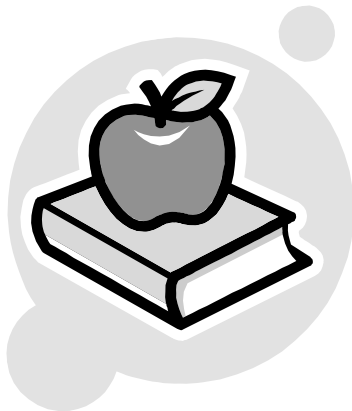

“Human power did not establish the work of God, neither can human power destroy it. To those who carry forward His work in face of difficulty and opposition, God will give the constant guidance and guardianship of His holy angels. His work on earth will never cease. The building of His spiritual temple will be carried forward until it shall stand complete, and the headstone shall be brought forth with shoutings: “Grace, grace unto it.” (*Testimonies*, vol. 7, p. 170).



TYPELINE



Top five tips to help manage your family's health

There always seems to be a reason for moms to be digging through their files searching for immunization records and other health information. Some will find exactly what they need with just a few flips through an organized file cabinet. But many busy moms will be sifting through piles, shoe boxes, or drawers full of papers trying to find the most recent health records.

Managing health information, making appointments, keeping track of medications, and monitoring self-care recommendations are just a few of the routine tasks of today's family health advocate, a role often played by mom. In addition to managing their kids' health and their own, many moms are also in charge of managing health matters for their spouse or partner, and sometimes an elderly parent or other relative.

Taking care of yourself and your family can be overwhelming at times. Mayo Clinic suggests five tips for managing your family's health:

1. Ask yourself a few questions.

Take a few minutes to sit down and figure out the questions you'll most likely be asked in the event of an emergency or in common health-care situations. If your child's school nurse called today and asked for his health history, what details would you be able to provide? If your mother fell in the shower, would you have access to critical information needed by emergency caregivers?

2. Get organized.

It seems that health information is never where you need it, when you need it. An online tool like the Mayo Clinic Health Man-

ager gives you the opportunity to store and update personal health records and those of your family members. This free and secure online application gives you a place to store medical information and receive real-time individualized health guidance and recommendations based on the expertise of the Mayo Clinic. You can give access to family members or your doctor and use the tool no matter where you receive medical care. The Mayo Clinic Health Manager isn't just a place to store and organize your health information—it helps you become more active and engaged in your healthcare.

3. Make doctor visits more efficient.

The time you spend with your doctor is typically brief, but valuable. Take advantage of your time by arriving to the appointment prepared. Before you go, write down any questions you have so you don't forget to ask them. Bring a list of any medications, vitamins, and supplements you're taking.

“I truly appreciate when my patients are actively engaged and informed about their health,” says Dr. Sidna Tullidge-Scheitel, a primary-care physician. “The Mayo Clinic Health Manager can help patients share information more easily with their doctors and manage their own health better between office visits.”

4. Know and use your history to be more proactive.

Use the Mayo Clinic Health Manager to track wellness visits and immunizations for you and your family, as well as to gain control of medication schedules and chronic

(Continued on page 3)

For Your Calendar

Chapel Programs

September

21-24 *Week of Spiritual Emphasis*

28 *Lori Williams*

October

5 *Wilmar Hirle, GC Publishing Department*

12 *AFLAC*

19 *United Way Kickoff*

Sunset in Hagerstown

September

18 7:14 p.m.

25 7:03 p.m.

October

2 6:51 p.m.

9 6:40 p.m.

16 6:30 p.m.

2009 Holidays

*Thanksgiving Day—Thursday, November 26**

Christmas Day—Thursday, December 24

**Workdays for the week of Thanksgiving are Sunday, November 22, through Tuesday, November 24.*

Flower Bulbs Fund-raiser

Buy some flower bulbs from the Hagerstown Spanish Church Pathfinder Club and beautify your yard. You will enjoy beautiful blooms in the spring and help the club raise

funds. If you are interested, please contact Idania Torres at ext. 3295. **September 24 is the order deadline**, and delivery will be approximately October 10.

World's Largest Ice Cream Social

Cold Stone Creamery and the Make-A-Wish Foundation will present the World's Largest Ice Cream Social for the eighth consecutive year. On Thursday, September 24, Cold Stone Creamery stores across the nation will serve free 3-ounce samples of Jack's Creation in exchange for a donation to the Make-A-Wish Foundation.

Wish kid Jack concocted the treat especially for the event. The treat is a sweet cream ice cream mixed with brownies and sprinkles and topped with caramel. For additional information, visit http://wish.org/supporters/current_sponsors/promotions_that_give_back/seasonal/cold_stone_creamery.

Bookstore Offers New Food Items

Be sure to stop by the bookstore to check out the new dried fruit, nuts, and grains display. If you have an interest in something that is

not displayed, ask Larry—he may be able to order it for you. We also stock single jars of VEGENAISE-Grapeseed in the refrigerator.

Fun Run Free to R&H Employees

The *Vibrant Life* 5K Fun Run and Walk Sunday October 4, 2009, is now FREE to employees! This year you can join the race for free as a thank-you for all your hard work. To sign up, please call Mike Gamblin at ext. 3232. If you'd like our special T-shirt, please make out a check payable for \$5 to *Vibrant Life* 5K Fun Run and Walk and include in the memo portion T-shirt; we also gladly accept cash. Don't forget to tell us what size shirt you'd like. Don't miss out!



You can also find registration forms for employees in all common areas and break rooms.

Also, if you're interested in participating as a volunteer this year, please contact Linda Starkey at ext. 4019. If you volunteered last year and don't plan on participating again this year, please return your volunteer T-shirt so we can share it with someone who is planning to volunteer this year. Remember, it's your participation and support that helps make this event possible.

