

Subject: The latest news from the Board of Pensions

Experience apportionment, Board University offerings, Livongo, keeping children healthy, and more.

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THE BOARD OF PENSIONS
OF THE PRESBYTERIAN CHURCH (U.S.A.)

Board Connections

*Information and resources for members and employers
of The Board of Pensions of the Presbyterian Church (U.S.A.)*

June 17, 2020



Employee spotlight: Meet Martha H. Reisner

Song and service weave the tapestry that is the life of Church Consultant Martha Reisner.



Board University offerings repositioned as 2020 in-person gatherings canceled

Conferences and seminars are being redesigned for online delivery where possible as the Board revises its

education programs for 2020 to uphold its commitment to providing opportunities to support well-being.



[Well-Being Retreat 2020 canceled; fall online offering planned](#)

With concern for the health and safety of members and their spouses, the Board of Pensions has made the difficult decision to cancel this annual retreat.



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Worried about
your **budget?**

Play video >>

[Employee Assistance Program legal and financial services](#)

Many people spend valuable time worrying about financial and legal issues that they don't have the know-how or resources to solve. The Employee Assistance Program gives you access to licensed professionals that can help you with issues you may be experiencing.



2%

apportionment
granted



26.4%

cumulative,
eight-year increa

2 percent experience apportionment for Pension Plan effective July 1

2020 marks the eighth consecutive year the Board of Directors has granted an apportionment, a permanent increase in credits and benefits under the Pension Plan.



Five ways Livongo supports those living with diabetes

Using the latest technology, Livongo helps those living with diabetes to properly manage their condition, which is key to leading a healthy, whole life.



Keeping children healthy this summer

Here are tips for parents and caretakers to help keep children emotionally and physically healthy this summer, as we continue to deal with implications from COVID-19.



Call to Health challenge: Matthew 25

Matthew 25:31–46 calls all of us to [actively engage in the world around us](#). Help become a more relevant presence in the world and earn [Call to Health points](#) through the Matthew 25 challenge.



For many of us, the pandemic has dismantled barriers and enabled us to live life more authentically. While practicing social distancing, we have been empowered to distance ourselves from the unhealthy cultural messages that tell us we *should* look, dress, act, or feel a certain way. The current social landscape has stripped us of our facades, invited us to find our worth from within, and freed us to focus on being the persons God created us to be.

Brené Brown, research professor at the University of Houston and best-selling author, summarizes it this way: “To be authentic, we must cultivate the courage to be imperfect — and vulnerable. We have to believe that

we are fundamentally worthy of love and acceptance, just as we are. I've learned that there is no better way to invite more grace, gratitude, and joy into our lives than by mindfully practicing authenticity." As we gradually emerge from months of isolation, may we have the courage to bring our authentic selves with us.



Understanding Survival Patterns in Response to Stress

**Thursday, July 23
2-3 p.m. ET**





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