



## Trivia Winners!

Through the months of April and May, the Benefits office offered a trivia game for Healthcare Bluebook, your one-stop shop for finding affordable and quality healthcare.

Congratulations to **Rebekah** from City of Refuge Church, **Chris** from Cherry Creek Presbyterian Church, and **Ann** from Colonial Presbyterian Church for playing the game and winning \$100!

Want a chance to win? Be on the lookout for more games in the future!



## General Assembly

General Assembly has come and gone. Thank you to everyone who stopped by the Benefit Resources table to chat and say hi! It was great to hear the many stories of how our services have been of support to you and your families and to hear your suggestions for how we can better serve you.



## Feeling stressed? Your dentist can tell

During routine dental examinations and cleanings, dentists can detect oral symptoms of stress, including:

- Bruxism—grinding teeth and clenching jaws
- Temporomandibular disorders (TMJ)
- Canker sores
- Gum disease

If you're feeling tense or anxious, you should keep a watchful eye for signs of these stress-related oral disorders.

### How to treat stress

Depending on your symptoms, your dentist can recommend specific treatments. For example, if you have bruxism, your dentist can fit you with a mouth guard to protect your teeth during sleep. However, the best way to treat stress is to fight it at the root cause of it. Jesus warned us that "in this world we will have tribulation," so we will never fully remove the sources of stress in our lives, but we can find places of peace through prayer, God's Word, fellowship with believers, exercise such as yoga or jogging, taking walks in nature, engaging in a hobby, or simply being deliberate in finding times of solace.



## Administration Corner

When submitting monthly health benefit premiums and periodic retirement plan contributions remember:

- If your church is still submitting Retirement Plan contributions manually, the check should be made out to EPC Retirement and sent to:

EPC Retirement  
Dept. 2023  
P.O. Box 30516, Lansing, MI 48909

- Checks for payment of Medical Premiums should be made out to EPC Benefit Resources and submitted to:

EPC Benefit Resources  
Dept. 2017  
P.O. Box 30516, Lansing, MI 48909

Please Note, monies intended for World Outreach or percentage giving to the Office of General Assembly should never be sent to the Benefit Resources P.O. Boxes. Each entity operates independently. Misdirected funds are not able to be credited as intended.

PEACE I LEAVE  
WITH YOU; MY  
PEACE I GIVE TO  
YOU. NOT AS THE  
WORLD GIVES DO I  
GIVE TO YOU. LET  
NOT YOUR HEARTS  
BE TROUBLED,  
NEITHER LET THEM  
BE AFRAID.

*John 14:27*