



## 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](http://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](mailto: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	1.3878
February	1.4497	August	1.4080
March	1.4571	September	
April	1.4101	October	
May	1.4083	November	
June	1.3960	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



## September

### Newfoundland and Labrador Mission

2 – Departmental Directors & Support Staff

3 – Evangelistic Efforts & Interests

4 – Pastors & Members

8 – SDA Students in Public Schools

### Ontario Conference

9 – Administration & Board

10 – Departmental Directors & Support Staff

11 – Evangelistic Efforts & Interests

15 – Pastors & Members

16 – Teachers & Students

### Quebec Conference

17 – Administration & Board

18 – Departmental Directors & Support Staff

22 – Evangelistic Efforts & Interests

23 – Pastors & Members

24 – Teachers & Students

### SDACC

25 – Administration & Board

29 – Departmental Directors & Support Staff

### 2025 Cheques/EFT Schedule:



September 25

October 24

November 25