



A newsletter for beneficiaries of the Adventist Retirement Plans

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

"May I Please Speak to a 'Live' Person?"

The Retirement Plans office staff is proud to serve over 15,000 North American Division retirees. We are acquainted with many of you personally as former coworkers. Many of the staff have parents who are retirees as well and understand your need to speak to a live person. With the above in mind, we try to answer as many calls as we can. Even though we have added more members to our staff as a measure to help our retirees as quickly and efficiently as possible, there still remains more of you than there are of us. Therefore, we are asking that you please remember a few things about contacting us:

1. Take a moment to consider **when** to call us. We are located on the East Coast and operate on EST time. Often callers from other time zones are frustrated when they phone, only to find out that it is lunchtime or after 5:30 pm here and no one is available.
2. Remember that the department operates on a flex-time schedule on Fridays, due to the longer hours personnel work Monday through Thursday. This means that the office is closed after noon on Fridays and some staff members will not be available on Friday mornings. In this case you may want to wait and call back the following Monday as any messages left will not be checked until then anyway.
3. Please have your Social Security number handy so we can retrieve the correct information. Jot down your questions before you call so you are sure to address all of them. Keep a pen and paper handy to write down any information we give you.
4. Often when you call we will be on another line, helping another retiree, or in a meeting dealing with retirement issues. When this happens, the quickest way for us to help you is for you to leave a message. Please speak clearly and slowly. Leave your (or the retiree in question's) Social Security number, your name (as we have it in our records, and please spell it), your phone number (with area code), and a brief description of your need.
5. Listen to the recorded messages first. They include important information and may answer some or all of your questions or give you necessary instructions.
6. If someone else phones on your behalf, please have them leave that information, plus their name, relationship to you, and their phone number. Remember that we can only give out retiree information to family and friends with your permission or to persons with power of attorney for you. (once the legal power of attorney document is received and on file in our office).
7. Please do not leave messages on several different people's voicemail in an effort to get a quicker response. This ends up causing confusion, doubling and tripling the man hours needed to get one answer to you, and delaying answers to other retirees.
8. Please be patient! We return calls as soon as we can, but that may be 24 hours, and it may take longer to get the answer to your question if we need to do research or have a pressing deadline.
9. Whenever possible send inquiries and requests by email. It is much more efficient than correspondence by the postal service. When writing to us, whether by post or email, please remember to include your phone number and Social Security number.

(Continued on p. 2)

NEWSLETTER INDEX

Adventist Retirement Plans	Page 2-4
Foods That Heal	Page 2
World News	Page 2,4
Inside Scoop	Page 2-4
Steve Gifford	Page 3

Foods That Heal

Cabbage

By Bekki Shanklin, from her "Thinking All The Time" series. Cabbage's botanical name, for those of you who, the next time you are at the super market want to be a name dropper, is: *Brassica oleracea*. Although cabbage enjoys a somewhat humble profile today as an unassuming vegetable, it has a history rife with uses as a medicinal plant! Many Greeks praised cabbage as medicine, and Hippocrates recommended it for colic and dysentery. Cabbage is high in vitamin C and sulfur. In addition, cabbage and related plants containing sulfur are considered very good for cleansing the liver. Many herbalists prescribe adding cabbage to your diet as a general good practice to keep the liver healthy.



Cabbage has also been used to soothe rheumatism and sciatica and heal burns, wounds and insect bites. In his book, *Health Secrets of Plants and Herbs*, Maurice Messegue, the French herbalist praises cabbages as a vegetable or juice to calm those who are anxious, agitated or depressed. From the book, *Foods That Heal*, by Maureen Salaman, she lists that cabbage juice, large tropical plantains, whole grain bread and cereals, and the juice of the aloe vera plant have shown an ability to help heal ulcers. Presumably they help to prevent them, too.

World News Notes

by Mort Juberg

Silver Spring, Maryland. Last October the church's office of Archives and Statistics (AST) reported there were nearly 14.4 million members in the world church according to GC AST director Bert Haloviak. The church membership reached 15 million early this year which Haloviak says is "fairly accurate."

Silver Spring, Maryland. The Adventist Development and Relief Agency (ADRA) joined the international community recently in observing World Refugee Day. This is a day that honors the courage, persistence and strength of refugees and internally displaced persons (IDPS) around the world. ADRA'S humanitarian initiatives reach hundreds of thousands of refugees and IDPs, both by improving their living conditions in camps and then by helping them reintegrate into their communities and reestablish their lives once they have returned home.

Tamil Nadu, India. For 10 years, Ron Watts has helped push leadership and infrastructure improvements as president of the Southern Asia region. During his two terms the church has established new offices, schools and churches in the region, which includes Bhutan, India, the Maldives and Nepal.

Meghalaya, India. Students at the Northeast Adventist College have a new principal, alumnus Berun Sangma, the college's 25th leader

(Continued on p. 4)

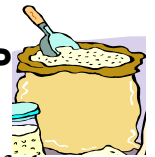
(...Speak cont'd from p. 1)

10. Remember to read through each month's issue of *Reflections*, the Retirement department newsletter, for timely and important information on benefits and policy. And, if you have access to a computer, remember to check out the NAD Retirement department website: <http://www.nadadventist.org/ret/>. The site contains a lot of useful information, including downloads of various documents, the monthly *Reflections* newsletter in PDF format, and departmental contact information.

