



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

### Canadian Retirement Plans

Marilyn Pazitka, Director

Charisma Hodgins, Retirement Specialist

Colleen Page, Benefits Assistant

Elizabeth Belz, Accountant

*Direct deposits, cheques, tax withholding*

Nadine Ramsay, Secretary

*Change of address, reporting a death*  
[retirement@adventist.ca](mailto:retirement@adventist.ca)

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

Jesther Migrino, Claims Specialist

Karen Jacinto, Claims Specialist

*Healthcare Claims Enquiries*

1-800-263-7868

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

Submit medical claims to:

Health Benefits Administration

1148 King St E

Oshawa ON L1H 1H8

### 2023 Canadian to US Exchange Rates:

Annual Fixed Rate: 1.3013

January Statement / Exchange Rate

= Bank Deposit

January	1.3587	July	1.3384
February	1.3769	August	1.3821
March	1.3969	September	1.3714
April	1.3772	October	1.3979
May	1.3841	November	
June	1.3399	December	



## 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

### SDACC

- 1 – Administration & Board
- 2 – Departmental Directors & Support Staff
- 6 – Missionaries
- 7 – Retirees

### ADRA Canada

- 8 – Administration & Board
- 9 – Departmental Directors & Support Staff
- 13 – Program Directors

### Alberta Conference

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

### British Columbia Conference

- 22 – Administration & Board
- 23 – Departmental Directors & Support Staff
- 27 – Evangelistic Efforts & Interests
- 28 – Teachers & Students

### Burman University

- 29 – Administration & Board
- 30 – Support Staff

### 2023 Cheques/EFT Schedule:



November 24  
December 21  
January 25