

REFLECTIONS

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

Hitch up your wagon!

You've heard it, and maybe even remember saying it: "I just can't wait to retire!" It seems like the golden goal.

Then you retire. You quickly find yourself very much out of the loop of friends, information, and activities that made up a big hunk of your life. That can lead to feelings of being cut off, unimportant, or irrelevant. In reality, life (including retirement) is what you make of it.

Take a look at the "Moses Model" of senior service. He took what he had learned and done in his early life and re-tooled all of that into a focus on life and ministry in the present and for the future. Moses didn't live in, or long for, the past. He moved into new realities called today and tomorrow. Like him, we can appreciate the past, but we can't live there.

The story is told about a practice of those who moved west in wagon trains that has meaning about appreciating the past but not living in it. As the pioneers set up camp at night, they would circle their wagons for protection, then build a campfire in the middle of the circle to provide heat, light, and the hot meal of the day. The next morning, children would dig deep into the embers with metal tongs and take out the red-hot coals from the residue of last night's fire. The coals were carefully placed in special clay fire-pot jars with small holes in the jars to provide air to keep the embers alive. The jars were capped and carefully stowed in the wagons. The next night, the coals were taken from the jars and used to ignite the new evening fire.



Payroll Bulletin Board

Checks/EFT Released

THIS MONTH: August 27

NEXT MONTH: September 25

Hitch Up Your Wagon! *continued*

Several things are noteworthy here. They only took from the past that which would be helpful in the future. They left the “ash and trash” of the past behind them. Even if the fire had been spectacularly good, they did not load the ashes, rocks, and “junk” into the back of their wagons to haul it all along with them. That would be a mess, and a potential disaster of destroying their trek into future hopes and plans.

So, we can ask ourselves, “What can I take from the past to provide meaningful applications for today and tomorrow?” And, just as important, “What “ash and trash” do I need to leave behind as I move into the future?” The mantra of “Don’t let your yesterday steal your tomorrow,” rings true for both our successes and failures. We can celebrate, learn from, and re-calibrate our successes into meaningful ministry and involvement today. We can leave the ashes and move on to new campfires. It’s our choice, our present and our future. We make the call.

Retirement usually provides us with fewer boundaries, restrictions, demands on our time. We can be fully engaged, but with the luxury of setting our own deadlines and timeframes. It’s a time when we can re-tool our skills, experiences, gifts, learnings, and life to be creatively involved in being a positive influence in our family, community, and congregations. On the other hand, we can pine for the past and live in the cold ashes of that which was.

As for me, and my wagon train, the present and the future hold exciting promises, challenges, and opportunities for creativity and ministry. Hitch up your wagon, pick up the coals, and join me!

Dick Stenbakken retired from the General Conference as Director of Adventist Chaplaincy Ministries in 1995 after 13 years of service there. Prior to that he served 23 years as an active duty Army Chaplain with tours of duty in Vietnam, The Pentagon, Hawaii, Alaska,

Missouri and various other places. Prior to military service, he was a district pastor in Wyoming. Each assignment was a learning experience providing tools, ideas, and experience to move ahead into new fields of ministry.

Since “retirement” (he says he is re-treaded, not retired), Stenbakken has produced 3 books, 8 DVD sets, 50+ TV programs and has presented at both the US Senate Bible Study groups and Pentagon Prayer Breakfasts (7 times at each venue). In 2018 he did presentations with the Army Chief of Chaplains throughout the Army system.

Ardis Stenbakken served as Director of Women’s Ministries at the General Con for over 10 years and edited 18 Women’s Devotional books during and after her time at the GC. The couple live in Loveland, Colorado with a “spectacular view” of the front range of the Rocky Mountains. They are both active in local churches and community events.



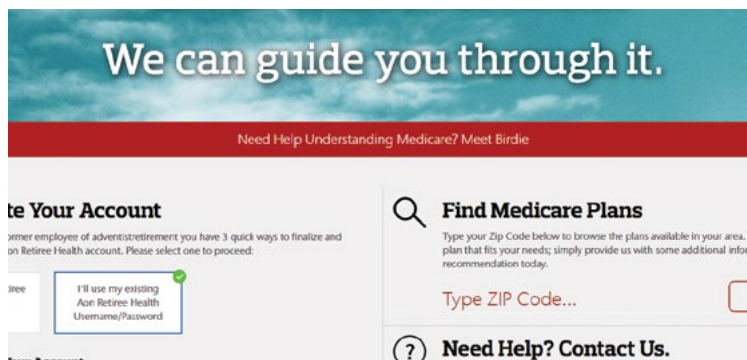
SHARP Corner

2019 YSA Claims Deadline Extended

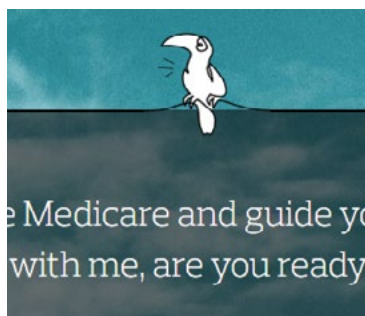
Your Spending Account (YSA) has just notified SHARP that per the Coronavirus Aid, Relief, and Economic Security Act, also known as the CARES Act, the 2019 Claims deadline has been extended to September 30, 2020. If you missed the original April 30, 2020 deadline to submit for 2019 reimbursement of claims, you have another chance! Also, if you submitted claims that were denied because you missed the April 30 deadline, you can resubmit those claims for reprocessing. Unfortunately, they will not be reprocessed automatically so you do have to resubmit. The YSA team is also working to allow those claims submissions to come through your online account. If you need help, contact YSA by calling 1-844-360-4714.

Aon Retiree Health Exchange Website Redesigned

Based on customer feedback, the Aon team has redesigned the website to better support your Medicare needs. A new interactive feature named "Birdie" is now available to help you navigate Medicare and guide you to plans that best fit your needs. If you've not set up your online account, you can do so at <https://retiree.aon.com/adventistretirement>.



The home page on Aon's website has a new look.



Birdie makes it easy to find what you need on Aon's website.

Adventist Retirement Plan

www.adventistretirement.org

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Healthcare Eligibility Queries

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

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Barbara McLaughlin: 443-391-7345
Lost checks, direct deposits, 1099R, tax withholding, verification of benefits for loans, housing, Medicaid

Adventist Retirement

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Staying in Touch

Did you miss an issue of Reflections?

Past issues of *Reflections* are archived on our website, adventistretirement.org, under the Retiree tab. You may have missed the April and May issues due to Pacific Press being closed for a few weeks—these issues were emailed. Check them out!

The North American Division has compiled a partial listing of churches that livestream their services. You can find it here: www.nadadventist.org/online-church-services.

Aon's monthly Medicare webinar answers your Medicare questions

**August 18, 2020, 10-11 a.m.
Central Time**

Meeting Number/Access Code: 592 967 766

To view online, go to webex.com, click the Join tab in upper right corner of the page. On the next screen enter the meeting number.

To listen by phone, call 877-542-7993. Enter the access code.

The password is Medicare1!