</p>	<p>Educational Session on OMERS Pension The OMERS presentation will provide an overview of the Plan's key features and will also include time for questions during the session and one-on-one afterwards. The key topics to be covered include:</p> <ul style="list-style-type: none"> • How your OMERS pension is calculated • How the OMERS bridge benefit works • How your OMERS pension is protected from inflation • How the OMERS Fund is performing • How buying or transferring service can increase your future pension and may help you retire sooner • How Additional Voluntary Contributions (AVCs) work • How OMERS survivor benefit entitlement is determined <p>NOTE - **1PM-5PM: 1-1 OMERS conversation with 14 members</p>
<p>North York 26-Nov</p>	<p>Budgeting, Financial Planning, Advanced Planning</p>
<p>City Hall 4-Dec</p>	<p>COTAPSA AGM 55th</p>