

# REFLECTIONS

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*A monthly source of information for beneficiaries of the Adventist Retirement Plans.*

## Mind and Matter

As Seventh-day Adventists, we believe in a wholistic view of health including physical, mental/emotional, spiritual, and social aspects of our lives. These are the four areas that God instilled in us at creation (Genesis 2:7, 18-20) and are echoed in the description of Christ as a child:

And Jesus grew in wisdom [*mental*] and stature [*physical*], and in favor with God [*spiritual*] and man [*social*]. Luke 2:52

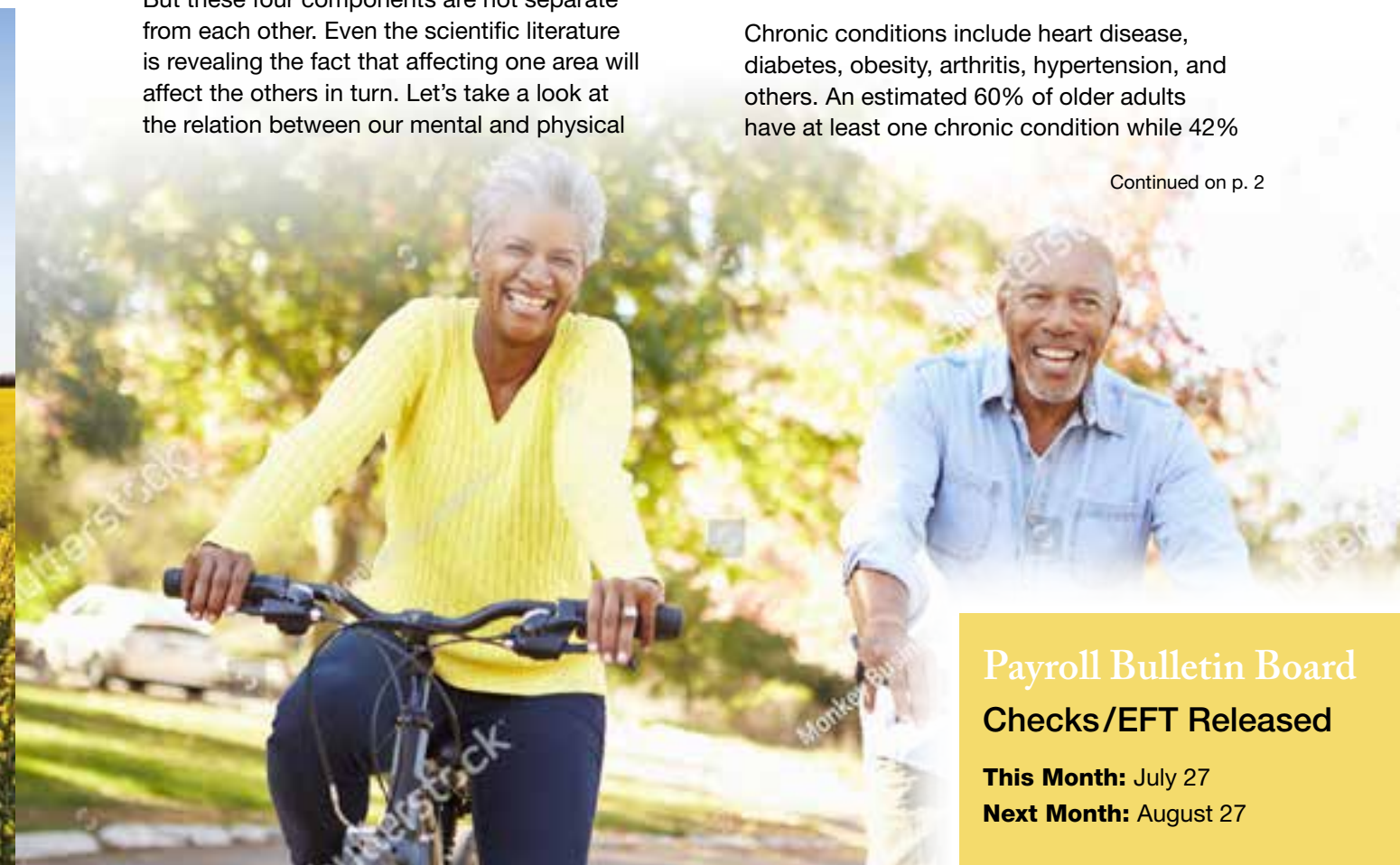
But these four components are not separate from each other. Even the scientific literature is revealing the fact that affecting one area will affect the others in turn. Let's take a look at the relation between our mental and physical

health. The Ontario Canadian Mental Health Association makes three important statements:

1. Poor mental health is a risk factor for chronic physical conditions.
2. People with serious mental health conditions are at high risk of experiencing chronic physical conditions.
3. People with chronic physical conditions are at risk of developing poor mental health.<sup>1</sup>

