



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

Retirement Department

1148 King St E

Oshawa ON L1H 1H8

Phone: (905) 433-0011

Fax: (905) 433-0982

Web Site: 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

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	1.3943
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



December

Burman University

4 – Teachers & Students

5 – Parents/Sponsors

It is Written, Canada

6 – Administration & Board

7 – Support Staff

11 – Evangelistic Efforts & Interests

12 – Television Viewers

Kingsway College

13 – Administration & Board

14 – Support Staff

18 – Teachers & Students

19 – Parents/Sponsors

20 – Recruitment/Campus Ministry

Manitoba-Saskatchewan Conference

22 – Administration & Board

2023 Cheques/EFT Schedule:



December 21

January 25

February 23