


Retirement Nuts and Bolts  
**“EAP as a Resource”**

*presentation by Lisa Staffiere*

## EAP as a Resource



Mass General Brigham

# Mass General Brigham Employee Assistance Program (EAP)

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## Health Insurance Resources

[Massachusetts Health Connector](#) is a resource for MA residents searching for health and dental insurance plans. Outside of the open enrollment period, you can apply at any time of the year for dental plans if you experienced a qualifying event like retirement.

SHINE (Serving the Health Insurance Needs of Everyone) Program  
<https://www.mass.gov/health-insurance-counseling>  
Free health insurance information and counseling to MA residents with Medicare and their caregivers. People who have Medicare or who are about to become eligible for Medicare can meet with a counselor to learn about benefits and options available. To find a local SHINE counselor call MassOptions at **800-243-4636**, or TTY/ASCII 800-439-2370.



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## EAP as a Resource

### Transitioning into Retirement

AARP, Inc. – explore life after work - [Reimagine Your Life](#)

[Retirement 563 – The Non-Financial Aspects of Retirement](#)

[Very Well Mind – 8 Tips for Adjusting to Retirement](#)

[Help Guide – Adjusting to Retirement: Handling the Stress and Anxiety](#)

[Osher Lifelong Learning Institute](#) at UMass Boston offers lifelong learning, trips, and social activities for those over age 50

[UMass Lowell Learning in Retirement Association](#) provides college-level, low-cost learning experiences



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### Volunteer Opportunities

[Encore Boston Network](#) - a coalition of organizations and professionals dedicated to strengthening communities by engaging the talents of people in volunteer opportunities.

<https://www.mass.gov/volunteering-and-giving> volunteer opportunities at the MA Department of Children and Families.

<https://www.boston.gov/departments/age-strong-commission/volunteer-opportunities-older-people> - volunteer opportunities based on your interests, location and time.

<https://www.massgeneral.org/volunteer> Help make a difference in the lives of patients by volunteering at MGH.



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## EAP Support

- Free, confidential, voluntary services for faculty/staff, employees and household members
- EAP offers in-person, video or phone visits
- Call to speak to a counselor 866-724-4327
- 24/7 On-Call Capability for crises
- [Recorded relaxation sessions](#) for viewing anytime



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## Don't Worry Alone

Contact EAP 866-724-4327  
[eap.partners.org](http://eap.partners.org)



*Mass General Brigham EAP does not discriminate in providing services on the basis of race, color, religion, sex, national origin, age, disability, or genetic information.*



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