



## 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

## January

### Manitoba-Saskatchewan Conference

- 2 – Pastors & Members
- 6 – Teachers & Students

### Newfoundland and Labrador Mission

- 7 – Administration & Board
- 8 – Departmental Directors & Support Staff
- 9 – Evangelistic Efforts & Interests
- 13 – Pastors & Members
- 14 – SDA Students in Public Schools

### Ontario Conference

- 15 – Administration & Board
- 16 – Departmental Directors & Support Staff
- 20 – Evangelistic Efforts & Interests
- 21 – Pastors & Members
- 22 – Teachers & Students

### Quebec Conference

- 23 – Administration & Board
- 27 – Departmental Directors & Support Staff
- 28 – Evangelistic Efforts & Interests
- 29 – Pastors & Members
- 30 – Teachers & Students

### 2020 Cheques/EFT Schedule:



- January 24
- February 25
- March 25

### Canadian Retirement Plans

Marilyn Pazitka, *Director*  
[Pazitka.Marilyn@adventist.ca](mailto:Pazitka.Marilyn@adventist.ca)

Charisma Hodgins  
*Retirement Specialist/Quality Assurance*  
[Hodgins.Charisma@adventist.ca](mailto:Hodgins.Charisma@adventist.ca)

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

Marie Corniel, *Benefit Specialist*  
[Corniel.Marie@adventist.ca](mailto:Corniel.Marie@adventist.ca)

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

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

### 2019 Canadian to US Exchange Rates: January Statement / Exchange Rate = Bank Deposit Annual Fixed Rate: 1.2957

January	1.3559	July	1.3363
February	1.3358	August	1.3545
March	1.3659	September	1.3482
April	1.3724	October	1.3303
May	1.3704	November	1.3520
June	1.3409	December	1.3370