

EPC RETIREMENT PLAN RESOURCES!

EPC's Retirement Plan partner, Fidelity Investments, offers a variety of learning opportunities to help you get the most out of your EPC employee benefits and help you establish and meet your financial goals.

Through your retirement plan account, you can sign up and join a Live Web Workshop or watch an On-Demand Workshop at your convenience.

Here are just a few of the workshops to choose from:

- ✓ **Creating a budget**
- ✓ **Five money musts**
- ✓ **Get a handle on current student loan debt**
- ✓ **Saving for your Future**
- ✓ **Learn basics of when and how to claim social security**
- ✓ **Managing unexpected events and expenses**
- ✓ **Navigating Market Volatility**

To access the workshops:

- Sign in to your retirement account at Fidelity [Netbenefits](#)
- Click Plan & Learn on top toolbar
- Click Articles, Videos, Workshops
- Go to General Resources section & click Join a Workshop
- You will be directed to Fidelity's Learning Management System
- Choose your workshop!

*Remember the EPC Retirement Plan ID number is 89560.

To access your investment information or check transactions, call 1-800-343-0860 or log on to your account at www.netbenefits.com/epc.

Note: Enrollment for an EPC employee can occur anytime and is not limited to an open enrollment period. You must work with your church benefit administrator or contact the EPC Benefits office if you are enrolling for the first time.

Q. Depression symptoms in men?

A. While the diagnostic symptoms of depression are the same for everyone, the condition may present quite differently in men.

Key distinctions include:

- Men may appear irritable or angry, rather than sad.
- Men may be less likely to discuss or admit to depressed feelings, or to seek help.
- Men may turn to alcohol or drugs, or risky behaviors, such as gambling, to cope with their moods.
- Men sometimes experience depression as physical symptoms, such as headaches or stomach upset.
- Men may escape family responsibilities through excessive work or avoid both work and family obligations.
- Though men are less likely to attempt suicide, those who do are apt to use more lethal means, so take self-harm urges seriously.

Fortunately, depression is highly treatable, so consult your health care provider if needed.

Eric Endlich, PhD (Personal Best Article June 2022)

From a Christian perspective CRU has some great online articles on Depression:

Arthurs: Elizabeth Clayton Lee and Mary Keith

Facing Depression as a Christian: Beware These Misconceptions 🙌

Helpful Things for Christians Walking Through Depression to Remember 🙌

3 Ways to Care for Your Depressed Friend 🙌

Stay Tuned...



Beginning July 20, 2022, EPC's Healthcare Bluebook benefit is hosting "The Price is Right" game for EPC Medical Plan participants with a chance to win a \$50 Amazon gift card!

The game will show you how to use this valuable tool to find the best performing doctors and facilities in your area for any upcoming medical screening or procedure you or one of your family members may be planning or expectantly encounter.

The Bluebook engagement rewards program includes financial incentives when you choose a high performing "Green" provider for certain medical procedures. Check your Email and U.S. Mail for more details.

Reminder...

Use your 2022 State Sales Tax Holidays! Click [here](#) to see if your state is participating and to find out more info!

Proverbs 12:18

There is one who speaks like the piercings of a sword, But the tongue of the wise promotes health.

Administrator Corner

- It was a pleasure to meet so many people at GA 2022! Thank you for stopping by our table, asking great questions, and introducing yourself! 🙌