

REFLECTIONS

A monthly source of information for beneficiaries of the Adventist Retirement Plan

Facing the booms— 6 steps for self-care

Recently, a friend of mine who is younger than I am suffered the death of her mother and her dog in the same week. Her mother and her dog had been in failing health and the deaths were not unexpected, but each was jarring for her. She said that it was as if an explosion had happened in her life that created unrecoverable damage. Now, she is trying to reconstruct her life after the boom.

Sooner or later, everybody will have some boom experiences that are grief-inducing. The boom is any intractable experience that rocks your world. How we respond to the boom is the process of grieving and grief recovery. I remember my first heartbreak. She liked my cousin more than she liked me. Boom! I grieved. I did not know that I was grieving because I thought that grief was limited to the human response to the death of a friend or relative.

Grief happens whenever there are significant shifts or losses in your life that require recalibration.

Heartbreaks, moves, job and financial losses, retirement, non-lethal health crisis, empty nests, divorces, and loss of driving privileges—each is a boom experience. All can be grief-inducing.

There are times when very positive experiences can also be grief inducing. Some lottery winners experience grief after the euphoria of winning big. Many newlyweds experience depression that mimics grief, especially among people who have married again after the death of a spouse. When teased out, it is always related to the crushing weight of reality. When fantasies die in the light of reality, grief happens.

Post-partum depression in women is often due to rapid reductions in the hormones that were essential during pregnancy. Compounding the emotional high of birthing and the concomitant social, emotional and spiritual changes in her status now that she is somebody's mother is a boom experience. It can ignite

Continued on page 2

“... Be strong and of good courage, do not be afraid, nor be dismayed, for the LORD your God is with you wherever you go.” (Joshua 1:9, NKJV)

**Payroll Bulletin Board
Checks/EFT Released**

THIS MONTH: February 26
NEXT MONTH: March 26

Facing the booms *continued*

grief. Some men actually experience post-partum blues also. These fathers often feel overwhelmed by the new roles and responsibilities of caring for his wife, who is now a mother, and their baby.

Surviving tragedy and/or trauma can also stimulate a grief response. Grieving is as natural as breathing. Indeed, like breathing, which fuels the body, grief must happen for the psyche to adjust, heal and recover its equilibrium, after the boom. Weeping tears help in this process by literally eliminating some stress hormones and prompting the release of endorphins into the blood stream.

It must be said that it is not normal to simply “get over” grief. Pathologizing people who grieve deeply, with negative stigmas, is destructive. “Getting over” grief is an unrealistic expectation because the boom has changed your perspective and/or experience of life, forever. The boom requires a necessary internal reorientation that takes time to develop.

Grief is an individual experience that is as unique as our fingerprints or cornea. Expecting or enforcing a timeline for grief is more abusive than it is helpful. There are identifiable stages in the grieving process. Denial, Anger, Bargaining, Depression and Acceptance became known as the stages of grief in 1969, after Elizabeth Kubler- Ross published a study that she conducted with patients who were facing terminal illnesses. Further study has shown that these stages are not linear nor necessarily, sequential. Some circumstances demand immediate responses, but they should be minimal. Big decisions under duress are rarely good decisions.



Chaplain Paul Anderson, DMin, is the director of North American Division Adventist Chaplaincy Ministries. He holds certifications in Suicide Awareness and Prevention, Civil Mediation, Alternative Workplace Dispute Resolution, Temperament Analysis, Marriage Enrichment and is a certified Life Coach.

So, how should one proceed after a boom has happened in your life? Consider the following six steps as my therapeutic prescription for self-care:

Take Care of Yourself

① Face, feel, name and interrogate your feelings.

- ◆ Express yourself.
- ◆ Engage in hobbies and routines that are ennobling.
- ◆ Anticipate trigger events.
- ◆ Movement, flexibility and strength building exercise.

② Embrace and work your network.

③ Be comfortable with your discomfort and that of the people who try to be supportive.

④ Strengthen your faith by questioning it.

- ◆ Why? Why? Why?
- ◆ What now?

