



Payroll Bulletin Board: Checks/EFT Released this month: January 26; next month: February 27

Questions & Answers:

"When am I receiving my new insurance card and is the delay affecting my coverage?"

New SHARP cards will be issued in January. Please continue to use the SHARP card you have until your new one arrives. It provides all information necessary for medical providers to verify your benefits.

Sudoku

We've had requests to include monthly Sudoku puzzles in *Reflections*. That is difficult due to space and copyright restrictions, but here are some Sudoku resources:

"*The Official Book of Sudoku: Book 1*"
by Plume

"*Sudoku Easy to Hard*" by Will Shortz

"*Sudoku Classic Day-to-Day 2006*"
(calendar) by David Bodycombe

"*Sudoku : More than 200 Fun and Challenging Japanese Number Puzzles*"
by Tammy Seto

<http://www.uclick.com/client/wpc/wpdoc/>

<http://www.mirror.co.uk/funandgames/sudoku/>

<http://www.timesonline.co.uk/section/0,,18209,00.html>

Cataract Awareness



January is **Cataract Awareness Month**. 20.5 million Americans age 40 and older have cataracts. See your Eye M.D. if you experience: Painless blurring of vision; Sensitivity to light and glare; Double vision in one eye; Poor night vision; Fading or yellowing of colors; Frequent changes in eye prescriptions

Although cataracts usually develop as part of the aging process, they can also result from: Eye injuries; Certain diseases, such as diabetes; Genetic inheritance; Certain Medications; Frequent, unprotected exposure to UV-A and UV-B rays. For more information contact your Eye M.D. or the American Academy of Ophthalmology:

P.O. Box 7424

San Francisco, CA 94120-7424

Tel: 415.561.8500

<http://www.aao.org/aao/helpindex.cfm>

Do you know what the NAD Retirement Department website can do for you?

Visit www.nadadventist.org/ret/ to:

Download forms/documents

Read/download *Reflections*.

Info on Retiree events

Retirement Dept. contact info

Change address/marital status

Homecomings/reunions notices

Volunteer opportunities

People searches

It's your website, visit it today!

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Department Changes

The NAD Retirement Plans Department marks a major change this month as we say goodbye to Associate Administrator Judy Beers. After more than 13 years of invaluable service to this department, Judy has assumed the position of Director, Healthcare Operations for Adventist Risk Management. We wish her well and look forward to working with her in her new capacity.



Moving?

Don't miss any issues of **Reflections** or other important Retirement department information! Send changes of address info to:

**NAD Retirement Plans
Payroll**

**12501 Old Columbia Pike
Silver Spring, MD 20904**

or

email barbara.yowell@nad.adventist.org

News Notes from Mort Mort Juberg

Silver Spring, Maryland The denomination's Global Mission Committee has voted \$1.1 million to fund several hundred pioneering mission projects. Projects were approved for countries as diverse as Guatemala, Bangladesh, Haiti, India and Australia, among others. The projects funded in those areas are aimed at either unentered areas or previously unreached groups of people.

Curitiba, Parana, Brazil Thousands of people in the south of Brazil are responding to an evangelistic call sounded by Evangelist Mark Finley. The meetings were shown via satellite to 400 churches in Southern Brazil, on television across the nation, as well as via satellite links throughout the hemisphere. More than 120 billboards advertised the meetings along with 160,000 newspaper supplements and television ads.

Bucharest, Romania A small Bucharest basement was once the scene for the church's television production in Romania. Today, a national media center stands in Bucharest with the task of producing radio and television programs for the nation.

Puno, Peru For several weeks volunteers from different parts of the United States have come here to construct a floating building some 12,000 feet above sea level on the Uros Islands of Lake Titicaca. The new church is a lightweight wooden structure conjoined to a floating island—built, painted and unveiled, dedicated and ready for worship.

Nairobi, Kenya Forty-two youth and 10 adults recently participated in a three-week Heritage Mission evangelistic campaign, preaching to thousands who attended the meetings. The young adults also preached nightly at the Changanwe Adventist School to more than 600 students and at the Mombasa Polytechnic Institute to 100 students.

Santa Isabel, Providencia, Colombia Soon after Hurricane Beta hit this tiny Caribbean Island ripping off roofs of thousands of homes and shutting down the airport and all communications, the Adventist Church and ADRA moved into action offering aid. Two Adventist churches were damaged extensively as well as church member's homes. There were no injuries reported.

