



## 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](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

### 2024 Canadian to US Exchange Rates:

Annual Fixed Rate: 1.3497

January Statement / Exchange Rate

= Bank Deposit

January	1.3760	July
February	1.3400	August
March		September
April		October
May		November
June		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



## March

### British Columbia Conference

4 – Departmental Directors & Support Staff

5 – Evangelistic Efforts & Interests

6 – Pastors & Members

### Burman University

7 – Administration & Board

11 – Support Staff

12 – Parents/Sponsors

13 – Recruitment/Campus Ministry

14 – Teachers & Students

### It Is Written, Canada

18 – Administration & Board

19 – Departmental Directors & Support Staff

20 – Evangelistic Efforts & Interests

21 – Television Viewers

### Kingsway College

25 – Administration & Board

26 – Departmental Directors & Support Staff

27 – Parents/Sponsors

28 – Recruitment/Campus Ministry

### 2024 Cheques/EFT Schedule:



March 25

April 25

May 24