



Payroll Bulletin Board: Checks/EFT Released this month: February 27 next month: March 27

Heart Matters

February is "Heart Month" and we are reminded that caring for our heart is important. Hopefully these questions and answers will be helpful to you.

Q: If I exercise, will I prevent heart disease?

A: Physical inactivity, high blood pressure and high blood cholesterol, are a few of the major modifiable risk factors for heart attack. There is no guarantee that you won't get heart disease, but you'll reduce your chance of heart disease if you avoid the risk factors.

Q: I have been inactive for years. Shouldn't I see a doctor before I start becoming physically active?

A: People middle-aged or older who are inactive and at high risk for heart disease (or who already have a medical condition) should seek medical advice before they start or significantly increase their physical activity. Most apparently healthy people of any age can safely engage in moderate levels of physical activity (e.g., moderate walking, gardening, yard work) without consulting a doctor first.

Q: How much physical activity is enough?

A: If you're inactive, doing any-

thing is better than nothing! Studies show that people who have a low fitness level are much more likely to die early than people who have achieved even a moderate level of fitness. If you want to exceed a moderate level of fitness, you need to exercise for 30 to 60 minutes, on most days of the week, at 50-80 percent of your maximum capacity.

Q: Is exercise safe?

A: The potential health benefits of exercise greatly outweigh the risk, although there is a very slight increased risk of death due to heart attack during vigorous exercise. Consult your doctor first if you have any concerns, have been sedentary, are overweight, are middle-aged or older or have a medical condition.

Q: Do I need to do vigorous exercise?

A: To achieve health benefits, no. Doing moderate-level activities often will help lower your health risks. If you want to attain a high level of cardiovascular fitness, you need to gradually work up to exercising on most days of the week for 30-60 minutes at 50-80 percent of your maximum capacity.

Q: Does exercise counteract the harmful effects of other

risk factors?

A: Studies show that being physically fit lowers heart disease risk even in people who have other health problems such as high blood pressure and high blood cholesterol. To minimize risk, however, you should be physically fit and avoid the other major risk factors you can do something about: high blood pressure, high blood cholesterol and overweight.

Q: Do women get the same benefits from exercise as men?

A: Most studies showing the positive effects of exercise have been done with men. The few studies that have included women have indicated that women may benefit even more than men from being physically fit. Early indications show that physically fit women enjoy even greater reduced rates of death from heart disease than men. Women who don't exercise have twice the chance of dying from heart disease as women who do exercise. Elderly women who

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President's Corner

by Stephen Gifford

On May 17, 18, and 19 the annual Retirees' Convocation will be held at Southwestern Adventist University, Keene, Texas. We hope you'll plan to attend!

Registration will be between 8 and 10 AM on May 17, and at 10 AM I will have the privilege of speaking to the retirees. In the afternoon there will be a number of wonderful breakout sessions. They are:

1. Dr. Oliver Miller - he has a Ph.d. in food technology and he will discuss - food!
2. Del Johnson & Lyn Wick - will discuss the SDA retirement plan.
3. Dr. Tony Torres - on health.
4. Elder Jim Gilley and Elder Gary Grimes will present a dynamic program on personal soulwinning.
5. Dr. Darrell Beyer - "Good mental health as we grow older."

Thursday evening will be the annual retirees' banquet, centered around a patriotic theme.

Friday morning we will be together in a general session, and Friday afternoon we will have tours to the Texas School Book Depository in Dallas where a sniper took the life of President John F. Kennedy. There will also be a tour to the Creation Museum in Glen Rose, Texas; in addition, there will be a couple of break-out sessions for those who want to stay on campus. And if you prefer to go shopping, there are lots of places in Dallas and Ft. Worth to spend money.

Friday evening we'll have a watermelon social, and Sabbath Elder Lonnie Melashenko from the VOP will be our speaker. Sabbath afternoon SWAU will present a program, and Danny DeLuna, an outstanding tenor, will present a concert. Pam and Jimmy Rhodes will also be with us. Please plan to attend. You'll be glad you did.

