Weathering your retirement using online tools
MINISTERS AND MATES BREAKFAST
MONDAY, JULY 15, 2013, 7 a.m.
Peabody Hotel Orlando
(ticket required)

Rev. Dr. Katie Hays, Senior Minister
Northwest Christian Church
Tickets are $10 per person and may be purchased online at www.disciples.org.

Rev. Dr. Katie Hays serves Northwest Christian Church (Disciples of Christ) in Arlington, Texas. She has been in congregational ministry for 19 years, serving churches in Alabama, New York, Georgia and Texas. Hays is on the founding Standing Committee for the Christian Church (Disciples of Christ) Center for Faith and Giving. She holds the M.Div. from Yale Divinity School and a Doctorate of Ministry from Princeton Theological Seminary.

Hays and her husband, Rev. Lance Pape, spent 11 years in co-ministry, with Pape now serving as assistant professor of homiletics at Brite Divinity School. They have two children, Lydia and Jack.

Be sure to visit our booth to learn about our Strong. Smart. Secure. retirement options and how you can prayerfully give to 13th Check.

SATURDAY, JULY 13, 2013
7 p.m.
13th Check Offering
Opening Evening Service

SUNDAY, JULY 14, 2013
10:45 a.m. - Noon
Sustaining Clergy in Local Church Ministry
Room TBD
Join us on Sunday to learn the results of the Disciples of Christ clergy survey, Flourishing in Ministry, conducted by Notre Dame University through a grant provided by Lilly Endowment. Discover the implications for local congregations and best practices for equipping and sustaining pastors for effective local church ministry.

MONDAY, JULY 15, 2013
7 a.m.
Ministers and Mates Breakfast - Rev. Dr. Katie Hays
(see above information/ticket required)

TUESDAY, JULY 16, 2013
7 a.m.
Retiree Breakfast
(by invitation only)
Room TBD
9:45 to 11:15 a.m.
Best Employment Practices for Churches
Room TBD
This seminar will help clergy and lay leaders define employment best practices for compensation and benefits.
Cloud Computing:
Find out how cloud computing benefits you as a Pension Fund participant.
We have received a couple of letters recently suggesting strategies to increase the frequency and magnitude of special apportionments for retiree pensions. For example, one writer proposed Pension Fund lower the level of excess reserve funding and use those resources to provide larger special apportionments. Another writer suggested we consider raising the retirement age at which full funding of pensions would occur and reduce the accrual rate to achieve the same benefit at a later age.

History refresher
While there is no contractual obligation to provide increases in pensions, it has been our goal over the past 40 years to enhance the financial well-being of Pension Plan participants through, when possible, fully funded special apportionments for both retired and active participants. Some of you might recall that from 1973 through 2001, a special apportionment was approved every year except two (1975 and 1976). More recently, special apportionments have been less frequent and, when approved, more modest. Two significant market collapses in less than a decade were largely to blame.

Following the market collapse of 2001–2002, the Pension Fund board of directors established policies to guide their decision making regarding special apportionments. Given the magnitude of the market declines, the board modified its primary objective from maximizing special apportionments to maintaining adequate funding for current and future benefits. That decision proved timely. As the markets returned to vibrancy in 2003, Pension Fund was able to reestablish solid reserves that enabled it to weather the 2008–2009 market crisis and emerge with financial strength that is the envy of other pension funds and financial planners.

What reserves give our members
Pension Fund has neither missed a pension payment nor has ever reduced pensions even during a market crisis. Our intent is to continue this unblemished record. While at this writing we are still finalizing our investment returns for 2012, it is clear that we had a good year – better than forecast – which gives us some assurance that the discussion about special apportionment this year will center on magnitude rather than on whether one can be approved. But, the decision will be made within the board-approved policies that focus first on protecting our ability to meet obligations the next time the market collapses. And given the cycle of financial markets, another collapse is a certainty. We have a responsibility during those times to keep the pensions of our members secure.

Back to those letters
This brings me to the first suggestion, that we reduce target for funding reserves so that more can be paid out in special apportionments. As suggested earlier, the fiduciary responsibility of the board of directors and staff is to manage the Pension Plan assets in such a manner that Pension Fund can fulfill its contractual obligations on the payment of pensions when due.

