



[www.FREA.org](http://www.FREA.org)



## Why Should You Be a Member of FREA?

By being a member you gain  
3 important benefits:

1. Help strengthen your voice in our fight to preserve the Florida Retirement System (FRS) for the present & future health of Retirees and Florida's economy.
2. Join a community of retired educators and school personnel who continue to make a positive difference in the world around them.
3. Save money by using our Member Benefits and Discounts

### Why does FREA Need To Be Strong?

It is no secret that government pensions around the country are either in trouble or bankrupt. The Florida Retirement System (FRS) is one of the strongest and best run retirement systems in the country. Let's repeat that: **The Florida Retirement System is one of the strongest and best run retirement systems in the country.** FREA needs to stay strong in numbers; to get this knowledge out to the Legislators. Your voice grows from the strength FREA gains by growing our numbers. Each member grows our strength and helps ensure the survival of FRS as a benefit to the State of Florida, and her retirees. **The future of the FRS depends upon you, your family, and friends. Please join us!**

The financial support we ask of you is important and minimal: \$45 a year that is easily recouped by using our benefits. You also become part of an active and engaged community of retirees who have "been there".

**Members@Large:** Units are important to FREA. A strong and healthy FREA

Unit is an amazing source of support, camaraderie and fun—and if you can join one, you would be welcome. But what if you live in an area with no unit or the unit has an inconvenient meeting time or location? Or you just do not have the energy? We understand. The generation of educators and school personnel retiring these days are doing so into a very different world than existed even 20 years ago. Becoming an FREA Member@Large is a great way to support FREA without taxing your already overburdened schedule and all benefits still apply!

**The Strength of Your Voice is in our Numbers.**

We grow your voice, by growing our Membership. If a family member or friend wishes to take advantage of our benefits, or help in our fight to preserve the FRS, they may do so by becoming an Associate Member of FREA for only \$45 a year.

**Renew or Join online:**

[www.FREA.org](http://www.FREA.org)

**or fill out the form in this packet and mail.**

**For more information**  
[info@frea.org](mailto:info@frea.org) or  
[www.FREA.org](http://www.FREA.org)

**All FREA Members, General or Associate, regardless of which state you came from, may take advantage of FREA's Member Benefits**

**How Do I Get Info on Benefits? Simple! Read on, or go to [www.FREA.org](http://www.FREA.org)**

# FREA State and Local Unit Membership Application

Annual FREA Membership \$45.00

New Membership Renewal of Membership	<input type="checkbox"/> <b>General Member</b> Retired from Education System as: (Circle One): Educator/Administrator/Transportation/Maintenance/Food Service. Other:
FREA Benefits are fully available to ALL FREA members be they Regular or Associate.	<input type="checkbox"/> <b>Associate Member</b> Associate: Any person supporting the mission of the Association may apply for associate membership. All benefits are available, except for the ability to serve as a Unit Delegate and vote at the Delegate Convention
Circle One: Miss, Mrs., Ms., Mr., Dr., Other Your Name:	
Date:	
Mailing Address	Apt./Condo Telephone—Cell phone preferred ( )
City	State Zip County
E-mail address:	Your Month, Day and/or Year of Birth:
Retired From (Circle one): K-12 School, College, University Position Year Retired	Local FREA Unit (if known) If not, would you like info? _____

FREA is your advocate regarding your Pension and the future of education in the State of Florida. Would you like to support FREA's efforts on behalf of all present, and future Retired Educators, and other beneficiaries of the Florida Retirement System? This money will be used in a non-partisan way.

