

KEITH ANDERSON

Anderson Windows

Recently, Mayo Clinic Health Letter wrote an article on the power of connections and purpose which highlighted the importance of relationships. The article confirmed many things that we in the church know, but it is also a good reminder and challenge for ourselves. I want to share some of the insights I gleaned from the article.

Our Faith and Our Health

It is no great surprise to any of us, studies continue to show a direct relationship between religion, spirituality, and mental and physical health. Studies are revealing people who attend religious services tend to enjoy better health, live longer, and recover from illnesses faster and with fewer complications. If only we could get a discount on health insurance for being active church members!

While researchers cannot explicitly say why this appears to be the case, they do observe some significant results from our spirituality:

• Social Support

Churches have a built-in support system. Loving congregations support their members by building relationships and meeting the needs of its members. For example, when a person is facing a crisis, the church can be a resource to help meet the needs of food, shelter, prayer, and support. No matter the challenge we face, the church reminds us we are not alone.

• Resources for Coping

Church members deal with stress and the unexpected in more positive ways than non-church goers. Our believe in God enables us to accept and deal with things that are beyond our control. By turning to God, we are able to lessen our stressors that negatively impact our health.

• Wiser Health Decisions

Studies show church goers are less likely to smoke, misuse alcohol or drugs, view physical activity as a priority, and less likely to use weapons, get into fights, and engage in risky sexual behaviors.

Forgiveness

Through forgiveness, we release the pent-up anger and resentment in our bodies. It also promotes positive emotions as well as reducing anxiety and blood pressure.

Prayer and Meditation

Research continues to show prayer and meditation promotes relaxation which lowers blood pressure, heart rate, and breathing rate. Prayer is a place to release our burdens and find purpose in our lives.

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Maintaining Friendships

The National Council on Aging revealed 90% of respondents to a recent survey believe having close relationships between family and friends is vital for a meaningful life. The importance of relationships is not a surprise, but the result of 90% believing in the importance of relationships was.

Research continues to show our attitudes and relationships influence our physical health. Social isolation can contribute to illness and overall poor health. Having strong connections to others yield many different benefits such as:

• Longer Life

A recent California study revealed persons lacking social connections were 2-3 times more likely to die younger than those who had those connections.

Boosting Recovery

In reviewing over 50 different studies, researchers concluded individuals with no family and friend support had far worse recovery rates after a heart attack. The lack of social support carried the same weight as other factors such as high cholesterol, smoking and high blood pressure!

• Strengthening Immunity

Researchers agree stress weakens our immune system, and friendships reduce stress. One study found people with a diverse social network were less likely to get the common cold!

• Less Anxiety

Anxiety has been shown to increase the likelihood of sudden cardiac death. Persons with greater support are less likely to feel anxious. When faith is included in the studies, anxiety declines even a greater amount.

Improve Mental Health

Social networks provide outlets for person to talk when going through difficult times, reducing stress, anxiety, and depression. Social networks increase your sense of well-being and self-worth.

ANDERSON WINDOWS continued on page 3

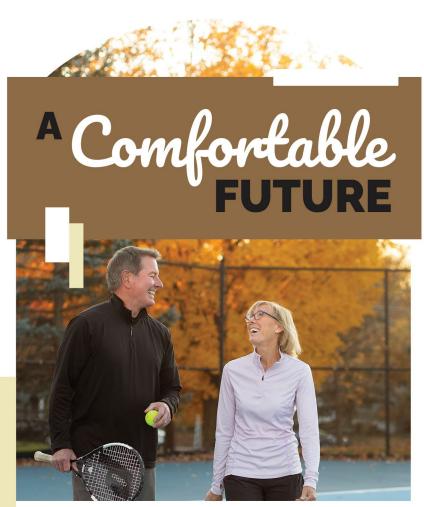


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618-806-6819
edweston69@gmail.com
pasbfgiving.org



Gift planning home page

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and fall, our mission continues, as it always has, to
make a difference. But did you know when you
make a difference with us, we can make a
difference for you?



