

Reflections

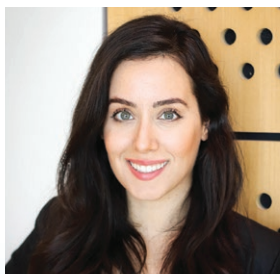
Water, the Underestimated Nutrient

Water is an essential nutrient. All chemical reactions need water to occur. Water regulates body temperature, protects body organs and tissues, carries nutrients and oxygen to cells, acts as vehicle to expel waste, and helps to form the structure of protein and glycogen molecules.

Dehydration, particularly chronic or long-term dehydration, has been linked to many life-threatening health outcomes which include the following: falls and fractures among the senior population, increased risk of heat stroke during heat waves, heart disease, bronchopulmonary disorders, kidney disease, urolithiasis, bladder and colon cancer, urinary tract infections, constipation, decreased salivation, tooth decay, decreased immunity, and cataract formation or sight problems. Simply put, you need your water!

HOW DOES ENOUGH WATER HELP ME?

One of the best studies to date on the effects of adequate daily water consumption was conducted by the Adventist Health Study and included 20,000 subjects. The group that drank over 5 cups of water *(continued)*



Fay Kazzi has a master's degree in nutrition and dietetics, is a Registered Dietitian, and earned her PhD in Rehabilitation Science at Loma Linda University (LLU). She recently authored *The Earthy Canvas Vegan Cookbook*.

PAYROLL BULLETIN BOARD

Checks /EFT Released

THIS MONTH:
March 25

NEXT MONTH:
April 27

At Rest

Each quarter we publish a list in remembrance of those who have passed to their rest.

- Abaro, Feliberto S. (CA)
- Acosta, Jose H. (HI)
- Alarcon, Hulda A. (IL)
- Allen, Robert (TN)
- Anderson, William (TN)
- Arakaki, Shigenobu (CA)
- Arauzo, Luz (TX)
- Artigas Jr., Alex D. (OR)
- Balaoing, Elmer A. (CA)
- Ballard, Edwin C. (MA)
- Barnes, Kenneth E. (OH)
- Barnett, Lila Ann (MO)
- Barr, Christopher (MT)
- Batista, Raul F. (NY)
- Bell, Arthur Fred (CA)
- Benefield, Mary A. (FL)

(continued)

per day were 50 percent less likely to get coronary heart disease than the group that drank 2 or less cups of water a day.

WHY 8 CUPS?

The 8-cup-per-day recommendation began with a single 1920's published paper in which the author, researcher Edward F. Adolph, measured only his own water expenditure. He concluded that approximately 8 cups would replenish the lost stores of water one experiences in a day. Then, after much analysis of data, medical authorities in Europe, the US Institute of Medicine, and the World Health Organization finally advised 4–7 cups water per day for women, and 6–11 cups per day for men (plus food and other drinks).

WHICH IS BETTER, BOTTLED OR TAP WATER?

The answer may surprise you. A 2014 study, published in *Public Health Nutrition*, analyzed the water from 35 bottled water companies and found that bottled water did not guarantee higher quality, safer, or cleaner water than regular tap water.

Cheers to following simple recommendations for better health!

Take home points

- Drink 6–10 cups of water daily, primarily pure water.
- Avoid or minimize sodas, caffeinated beverages and fruit juices made from sugary concentrates.
- Try infusing water with fresh fruit such as strawberries and lemons or fresh herbs such as mint or rosemary.
- For a hot drink, try herbal tea: e.g. chamomile, mint, rooibos.
- For a calorie-free sweetener, get a stevia plant. Pluck and infuse leaves in a small amount of water overnight in the fridge, and use this to sweeten your beverage. ■

At Rest *(continued)*

Bernard, Michael A. (MD)
Bernard, Vicki C. (MD)
Bertone, Barbara S. (NH)
Blakely, Fred T. (WA)
Blount, Lois (FL)
Boettcher, Arlene J. (TN)
Bogar, Larry P. (TN)
Botabara, Evelyn R. (CA)
Boyd, Valda C. (CA)
Brenner, Catherine M. (VA)

Briscoe, James F. (CO)
Brock, Harvey C. (IN)
Brock, Joanne R. (WI)
Bromme, Joan (NC)
Brooks, Paul A. (TN)
Brower, Jeanne L. (OR)
Buchholz, Fred (WI)
Buck, V. Denice (CO)
Burpee, Stewart A. (GA)
Cabardo, Alberto (TX)

