



## 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

## November

### Manitoba-Saskatchewan Conference

- 1 – Departmental Directors & Support Staff
- 2 – Evangelistic Efforts & Interests
- 3 – Pastors & Members
- 7 – Teachers & Students

### Newfoundland and Labrador Mission

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

### Ontario Conference

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

### Quebec Conference

- 24 – Administration & Board
- 28 – Departmental Directors & Support Staff
- 29 – Evangelistic Efforts & Interests
- 30 – Pastors & Members

### Canadian Retirement Plans

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

Health Benefits  
[healthbenefits@adventist.ca](mailto:healthbenefits@adventist.ca)

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

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

### 2022/2023 Cheques/EFT Schedule:



November 25  
December 22  
January 25

### 2022 Canadian to US Exchange Rates: January Statement / Exchange Rate = Bank Deposit Annual Fixed Rate: 1.2535

January	1.2862	July	1.3154
February	1.3009	August	1.3180
March	1.2751	September	1.3716
April	1.2958	October	1.3938
May	1.3042	November	
June	1.3209	December	