



A newsletter for beneficiaries of the Adventist Retirement Plans

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Reflections to Cease Publication

About seven years ago, we were looking to redesign the retiree newsletter. We invited retirees to suggest a title and got several interesting suggestions. "Reflections" was suggested by four different retirees. We liked it and that is what it has been ever since.

I am pleased to announce that we have concluded negotiating with the Pacific Press Publishing Association a partnership which will result in our replacing *Reflections* with a high quality magazine, *Renewed and Ready*. A few of our retirees have subscribed and know the quality of the paper.

Renewed and Ready will give us some space for our regular announcements, and the quarterly listing of additions and deaths, and Steve Gifford, president of the Retiree Association, will provide an editorial.

We think you will like the change, and hope that you will seek out our announcements. We will be sending retiree names and addresses to *Renewed and Ready* with the firm understanding that the mailing list is not to be shared or used for PPPA promotions. When you move and

inform us of a change of address, your magazine should move with you without your having to contact *Renewed and Ready*. As we have done in the past, we will make an effort to eliminate duplicate magazines to the same address. And if you write and inform us that you do not want *Renewed and Ready* coming to your home, we'll flag our records to not send it. We hope you'll give it a try before doing that.

This issue of *Reflections* is **not** the last one. We are still working on final details and will send *Reflections* in September as well. However in October you should receive your first issue of the Retirement partner *Renewed and Ready*. Look for it!

--Del Johnson, Administrator

Older Adults with Diabetes Experience Memory Declines Immediately after Unhealthy Meal

Older adults with type 2 diabetes who eat unhealthy, high-fat meals may experience memory declines immediately afterward, according to new research. But, the study found this can be offset by taking antioxidant vitamins with the meal.

There is already growing evidence linking diabetes to cognitive complications in humans. Adults with type 2 diabetes are especially vulnerable to acute meal-induced memory deficits after eating unhealthy foods. This latest study, led by Baycrest, an academic health sciences center associated with the University of Toronto, suggests that taking high doses of antioxidant vitamins C and E with the meal may help minimize those memory slumps.

It is published in the July issue of *Nutrition Research*.

"Our bottom line is that consuming unhealthy meals for those with diabetes can temporarily further worsen already underlying memory problems associated with the disease," said lead author Michael Herman Chui, who conducted the research as a University of Toronto pathobiology undergraduate in the Kunin-Lunenfeld Applied Research Unit (KLARU) at Baycrest.

"We've shown that antioxidant vitamins can minimize oxidative stress from the meal and reduce those immediate memory deficits." Type 2 diabetes is associated with

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(Older Adults.. . Cont'd from p. 1)

chronic oxidative stress, a major contributor to cognitive decline and Alzheimer disease. Consuming unhealthy foods can induce this type of stress which is triggered by acute elevations of free radicals – unstable molecules that can damage tissue, including brain tissue. These destructive molecule reactions typically occur over a one-to-three hour period after food ingestion.

Dr. Carol Greenwood, senior author of the study and a nationally recognized expert in how diet impacts brain function, cautioned that relying on antioxidant vitamins at meal time is not a quick fix.

“While our study looked at the pill form of antioxidants, we would ultimately want individuals to consume healthier foods high in antioxidants, like fruits and vegetables,” said Dr. Greenwood, a KJARU senior scientist at Baycrest.

Maintaining a healthy lifestyle that includes regular exercise, a low fat diet rich in antioxidants, and staying mentally active and socially engaged in a variety of activities, is the best medicine for optimizing cognitive health during the lifespan, she said.

The Study

In the study, 16 adults (aged 50 years and older) with type 2 diabetes participated in an unblinded trial where they attended three weekly sessions that involved consuming a different test meal.

One meal consisted of high fat products – a danish pastry,

cheddar cheese and yogurt with added whipped cream; the second meal consisted of only water consumption; and the third test meal was the high-fat meal plus high doses of vitamins C (1000 mg) and E (800 IU) tablets.

Fifteen minutes after starting meal ingestion, participants completed a series of neuropsychological tests lasting 90 minutes that measured their recall abilities for words they had heard and paragraph information they had read. These cognitive skills are associated with the brain’s memory centre – the hippocampus.

Researchers found that vitamin supplementation consistently improved recall scores relative to the meal alone. Participants who ate the high fat meal without vitamin supplements showed significantly more forgetfulness of words and paragraph information in immediate and time delay recall tests, relative to those who had the water meal or the meal with antioxidant vitamins.

Those on water meal and meal with vitamins showed similar levels in cognitive performance.

Dr. Greenwood and medical student M.H. Chui emphasize that their findings require further replication in larger studies with more participants. Future studies will need to look at whether antioxidant vitamins are directly targeting oxidative stress reactions or triggering an independent memory-enhancing

ability which is simply masking the detrimental effects.

The study was funded by a grant from the Natural Sciences and Engineering Research Council of Canada.

