

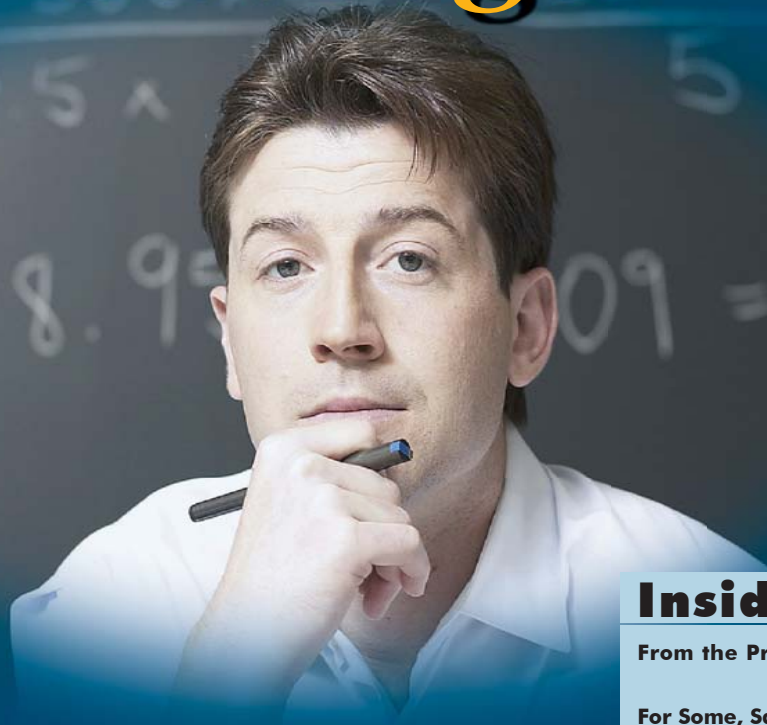


# Outreach<sup>TM</sup>

Christian Brothers Services

A Catholic Church Organization Serving the Church

## Simplifying Retirement Savings



For Some, Saving  
and Investing for  
Retirement is Like  
Geometry

### Inside

#### From the President...

~Br. William Walz, FSC

#### For Some, Saving and Investing For Retirement is Like Geometry

~Jim Ceplecha

#### Evaluating the Aging Driver: Part One

~Roger Duffield

#### New Vision Savings Plan Discount Program

~John Airola

#### Protect Your Email to CBS Staff

~Tom Drez

#### 40th Anniversary of Comprehensive Trust

~Fr. Fran Dyer, OP

#### Welcome Aboard!

Spring 2007

## *From the President*

“The rest of the story...”

**T**he computer and the internet have had a profound impact on almost every area of our daily living. Processing insurance claims for health care is no exception. When we go to the hospital, the doctor, or the dentist, we show our insurance card, get treatment, pay any required co-pay, then forget about the rest of the story.

We assume the provider sends a bill to our insurer and it somehow gets paid, but we know very little about how and when that happens. Because of the computer and the internet, each of us can now find out the original bill for that treatment; if there were any problems with the claim; what if any discounts were applied; how much was paid; and when that payment was made to the provider. We can know these things because for each and every medical, dental, or vision claim an Explanation of Benefits (EOB) is generated for the provider. A copy of that EOB remains in our personal file. By going to our website ([cbservices.org](http://cbservices.org)), choosing the plan that provides your coverage, and selecting EOB's, you can see a rolling two-year history of each of your medical, dental, or vision claims. Each EOB gives you the rest of the story on that claim, from date of treatment by that provider all the way through final payment, and your balance due, if any.

One additional benefit is the ability to catch errors. It can happen that the wrong patient is billed for some treatment. Just like looking at your bank statement for possible bank errors, when you see an EOB for a claim mistakenly ascribed to you, you can notify our office and we will get the matter corrected.

If you have not yet begun monitoring your medical, dental, or vision claim history by looking at your EOB's, I encourage you to go to our website to get the rest of the story.



