



TM

December 2009

Planned Retirement: It's Time for Busy Nurses to Get Around To It

by **Kathy Stokes Murray**

W

- Preparing for retirement
- Basics of investing
- Setting, measuring and achieving financial goals

These same issues are informing a series of financial planning **webinars**. You can find recorded versions of three the Center has sponsored so far at www.centerforamericannurses.org.

The team is currently producing five-minute **podcasts** on financial planning topics of interest to nurses. *The Busy Nurses' Guide to Making Money Last as Long as You Do* podcast is the first one out of the gate, and is currently available for download from the Center's website. "This is something nurses can listen to when they're running errands or folding the laundry," says Harris. "We're trying to come up with as many ways as we can to reach as many nurses as we can, no matter how hectic their lives may be."

The program also includes a financial planning **newsletter**. Published quarterly, *WiserNurse* also focuses directly on issues uncovered in the survey.

The latest tool from the initiative is a **decision-making guide** called, *The Busy Nurses Guide to Financial Planning*. As with other resources created for the Nurses' Investor Education Project, the booklet focuses on retirement planning issues specific to nurses. "It's an easy read," comments Harris. "It should help all nurses take concrete steps to secure their financial futures."

A key step the team hopes nurses will take is figuring out how much money they will need to support themselves in retirement. As Harris notes, "Once you have a tangible goal, it's more clear what actions you need to take to get there."

With resources offered through the Nurses' Investor Education Project, you'll finally be able to get around to retirement planning. Before you know it, you'll be able

to move it from your mental "to-do" list to one that says, "Done!" Now if you can just get around to cleaning out the garage.... (Sorry – the Center hasn't figured that one out – yet!)

About the Center for American Nurses

The Center for American Nurses is a national professional nursing organization that educates, equips, and empowers nurses to develop healthy work environments for themselves and their patients. The Center offers evidence-based solutions and powerful tools to navigate workplace challenges, optimize patient outcomes, and maximize career benefits. Established in 2003, the Center partners with organizational and individual registered nurse members nationwide to develop resources, strategies, and tools to help nurses manage evolving workforce issues, and succeed in their careers. Additional information about the Center can be found at www.centerforamericannurses.org

About WISER

The Women's Institute for a Secure Retirement is a nonprofit organization that helps women, educators and policymakers understand the important issues surrounding women's retirement income. WISER works to provide low and moderate income women with basic financial information aimed at helping them take financial control over their lives and to increase awareness of the structural barriers that prevent women's adequate participation in the nation's retirement systems. Additional information about the Nurse Investor Education Project can be found at http://www.wiserwomen.org/portal/index.php?option=com_content&task=view&id=390&Itemid=0