News Notes From Mort

By Mort Juberg

Santo Domingo, Dominican Republic. The Adventist Church in the Dominican Republic has opened its first hospital. Dozens of medical personnel and church leaders from other denominations attended the opening ceremonies. The new facility consists of 21 medical offices, 23 beds, an operating room, an intensive care unit, a delivery room, an emergency room and a therapy unit. The hospital is staffed by 160 professionals including 60 doctors, 30 nurses and 50 administrative personnel.

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haven't been physically active experience more disability in their daily functioning than women who've been active.

Q: I am a senior citizen. Is it too late for me to become physically active? Should I take special precautions?

A: More and more seniors are proving every day that they aren't too old to exercise. In fact, the older you are, the more you need regular exercise. However, you should take some special precautions.

- If you have a family history of heart disease, check with your doctor first.
- Don't try to do too much too fast.
- Pick activities that are fun, that suit your needs and that you can do year-round.
- Wear comfortable clothing and footwear.
- Choose a well-lighted, safe place with a smooth, soft surface.
- Take more time to warm up and cool down before and after your workout. Stretch slowly.
- Don't rely on your sense of thirst; drink water on a fixed schedule.

(News . . . cont'd from page 2)

Hanoi, Vietnam. After more than 30 years of seeking, the State has granted a Certificate of Religious Practice to Adventists, Baptists and other religious groups. The new law allows the church to print and distribute religious materials, to build and upgrade places of worship and to organize and conduct meetings, seminars and other religious events.

Orlando, Florida. The Florida Hospital has teamed up with the University of Central Florida to publish the *American Journal of Lifestyle Magazine*. It is a peer-reviewed journal with commentaries and research reviews to help caregivers guide patients to healthier lives. The journal will be a pacesetter in the community and will shed light on the importance of lifestyle medicine according to James M. Rippe editor-in-chief. The journal will reach some 20,000 physicians and other healthcare workers.

Source: Adventist News Network

OUT and ABOUT

World Church: AdventSource Launches First Adventist Search Engine ... You'll want to bookmark <http://search.adventsource.org/>, the Seventh-day Adventist church's first comprehensive targeted search engine, recently launched by AdventSource. Users can now limit searches to websites created and maintained by Adventist organizations and church members to better find the information and resources they're looking for. All Adventist

organizations, including the Adventist-laymen's Services and Industries' (ASI) members with business websites can submit their website information at <http://search.adventsource.org/> to be included. "The Internet ... presents a wealth of great resources," says Brad Forbes, executive director of AdventSource, "but there has been an exponential growth in Internet trash. The Adventist search engine will assist church members and ministries leaders in finding all the good stuff without any of the junk."

[North American Division Communication Department/ANN Staff]

HEALTH TIP: Foods That Heal

Wheat Germ

- Combats colon cancer
- Prevents constipation
- Lowers cholesterol
- Improves digestion

Grapefruit

- Promotes weight loss
- Combats prostate cancer
- Lowers cholesterol

Cabbage

- Prevents constipation
- Protects the heart
- Promotes weight loss
- Helps hemorrhoids

Oranges

- Supports immune systems
- Protects the heart
- Strengthens respiration

NAD Retirement Plans

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

SHARP: 301-680-5036
SHARP@nad.adventist.org
Healthcare Eligibility Queries

Submit all claims to:
Adventist Risk Management - SHARP
PO Box 4088
Silver Spring, MD 20914-4088

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

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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 B. Gatling: 301-680-6289
Tuition Assistance for Children

NORTH AMERICAN DIVISION RETIREES' CONVOCATION

May 17-19, 2007 – Southwestern Adventist University

REGISTRATION FORM

Name: _____ Spouse: _____ Sp. Maiden Name: _____

Name(s) as you wish them to appear on your name tag:

Address: _____
City State/Prov. Zip

Home Phone: _____ Fax: _____ Email: _____

I have had _____ years of denominational service. My spouse has had _____ years of denominational service.

Special Physical Needs: _____

In case of emergency, please contact: Name - _____ Phone - _____

Roommate (if not spouse): _____

Roommate's Address: _____

City State/Prov. Zip

Roommate's Phone: _____ Fax: _____ Email: _____

Early Registration Fee: \$25.00 per person: After May 3, 2007: \$35.00 per person

A. # of persons _____ Total \$ _____

CAMPUS HOUSING: Harmon Hall, and Miller Hall.