Yes, I would like to support FREA's Legislative Advocacy: **\$ 4.00**

FREA Annual State Dues **\$45.00**

Please add \$5.00 (or other amount) to my total for the Florida Retired Educators Foundation to support future, present, and retired educators through Grants and Scholarships. **\$ \_\_\_\_\_**

Local Unit Name (If you belong to one) \_\_\_\_\_ Local Unit form is on back

Local Unit Dues **\$ \_\_\_\_\_**

**Total Enclosed \$ \_\_\_\_\_**

**Please make checks payable to: FREA**  
**Mail to: 8950 9th St. N. Suite 105—St. Petersburg, FL 33702**

<b>You can also Join Online <a href="http://www.frea.org">www.frea.org</a></b>	Visa	Mastercard	Discover	American Express
	Name on Card	Exp. Date CVS Code 3 or 4 digit		
	Card Number	<div style="text-align: center;">- - -</div> <input type="checkbox"/> Check here if you would like FREA to automatically renew your membership		



Questions? Please feel free to contact the FREA Office:  
**727-577-6400 or [info@frea.org](mailto:info@frea.org)**

Revised June 2023

<b>FREA Office Use Only</b>
Check #
State:
Local:
Legis.
FREF
Total:



## **FREA... ...Keeping an Eagle Eye on Your Pension!**



**The Florida Retired Educators Association (FREA) is a non-profit, non-partisan organization made up of educators, school personnel, and citizens who care about public education and the protection of the retiree benefits that are earned through the Florida Retirement System.**

### **FREA 2025-2026 Legislative Priorities**

- 1. Restore, enhance and protect retiree Earned Benefits from the Florida Retirement System.**
- 2. Promote accountability in Florida Public School equitable funding and uniform standards for all educational facilities and organizations that receive state tax dollars.**
- 3. Advocate health and welfare issues for seniors that will ensure retirement with dignity (empowering people to choose how they live as they age); including, but not limited to, support for Social Security and Medicare Benefits, Health Insurance, Cost Of Living Adjustment, and Affordable and Accessible Housing.**

**FREA**

**8950 9th Street N. #105 ~ Saint Petersburg, FL 33702**

**[www.frea.org](http://www.frea.org) ~ 727-577-6400 ~ [info@frea.org](mailto:info@frea.org)**



# FREA: Florida Retirement System Pension Fact Sheet

The spending from the pension checks of the  
456,312 retired public employees helps support:

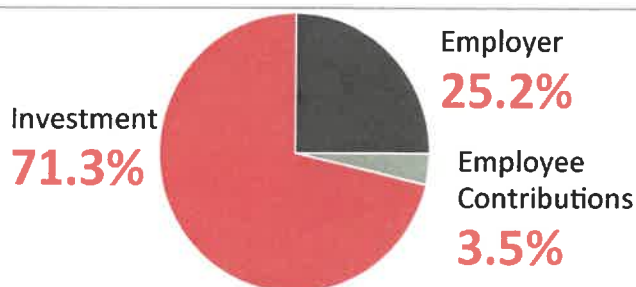
**\$2.7 billion**  
in economic output  
in Florida.

**\$19.5 billion**  
paying \$5.9 billion in wages  
supported by retirees' spending  
from public pensions in Florida.

**123,246 jobs**  
in federal, state, and local tax  
revenues based on spending of  
pension benefits in Florida.

## FRS Pensions are a GOOD DEAL for Florida taxpayers:

Funding of public employee pensions is shared by  
employees and employers. New FRS employees  
contribute 3.5% of their pay into the fund.  
Over time, investment income earned by the fund  
does most of the work.



In fact, between 1993 and 2018, taxpayers (via  
employer contributions) paid only 25.2% of  
the cost of pension benefits in Florida.



## Key facts about the plan and its benefits:



**500,111**

Total active members of  
Florida Retirement  
System.



**48%**

After a 30-year career, a pension benefit  
from FRS paid to retired FRS members,  
will replace 48% of an employees' each  
month. pre-retirement income.



**\$1,894**

Average pension  
benefit

## Pensions Cost Half as Much as a 401(k) Plan

Pensions can provide the same benefit as a 401(k) retirement account at about half  
the cost because of the following key factors:

**10%**

cost savings from  
pooling longevity risk



**11%**

cost savings from  
optimal asset allocation



**27%**

cost savings due to  
higher returns and lower fees



**48%**

total cost  
savings



# COMPARING DEFINED BENEFIT AND DEFINED CONTRIBUTION RETIREMENT PLANS

## DEFINED BENEFIT PLAN

Provides retirement income that lasts and cannot run out.

Helps retirees budget with predictable, monthly retirement benefits

Offers professional money managers who make investment decisions.

Has low fees.

