



## 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](mailto: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

### 2024 Canadian to US Exchange Rates:

Annual Fixed Rate: 1.3497

January Statement / Exchange Rate  
= Bank Deposit

January	1.3760	July	1.4054
February	1.3400	August	1.3832
March	1.3831	September	1.3668
April	1.3941	October	1.4085
May	1.3968	November	1.4189
June	1.3877	December	1.4603



## 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

### It Is Written, Canada

6 – Television Viewers

### Kingsway College

7 – Administration & Board

8 – Support Staff

9 – Parents / Sponsors

13 – Recruitment / Campus Ministry

14 – Teachers & Students

### Manitoba-Saskatchewan Conference

15 – Administration & Board

16 – Departmental Directors & Support Staff

20 – Evangelistic Efforts & Interests

21 – Pastors & Members

22 – Teachers & Students

### Maritime Conference

23 – Administration & Board

27 – Departmental Directors & Support Staff

28 – Evangelistic Efforts & Interests

29 – Pastors & Members

30 – Teachers & Students

### 2025 Cheques/EFT Schedule:



January 24  
February 25  
March 25