



Fall 2022 Newsletter

Public Service Loan Forgiveness/Partnering with Savi - A Personal Story of Student Loan Forgiveness

By Gay Lynn Bath - Director of Oregon Public Universities Retirement Plans

As many of you may know, the Oregon Public Universities Retirement Plans (OPURP) partnered with Savi last year through TIAA. Savi is a company that helps borrowers work through the complications of the Public Service Loan Forgiveness (PSLF) program. Prior to this last year, many borrowers were told they didn't qualify for PSLF. To say the least, the process is cumbersome and complicated. One of the services that Savi offers is assistance in working through the paperwork needed for the PSLF application. For just \$60 per year, you can work directly with Savi and they can walk you through the intricacies of PSLF and help you complete the necessary paperwork. You can also use their DIY service at no cost which is helpful as well.

I went back to school later than most people; I didn't get my graduate degree until I was in my 40s. For 15 years, I made payments on my loans. Unfortunately, my loans had been transferred to a different provider about the time I started making payments, and so I did not qualify for the recent Covid-related loan payment pause, nor did my loans even qualify for PSLF even though I had worked for eligible public employers.

In October of 2021, the Department of Education introduced a "waiver" which allowed borrowers with loans at providers who did not qualify for PSLF to reconsolidate back to an eligible provider.

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I personally worked with Savi and they walked me through the loan application and provided instructions on how to get my employers' certifications showing that I worked for eligible employers. I started this process in March of this year, and in August I received notification telling me that my loans had been forgiven. I still owed \$43,000 on these loans and having them forgiven is life changing for me as I am nearing retirement. I was concerned that I would be paying these loans off for the next 20 years. For me, it was definitely worth the \$60 to sign up for Savi.

If you currently have student loans, and the recent \$10,000-\$20,000 forgiveness is still leaving you with a balance of any kind, I recommend working with Savi to ensure that you are on track to have them forgiven under PSLF. If you have been paying on your loans for at least 10 years, again, I would recommend working with Savi to make sure that the Department of Education has everything they need to forgive the loans. Savi may also be able to help you lower your monthly loan payments. Most importantly, because it is time sensitive, if you have your loans at a provider that did not qualify for the deferrals and have been told that they don't qualify for PSLF, be sure you reconsolidate them to ensure they are eligible. According to the website below, "The "limited PSLF waiver" refers to the time-limited changes to Public Service Loan Forgiveness (PSLF) Program rules that allow borrowers to receive credit for past periods of repayment that would otherwise not qualify for PSLF. This opportunity ends on Oct. 31, 2022." You can get more information here: <https://studentaid.gov/announcements-events/pslf-limited-waiver>.

For more information and to sign up for Savi through our TIAA partnership, go to <https://www.tiaa.org/public/tcm/OPURP/student>. You do not have to be a TIAA participant; and your family members can take advantage of this offer as well.



Fall Campus Benefits Fairs

It's the fall season, which means that it is time for campus benefits fairs. We've missed seeing everyone the past two years due to the pandemic, and are excited to see things returning to normal.

The Oregon Public Universities Retirement Plans (OPURP) team members will be at the following campus locations during their benefit fairs to discuss any 401(a) (Optional Retirement Plan) or 403(b) (Tax-Deferred Investment) topics with employees. Come drop by our table and say hello. We'd love to see you!

Date	Campus
October 4, 2022	Western Oregon University
October 5, 2022	Oregon State University – Corvallis Campus
October 11, 2022	Southern Oregon University
October 12, 2022	Oregon Institute of Technology
October 13, 2022	Oregon State University-Cascades Campus (Bend)
October 18, 2022	University of Oregon
October 19, 2022	Portland State University
October 26, 2022	Eastern Oregon University

Learn more during National Retirement Security Month!