Many factors play into management decisions, including annual investment returns and our reserve position. Actuarial analysis of participants, including demographic make-up, expected mortality and longevity also weigh heavily in decision-making. Short and mid-range economic forecasts, interest rate expectations and growth in active membership (or lack thereof) are additional factors that inform decisions about the level of reserves that are appropriate before considering a special apportionment. A reduction in reserve requirement could be made which would allow for, but not require, an
increase in special apportionments one time. Following that one event, future decisions would be based upon the then-lower reserve level. In our opinion, to do so would be unwise and given the continuing economic uncertainty of our times could increase risk for participants. Some may disagree with the reserve policy that the board of directors approved. But few would argue that the future ability to pay pensions should not be put at risk for the sake of a one-time benefit today.

The other suggestion, that we consider raising the retirement age at which full funding of pensions would occur and reduce the accrual rate to achieve the same benefit at a later age, is both intriguing and creative. This suggestion is based upon the reality of longer life expectancies and the concern that funding them without change in the reserve calculation process could undermine the potential for special apportionments. In addition, it assumes younger folks will have a longer life expectancy when compared to retirees of today. Given this assumption, the total payout during retirement would favor those who will retire in the future at the expense of those already retired.

Let’s first consider life expectancy. In an article written by Amy Kessler, head of longevity reinsurance at Prudential Retirement, and published in *Longevity Risk Management for Institutional Investors*, American males now live an average of 17.5 years once they hit age 65, compared with 13 in 1970. For women, the average has risen from 15 years to nearly 20 years over the same period. Clearly life expectancy has increased, which from an actuarial point of view has affected retiree and active participant alike. Pension Fund has already accounted for these changes in small increments over time.

Changing the retirement age would require a change in the Pension Plan on a prospective basis, meaning all current benefit accruals would remain unchanged. Only future accruals would be affected. Further, such a change would likely need to be phased in, to be fair to people who are close to retirement. Thus, any possible change in these respects would have little, if any, favorable impact upon future special apportionments. But, even though Pension Fund’s goal is to enhance future benefits not reduce them, neither of these changes is likely to be considered anytime soon, especially in light of the changes to the Plan that were implemented last July.

One should also consider that current retirees most likely enjoyed years of double digit special apportionments that increased their pension benefits several times over the contractual amount, even as life expectancies were rising. Given the current economic environment, it is much less likely that future retirees will see similar benefits and might, in fact, face smaller pensions relative to their income before retirement. It is a reality driven by some factors that are simply out of our control.

Thank you for your ideas. I appreciate receiving suggestions for improving benefits and service we are honored to provide. Your ideas challenge us. We seriously consider each suggestion against our objectives of preserving financial capacity, guarding against market downturns and enhancing financial well-being for both current and future retirees. ☺

James P. Hamlett  
*President*  
jhamlett@pensionfund.org

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**Key Takeaways:**
- Solid reserves allowed us to weather the 2008-2009 market downturn.
- Returns in 2012 were better than Pension Fund forecasted.
- Changing the retirement age would have little, if any, favorable impact on future special apportionments.
Pension Fund is privileged to have a wide array of professional talent on the BelieveIT! Advisory Committee. One of those individuals is Frank Martin, agency identity management official with NASA. Prior to his current role with NASA, Frank served in a variety of information security positions with NASA. He is an elder with University Christian Church in Hyattsville, Maryland. Here, Frank discusses some common questions you might have about the changes Pension Fund is making to improve its information technology.

Like many organizations today, Pension Fund is trying to figure out how to take advantage of the rapid changes in the world of computers and computer services. When the BelieveIT! project started, Pension Fund had determined that various computer services they depended on were becoming out of date. These systems had been outstanding when they were first developed but had now outlived their purpose. To meet today’s environment, Pension Fund recognized the value of going to a “cloud computing” model.

But just what is cloud computing and what does it mean to you? In answering this question, I am much influenced by a 90-day chronological reading plan of the Bible I just started. I re-read the experience of the ancient Hebrews when they encountered manna. I am struck by some similarities between manna and cloud computing! The ancient Hebrews were grumbling and complaining that the food Moses provided was not adequate. Indeed, many of them yearned for the old ways they had been accustomed to under their bondage to the Egyptians.