VS.

## DEFINED CONTRIBUTION PLAN

(Also known as a 401(k) or 403(b))

Does not guarantee retirement income will last through retirement.

Can experience dramatic fluctuations in account value with stock market downturns.

Requires that employee decide how to invest and spend down retirement savings.

Often have higher or unclear fees.



## DEFINED BENEFIT PENSIONS CAN DO MORE WITH LESS

DB pensions can provide the same benefit as a defined contribution plan at about half the cost.



There are three reasons DB pensions are more efficient than DC plans:

**10%**  
savings

+

**11%**  
savings

+

**27%**  
savings

=

**48%**  
total cost  
savings

### Longevity Risk Pooling

Pensions only have to save for the average life expectancy of a group of individuals.

### Balanced Investment Portfolio

Pensions are "ageless" and therefore can perpetually maintain an optimally balanced investment portfolio.

### Investment Returns

Pensions achieve higher investment returns because they have lower fees and are managed by investment professionals.

### Lower Cost DB Pension

DB pensions can provide the same retirement benefit as a DC plan at about half the cost.





## What is FREF?

The Florida Retired Educators Foundation (FREF) is an autonomous branch of the Florida Retired Educators Association (FREA).

## What Does FREF Do?

**FREF aids past, present, and future educators and school personnel.**

### Past

FREF provides assistance to retired educators who find themselves in financial crisis.

### Present

FREF provides grants to practicing teachers who want to initiate a project in their school or classroom.

### Future

FREF awards scholarships to outstanding high school students who wish to major in education.

## How can you help?

FREF is a 501(c)3 non-profit organization. Donations are tax exempt and qualify for receipts for taxes.

**Building a legacy for your departed loved one:** When educators pass, family members may donate to FREF in memory of their loved ones (i.e. include in obituary, "In lieu of flowers, please donate to FREF".) The educators' legacy will live on in the Foundation.

## IRS Charitable Donations (IRS Publication 590-B)

For taxpayers looking to maximize their tax savings through charitable giving, the IRS reminds them that giving money or goods to a tax-exempt charity before December 31 can usually be deducted on that year's federal income tax return. (#GivingTuesday on Nov. 28) Please consider the following:

- Check the IRS Select Check tool to find eligible charitable organizations.
- Only taxpayers who itemize using Form 1040 Schedule A can claim deductions for charitable contributions.
- A bank record or written statement from the charity is needed to prove the amount and date of any donation of money.
- IRA owners age 70 ½ or older can transfer up to \$100,000 per year to an eligible charity tax-free. The transfer can count as their required minimum distribution for the year. Funds must be transferred directly by the IRA trustee to the eligible charity.
- The type of records a taxpayer needs to keep depends on the amount and type of the donation.

Please consult your tax advisor or the IRS website for the latest 590-b information <https://www.irs.gov/forms-pubs/>

# Where Do Your Foundation Contributions Go?

## FREF Scholarships and Practicing Educator Grants

Just two of many Thank You letters received are below.



Good evening Ms. Brogdon! I just wanted to send you an email with updates on what I have been doing during my time at Florida Gulf Coast University.

I have been absolutely loving college! Since August last year, I have joined different clubs at school. More notably, I am now the treasurer of Generation Action club on campus. I have also been going to a lot of campus events, which have been very fun so far!

I have passed all of my general knowledge tests for the FTCE certification. I am now currently working on studying for the other requirements for my teaching certificate!

I have also started my field experience at an elementary school. Right now, I am in a second grade classroom at Heights Elementary. I only go one day a week due to it only being block one, however it is still an amazing experience. Once I actually got into the classroom, I realized

that teaching was for me! Every time I go in, the children light up and at the end of the day I truly know that I make an impact. I am so excited to become a teacher in the future.

Moreover, I have learned that I will be graduating fall of 2025 due to the college credits that I earned in high school. I may possibly pursue getting my masters, however I have to look a bit into how to do that.

I would also just like to thank you and the Florida Retired Educators Foundation because your generosity has truly helped me throughout my first year of college. I will definitely send more updates as the months go on!

