



A newsletter for beneficiaries of the Adventist Retirement Plans

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

New Beneficiaries 1st Quarter 2007 [Disclaimer: Not all new beneficiaries under the Hospital Plan are necessarily retired]

Additions, 1st Quarter, 2007

Aguiar, Nehemias P	Chavez, Lydia	Homicile, Luc F	Melendy, Byron
Allison, Richard Guy	Chesnut, Norman G	Hunter, Peggy M	Merklin, Ann G
Alvarado, Jay	Chough, Kwang Rim	Huston, Janice S	Meyer, Milton L
Anderson, Carol	Clizbe, James	Ivany, Douglas	Miller, Kenneth
Arguzon, Florence M	Collins, Armando J	Jacobs, Frank L	Mills, William S
Aylward, Mabel	Collins, Kay	Johnson, Joyce A	Moeckel, Carl D
Bacso, Harriet	Cromwell, La Barbara A	Jones, Kenneth D	Moreno, Jim
Baker, Larry	Daino, Jean	Judd, Wayne	Morgan, Margaret
Ballowe, James F	Daum, W Robert	Keshishzade, Anoosh	Moussally, Rose M
Baltz, E Elizabeth	Davis, Carol Joan	Kirby, Matthew	Newton, Edith M
Bartholomew, Louise	Dennis, Jr Winston R	Knopp, June A	Nowak, Judith
Bassham, Nongnuch Y	Devnich, D Douglas	Kowarsch, Klaus W	Pangman, George W
Bent, Wayne C	Dixon, Alice E	Kroneck, Donna M	Parker, Marilyn
Bertolo, Clelia	Downing, Lawrence	Kuzma, Kay J	Parks, Dennis L
Beshara, Robert L	Dyer, Caroline	LaLone, Bernard A	Pearce, Julia L
Bichard, Norma	Dyer, Don	Ledbetter, Jonathan C	Pifer, George E
Bostwick, Barbara	Elias, Sandra	Lewis, Paula	Poppenberg, Helen
Breuer, Patricia M	Elsner, Richard Allen	Lewis, Robbye N	Pratt, Terry J
Brietz, Shirley L	Engel, Larry C	Linford, Joyce A	Prosser, Thomas F
Brooks, Gerard	Ertel, Alvena J	Lomeland, David	Pulido, Anastacia C
Brown, Carol	Folkenberg, Anita I	Machlan, Lillian L	Renk, Marilyn K
Brown, Charles	Frank, Margaret S	MacVicar, Jeannine Marie	Richards, Donald D
Bryan, Merlin	Freese, Maria E	McAdams, Donald	Ristau, Arleen Ann
Burrill, Cynthia	Fuller, Arthur	McCalla, Merlyn E	Robinson, Samuel C
Burrill, Russell	Garcia, Isabel	McCandless, Mary Lou	Russell, James D
Carlisle, Gayle	Gibbons, Edwin K	McClymont, Trevor L	Sanderson, Martha P
Carlson, Norman	Glaim, Lorne	McConnell, James R	Scalfani, John J
Castro, Cruz	Gomez, Idolidia	McCoy, Joseph A	Schulz, Victor A
	Goodrich, Gloria J	McDonald, Karol A	Seltman, Kent D
	Griffith, Joyce	McKeever, Sharon	Shearer, Gary W
	Halvorsen, Warren	McLain, Lynn R	Shiroma, Jeanette M
	Halvorsen, Judie	McPhoy, Esther	
	Hansen, Allen L		(Continued on p. 2)
	Harris, James C		
	Heath-Webb, Joan		
	Heidl, Ernest W		
	Herman, Ellen Kay		
	Hodges, Ellassie		
	Hoehn, Roxanna J		
	Holt, Leon R		

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Showalter, Frederick P
Siess, Carl F
Sinclair, Sharon L
Smalling, William W
Snider, William H
Solon, Belen C
Speer, Marvella J
Steele, Andrea G
Stewart, Donella V
Stewart, Helen K
Stickle, Rosabel E
Storfjell, Johan B
Strang, Faye Carol
Sturdivan, Marian J
Sullivan, Glenna S
Sulzle, Elizabeth M
Sundin, Peter William
Swafford, William G
Takami, Miwako
Tan, Edith Y
Teeter, Larry K
Teeters, Theodore A
Teh, Remely O
Terian, George J
Thomas, David A
Thompson, Franklyn E
Thompson, Patty M
Tkachuck, Richard D
Towne, Joan M
Tulio, John G
Twomley, Dale E
Uhl, Alice M
Ulloth, Barry G
Vence, Betty C
Vence, Elvin R
Verdugo, Irma
Vickery III, Clifford A
Vogt, Raquel
Von Hake, Margaret
Vore, Linda J
Wada, Toshimasa F
Wallace, Joyce
Walsh, Sara J
Warnell, Marilyn
Warren, Peggy M
Westerbeck, Marilynn L
Westerbeck, Terry D