COMFORT YOU Want, DEPENDABILITY YOU Need

Imagine how good it feels knowing you have helped yourself even as you have helped others:

- A charitable gift annuity gives you payments for life at fixed rates
- A charitable remainder trust pays you at a rate you choose
- You can satisfy all or part of your IRA's required minimum distribution by giving to our organization
- All these offer tax benefits for you

While most of these options are simple to understand, there are certain requirements you must meet. Don't act until you have talked with us and with your tax advisor.



There is no better time to create or update your estate plan. When you do, you can wake up every day knowing that no matter what happens, you have provided for your family, friends and the causes important to you. There is nothing more joyful or dependable.

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Endless Line of Splendor

The following persons have joined The Endless Line of Splendor since our last *Society Page*. May we celebrate their lives and remember their family and friends as they grieve their loss.

, , ,				
Name	Dates	Family Contact	Link to Obituary/Service	
Rev. Frank Silas	1939-2024	Rev. Ivy Silas 500 Logan St. Chenoa, IL 61726	https://calvertmemorial.com/obituaries/ franklin-l-silas?utm_source=search&utm_ medium=web&utm_campaign=stan- dard&cta=fh-website	
Rev. Charles Wesley "Chuck" Jackson	1942-2024	Condolences may be left online	https://www.stricklinfuneralhome.com/ obituary/Charles-Jackson	
Christine Compton	1949-2023	Kurt and Tiffney Compton 614 North 1st, Witt, IL 62094; Karl and Carly Compton 404 W North 1st, Findlay, IL 62534; and Chris Kendra Finley 415 E Main Ramsey, IL 62080	https://www.howeandyockey.com/chris- tine-compton/	
Rev, Jerry Lee Wilson	1939-2024	Barbara Wilson 9437 E 900th Ave. Robinson, IL 62454	https://www.pulliamfuneralhomes. com/obituaries/Jerry-Lee-Wilson?o- bld=31371046#/celebrationWall	
Larry Bradford	1943-2024	Rev. Pam Bradford 2249 E. 1900 North Rd., Findlay IL 62534	https://www.lockartgreenfuneralhome. com/obituary/Larry-Bradford	

Dear Friends:

Thank you to the many generous donors who made gifts the past two months, many in honor/memory of their mothers or fathers. Those gifts enable us to continue to accomplish our mission of "Serving those who served us".

Here are some mid-year suggestions to review on your finances:

- Are you current on your charitable giving?
- Have you made a gift to PASBF this year?
- Have you reviewed your pension and/or IRA deposits? Up to date?
- Have you reviewed your estate plan? (Hopefully you have a will!)
- Have you reviewed your RMD (required minimum distribution) from your IRA? This is important especially if you turn 73 this year!
- Have you reviewed all your life insurance policies and updated the beneficiaries?
- Have you reviewed your investments, like savings accounts, CD's, etc? In our area, some banks are paying around 5% on special savings accounts with \$10,000 minimum.
- Have you considered a Charitable Gift Annuity from PASBF receive guaranteed life income, substantial tax deductions.

If you have any question about these or other charitable giving ideas, please contact me for a confidential meeting.

Again, thank you to all our faithful donors for your generosity!

Serving those who served us,

Edward R, Weston Director of Development **ANDERSON WINDOWS** continued from page 1

PASBF Is Here

The article covers many other benefits to a strong social network in our lives. These relationships help us to find purpose in life, opportunities to volunteer, to dream of new ideas, solutions to problems both small and great, and reaffirms we are not alone.

PASBF's mission is to care and support our retirees, spouses, and surviving spouses by focusing on the spiritual, financial, emotional, physical, and social aspects of our lives. PASBF offers many different opportunities for social engagement. Please go to www.pasbf.org for our completely listing of fellowship groups, trips, and outings. Strengthening your social networks can and will improve your overall health. We hope to see you all soon at one of our many gatherings!