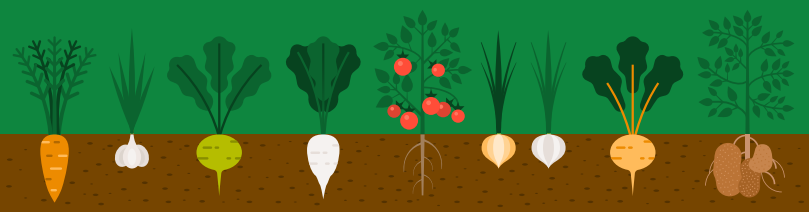
October is National Retirement Security Month—time to make sure your retirement savings and investments are still on track to meet your future goals. Learning more about specific financial needs in retirement is a good place to start, and can help you make more effective decisions. Take advantage of the many resources available from TIAA:

- Grow your financial knowledge – Visit [TIAA.org/webinars](https://www.tiaa.org/webinars) to register for one or more webinars to learn more.
- Meet with a TIAA financial consultant – Visit [TIAA.org/schedulenow](https://www.tiaa.org/schedulenow) to meet with a local TIAA financial consultant who works with Oregon Public Universities employees.
- Check out the many online tools and calculators available at [TIAA.org/tools](https://www.tiaa.org/tools).

It's never too early, or too late, to review your current retirement savings situation. TIAA is available to help!

ANNUAL CHECK-UP

Nurture your retirement savings now, and be ready for tomorrow



5 steps to help you stay on track toward your retirement goals

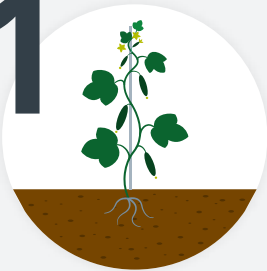
Does it feel like you're juggling a lot of financial priorities at the moment?

Sometimes just keeping the plates spinning can seem like a full-time job.

But just like a garden, your retirement savings need to be nurtured. The changes you make now may play a big part in your financial future.

Follow these five steps to help stay on track:

1



SECURE YOUR ROOTS

Review the **security features** you have enabled in your retirement account. Take the opportunity to **switch on multi-factor authentication** if you haven't already to keep your account secure.

[VISIT YOUR NETBENEFITS PROFILE](#)

2



WEED OUT THE OLD INFORMATION

Check your profile and make sure your information is up-to-date. Beneficiary designations should be reviewed periodically, especially after life events like marriage, divorce or death of a loved one.

[VISIT YOUR NETBENEFITS PROFILE](#)

3



LOOK FOR ADDITIONAL OPPORTUNITIES

If you aren't already contributing, get enrolled. If you need to take it slower, start by increasing savings by 1% of your pay each year. Over the course of your career, consider aiming to save an average of 15% of your pay. But even small increases can have a powerful impact on your retirement income.

[LEARN MORE](#)

4



CHECK WHERE YOU'RE PLANTED

If you haven't looked at the funds in your retirement plan, in a while, you may want to **confirm that your investment choices continue to align to your long-term goals**. If this isn't something you have the skill, will, or time to do on a regular basis, you may want to consider a target date fund.

[LEARN MORE](#)

5



IT'S OKAY TO ASK FOR HELP

Every question is a good question, no matter how basic it is. Even if you don't know what question to start with, **there's help available online, in person, or by phone.**

[GET HELP](#)

For more financial help and support:



Take the [Financial Wellness Check-Up](#)

A healthy garden needs to be well planned out. Take the check-up today to get your personalized financial action plan.



Start small

Big trees start out life as a seed, see how the [power of small amounts](#) can start making an impact on your financial fitness today.



Seven Great Reasons For staying with the Oregon Public Universities Retirement Plans (OPURP) after retirement!

Congratulations! You have done what you needed to save money for your retirement. Now that you are getting ready to retire, you are probably thinking about the best way to invest your ORP and/or TDI accounts and how best to draw down the money you have been so diligent about saving. While you can roll your funds to an IRA, another option you may want to consider is to leave your money in your OPURP account(s), and here are some reasons you might want to do just that:

