

# WARLCA Proudly Hosts Seminars on Retirement and OWCP

Red Lion Hotel - Columbia Center

1101 North Columbia Center Blvd

Kennewick, Washington 99336

May 21 and 22, 2022

In conjunction with WARLCA State Convention -- All Members Welcome to Attend!

## -----SEMINAR FROM 1 PM TO 4 PM May 21, 2022 Saturday-----

### ***“Understanding your Postal Benefits & Pre-Retirement Planning”***

**Presented by Joni Montroy**

Joni Montroy, former Human Resources (HR) Specialist with the USPS in Rochester NY, will be presenting a workshop to help Rural Carriers navigate liteblue; understand your current benefits and the things you should know in planning your Postal Service retirement.

Topics in this workshop will give you an understanding of your eligibility, computation of your annuity, survivor benefit election options, what some of those numbers on your paystub mean, how creditable service and/or your annuity is affected by temporary appointments/military service/Sub Rural/RCA/RCR service, understanding the High 3 average salary, what you should know about your health and life insurance, sick and annual leave, FSA and Thrift Savings. She will give an overview of the process to retire and what to expect from the US Office of Personnel Management (OPM).

Joni has presented many seminars including the National Rural Letter Carriers conventions. She is a contract instructor with the Graduate School/Philadelphia region that teaches Mid & Pre-Retirement Classes for many Federal Agencies.

## -----SEMINAR FROM 6 PM to 9 PM May 22, 2022 Sunday-----

### ***“Help with your OWCP claim before and after retirement”***

**Presented by Mike and Linda Watson**

Mike and Linda Watson, of Mike Watson and Associates, INC, Portland Oregon, are retained by NRLCA to answer questions concerning OWCP claims over the phone at no charge. Mike has 45 years of experience in the OWCP process. Call before you start filing your claim to get the right form for approval of your claim and not denial. Already have a claim and don't understand what your rights are? Mike and Linda can help answer your questions.

**Seminar Registration Fee: FREE to WARLCA State Convention Delegates. \$10 per person (open to WARLCA members and spouses only) for each seminar. Members will be refunded the \$10 after attending the meeting if registration is received by May 1, 2022; however, in order to better plan for the seminars, any registration fee received after May 1st will not be refunded. Due to space constraints, WARLCA members' spouses may attend, however, the spouse's fee will not be refunded.**

#### Registration Form (please print)

Name(s): \_\_\_\_\_

Address: \_\_\_\_\_

Phone: \_\_\_\_\_ E mail: \_\_\_\_\_

# Attending: OWCP (Sunday 6-9PM) \_\_\_\_\_ Retirement (Saturday 1-4PM) \_\_\_\_\_ Both \_\_\_\_\_

Are You? (check one) \_\_\_\_\_ FERS or \_\_\_\_\_ CSRS or \_\_\_\_\_ CSRS Offset

Complete this form and send check to:

**Total enclosed \$** \_\_\_\_\_

WARLCA Sec/Treas Becky Wendlandt

2811 N Chase Rd., Liberty Lake WA 99019-5002

Questions? Go To WARLCA.com or call (509) 710-7840