William L. Walz, FSC  
President

# Simplifying For Some, Saving Retirement is Like

by Jim Ceplecha, Managing Director

**W**e all know that we need to save and invest for retirement. Even with this understanding, some employees fail to save for retirement. The main reason employees give for their reluctance to participate is they are unsure of how to invest the money. Employees are provided with literature and websites that discuss asset allocation, dollar cost averaging and other investment topics. For many people this is as easy to understand as Euclidean geometry. So rather than risk making a perceived mistake, they simply choose not to participate.

Another problem employees face is that they save for retirement, but choose an investment option that may be inappropriate for their circumstances. While at least they are saving for retirement, they are not investing for their retirement. For these savers, their ultimate benefit may be negatively impacted by their investment decisions.

Fortunately, Christian Brothers Retirement Services, in conjunction with the Vanguard Group, is now offering funds that can mitigate these problems. Within the Christian Brothers Retirement Savings Plan, employees can reduce the uncertainty of selecting funds by investing their retirement plan assets in a “one decision” Target Retirement Fund.

## *Target Retirement Funds Simplify Investing*

Vanguard's Target Retirement Funds help take the guesswork out of investing. Employees simply choose the date-specific fund closest to the year they expect to retire. As an employee nears retirement age, the fund will gradually and automatically reduce risk by shifting from stocks to bonds and short-term reserves. Or, if an

# Retirement Savings

## and Investing for Geometry

Retirement Planning Services

individual is already retired, choose the Vanguard Target Retirement Income Fund, which maintains a conservative investment mix appropriate for retirees. No matter their age, employees will be invested appropriately for their anticipated retirement date.

### *Diversification is Key*

Some savers may be hesitant about switching to a Target Retirement Fund or a mix of stocks and bonds, but they need to remember that diversification is the key to investing success.

### *The Rewards of Taking Risks*

The relationship between risk and reward helps to explain the difference between saving for retirement and investing for retirement. Better investment returns can be the potential reward for taking risk. The more willing an individual is to weather the ups and downs of the markets, the more likely their money will grow. In fact, for long-term investors in the plan, it can be more risky to play it safe by investing exclusively in conservative funds.

How do employees know what asset mix is right for them? If they choose a Target Retirement Fund, they simply choose the Target Retirement Fund closest to their anticipated retirement date and they will have an appropriate asset mix.

Christian Brothers Retirement Services provides on-site meetings with employees and Vanguard offers free consultations with its consultants regarding investing for retirement. For more information on target retirement funds visit our website at [www.cbsservices.org/targetfunds](http://www.cbsservices.org/targetfunds). Our goal is to provide the resources so employees can become better savers and investors for retirement.



## Are You a Saver or an Investor?

To illustrate that idea, let's look at an example of how fund choices can impact retirement savings.

Picture two employees, both hoping to maintain their current standard of living in retirement. Both have 30 years to build their savings through their employer plan. They each contribute 10% of their \$25,000 salaries to the plan annually.

We'll call one employee the Saver and one the Investor. To minimize investment risk, the Saver directs 100% of his contributions to short-term reserves. Short-term reserves are designed to conserve the principal value of investments, but they usually generate the lowest returns and are vulnerable to the effects of inflation. After 30 years the Saver accumulates \$135,619 in his employer plan.

The Investor, on the other hand, selects a diversified mix of 80% stocks and 20% bonds, based on her investment time horizon and risk tolerance. Over 30 years her savings grow to \$395,977—almost triple that of the Saver!

This example is hypothetical and does not represent the returns from any particular investment. It is based on average annual returns from 1926–2005.

Stocks	Bonds	Short-Term Reserves
10.3%	5.8%	3.8%

*The performance data shown represent past performance, which is not a guarantee of future results. Returns for stocks, bonds, and short-term reserves are based on the Standard & Poor's 500 Index, long-term U.S. corporate bonds, and U.S. Treasury bills, respectively. Index performance is not illustrative of any particular investment because you cannot invest in an index.*

*Vanguard and Vanguard.com are trademarks of The Vanguard Group, Inc. All other marks are the exclusive property of their respective owners.*

