



## 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

### Quebec Conference

1 – Teachers & Students

### ADRA Canada

5 – Administration & Board

6 – Support Staff

7 – Program Directors

### It Is Written Canada

8 – Administration & Board

12 – Support Staff

13 – Evangelistic Meetings

14 – Television Viewers

### Burman University

15 – Administration & Board

19 – Teachers & Students

20 – Recruitment / Campus Ministry

21 – Parents & Sponsors

### Kingsway College

22 – Administration & Board

## 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*

[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:



December 22

January 25

February 24

## 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	1.3549
June	1.3209	December	