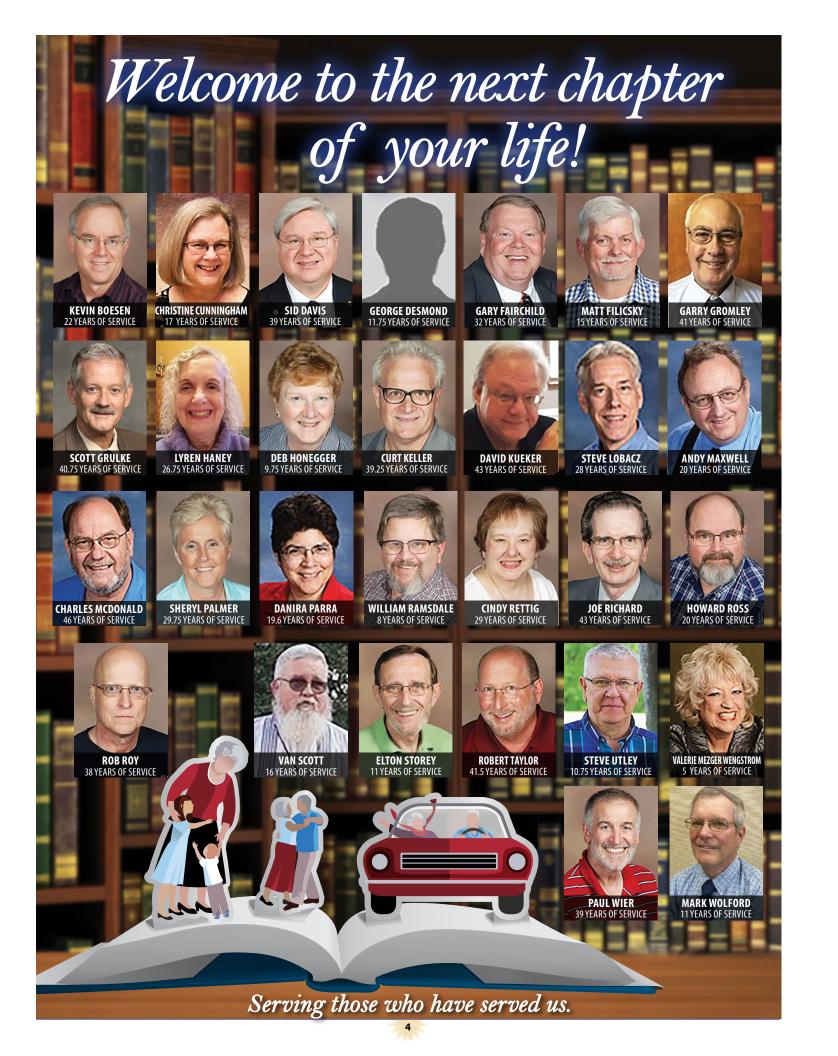
New Retirement Plan Passed by General Conference

A new retirement plan, COMPASS, was passed by General Conference and will go into effect on January 1, 2026. In the next Society Page, we will explore the plan in greater detail.

Briefly, COMPASS will not effect any retirees receiving benefits prior to January 1, 2026. It will impact any deferred defined benefits and all active clergy. COMPASS is a straight defined contribution plan and does not have any defined benefit pieces to it.

Look for our next issue when we explore the plan in more detail, and highlight the importance of participant contributions!







Birthdays 80+

..7/25/44

..7/25/37

Terry & Martha Harter.

Paul & Diane Copeland.

Donald & Doris Black

Jack & Nancy Talmage.

John & Ruth Younker.

Glen & Susan Bocox..

James & Pamela Courtright..

Martin & Anne Gutzmer.

Gene & Sharon Colthurst

Donald & Carol Jean Robinson8/24/68

Richard & Ruth Anne Scott.

Jennifer & John Seder

Danny & Patti Wright.

Louis & Shirley Frick..

Richard & Kathleen Lewis

Robert & Janice Kay Foulk

Floyd & Roberta Blackard.....

Richard & Jean W Swain.