Baycrest is an academic health sciences centre, internationally-renowned for its care of aging adults and its excellence in aging brain research, clinical treatments and promising cognitive rehabilitation strategies. Baycrest is fully affiliated with the University of Toronto.



THE INSIDE SCOOP

Help Churches Be Ready to Welcome Newcomers for English and Spanish NET 2008, the Year of Pastoral Evangelism 2009, and everything in between.

Resources about how to make a church visitor friendly, how to see a church through visitors’ eyes, ways to enhance the worship service, how to have a growing and vital church congregation and atmosphere, how to renew relationships with non-attenders, and more, are available for training members.

Encourage Members to Attend the Health Summit (October 17-20 in Loma Linda) to learn how to give health seminars to enhance community relations with their church sites. Contact:

AdventSource at www.adventsource.com or call 800-328-0525 Contact www.plusline.org for information on conferences.
- NAD "Friday Fax"

7 Steps for Aging Gracefully

The suggestions in this gallery are intended to help you become more aware of your spiritual self. Any activity that makes you feel more alive, more connected to others and to nature, less isolated, more comfortable with change, is beneficial. It will enhance your physical and mental health. It will help you to age gracefully.

-- By Dr. Andrew Weil, M.D.

1. Connect with Nature

You can do this by walking or sitting in a natural setting; a city park will do just fine. Allow yourself to slow down, drop your usual routines, and just absorb the influence of the place.



2. Spend Time with Your Loved Ones

Make a list of people in your life in whose company you feel more alive, happy, and optimistic. Make an effort to spend more time with them. Our spiritual selves resonate with others, and that connection is healing.

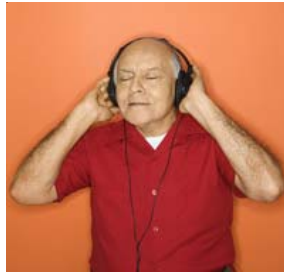


3. Remember the Little Things: Bring flowers into your home and enjoy their beauty.



4. Soothe Your Soul with music

Listen to music that you find inspirational and uplifting.



5. Seek Out Beauty

Admire a work of art that raises your spirits: a painting, sculpture, or work of architecture.



6. Make Amends

Reach out and try to resume connection with someone from whom you are estranged; practice forgiveness.



7. Do Service Work

Give some of your time and energy to help others. The possibilities are endless but do not include just writing a check to charity.



August is "Eye Care Month"

Often there are no symptoms in the early stages of diabetic retinopathy. Don't wait for symptoms to have a comprehensive eye exam.

If you suddenly see a few specks or spots floating in your vision, this may indicate proliferative diabetic retinopathy, the growth of abnormal new blood vessels on your retina and optic nerve.

Blurred vision may occur when the macula - the small area at the center of the retina - swells from fluid leaking from retinal blood vessels.

Rapid changes in blood sugar can cause temporary blurring of vision in both eyes even if retinopathy is not present.

You should have your eyes checked promptly if you experience changes in your vision that last more than a few days and are not associated with a change in blood sugar.

- Pam Pohly's Net Guide



President's Corner

By Stephen Gifford

Hard to believe – but after months of preparing for the 2008 Convocation at Andrews University, it’s all over. What good are convocations? Several years ago, I would have said, “Not much.” Now I have a different opinion. Seventeen of us began the convocation week working at Adventist Historical Village in Battle Creek – and that was a life-changing experience. Our retirees dug weeds out of the asphalt, scraped crinkly paint off an old house and re-painted the house – and socialized.

We took a tour of the Federal Center, the ornate buildings that John Harvey Kellogg built that housed more than a thousand patients, but after building a 15-story tower in 1928, the depression hit. He struggled on until 1942, then sold the property to the U. S. government, a casualty of his own empire-building schemes.

Then on to Andrews – the workshops, the banquet, the patriotic program put on by Henry and Bunny Reid, then on Friday many of us took a tour of Battle Creek, including a visit to the graves of our pioneers. Sabbath was spectacular

– NAD president Don Schneider preached at the worship service, then did a series of interviews in the afternoon. The convocation was closed out by a brief “resurrection pageant,” led by Rose Otis, former VP of the North American Division.

Back to my original question – what good is the convocation? We left, having walked in the footsteps of the pioneers, and basqued in the spiritual ambience of a great week together with our Lord. If you couldn’t come, you missed a blessing. Next year we’ll be on the West Coast the 2nd week of July – location still to be decided. I hope you’ll come. I promise – it will be worth the trip.

Your friend,
Steve

Weight Loss Tips



by the National Pain Foundation

Many people living with pain also struggle with their weight. It can be extremely difficult to establish and maintain healthful eating and exercise routines when you are suffering from the debilitating effects of chronic disease or injury.

Extra weight can actually worsen the effects of your persistent pain condition, as well as put you at risk for developing other diseases or complications, such as heart disease, diabetes and some forms of cancer.

