

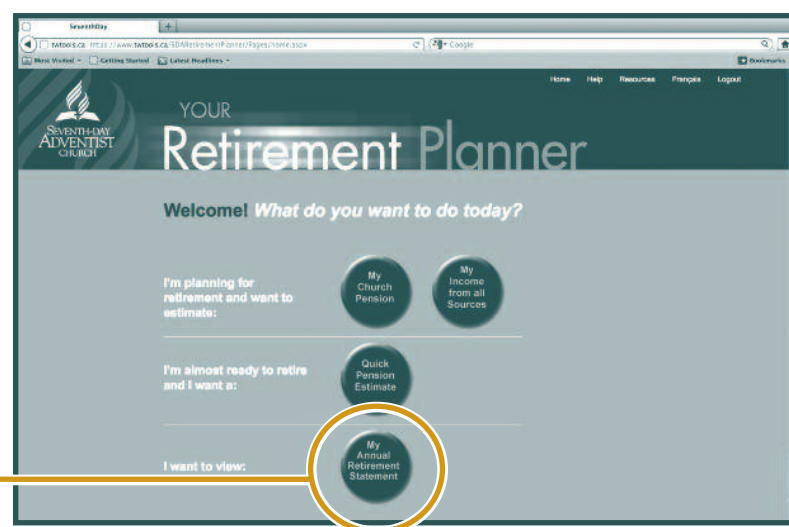
Retirement

Your Online Annual Pension Statement is Ready!

Every year, we share your personalized annual statement with you. It has lots of helpful information about when you can retire and how much retirement income you might receive. It also provides an update on the financial condition of the Church Plan.

And what about your health? You want to have a healthy retirement, right? Great! In this edition of *Planning for Retirement*, we're going to share tips on how you can help make that happen starting today!

To view your statement, click *My Annual Retirement Statement* link on the Retirement Planner welcome page: <https://www.twtools.ca/SDARetirementPlanner>.



Better understand your future retirement benefits

Your pension statement is designed to help you better understand the pension benefits you earn as a pension plan member. And it's personalized, so the information is customized based on your years of service, accumulated benefits and possible retirement ages.

When you can retire: This section outlines different potential retirement dates and details any reductions that may be applied to your pension if you retire before age 65.

It's important to know when you can retire so that you can incorporate your personal savings and government benefits into your planning. Although you may wish to retire at age 55, certain government benefits only kick in at a later date. For example, you can receive your Canada Pension Plan (CPP) benefits as early as age 60 (at a reduced rate, compared to age 65) and your Old Age Security (OAS) benefit only starts at age 65 or later. This means if you choose to retire early, your Church benefit and personal savings will have to suffice for several years without government benefits.

Your accumulated benefits: This section shows the amount you would receive each year if you were to retire at age 65, based on the pension you have earned so far.

Your projected other post-retirement benefits: This section shows the additional benefits you may be entitled to, such as the Minimum Value Guarantee, retiree health and benefits plan/health allowance projection, retirement funeral allowance, and more. These estimates are shown using your earliest retirement age (55), your earliest unreduced retirement age and your normal retirement age (65). This will help give you a better sense of the benefits you may receive from the Plan at retirement. Of course, if you are already over age 55, your earliest retirement date will not be shown.

This section may or may not include information about the Minimum Value Guarantee. Your eligibility for this benefit is determined when you retire. For more information about the Minimum Value Guarantee, or other Plan information, review your Pension and Post-Retirement Benefits Summary.

Financial position of the Church Plan: This section highlights the financial position of the Plan to help you better understand how secure your pension benefits are, even if the Plan was terminated (which we have no intention of doing).

Visit the Retirement Planner today:

<https://www.twtools.ca/SDARetirementPlanner>. Don't forget the "s" in https!

Financial planning is more than a list of what you owe versus what you earn – there is a lot to think about, and it can be confusing.

That's where the Financial Planning Standards Council (FPSC) comes in. The FPSC, a not-for-profit organization, develops, promotes and enforces professional standards in financial planning across Canada. They are a great resource for financial planning tips and tricks, and a trusted resource for finding a competent and ethical financial planner.

Visit the FPSC website today: <https://www.fpsc.ca>.

What's next?

Now that you've read your statement, you may as well check out the Retirement Planner! The Retirement Planner takes the complicated math out of the equation, so to speak, and gives you the answers you need! It estimates your future retirement income, including your Church Plan, your personal savings and your government benefits, all at various ages.