Jack & Peggy Maureen Woods7/27/69

AUGUST

Marilyn Maffett	7/26/40
Clyde Snyder	
Dale Walker	
Linda Capps	
Margaret McDonald	
Darlene McIntire	
Jack Joyner	
Laura Bryant	
Burt McIntosh	
Marian Poe	
AUGUST	
Linda Edwards	8/1/38
Charles Bradburn	8/4/39
Dorothy Browning	8/4/38
Sirilda Dunn	
Robert (Bob) Thompson.	
Bill Zander, Jr	
Mary Beck	
Dean Blackburn	
Phyllis Adams	
Eugene Mace	
Richard Boyd	
Nancy Frazier	
William Pruett	
Judith Pyles	

..7/25/64

...7/29/55

..8/4/73

.8/7/65

Dennis Doane	8/19/36
David Eadie	8/19/44
hillip Icenogle	8/19/43
udy Pratt	8/19/38
oAnn Hill	8/20/32
ran Motzer	8/21/42
Elouise Hahs	8/22/27
Oolores Ioder	
erry Reed	
Ruth Lippman	
Sally Mace	
oyce Mosimann	
Carol Thompson	
tephanie Wilkey	
erry Pinkstaff	
Sharon Colthurst	
Anet Satvedi	
William Myers	
Wilma Weiss	
Karen Martin	
Betty Treat	
Gary Mosimann	
Vancy Zander	
SEPTEMBER	

Judith Unger. .9/2/39 .9/3/38 Sidney Crowcroft James Robison .9/3/41 Marvin Orewiler. Sheila Sensel .9/5/38 Robert Baker.. ..9/7/43 Theodore Martin. ..9/8/34 Lois Palmer9/9/39 Kenneth Miller. .9/10/34 Bruce Owens.. .9/10/38 Richard Scott. .9/11/41 Lillian Anderson .9/12/38 Carole Piscatelli .9/12/35 Phillip Poe. .9/12/43 Betty Sallee. .9/13/43 Ralph Ward. .9/14/42 Mildred Tindle .9/15/32 .9/17/39 Douglas Rettig Joyce Wagley .9/17/33 Robert Souders. .9/19/36 Howard Daughenbaugh, Jr. . 9/20/34 Henry Davis.... .9/20/44 Barbara Davis... .9/24/32 Linda Bailey ... Louise Bassett.. .9/25/33 Nancy Lawrence... Frederick Cramer Irene Coker

Clyde & Nancy Snyder ..

Alan & Jo Ellen Milligan

David & Linda Trover...

Curtis & Pamela Rush.

James & Patty Steinsultz...

David & Elizabeth Reynolds

Bruce & Francine Ghitalla

Dale & Alice Frances Walker.

David & Barbara W Gaffron.

Patrick & Donna Dugger Wadsworth ... 9/8/68

..9/7/74

..9/12/70

..9/14/68

.9/24/66

.9/25/65

.8/23/69

.8/23/64

.8/24/73

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.8/25/62

.8/26/61

.8/26/63

.8/26/67

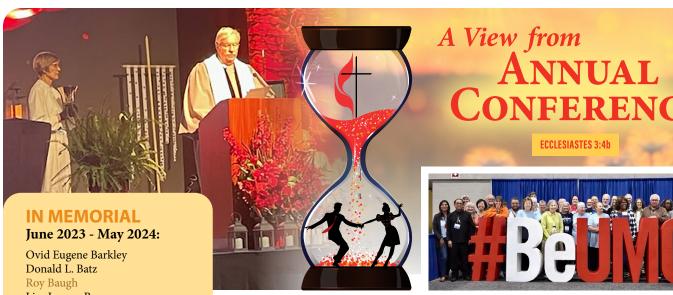
.8/29/71

.8/29/72

Roger Rominger.

Marilyn Westfall.

Dorothy Jenkins..