Whitsett, Kingsley P
Williams, Gail Rebecca
Williams, Glenda P
Williams, Janet
Williamson, Raylene
Wilson, Elizabeth Ann P
Woodham, William G
Wrightman, Caroline A
Yancey, Steve
Young, Eugene B
Yu, Esteban
Zeigner, Donald E
Zwick, Mary

**Deaths, 1st Quarter,
2007**

Aaby, Ogden L
Adams, Robert George
Andersen, Bernard C
Anderson, Clifford H
Armstrong, Margaret L
Arney, Phyllis D
Ashbaugh, Catherine L
Atkinson, Wilma M
Austin, Zetta S
Bailey, Marvin D
Barton, Truitt
Best, Edward E
Bichard, William D
Bieber, Viola B
Bimberg, Margaret
Black, Fred W
Boyle, Margaret E
Burton, Rachel Maye
Canson, Sylvia Ann
Carlson, Alice F
Carpenter, Wendell
Cartwright, Jr Milton
Caster, Ralph M
Chamberlain, Roy L
Chavanz, Jose L
Chrispens, J Branson
Citera, Ada E
Clark, Frances
Clayburn, Josephine E
Clevenger, Willard R
Cobb, Carl W
Cochran, Myrtle E

Cook, Pauline
Curl, Helen M
Cyphers, Charlotte M
Dauns, Robert
Davis, Alvin T
Davis, Irene R
Davis, M Jerry
Deese, Blanche
DeGroat, J Clifford
Drott, Evelyn D
Durkos, John L
Dyer, Arnold W
Edgington, Jean R
Ehrhardt, Martha
Elkins, Bessie
Emmerson, Dorothy C
Emori, Susumu
Falasca, Louise
Farnsworth, Adeline
Feldmann, William R
Fertig, Margaret K
Feyerabend, Henry R
Fivash, Kathleen J
Foreman, Clinton L
Fraka, Virginia L
Franz, Evelin
Freitas, Robert
Gatten, Anna Mary
Gee, Gail
Gerometta, Savina
Gibson, Lloyd J
Gilreath, Eldo L
Gleisberg, Frances M
Greer, Thelma
Griffin, Lyle B
Griffith, John
Griswell, Billie
Guth, Grant E
Hafner, Florence
Halye, James W
Hannah, Mary A
Harris, Jeanne F
Hawkins, Beth A
Hayes, Altus E
Haynes, Pauline
Heberer, Velma S
Hempel, Bertha J
Herr, Eleanora M

Howard, Pauline
Hudgins, Mabel L
Jackson, Alice Mae
Jarabek, Ann L
Johannes, Lois E
Jordan, Sarah A
Jourdan, Homero
Keller, Jessie W
Kirkpatrick, Leona
Kistler, Samuel
Kleist, Adeline E
Kloss, Reinhold
Knechtle, Emilio B
Kondo, Alice
Kungel, Frances G
Larson, Juanita
Lawson, Carroll M
Leach, Benjamin E
Leach, Donald O
Levison, Lola E
Lewis, David C
Lowry, Helen M
Lynd, Homer R
Maeda, George
Mangrum, Audrey M
Maniscalco, Joe
Marshall, Joan J
Mattson, Henry F
Maxson, Howard F
McCulloch, Eleen W
McGirr, Norman O
McMillin, Katherine
McPherson, Melvin J
Medford, Patricia
Miller, Doris R
Mitchell, Marguerite L
Moody, Maud M
Moreno, Leo Marino
Morss, James L
Myers, Barbara
Neal, Norman E
Nelson, Rhoda M
Newton, Agnes R
Norman, Ella
Nutt, B Ben
Osborne, Margie A

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President's Corner

By Steve Gifford

FOUR IMPORTANT ANNOUNCEMENTS

1. Reformation Tour As you know, the dates are Wednesday, January 16, 2008 through Wednesday, January 23. Go to the web site

www.nadadventist/ret/reformationtour.html for full information. We must have 44 people signed up by September 1, 2007, for us to be able to go. We are already receiving deposits, so sign up fast! It takes a \$200 deposit to hold your place. The website tells you where to send the money. Total cost is \$750 + air-fare.