Thank you so very much and I hope you have a wonderful night,

Makayla—Recipient Marie Grein Scholarship, 2022

Re: FREA grant

To Whom It May Concern,



Myself and students sincerely appreciate your generosity. The funds we received serve to develop the Robotics|Engineering|STEAM program at Dunedin High school specifically in the area of aerospace engineering education.

We purchased drones (cost of \$200 for the smaller one and \$700 for larger one), Pilot Institute FAA Part 107 curriculum (\$145 for access) and successfully assisted one of our students to obtain their drone Part 107 pilot's license (\$175 for the exam). With the funds, we also established an aviation and aerospace club that attends a variety of events such as the air shows and aerospace days.

We thank all of you for providing the foundation for our burgeoning aviation and aerospace experiences within the Dunedin High school Robotics|Engineering|STEAM courses and club.

The following two photos are examples of the pilots and engineers invited to speak with students at the aviation and aerospace club.







## YOUR FREA MEMBERSHIP UNLOCKS DISCOUNTS & SAVINGS

FREA is working harder than ever to support its members and to provide new and innovative ways to enhance your membership. Part of this initiative is providing discounts and benefits to promote physical and financial health for members in Florida!

My top priority is serving member's needs and fostering the growth of FREA. As AMBA continues to support FREA through our partnership, I eagerly anticipate meeting more of our valued members.

If you have any questions about your benefits or would like AMBA to be part of your next event, please do not hesitate to contact me.

*Lexie Mowery*



**Lexie Mowery**  
AVP of Operations for  
East Market

Medicare Alphabet Soup Getting You Down?

Contact me to help you with a benefits question, or to have Your Local AMBA Representative contact you. [Lexie.Mowery@amba.info](mailto:Lexie.Mowery@amba.info) or (561)722-1239

### KEEP LIVING YOUR WAY.

You can, with these benefits and discounts from FREA & AMBA:

- Dental & Vision Plans
- Long-Term Care
- Emergency Ground and Air Transportation Coverage
- Accident, and Disability Insurance
- Medicare Solutions
- Final Expenses Whole Life & Guaranteed Acceptance Life Insurance
- Tax-Deferred Asset Protection
- Hearing Benefits
- Hospital Stay Coverage
- Discounts on Travel, Dining & more