Roy Baugh
Lisa Lavern Bozeman
Larry R. Bradford
Melody Dawn Brawley
Roscoe Paul Brown
Irene J. Coker
Christine Compton
Lawrence L. "Skip" Conrad
Edward Lee Davis
Anne Bowen Follis
Steven Ernest Goodin
Wayne Goodwin
Donald A. Graham
Karen Fairgrief Graham
Patricia Hanzel
Marcia Elizabeth Herath
Charles Weeley "Chuck" Iace

Charles Wesley "Chuck" Jackson Donald J. Jones Norma Lee Williams Kelley Stephen Emery Killion Ernestine Hanks Lawler Carroll Lewis

Carroll Lewis Margie Logan Kathleen Lossau Mary Catherine Mowrey Mason Gloria A. Norwood-McLean Barbara J. Morris Larry Edgar Patton Jean Eyrich Pennell Millie Horning Peters Robert F. Pollock Linda A. Reffett Lewis E Root Arthur M. Runyon Mary Margaret Shaffer Kathy Sue Snider Judy Stone George W. Terry Jennie Lynn Totten

Juanita Emma Wolfley

LAY: Clarke C. Barnes

Nancy Jean Patton

Debbie Duncan Reed

Judith L. Stahl

John W. Young Dorothy M. Youngs Louis Alam Youngs Bradley Faulkner Watkins Jerry Lee Wilson



"By faith, those whose lives we celebrate today have done so much

















































Memorial

~ ~ ~	
DUANE AMBROSE	
Marti Ambrose EUGENE BARKLEY	Č
Gary & Claire Ford	
R. PAUL BROWN Alan & Connie Rhein	Woodlawn
CHRISTINE COMPTO	ON
Ken & Renee Harris Howard & Judith Daughenbaugh	. Marseilles
GEORGE & VADA DESM George Desmond, Jr	
STEVE GOODIN	
Dennis P. Brooks DON & KAREN GRAH	•
Susan Hawbecker	
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STEPHEN KING	urmer only
Janet King Schuh	Albion
GREG LANE H. Dayle Badman	Taylorville
ERNESTINE LAWLE	-
Gary & Claire Ford	Champaign Atlanta GA
LYLE LEVERTON	vanico 12
Dennis P. BrooksF	armer City
JACK MUOR Dennis P. BrooksF	Farmer City
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Scott & Patricia Carlson India Ray & Sharon OwensBl	napolis IN
G. Michael Pennell	Sherman
JO ELLEN REED	
Jerry ReedART RUNYON	Maryville
Gary & Claire Ford	Champaign
Susan Hawbecker	
MERLIN SCHENDE	
Patricia Gruen	Chatham
NAOMI SCHLOBOH William SchlobohmL	
MARY SHAFFER	
Brad & Donna Henson Farrington School District	
John & Connie Salzman Hend	derson NV
Murriel & Brenda Nance	
Steven & Phyllis WheelerSt. Kim Wilson	
Nora ZehnerLa Charles & Beverly Rutherford	wrenceville
Charles & Deverly Rutherford	1010

Memorials
Lloyd & Terry ShafferLawrenceville Lena Kay BrownLawrenceville Philip RichardsonVincennes IN
ROBERT SHOOK Susan Thompson Shook Benton
FRANKLIN SILAS Ray Owens
R. PAUL SIMS Carol A. SimsSpringfield
JUDY STONE Gary & Claire Ford
HONORARIUMS
The Transformative Work of General Conference Glen & Susan Bocox
David & Barbara Gaffron Kathy & Jeff Koch
Patt y Johansen Pekin First UMC
Richard Mick & Clyde Snyder Michael & Deborah Henry
Oon Long, Jr, O'Fallon First UMC
3ob & Linda Edwards; Happy 67th Anniversary! Richard Frette
ohn McFarland ohn & Barbara D. Shaffer
E rin Shumaker Brad & Donna Henson
Kathy & Kent King-Noble; Kim Burke Anonymous
Ed Davis & Chuck Trent an Collins
C huck Trent Brenda Kuhn
Cindy Rettig on her retirement Glen & Susan Bocox Cantrall UMC Athens UMC
Bob & Amy Little

Jim Barnett

Keith Anderson

Garry & Debra Gromley

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