



## Seventh-day Adventist Church Retirement Plan for Canadian Employees



### Prayer Corner

“For where two or three are gathered together in my name, there am I in the midst of them.”  
Matthew 18:20 KJV

## December

### British Columbia Conference

- 3 – Evangelistic Efforts & Interests
- 4 – Pastors & Members
- 5 – Teachers & Students

### Maritime Conference

- 6 – Administration & Board
- 10 – Departmental Directors & Support Staff
- 11 – Evangelistic Efforts & Interests
- 12 – Pastors & Members
- 13 – Teachers & Students

### Manitoba-Saskatchewan Conference

- 17 – Administration & Board
- 18 – Departmental Directors & Support Staff
- 19 – Evangelistic Efforts & Interests
- 20 – Pastors & Members
- 24 – Teachers & Students

### Newfoundland and Labrador Mission

- 31 – Administration & Board

## Canadian Retirement Plans

Marilyn Pazitka, *Director*  
Pazitka.Marilyn@adventist.ca

Charisma Hodgins  
*Retirement Specialist/Quality Assurance*  
Hodgins.Charisma@adventist.ca

Submit changes to:  
*Direct deposits, cheques, tax withholding, change of address, reporting a death*  
Pornillosa.Aileen@adventist.ca

Send comments/suggestions to:  
*Retirement Department*  
1148 King St E  
Oshawa ON L1H 1H8  
Phone: (905) 433-0011  
Fax: (905) 433-0982  
Web Site: [www.adventist.ca/retirement](http://www.adventist.ca/retirement)

## Health Benefits Plan

Lori Dooks, *Director*  
Dooks.Lori@adventist.ca

Karen Nation, *Benefit Specialist*  
Nation.Karen@adventist.ca

1-800-263-7868  
*Healthcare Claims Queries*

Submit medical claims to:  
*Health Benefits Administration*  
1148 King St E  
Oshawa ON L1H 1H8

## 2018/2019 Cheques/EFT Schedule:



December 21  
January 25  
February 25

## 2018 Canadian to US Exchange Rates: January Statement / Exchange Rate = Bank Deposit Annual Fixed Rate: 1.2986

January	1.2522	July	1.3387
February	1.2936	August	1.3319
March	1.3137	September	1.3176
April	1.3059	October	1.3254
May	1.3121	November	1.3419
June	1.3518	December	