God provided something they had never seen before to meet their need for food. They did not know what to call it so called it manna, which means literally, “What is it?”

Manna, cloud computing – what is it?
As an introduction to this topic, it’s important to know that many people already are using cloud computing and may not realize it. For example, if you email using Google’s gMail or Microsoft’s Hotmail, you are using cloud computing services. Similarly, if you share pictures over Picasa, Facebook, Twitter, Flicker, etc., you are using cloud computing. If you use TurboTax Online, you are using the cloud.

Reliability, focus, security and flexibility
Pension Fund is using cloud computing services in other ways. In replacing its old computer systems, Pension Fund is taking advantage of cloud computing’s ability to provide information storage and database applications securely over network connections. This permits Pension Fund to have much more reliable servers than the ones they could maintain themselves. It also means that Pension Fund only pays for what is needed to provide the services their stakeholders and clients need. The biggest
benefit of cloud computing to organizations like Pension Fund, however, is a change in focus. Instead of being focused on meeting both the business goals of Pension Fund stakeholders and clients as well as maintaining the skills and infrastructure necessary to sustain internal computer services, Pension Fund is able to tap cloud computing to focus solely on meeting the business goals of stakeholders and clients.

A common question about cloud computing is whether it is more or less secure than a company maintaining its own data on its own internal servers. Based on my experience, information “in the cloud” is actually more secure. First, the cloud host’s job is to carefully monitor security, whereas many smaller organizations have to divide their time between routine information technology issues on behalf of employees and security. The key to computer security is encryption of data both while it is transmitted over networks and stored in databases. By using encryption, information cannot be accessed by unauthorized people such as hackers. The need for this was established and addressed early on in the BelieveIT! project.

But ultimately, the reason Pension Fund is going cloud-based is not for security as much as it is for flexibility.

Once BelieveIT! is fully implemented, participants and employers will be able to do more business by smartphone, including checking the status of accounts and much more.

Technology plus personal touch
While all this technology is great, Pension Fund has not lost sight that many of its members value a friendly voice to guide them through their questions. If that’s you, the Member Services Center will continue to be available from 8:30 a.m. – 4:30 p.m., Monday through Friday. And even then, you will be benefiting from Pension Fund’s use of cloud computing since the Member Services Center staff will depend on it to answer your questions more quickly and accurately than today.

Pension Fund going “into the cloud” is a sign of strength. In doing so, Pension Fund is an “early adopter” of cloud computing when compared to many other companies. Large organizations, including Google and Microsoft, now do much of their business in the cloud. Organizations like Pension Fund have determined it’s the smart thing to do, and many other companies are sure to follow.

Key Takeaways:
- Many people are already using cloud computing.
- Will offer reliability, focus, security and flexibility to Pension Fund participants.
- Pension Fund will continue to focus on personal service.

Dr. Frank E. Martin, who serves on the BelieveIT! Advisory Committee, is the NASA identity management official. In this capacity, Dr. Martin is responsible for the overall policy and the program, which grants credentials necessary for people to access NASA facilities and computer systems. Previously, he was chief program protection officer. In that capacity, he led the Program Protection Team within the NASA Office of Security and Program Protection. The Program Protection Team consists of a team of two civil servants who report directly to Dr. Martin and 11 center program technicians. The team is responsible for providing program protection consultation to NASA program and project managers and conducting inspections to verify that NASA’s security requirements are being adequately fulfilled.

Prior to his work at NASA Headquarters, Dr. Martin worked at the NASA Johnson Space Center as the information technology security manager. He joined the NASA workforce in 1985. Previously, he was a member of the staff of the College of Agriculture and Natural Resources and the Cooperative Extension System at Michigan State University.

Born in Kansas, Dr. Martin received a bachelor of arts degree with honors in chemistry in 1969 from Central College in Pella, Iowa. He earned a master of science degree in biochemistry (1972) and doctorate in biochemistry (1975) from the University of Iowa in Iowa City, Iowa.

