

September 2024

Reflections

Farewell and Good Wishes to Samantha Young

Samantha Young, communications manager and *Reflections* editor, has begun a new position with the Adventist Healthcare Retirement Plan (AHRP).

“I’ve truly been blessed during these past six years in the Retirement office. Serving our retired workers, participants, the Adventist Retirement Board, and my colleagues, has been a delight and an honor! I’ll treasure the memories of our interactions,” said Young. “I wish everyone well!”

“Samantha has made significant contributions in communications to Adventist Retirement. We’re deeply grateful for the value she has added to the department,” said Edwin Romero, administrator. “Please join me in wishing her the best in this next chapter of her life.” ■



PAYROLL BULLETIN BOARD

Checks /EFT Released

THIS MONTH:
September 27

NEXT MONTH:
October 25

“Please join me in wishing Samantha the best in this next chapter of her life.”

—Edwin Romero,
Adventist Retirement administrator

At Rest

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

- | | | | |
|--------------------------|------------------------------|------------------------|----------------------------|
| Aguilera, Ronald (CA) | Baize, Pearl L. (CO) | Berry, Norma L. (WA) | Buhler, Daniel (OH) |
| Alexander, Allen L. (MD) | Baltrusch, Ila (WA) | Blahak, Leona F. (MD) | Bukovski, Kata (CA) |
| Alexander, Samuel (CA) | Banks, Mary T. (TX) | Blair, Mardian J. (FL) | Bullock, Charles E. (TN) |
| Allen, Henry W. (CA) | Barnes, Belvina M. (BERMUDA) | Breetzke, Joy H. (KY) | Cabana, Presila S. (IL) |
| Andrade, Isabel G. (CA) | Bates, Thomas (OR) | Brogden, Bessie (NC) | Cabrera, Antonio (CA) |
| Andrew, Benjamin (GA) | Bean, Virginia (CA) | Brooks, Betty L. (WV) | Cameron, Walter (MI) |
| Artaho, Emily O. (HI) | | Brown, Marvin (GA) | Carpenter, George (FL) >>> |

September is Prostate Cancer Awareness Month

Though prostate cancer may not receive as much media attention as breast cancer, it is nearly as common, affecting about 1 in 8 men in their lifetime, says the American Cancer Society. It is the second most common cancer in men (skin cancers are number one), and most often affects men over age 50. Black men have an increased risk of developing the disease.

Even men who are already at greater risk due to age, race or genetics can reduce their chances of developing prostate cancer by adopting healthy diets and lifestyles according to Johns Hopkins Medicine. Consider these recommendations:

- ▶ Improve your diet by **reducing fat intake**, eating more fruits and vegetables, and avoiding charred meat. Consider adding green tea and soy to your menu.
- ▶ Maintain a healthy weight
- ▶ Get regular exercise
- ▶ Increase your vitamin D if your doctor recommends it

Learn when to see a doctor for a screening at

<https://www.hopkinsmedicine.org/health/conditions-and-diseases/prostate-cancer>. ■