⑤ Don't isolate! Find or create a group.

⑥ Find and call a Christian therapist or counselor.

If you are grieving, you are not abnormal and you are not alone. Grief is a path that we all must tread, individually, but not always alone. May God be with you as you heal, recalibrate and subsequently, reintroduce yourself to the world.

SHARP Corner

SHARP Dental/Vision/Hearing Plan offers value

Did you know the SHARP Dental/Vision/Hearing (DVH) plan is one of the best you will find for getting the biggest bang for your buck? Most new retirees enroll in this plan and few decide to terminate it down the road. Just so you know, you must enroll when first eligible and you may not terminate until the end of a plan year. So, if you've been a retiree for a long time and didn't enroll, this is *not* an open enrollment for you.

SHARP covers 80 percent up to a maximum of \$2,200 in a plan year for dental care. This could be for preventive care or possibly bigger issues.

SHARP also covers 80 percent up to a maximum of \$400 for basic vision exams and eyeglasses. Note that you must use an optometrist, and this benefit does not cover anything that Medicare would deem a medical issue for vision. You can always call the number on your SHARP card to ensure you are on the right track!

It is also worth noting, the ever-popular SHARP hearing benefit covers 80 percent up to \$2,200 in a plan year for hearing aids. If you do not use the benefit one year, the following year you can submit for reimbursement up to \$4,400. No more than \$4,400 in a plan year will be paid. To file a claim for SHARP DVH, just send a copy of the paperwork from your doctor's office indicating what the doctor did and how much you paid, to the address on your SHARP card. No claims form is required.

Your SHARP Team is available to answer your questions. Please reach out to us by email at SHARP@NADAdventist.org, or call 1-443-391-7338.

Want to learn more about SHARP?

Check out the videos and other resources on the Retiree page of our web site: AdventistRetirement.org.

Adventist Retirement Plan

www.adventistretirement.org

Edwin Romero
*Administrator
Chief Executive Officer*

Lisa Turpen
*Associate Administrator
Defined Benefit and Healthcare Plans*

Beth Roberts
*Associate Administrator
Defined Contribution Plans*

Lisa Sharpe
Assistant Administrator, SHARP

Tara Mead
*Assistant Administrator
Defined Benefit Plans*

Samantha Young
Editor, Communications Manager

Adventist Retirement
*Reporting a death, change of address,
disability reviews*

*Phone: 443-391-7300, Fax: 443-259-4880
Email: NADRetirement@nadadventist.org
9705 Patuxent Woods Drive,
Columbia, MD 21046*

Aon Retiree Health Exchange:
1-844-360-4714

SHARP: 443-391-7338
*Email: SHARP@nadadventist.org
Healthcare Eligibility Queries*

Submit DVH claims to:
*Adventist Risk Management
SHARP, PO Box 1928
Grapevine, TX 76099-1928
1-800-447-5002*

Want a
FREE
Pocket
Calendar?



Seminars Unlimited will mail the 2021 “Little Black Book” to retirees who have previously requested the pocket calendar. If you have not received one this new year and would like one, please send an email to NADRetirement@nadadventist.org, or send a written request to our mailing address.

Here’s a comforting recipe to warm you on a chilly day.

Potato Soup



- 3 Tbsp. butter
- 1 cup chopped onion
- 1 cup chopped celery
- 4 cups peeled and diced potatoes
- 3 cups water
- 2 tsp. salt
- 1/8 tsp. dried basil
- 1 cup milk
- 1 Tbsp. chopped fresh parsley, for garnish

Sauté onions and celery in butter until onions are translucent (about 2-3 minutes). Combine onion/celery mixture, potatoes, water, salt, and basil in a large pot. Bring to a boil, then reduce heat and simmer until the potatoes are soft (about 15 minutes). Remove from heat and stir in milk. Use a potato masher to partially mash potatoes and thicken soup. Serve with parsley garnish and crusty bread.

VARIATION:

Substitute 1 cup broccoli florets for 1 cup of the potatoes.