



Seventh-day Adventist Church Retirement Plan for Canadian Employees

Canadian Retirement Plans

Marilyn Pazitka, Director

Charisma Hodgins, Retirement Specialist

Colleen Page, Benefits Assistant

Aileen Babida, Junior Accountant
*Direct deposits, cheques, tax withholding,
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

Nadine Ramsay, Secretary

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

2025 Canadian to US Exchange Rates:

Annual Fixed Rate: 1.3698

January Statement / Exchange Rate
= Bank Deposit

January	1.4576	July
February	1.4497	August
March	1.4571	September
April	1.4101	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



May

Manitoba-Saskatchewan Conference

- 1 – Evangelistic Efforts & Interests
- 5 – Pastors & Members
- 6 – Teachers & Students
- 7 – Evangelistic Efforts & Interests

Maritime Conference

- 8 – Administration & Board
- 12 – Departmental Directors & Supports Staff
- 13 – Evangelistic Efforts & Interests
- 14 – Pastors & Members
- 15 – Teachers & Students

Newfoundland and Labrador Mission

- 20 – Administration & Board
- 21 – Departmental Directors & Support Staff
- 22 – Evangelistic Efforts & Interests
- 26 – Pastors & Members
- 27 – SDA Students in Public School

Ontario Conference

- 28 – Administration & Board
- 29 – Departmental Directors & Support Staff

2025 Cheques/EFT Schedule:



May 23
June 25
July 25