



The Pensioner: In the Moment

Welcome to the digital MPERS newsletter! *The Pensioner: In the Moment* contains news, updates, and important information for retirees of the Missouri Department of Transportation, the Missouri State Highway Patrol, and MPERS.

myMPERS Login with Multifactor Authentication (MFA) Is Here!

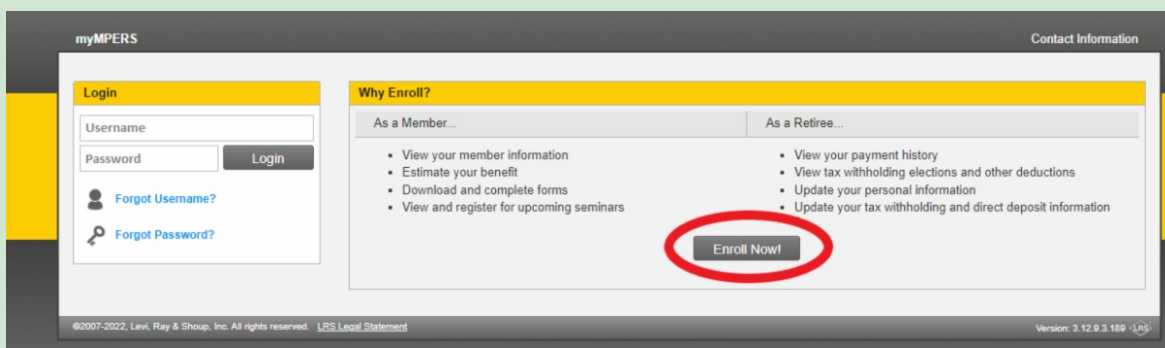
On July 21, MPERS launched multifactor authentication (MFA) as added security to the [myMPERS](#) login process.



For those unfamiliar with MFA, it is an additional layer of security that requires you to not only provide a username and password, but also complete another step, or factor, in the process. This could be an email, text, or the use of an authenticator app on your smartphone.

If you currently have a [myMPERS](#) login, you will be asked to complete the MFA process upon your next login.

If you need to create a new account, select "enroll now."



You will have to request an enrollment PIN, which will be mailed to you. Once the PIN is received, you will be able to set up your [myMPERS](#) account.

Enter the following information to help us identify you

Enrollment PIN: ?

[Request an Enrollment PIN](#)

If you need assistance or have questions about the MFA process, please contact a benefit specialist at benefits@mpers.org or 800-270-1271.

MPERS Attends MAPERS, Meets The Wizard

The Missouri Association of Public Employee Retirement Systems (MAPERS) annual conference was held July 13-15, 2022, at Osage Beach, MO. MPERS' trustees in attendance receive credit towards required continuing education for MPERS' trustees.



From left to right: Representative Barry Hovis (trustee), Todd Tyler (trustee), Sue Cox (trustee), Colonel Eric Olson (trustee), Bill Seibert (trustee), Ozzie Smith (The Wizard), Jennifer Even (staff), Scott Simon (staff), Matt Morice (trustee), Greta Bassett-Seymour (staff), Larry Krummen (staff).

Stress in Retirement? How Can That Be?

Retirement. A lofty, futuristic goal that many in the workforce feel is just out of reach; however, as a retiree, you know that retirement is attainable and enjoyable! You also know that retirement can be a stressful time sprinkled with uncertainty and anxiety.

After decades of dedicating oneself to a career, retirement can initially be freeing, but feelings of loss and loneliness may creep up leading to questions such as “who am I?” and “what is my purpose?” [Helpguide.org](https://www.helpguide.org/) suggests that familiar challenges of retirement include:

- Struggling to switch off work mode
- Losing your identity. If you are no longer an engineer, officer, teacher, etc, who are you?
- Adjusting to routine
- Feelings of no longer being useful, important, or self-confident.

What are some helpful tips to adjust to retirement?

- **Embrace change.** This may include adjusting your attitude, redefining your identity, strengthening your social network, and setting new goals.
- **Find new purpose and meaning.** This may include finding part-time work after retirement, volunteering, getting a pet, learning something new, or nurturing hobbies and interests that you previously did not have time to.
- **Manage stress, anxiety, and depression.** This may include adopting a relaxation practice, getting active, breaking the worry habit, and spending time in nature.



- **Look after your health.** This includes getting enough quality sleep, eating a healthy diet, watching how much you drink, continuing to challenge your brain, and adding structure to your days.

Discover more by reading the complete helpguide.org article [Adjusting to Retirement: Handling the Stress and Anxiety](#).

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Upcoming Events

- 15 - Deadline to submit direct deposit and/or tax withholding changes. [Complete changes here](#).
- 31 - Payday for benefit recipients.



We value your feedback!
What would you like to see in ***The Pensioner: In the Moment?***?
Send comments and suggestions to Julie.West@mpers.org.