

## HUMAN RESOURCES

### *April Financial Wellness Webinar Series*

#### **WEBINAR SCHEDULE AND DESCRIPTIONS:**

##### **What You Need to Know about Social Security**

**Tuesday, April 7, 2026**

**11:00 am – 12:00 pm; TIAA**

[Register](#)

Retirement is a major life transition that can be both challenging and deeply rewarding. This webinar will focus on the human factors that can help you add a new and exciting chapter to your life story. We'll cover Social Security basics, how your retirement benefits work, strategies for claiming retirement benefits, spousal, survivor and disability benefits, a checklist for maximizing your income and more.

##### **The Psychology of Money**

**Wednesday, April 8, 2026**

**12:00 – 1:00 pm; EAP**

[Join](#)

Explore how our behaviors and emotions impact the financial balance in our lives. Discussion revolves around how the brain can activate stress hormones or 'feel good' hormones and how we can rewire our thinking to focus on healthier financial habits and behaviors around money to become more financially empowered.

##### **Buying Your First House**

**Tuesday, April 14, 2026**

**12:00 – 1:00 pm; EAP**

[Join](#)

Homeownership can be a daunting process, especially if it is a first home! This session will deliver on providing a gameplan on necessary steps required to navigate the process, understand the components involved with finding the right financing, credit scores and calculating tax and insurance requirements.

##### **Quarterly Economic and Market Update**

**Wednesday, April 15, 2026**

**11:00 am – 12:00 pm; TIAA**

[Register](#)

Hear from the experts in our Wealth Chief Investment Office about key drivers of the markets and economy that are impacting investors. We'll share views on the state of the U.S. economy and key market drivers, factors influencing market volatility, and investing in public markets.

## **Money Matters: Finding Common Ground in Relationships**

**Thursday, April 16, 2026**

**12:00 – 1:00 pm; EAP**

### **[Join](#)**

Finances can be a concern in most relationships. This session invites both spouses and/or partners to attend and focuses on financial triggers that can impede a relationship from moving forward. The information will help you determine your 'money personality' and include methods that you can use to help find common ground in budgeting finances.

## **Navigating the Sandwich Generation: Financial Strategies for the Caregiving Squeeze**

**Wednesday, April 22, 2026**

**10:00 – 11:00 am; TIAA**

### **[Register](#)**

Nearly a quarter of U.S. adults are in the "sandwich generation," caring for aging parents while supporting adult children. We'll explore ways to navigate this challenging time without sacrificing your sanity or your retirement. You'll learn strategies to help you prioritize your own financial needs and secure your retirement and manage the costs of elder care and the support of adult children, as well as how to create a budget to navigate competing financial responsibilities and evolve your plan over time as life changes.

## **The Savvy Spender**

**Wednesday, April 22, 2026**

**12:00 – 1:00 pm; EAP**

### **[Join](#)**

Identifying and implementing new creative ways to save money and the new technologies available to stretch your dollar are the focus of this session. From reviewing different web links, to the pros and cons of bulk buying, to avoiding impulse buying, to how to spot a scam are all discussed in an interactive group setting.

**After reviewing the session descriptions, please [register in advance](#) and/or [join](#) using the links provided. *Plan now to attend!***