



Payroll Bulletin Board: Checks/EFT Released this month: June 27; next month: July 27

Making the Internet Work for You

In today's society where even toddlers seem comfortable with a computer mouse in their hands, it may seem like cyberspace is the realm of the young. But, in fact, current internet growth is driven by those 50 and older, with the fastest growth in internet use by those over 55. This age group is increasing and a large percentage are retired, with more time to spend online. If you are intimidated by computers, feel disadvantaged by a lack of computer experience, or just don't see how using the internet could be beneficial, there are resources to help and educate you. It's never too late!

Your guide to learning your way around computers and the internet can be anyone or anything from a friend, relative, or librarian, to an online tutorial. If you don't have a computer handy at home, remember that most public libraries now make online access available for free.

Once you are online, you can find everything from basic instructions on how to use a computer mouse, to advanced research on any topic you are interested in. Here are a



few, but certainly not close to all, of the resources available to retirees interested in making the internet work for them:

Computer Basics

<http://www.seniornet.org> - SeniorNet is "a 501(c)3 nonprofit organization of computer-using adults, age 50 and older. SeniorNet's mission is to provide older adults education for and access to computer technologies to enhance their lives and enable them to share their knowledge and wisdom." Their website provides information on learning how to use computers and resources of special interest to retirees.

<http://www.csuchico.edu/~csu/seniors/computing2.html> - Computers Made Easy is a site developed by a college instructor specializing in teaching internet skills to the elderly.

(Continued on page 2)

NEWSLETTER INDEX

Out and About	- page 2
Steve Gifford	- page 3
World church news	- page 3
NAD Retirement	- page 3

("Internet", Cont. from page 1)

<http://www.abdn.ac.uk/diss/webpack/>

- This introduction to the World Wide Web from the University of Aberdeen includes a brief description and history of the internet, as well as step by step instructions on how to use it.

<http://www.imagescape.com/helpweb/> -

The HelpWeb is intended as a friendly guide for people just getting started on the internet.

Internet Resources for Seniors

<http://www.aoa.dhhs.gov/> - U.S.

Department of Health and Human Services, Washington, DC. They provide various information on aging, and resources for older persons and their families.

<http://www.aarp.org/> - AARP's Web site provides a lot of content - information on insurance, travel, housing, benefits, etc.

<http://seniors-site.com/> - SeniorsSite is dedicated to help senior citizens



and their caregivers. The links on this site include message boards, information about health issues, caregiving, computers and the Internet, housing, grand parenting, a list of pen pals, etc.

Searching For The Information You Need

<http://www.google.com/> - One of the biggest, if not the biggest, search engine online.

<http://www.ask.com/> - Another online site where you can ask for information.

Church Links

<http://www.adventist.org/> - Official website of the Seventh-day Adventist Church

<http://www.nadadventist.org/> - North American Division

<http://news.adventist.org/> - Adventist News Network

<http://www.adra.org/> - ADRA

<http://parl.gc.adventist.org/> - Religious Liberty

<http://www.adventistreview.org/> - Adventist Review

<http://www.hopetv.org/> - Hope Channel

<http://www.avr.org/> - Adventist World Radio

These are just a few of the resources you can make use of on a daily basis, for anything from

researching medical questions, and emailing friends and family to shopping without leaving the house and making online scrapbooks of favorite photos. The possibilities are endless. And remember, your NAD Retirement Plans website is available to help you with everything from contact information to downloads of this newsletter and other important documents. Stop by for a visit at <http://www.nadadventist.org/ret/>.

Out and About...

(Captain) Carlton Blackburn, longtime teacher at Southwestern Junior College passed away in Keene Texas. He was a leader and instructor for many years of the Medical Cadet Corps.

History was made at the Mid-America Union session as **Elaine Hagele** was elected treasurer of the Union. She had been the associate treasurer. She is the first woman to be a Union treasurer in the North American Division.

Jim Hoehn, president of the Kansas-Nebraska Conference for the past 17 years, has announced that he will retire on June 30 of this year. That will close out 43 years of denominational service for him.

Project Steps ordered 430,000 copies from the Review and Herald, selected chapters of the book Great Controversy under the title What's Next, a San Francisco edition. The book was mailed to all addresses in

(Continued on page 4)



President's Corner

[Steve Gifford will return next month.]

Updated/Corrected contact information for the July 6 - 8 Retired Worker's Convocation at Southern Adventist University:

Call 423.236.2995 or email to negron@southern.edu

A list of area motels is also available upon request.

Registration forms with the corrected contact info are available for download on our website, <http://www.nadadventist.org/ret/convocation072006.html>. Completed registration forms should be mailed, along with payment, to:

Dennis Negron
Southern Adventist University
PO Box 2218
Collegedale, TN 37315
Fax# - 423.236.1769



News Notes from Mort Mort Juberg

News Notes will return soon after a brief hiatus while Mort Juberg recuperates from surgery for a broken broken hip. Please join us in wishing Mort a quick recovery.

For more church news visit:
<http://news.adventist.org/index.html.en>

NAD Retirement Plans

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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
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817-271-1160
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
SHARP@nad.adventist.org

("Out & About", Cont. from page 2) San Francisco on the 100th Anniversary of the San Francisco earthquake.

The Voice of Prophecy weekend broadcast with **Lonnie Melashenko** will air on FamilyNet, channel 159 of the Sirius Satellite Network, beginning Sunday, June 4, at 6 p.m. (Eastern Time). Anyone with a Sirius receiver in North America will be able to tune in this all-Christian radio channel while driving or relaxing at home.

St. Helena Hospital was named the best-rated provider in the North Bay/North Coast region of California for Cardiology Services and Coronary Interventions by the 8th Annual HealthGrades Study.

A Ten Commandments flash movie is posted online at **LifeTalk Radio** Network's web site. With each commandment is a link to "Study" about that commandment, and at the end it offers links to LifeTalk Radio web site, to Discover Bible or the Focus On Prophecy Bible guides, and to Bibleinfo.com. The link is <http://ltr.netro.ca/10Cs.htm>.

Identity Theft Resources - ID theft is the fastest growing crime in the U.S. ID Theft Prevention presentation materials from **NAD's Information Technology Services** are available at www.nadadventist.org/presentations.

View the trailer for "**The Presence**," and be prepared to get goose bumps! It is designed to

arouse curiosity of potential attendees of It Is Written's five-night satellite series, "The Presence," to be presented by **Shawn Boonstra**, Sept. 29-Oct. 3.

Urge your churches to register early so they will be listed for people who are sent to the website in order to view the trailer. The interactivity with the local pastor that proved to be so successful during "The Appearing" will again be used during "The Presence."

Contact: www.thepresence.com/ host for a free, downloadable resource kit. After you have registered, forward the trailer at www.thepresence.com to everyone you know and invite them to plan to attend the meetings.

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