



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	1.3594



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



January

Manitoba-Saskatchewan Conference

2 – Departmental Directors & Support Staff

3 – Evangelistic Efforts & Interests

4 – Pastors & Members

8 – Teachers & Students

Maritime Conference

9 – Administration & Board

10 – Departmental Directors & Support Staff

11 – Evangelistic Efforts & Interests

15 – Pastors & Members

Newfoundland & Labrador Mission

16 – Administration & Board

17 – Departmental Directors & Support Staff

18 – Evangelistic Efforts & Interests

22 – Pastors & Members

23 – SDA Students in Public Schools

Ontario Conference

24 – Administration & Board

25 – Departmental Directors & Support Staff

29 – Evangelistic Efforts & Interests

30 – Pastors & Members

Quebec Conference

31 – Administration & Board

2023 Cheques/EFT Schedule:



January 25

February 23

March 25