1. You do not have to take your money out of your ORP or TDI when you retire or terminate employment. In fact, you can leave your money in the Plan until it's time to take your Required Minimum Distribution (RMD).
2. You can consolidate other funds into your OPURP account. The plan accepts rollovers from any eligible plan, such as IRAs, the PERS IAP, and other eligible defined contribution plans from previous employers that you may have.
3. The OPURP offers low administrative fees that are competitively priced when compared to IRAs. Investment fees on the mutual funds are also very competitive.
4. The plans offer a variety of distribution options, including partial withdrawal, systematic withdrawal, specific dollar amounts, and monthly installments.
5. Each vendor offers a variety of mutual funds to choose from, including low-cost target date funds. Fidelity also offers a self-directed brokerage account which gives you access to hundreds of mutual funds in the TDI; in the ORP you also have access to stock and bond options. AIG and TIAA also offer annuities.
6. Investment oversight comes from the OPURP Investment Committee and outside investment consulting firm, Callan LLC. The funds are reviewed and monitored on a quarterly basis.
7. You still have access to the vendor representatives who you can meet with one-on-one to discuss investments and draw down options.

Contact OPURP with any questions you may have at OPURP@uoregon.edu.

Create a Plan that Includes Income You Can't Outlive



With people living longer, retirement is lasting longer—30 years or more for many. So your income plan should last as long as you do.

Lifetime income sources such as Social Security, pensions and fixed annuities can help you create a foundation—or an “income floor”—designed to help cover everyday expenses throughout your retirement, and are unaffected by the ups and downs of the market. It’s important to note that guaranteed lifetime income from fixed annuities is subject to the claims-paying ability of the issuing company.

- **Social Security** – To maximize monthly benefits from the government, consider starting your claim at full retirement age or later. Spouses should plan together to make the most of spousal benefits.
- **Pensions** – Today fewer than 17% of American workers are offered a defined benefit pension like your grandparents may have had.¹ If you have one, it should be included in your income plan.
- **Fixed Annuities** – A fixed annuity can help bridge gaps you may have when it comes to income needed to cover everyday expenses. You can choose when and how much of savings to convert to a lifetime income.

To learn more about guaranteed income that lasts your lifetime, and the lifetime of a loved one, schedule an appointment with a TIAA financial consultant. You can find available meeting times at [TIAA.org/schedulenow](https://www.tiaa.org/schedulenow).

¹ [Bureau of Labor statistics](https://www.bls.gov/news.release/archives/wage080912.pdf)



Tuesdays at Two with TIAA

Tuesdays at Two are back! Ready to learn more for your financial health? Sign up for one of our monthly webinars by visiting this [link](#)!



Our next webinars include:

- Retiring with TIAA Traditional
October 18 at 2 pm PT
- Diversified income plan? Loyalty Bonus? Topics to discuss before you retire.
November 15 at 2 pm PT

Spanish Language Resources

TIAA provides on-demand webinar and resources translated into Spanish. To access these learning resources, visit their website at <http://tiaa.org/RecursosEducativos>.



Need help or have a question? Call TIAA at 800-842-2252 and press 9 to speak to a Spanish speaking representative. Representatives are available weekdays, 6 a.m. to 8 p.m. PST.

Reduce Your Financial Stress with TIAA

Worrying about your finances can weigh heavily on your physical and mental health. TIAA offers a variety of tools and resources to help reduce financial stress.



Need help with ...

1. Debt? Get insights on managing debt at TIAA.org/managedebt
2. Spending? Use the TIAA [budget organizer](#)
3. Saving? Meet with a TIAA financial consultant for personalized advice at no additional cost. TIAA.org/schedulenow
4. Investing? Use TIAA Retirement Advisor to complete an initial assessment of your situation in four simple steps. TIAA.org/retirementadvisor

5. Market volatility? Check out market commentary from TIAA's investment manager, Nuveen at: [TIAA.org/commentary](https://www.tiaa.org/commentary)
6. Outliving your savings? Learn how TIAA Traditional can provide guaranteed income that you cannot outlive. [TIAA.org/Traditional](https://www.tiaa.org/Traditional)
7. Staying connected? Download the TIAA app: [TIAA.org/mobile](https://www.tiaa.org/mobile); or follow TIAA at: [Facebook.com/TIAA](https://www.facebook.com/TIAA) or [Twitter.com/TIAA](https://www.twitter.com/TIAA)
8. Financial knowledge? Learn from the experts during TIAA's monthly webinars. [TIAA.org/webinars](https://www.tiaa.org/webinars)

Enhance the Security of Your TIAA Account **Today**



TIAA continually monitors retirement accounts using a combination of technology, people and processes to protect you, your assets and your data. You can add additional security to your TIAA account using the following verification tools. They provide extra layers of security and enhance authentication.

