



Episode 84: Rethinking Retirement Income

In this episode of *Revamping Retirement*, [Jennifer Doss](#) and [Matt Patrick](#) are joined by Benny Goodman of the TIAA Institute to unpack what retirement income really means for individuals and for plan sponsors. The conversation explores the shift from saving to spending, the role of Social Security as an income foundation, and why guaranteed income tools like annuities are often misunderstood. Goodman also shares why employers are increasingly focused on helping participants retire *through* their plans, not just *to* retirement, and what that could mean for the future of workplace retirement plans.

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