If you are not sure who you should talk to, call our main number and let our receptionist direct you to the correct person. This will save you from the delay caused by leaving messages for people who aren't able to help you.

(Continued on p. 4)

THE INSIDE SCOOP



Tom Evans, treasurer of the Southern Union Conference, has been elected treasurer of the North American Division, replacing Juan Prestol who has become the undertreasurer of the General Conference. Before coming to the Southern Union, Tom had been the treasurer of two local conferences, two academies, and the Mid-America Union conference.

The Baccalaureate service at Pacific Union College. Graduation weekend brought to a close the year of celebrating 125 Years of Education at Pacific Union College

(Continued on p. 3)



President's Corner

By Steve Gifford

Sometimes people ask, "Do you miss being conference president?" My response is - "Everytime I drive past the conference office I feel bad - that I feel so good." There is a time in life, according to the wise man, for everything. My time as president lasted twenty years - I'm glad I had the privilege and the opportunity, but now I'm glad to be retired.

Often new retirees are traumatized by their retirement. They miss going to the office or their former church or whatever their previous assignment happened to be. Their identity is bound up in their position, and its loss is traumatic. Many years ago a friend of mine encountered a retired General Conference officer wandering the grounds of Florida Hospital. The friend asked about something at GC headquarters, and the former prominent church official said, "I don't know a thing. They haven't called since I left." He appeared deeply hurt at the lack of contact.

The solution? In retirement, we need to create a new identity. One of the greatest needs within our church is someone willing to listen.

Find someone in your local church who is lonely, and be their friend. Cut someone's grass who is elderly and cannot cut their grass. Get a paintbrush and paint someone's house who can't afford to get it painted. There are millions of opportunities - and when we help someone, our identity crisis will be over. Our army of retirees is the best resource our church has - and I want to thank you in advance for the efforts you make to help someone else along life's way.

So long for now!

Stephen Gifford

(Scoop . . . cont'd from p. 2)

and its predecessor, Healdsburg College.

Annual Council 2008 will be held in the Philippines.

**** ASI CELEBRATES 60TH ANNIVERSARY** - Adventist-laymen's Services and Industries Annual International Convention, 60th Anniversary Celebration, will be in Louisville, Kentucky, August 1-4.

Contact: www.asiministries.org to register as an attender or exhibitor, and for more information about the convention and hotels. Read about all the projects the expected offering from the ASI Convention will support.

"What's A Seventh-day Adventist Brochure?" (in Spanish and English) has been updated. In six colorful panels, it defines Seventh-day Adventists' identity and beliefs. It also offers a short history of Adventism, recent membership and outreach statistics, and infor-

(Continued on p. 4)

Adventist Retirement Plans

Del Johnson
Administrator

Lyn Wick
Associate Administrator

Judy Glass
Associate Administrator

Send comments and suggestions to:
Dolores Allen, Editor
Reflections

12501 Old Columbia Pike
Silver Spring, MD 20904-6600
Email:

dolores.allen@nad.adventist.org
Website <http://www.nadadventist.org/>
ret

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*

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

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

mation about Adventist education and community service. It includes information about how Adventists are preparing for Christ's return and contains web addresses for BibleInfo.com and Discover Bible School. Use it when people call you for information about Adventists, for fair and exhibit booths, give to visitors at church, include it with invitations to outreach seminars, give to parents bringing their children to an Adventist school or Vacation Bible School, to patients in Adventist hospitals or doctors' offices, and more. Contact: www.adventsource.org or 800-328-0525. Price (per pkg. of 50): \$9.95/1-19; \$7.50/20-99; \$6.50/100-199; \$5.50/200 packages or more.

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

since its establishment in 1941. Sangma, who most recently served as secretary for the church's North-east India Union, holds a master's degree in theology. Northeast Adventist College is a boarding school in the Khasi-Jaintiya Hills of Northeast India that offers college courses at the bachelor's level.

Salang, Cavite, Philippines. The discovery of diesel fuel leaking into the water supply of the Adventist International Institute of Advanced Studies has left the campus without water. A fuel filter on a generator that had been vandalized was found as the source of the leak. Though the leak was fixed, campus officials are still determining how to clean

the school's water system that services the campus's nearly 700 residents. The day of the discovery, drinking water was brought to campus in trucks by ADRA from the church's Southern Asia-Pacific region's headquarters nearby. There were no reported cases of sickness caused by the contamination.

**Source:
Adventist News Network**

(...Speak cont'd from p. 2)

Hopefully this look at how the department functions will enable us to help you even more efficiently and smoothly. We appreciate your years of service and take the responsibility of handling your retirement benefits very seriously.

PERMIT No. 1406
Silver Spring, MD
PAID
US POSTAGE
NON-PROFIT ORG

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