- Voiceprint identification – Use your voice, which is unique to you like a fingerprint, to verify your identity as a TIAA customer when you call. Only one voiceprint is allowed per account and is reserved for the account owner.
- Two-step verification via text or phone – Verify your identity each time you log in to your TIAA secure account using a temporary identification code sent to you via text or a phone call. This helps ensure no one can access your account fraudulently, even if they did have your password.
- The TIAA mobile app – Log in to your account more securely with Touch ID and Face ID. With the TIAA mobile app, you can get a clear picture of your investments and account balances and make changes anytime, anywhere. Download the TIAA mobile app on Apple's App Store, or get it on Google Play.

To learn more, visit TIAA's security center. Or, meet with a TIAA financial consultant at no additional cost. Visit [TIAA.org/schedulenow](https://www.tiaa.org/schedulenow).



COMMUNITY. TRADICIÓN. SUCCESS.

In celebration of Hispanic Heritage Month, join us as some of Fidelity's Latino representatives share their personal stories and talk about what you can do today to help reach your financial goals and build generational wealth for your family.

[LEARN MORE](#)





WE'RE SHARING OUR STORIES

Join us for an exclusive Hispanic Heritage Month event.



Free Webinar

Conversations about community, family, and money

Thursday, October 6, at 2 p.m. ET

[Register now](#)

In celebration of Hispanic Heritage Month, we're reminded that every financial journey has a personal story, and that these stories can help guide you and your family on your own financial path. Join us as some of Fidelity's Latino education consultants and representatives share their personal journey and talk about how culture, tradition, and family can influence financial decisions.



MODERATOR
Rommel Espinal
VP, Latino Community Lead



GUEST
Bianka Guzman, CRPC®
Virtual Education Consultant



GUEST
Alexandra Roca, CFP®
Workplace Financial Consultant



GUEST
Marco Martinez
Education Consultant

We'll explore:

- Creating a vision for your future that reflects your values and goals
- Making the right financial moves today to help build generational wealth
- Putting your money to work for you through saving and investing

To learn more about this exclusive Hispanic Heritage Month event, [visit us online.](#)



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WOMEN TALK MONEY

INVEST IN YOU:

Reframe & Reenergize Your Finances

This fall, join us to learn how a strong financial foundation can improve your overall well-being.



VIRTUAL EVENTS THROUGHOUT OCTOBER

Fidelity.com/InvestInYou

Investing involves risk, including risk of loss.

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Fidelity[®]

**Join Fidelity Investments for our
Special October Event Series, Invest
in You: Reframe and Reenergize Your
Finances**



These sessions will allow you to learn how a strong financial foundation can help improve your overall well-being. Join us for virtual events throughout October. Visit [Fidelity.com/InvestInYou](https://www.fidelity.com/investinyou)

**Join Fidelity Investments for Invest in You: Reframe and Reenergize Your
Finances—with special guest speaker, Mindy Kaling (Emmy-Nominated
Writer, Producer, Actor).**

On Tuesday, October 11 at 12 P.M. ET, Mindy will join us to talk about setting goals and offer tips for shifting your money mindset.

Visit [Fidelity.com/InvestInYou](https://www.fidelity.com/investinyou)

**Join Fidelity Investments for Invest in You: Reframe and Reenergize Your
Finances—with Special Guest Speakers Reshma Saujani (Girls Who Code,
Marshall Plan for Moms) and Cate Luzio (Luminary).**

On Tuesday, October 25 at 12 P.M. ET, Reshma and Cate will share ways to navigate your career and personal needs while maximizing your employer benefits.

Visit [Fidelity.com/InvestInYou](https://www.fidelity.com/investinyou)

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CYBER SAYS...

