

Reflections

April 2024

Aging Graciously

I've observed through the years that as we age, we tend to become more brittle, grouchy, and judgmental in our relationships. We become grumpy old men and women. Having circled the block more times than we can count, we've gained experiences and insights that serve us well. We know what works and what doesn't. Armed with high standards, we expect others to see and navigate life as we do, and when they don't, things can turn ugly.

Instead of being sweet, gracious senior statesmen and women in our families, neighborhoods, churches, and communities, we all too often become like horseradish in our relationships. How do we find ourselves in such a predicament? Four things come to mind.

1 | Resistance to Change: The older we get, the more we struggle with the rapid pace of change in our world. We prefer the comfort of the familiar, good old ways. When change hits us in the face, we react negatively.



Dan Martella is a retired pastor living in Hanford, California, who enjoys spending time with his grandkids, tending his garden, and serving in his local church.

PAYROLL BULLETIN BOARD

Checks /EFT
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THIS MONTH:
April 26

NEXT MONTH:
May 24

*“Therefore, as
God’s chosen
people, holy and
dearly loved,
clothe yourselves
with compassion,
kindness, humility,
gentleness and
patience.”*

—Colossians 3:12



2 | Cultural and Generational Differences:

Negotiating challenges posed by cultural and generational gaps is a significant issue in our country and in our churches right now. As we take up arms in these cultural wars, we leave a lot of wreckage in our wake—angry words, polemic politics, and strained relationships.

3 | Personal Pain: As we grow older, our bodies begin to break down. Chronic health issues set in. Arthritis, strokes, congestive heart failure, and cancer can leave us hurting all over. The pain takes its toll on our nerves, leading us to lash out at those who cross our paths.

4 | Isolation: Whether widowed, divorced, or lifelong single, many of us have experienced prolonged periods of isolation, especially during the pandemic. As a result, our social graces have gotten rather rusty.

The apostle Paul's words in Colossians 3:12 carry a special relevance for us old-timers: "Therefore, as God's chosen people, holy and dearly loved, clothe yourselves with compassion, kindness, humility, gentleness and patience."

How do we rise to this challenge? Here are four more considerations:

1 | Embrace New Ideas and Perspectives:

Stay open-minded, making room for personal growth and enriching interactions with a diverse range of people.

2 | Keep Learning: Stay curious about the world, read widely, listen to podcasts, and engage in

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deep conversations. Not everyone does life, Christianity, or Adventism just like you do, and there's a lot of good in that. When you embrace the quest to continually grow, you will develop a more open and adaptable mindset.

3 | Stay Socially Active: Spend quality time with your kids and grandkids, go deep with your church family, make new friends by picking up a community college class, join a local service or hobby club, or participate in volunteer programs that will engage you with people and keep you relationally resilient.

4 | Maintain a Positive Attitude: Celebrate diversity, look for the humor in life, smile, and laugh easily. Cultivate a spirit of patience with people, express gratitude, and offer words of affirmation for the good things you see in others.

Our challenge as seniors is to become sweeter, more gracious, patient, enthusiastic, and more like Jesus as we grow older. Like autumn leaves, we want to let our year fall graciously, leaving behind a carpet of warmth and wisdom for those who follow. ■

SHARP Corner

(Supplemental Healthcare Adventist Retirement Plan)

I Want My Money Back!

April 30 is the deadline for filing reimbursement requests for 2023 eligible Health Reimbursement Account (HRA) expenses. If you need a claim form, please contact Alight at 844-360-4714. You cannot download the claim form from the website.

As another option, you can submit claims and/or supporting documentation via the **Your Spending Account Reimburse Me Mobile App**. A user guide for the app is located on our website at www.adventistretirement.org (**Pro tip:** use search term Reimburse Me). Also available on our website is a list of the eligible expenses you can file for.

If paperwork isn't your thing, consider filing for reimbursement (partial or full) of your Medicare Part B premiums. This is a one and done request. Just be sure to include a copy of your statement showing what you pay each month for Medicare B along with a claim form indicating how much (up to your payment amount) you are requesting. This can be set up for a monthly reimbursement and will be processed automatically going forward.

Wishing you a happy Spring! ■



Roasted Beet Hummus

Super creamy (pink!) hummus featuring a whole roasted beet, lemon, and plenty of garlic flavor. Perfect with chips, pita, or veggies or as a sandwich spread.

- 1 small raw beet
- 1 15-oz. can (about 1¾ cups) cooked chickpeas, mostly drained
- 2 heaping tablespoons tahini
- 2 large cloves garlic, minced
- Juice of ½ large lemon (about 2 tablespoons)
- Zest of 1 large lemon
- 1 healthy pinch salt
- 1 pinch black pepper
- ¼ cup extra virgin olive oil, plus more for drizzling

- ▶ Preheat oven to 375°F.
- ▶ Remove the stem and root from the beet, and scrub it underwater until clean. Place it on aluminum foil, drizzle with a bit of olive or avocado oil, wrap it tightly, and roast until tender, about 1 hour. (You should be able to pierce the beet with a knife without resistance.) Allow to cool.
- ▶ Peel and quarter the beet and place it in your food processor. Blend until only small bits remain. Add chickpeas, tahini, garlic,

lemon juice and zest, salt, and pepper. Blend until smooth.

- ▶ With processor running, slowly drizzle in ¼ cup olive oil.
- ▶ Taste and adjust seasoning to taste. Add salt, lemon juice, or olive oil as needed. If it's too thick, thin with a bit of water.
- ▶ Roasted Beet Hummus will keep in the fridge for up to a week. ■

(minimalistbaker.com)



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NORTH AMERICAN DIVISION

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