Chronic conditions include heart disease, diabetes, obesity, arthritis, hypertension, and others. An estimated 60% of older adults have at least one chronic condition while 42%

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**Payroll Bulletin Board  
Checks/EFT Released**

**This Month:** July 27

**Next Month:** August 27

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have two or more chronic conditions.<sup>2</sup> In addition, about 25% of older adults have some type of mental health problem.<sup>3</sup> A research study that looked at individuals 50 years and older found that past experience with mental health issues had a significant impact on physical health. This was also true when looking at the effect that past physical health problems had on current mental health.<sup>4</sup>

But there is something that we can all do to improve our health, slow the progression, or in some cases reverse the disease. According to the World Health Organization (WHO), lifestyle factors explain about 70% of the diseases we experience.<sup>5</sup> One of these lifestyle factors is physical activity. The WHO reports that older adults who are more physically active do better than those who do not engage in regular activity; specifically, they have:

1. Lower rates of coronary heart disease, hypertension, stroke, diabetes, colon and breast cancer, a higher level of cardiorespiratory and muscular fitness,
2. Healthier body mass and composition and enhanced bone health;
3. Higher levels of functional health, a lower risk of falling, and better cognitive function.<sup>6</sup>

Physical activity can be done safely by anyone, but it's important to check with your doctor for your specific needs. In general, older adults need a minimum of 150 minutes of moderate-intensity activity per week. This should include increasing your heart rate for at least 10 minutes at a time. In addition, aim for muscle-toning activities at least two days a week. If prone to falls, activities that improve balance are recommended at least three days a week. See the table below for ideas

### Aerobic Activities

(at least 150 minutes per week)

- Brisk walking
- Jogging
- Hiking
- Yard work
- Household cleaning
- Swimming or water aerobics
- Playing sports
- Cycling

### Muscle-toning Activities

(at least 2 days per week)

- Lifting weights
- Using a resistance band
- Using your own body weight
- Sit-ups
- Push-ups
- Leg squats
- Heavy gardening
- Climbing stairs

### Balance Activities

(at least 3 days per week)

- Standing on one foot
- Walking backwards
- Walking heel to toe in a straight line
- Standing up from a sitting position
- Lower body strength training
- Core muscle training
- Stretching

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of these different types of activities. Visit <https://go4life.nia.nih.gov/> for more ideas and simple exercises.

Another important factor to improve both your physical and mental health is having healthy relationships. This could be with family, church members, neighbors, colleagues, or those you meet while volunteering for a good cause. Whatever your current health situation may be, or the health of your loved one, look for simple ways to connect with people. Ask them to join you for a walk or take exercise classes at a local fitness or community center.

Although we all have a greater risk of struggling with health problems as we age, we can do simple things to live a better quality of life at any stage.

By: Angeline B. David, DrPH, MHS, RDN  
Health Ministries Director  
North American Division of Seventh-day Adventists

<sup>1</sup> Canadian Mental Health Association, Ontario. Connection Between Mental and Physical Health. <http://ontario.cmha.ca/documents/connection-between-mental-and-physical-health/>

<sup>2</sup> Buttorff, Ruder, & Bauman, 2017. Multiple Chronic Conditions in the United States. Santa Monica, CA: RAND Corporation. <https://www.rand.org/pubs/tools/TL221.html>.

<sup>3</sup> Centers for Disease Control and Prevention. The State of Aging and Health in America, 2013. [www.cdc.gov/aging](http://www.cdc.gov/aging).

<sup>4</sup> Ohrnbergera, Fichera, and Sutton, 2017. The relationship between physical and mental health: A mediation analysis. *Social Science & Medicine* 195: 42-49.

<sup>5</sup> World Health Organization, 2009. Global Health Risks: Mortality and burden of disease attributable to selected major risks.

<sup>6</sup> World Health Organization, 2011. Global Recommendations on Physical Activity for Health. <http://www.who.int/dietphysicalactivity/publications/recommendations65yearsold/en/>.

## SHARP Corner

Retirees enrolled through Aon's Retiree Health Exchange and eligible for the HRA (Health Reimbursement Account), should always contact Aon at 844-360-4714 as the first point of support. Aon will provide you with information, advice and counseling on:

- HRA claims and reimbursements
- Questions about your coverage benefits
- Change of address
- Replacement coverage due to a move
- Advocacy support

...and more! Also check out the online tool at <http://retiree.aon.com/adventistretirement> available for HRA reimbursement and plan comparison information.

## Adventist Retirement Plans

[www.adventistretirement.org](http://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  
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**Payroll: 443-391-7343**  
Bulletin Board of Payroll Information

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Lost checks, direct deposits, 1099R, tax withholding, verification of benefits for loans, housing, Medicaid