Follow these Top Security Recommendations

Cyber and fraud best practices for protecting yourself

Monitor Accounts and Credit

- Freeze your credit to prevent credit fraud:

Equifax 800-525-6285

Experian 888-397-3742

TransUnion 800-680-7289

- Monitor your accounts and credit score for suspicious activity; consider purchasing identity theft protection

Protect Your Accounts and Identity

- Create unique login identities and passwords (avoid using your email address)
- Enable two-factor authentication for Fidelity and other financial, email, phone and social media accounts
- Provide current email address and phone number so you can be contacted in real time in case of fraud
- Sign up for voice biometrics when offered
- Don't click on untrusted links or attachments in email or text
- Consider using a password vault/manager for lower risk accounts



Phishing still drives 90% of cybersecurity breaches.¹ If you're in doubt,

DON'T CLICK and DELETE!



Safeguard your Data, Mail and Online Shopping

- Backup your data to a secure cloud location
- Consider using trusted payment systems and never use debit cards for online purchases
- Protect your mail – sign up for USPS's free **Informed Delivery Service**

Secure your Devices

- Use a personal firewall and anti-virus software on your personal devices
- Use trusted devices for conducting sensitive transactions
- Avoid conducting sensitive transactions over public Wi-Fi
- Secure your mobile services, including cellphone and mobile provider account
- Update/patch your Internet of Things (IoT) devices - e.g., smart TVs



There are now more than **15 billion stolen** account credentials available to cybercrime actors.²

Make yourself a difficult target for cyber criminals by not reusing passwords and avoiding weak, commonly used passwords, e.g., 123456.

1. Graphus, Inc, January 2020

2. The Digital Shadows Photon Research team as seen on Forbes.com, July 2020



CIBERSEGURIDAD DICE...

Siga estas recomendaciones principales de seguridad

Las mejores prácticas cibernéticas y de fraude para protegerse

Supervise sus cuentas y crédito

- Congele su crédito para evitar el fraude
Entidad crediticia:

Equifax 800-525-6285

Experian 888-397-3742

TransUnion 800-680-7289

- Supervise sus cuentas y su puntuación de crédito para detectar actividades sospechosas; considere adquirir protección contra el robo de identidad

Proteja sus cuentas e identidad

- Cree identidades y contraseñas de acceso únicas (evite usar su dirección de correo electrónico)
- Active la autenticación de dos factores para Fidelity y otras cuentas financieras, correo electrónico, teléfono y redes sociales
- Dé la dirección de correo electrónico y el número de teléfono actuales para que puedan comunicarse con usted en tiempo real en caso de fraude
- Inscribese en la biometría de voz cuando se la ofrezcan
- No haga clic en enlaces ni archivos adjuntos no confiables en el correo electrónico o textos
- Considere la posibilidad de utilizar un administrador/almacén de contraseñas para cuentas de menor riesgo



El phishing sigue siendo la causa del 90% de las infracciones de ciberseguridad.¹ Si tiene dudas, **¡NO HAGA CLIC Y ELIMINE EL MENSAJE!**



Actualmente, hay más de **15 mil millones de credenciales de cuentas robadas** a disposición de cibercriminales².

Conviértase en un objetivo difícil para los cibercriminales; no reutilice contraseñas y evite las contraseñas débiles y de uso habitual, por ejemplo, 123456.

Proteja sus datos, correo y compras en línea

- Haga una copia de seguridad de sus datos en una nube segura
- Considere usar sistemas de pago de confianza y nunca utilice tarjetas de débito para compras en línea
- Proteja su correo: regístrese en el **servicio gratuito de entrega informada* Informed Delivery Service** de USPS

Asegure sus aparatos

- Utilice un firewall personal (barrera personal contra incendios) y un antivirus en sus aparatos personales
- Utilice aparatos de confianza para realizar transacciones importantes
- Evite realizar transacciones importantes a través de Wi-Fi público
- Asegure sus servicios móviles, incluya el teléfono celular y la cuenta del proveedor de telefonía celular
- Actualice/revise sus aparatos de Internet de las cosas (IoT), por ejemplo, Smart TV

1. Graphus, Inc., enero del 2020

2. [El equipo Digital Shadows Photon Research, visto en Forbes.com, julio del 2020](#)

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