# Evaluating The Aging Driver

## Finding the Right Program for Your Order

by Roger Duffield, Manager of Risk Services

Risk Management Services

The population of the United States is growing older and according to the Administration on Aging, one in every eight Americans is aged 65 or older\* and for the Catholic religious population these numbers are significantly higher. Aging Religious are actively involved in their ministries which include driving well into their eighties and sometimes nineties. Research shows that

**“with aging come changes in physical and mental abilities which can translate into a greater crash risk.”**

aging is not the only predictor of driving ability\*\*; however, with aging come changes in physical and mental abilities which can translate into a greater crash risk. Evaluating older drivers can be tough especially since age affects each of us differently and other factors can influence driving ability. Evaluating older drivers

should be a necessary part of every Order’s driving plan and there are a variety of ways to objectively evaluate your brothers and sisters in community.

The AAA Roadwise Review is one way to objectively evaluate aging drivers. The Roadwise Review is an easy to use CD-ROM developed by AAA to

help seniors drive safely, longer. It is a computer-based, self-evaluation program

that helps older drivers measure their leg strength and general mobility, head and neck flexibility, visual acuity, working memory and visual information processing speed. After completing the Roadwise Review, participants will be given an evaluation sheet and additional information on each area of testing. AAA suggests



this review be completed by drivers once or twice a year, when help can still be sought to correct a problem.

Another way members can assess the ability of aging drivers is with behind the wheel evaluations. These evaluations can sometimes become a problem if the evaluators are not seen as objective judges. There are a variety of organizations that perform these evaluations including Christian Brothers Risk Management Services which offers limited behind-the-wheel driver evaluations.



The Hospital Sisters of Springfield, Illinois have been using a combination of the AAA CD-ROM program and behind-the-wheel evaluations, conducted by Christian Brothers Risk Management Services, to help determine the driving skills of their older drivers. “We all worry about when we should stop driving”, observes Sister Maureen O’Connor of the Hospital Sisters, “if we know a sister is not safe behind the wheel it is our responsibility to

“if we know a sister is not safe behind the wheel it is our responsibility to make sure she doesn’t drive.”

make sure she doesn’t drive.” With this in mind, the Hospital Sisters reviewed driving policies from several different sources, then chose the policies that best met their needs and decided on testing drivers at ages 70, 74, 77, 80 and every year thereafter. They also wanted an evaluator who did not know the sisters personally to conduct objective driver evaluations.

Initially, there was some concern over the evaluation program;

however, once the program was implemented the sisters were very responsive. According to Sister O’Connor, the process resulted in identifying several safe driving habits. This information was compiled and sent out to all drivers, which in turn improved everyone’s driving.

By using a combination of the two programs, the Hospital Sisters discovered a direct correlation between the AAA CD-ROM program and driver evaluations. Those that scored well on the Roadwise Review also did well on their behind the wheel evaluations and vice versa. As Sister O’Connor so aptly stated, “we’ve done something to be proud of”.

Risk Management Services provides additional support and resources to help the Catholic Church develop and maintain a fleet risk management program. For more information on any of the programs mentioned above, Risk Pooling Trust members can visit our website at [www.cbsservices.org/rms](http://www.cbsservices.org/rms), contact us at 800-807-0300 ext. 3054 or call your Risk Control Specialist directly. Nonmembers can call AAA directly to obtain a free copy of the AAA Roadwise Review.

*In the next edition of Outreach, part two of Evaluating the Aging Driver discusses using third party vendors to evaluate aging drivers or internally trained evaluators.*

*\*“A Statistical Profile of Older American Aged 65+” U.S. Department of Health and Human Services, Administration on Aging, March 1, 2006.*

*\*\*National Highway Traffic Safety Administration June 2006, 2 January 2007 [www.nhtsa.gov](http://www.nhtsa.gov)*

# Are You Seeing Your Best?

## New Vision Service Plan Lets You See Healthy Discounts

by John Airola, Managing Director

Employee Benefit Services

**A**re you really seeing your best? Or are you simply used to the view? With good vision, your experiences are clearer, sharper and brighter.

Eye care is important. Besides helping you see better, routine eye exams can detect a number of serious health conditions such as glaucoma, cataracts, diabetes and even cancer. Plus, eye exams for kids can spot problems that can impact learning and development.

