



Payroll Bulletin Board: Checks/EFT Released this month: October 27; next month: November 27

Purpose Driven Life

(This is from an interview by Paul Bradshaw with Rick Warren, pastor and author of "Purpose Driven Life")

Rick said: "People ask me, What is the purpose of life? And I respond: In a nutshell, life is preparation for eternity. We were made to last forever, and God wants us to be with Him in Heaven. One day my heart is going to stop, and that will be the end of my body — but not the end of me.

"I may live 60 to 100 years on earth, but I am going to spend trillions of years in eternity. This is the warm-up act — the dress rehearsal.

"God wants us to practice here on earth what we will do forever in eternity. We were made by God for God and until you figure that out, life isn't going to make sense.

"Life is a series of problems: Either you are in one now, you're just coming out of one, or you're getting ready to go into another one. We must ask ourselves: Am I going to live for possessions? Popularity?

"God is more interested in your character than your comfort. We can be reasonably happy here on earth, but that's not the goal of life. The goal is to grow in character, in Christ likeness. I used to think that



life was hills and valleys. I don't believe that anymore. I believe that it's kind of like two rails on a railroad track, and at all times you have something good and something bad in your life. And no matter how bad things are in your life, there is always something good you can thank God for. Happy moments, PRAISE GOD; difficult moments, SEEK GOD; quiet moments, WORSHIP GOD; painful moments, TRUST GOD; and every moment, THANK GOD."

HEALTH TIP:

Foods That Heal

(Listed below are a list of foods from the vegetable and fruit categories. Due to space, in the months to come we will list just a few from each category)

FRUIT

Figs - Promote weight loss
Helps stop strokes
Lowers cholesterol
Combats cancer
Boosts immune system

VEGETABLE

Cauliflower - Protects against Prostate Cancer
Combats Breast Cancer
Strengthens bones
Banishes bruises
Guards against heart disease

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President's Corner

This article is being written at NOSOCA PINES RANCH, the youth camp for the Carolina Conference. My wife and I are attending the Carolina Conference Annual Retirees' Meeting, with about 50 retirees in attendance. This is an energetic group, led by Gordon and Kathie Klocko. They're doing an excellent job, encouraging retirees and providing an outstanding program.

2007 Convocation - will be held at Southwestern Adventist University. The tentative date is the weekend of May 12, 2007. (This date is not finalized.) We're planning on having 500 in attendance – and hope you'll plan to come. We'll begin either Wednesday night or Thursday morning.

Reformation Tour - Would you be interested in touring Germany, following in the footsteps of Martin Luther? We'd like to organize this tour, if there is enough interest. Please write or e-mail me if you'd like to consider going. If you send an e-mail, place in the subject line "Retiree," or something that will indicate your retiree affiliation. I don't open e-mails unless I know

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OCTOBER: Alzheimer's Awareness Month

Some change in memory is normal as we grow older, but the symptoms of Alzheimer's disease are more than simple lapses in memory.

People with Alzheimer's experience difficulties communicating, learning, thinking and reasoning — problems severe enough to have an impact on an individual's work, social activities and family life.

The Alzheimer's Association has developed a checklist of common symptoms to help you recognize the difference between normal age-related memory changes and possible warning signs of Alzheimer's disease.

The Alzheimer's Association believes that it is critical for people diagnosed with dementia to receive information, care and support as early as possible.



Ten Warning Signs of Alzheimer's:

1. Memory loss. Forgetting recently learned information is one of the most common early signs of dementia. A person begins to

forget more often and is unable to recall the information later.

What's normal? Forgetting names or appointments occasionally.

2. Difficulty performing familiar tasks. People with dementia often find it hard to plan or complete everyday tasks. Individuals may lose track of the steps involved in preparing a meal, placing a telephone call or playing a game.

What's normal? Occasionally forgetting why you came into a room or what you planned to say.

3. Problems with language. People with Alzheimer's disease often forget simple words or substitute unusual words, making their speech or writing hard to understand. They may be unable to find the toothbrush, for example, and instead ask for "that thing for my mouth."

What's normal? Sometimes having trouble finding the right word.

4. Disorientation to time and place. People with Alzheimer's disease can become lost in their own neighborhood, forget where they are and how they got there, and not know how to get back home.

What's normal? Misplacing keys or a wallet temporarily.

