



Payroll Bulletin Board: Checks/EFT Released this month: May 25; next month: June 27

Healthy Optimism

Take a close look at that container of water. Half empty? Half full? What you see could make a difference, not only in your daily health, but in how long you live. So say the results of a new Mayo Clinic study that tracked 839 people over 30 years. In the 1960s, study participants took a standardized test to determine whether they were optimistic, pessimistic or somewhere in between. Those who scored high on the pessimism scale turned out to have a 19% greater chance of premature death than those who scored more optimistically.

“I believe we have compelling evidence that optimists and pessimists differ markedly in how long they will live,” says psychologist Martin Seligman of the University of Pennsylvania in his editorial accompanying the study. “It is not clear if pessimism shortens life, optimism prolongs life, or both.” Optimists tend to



be less passive than pessimists and less likely to develop “learned helplessness” or negative and debilitating responses to things that happen to them. Optimists tend to be more likely to practice preventive health measures because they believe their actions make a difference. Optimists suffer depression at a markedly lower rate than pessimists; depression is associated with mortality. Optimists’ immune systems have been shown to function more effectively than those of pessimists.

For decades, psychologists have studied the link between positive thinking and physical and mental health. According to Seligman, author of

Learned Optimism: How to Change Your Mind and Your Life, it’s more important to change negative thought patterns into positive ones than to worry about being optimistic. The picture of optimism he paints is not one of Pollyanna-like blindness to reality, but of a learned optimism grounded in accuracy and non-negative thinking.

Optimist vs. Non-optimist

How can you determine whether you think more optimistically or pessimistically?

Experts on motivation, define optimists and non-optimists by how they explain events in their lives. Optimists see setbacks as specific, temporary and changeable. For example, an optimist who didn’t follow through

on an exercise routine for a week might say, “I didn’t plan my time too well. I’ll have to do better next week.” A pessimist in the same situation might say, “I have no self-discipline. I won’t be able to meet my goals.” Mood also has an influence on whether optimistic or pessimistic thoughts dominate your brain, according to Dr. Susan Vaughan. “Mood is a powerful filter on how we see things,” maintains Vaughan, who sees most people as a blend of optimism and pessimism, depending on the situation with which they are faced. Seligman concurs that there are times when it pays not to be optimistic, such as

(Continued on page 4)

NEWSLETTER INDEX

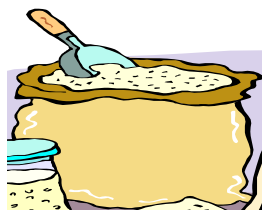
The Inside Scoop	Page 2
Buyer Beware	Page 2
Ages of Retirees	Page 2
Steve Gifford	Page 3
NAD Retirement	Page 3
News Notes	Page 3

"Buyer Beware"

(A retiree's experience)

Recently, a retiree who receives his monthly benefits via direct deposit, was called twice (within a week to 10 days) regarding his bank account. The individual who called the retiree quoted some account and/or check numbers and asked for confirmation that they are correct and then asked for more account information. The following week the retiree received an e-mail message from his bank. They needed to confirm certain information because 'someone' had been trying to withdraw funds. He immediately thought "bank fraud" and called the bank. He was told by the bank that there was nobody available who could talk to him. After e-mailing his bank and the Attorney General for the State in which he resides, he received an acknowledgement from his bank. The bank told him there is "no way possible" they can follow up on this kind of thing. It is just too common.

Therefore, it is "Buyer Beware" — especially, if you are elderly, trusting and naive.



The Inside Scoop

"PRINCIPLES AND TECHNIQUES OF FUND RAISING," a five-day course, June 25-29, in Greenwood Village, Colorado. It is sponsored by Philanthropic Service for Institutions and Rocky Mountain Adventist Healthcare Foundation and presented by The Fund Raising School of the Indiana University Center on Philanthropy.

This course gives the foundation and inspiration to lead a nonprofit to its financial goals. Each participant will leave this course with the tools necessary to build stronger annual funds, manage time, cultivate and solicit givers, secure foundation dollars, as well as participate in a week full of many other skill-building exercises.

Early bird registration deadline is May 24. Scholarships are available.

Contact: www.plusline.org/eventdetail.php?id=252&hash= to register. Visit www.philanthropicservice.com/article.php?id=38 to see if you qualify for scholarship dollars.

(Continued on page 4)

Ages of Deceased Retirees

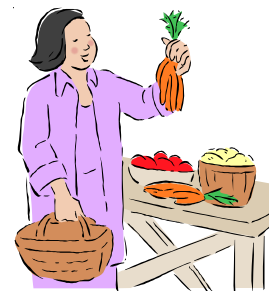
Apparently, great interest has been generated in the ages of deceased retirees as reported in our quarterly listings. We know this because many of you felt compelled to share your disappointment that the ages had been omitted from the list in the March edition of *Reflections*. Unfortunately, this was done intentionally as a step toward protecting the identity of our former friends and family. It has been brought to our attention that attempts may have been made to use the names and ages of deceased retirees to falsify I.D.'s. So in an effort to help protect their families, we will, regrettably, no longer include the ages of our deceased retirees.