This means you can see the whole picture and determine if your retirement savings plan will help you meet your financial objectives at your chosen retirement age. If not, you can make changes to your plan today to meet your goals tomorrow!



Sound Familiar?

We know you've heard this all this before: read your statement, use the Retirement Planner, visit a financial planner. But we also know that if your financial future is mapped out and you understand how much income you'll have when you retire, you'll be much better prepared to enjoy the retirement lifestyle you've aspired to achieve.

If you haven't reviewed your retirement financial plan recently, you are not alone: *The Towers Watson 2011/2012 Retirement Attitudes Survey* reports that the majority of Canadian employees do not have their financial future mapped out. In fact, the survey results show that:

- About two-thirds of Canadian employees are more concerned than ever about retirement security
- Only about one third are satisfied with their financial situation
- Only a third of Canadians reviewed their retirement plans in the last year

And our own statistics show:

- Only 17% of our members have accessed our Retirement Planner in the past year
- Of those, 36% visited the site more than once in the year

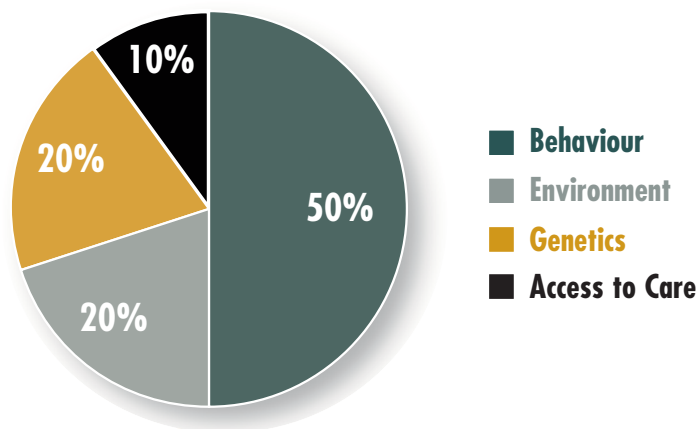
As Church Plan members, you have access to information and tools to help you successfully plan for retirement, including Planning for Retirement newsletters, Pension and Post-Retirement Benefits Summary, Annual Statements and the Retirement Planner. With these, you can review your retirement plans, make any changes to ensure you are satisfied with your future finances, and lessen any concerns you might have about your retirement security.

So ... **What are you waiting for?**

What about your health?

Speaking of not waiting, have you planned to have a healthy retirement? When most people think about retirement, they focus on hobbies, travel or leisure. But focusing on individual and family health is equally important.

The bad news is that out-of-pocket costs for disease and illness can eat away at your carefully saved retirement funds. The good news is that we have more control over our health than we might think — **50% more control, in fact!**



Our own behaviours account for approximately 50% of our health outcomes

Source: IFTF, Centers for Disease Control and Prevention, *Health and Health Care, 2010, The Forecast, The Challenge*.

Of course, our environment, genetics and access to health care are important, but we have the opportunity to fortify our wellbeing with everyday healthy activities and put our best (healthiest!) foot forward.

Plan ahead

Planning ahead for potential, future illnesses can seem a little depressing, but doing so may help ensure you get the best out of your retirement years. When planning, consider how your health may change over the years and how those changes will affect your lifestyle and your finances. You might consider saving funds for the following:

- You may need to live in a seniors' home, rather than your own home.
- You may face a critical illness and need palliative care.
- You may need to renovate your home to include wheelchair access or other long-term care updates.
- You may need to pay membership dues for clubs or associations to ensure you remain physically and mentally active.

Tell Us What You Think!

If you have any questions, comments or suggestions about this newsletter, please don't hesitate to contact us:

- Marilyn Pazitka, Director, Retirement Plan for Canadian Employees at 905-433-0011, ext. 2071 or pazitka.marilyn@adventist.ca
- Charisma Hodgins, Administrative Assistant at 905-433-0011, ext. 2070 or hodgins.charisma@adventist.ca

Please visit www.adventist.ca/retirement for more information.

We appreciate your feedback!

Start today

- Be physically active every day.
- Energize your body with healthy nutrition.
- Avoid key health risks such as fatty, processed foods.
- Monitor your health with regular doctor visits and health screenings.
- Get adequate sleep.
- Manage stress, including your financial well-being.
- Maintain healthy relationships with family, friends and your community.

Whom to Call

If you need general retirement information, please contact the Retirement Department at 905-433-0011 or write to retirement@adventist.ca.

Next Issue

Be sure to let us know if there's a topic you'd like us to cover and we'll try our best to include your suggestions in future issues.