A new discount program from the Christian Brothers Employee Benefit Trust and Vision Service Plan (VSP) may be exactly what

your budget ordered. There are no ID cards to show, no claim forms to fill out and up to a 20% discount on annual eye exams or glasses and a 15% discount on contact lenses. A national network of VSP doctors provides eye care that is located right where you need it -- close to work, home and shopping centers. The optometrists participating in the network not only provide exceptional care, but also offer a wide selection of frames to choose from -- all at one convenient location. Their commitment to care and service grows with you and your family for a lifetime of care.

Participating in the new arrangement is easy as 1, 2, 3.

1. Find a VSP network doctor at [www.vsp.com](http://www.vsp.com) or call 800-877-7195.
2. Make an appointment and tell the doctor you are a VSP member.
3. Your doctor and VSP will handle the rest.

Do you have special needs? Do you need an evening appointment? Interested in a doctor who focuses on sports eyewear or children? Searching for information on conditions of the eye? Visit [www.cbsservices.org/ebs](http://www.cbsservices.org/ebs) and click on the Vision Service Plan icon today. You'll like what you see.

## Protect Your Email to CBS Staff

by Tom Drez, Chief Information Officer and Chief Privacy Officer, Christian Brothers Services

In the last issue of this newsletter, we debuted our new Secure Message Center (SMC) to protect your email messages to us which may contain private, confidential, or individually identifiable information. The protection of your information, in all forms, is very important to us. This includes name, address, social security number, private health information, financial information and much more.

Our SMC provides a secure, encrypted path between us using only web links that lead back to

our system and require login. This method ensures that the only people who can read the email messages are the sender and the recipient protecting you from the perils of the untamed Internet. Please only send private information to us using the SMC.

This service is offered at no additional charge. To learn more about our Secure Message Center and to view the animated tour, please visit [www.cbsservices.org/smc](http://www.cbsservices.org/smc), or call your service representative at (800) 807-0100.

## 24 Hours a Day Access

**You can send or  
obtain information  
24 hours a day,  
7 days a week  
by using the following  
methods:**

### **WEB**

[www.cbsservices.org](http://www.cbsservices.org)

### **E-MAIL**

firstname\_lastname@cbsservices.org  
(i.e. john\_doe@cbsservices.org)

### **FAX Information System**

888-470-INFO 888-470-4636

# Religious Comprehensive Trust Hits 40!

by Fr. Fran Dyer, OP  
Managing Director, Health Management Services for Religious

Where were you in the winter of 1967? In March of that year my classmates in the seminary and I were summoned to the gathering room to sign enrollment cards for the Religious Medical Comprehensive Program. Since that time, I have depended on the Trust for the payment of my medical bills, as well as being a representative of my Order at the membership meetings, the Treasurer of the Dominicans, and, for the last 20 years, the Managing Director of the Christian Brothers Division that administers the Religious Comprehensive Trust. Our division has grown from one-and-a-half employees to the current roster of highly trained professional employees.

Over the last 40 years, the Comprehensive Trust has served at least 300 Religious Institutes with at least 30,000 of their members. Along with the employee benefit programs for medical care and pensions, and the property and auto program that form Christian Brothers Services, the Religious Comprehensive Trust has provided a very important service to the Religious Orders who have depended on them through the years. Here are some highlights of the Trust's history:

In the winter of 1967, the Provincials of seven men's Orders based in the Chicago area joined together to purchase a common medical insurance contract from New York Life. Those Orders were The Augustinians, the Dominicans, the Alexian Brothers, the Christian Brothers, The Franciscans, and the Servites. The Program has grown and prospered over the years.

**“the Comprehensive Trust  
has served at least 300  
Religious Institutes with at  
least 30,000 of their  
members.”**



Trustees of the Religious Comprehensive Trust

In 1977, the Comprehensive Program participants decided they could hire people to pay the bills as easily, and with less cost, than New York Life, and became entirely self-administered, as it remains today. Provinces and Orders of women religious joined the Program for the first time in 1977.