2. 2008 Convocation We have the dates and location! Andrews University, July 10, 11, and 12, 2008. My associate Barb Oliver, who works with me in events planning, and I have already been working on the convocation, and we think this will be the best ever. July is a great time in

Michigan – AU is happy to have us, and we hope you'll make plans now to attend.

3. Adventist Historical Village @ Battle Creek

On Sunday, July 6, through Wednesday, July 9, we'd like to have any retirees who can do physical work to join us at AHV for an old-fashioned "Adventist Work Bee." It will be a lot of fun, and we can do a lot of good for the Village.

4. Philippine Evangelistic Meeting Our Retirees' Association would like to sponsor an evangelistic meeting in the Philippines. Interested in going? Please e-mail Barb Oliver at

barb.oliver@sbcglobal.net.
So long for now!
Stephen Gifford

Prevention Tips

Make Your Home Safe

1. Make sure all medications and prescriptions have not expired. Immediately mop up puddles of anti-freeze and car oil in the garage or driveway.
2. Keep space heaters at least three feet away from things that can burn, such as curtains or stacks of newspaper.
3. Always stay in the kitchen while cooking. Window blind cords can present a serious strangulation hazard.
4. Never swim alone.

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(Adds/Deaths cont'd from p. 2)

Ostrander, Vivian A
 Paschal, Lee Andrus
 Pearson, Carolyn J
 Pierce, Mary M
 Pinterich, Carl L
 Pulley, Evelyn L
 Reeves, Lewis D
 Riches, Rex
 Rieck, Vivian M
 Robertson, Frances
 Robinson, Myrna L
 Robinson, Sandy C
 Roller, Hildegard Edith
 Sandner, Margery
 Sandoval, Angela
 Sasaki, Katherine T
 Scott, Eima K
 Shampo, Donald A
 Sharpe, Marjorie
 Sherbondy, George D
 Skutvik, Roy A
 Smith, Carl J
 Smith, Carvil
 Smith, Josephine
 Smith, Lorraine Mary
 Squier, Marjorie
 Stelzmilller, Edwin H
 Stephan, Patricia F
 Strang, Wilson T
 Strawn, Nora M
 Strobel, Roger W
 Surdahl, Henry J
 Tan, Maggie L
 Templeton, Alene
 Testa, Barbara J
 Thomas, Kenneth E
 Thompson, Robert F
 Traweek, Juanite L
 Tuck, Mildred
 Tuoto, Frank L
 Tyson-Flyn, Arnold M
 Vanderboss, Arthur M
 Veltman, Frederick
 Wahlne, K Henry
 Walker, Lawrence E.

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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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Payroll: 1-888-838-8955
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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

(Deaths . . .cont'd from p. 3)

Waters, Calvin
Weber, Phyllis
Wedel, Berneita L
Welch, Leon A
Wen, George
Wilbur, Virginia H
Wild, B Bernita
Wright, Lenna C
Wright, Paul LaMar

(Prevention . . .cont'd from p. 3)

**Focus on
Fall Prevention**

For people age 65 and older, falling can cause serious injuries and

health problems. More than 1 in 3 older adults

fall each year. Among older adults, falls are the number one cause of fractures, hospital admissions for trauma, loss of independence, and injury deaths. Older adults usually fall during everyday activities like walking on stairs or going to the bathroom. Sometimes people fall because they have a medical condition, like dizziness or balance problems, or they may trip over things in their home.

What can you do to lower

your risk of falling?

- a. Exercise to improve your strength, balance and bones.
- b. Get your eyes checked. You may be wearing a prescription that's too strong or too weak.
- c. Ask your doctor to review your medications. Some medicines can make you dizzy.

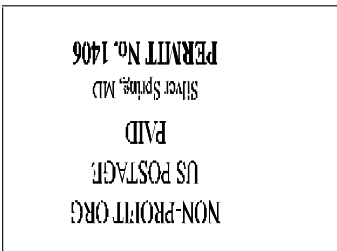
Tips for Caregivers

Caregivers play an important role in making the home safe. Here is a list of things caregivers can do to help prevent falls:

- 1. Pick up things that can be tripped over.

- 2. Do not leave things on the stairs or other places where people walk.
- 3. Remove small rugs or use double-sided tape to keep the rugs from slipping.
- 4. Have grab bars put in next to the toilet and in the tub or shower.
- 5. Keep items used often in cabinets easily reachable without using a step stool.
- 6. Keep the phone next to the bed or favorite chair.

Source:
www.homesafetycouncil.org/



General Conference of SDA
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Silver Spring, MD 20904-6600