

THANKS TO THE HOSTS OF MROO'S RETIREMENT PLANNING SEMINARS TO DATE, INCLUDING THE FOLLOWING:

Bracebridge	Kincardine	Porcupine Health Unit
Bradford West Gwillimbury	King Township	Richmond Hill
Brant County Health Unit	Lambton County	Rideau Lakes
Bruce County	Lanark County	St. Catharines
Central Elgin	United Counties of Leeds and Grenville	St. Thomas
Centre Wellington	Lennox & Addington County	Saugeen Shores
Champlain Township	Markham	Scugog
Clarington	Minto	Seneca College
Cochrane	District Municipality of Muskoka	Smiths Falls
Dufferin County	Newmarket	Springwater
Elliot Lake	Northumberland County	United Counties of Stormont, Dundas and Glengarry
County of Essex	Orangeville	Sudbury Police Service
Georgina	Oro-Medonte	Temiskaming Shores
Gravenhurst	Oshawa	Timmins
Greater Napanee	Oshawa Power and Utilities Corp.	Wasaga Beach
Grey County	Owen Sound	City of Waterloo
Hamilton Best Five Club	Parry Sound	Wellington County
Hamilton Township	Pembroke	Whitby
Haliburton	Town of Perth	Regional Municipality of York
Innisfil	Peterborough	And More...
Kapuskasing		
Kawartha Lakes		

ABOUT US

MROO was created as a not-for-profit in 1977. We speak on behalf of our OMERS pensioners and provide services to 35,000+ members. MROO is the largest OMERS retiree organization and the only one with membership open to retirees from all walks of local government life. We are an independent, non-partisan organization formed to protect the interests of all OMERS retirees. MROO provides ongoing communication and advocacy on retirement and seniors' issues. MROO also offers members competitive health, dental, travel, home, and car insurance coverage.



RETIREMENT PLANNING SEMINARS



The average OMERS pensioner lives more than 25 years after retirement. That's a long time. You have offered a lot of support to get your employees to the retirement stage. Planning for retirement is just the next step.

The Municipal Retirees Organization Ontario (MROO) is proud to partner with OMERS employers to offer our highly regarded Retirement Planning Seminars. We cover financial readiness as well as the social, emotional, and health considerations of retirement. Thousands of OMERS members retire every year and that number isn't expected to decrease anytime soon. The decision to retire is exciting, exhilarating, and occasionally challenging. While it is often seen as a transition from a busy life to a more relaxed time, retirement can also be daunting and raises many questions:

- What will I do with all my extra time?
- How will I avoid feeling isolated when losing work connections?
- How much will I need to retire comfortably?
- How will I know what my pension income will be?
- What are my other sources of income?
- What happens if I want to continue to work part-time?
- Who can I trust to help me navigate these new challenges?

WHY MROO'S RETIREMENT PLANNING SEMINARS?

- We understand OMERS pensioners. Our professional seminar leaders are all MROO Members and OMERS pensioners themselves.
- MROO, a not-for-profit established in 1977, is the only organization that speaks on behalf of all OMERS pensioners.
- Our seminars typically feature a panel of OMERS retirees who share their experiences.
- Since 2009, we have presented seminars on behalf of more than 75 employers, reaching over 7,000 employees - all with positive reviews!
- We understand the questions and experiences unique to members of Defined-Benefit Pension Plans like OMERS.

WHAT YOU NEED TO KNOW

- We look for a minimum of 15 and a maximum of 25 employees at each seminar
- Smaller employers may partner with others to ensure adequate registration
- Our Retirement Readiness Guide is included
- Just \$25 for each attendee which includes a MROO membership for life



WHO ARE YOUR SEMINAR FACILITATORS?

Our Facilitators know that the next step is a huge one. They understand the diverse socio-economic differences in the Ontario workforce and realize that there is no single answer for everyone. And since each Facilitator is a retiree, they have come to the same crossroads your attendees are facing, they can truly put themselves in "their shoes." They understand pension administration and if they don't have an answer, they know where to get it.

MEET YOUR FACILITATORS

Dara Barry

Dara retired from Durham Region as the Director of Organization and Employee Services after a 30-year career in various municipal HR leadership roles including managing pension and benefits administration. With a wealth of experience in learning and development, including conducting workshops for her municipal employers, AMCTO, OMAA and OMHRA, she loves to facilitate educational sessions that are practical, informative and fun.

Kandy Webb

The former Executive Director of OMHRA (Ontario Municipal Human Resources Association), Kandy spent much of her career in human resources before retiring as Commissioner with the County of Norfolk. Kandy is an engaging presenter who seamlessly weaves her experiences in municipal government into her presentations.

Mike Robinson

Mike has recently retired from his career with OMERS where he travelled Ontario for many years as leader on the OMERS Education team. He brings humour to his presentations as well as experience discussing retirement with literally thousands of OMERS Plan members.

Sandra Shipley

During her 30 plus year career in Human Resources at Grey County, Sandra's main responsibilities were in compensation management, including OMERS pension and payroll. Throughout her career, she has communicated with hundreds of employees about pension, benefits, and retirement through individual and group sessions. Sandra incorporates experiences and examples into her presentations to promote group discussion and provide clarity for attendees.



RETIREMENT PLANNING SEMINAR AGENDA

TYPICAL SEMINAR TIMING*

9:00 AM – 4:00 PM

ARE YOU READY TO RETIRE?

Interactive session with Seminar Facilitator (Approx. 2.5 hours)

- What factors would cause you to consider retirement?
- What worries you about retirement?
- What do you look forward to?
- What are your sources of income in retirement? (OMERS, CPP, OAS, other)
- Budgeting: How will you manage your fixed income?
- A discussion on wills and powers of attorney
- How will you spend your time when you retire?
- Preparing yourself for 24/7 with your spouse or alone
- When will you retire?

WHAT DOES MROO DO FOR YOU AND ITS 35,000+ MEMBERS?

Local MROO representative (Approx. 15 minutes)

- Why does MROO exist?
- MROO education, advocacy, healthcare benefits, and partner offers

HEALTH, DENTAL AND TRAVEL INSURANCE IN RETIREMENT

Presented by Victor, our benefits consultant (Approx. 45 Minutes)

- Will you need insurance?
- Tips on how to compare competing insurance plans

LUNCH (45 MINUTES)

RETIREE PANEL (LOCAL AREA OMERS RETIREES WHEN POSSIBLE)

3 OMERS pensioners share their retirement experiences (Approx. 30 Minutes)

- How did they make the decision to retire?
- What worked out the way they thought it would, and what didn't?
- What do they do with their free time in retirement?

OMERS REPRESENTATIVE

- What you need to know about your OMERS pension (Approx. 1.5 hours)

*When required we can accommodate a 4-hour session, removing the lunch break and the OMERS Presentation.

Updated: June 26, 2025