Even if it feels like it’s impossible

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Reporting a Death, Disability Reviews

News Notes

From Mort Juberg

Washington, D.C. Dr. Benjamin S. Carson Sr. was awarded the U.S. Presidential Medal of Freedom for outstanding contributions to medicine and his motivating influence on America's young people, U.S. President George W. Bush said during the ceremony in the East Room of the White House. Perhaps best known for his successful efforts in separating conjoined twins and controlling brain seizures in children Carson is chief of pediatric surgery at the Johns Hopkins medical institutions in Baltimore, Maryland.

Simi Valley, California. The Discover Bible Guides produced since 1942 by the Voice of Prophecy are now formatted for access by mobile Web browsers, a first for the church, says Kurt Johnson, the ministry's Bible School director. The lessons are expected to find their niche not only with time-strapped commuters but also in regions where computer access is limited but cell phones with Internet capabilities are widely used such as Africa, Johnson says.

Silver Spring, Maryland. The North American Division has voted to shut down the church's last military support center. But closing the underutilized and costly center will allow the church leadership in North America to help even more soldiers by redirecting resources from buildings to people, says Gary Councill who spent 32 years as a U.S. Army chaplain and now directs the church's Adventist Chaplaincy Ministries at the General Conference.

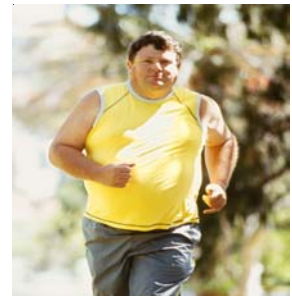
Juarez, Chiapas, Mexico. Gender may keep some 70 percent out of the Adventist world church's membership leadership positions, but in Southern Mexico altering that tradition is transforming some churches. Though they are not ordained as such, many women are serving as elders in their local churches, an act church leaders say wouldn't have been possible here a decade ago. Church leaders say that other changes often accompany the addition of the new ministry. According to one member of the Juarez Adventist Central Church, "They didn't used to be so friendly. Today, they seem to care for each other and seem more connected. There is a lot more concern and care."

Source: Adventist News Network

(Weight Loss...Cont'd from page 4)

to exercise or eat well, taking small steps to increase your health by moving more and eating better will eventually help you feel better. If you want to lose weight to improve your health, your first step should be to make an appointment with your doctor. He or she can help you identify reasonable goals, guide you through the process to reach your goals and even recommend a nutritionist or dietician if necessary. There are some limitations to using the BMI (Body Mass Index) to determine if you are overweight or obese. For example, very muscular people may fall into the "overweight" category when they are actually healthy and fit. People who have lost muscle mass may be in the "healthy weight" BMI category (BMI 18.5 to 24.9) when they actually have reduced nutritional reserves.

Eat frequently throughout the day and be sure to include protein with every meal or snack. Many experts recommend eating every three to four hours in order to keep blood sugar stabilized and minimize the tendency to binge. Cut back on all drinks other than water, seltzer and skim milk and vegetable juices, and try to use low-calorie alternatives for condiments or dressings whenever possible.



Exercise is the key to healthy – and long-term – weight loss. In addition to helping you lose weight, exercise strengthens your joints and bones, lowers blood pressure and improves cardiovascular endurance. Stress can increase the amount of pain you experience and exercise helps reduce stress.

Buy a pedometer and start tracking the number of steps you take a day. Some experts recommend that people take 10,000 steps a day. If that seems overwhelming, start small ... every little bit helps! Other ways to work in exercise include playing with your pet or grandkids, gardening or even walking up stairs instead of taking the elevator. Swimming is an excellent option for people with arthritis or joint problems. Talk with your health care provider about which exercise options are best for you and about ways you can pace yourself to prevent injury. ----

Caregivers: Messages to Live By

We all have lessons to learn throughout our lifetimes. Life evolves and sometimes our journey takes us through turbulent waters and other times the waters remain still. These journeys become a part of us and make us who we are. We are here to learn from one another and through these lessons we can heal our relationships and sometimes ourselves.

Becoming a family caregiver for someone you love is one of those heart wrenching and at times enlightening life lessons. Your role as a family caregiver can happen abruptly or creep in slowly-unno-

ticed until one day you realize you are caring more for someone else than you are for yourself.

You find yourself beginning to struggle with the day to day demands and somewhere along the way you realize you have lost your identity and have allowed the caregiving role to define who you are.

Your new role as a family caregiver can become as frightening as the initial diagnosis. The journey can be difficult when traveled alone; however, it does not have to be that hard and you do not and should not have to travel the road alone.

1. Believe in yourself - By believing in yourself and recognizing your

strengths and limitations it will go a long way in your ability to set goals and boundaries for yourself and for your loved one.

2. Protect your health - It is critically important to maintain your physical and emotional health and well being - if you don't who will? Your good health is the greatest gift you can give your loved one and your entire family.

3. Reach out for help -- Reaching out and asking for help is never a sign of weakness rather it demonstrates strength and a keen awareness of your own abilities and sense of self.

--- National Family Caregivers Association