Dr. Martin has been active in his church at both local congregational level as well as the denominational level. He served as a licensed minister in at First Christian Church in Texas City, Texas, from 1997 to 2002. He served as an elder in both in First Christian Church and in University Christian Church, Hyattsville, Md. Dr. Martin is married and has two children and three grandchildren.
“Do not store up for yourselves treasures on earth, where moth and rust destroy, and where thieves break in and steal. But store up for yourselves treasures in heaven, where moth and rust do not destroy, and where thieves do not break in and steal. For where your treasure is, there your heart will be also.”

(Matthew 6:19-21)

WHERE IS YOUR TREASURE?

Treasures on earth will not last, and yet so often we choose to put our hope in them. We hold on to our treasures in many ways. Some of us have large financial portfolios. Some of us have rooms in our house full of items that are susceptible to moths and rust, as well as the opportunistic thief. Clothes that are worn regularly don’t tend to have problems with moths – it is the unused ones, the ones that we store in the off season, that require mothballs. Some of those items we store up may have a future planned use – but many of them are just things that take up our time, space, money and energy. The question is, do we have our stuff, or does our stuff have us?

As an only daughter of an only daughter, I had the blessing of inheriting all of my mother’s and grandmother’s jewelry. I also have a husband who has “spoiled” me with beautiful gifts for 30 years! Within this treasure of jewelry were items of great monetary and sentimental value. It was jewelry collected over many years and several lifetimes. I remember times when I would sit with my boxes of treasure and just admire the beauty of the pieces.

Last year, our home was burglarized and almost every piece of my precious jewelry was stolen from our home. As anyone who has had their home broken into knows, I experienced an accompanying feeling of violation as well as sadness for the loss of items. As I went through the rubble that was left on our bedroom floor, I started to cry with anguish at what I had “lost.” I went through stages of grief, loss and anger. It took several days of cleaning before I was able to declare the room clean. On the third day of cleanup, I looked under the bed and found a couple sparkling objects. As I reached to retrieve them, I was elated to see that one was my grandmother’s rosary and the other was the last piece of jewelry my mother had given me before she passed away.

I embraced the two pieces and held them close to my heart. It was at that moment that I realized that my true treasures were not so much monetary but the memories of the two women who helped form my life and Christian faith – two women whom I loved more than anything else!

Where our treasure is, there our heart will be also. In an honest moment, we can ask ourselves, “Where is my treasure?” Many of us have been blessed with abundance in our lives. I thank God for so many of you who have shared your treasure so that others may live with the dignity that God endowed in all people. Because of your gifts to 13th Check these past few years, Pension Fund – on behalf of the Christian Church – has been able to share a “true” 13th Check with 159 pensioners in need. In the past, the 13th Check has been a symbolic check that was more of a love gift. Because of your generosity, those who received the 13th Check received a check in the amount of their usual pension check! These were very appreciated by recipients. We received a note from one who said:

“This year was a stunning, happy surprise. For the first time in several years, my children and grandchildren will receive gifts from me. In addition to that, there will be food on the table, bills paid and my hospital bill will be cut in half.”

The 13th Check offering will be received at the General Assembly this year. I pray that you will continue to generously lay up your treasure in care of those who served so valiantly for the Kingdom of God. For where your treasure is, there your heart will be also! 😊

Shalom,

Rev. Ruth Chavez Wallace
Vice President for Development
ruthw@pensionfund.org
Pension Fund net assets available for benefits as of December 31, 2012 were approximately $2.67 billion. At the time of this article being written, we have not closed our year-end from an accounting perspective, thus the need to estimate. This represents an increase of approximately 9% since year-end 2011. The Pension Plan remains fully funded and within the guidelines as set forth by policy. Pension Fund investment performance was 13.7% in 2012, which exceeds the benchmark against which we measure our performance.

As you will read in other articles in this edition of The Bridge, we will introduce our new technology platform this spring. If effort counts, then we are very encouraged by what is about to happen. Staff is working incredibly hard to achieve this deadline. Every Pension Fund employee has been involved with this process that officially started in August 2010. The primary reason we began this project was because of what we heard from many of our members: why they could not access their accounts online, and why it was necessary to make phone calls to Pension Fund to calculate retirement benefits.