8. Changes in mood or behavior. Someone with Alzheimer's disease

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News Notes From Mort

From Mort Juberg

Silver Spring, Maryland. More than 200 Global Mission projects got the go-ahead recently, keeping 2006 on track to become one of the largest years ever for projects and funding. Most of the projects are located in the East-Africa and Northern Asia Pacific regions. Funding for the projects totaled \$1.7 million pushing the 2006 total to more than \$9.7 million.

Orlando, Florida. The 2007 Guinness Book of World Records has listed the Florida Hospital Care Center as setting the world Record for the most vaccinations given in a day with a total of 2,480 flu shots. The hospital teamed up with Get Healthy Florida and local health organizations for the shots.

Podkowa Leana, Poland. The Polish College of Theology and Humanities is enjoying a good year having an enrollment of 1,562 students. This makes it the largest church-operated school in Poland.

Kampala, Uganda. GC President Jan Paulsen completed recording four television programs in Camaroon and Uganda. He answered questions from Adventist issues faced by the youth in Africa.

Manchester, Jamaica. Six years after the Jamaican government awarded Northern Caribbean University its charter, a record 1,028 students graduated this year.

Silver Spring, Maryland. Erika F. Puni, GC Stewardship director,

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the sender, and that way I'll know it's from a retiree.

Retiree Events If you're having an event, and I could be of help to your organization by attending, please write. I want to help whenever possible.

Heartaches If you know of a retiree who is going through a difficult time, such as illness, loss of a spouse, etc., would you let me know? I'd like to communicate with those who are going through tough times.

Most sincerely,
Stephen Gifford

Out and About...

The Seventh-day Adventist Church in North America is releasing its fifth Christmas program entitled "Love's Pure Light." This hour long program will be broadcast during the month of December on many local affiliate stations in the United States, Canada, and Bermuda, as well as nationwide on the Trinity Broadcasting Network and the Hallmark Channel.

The story takes place on Christmas Eve when a widower's life is changed by an unopened gift his wife gave him five years ago. Joseph Campanella, Ruta Lee, and Patty Cabrera star in this musical drama, which the whole family will enjoy. Special musical guests are four-time Grammy winner Deniece Williams, Rudi Miceli, and Sandy Wyman Johnson. "Love's Pure Light" is the sequel to "All is Bright" which was last year's Christmas special pro-

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NAD Retirement Plans

DelJohnson
Administrator

Lyn Wick
Associate Administrator

Judy Glass
Assistant Administrator

Send comments and suggestions to:
Sharon Kuykendall
Editor, *Reflections*
12501 Old Columbia Pike
Silver Spring, MD 20904-6600
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
817-271-1160
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

(Alzheimer's. . . cont'd from page 2)

may show rapid mood swings – from calm to tears to anger – for no apparent reason.

What's normal? Occasionally feeling sad or moody.

9. Changes in personality. The personalities of people with dementia can change dramatically. They may become extremely confused, suspicious, fearful or dependent on a family member.

What's normal? People's personalities do change somewhat with age.

10. Loss of initiative. A person may become very passive, sitting in front of the TV for hours,

sleeping more than usual or not wanting to do usual activities.

What's normal? Sometimes feeling weary of work or social obligations.

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noted a trend in the giving habits among some Adventist members. More members are funneling their offerings toward special projects. Puni, along with other church leaders, praise the enthusiasm and level of involvement in these projects. However, he noted, these projects are often extremely localized in interest and impact and they may crimp the global scope of regular mission offerings.

Source: Adventist News Network

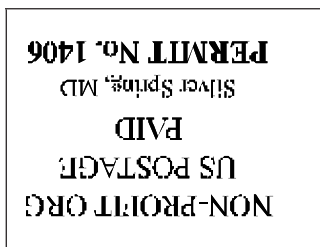
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duced by the Seventh-day Adventist Church in North America.

The production was recorded on a closed set at the Adventist Media Center in Simi Valley, Calif. on September 12 and 14.

Check your local listings to find out when "Love's Pure Light" is scheduled to air or visit www.nadadventist.org. You can also call your local television station and ask them to air "Love's Pure Light."

- **George Johnson Jr., Associate Director, NAD Office of Communication**



General Conference of SDA
NAD Retirement Plans
12501 Old Columbia Pike
Silver Spring, MD 20904-6600