At Rest *(continued)*

Case, Luella (CA)	Czeratzki, Reinhard (WA)	Elliott, Mary J. (CA)	Greene, Leila F (FL)	Mummert, Patsy L. (TN)
Chamness, James R. (CO)	Dangler, Barbara (MD)	Ellis, Gareth I. (WA)	Grow, George L (NC)	Myers, Arthur D. (TN)
Chastang, Thomas J. (VA)	Daniels, Bibi (OR)	Engdahl, Vera B. (CA)	Hallock, Patricia (TX)	Myers, Beulah Edna (TN)
Chattman, Velma R. (AZ)	Davis, John M. (MA)	Erlandson, Virgil V. (MD)	Hamer, Evelyn Fabian (OH)	Nance, Richard L. (GA)
Chavez, Magda (TN)	Davis, Lila (AZ)	Evans, Norma J. (CA)	Hanchett, Joseph (OR)	Neil, Dolores A. (AL)
Christensen, Ronald (CA)	Davis, Rodney C. (OH)	Fairchild, Dale E. (KS)	Hargreaves, Delbert (IL)	O'Guin, Frances J. (GA)
Christie, Ralph (WA)	Dell, Jacqueline (FL)	Farwell, Jolene L. (WA)	Hauschild, Rita Jo (KS)	Oster, Tove Christa (VA)
Clark, Freda R. (TN)	Dennison, Vivian A. (CA)	Fillers, N. Jeraldine (TN)	Hawes, Nancy R. (OR)	Padgett, Mary Ellen (CA)
Claus, Wilbur H. (GA)	Devine, Harlene E. (SD)	Flores, Barbara W. (HI)	Haynes, Maria Jan (CA)	Patton, Gerald Earl (CA)
Cly, Jane (AZ)	Dible, Peter (AZ)	Flynn, Joan Arlene (CA)	Heath, Harold L. (TN)	Peckham, Billie Jean (TX)
Coe, Erwin F. (NM)	Doornbos, Marilyn (SC)	Follett, Paula R. (NE)	Hernandez, Haydee (FL)	Perry, James L. (CA)
Condon, Vaneta M. (CA)	Doshi, Mansukhlal (OH)	Forney, Richard H. (GA)	Hernandez, Maria (FL)	Pester, Donald D. (WA)
Cook, Leah E. (NJ)	Dulan, Irwin R. (AL)	Fuentes, Maria O. (CA)	Hernandez, Yolanda (CA)	Pester, Shirley I. (WA)
Coots, Mary Ann (OH)	Edmonds, Brant R. (AZ)	Funk, Barbara L. (AR)	Hircock, M. Barbara (KS)	Phillips, Karen (VA)
Corwin, Duane M. (WA)	Eighme, Mary Margaret (AZ)	Gearhart, Franklin (OR)	Hogan, Mary C. (CO)	Pitts, Roy C. (CA)
Cowen, Henry W. (AL)	Ekvall, Reatha L. (FL)	Glorioso, Oliva B. (CA)	Hoy, Helen I. (KS)	Pontynen, Carol T. (CA)
Crane, Marilyn C. (ID)	Ellerbe, Theodore J. (GA)	Goodwin, Mary L. (MO)	Hubbarrt, Gail (TX)	Powell, Norma Jean (TN)
Crittenden, Shirley (CA)		Graham, Elliot E. (FL)	Hughes, Donald L. (CO)	Powell, Patricia A. (TX)
			Hughes, Joann (OR)	Powers, Bruce D. (AZ)
			Hulse, Gladys A. (CA)	Pumford, Lawrence (CA)
			Hutchins, Marie M. (OH)	Quillin, Linda Lou (KY)
			Indrabudhi, Margaret (CA)	Ramirez, Khalebb C. (TX)
			Inglis, Albert D. (IN)	Randolph, Donna M. (MO)
			Iuga, Cornelia Stela (GA)	Reed, Bonnie Painter (VA)
			Jackson, Ivy Carrie (MO)	Reed, Marian R. (OH)
			Jamerson, William (NV)	Regular, Blanche J. (FL)
			Johnson, Imagean (MI)	Reynolds, Donald L. (MO)
			Jones, Zola J. (OK)	Rieke, Leela M. (CA)
			Keller, Charles (CA)	Ristau, Arleen Ann (TN)
			Kempert, Mervin C. (SK)	Ritland, Juanita A. (OR)
			Kennedy, Naomi R. (TN)	Roberts, Denver (CA)
			Ketelsen, John C. (CA)	Roberts, Marge A. (OR)
			Kim, Bong Soon (IL)	Rogers-Napoles, Lylia (CA)
			King, Corinne (CA)	Rojas, Raul (OK)
			Klemp, Gary K. (CA)	Rollins, Marilyn L. (IN)
			Larsen, Roy M. (CA)	Rowland, Eugenia (WA)
			Leard, Imogene R. (KS)	Rudig, Richard Dale (MT)
			Leister, Clarence (PA)	Samojluk, Rachel P. (OR)
			Leon, Jacqueline A. (CA)	Scheidt, Thyra (FL)
			Lilly, H. Emerson (OH)	Schmechel, Kathryn (OR)
			Lindsey, James (OH)	Schnell, Nelwyn S. (TX)
			Lohrke, Geraldine (CA)	Schooley, William P. (CA)
			Lopez, Braudio (CA)	Seltmann, Eddie L. (FL)
			Lopez, Lucy L. (CA)	Sharman, Glenn S. (CA)
			Lowry, Joyce A. (GA)	Simola, Peggy J. (CA)
			Lucas, Betty A. (FL)	Skadsheim, Melvin (OH)
			Mandaville, John A. (TX)	Skeggs, Robert W. (TN)
			Maneval, Helen (WV)	Smart, Richard (WA)
			Matson, Ruth O. (WA)	Smith, Rosella M. (OH)
			McGrath, Shirley Y. (CA)	Stoewer, Mary L. (VA)
			Meesarapu, Clara K. (MD)	Strang, Gary C. (NC)
			Mills, Richard V. (NY)	Sumilat, Mary (CA)
			Mitts, Norma Jean (MN)	Sutton, Patricia (AZ)