1.877.556.4582

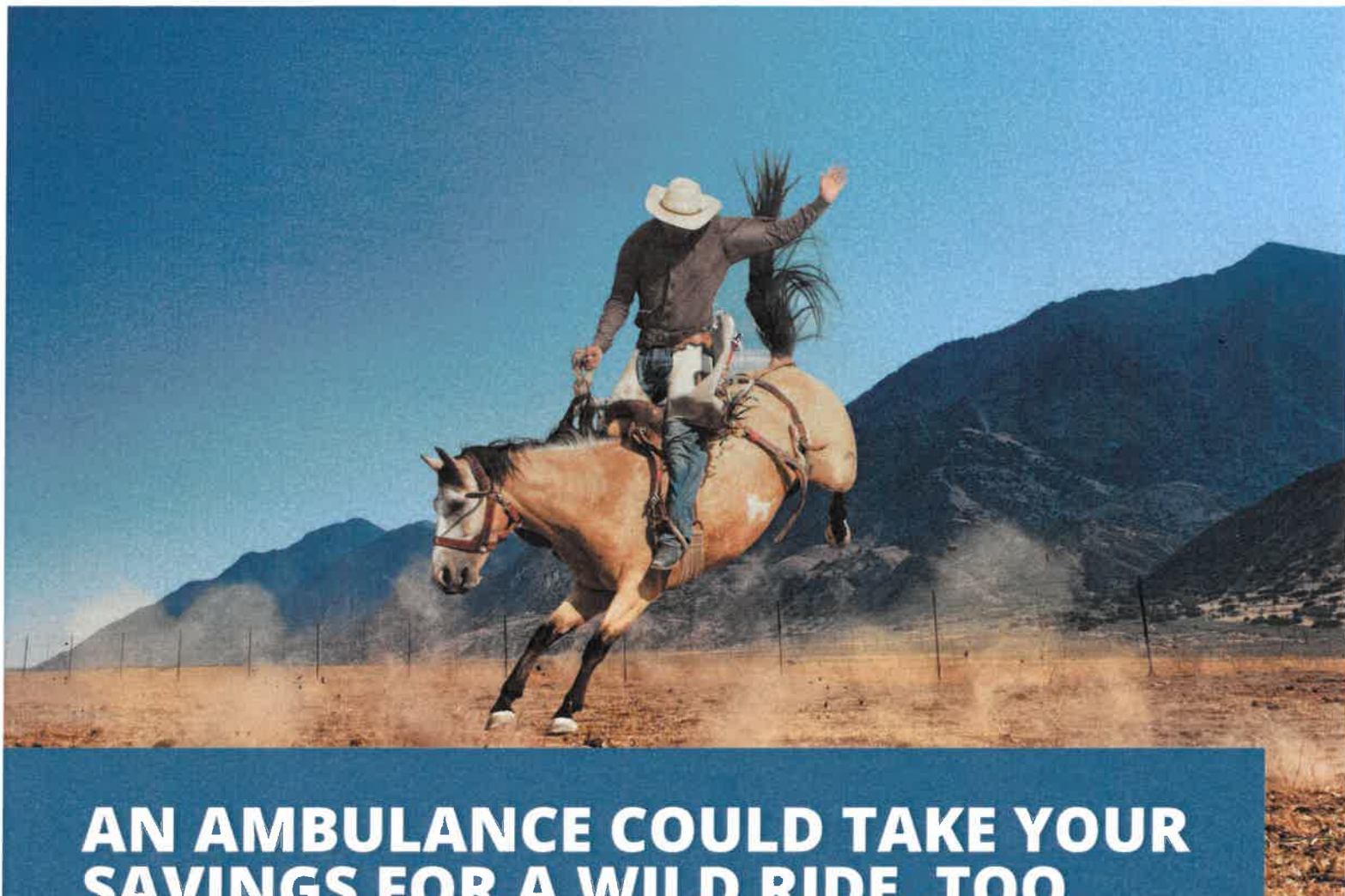
[myambabenefits.info/frea](http://myambabenefits.info/frea)

Florida Retired Educators Association

**LIVE LIFE,  
UNINTERRUPTED**







**AN AMBULANCE COULD TAKE YOUR SAVINGS FOR A WILD RIDE, TOO.**

## **PROTECT YOUR RETIREMENT SAVINGS WITH A MEDICAL TRANSPORTATION MEMBERSHIP.**

Medicare may not cover all of your medical transportation costs. Because a ground ambulance could cost thousands of dollars, and air transport can be \$50,000 or more, it's important to cover the gaps. With a membership from Medical Air Services Association (MASA), emergency transportation from home or anywhere in the world is covered, plus transportation of vehicles, children, grandchildren, and even pets are at no additional cost.

**DISCOUNT PRICING FOR MEMBERS OF**



Learn More: **1-877-556-4582**

**[ambamedtransport.com/frea](http://ambamedtransport.com/frea)**

FREA - Florida Retired Educators Association







# The Organization that Honors Your Yesterdays, Enriches Your Present, & Secures Your Future.

FREA is a non-profit, non-partisan organization that

- Advocates for Florida Retirement System retirees,
- Provides community service opportunities,
- Provides resources and information to help education retirees continue to live fulfilling and purposeful lives.

## Did You Know?

FREA advocates for over 100,000

Florida Retirement System Education Retirees?

## Did You Know?

From 2012 to 2025, FREA volunteers saved the State  
of Florida \$146,702,110.96

By working 7,335,105 volunteer hours.

(Average pay rate \$20 per hour)

	Florida Retired Educators Association 8950 MLK. St N, #105 St. Petersburg, FL 33702 info@frea.org ~ 727-577-6400 ~ www.frea.org	0001
Pay to the order of	<i>The State of Florida</i>	\$146,702,110.96
<i>One Hundred-forty-six million. Seven Hundred-Two Thousand. One Hundred-ten dollars &amp; 96/100</i>		
Dollars		
7,335,105 Volunteer Hours 2013 to 2025		
Memo <i>Florida Retired Educators Association</i>		
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