

Los Angeles County Employees  
Retirement Association

**L.A. CERA**



# THRIVING IN RETIREMENT

*Tips for Creating a Rewarding and Joyful Post-Career Life*

# Prioritizing your finances is an obvious must-do when planning for retirement, but preparing for the accompanying lifestyle change is an important part of the process, too!

It can be daunting for many public employees to retire, since providing service is a key part of their identity. Some postpone their retirement date because they worry that they will lose their sense of purpose or connection with others. However, retirement can—and should—be a meaningful, enjoyable, and empowering phase of your life. You've earned it!

## Building Your Best Life in Retirement

The following strategies are key to developing a well-rounded, fulfilling post-career life.

- Cultivate and expand social connections
- Give back to your community
- Pursue lifelong learning
- Prioritize health and wellness
- Maintain an active routine
- Invest in meaningful experiences
- Embrace and adjust to change
- Practice mindfulness and gratitude

Explore the following suggestions and websites for actionable ideas on integrating these strategies into your retirement planning. With your newly flexible schedule and guaranteed income for life, you will have countless options for recreation, travel, volunteering, education, and social activities.



## Stay Connected

As a LACERA member, you have access to extensive resources and a built-in community of retirees who share your values. You can maintain your relationships with former colleagues or make new friends by:

- Joining the 18,000 member-strong Retired Employees of Los Angeles County (RELAC) at [www.relac.org](http://www.relac.org)
- Participating in department retiree groups, employee/retiree associations, or union retiree committees
- Attending LACERA's spring and fall Staying Healthy Together events or other workshops (check [lacera.gov](http://lacera.gov) > Resource Center > Workshops).
- Joining your college alumni association

## Give Back

Volunteering in areas you are passionate about is rewarding and you will continue to make a difference in your community. Here are some suggestions for lending a hand or sharing your expertise.

- Maintain your County connection through the L.A. County Volunteer Program at

<https://volunteer.lacounty.gov/>.

- Check with foundations associated with your previous field (or one you've always wanted to be involved in).
- Explore hundreds of volunteer positions at [www.idealists.org](http://www.idealists.org), or volunteer abroad (try [www.volunteerhq.org](http://www.volunteerhq.org)).
- Mentor a young person—find opps at Los Angeles Team Mentoring ([www.latm.org](http://www.latm.org)), Schools on Wheels ([www.schoolonwheels.org](http://www.schoolonwheels.org)), or [www.idealists.org](http://www.idealists.org).
- Watch your *Spotlight* newsletter for volunteer positions and work opportunities with County agencies.

## Keep Learning

Retirement is the time to pursue new interests and hobbies, improve your skills, and widen your horizons. Whether you enjoy games, classes, or group activities, here are a few options for keeping sharp:

- Take classes in art, music, language, dance, crafts, and cooking, or take excursions through your local community college.
- Earn or add a degree! California state universities waive tuition and major fees for residents over age 60.
- Take part in senior scholar programs, classes, and group events at UCLA's Longevity Center or CSU Long Beach's Osher Lifelong Learning Institute (<https://teams.semel.ucla.edu/longevity> and [www.csulb.edu/college-of-health-human-services/osher-lifelong-learning-institute](http://www.csulb.edu/college-of-health-human-services/osher-lifelong-learning-institute))
- Play! Puzzles, word games, learning apps,

and online tutorials (via YouTube or other platforms) all help boost your cognitive fitness.

- Look into Road Scholar for educational travel and language immersion programs ([www.roadscholar.org](http://www.roadscholar.org)), or check with your alma mater for alumni travel opps.



## Stay Active and Mentally Fit

Regular physical activity boosts your energy and mood while being a fun way to meet new people and build friendships. Practicing mindfulness helps you navigate life's transitions with greater ease, reduces stress, and increases your overall sense of happiness. Here are some suggestions for keeping both your body and your mind strong:

- Join activity groups, such as a hiking or pickleball club, or try a new sport at your local community center or college.
- Take group classes at your gym. Tip: Check with your LACERA-administered healthcare plan ([www.lacera.gov/healthcare-plans](http://www.lacera.gov/healthcare-plans)) for discounts on fitness memberships, wellness and meditation programs, and free subscriptions.

- Take part in recreational and sports classes, special events, and programs focused on your physical and mental well-being at your local County rec center (<https://parks.lacounty.gov/>).
- Look into your local YMCA or country club for more recreation, fitness, social, and volunteer opportunities.
- Check your app store and YouTube for free meditation, yoga, physical therapy, and fitness apps and videos.

By taking advantage of the opportunities available to you, you can look forward to your post-career phase as an exciting time of exploration, self-discovery, and fulfillment. LACERA wishes you a happy and healthy retirement!



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