- | | | | | |
|--------------------------|------------------------|----------------------------|-------------------------|-----------------------------------|
| Sweet, Velma D. (CA) | Van Grit, William (TN) | Wehtje, LaDonna (CA) | Willem, Doris (CA) | Wright, Robert Dale (PHILIPPINES) |
| Syfu, Felie B. (CA) | Vaughn, Donald J. (PA) | Wendell, Burton P. (CO) | Williams, Clarence (CO) | Yaceyko, Steve (AB) |
| Taylor, Evelyn L. (AZ) | Vercio, Joanne M. (NE) | Wensing, Dorothea (ON) | Wiseman, Nancy (OH) | Zerbee, Richard G. (KY) |
| Thompson, Linda (MI) | Vital, Johanna R. (TN) | Werner, Joseph (VA) | Wondra, Jacqueline (MN) | Zurita, Nora (MI) |
| Thurlow, Barbara H. (TN) | Vodeb, Adrian A. (CA) | West, Winton, Jr. (CA) | Wong, Gregory Y. (CA) | |
| Utt, Gwendolyn M. (CA) | Volsch, Betty (SD) | Whitson, Sheila (SCOTLAND) | Woolever, Thelma (TN) | |
| Vander Mei, Corliss (CA) | Wedel, Orville R. (FL) | | | |

SHARP Corner

(Supplemental Healthcare Adventist Retirement Plan)

Health Reimbursement Account Increase

In May, the Adventist Retirement Board voted to increase the annual health reimbursement account (HRA), as shown below.

COLUMN 1	COLUMN 2	COLUMN 3	COLUMN 4
Years of Qualifying Church Service	Total Annual Contribution per Member w/o DVH**	DVH Annual Contribution per Member	HRA Annual Contribution per Member w/DVH
35+	\$2448	\$780	\$1668
30-34	\$2203	\$696	\$1507
25-29	\$1958	\$612	\$1346
20-24	\$1714	\$528	\$1186
15-19	\$1469	\$444	\$1025
8-14*	\$1224	\$360	\$864
1-7*	\$918	\$276	\$642

*divorce shared service

**SHARP Dental/Vision/Hearing

Things to remember:

- ▶ Years of qualifying church service credit are determined at retirement. **For questions on service years, please contact us at 443-371-7000.**
- ▶ You **must** be enrolled and maintain an enrollment through Alight in a medical or prescription drug plan to be eligible for the HRA benefit. **If you disenroll from Alight, your eligibility is forfeited.**
- ▶ Your total SHARP Ex benefit is listed in **Column 2** “Total Annual Contribution per Member.”
- ▶ If you **are not** enrolled in SHARP Dental/Vision/Hearing, **Column 2** indicates your annual HRA.
- ▶ If you **are** enrolled in SHARP Dental/Vision/Hearing, your **Column 2** amount is reduced by the DVH subsidy in **Column 3**, and **Column 4** becomes your annual HRA amount.
- ▶ All amounts are **per person**.

For questions about this chart, you can reach us via email: SHARP@NADAdventist.org, or by calling the SHARP line: 443-391-7337. We’re happy to help!



Adventist Retirement

Seventh-day Adventist Church
NORTH AMERICAN DIVISION

9705 Patuxent Woods Drive | Columbia, MD 21046

Adventist Retirement | www.adventistretirement.org

Edwin Romero

*Administrator &
Chief Executive Officer*

Andrew Choi

*Associate Administrator &
Chief Financial Officer*

Lisa Turpen

*Associate Administrator,
Defined Benefit &
Healthcare Plans*

Wirmin Alcantara

*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*

Ph.: 443-391-7300 | Fax: 443-259-4880
Email: NADRetirement@nadadventist.org
Address: 9705 Patuxent Woods Dr,
Columbia, MD 21046

Alight Retirement Health Solutions:

Phone: 1-844-360-4714

SHARP Healthcare Eligibility Queries:

Ph.: 443-391-7338
Email: SHARP@nadadventist.org

Submit DVH claims to:

Adventist Risk Management
SHARP, PO Box 1928,
Grapevine, TX 76099-1928
Ph.: 1-800-447-5002

Payroll Bulletin Board:

Ph.: 443-391-7343

General payroll information:

*Lost checks, tax withholding, direct deposit,
award letters for housing, loans, Medicaid*
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