



Los Rios Health, Benefits, and Retirement Conference

August 19, 2025

CalSTRS Resources

- [My Retirement System webinar - CalSTRS](#)
- [Start Saving Now With Pension2 webinar - CalSTRS](#)

Social Security Resources

- [Retirement Publications](#)
- [Medicare Publications](#)
- [Survivor Publications](#)
- [Spouses](#)
- [When to Start Receiving Retirement Benefits](#)
- [How Your Retirement Benefit is Calculated](#)
- [How Work Affects Your Benefits](#)

CalPERS Resources

- https://www.calpers.ca.gov/content/cec/member/class_materials/benefit_basics/benefit_basics_il.pdf?urlTimeStamp=1755718476500
- [https://www.calpers.ca.gov/content/cec/member/class_materials/Member Education Resources/member_education_resources.pdf?urlTimeStamp=1755718476500](https://www.calpers.ca.gov/content/cec/member/class_materials/Member_Education_Resources/member_education_resources.pdf?urlTimeStamp=1755718476500)

AFT/Union

- [AFT Member Benefits](#)
- [AFT Member Presentation](#)

Los Rios

- [LRCFT Understanding Your Paid Leave](#)
- [Medicare 101](#)