



Retirement  
Planning

ADVANTUS MEDIA INC.

# Retirement Reimagined

JFS program empowers retirees with the tools and knowledge to create a vision for their post-retirement life.

**W**hen I booked an appointment with a new physician who had recently joined my doctor's practice, I was expecting a younger physician, which is great because a few of mine have retired in the last few years. However, I was in for quite a surprise when instead, an older physician walked in, took one look at my face, and laughingly explained that he had worked for 30 years in a medical practice, retired last year, and after living through what he described as "the longest six months of my life,"



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joined my doctor's practice and went back to work.

In that same vein, a friend of mine retired about a year ago and is one of the busiest people I know ... She has activities scheduled all day, most days of the week. But she reached out a few weeks ago saying, "Something is missing. I'm keeping myself busy all the time but I'm not doing anything truly meaningful with my time."

These stories are not as rare as one might think. While many people eagerly look forward to their retirement for much of their working years, after a brief honeymoon period, many feel unprepared for what the reality

where is the training needed for a successful transition to retirement to ensure these years are just as fulfilling?

Most retirement planning seminars focus solely on the financial implications of retirement. And while very important, having adequate finances is not the only key indicator for a fulfilling retirement. The lack of tools to manage any social, emotional and physical health issues that may arise, and no awareness of the need to proactively plan can result in an increased risk not only of financial difficulties, but also of loneliness and depression, a decline in physical health and, ultimately, a loss of independence.

Jewish Family Service of Metropolitan Detroit has been working with Israeli-based JDC Eshel to bring its very successful retirement workshop series to Metro Detroit. Retirement Reimagined, the JFS culturally adapted version, empowers retirees with the tools and knowledge to create a vision for their post-retirement life and develop a roadmap

for achieving it! Retirement Reimagined also provides access to total wellness training programs, including transitioning to a new life stage, financial and digital literacy, physical and social engagement, as well as modules focused on other vital wellness topics such as spirituality/purpose in life, physical strength and social engagement.

Workshop participants build a new network of support, feel a sense of excitement, hope for the future, pride in what they have accomplished, and a sense of vitality that keeps them motivated to make the most out of every day. ●

*Evie Lynn Breuer, LMSW, CDP, is the senior director of community outreach and wellness at Jewish Family Service of Metropolitan Detroit.*

## How Can I Start?

If you are interested in more information and have been retired for at least one month but not more than five years, contact Becky Eizen, Retirement Reimagined program manager at (248) 592-3961 or [beizen@jfsdetroit.org](mailto:beizen@jfsdetroit.org) to schedule an initial consultation.

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feels like, including:

- The sight of an empty calendar
- Realizing how much their job defined their identity
- A diminished sense of purpose in life
- Missing the daily interaction with colleagues and clients

## A BIG TRANSITION

This is not surprising, as leaving the workforce at retirement is a significant life transition. But unlike most other transitions, we have no real preparation for it. Many people spend over a decade preparing for a successful transition to the working years of our lives including high school, college or trade school, graduate studies, internships, etc. But