Update on Former Employee

Some may remember **Helen Lee**, who was associate editor of Guide magazine several years ago. Someone was reading the Pacific Union Recorder and noticed an article featuring an ordination. Helen's husband, Nathan Robinson, was ordained to the pas-

toral ministry this summer at the Arizona Conference camp meeting. According to the article, Helen and Nathan live in Thatcher, Arizona, and have two children, Dana and Zane. From Pacific Union Recorder, August 2009.

Lori Williams and Dennis Hedges in Concert

Bring your friends to enjoy the music of Lori Williams and Dennis Hedges at the close of Sabbath on September 26, 2009. This vesper program will be held at the Martins-

burg Seventh-day Adventist Church, at 2111 Boyd Orchard Road, Martinsburg, West Virginia. Church phone: 304-754-5032.

Marketplace

Want to rent: a motor home to use as extra bed space for a family reunion the week of Thanksgiving 2009. Call Bill at ext. 5127.

For sale: HVA uniform pieces: 4 Oxford shirts, short-sleeved, boys' size 18, 2 blue, 2 white, excellent condition, \$10 each; 1 brand-new pair of khaki pants, girls' size 5, \$10; 4 pairs of pants, 3 khaki, 1 blue, girls' size 5, excellent condition, \$8 each. Contact Jeanette Crouch in Bindery.

For rent: Bethany Beach vacation cottage, three bedrooms (one bedroom on main floor), two decks, fully equipped kitchen, outdoor shower, clean, modern, sleeps eight, plenty of parking and parking pass, reasonable rates. Call Jodi Onoffrey at 703-532-3844.

For sale: 2 acres, unrestricted, in Hedgesville area. Half hour from Review and Herald. \$65,000. Call 304-754-7816.

Manage your family's health

(Continued from page 1)

condition symptoms. Sharing this information with your doctor could help determine future treatment.

5. Build your health assets.

Finances, retirement savings, and home equity are all viewed as long-term personal management projects, but people don't often see their health the same way. Look at your health as a long-term investment and take steps to quickly address any issues while maintaining a healthy lifestyle.

For more information on the Mayo Clinic Health Manager and how to manage your family's health, visit MayoClinic.com.—Courtesy of ARAcontent.

Courtesy of Health Care-toons

September Birthdays

18 Dale Tooley

24 Phil Crouch

October Birthdays

1 Bob Peterson

2 David Anderson

4 Joy Thomas

10 David Latta

12 Paul Byrkit

14 Dennis Strack

16 Gwen Bergey

18 Lori Williams

20 Rosemary Hickman

24 Max Lara

24 Mike Seeders

25 Fred Wuerstlin

26 Judy Alexander

27 Barbara Lee

27 Ian Magambo



Personnel Briefings

Coming:

Daniel Byrkit, Periodical Division student

Review and Herald®
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**Submissions are due on
September 28, 2009.**

We're on the Web! Visit
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on the link for newsletters.



We serve the world.

New Product Highlights

Title: **Not Alone**

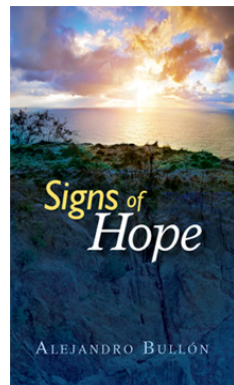
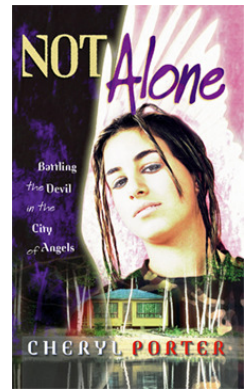
Author: **Cheryl Porter**

Author Bio: Cheryl Porter based this story on her own experience of struggling to make sense of an unhealthy home life, parental alcoholism, the tantalizing dangers of the occult, and long-unanswered questions about God and religion.

Mom was always working, Dad was often drunk, and her older brother had his own life. And when she started junior high, even her friend Heather didn't hang out with her anymore.

So when ninth grade rolled around, Kellie was thrilled to finally find a best friend, Mary. But life didn't stay happy for long—her parents decided to move to a smaller house 25 miles away. The new place didn't even have enough bedrooms, so Kellie had to sleep out in the guesthouse.

Out there in the guesthouse, Kellie used her Ouija board to contact the previous owner of the home. At first, having her very own "ghost" made her feel special, but the attention soon turned ugly. Eventually she discovered that only God could banish the demon for good—and that He had never left her to fight her battles alone.



Title: **Signs of Hope**

Author: **Alejandro Bullón**

Author Bio: Alejandro Bullón was born in Peru and is the author of several books and articles. His greatest passion is public evangelism and communicating the gospel by radio, television, and the Internet.

Turn on the news, and you'll be bombarded with stories of vicious crimes, cruel wars, and terrible disasters. From all appearances, our world seems to be hurtling toward a catastrophic finale. But who's to blame for all this chaos, anyway? Is there actually a rational explanation for the horrific events that take place each and every day? And is there anything that could save us from this mess?

Alejandro Bullón tackles these and other daunting questions and discovers that the crisis in which we've found ourselves is itself a sign of hope pointing to the grand finale—the second coming of Jesus.

"We are to be laborers together with the heavenly angels in presenting Jesus to the world. With almost impatient eagerness the angels wait for our cooperation; for man must be the channel to communicate with man. And when we give ourselves to Christ in wholehearted devotion, angels rejoice that they may speak through our voices to reveal God's love"

(The Desire of Ages, p. 297).