



## 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

## October

### Newfoundland and Labrador Mission

- 1 – Pastors & Members
- 5 – SDA Students in Public Schools

### Ontario Conference

- 6 – Administration & Board
- 7 – Departmental Directors & Support Staff
- 8 – Evangelistic Efforts & Interests
- 12 – Pastors & Members

### Quebec Conference

- 13 – Administration & Board
- 14 – Departmental Directors & Support Staff
- 15 – Evangelistic Efforts & Interests
- 19 – Pastors & Members

### SDACC

- 20 – Administration & Board
- 21 – Departmental Directors & Support Staff
- 22 – Retirees

### ADRA Canada

- 26 – Administration & Board
- 27 – Program Directors
- 28 – Support Staff

### Alberta Conference

- 29 – Administration & Board

### 2020 Cheques/EFT Schedule:



October 23  
November 25  
December 23

### 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

Jeremy O’Dell, *Director*  
[Odell.Jeremy@adventist.ca](mailto:Odell.Jeremy@adventist.ca)

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

**2020 Canadian to US Exchange Rates:**  
January Statement / Exchange Rate = Bank Deposit  
Annual Fixed Rate: 1.3269

January	1.3363	July	1.3615
February	1.3510	August	1.3450
March	1.4644	September	1.3583
April	1.4311	October	
May	1.4202	November	
June	1.3878	December	