Also in 1977, a spin-off Program was established for small groups and monasteries, providing catastrophic coverage to the participants. It was known as the Religious Community Deductible Trust.

In 1987, Christian Brothers Services obtained access to the computer system of the Principal Financial Group in Des Moines Iowa, allowing the still self-administered Trusts to maintain their data in a more organized and standardized environment.

In 1992, five Provinces of a large men's Order in the United States joined together with their own Trust to pay the medical bills of their members.\* I believe they have been very happy with their decision fifteen years ago.

If you have any questions about the Religious Comprehensive Trust or the Religious Community Deductible Trust, or are interested in a Trust for your own Religious Institute, please call Fr. Fran Dyer, OP, at 800.807.0100 ext 2940.

*\*Our division at Christian Brothers Services also administers this Trust for the Order.*



**Christian Brothers Services**  
1205 Windham Parkway  
Romeoville, IL 60446-1679

phone: 800.807.0100  
fax: 630.378.2501  
e-mail: info@cbservices.org  
web: www.cbservices.org

© 2007 Christian Brothers Services. All Rights Reserved.  
Permission to reproduce any article in part or whole must be  
obtained through Christian Brothers Services.

Material contained herein is published solely for informational  
purposes. This information should be helpful but is not advisory  
in its condensed form. Comments and inquiries on subject matter  
presented are encouraged.

In compliance with public disclosure requirements, you may  
request access to covered documents by contacting Financial  
Services Division at the above address.

Editor: Dave Pipitone, Communication Services Manager  
Graphic Arts Manager: Jason Langs

NON-PROFIT ORG.  
U.S. POSTAGE  
PAID  
PERMIT NO. 23  
ROMEOVILLE, IL

# Welcome Aboard!

## Employee Benefit Trust

Bend Volunteer Group, OR  
Sisters of St. Francis of the Immaculate  
Conception, IL  
De La Salle Black Feet School, UT  
Nazareth Academy, IL  
St. Gregory the Great School, SC  
Society of St. Vincent de Paul, TX  
Aquinas Educational Foundation, Inc.  
To Encounter Christ /Archdiocese of St.  
Paul/Minneapolis, MN

## Employer Retirement Plan

St. Joseph Catholic Church, MS  
St. Mary Catholic Church, MS

## Religious Comprehensive Trust

Augustinian Recollects, NJ  
Srs. of the Holy Family of Nazareth, IL

## 401(k) Plan

Girls Hope of Pittsburgh, PA

## 403(b) Plan

LaSalle Academy, PA  
Little Sisters of the Poor, CA  
St. Paul's College, Washington DC  
St. Joseph Church, TX

## Risk Pooling Trust

Big Shoulders Fund, IL  
Carmelite Nuns of the Diocese of Fargo, ND  
Diocesan Council of Providence, Society  
of St. Vincent de Paul, RI  
Discalced Carmelite Monastery, IN  
Hospital Sisters Mission Outreach, IL  
Marist Society Inc., IL  
Pope John Paul II Eucharistic Adoration  
Association Inc, IL  
The Benedictine Society of Saint Bede, IL  
The Congregation of the Resurrection, FL  
The Megan Furth Academy Inc., CA  
Verbum Dei Missionary Fraternity, CA

## Website Hosting and Design

Servants of the Holy Heart of Mary, IL

## Student Accident Plan

Missionaries of Charity, AR  
Missionaries of Charity, GA  
Missionaries of Charity, IL  
Missionaries of Charity, IN  
Missionaries of Charity, KY  
Missionaries of Charity, LA (2)  
Missionaries of Charity, MN  
Missionaries of Charity, NJ  
Missionaries of Charity, TX (2)  
Mt. Carmel in the Desert Child Care  
Center, CA  
Mt. St. Joseph Academy, VT  
Rice Memorial High School, VT  
Rosemont School of the Holy Child, PA  
Sacred Hearts Academy, HI  
San Miguel Academy of Newburgh, NY  
St. Augustine High School, LA  
St. Mary's Academy of the Holy Family, LA  
St. Mary's Ryken High School, MD



This newsletter is printed on recycled paper using soy inks for environmental-friendly stewardship of the earth.