

## NEWS RELEASE

### SUCCESSFUL RETIREMENT DEPENDS ON SUFFICIENT PLANNING

Planning for a successful and meaningful retirement is more important than ever because people are living longer and will spend many more years after retirement than was previously the case. This is the view of Dr Karel Prinsloo, chairperson of GreyPower, a non-profit organisation that looks after the needs and rights of the 50+ generation.

“Being prepared for retirement can make the difference between experiencing post-retirement as golden years and just surviving. Not only is it important to plan financially, but it is also crucial to pay attention to lifestyle, including aspects such as accommodation, health, wellbeing and how to retain a quality of life”, says Prinsloo.

GreyPower, in association with the magazine Plus50 and two other sponsors, is the driving force behind a Creative Ageing Seminar for Seniors to be held on 29 October as part of South Africa’s first-ever Retirement Expo that will be showcased at the Coca-Cola dome from 28 to 30 October.

According to Prinsloo the expo will emphasise the value of outstanding services and information, specifically directed at older people and will create a meeting place for active seniors with a lust for life and its challenges.

Other interactive workshops that will also feature at the Retirement Expo are estate planning with Sanlam and old Mutual, as well as sessions with the well-known retirement coach Lynda Smith who will focus on the fact that retirees still have an active role to play in society and in the business world. In this seminar Smith will pay attention to positive ageing, lifelong learning, technology and encore careers (careers that can be followed after retirement), as well as how to plan for this stage of life.

The half-day GreyPower seminar will be presented by senior speakers and will cover a variety of subjects. Nick Eastaugh of Vivendi Developments will provide a statistical profile of retiree requirements and focus on a wellness and longevity strategy, while Herman Louw, financial manager at Absa will discuss financial wellness and how to prepare for a sustainable retirement. When it comes to legal matters, Dr Elsona Malan will speak about the practical implications of legislation that applies to retirees, with specific emphasis on the Older Persons Act of 2006.

On the health and wellness side, dietician Marthie Leach will speak about eating your age, while Ilse Koen, executive director of Alzheimer South Africa will examine a preventative lifestyle approach to this dreaded disease.

The seminar will conclude with a talk by wellness consultant Rob Cowling who will consider the importance of the choices people make in their lives when aiming for sustainable health and wellbeing.

The Retirement Expo, presented by Century Property Developments and organised by Thebe Exhibitions and Projects, is a first for South Africa. Carol Weaving, managing director of Thebe says that retirees have significant buying power and are an economic force to be reckoned with. The market is responding to the economic pressure of the 50+ generation and that the time is ripe to offer opportunities for South Africans who are retired or who are approaching retirement age to benefit from the services and products on show.

“Retirement has become an industry,” says Weaving. “We have therefore created a one-stop marketing event where the industry can meet current and potential clients and give them tailor-made retirement advice.”

The Creative Ageing Seminar for Seniors carries a registration fee of R50, which includes a complimentary ticket to the expo and refreshments at the seminar. For more information phone Vicki Fourie at 012 808 9959 or email her on [info@cea.co.za](mailto:info@cea.co.za).

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