Lyn Wick
Associate Administrator

Featured Nutrient: Beta Carotene

Beta carotene is the compound that makes carrots and sweet potatoes orange. In the body, beta carotene is converted to vitamin A, a nutrient essential for healthy vision, immune function and cell growth. More carrots, less cancer? Test-tube research shows that,

in high doses, beta carotene can act as a pro-oxidant (boosting free-radical production and risk of disease) and this might happen in the body, too. There doesn't appear to be any health risk to getting plenty of beta carotene from foods. Can



carotene keep you sharp? A study in the December 2006 Journal of Gerontology linked high blood levels of beta carotene with a lower risk of cognitive decline in people predisposed to Alzheimer's. "Beta carotene may counter free radical damage involved in the development of Alzheimer's in some people," says Peifeng Hu, M.D., the study's author and an assistant professor at UCLA School of Medicine. How much? There's no RDA for beta carotene. Eat plenty of dark green vegetables and orange vegetables and fruits (papaya, mango) weekly to meet your vitamin A needs

(Continued on Page 4)



President's Corner

By Steve Gifford

Exciting news! Elder Don Schneider has agreed to lead our Reformation Tour to Germany. We will travel in a two-bus caravan. We (the retirees) will have one bus, while the other bus will carry persons from the North Pacific Union who are on a continuing education tour. Here is the itinerary:

Dates Wednesday, January 16, 2008— fly from the U. S. to Berlin, Germany.

Thursday – Berlin

Friday - Berlin

Sabbath – Wittenberg

Sunday – Brehna,

Eisleben, Erfurt

Monday – Eisenach

Tuesday – Fussen,

Dachau

Wednesday, January 23 – Munich; return to the U. S.

Cost - \$750 for the land portion. You arrange your own transportation to Berlin and from Munich.

Deposit - \$200 to secure a place on the trip. Make

check payable to Del Johnson and send to him at the NAD Retirees' office: 12501 Old Columbia Pike, Silver Spring, MD 20904.

Passengers – only 44. If you want to go, you should send your deposit in now. Elder Schneider and his wife Marti will take turns traveling on each bus. They are both experts in the history of Martin Luther – and you will learn a great deal about the Reformation. There are many steps in the sites we will visit – which means you will need to be ambulatory. I regret that we can't accommodate wheelchairs or walkers.

The weather will be about like Chicago in January. If you prefer Caribbean weather, this won't be the right trip! Hope to see you on board.

Cordially,
Stephen Gifford

News Notes

By Mort Juberg

Silver Spring, Maryland.

Plans are under way for the merger of Amazing Facts and the Three Angels Broadcasting Network (3ABN). The boards of these Christian ministries are exploring the venture which will join the two ministries

under one Board and create a more efficient and economical platform for global evangelism.

Pyongyang, Democratic People's Republic of Korea.

Following the signing of a memorandum of cooperation with the government authorities of the Democratic Republic, Jairyong Lee, president of the Northern Asia Pacific Region, visited the northern neighbor. He led a delegation of South Korean leaders to discuss further shipments of humanitarian supplies. One shipment already sent included doctor's gowns, shoes, caps and gowns for nurses. The church is planning to send medical supplies to Pyongyang three or four times a year.

Berrien Springs, Michigan.

Andrews University has received an 8.5-million dollar gift from an Adventist couple in the Northwest. It is the largest gift ever received from a private donor in the history of the school. The donor's name is not being released at this time. The donor said in conversation with David Faehner, vice president for university advancement, "God has been so good to me, how can I not be generous in return? The largest portion

(Continued on page 4)

NAD Retirement Plans

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Tuition Assistance for Children

(News Notes...Cont'd from page 3)

of the gift is designated for the refurbishment of the top floor of the university's Campus Center built in 1962.

The Campus Center is home to the cafeteria—the Terrace Cafe, Student Life, International Student's Services, Campus Ministries, Student Association Offices, and serves as a general meeting place for students. Another half-dozen projects will benefit from the gift.

Source: Adventist News Network

(Featured Nutrient ...Cont'd from page 2)

and reap beta carotene's potential antioxidant benefits.

Sylvia M. Geiger, M.S., R.D. , EatingWell.com

Optimistic ...cont'd from page 1)

when planning for a risky future, when advising those with poor chances for the future and when trying to be sympathetic to others' problems. When the cost of failure is high, he advises, optimism is the wrong strategy. Dr. Pierce Howard, author of *The Owner's Manual for the*

Brain, contends that the line between optimism and pessimism is far from clear-cut. You can be successful in life anywhere along the continuum."

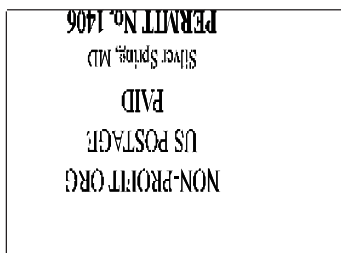
Ellen G White writes, "He who truly loves and fears God, striving with a singleness of purpose to do His will, will place his body, his mind, his heart, his soul, his strength, under service to God. . . . Then the character will be harmonious and well-balanced, consistent, cheerful, and true."—

Ellen G White; Lt 128, 1897. (HP 190.) {1MCP 51.2}

(Inside Scoop. . . Cont'd from page 2)

ASI Convention

Plans are unfolding for the 60th anniversary celebration of Adventist-laymen's Services and Industries to take place in Louisville. Continue to monitor the website—information will be posted as it becomes available. Be a part of the convention operation: Share a testimony for the Member In Action presentation, volunteer to usher, be a greeter, help with meals or in the exhibit hall. Contact: Sharon Robberson, sharon.robberson@nad.adventist.org or asi@nad.adventist.org.



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