We considered many possible solutions and engaged a consultant to assist in leading the process to determine the best course of action. We also arranged for a number of individuals who were experts within the technology industry and who are deeply rooted in the Disciples of Christ Church to serve on an Advisory Committee. This group was invited to review our options and confirm they were consistent with technology trends, and that whatever solution was defined would meet our long-term goals of providing cost-efficient and high-quality solutions from a technology perspective.

In early 2011, we had our answer and a general approach. It required us to select three separate software products built into one integrated seamless solution for both members and staff. Selecting the best vendors took time, and our choice to involve staff from all of the Pension Fund functional units made the selection process more complex. But allowing staff to participate in the process ensures we best leveraged the abilities of these systems.

In 4th Quarter 2011, we built project plans and began the work to prepare for the conversion. At the same time, we also chose to redefine and replace Pension Fund’s network and storage infrastructure, which we implemented in 1st Quarter 2012 with cloud-based technology, creating a more secure and efficient platform. We also changed our desktop support partner. And in July 2012, we introduced a new website to positive reviews.

Now, our staff is preparing testing strategies, developing training materials, and making final decisions regarding system options. The plan is to convert the core functions and soon thereafter (within 45 days) activate web-based access. These web portals will allow our participants

Key Takeaways:
- Investment return in 2012 was 13.7%.
- Pension Fund rolls out its new technology platform this spring.
- With changes in technology, we will be able to serve employers and participants more efficiently and effectively.

Treasurer’s Corner, continued on page 9
In January 2012, the company Morneau Shepell acquired a software company in Atlanta called SBC Systems. At the time, SBC was in the early stages of a very exciting partnership with Pension Fund to build a benefit administration system. This system would become an integral part of Believe IT!, Pension Fund’s project designed to revolutionize the way we serve our organizations and participants.

Morneau Shepell has always placed a heavy emphasis on using technology to improve its offerings in its benefit administration business, and the company was intrigued by the software and development approach at SBC. Since 1977, SBC Systems had developed software to manage the complexities of employee benefits administration. As technology and benefits plans changed over the years, SBC Systems’ mission remained the same – to leverage leading-edge technology to deliver world-class, flexible employee benefits administration solutions.

Pension Fund and SBC: Growing together
A significant driving force in the growth and development of SBC’s software product over the years has been partnering with clients to build software that fulfills the needs of participant organizations. One of our longest client relationships started in the late 1980s with a church organization that provides pension and health and welfare benefits to Christian schools in the United States and Canada. This relationship began SBC’s foray beyond the health and welfare benefits and pension administration business. Working with the client, SBC developed an integrated billing module to work with the organization’s benefits administration system. As technology evolved and business modules continued to expand, SBC continued to adapt and grow with our faith based and not-for-profit client base.

Since that time, SBC has implemented systems for many other faith based or not-for-profit organizations. This experience has given us an understanding of the unique legal implications of church-based plans as well as the benefit and pension provisions typical to church organizations.

For SBC, Believe IT! is the perfect opportunity to leverage both its experience with other faith-based organizations and its unique benefits administration software solution called Lifeworks. Lifeworks provides pension calculations and administration, IRA and tax-deferred recordkeeping and health care elections and administration, all integrated with billing capabilities.

As Pension Fund officially rolls out Believe IT! to participants and employers in spring 2013, one of our technology partners reflects on how we got to this point and why you can have confidence in it.
Bringing us to today: the benefits to you

While all of the above is great, what exactly does it all mean to you as Pension Fund participants and employers?

• You will have better access to information through Pension Fund’s website. One of the most exciting rollouts will be the online account access.

• For those of you who prefer to get your information by calling our Member Services staff directly, staff will be able to more quickly and accurately answer your questions.

• The statements and other communications you receive by mail will be more user-friendly.

• The new system will provide the opportunity to offer additional program options in the future.

We are excited about what BelieveIT! will bring to Pension Fund participants and employers beginning this spring and beyond. Again, the effort is part of our commitment to serving you. Throughout the life of the project, you will continue to receive updates by mail and/or email.