Camm, Thomas A. (OH)
Canaday, Cynthia J. (WA)
Carswell, Joe B. (ID)
Carvalho, Mary (HI)
Castro, Maria G. (TX)
Chinn, Bonnie (OR)
Chinn, Clarence (WA)
Christianson, Warren (CA)
Clausen, Roberta M. (ID)
Cleveland, Elizabeth (AL)

Cloud, Doris (FL)
Cole, Dorothy S. (GA)
Cole, Gale M. (NC)
Coleman, Penelope (OH)
Connor, Dorothy A. (MD)
Cook, Doris M. (CA)
Cope, J.K. (FL)
Coulson, Terry K. (TN)
Cowden, Gene Charles (OK)
Cox, Haysmer E. (CA)
Cox, Kenneth R. (TN)
Cruz, Elizabeth (MO)
Dacuycuy, Consolacion (NV)
Dahl, Alfred G. (OR)
Davis, Norma L. (ON)
Dawes, Juanita M. (NE)
Dean, Norma Jean (TN)
Dugdale, M. Carolyn (CO)
Dunham, Philip W. (OR)
Eaton, Sherwood K. (NC)
Edge, Presley E. (VA)
Eggert, Donald C. (WA)
Eichman, Alberta (AZ)
Eichman, Gloria Glee (AZ)
Eighme, Lloyd Elwyn (WA)
Elkins, Penelope D. (CA)
Epperson, Margaret L. (CA)
Estrada, Annie M. (CA)
Ethernon, Lewis E. (FL)
Eustis, Georgia R. (VT)
Farag, Dola N. (WA)
Flach, Charles (AL)
Ford, Dwain Linden (MI)
Fox, Walter G. (GA)
Francisco, Margie M. (WA)
Fund, Alyce L. (CA)
Gane, Erwin R. (CO)
Garner, Mildred E. (MN)
Garzaro, Domingo (CA)
Gates, Meraldine D. (TN)
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Gibbons, Cardinal K. (WA)
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Glass, Melvin (OR)
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Grieve, Nila E. (CA)
Griffith, Joyce (OR)
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Hall, Robert L. (CA)
Harris, Judith A. (AR)
Hawks, Paul N., Jr. (FL)
Henderson, Arlene P. (TN)

GO PAPERLESS!

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You can also view and download archived issues of *Reflections* using this link.

At Rest *(continued)*

Henriques, Alexander D. (NE)
Hill, Marylin J. (MI)
Hoffman, Mary J. (CA)
Holland, Maurine M. (FL)
Honore, Simon M. (MI)
Hoyt, Edith G. (OR)
Hudson, Larry D. (OR)
Janssen, Robert E. (MI)
Jarrard, Rebecca J. (AL)
Jensen, Jonelle L. (OK)
Jenson, Virginia G. (CA)
Johnson, Dorothy J. (MI)
Johnson, Fannie B. (FL)
Johnson, Russell L. (ID)
Jorgensen, Marilyn J. (CA)
Kachocki, Edward B. (CA)
Katrib, Michael Y. (CA)
Kelm, LeRoy Melvin (OR)
Kendrick, Patricia Ann (FL)
Kenyon, Gerald R. (NC)
Kihlstrom, John S. (OH)
Kimball, Gabrielle (TN)
Kirby, M. Louise (CA)
Klein, Doralee Griffith (TN)
Klischies, Herbert (FL)
Knipschild, Calvin D. (WA)
Knox, Velma (FL)
Kornbau, Elaine H. (KS)
Kuebler, Donna L. (TN)
Landry, Naomi R. (FL)
Lang, Phillip C. (NC)
Lee, Dennis Yunclin (CA)
Lesick, Gary W. (CA)
Lewis, Betty J. (TX)
Lewis, Richard J. (CA)
Lillie, James Allan (CO)
Lindt, Anne Vivian (HI)
Linser, Heinz (CA)
Logan, Lloyd H. (WA)
Long, Georgiana (PA)
Lutz, Laretta K. (MI)
Lytsell, Stephen G. (OR)
Mackey, Keith L. (OK)
Mastrapa, Misael (FL)
Mathison, Frances (MI)
Matias, Monserrate M. (FL)
Mattingly, Rozella E. (TX)
Matula, Floyd H. (ID)
McCauley, Juanita (ME)
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McClure, Timothy (AL)
McHugh, Joseph (SC)
McLin, Glen C. (WA)
Metcalf, Virginia L. (CA)
Mittleider, Kenneth (GA)
Moore, Mae K. (CA)
Moore, Marvin L. (ID)