Source: Adventist News Network

For more church news visit:

<http://news.adventist.org/index.html.en>



President's Corner

THE SECRET OF THE NARWHAL TUSK

The December 13, 2005 issue of *The New York Times* tells the story of the Narwhal, a stocky whale that lives in arctic waters. An unusual factor is its left tooth – which grows out of its upper lip to a length that may reach nine feet. The tusk is actually a sensory organ with ten million nerve endings that communicate with its watery universe.

God has given his human creatures wisdom and knowledge that combine to create a reservoir of amazing sensitivity, that helps His children interpret the world and be responsive to the needs of others. This sensitivity will increase exponentially as one matures, *if* God's child has cultivated a growing relationship with the Creator.

Two weeks ago I visited an 80-year-old Jewish man, who was delighted to have a visitor. I listened as he shared story after story about his parents who died at Auschwitz, his wife who died 4 years ago, how lonely he is. When I left, he was happy that someone had shown sensitivity to his needs – and I had been blessed.

A whale can only interpret physical surroundings, while we possess both physical and emotional sensitivity. Think of someone you can bless, and show sensitivity to that person. They'll be grateful – and you'll be glad.

Steve Gifford

Out and About...

Ricardo Graham, president of the Northern California Conference, has been elected secretary of the Pacific Union to replace **Ernie Castillo**, who was elected vice president of the North American Division.

Arnold Trujillo, president of the Hawaii Conference, has been elected vice president of the Pacific Union Conference, replacing **E.**

Wayne Sheppard, who has announced his retirement.

Ted Benson, associate treasurer of the Pacific Union Conference, has been elected treasurer of the Union replacing **Leon Sanders** who has announced his retirement.

Neville Harcombe, president of the Chesapeake Conference, has been elected secretary of the Columbia (Continued on page 4)

NAD Retirement Plans

Del Johnson
Administrator

Lyn Wick
Associate Administrator

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Email: Sharon.kuykendall@nad.adventist.org
Website <http://www.nadadventist.org/ret>

ARM: 1-800-447-5002
Healthcare Claims Queries

ARM Email address:
RetireeHealth@adventistrisk.org

Submit medical claims:
ARM
PO Box 4088
Silver Spring, MD 20914

Medco Health: 1-800-841-5396
Verify pharmacy participation with Medco Health

Steve Gifford
President, NAD Retirees Association
817-271-116-
2712 Dorothy Drive
Cleburne, TX 76031
Email: LFORD99@aol.com

Payroll: 1-888-838-8955
Bulletin Board of Payroll Information

NAD Retirement Department Fax: 301-680-6190

Barbara Yowell: 301-680-6244
Lost checks, direct deposits, 1099R, Tax withholding, Change of Address, Verification of Benefits for loans, Housing, Medicaid

Dolores Allen: 301-680-6249
General Retirement Office Information

Chris Meier: 301-680-6192
Reporting a Death, Disability Reviews

Diane Jacobson: 301-680-6289
Tuition Assistance for Children

Joyce Macatiag: 301-680-6269
Healthcare Eligibility Queries

(Cont. from page 3) Union Conference, to replace **Ed Motschieder**, who has announced his retirement.

Seth Bardu, treasurer of the Northeastern Conference, has been elected treasurer of the Columbia Union Conference, replacing **Dowell Chow**, who was elected vice president for finance of Adventist World Radio.

Wally Carson, of the Office of General Counsel in the General Conference, has been elected a vice president of the Columbia Union Conference, replacing **Robert Patterson**, who has taken a position in the health system.

Rob Vandeman, conference

secretary of the Chesapeake Conference, has been elected president, replacing **Neville Harcombe**, who has accepted a call to be the secretary of the Columbia Union Conference.

Jim Pederson, secretary of the Northern California Conference, was elected president, replacing **Ricardo Graham** who has become the secretary of the Pacific Union Conference.

Tom Evans, treasurer of the Mid-America Union Conference, has a call to become the treasurer of the Southern Union Conference, replacing **Richard Center** who has announced his retirement.

Jim Greene, treasurer of the Rocky Mountain Conference, has accepted a call to become the treasurer of the New Jersey Conference, replacing **Raymond Jimenez**, who became the treasurer of the Montana Conference.

- UPCOMING EVENTS -

* NET 2006, "Revelation Speaks Peace - Unlocking the Signs," March 10 - April 8, via satellite from Phoenix, Arizona.
www.unlockthesigns.com

* Adventist Single Adult Ministries (ASAM) Conference, March 22, Phoenix, Arizona - <http://plusline.org/events>

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