Thank you for your confidence in us, and we look forward to hearing your feedback with the launch of BelieveIT! 😊

With 30+ years of experience in the benefits industry, Peggy Horn provides strategic guidance in product implementation, operations and marketing in her role as managing partner at Morneau Shepell SBC Limited. During her career, she has worked extensively in all aspects of benefit plan design, administration and technology solutions. At The Coca-Cola Company, she was responsible for global plan design, domestic plan design and administration, plan reporting and several global benefit pools. Peggy also has provided actuarial consulting to pension and health and welfare clients of Ernst & Young.

Peggy is an enrolled actuary and a member of the American Academy of Actuaries. She earned her degree from Roanoke College with a double major in economics and business administration. Today, Peggy serves on the finance committee of Board of Trustees for Roanoke College.

Treasurer’s Corner, continued

and employers to directly access their accounts to do retirement calculations and more.

It is this online tool that is perhaps most exciting for our participants, but the overall transition from our current system to a cloud-based “best of breed” solution is most exciting for staff. The value to our staff will be found in the systems capabilities to deliver improved service levels to our members. For example, when a person calls into our Member Services Center, the Pension Fund representative will be able to access information much more quickly than today, improving the service level we are able to provide.

By “best of breed,” we believe we have found the best solution with Salesforce.com as our Customer Relationship Management (CRM) program, Microsoft Dynamics/Great Plains GL systems as our Accounting and Budgeting program, and a well-developed pension recordkeeping system created and managed by Morneau Shepell SBC, a leader in faith-based pension servicing solutions. These three primary systems will be linked so that information entered into one will be shared in real time across all platforms.

When completed, we are confident we will have developed the resources to more effectively serve participants and provide efficient access for employers and participants alike. If you have questions or comments, feel free to contact me at dgdraper@pensionfund.org. 😊

Duncan Draper
Vice President and
Chief Financial Officer
dgdraper@pensionfund.org
MEMORIAM

DEATHS IN ACTIVE SERVICE

Jennifer A. Dyer
Palo Alto, CA
December 19, 2011

Deaths in active service

Harold R. Dean
Henderson, NV
October 14, 2012

Edwin S. Hill
Austin, TX
October 30, 2012

Robert E. Parsons
Fort Myers, FL
November 14, 2012

Alpha Mell Stuart
San Diego, CA
December 2, 2012

Brad J. Hall
Youngstown, OH
August 26, 2012

Elayne Tatsch
Fredericksburg, TX
October 24, 2012

Teddy E. Turner
Spokane, WA
November 29, 2012

Hattie B. Lilley
Cary, NC
October 16, 2012

Olivia A. Pennington
Kansas City, MO
October 2, 2012

Eugene L. Reffett, Jr.
Mt. Sterling, IL
October 1, 2012

Howard W. Reather
Tulsa, OK
November 14, 2012

Robert M. Murray
Birmingham, AL
November 16, 2012

Ruth K. Rhodes
Roanoke, VA
October 20, 2012

J. Ross Albert
Spartanburg, SC
December 14, 2012

Deaths in retirement

James R. Altfilish
Camas, WA
December 17, 2012

James W. Newcomer
Fort Worth, TX
August 25, 2012

Carolyn J. Russell
Riverside, CA
October 7, 2012

Martha E. Baker
Hanson, KY
September 16, 2012

Raymond E. Brown
Fishers, IN
October 30, 2012

Deaths in retirement

Nancy A. Grove
Greenville, NC
November 3, 2012

James Nixon
Irving, TX
October 5, 2012

Patricia Ann
Shetterly
Indianapolis, IN
November 22, 2012

Robert Louis
Stephens
Kansas City, MO
June 21, 2012

William D. Deskins
Davenport, IA
March 21, 2012

Eugene H.
Coleman, Sr.
Rossville, GA
October 10, 2012

Deaths in retirement

Wheeler T. Harden
Columbus, OH
October 24, 2012

Sylvia J. Parsley
Newton, KS
August 16, 2012

Eugene H. Coleman, Sr. Rossville, GA October 10, 2012
For decades, financial planners have encouraged us to think about a three-legged stool when planning for retirement. Social Security benefits, pension and personal savings have traditionally been the three legs.