Murray, Adella E. (CA)
Neill, Mary Jane (FL)
Nelson, Sarah C. (CO)
Nelson, Wendell W. (CO)
Novack, Richard S. (CA)
Nygaard, Mary P. (NORWAY)
Oddie, John B. (FL)
Ogilvie, Donald (WA)
Ondrizek, Clyde E. (TX)
Owens, Cecil J. (ID)
Page, Kathleen (CA)
Pelfrey, Shirley A. (GA)
Penstock, Albert Floyd (FL)
Pester, Yvonne L. (CA)
Peters, Josephine A. (CA)
Peterson, Martin J. (ID)
Pfeil, Florence T. (AL)
Phillips, Tyrone (AL)
Pierce, Romana Cuvin (CA)
Pifer, Joyce L. (WA)
Pletsch, Sherryl June (WA)
Polk, Herbert W. (CA)
Pomeroy, Richard E. (WA)
Popp, Annis W. (FL)
Potts, Phyllis L. (WA)
Prest, Robert J. (NY)
Pritchard, Robert A. (CA)
Qazi, Ahmed (MD)
Ragsdale, Donald L. (CA)
Randolph, Dennis W. (FL)
Rasmussen, Alice M. (OR)
Rau, Eugene (TN)
Reynolds, Emil A. (WA)
Rice, Elvie (OH)
Rice, Hazel V. (WI)
Richardson, Vivian F. (NV)
Riesen, Donald A. (FL)
Rigby, Donnie G. (CA)
Rivera, Angie (TX)
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Roberts, Richard E. (WA)
Robinette, Jack E. (TX)
Rodriguez, Adino E. (CA)
Rodriguez, Guillermo (FL)
Rogers, Ernest E. (AL)
Rogers, Mary G. (TN)
Rouse, Charlotte R. (OR)
Rowe, Robert Royce (CA)
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Tow, Raymond W. (ID)
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Tripp, Lowell I. (MD)

Tsai, Mu-Lan (CA)
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Uffindell, Dennis C. (NC)
Unger, David J. (OH)
Valdez, Jose C. (CA)
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Vandulek, Paul (TN)
Velazquez, Fidel (GA)
Vercio, Paul Eugene (WA)
Wallace, Darl L. (WA)
Warner, Carole (CA)
Watts, Arthur W. (CA)
Wearner, Thelma C.H. (WA)
Werry, Robert W. (FL)
West, Elizabeth Ann (WA)
Wilkinson, Donald E. (SC)
Williams, Bessie M. (OH)
Williams, Beverly Ann (CA)
Williams, Francis B. (WA)
Williams, Leora D. (WY)
Williams, Nell (TN)
Willis, Martha C. (OH)
Wrate, Herbert O. (TN)
Yates, Alan F. (OR)
Zager, Earl John (TX)
Zambrano, Eusebio (AR)
Zeidler, Terry L. (CA)

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Adventist Retirement

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SHARP Corner

Deadlines are approaching for YSA Claims

The deadline to submit claims to YSA for the 2020 plan year is **March 31, 2022**. You must submit a paper claim form for 2020. Online claim submissions will be denied. Please mail your reimbursement request to: **Your Spending Account, PO Box 64012, The Woodlands, TX 77387.**

As of this writing, there is not a CARES Act extension for 2021 claims, so please plan to submit your 2021 claims before April 30, 2022, either via the online submittal process, or by mailing a paper claim. You can also check your online YSA account for information regarding any extension, as well as access a claim form. We're here to help if you have any questions. ■



REMEMBER THESE STEPS:

- ▶ IF YOU HAVE MOVED TO A NEW STATE OR COUNTY you must call Aon Retiree Health Exchange before updating your address for MediGap, Medicare Advantage or Medicare Part D insurance carrier. Aon will help you choose a new insurance carrier in the state or county you have moved to. **To contact the Aon Retiree Health Exchange, phone 1-844-360-4714.**
- ▶ If you don't call Aon Retiree Health Exchange first, you could unintentionally disenroll yourself (yikes!) from the Aon plans and thus lose your HRA (Health Reimbursement Account) money for the future.
- ▶ You also need to make an address correction with the Social Security Office.

SEND CHANGES OF ADDRESS INFO TO:

- ▶ **Adventist Retirement Plans**
9705 Patuxent Woods Drive, Columbia, MD 21046
- ▶ You can also call **1-443-391-7300** or email your change of address to **NADRetirement@NADAdventist.org**.