

Press in Print



News and Information from the President's Office assembled by Dale Galusha and Gina Duncan

July 1, 2020

Updates . . .

Encouraging Stones

Last week a few people who walked the path around our lake found several painted rocks with encouraging messages.



After doing some research we found out about The Kindness Rocks Project, which is a viral trend where people paint stones and leave them for others to find and be encouraged. The trend originated in the U.S. and has spread to the U.K., Australia, New Zealand and other countries as well.



The Kindness Rocks Project was started by Megan Murphy in 2015 who wrote encouraging messages on a few rocks and left them on the beach where she often

walked. After a friend found one of the rocks and shared with her how it had made her day, Megan decided to start leaving rocks with inspirational messages behind.

The painting rock trend has very much revived now during the COVID-19 pandemic.

We are very happy to have been the recipients of this kind gesture and now it's our turn to spread kindness!



Points for Accelerate Health Plan Participants

For 2021 Accelerate Health Plan eligibility, you and your covered spouse must complete 80 activity points by July 31, 2020. Log your points on the wellness portal at www.ascendtowholeness.org. For questions, visit the Human Resources Department.

Retirement Auto-escalation

On July 1 your retirement contribution will automatically increase 1% unless you are contributing 7% or more to your retirement account already. This increase will be reflected your July 15 paycheck.

To change your contribution rate:

- Call **866-467-7756**, or
- Log on to **empowermyretirement.com** with your user name and password
 - Choose *Account* at the top of the page
 - Choose *Contributions* under the Adventist Retirement Plan menu
 - Select *Edit* to change your contribution rate.

If you have any questions, please contact HR.



Dateline . . .

July

1	PAYDAY
2	INDEPENDENCE DAY, PPPA Holiday
4	Independence Day
15	PAYDAY
29	PAYDAY