In 1997, the Roth IRA was created to be another savings option. Because a person contributes after-tax dollars to a Roth IRA, it is a truly different tool – or leg – of the stool. All the dollars contributed to a Roth IRA are allowed to grow over the years and can generally be withdrawn at any time tax-free and penalty-free!

Hopefully, the Roth IRA owner leaves the funds in place until age 59½ or older, when he or she doesn’t even pay taxes on the growth of the dollars contributed as long as distribution rules are followed. If you contribute money and leave it in place for the required five-year period, then take a distribution at age 59½, the distribution is free of taxation. Those who are already retired tell us it is a blessing to have some source of income in retirement that is not taxed as income!

On the other hand, if life circumstances present a financial need, flexibility is a feature of the Roth IRA. If funds have been left for five years in a Roth IRA and you are not yet 59½, you can still withdraw funds tax-free and penalty-free if you have become disabled or the distribution is for a first-time home purchase. If you need the money after the five-year period for medical expenses in excess of 7.5% of adjusted gross income, for qualified higher education expenses, or for medical insurance premiums while you are unemployed, you pay the income tax but not the penalty tax.

For a younger minister or church employee, saving for retirement with a Roth IRA could be an excellent choice. Put $100 in a Roth IRA each month for five years for a total of $6,000 and watch it grow over the years.

The annual base rate of the Pension Fund Roth IRA is from 3% to 6%. From time to time, Pension Fund will add good experience credits to help the Roth IRA grow. When the market is down (as it was in 2008) the Pension Fund Roth IRA will not decline in value. Compare this investment option to others on the market!

But the Roth IRA is not just for those early in their career. For those closer to retirement, it’s not too late to use the Roth IRA. A person retiring at 65 might be retired for 30 years, which is plenty of time for the funds in a Roth IRA to continue to grow. We also welcome rollovers from other Roth IRAs.

To learn more, visit our website under Resources, Program Resources, Roth IRA, and click on Questions and Answers. For enrollment information, go to www.pensionfund.org and click on Resources, and then Program Resources and Roth IRA to find the downloadable PDF Roth IRA Enrollment Form. Complete the form, sign it, and return it to us with your check. That’s it! You have begun to save for retirement with a new leg of the stool! ✨

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Aaron Smith
Assistant Director of Employer Services
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Over the years of his ministry, Dr. Sam Hylton has had young and young-at-heart ministers visit him to receive mentoring and instruction in the call to ministry. As he taught them about scriptures, theology, church administration and care of parishioners, he also had plenty to say about stewardship.

Dr. Hylton and his wife Mildred, who has shared in the ministry over the years, have modeled a lifestyle that provides the freedom to give generously to support ministries across the life of the church.

Dr. Hylton was ordained in 1951 and served his first pastorate at Cleveland Avenue Christian Church, Winston-Salem, North Carolina. He served as senior minister of Centennial Christian Church in St. Louis for 37 years and is now pastor emeritus. Mildred served as organist at Centennial for more than 25 years.

“It is a must for a minister to be a member of the Pension Fund,” said Dr. Hylton. “I can’t conceive that today’s minister will be able to make it into retirement without the Pension Plan. And each person needs to have some saving on his or her own to supplement the pension.”

Many clergy live their whole ministries in a parsonage, leaving them without a place to live in retirement. Dr. Hylton encourages each minister to make arrangements for a permanent home in retirement, either by purchasing a house over the years or by having funds ready to purchase a home at the point of retirement. This, along with pension and savings, will provide good security for both the member and the spouse.

Acknowledging the financial pressures congregations feel today, Dr. Hylton said, “If at all possible, it is important for the congregation to provide this benefit. Remember that membership includes a spouse pension, education for children if the member dies in active service, and other benefits.”

Under his leadership and in partnership with National Benevolent Association, Centennial Christian Church established affordable housing for the low-income elderly. Both Hylton Point Apartments (1996) and Hylton Point II (2000) are named in honor of Dr. Hylton.

In early years of his retirement, Dr. Hylton served on staff of the Christian Church Foundation, with specific responsibility for the Black Disciples Development Fund. His other leadership in the wider church included a term as President of National Convocation, Vice Moderator of the Christian Church (Disciples of Christ), trustee of Pension Fund, trustee of Board of Church Extension, and member of the General Board.