Residence Hall rooms are available on the campus. Each room:

- Is air conditioned
- Accommodates two adults with twin beds
- Has linens, towels, wash cloths, blankets, and clothes hangers for each person.
- \$20 key deposit is required for each key and is payable upon arrival

Ground-floor accommodations are limited and reserved for those with limited physical abilities. Please identify your physical needs (see 'Special Needs' above), if you request ground-floor housing.

Room Rates: \$20./person/night double occupancy (taxes included) # of nights _____ Total \$ _____
\$40./person/night single occupancy (taxes included) # of nights _____ Total \$ _____

RV Spaces: RV RANCH: Full-service hook-up sites. For more information: www.rv-ranch.com. Call 1.888.855.9091 for more information. Tell them you are with the NAD Retirees Convention for a discounted price.

B. CAMPUS HOUSING

Arrival Date _____ Departure Date _____ Total \$ _____

**The convention ends Saturday night, May 19, 2007.
All rooms must be vacated by 10 AM Monday, May 21, 2007**

OFF-CAMPUS HOUSING:

Off Campus hotel/host (friend/relative): _____ Phone # _____

A list of area motels are available upon request. Please call 817.202.6743 or e-mail to wicklund@swau.edu.

TRANSPORTATION: Transportation from DFW Airport and DALLAS LOVE FIELD will be available. Reservations are required 7 days in advance and may be made by calling Joe Ray at 817.933.2100. A one-way fee of \$15 per person is payable at the time of service.

MEALS: Served in the campus Dining Hall.

All meals will be a la carte (payment per item at time of purchase) except for the Thursday evening Banquet, FREE Friday evening Watermelon Feast, and 3 Sabbath meals.

Thursday evening Banquet	\$13.50 per person	\$ _____
Friday evening Watermelon Feast	Free to all attendees	
Sabbath Breakfast	\$6.50 per person	\$ _____
Sabbath Lunch	\$8.50 per person	\$ _____
Sabbath Supper	\$7.50 per person	\$ _____

C. MEALS:	# of persons eating _____	Total	\$ _____
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Please note: although you may be able to purchase single meal tickets at the registration table for the meals listed above, the Dining staff prefers not to have to handle money at mealtimes. Please plan ahead and purchase whatever meal tickets you need in advance. Pre-purchasing them at the time of your registration and room reservations will be much appreciated.

FRIDAY TOURS and SHOPPING:

1. SOUTHWESTERN ADVENTIST UNIVERSITY "HOPPS MUSEUM":

Free tour. Donations accepted.

2. "KENNEDY MUSEUM" in Dallas or "CREATION EVIDENCE CENTER" in Glenrose.

Each tour will cost \$25.00, Free transportation for both tours. Limited to the first 50 registered for each tour.

3. THINGS TO SEE All attendees are responsible for making their own reservations, and transportation to and from tour sights..

- a.. Fort Worth IMAX 817.255.9300
- b. Fort Worth Zoo 817.759.7555
- c. Fort Worth Botanical Gardens 817.871.7686

TOTAL CONVENTION COSTS:

Registration Fee, Section A \$ _____

Campus Housing, Section B \$ _____

Meals, Section C \$ _____

TOTAL ENCLOSED \$ _____

Method of payment (circle one): Check Cashier's Check/Money Order Credit Card

If paying by credit card, please supply the following:

Name as it appears on card:

Card #: _____ Expiration Date: _____

When you have completed this form, please mail it along with payment to: **Greg Wicklund, Southwestern Adventist University, P.O. Box 567, Keene, Texas 76059. Phone: 817.202.6743**

If you are paying by credit card, you may choose to fax the form to us at: **FAX: 817.556.4744, Attention: Greg Wicklund**

FOR OFFICE USE ONLY

Name(s): _____

Paid: _____ Date: _____

Arrival: _____ Departure: _____

Late Registration Fee: _____ Housing: _____ Meals: _____ Other: _____

REFUND POLICY: Full refunds will be given, if requested in writing and postmarked or faxed by May 10, 2007. Please allow 4-6 weeks for refund.

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