



## 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.

### MPERS Welcomes Three New Staff Members

Earlier this year, MPERS welcomed three new members to the team.

Rowan Walquist joined the investment team in January and Stephen Robbins joined in March. They serve as investment analysts and assist with the day-to-day operations of the investment portfolio including, but not limited to, reconciling monthly valuations and performance of investment managers, coordinating capital calls from private equity and real estate partnerships, monitoring and calculating investment manager fees, and ensuring that any discrepancies are researched and resolved.

Katy Lacy joined MPERS in April as the Human Resources Officer. She is responsible for administering all aspects of the human resources function including recruitment, employee relations and development, workplace safety, compensation strategy, and risk management. She is also responsible for facility operations.

We are excited to have these new additions join the MPERS team!



Rowan Walquist  
Investment Analyst



Stephen Robbins  
Investment Analyst



Katy Lacy  
Human Resources Officer

### The Golden Years Can, in Fact, Be Golden

Feeling lost, or adrift in life after retirement is not an uncommon occurrence. The majority of your identity has been woven into your career, and now, that career has run its course. So what's next?

Acts Retirement, one of the largest not-for-profit operators of continuing care retirement communities in the United States points out that the "great thing about retirement is finally having time to do all those things you've always wanted."

If you are struggling with ideas to fill your golden years, perhaps consider the following:

1. **Traveling the world.** While the pre-COVID and post-COVID travel landscape look different, travel is slowly resembling the pre-COVID experience. If you have the means and the time to do some international travel, what are you waiting for?



Handy tip: According to the [US Department of State](#), wait time for a US Passport is between 10-13 weeks, so plan accordingly.

2. **Get a rewarding part-time job.** Perhaps you need routine or a sense of purpose to help you feel less adrift. Rewarding part-time jobs include dog walker, museum tour guide, substitute teacher, hospital volunteer, and many more. If you need more ideas, [check out this retired couple who opened a retirement home for cats](#). They have had over 350 cats live out their days in their “Disneyland for Cats.”



3. **Learn a second language.** Learning a second language can help keep the mind active and keep mental decline at bay. It could come in handy if you decide to travel internationally or would like to converse with your international friends in their native language.

4. **Be a mentor.** You have a lifetime of experience, wisdom, and skills just waiting to be used to help enrich the lives of the next generations. Organizations such as [AmeriCorps](#) or [Big Brothers Big Sisters of America](#) are great avenues in which to mentor those in your community.

Want more ideas? You can view the entire list of ideas on the [Acts Retirement website](#).

# AUGUST

## 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](mailto:Julie.West@mpers.org).