He and Mildred have one daughter, Karen Elizabeth Hylton. Their niece, Rev. Dr. Cynthia L. Hale, is senior pastor of Ray of Hope Christian Church in Decatur, Georgia.
In the last two issues of *The Bridge*, we shared the upcoming changes as a result of the Patient Protection and Affordable Care Act (PPACA). We would like to give you a break from PPACA and focus instead on something we all have some control over: our health. By this time, our New Year’s resolutions have gone by the side of the road and old habits have crept back into our lifestyle. I am as guilty of this as anyone, and yet I keep trying to kick the bad habits and embrace the good habits. As a bit of a challenge to all of us, participants and non-participants in the Christian Church Health Care Benefit Trust, I propose making an Easter Resolution to resurrect our collective health and wellness as a gift to ourselves and our Risen Lord this Eastertide. For us to begin this resolution, we need to focus on three steps.

**Step 1**
This step is particularly important if you are beginning an exercise program and you have not been active in a while: Visit your physician for a wellness check. You may have some health issues that need to be addressed and the doctor may have a suggestion or two on exercise programs that may work for you (PX90 really does require you to be somewhat physically fit, although they never say that in the commercial other than in fine print!). It is also good for you to know your numbers: blood pressure, cholesterol and weight.

**Step 2**
This step is a combination of a) selecting a workout plan and b) making any necessary diet adjustments. I do a combination of strength training, stretching and cardio exercise. As I approach 50, it is always important to remain realistic. I may not have six-pack abdominals, but internally I may be lowering my cholesterol and blood pressure. You may also want to find a workout partner for mutual support and camaraderie as you go for a walk or do Pilates or Zumba dancing. Do not forget that your workout partner can be your child or grandchild as you kick the soccer ball, play HORSE or catch. The key is to be active.

As to diet adjustments, I tend to follow to a degree a balanced diet. I try to keep my carbohydrate to protein ratio at 2:1. This can be difficult when you are not in control of the meal being prepared; however, it does allow for some tweaking when necessary. A food partner may help as well. Some good online diet programs can be found online, most notably Weight Watchers and myfitnesspal.com. By having a food partner, either your significant other or best friend or a child, you are holding each other accountable for eating correctly.

**Step 3**
This step is probably the most difficult. Step 3 is getting into a routine of doing Step 2! The CEO of Weight Watchers, speaking to a group health plan administrators, acknowledged this step is always the most difficult, even for him. Once you decide on when you are going to exercise, you need to make the necessary routine adjustments to make your workout happen. I personally like to work out before going into the office, which requires that I have my workout gear laid out to put on when I wake up, as well as the clothes I plan to wear into the office. Others prefer to exercise over their lunch break or in the evening. Choose whatever works in your very busy day.

Following is a quick review of the three steps to a better you in the 50 Great Days of Easter, and our collective Easter resolution to improve our health:

**Step 1 – See your physician.**

**Step 2 – Be active, make dietary adjustments as needed.**

**Step 3 – Consistently do Step 2.**

Wishing all of you a Blessed and Healthy Eastertide.

Michael Porter  
Director of Health Services  
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IN THIS ISSUE:

- LEARN about the importance of reserves to your FINANCIAL SECURITY.
- Hear from a member of the *BelieveIT!* Advisory Committee about the benefits of CLOUD COMPUTING.
- LEARN from Pension Plan member DR. SAMUEL W. HYLTON, JR.
- Find out about the THREE-STEP HEALTH CHALLENGE.
... and more!

BOARD APPROVES SPECIAL APPORTIONMENTS AND GOOD EXPERIENCE CREDITS

At its February 21–22, 2013 meeting, the Pension Fund Board of Directors approved a 3.5% special apportionment. Persons receiving retirement, surviving spouse or disability pensions will receive checks/deposits reflecting the increase beginning July 1, 2013. Active members who are accumulating pension credits will have, as of December 31, 2012, their credits increased by the 3.5% special apportionment on July 1, 2013.

The Pension Fund Board also approved good experience credits of 3.4% for Tax Deferred Retirement Accounts and Benefit Accumulation Accounts. Good experience credits will be applied March 31, 2013.